

# THE WRITE TRACK

## Newsletter of



Orienteering  
Newcastle and Tyneside



Issue 2011/2

June 2011

### Editorial Dates

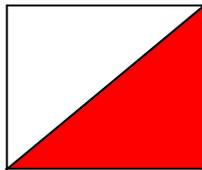
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Thank you to all who have contributed to this edition. It is greatly appreciated.

Issue 3 articles by 11<sup>th</sup> September for distribution 18<sup>th</sup> September

Issue 4 articles by end of November for distribution at beginning of December

Email to <[crosbynicola@hotmail.com](mailto:crosbynicola@hotmail.com)> or send to 29 Reedswood Crescent, Cramlington NE23 6RW or hand to me at an event. Thanks, Nicola.



### The Chairman's Blog

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Another three months have passed and we're half way through the Year. It only seems like yesterday that I was orienteering in the snow. I was also thinking that this is the third time I have written this Blog and on each occasion I have been at a different store (working that is). Every six months I seem to move store. I think they are trying to tell me something.

I like to use this space to let you know what's been going on behind the scenes and what we are trying to organise as a club. We are now printing the Write Tracks straight after committee meetings so they are fresh, up to date and relevant.

There has been plenty going on, and lots to look forward to. The Summer series has started and the first at Ponteland had great turnout. I couldn't make it as we had a family holiday planned in the

Dales, but was gutted as there was a BBQ after and I love a good BBQ. There are still plenty of events lined up for the summer, so check out the website for dates and venues. They are competitive events with the emphasis on being with a social where possible. Come along, compete and have a chat afterwards.

For those who haven't noticed, Adrian is having a Charity evening in Newcastle in June to raise funds for his trip to Peru. It promises to be a great social night which is being followed a month later by the return of the NATO Treasure Hunt. We've not had this for a couple of years, but it is always a great night, usually ending up at a pub for a meal. I recall the first one the Boyles Family did back in 2007. I thought it was a timed race in the car, (Which it isn't; it's about getting all the right answers). I drove at break neck speed (always within the speed limit), and flew round the course finishing about 20 minutes ahead of everyone else. The only issue was that I was taking bends, accelerating and braking erratically so that Rachel and Harry got travel sickness. It was only when Joshua and I ran at speed into the Pub that John said "What's all the rushing for?". Boy, was I in trouble.

We had a fantastic NATO Junior training day at Plessey, which is being followed up I believe with a training event at Druridge as well as a residential weekend later in the year for the juniors. It's great to see the juniors getting together and getting on so well. Even Joshua and Harry don't argue as much when they Orienteer. Speaking from experience, Orienteering is a great way for the juniors to develop not only their running, co-ordination and map reading skills, but also their inter-personal skills. For the juniors, when you have had your runs on event days, seek out Ruth or John and show them how you've got on, on your run. Speak with your fellow juniors. A healthy competition between you all is good for your development. You'll learn by each others mistakes.

Lots of events are coming up in the next few months and Adrian is finalising the 2012 programme as we speak. It promises to utilise areas not used for a while. We also have some very large events coming up in 2013 so we need to be looking as a club for planners, organisers and controllers. Bob Richardson is doing a fantastic job, filling in the spaces for the events. Please support where you can.

I suppose the biggest item that is coming up from my perspective is the Club Nights. In September this year we will be launching a Club Night on a Wednesday, designed to attract new members as well as provide a base for existing members to train, develop and socialise. It will be open to all with a full programme involving, map training, fitness training, social events and much more. We have secured funding for the project and have identified a base in Prudhoe on a Wednesday Evening. Patrick and Fred are busy mapping the whole of Prudhoe, Ovingham and Wylam to make up a fantastic opportunity to have different types of Orienteering within the area. With membership of the club spread across such a wide area, we have never really had a base like a lot of athletic clubs have, but with this project, whilst not perhaps convenient location for all, will give such a base.

I am looking for a suitable venue for this year's AGM at present, wanting it to be different. It's customary for the Chairman to make a speech and then have a meal. As I don't like public speaking and am often lost for words, I'd like this year to have a presentation evening. I'll still do a small speech, but would then like to celebrate what we have achieved as a club and recognise individuals who have performed well, developed well and probably throw a few gimmick awards in (Longest split time between controls). I saw one the other week as 45 minutes between controls. That's what I call perseverance. I'd have given up hope after 30 mins.

There will be a few changes to the website in the next few months. I have always been conscious that new members to the club, aren't always fully aware of who people are within the club, so we've taken the decision to put photos of the committee on the website to enable any member to identify who the main committee are. I know when I first joined the club, it took me about two years before I knew who the main people were within the club.

