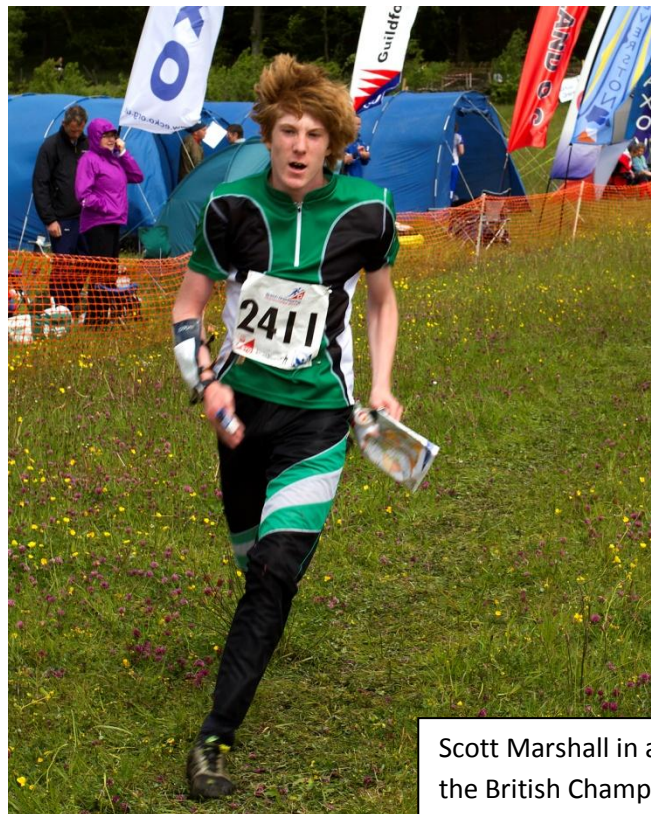


# Aire Affairs

## July 2011



Scott Marshall in action at the British Champs. Photo: Lawrie Phipps



**Airienteers**  
Orienteering in Airedale and Wharfedale

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# EditO

Hi everyone,

My name is Beth Woodley and I'm the new editor of Aire Affairs. Thanks to Geoff Clarke, the outgoing editor, for all his hard work on the magazine over the last year.

I am 16 and currently studying for my A-levels at Guiseley School. I have been orienteering for as long as I can remember, I'd say since when I could walk but I think I was being carried around courses even earlier than that! My favourite things about orienteering are all the fantastic people I've met and places I've been to. My best

result is either W16 Northern Champion in 2009 or my relay team (with Florence and Cerys) coming 1<sup>st</sup> at the JK, also in 2009. However I have lots of great memories of orienteering events and a particular highlight was going to the O-Ringen in Sweden with the Yorkshire junior squad.

I hope you enjoy reading this edition of Aire affairs. There are some regular features such as the 'juniaires' section and event fixtures, and there are also some new bits like the 'member profile' section where you can learn more about a fellow club member. If you have a photo, article, quiz or training tip that you would like to contribute to a future edition of AA, please send it to me at: woodleyzATbtinternet.com. (Remember to change the AT to @)

I hope you have a great summer (whether it involves orienteering or not!) and I look forward to seeing some of you at the Scottish 6 days in Oban. Happy reading,

*Beth*



# Aire News

- Congratulations to the following Aire members who have been selected for Summer tours/ competitions:
  - Florence Haines: coaching camp in Slovenia
  - Hector Haines: Nordic Orienteering Tour and World Orienteering Championships
  - Scott Marshall: Lagganlia, Scotland
  - Joe Woodley: Cairngorm, Scotland
- Well done to Florence Haines (W18) for coming 4th at the European Youth Orienteering Championships in the Czech Republic! You can read all about her experience in the Juniaires section.
- Also well done to Joe Woodley (M16) for coming 4th in the middle distance race at the World Schools Championships in Itlay.
- Finally, well done to all the juniors from Aire who competed in the Junior Inter-Regional Champs (JIRCs) in the Lakes- Lucy Haines, Ruaridh Mon-Williams, Miles Gilleard, Joe Woodley, Scott Marshall, Helen Wood, Cerys Jones, Florence Haines and Beth Woodley. The Yorkshire junior squad came 3rd overall. A particular 'well done' goes to Ruaridh whose relay team came 1<sup>st</sup> in the boys relay and Florence who was 1<sup>st</sup> W18 on the individual day.

