

THE WRITE TRACK

Newsletter of



Orienteering
Newcastle and Tyneside



Issue 2010/2

June 2010

Editorial

Thank you to all who have contributed to this edition. It is greatly appreciated.

Here are details of many forthcoming activities to note in your diary now.

Provisional schedule for 2010 Write Tracks:

Issue 3 articles by 22nd August for distribution at beginning of September

Issue 4 articles by 21st November for distribution at beginning of December

Articles to me please, by 22nd August. <crosbynicolaAThotmail.com> or hand to me at an event. Thanks, Nicola.

Dates for Your Diary

Celebration Barbeque 4th July

Druridge Bay Country Park.

Sunday 4th July 2010. from 10.30am

Come and join in the games and orienteering.

Salads and desserts provided.

Bring your own meat/vegetarian food and drinks.

** Weather arranged. Bright and sunny!!!



Morpeth Junior Duathlon

5th July

Junior members of Newcastle and Tyneside Orienteers are invited to take part in a Junior Duathlon (Y6+) [Swimming + Orienteering] on Monday 5th July at/from Morpeth Leisure Centre (meet 7:00 p.m. for 7:30 start).



Event organised by Morpeth Harriers and Morpeth Amateur Swimming Club

** Entry Form/Parental Consent must be submitted by Mon. 28th June **

Year 6 to Year 8 200 m. swim + 1.5 km. run

Year 9+ 200 m. swim + 2.5 km. run

Individual and Club Prizes

Contact: Adrian Barnes

NATO ANNUAL BIKE-O

25 July 2010 at Capheaton

By Richard & Joanne Field

This year we are returning to the Capheaton area to benefit from the very quiet roads and the fabulous tea shop!

This will be a 2 hour score event and is thus suitable for everyone. You can cycle gently round the local lanes or head off into the hills and test yourself up the infamous Ryal Bank. The planner feels that it might just be possible to visit all the controls but only if you train regularly with Bradley Wiggins or Lance Armstrong.

Full details are available on the club website.

IMPORTANT. For insurance purposes you must be a member of British Mountain Bike Orienteering and Associate Membership is available free online at www.bmbo.org.uk **Join now!!**



Yvette Baker Cup

24th October

To all club juniors, the Yvette Baker Cup will be held on Sunday 24th October.

Please put this date in your diary now!

Kielder Walking Fest

28th August - 4th September

As part of the Kielder Walking Fest being held from the 28th August until the 4th September Newcastle and Tyneside Orienteers have been asked to stage Come and Try it events on **Monday 30th and Tuesday 31st. August.**

There will be an information stand in the grounds of Kielder Castle and there will be a short introductory course in the area around the Castle developing into a choice of courses on the Permanent Course. Margaret and I will be at these two days. We would appreciate help from any club members who can spend any time between 10.00 am and 4.00 pm on either of the two days.

John Crosby nsoa@Hotmail.co.uk

Trail Orienteering

The European Trail Orienteering championships are being held in Bolnas in Sweden from the 3rd until 6th August and then the World Trail Orienteering Championships are being held in Trondheim Norway from the 8th until the 13th August.

John Crosby has been selected to represent Great Britain in both these Championships.

With a ten hour road trip on the 7th August it is going to be a busy 12 days.

Best of luck John!

Club Championships 2010

Fell Plantation 5th September

These will be held at the Fell Plantation event on 5 September using the system of factors that we trialled in 2008. In essence you could get higher points if you enter harder courses but could lose out if it means that you take more minutes per kilometre. The other factor is age. You multiply all the factors together to give your score.

The tables will be on display at the event but are reproduced here to give you an idea. We will have 6 champions – veteran (M/W 50 and above), senior (M/W 21 to 45), and junior (M/W 19 and below) for both men and women.

SPEED FACTORS	
m/km	Factor
Less than 7	24.0
7 - 7.999	23.0
8 - 8.999	22.0
9 - 9.999	21.0
10 - 10.999	20.0
11 - 11.999	19.0
12 - 12.999	18.0
13 - 13.999	17.0
14 - 14.999	16.0
15 - 15.999	15.0
16 - 16.999	14.0
17 - 17.999	13.0
18 - 18.999	12.0
19 - 19.999	11.0
20 & over	10.0



COURSE FACTORS	
Course	Factor
White	9.0
Yellow	10.0
Orange	11.0
Lt Green	13.0
Green	15.0
Blue	17.0
Brown	19.0

AGE FACTORS		
Juniors		
Class	Factor	Courses
M/W 9-	17.0	Any
M/W 10	16.0	Any
M/W 11	15.0	Any
M/W 12	14.0	Any
M/W 13	13.0	Any
M/W 14	12.5	Any
M/W 15	12.0	Any
M/W 16	11.5	Any
M/W 17	11.0	LG +
M/W 18	10.5	LG +
M/W 19	10.0	LG +
Seniors		
Class	Factor	Courses
M/W21	10.0	LG +
M/W35	10.5	LG +
M/W40	11.0	LG +
M/W45	11.5	LG +
Veterans		
Class	Factor	Courses
M/W 50	12.0	LG +
M/W 55	12.5	LG +
M/W 60	13.0	LG +
M/W 65	13.5	LG +
M/W 70	14.0	LG +
M/W 75+	14.5	LG +

Junior Squad update.

By Ruth Wilson

Hi! My names Ruth and I am taking over organising the coaching for the club.