Hopefully with the club night coming up and new members starting, it will make it easier to integrate them into the club.

Well I starting typing this about an hour ago thinking it would just be a one page article, but as usual, I go off at a tangent and it ends up as more.

As one famous Yorkshireman once said., "You can tell a Yorkshireman, but tha carn't tell im much!"

Bye for now

Paul

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## Schools Festivals

There are two Schools Orienteering Festivals planned for this year. The first on the **24th June** for the Blyth Bedlington Partnership at Plessey Woods and the second on the **8th July** for the Morpeth Ponteland Partnership at Wallington. If you are available to help on either of these days and have not yet offered your services please contact John Crosby

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## Your Club Needs You!

We are currently looking for all members to play a small part in the running of the club from helping on event days to planning events.

We have vacancies for planners and organisers for events that are happening this year. Without you, we can't put on the events.

We have a band of planners, controllers and organisers who always do their share in the year and we need everyone if capable to help out. Don't worry about not having planned or organised before. We have plenty of experience within the club and some fantastic help guides that have been compiled by club members to help. We need to spread the experience around the club as it's the same people year in year out doing the same things.

Lets work together as a team to make things easier and develop as a club. Bob Richardson and the competition working group will be making contact with all club members in the next few weeks to see how you can help.

## Coaching

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A coaching session was held at Plessey Woods on Saturday 21st May. This proved very successful with 5 adults and 9 juniors taking part. It was aimed at Orange to Lt Green progression but the ability of the participants was from White upwards. As there seems to be a need for all technical difficulties any further days would be aimed at up to TD3 at least. There may be facility for a higher TD [technical difficulty] in some areas.

The training days were originally aimed at juniors but there seems to be a request from seniors to attend. These sessions are available to anyone wishing to orienteer, club members or not

A number of further days have been arranged, dates and venues below.

### July 9th

Druridge Bay. An opportunity to test your skills with precision accuracy in the sand dunes or practise using contours as a navigational aid. Meet at National Trust Car Park GR NZ276960 Approach from the Widdrington to Cresswell road at 9:45. We would expect to finish at about 12:30 and have a chat over a B-B-Q.

Please book with Ruth Wilson or John Crosby if you wish to attend. Sausages and burgers will be provided. Charge: £3.00

### Sept 24th

Rising Sun Country Park. An opportunity to learn pace counting and compass techniques.

Meet at car park GR:NZ298684 at the north end of Kings Road North at 9:45. We would expect to finish at about 12:30.

Please contact Ruth Wilson or John Crosby if you would like to attend.

### Oct 15<sup>th</sup> TBC

### Nov 12th

TBC Bolam lake / Wallington

A residential weekend for club juniors at Wallington with an opportunity to practise orienteering techniques during the day and then to try night orienteering. Contact Ruth Wilson or John Crosby if you would like to attend.

[ruthATruthkathrinewilson.co](mailto:ruthATruthkathrinewilson.co)

[nsoaAThotmail.co.uk](mailto:nsoaAThotmail.co.uk)

## British Championship 2011 Results

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Several club members competed at the British Champs near Sheffield. Well done to Carole Firth, who came second in her class.

M40S	5	Hugh Potter
M55L	54	Alasdair Wilson Craw
M55S	11	Neil Sprot
M60L	85	Fred Miller
M65S	16	Peter Firth
M80	5	Roy Malley
W35S	5	Cathrine Degnen
	8	Nicola Crosby
W50L	9	Jane Malley
W55L	25	Patricia Davies
	34	Kath Dixon
W55S	7	Rosemary Matheson
W60L	20	Sheila Sprot
W65S	2	<b>Carole Firth</b>

## Seaside Shuffle Snippet

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At the event on 5<sup>th</sup> June, whilst some club members stood chatting after completing a course an elderly man approached and said 'This is rather a small car boat sale'!

## Northern Champs Helpers!

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If you helped at the Northern Champs and have not received a thermal mug, please catch Patrick Smyth at an event, as he has about 10 left to give away!

## JK96 Mugs

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If anyone would like a mug from JK96 please ask Patrick Smyth as he has a box of these - prior notice as they are breakable. (White with green logo).

## Netherwitton Bike-O Event

NATO runs its 6th Bike-O event on 24th July 2011 suitable for all ages and abilities and registered with British Mountain Bike Orienteering. More information on BMBO can be found at [www.bmbo.org.uk](http://www.bmbo.org.uk).