Ruaridh, Aidan Smith (SYO) and Zac Field (SYO) on the podium



# Juniaires

Hi everyone,

My name is Joe Woodley and I'm the new junior editor of Aire Affairs. In this edition of 'juniaires' you can read about Florence's trip to the Czech Republic for the European Youth Champs and also an article about my experiences in Italy at the World Schools Champs. If you have any articles, photos, recipes or jokes I'd love to hear from you– please email them to me at: woodleyzATbtinternet.com.

Thanks!

*Joe*

ISF WORLD SCHOOLS ORIENTEERING CHAMPIONSHIPS

ITALY-PRIMIERO

2011

This year I was selected to represent English schools at the world schools champs in Italy. I had one of the best weeks of my life...

We arrived in Primiero the event centre on Saturday night. Primiero is a beautiful mountain village in the foothills of the Dolomites. All of the races were in local areas within 15 minutes drive of our hotel, The hotel Tre Ponti. From our room we had spectacular views of the famous three peaks that over look the village.



SUNDAY – On Sunday we had the chance to train in an area that was similar to the areas we would be competing in. I trained with the other selected English boys and Josh Jenner our coach for the week. We ran through a few controls then checked out any features we were unsure of. We had the afternoon off and played football with some local boys which was great. In the evening we watched the opening ceremony and met some people from foreign countries for the first time.

MONDAY – Monday was the day of the Long distance race. Val Canali - Cistri 11<sup>th</sup> place  
I had a great race all except for one control. All my times were faster than Hamish Rogers (another English select boy) up until my mistake and he finished 2nd... My mistake came on the 2nd long leg number 7. All the other controls I planned and executed well. Number 5 was also a long leg and I had one of the fastest times. I didn't spot number 7 as potentially difficult leg (not looking ahead) and just ran at it... I came out on a parallel path and lost 10 minutes looking for the control then relocating. I was annoyed and didn't attack the last controls. Finished 11th place and considering my mistake it wasn't too bad. I knew that if I cut the mistakes I could get in the top five on the middle distance.

TUESDAY – On Tuesday we had a rest and cultural day. We took two cable cars from San Martino Di Castrozza, which took us to a high plateau just a hundred meters or so below the snow covered summit of the Rosetta, a 2700 meter peak. We climbed the short distance to the top along with some of the other national teams. The views were spectacular, we could see the Dolomites stretching for miles into the distance and look down into the valley far below and see San Martino along with the area for the friendship relays. The Israel and Chinese teams had never seen snow before!! In the afternoon after a pasta meal in one of the lower cable car stations we descended to the Paneveggio Nature park where we had a guided woodland walk and the chance to see red deer.



WEDNESDAY – Middle Distance Race Val Canali - Piereni 4th place!!  
I wanted to do well and knew I could after the long race; I just needed to get my navigation spot on. I made one big-ish mistake about one minute to number 3; I was really cautious then, too low on the control. After that I made a few little mistakes but nothing major. Towards the end of the course I pushed hard but stayed in control of the navigation. I was pleased with how the course went and with the result. 4th place; 5 seconds off 3<sup>rd</sup>, and 28 seconds off 1st! Well done to Harry Butt another

England boy who finished about 30 seconds behind me and came 5th. That evening each country had to create a cultural store for everyone to look around and experience foods and things particular to each nation.



4<sup>th</sup> and 5<sup>th</sup> podium.

4<sup>th</sup> and 5<sup>th</sup> on the leader board.

THURSDAY – Friendship Relay. The Friendship relay was a great way to finish the week on a high. The previous evening we had been paired with two people from different countries to create a mixed ability team. Between the team you had to collect 40 controls, 8 of which everyone had to punch together. This meant sharing out the controls so you all would meet up at the same time at each compulsory control. I was paired with a Latvian girl (who spoke no English or French) and a French girl. It was great to practice my French and learn some Latvian! The last four controls we had to complete together, it was wonderful running through the streets lined with fans then holding hands and racing down the finish. We came 49<sup>th</sup> out of 160 teams which wasn't bad but for me it was all about mixing with people from across the world. That evening the English select boys and I were on the podium for coming 3<sup>rd</sup> after the middle and long distance race times were added up. In the end everyone in the England team went home with a medal. After that there was a closing ceremony and a party which lasted till gone midnight.