In May we organised a day's coaching and fun for the juniors. I woke up on Saturday 15th very happy that it was not raining. Hopefully, it wouldn't rain at all day as it was the day of my first NATO junior coaching day.

We started with the lengthy task of putting out controls – thanks to my dad and John Crosby. The juniors arrived around ten. First was a short course designed to develop aiming off. The juniors had to get around cutting corners to controls. Everyone successfully finished the course. Then, the juniors did a longer, harder course and all did really well finishing the harder course in good time.

As it was still warm we picnicked outside in the sunshine and dried off feet. Dipton has lots of wet ditches. The juniors ended the coaching part of the day with a race.

Later in the day everyone went swimming. Paul Boyles and family organised a barbeque, where we all had a much needed dinner. I didn't know that teenagers could eat so much food!

Good fun was had by all and thankfully it did not rain.

The next junior coaching event is on the **25th September**. All juniors aged 9 and over are welcome to do some training. On the **26th** NATO juniors are organising an event in aid of the N E Junior Squad.

If you want to get involved send me an email at <ingATruthkathrinewilson.com>

Junior and Senior Coaching News.

There are more coaching activities planned from September with training on the 25th September, the 23rd October and a date in late November/early December.

These sessions are open to seniors as well as juniors so watch the website.

Compass Sport magazines For Sale.

I have all the copies of Compass Sport going back to 1976, when it was first published, and wish to part with them in return for a contribution to Marie Curie Cancer Care.

If you are interested then contact me on richard_j_fieldATtiscali.co.uk

Teatime Teasers (no prizes)

Who are these NATO members?

LASSIE THORP

HMS TRICKY TAP

More in the next issue.

Competitions Working Group meeting

By Richard Field

This Working Group currently has 7 members – Kath Dixon, Sheila Sprot, Neil Sprot, Richard Field, Bob Richardson, Fred Miller, and Alasdair Wilson-Craw. Kath, Sheila, Neil and Richard are due to stand down at the October AGM.

The role of the Competitions Working Group was agreed to be:

- a).** the organisation of events (*including appointing and training key officials, maintaining checklists and guides for key jobs, and overseeing teams*),
- b).** the quality of events (*primarily the courses*), and
- c).** running the Club Championships.

Richard reported that he still needed officials for events at the end of the year. Work will start soon on 2011 events.

It was agreed to seek a volunteer to co-ordinate the storage and repair of the “forest kit” such as kites. We also need somewhere for safe storage but we felt that a group of members might meet occasionally to go through all the kit and make repairs etc.

The Club Championships 2010 will be held at the Fell Plantation event in September using the same system of factors that we used in 2008 at Druridge. See separate article.

Richard reported that the Organiser’s checklist had been amended to show a need for the Organiser to provide a list of non-participants at events, to be retained by Competitions WG. Registration would

be responsible for obtaining the names of all participants, notably those previously recorded as “+1” etc. These changes are to comply with insurance requirements.

Fred gave an update on progress with the NATO Planner’s Guide due out this summer. The style is designed for easy reference by novice planners.

We have 5 volunteers for novice courses and Richard will run one for organisers. A course for novice planners would be run in due course, using the new Planners Guide. We felt that an occasional meeting of club controllers would be beneficial to ensure the continued quality of courses.

If any member wishes to have an issue considered by the Competitions Working Group they should contact any of the current members. We plan to meet again in September.

Marathon Moonwalk

Hello generous club members.

Yes - you've guessed correctly, I'm after your money. On June 19th in Edinburgh, beginning at 11pm, I'll be walking 26 miles through the night on the annual Marathon Moonwalk in aid of a Breast cancer charity. This is my 8th walk and unfortunately it will have to be my last as my Physio son has advised me that all the pounding on roads is damaging my knees and I want to still be orienteering when I'm 90.

I've raised over £5000 over the years and I would love to have a successful final walk so if you would like to sponsor me, please let me know at: neilsprotATsky.com

Many thanks,

Sheila Sprot

The club equipment needs a champion!

At present the club's **FOREST KIT** is spread over a number of locations and some of it is in need of urgent repair. A number of members have expressed a willingness to get together to mend kites, notices, signs etc. but the club needs someone to co-ordinate the effort.

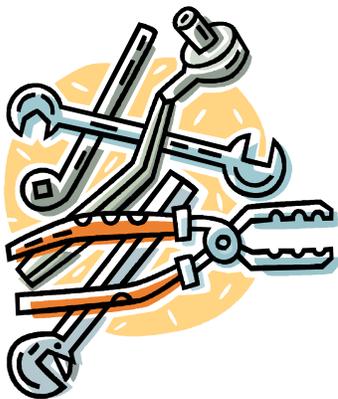
This does not necessarily mean a single person nor does it mean a job for life.

Can you give us a hand?

We also need to find a secure location that is reasonably central and accessible at all times.

Have you any ideas?

Offers of help to any Committee member.



Blyth Bedlington Schools Championships.

These Championships were held on the 18th June in Plessey Woods.

6 First Schools and 4 Middle Schools took part. The championships were the final competitions following training and competitions delivered by John and Margaret Crosby.

The First School Champions were Choppington First School years 3 and 4. The Middle School Champions were St Peters Middle School, Cramlington year 5.

Thanks to all the Club members who turned up on the day to help.

The Morpeth Ponteland Championships are to be held on the 2nd July at Wallington.

Help is still needed. If you have not already volunteered, contact John Crosby.