Parking: at the rear of Netherwitton Hall (NZ103905) signed from Netherwitton Village. Registration opens at 09:45 with last start at 11:00. This is a private estate and it is important that parking does not block any access and that no litter is left after the event. There will be no loos.

The event will be a 2 hour score event on minor roads (some unfenced) with some off road options. Any sturdy bike will be suitable but narrow tyres may cause you to lose time. Bikes will be checked for roadworthiness at the start. Assistance will be available at the event for anyone unsure of the rules or procedures.



This event will be suitable for all competent cyclists over 14 years of age. Children under 14 can still take part but only if accompanied by an adult. The Mini kites will be used and an example will be displayed at the start. SI electronic punching will be used. All entrants **MUST** wear a helmet and are recommended to carry a basic first aid, repair kit and a whistle. Dress for the weather conditions.

Entry fees: £5 senior and £2 junior (aged 20 or under on 31 December 2010) with discounts for full BMBO members. For insurance purposes all entrants must be **Full or Associate Members of the BMBO**. The latter is free online and lasts until 31st December. Membership cards can be downloaded from the BMBO website and printed from your PC. Do this in good time because, if you join as an Associate Member on the day, there is an additional admin charge of £2. Full Membership includes insurance cover but Associate Members pay an additional £1 insurance levy at each event

Enter as a solo competitor or as a team. Entries are limited this year, so please email or telephone the organiser to reserve a map. Entry forms can be sent out by email or collected from Registration on the day. Note: the Organiser will be away for the weekend prior to the event so do not leave it until the last minute! All entrants will be required to sign that they have read and understood the safety rules as displayed at Registration.

Entrants will receive a full colour A4 size map (1:50,000) on waterproof paper based on the Landranger map series and will be pre-printed with all control sites and the description list, showing points values. Points for each site will vary depending on the difficulty (climb, road condition etc.) and distance to travel. Points will be deducted for exceeding 2 hours. Teams must stay together and all riders in a team must visit the control sites. **Important - footpaths must not be used even if carrying your bike.**

Planner: Adrian Barnes email: [<orunnerATsky.com>](mailto:orunnerATsky.com)  
 Organiser: Richard Field 33 Kestrel Drive,  
 Ashington, Northumberland, NE63 8JS  
 Telephone: 01670 855975  
 Mobile: 07890 358832 (emergency number)  
 Email: [<richard.field33ATgmail.com>](mailto:richard.field33ATgmail.com)

## Orienteering Word Search and Hidden Message.

By Joshua Boyles

O	H	T	H	I	C	K	E	T	I	B	C
D	R	I	D	Y	K	O	U	E	N	O	J
O	D	I	Y	T	C	H	I	S	M	U	W
O	I	R	E	D	A	S	E	P	A	L	R
C	B	H	I	N	R	W	A	I	L	D	L
C	B	R	E	A	T	S	A	T	E	E	A
H	E	N	O	V	S	E	T	F	H	R	E
T	R	R	O	I	N	E	E	O	F	O	R
A	T	H	E	G	N	E	X	R	T	W	R
P	I	T	E	A	T	R	A	E	I	C	K
A	I	F	I	T	C	A	N	S	T	N	O
M	O	D	L	E	E	D	O	T	O	O	G

Orienteering      Compass      Map      Dibber  
 Boulder          Thicket      Path      Track  
 Forest

What is the hidden message? .....

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## My First Orienteering Course On My Own

By Harry Boyles, Age 7

First of all, I registered myself in on a white course. This is the easiest course (It looked easy on the map, but it wasn't). Then I kitted myself up e.g. Compass, Pen, Control Card, Map. I was ready to rumble so I proceeded to the start.

The queue was very short as there were only 20 people competing. Eventually though it was my turn. Ticked over to my start time and I set off running. The first control was fairly easy; I sprinted along the path eager to get the first control. In fact so eager, I forgot what I was doing and ran straight past it! I got it eventually though.

I made another mistake on number 2 because I ran straight past it (again) and marked number 3 as number 2. Whoops. Luckily, I realized and put it right. Number 3 was EXTREMELY easy because I already knew where it was!

Number 4 was a little tricky as the map was marked incorrectly. On the map, the steps were further away from the control than they really were, but I still got it (There was a load of thistles). Again, I ran straight past number 5 because I was paying so much attention to the map that I walked straight past it but I went back for it and got it.

Number 6 tired me out because I had to run up a massive amount of steps. It was easy though because it was right next to a bench. I got stuck on number 7 because I was looking at the bottom of the steps instead of the top. Silly Me! 8 was easy because all I had to do was run down a path to a wall. Finally, the last control was at the top of some steps next to the finish.