I had an amazing time and would like to thank Josh Jenner for being our coach for the week and the Head coaches Peter Christopher and Pauline Olivant for all their hard work.

### Spring time in Shropshire (SINS) 2011

This was my first year at springtime in Shropshire and it looked like it was going to be a good social, I was looking forward to it. I had spent the week leading up to SINS in Italy at the world schools champs, so when I arrived at Birmingham airport at 10 o'clock on Friday night I wanted to sleep and was in no mood for getting up early to compete the next day. After a good nights sleep I was ready and looking forward to the first race. I lost a few minutes going to my first control but after that I started to concentrate and I ended up in 3<sup>rd</sup> place which I was happy with. After the race we travelled to the event campsite. That evening there was a ceilidh and a hog roast, which was a laugh. On Sunday I had another good race finishing 2<sup>nd</sup>. I was tired and decided not to go to the sprint race that evening and just spectated. The weather was horrible on the last day and after taking my tent down in the rain I ran the last race. The hills were slippery so I just took it steady getting the navigation right. The combined times of the week left me in 2<sup>nd</sup> over all. I had a great weekend, not only enjoying the orienteering but also the social.

JOE WOODLEY

Eyoc 2011 By Florence Haines

On the 23<sup>rd</sup> of June I flew out from Stansted to Brno in the Czech Republic. This was my first time going to the Czech Republic so I was excited to see what it's like. Once we reached our accommodation we had a chance to walk around the town, Jindřichův Hradec, with a sprint map.

The Sprint:

The following day we travelled about 15kms to a training area for the long/relay and jogged around a short course. After a hot lunch of potatoes and meat, which we had also had for tea the previous night, we departed for the sprint. Upon arriving at Trebon (town where the sprint was held) the Great Britain team warmed up together with coach Paul Murgatroyd. We then all prepared ourselves in quarantine and being one of the later starts I had a while to wait. The start call up was through a building which was interesting and then I found myself on the start line with only 1 minute to go.

I had a relatively good run with few mistakes and enjoyed running through streets and parks with public staring at you like your crazy running around a town! Overall a finished 33<sup>rd</sup> which I was pleased with.

The Long:

On Saturday the 25<sup>th</sup> it was the Long Distance. We woke up early to eat breakfast and get to the event at before 8 because starts were from 9. My start wasn't until 10.40 so I filled in the time playing cards and trying to complete a crossword with the whole team.

I really enjoyed my race. I was quite sloppy with my navigation early on as we got thrown straight into some low visibility green but as I got into the course I found myself running with a few other people. This pushed my running, especially when I took a different route choice because I wanted to beat them to the control! As I went through the spectator control I felt strong for the last few kms.

From here on my navigation was near perfect and on a longer leg towards the end me and a German girl were racing head to head. As I punched the 2<sup>nd</sup> last control I accelerated and left the German behind and used my remaining energy on the sprint finish. It's a good job I did because I was leading by only 9 seconds!

As the morning passed I watched 3 girls come in to beat me but congratulations to them, coming 4<sup>th</sup> was amazing! Going up onto the podium with the whole Great Britain team cheering me on made all that hard training well worth it.



#### The Relay:

The morning of the relay arrived and after frantically packing we left early yet again and made base in a soggy field surrounded by fog. The fog lifted before any starts and being 2<sup>nd</sup> leg I watched all the GB first leg runners race off into the forest. Shortly I was in the forest myself and worked really hard to have a clean run. It was physically hard going but I pushed it hard and minus a mistake in the final loop I had a clean run. I made up 9 places pulling the team up from 19<sup>th</sup> to 11<sup>th</sup>. When our team finished we were 8<sup>th</sup> which is a really good achievement considering one of our team was only a W16.

Thank you to Aire for the money which helped me travel and compete in EYOC.

# Junior Training

On behalf of all the Aire juniors I'd like to say a big THANK YOU to Tony Carlyle for organising a summer series of training events for juniors. Tony planned a number of courses aimed at improving different technical skills such as bearings or contours at local venues. The courses were suitable for juniors of every ability. The final training evening took place on Thursday 7<sup>th</sup> July on Harden Moor. It was a nice way to end the series of training as Nick Gilleard did a BBQ for everyone. Remember to look out for dates and venues for the autumn training series which will be posted on the Aire website.



Thanks for the BBQ Nick!

**Calling all Aire juniors!**  
**Would you like to run in the Peter Palmer relays?**



- This is an inter-club team relay starting in the night and finishing at about 10am the next morning.
- We are looking for a team of 7 juniors to compete for Aire. There are legs of the following standard: Red (night) x2, Light Green (dawn), orange, yellow x2 and Green.
- This year the Peter Palmer relays will be held in Stafford, West Midlands and accommodation will be in Army barracks.
- We will be travelling down on Saturday 10<sup>th</sup> September and the event will take place on Sunday 11<sup>th</sup>.
- This is a very social event with juniors representing clubs from all over the UK. Last year the organisers arranged a fun evening for competitors including a climbing tower and film showing.

We are trying to finalise the team prior to the summer holidays so please contact Helen Woodley or Ian Marshall if you're interested in competing or would like any more information.

Helen Woodley: [woodleyzATbtinternet.com](mailto:woodleyzATbtinternet.com) or 01943873562

Ian Marshall: [marshallsATmarshalls.myzen.co.uk](mailto:marshallsATmarshalls.myzen.co.uk) or 01943862997

# Member Profile

In each edition we aim to bring you the 'profile' of a fellow Aire member so you can find out a bit more about how they got into orienteering.

**Name: Ian Marshall**

• How long have you been orienteering/ at what age did you start?  
I started aged 15

• How did you get into orienteering?

I was introduced to the sport by a school friend, Jonathan Perks and the following year a new teacher at my school – Crossley & Porter, Halifax - started an orienteering club. The teacher was Dave Chappell who later ran for Happy Herts.

• Do you remember your first event?

Yes, Hardcastle Crags near Hebden Bridge in 1977.

• Have you been a member of other orienteering clubs besides Aire?

Yes, I was in EPOC from 1980 to 85 and edited their newsletter the EPOC Epistle whilst I was in the 6<sup>th</sup> form.

• Do you have a favourite orienteering area?

Not really, there are so many good ones. I prefer open moorland areas where you can navigate by the contours. I am also a fan of urban orienteering.

• What, in your opinion, is the best thing about orienteering?

Getting out into countryside to which you would not otherwise have access

• And the worst?

Wet feet and having to change in the car on a rainy day

• Do you have a favourite orienteering memory or best result?

Best result – 2<sup>nd</sup> in M21A1 at the British Champs 1987 Lightning Tree Hill, Forest of Dean. M21 was a much bigger class in those days, hence the split into A1 and A2. I was beaten by Steve McLean (SROC), but remember keeping up a good pace on forest tracks and attacking the uphill.

• Do you have an orienteering hero/idol?

I admire anyone who performs consistently well over a long period. No one individual, but we have a few in our club.

• What do you enjoy besides orienteering/ do you have any other hobbies?

I enjoy cycling and use it for cross training now that I've got dodgy ankles.

I enjoy adventure holidays with the Marshalls and Woodleys. I have tried canoeing and recently sea kayaking. I also coach athletics with Junior Ilkley Harriers





**Invite all Aire members to**

**Participate in the**

## **The Aire Club League 2011-12**

**Your best 8 scores will count. Prizes will be presented at the Club Picnic on 8 July 2012 to the winners of the various categories.**

**The 14 counting events, at which you can run the course of your choice, will be:**

<b>Date</b>	<b>Club</b>	<b>Venue</b>
11 Sep 2011	CLARO	Harlow Hill
17 Sep 2011	AIRE	Attermire
18 Sep 2011	AIRE	Conistone South
23 Oct 2011	EPOC	Storthes Hall
20 Nov 2011	AIRE	Park Wood & Black Carr
11 Dec 2011	CLARO	Dobb Park
18 Dec 2011	EPOC	Royds Hall
8 Jan 2012	AIRE	Middleton Park
19 Jan 2012	EBOR	Compass Sport Cup Heat

<b>12 Feb 2012</b>	<b>EPOC</b>	<b>Norland Moor</b>
<b>26 Feb 2012</b>	<b>AIRE</b>	<b>Roundhay Park</b>
<b>4 Mar 2012</b>	<b>CLARO</b>	<b>Guissecliff</b>
<b>22 Apr 2012</b>	<b>AIRE</b>	<b>Calverley</b>
<b>13 May 2012</b>	<b>AIRE</b>	<b>Kilnsey North</b>

Stop Press! The next Aire AGM will be held on Saturday 1<sup>st</sup> October at 7pm at the Dyneley Arms, Otley. All members welcome.