It turned out that I came 1<sup>st</sup>! Not bad for my first Orienteering course on my own.

[Ed - Well done Harry!]

## If you go down to the woods today.....

By Nicola Crosby

On Saturday 19<sup>th</sup> March visitors to Wallington Hall in Northumberland could have been mistaken for thinking they had walked into some sort of accident black spot. In fact it was six orienteering coaches from the North East being put through their paces by the British Red Cross, in order to renew their First Aid qualification for their coaching Licences to Practice.

The format of the day was basically several short theory sessions, each followed by the opportunity to practice the particular First Aid techniques covered in the session.

Each practical session was outdoors, in the wooded area surrounding Wallington Hall's outdoor workshop. The opportunity to practice First Aid in this kind of environment was invaluable, as being orienteering coaches it is highly likely that any casualties we would be required to administer First Aid too would be outdoors, in woods or on moorland, and facing all the elements.



For each practical session, we headed out into the woods. Working mostly in pairs we located our victims – I mean casualties. After assessing the surroundings, we assessed each casualty and attempted to treat them accordingly. The blood and broken bones seemed very real and the casualties acting deserved Oscar nominations, especially the unconscious casualties. The location and format of the day was an excellent way to learn. There's nothing like your casualty 'dying' because you forgot all about treating shock, to make it stick in your memory.

Many thanks to those who made the course possible, in particular Ted Phizacklea and his team of 'casualties'.

## Crypt-O Competition

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The answers all have orienteering connections.

1. Try to miss the target. (3,3)
2. Speedy aristocrat goes the distance. (4,5)
3. Not too far to hit the ball. (5,5)
4. The control in the sky. (4)
5. Where the trees might be worth a four or a six. (10,8)
6. A hundred at the student's event (4)
7. Confused master between the banks (6)
8. Martial art using only one finger (6,5)
9. Sounds a bit PC (5)
10. Senior policemen finds time before church (5)

Very easy and no prizes but members can check their answers if they email Richard Field  
[<richard.field33ATgmail.com>](mailto:richard.field33ATgmail.com)

## Horwich Festival of Racing

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### 19<sup>th</sup> June 2011

SELOC are putting on a slightly unusual event in June, offering the possibility of a sprint orienteering race with the option of also participating in a nationally recognised 5K road race either individually or as part of a team

The event is part of the Festival of Racing staged annually in Horwich, Bolton. Main roads around the town are closed for the day to create a race circuit which is used to put on two 5K road races, a fun run, a race walk and a number of cycling races. The organisers have asked us to help them add orienteering to this mix, and Peel Land Surveys have produced a 1:4000 map to ISSOM standards so we can do that.

The orienteering will take place on the streets and alleyways inside the triangle created by the race

circuit and in an adjacent park. It will include a large labyrinth built for the day. Since some of the streets will contain moving traffic, we are restricting participation in the main Town Sprint orienteering race (just one course with some butterfly loops to break things up) to over 16's only. There will, however, be a simpler Park Race course wholly within the park to about Orange standard, open to all and aimed at novices though it will make extensive use of the labyrinth.

So far, interesting but not all that unusual.

We recognise that many orienteers will not wish to travel too far simply to run in a sprint race with a 15 minute winning time. We also recognise that there are many orienteers who can put in a very respectable time over 5K – probably to the surprise of many road runners who think we are a bit pedestrian even when not stopping for our sandwiches halfway round the course!

We have therefore added a Team Challenge for teams of three, primarily from orienteering and running clubs. Based on the total time of all three team members over both the main Town Sprint O course and 5K road race, we hope it will help road runners see orienteers, and orienteering, in a new light. To add more spice, there will be decent prizes for the first three teams.

If that whets your appetite a little, please see the websites listed below for more details and think about getting your strongest teams together for the team challenge. You can probably find a microcosm of the same rivalry within your club and organise teams to reflect that, or maybe pick the best all-rounders to put your club's name on the title. The choice is yours, provided you know who is going to be there to take part.

Entries should be made individually, with team declarations at registration on the day. You can enter just the orienteering race via [www.fabian4.co.uk](http://www.fabian4.co.uk), but to take advantage of the discounted entry fee for both orienteering and 5K race then please go via [www.race-results.co.uk](http://www.race-results.co.uk) or by post. For more information please see

[www.seloc.org.uk/horwich](http://www.seloc.org.uk/horwich),  
[www.horwichfestivalofracing.co.uk](http://www.horwichfestivalofracing.co.uk) or  
[www.lostockac.co.uk](http://www.lostockac.co.uk), or contact me.

Steve Round, Organiser