# Aire in the Community

In this section you can find out how club members have been introducing others to the wonderful world of orienteering! If you've done some orienteering at a youth group, school or your work place we'd love to hear about it. Just send me an email:

[woodleyz@btinternet.com](mailto:woodleyz@btinternet.com)

## Orienteering at Scouts

Beth Woodley

A couple of months ago my dad and I organised an orienteering evening for the scout troop where I help as a Young Leader. To achieve their 'orienteer badge' the scouts have to have some basic knowledge of how to read and orientate a map so this was our aim for the evening. We started off with a talk about 'what is orienteering?', which included showing them some maps and the basic equipment needed (compass, dibber, whistle etc.) then we showed them how to read a map and use a compass. Next it was time to go outside and put this into practice! We had previously made a rough map (using google earth and a site visit) of the field/woodland area outside the scout hut. We had planned a course on this map and used laminated card as kites. The scouts had fun racing each other and managing to get lost in the process! We finished with a game where they had to guess the control description by looking at the symbol. Overall it was very successful and it has hopefully inspired the scouts to try some more orienteering (they have to complete three proper events) in order to gain their badge.

We were recommended to another scout leader which resulted in us being asked to do another orienteering activity with some Explorers (the older age group of scouts). We decided to go a bit further afield this time as we thought they would probably already have quite a good grasp of navigation through doing hikes and expeditions so we planned some courses at Nunroyd Park. This worked well and all the Explorers seemed to enjoy the activity. Thank you very much to Tony Carlyle for the loan of his O- kites!

Invite you to

## Leeds Autumn O-LITE Series

### Orienteering Local Informal Training Races 2011

Date	Location	Grid Ref	Post Code	Organiser	Tel
Sat 3 September	<b>Roundhay Park</b>	SE330383	LS8 1DQ	Henk Van Rossum	01132 642640
Sat 24 September	<b>Beckett Park</b>	SE273165	LS6 3QB	Ruth Ker	01132 754981
Sat 15 October	<b>Adel Woods</b>	SE285403	LS17 5PR	Alistair Wood	01132 843109
Sat 5 November	<b>Bramley Fall</b>	SE248361	LS13 2LP	Mike Winter	01132 753213

**Parking Details**      On the next page

**Fees**                      Senior £2.00 / Junior 50p

**Course Details**      **Newcomers to the sport are welcome. Help will be available.**

Contact the organiser for more details.

The following courses will be available.

Course	Length	Difficulty
<b>White</b>	Approx 1.5k	Very easy; Suitable for young accompanied children and older junior newcomers.
<b>Yellow</b>	Approx 2k	Easy; Suitable for juniors.with a little experience.
<b>Orange</b>	Approx 2.5k	Medium; Suitable for adult newcomers and more experienced juniors.
<b>Green</b>	Approx 4.0 – 4.5k	Hard

**Registration**          From 12:30pm

**Start Times**            Between 1:00 and 2:00pm

**Roundhay Park**

Car park at the end of Mansion Lane and along Mansion lane, which is off Princes Avenue

**Beckett Park**

Roadside on Batcliffe Drive.

**Adel Woods**

Leodensians Rugby Club Car Park, along a dirt track off King Lane.

**Bramley Fall**

Car park on Leeds and Bradford Road.

# Tuesday Night Running

Here are the Tuesday Night running fixtures for July 2011-October 2011. Meet at 7pm. Everyone welcome- young, old, fast, slow. Eat together in a pub afterwards or bring food along for a communal meal if the run is from someone's house. For further details contact Joyce or Ian Marshall on 01943 862997

Date	location	Area	Tel No	Grid Ref
12 <sup>th</sup> July	Rivock Edge. Eat at The Busfield Arms, East Morton	Addingham High Moor		SE066442
19 <sup>th</sup> July	Steve and Alex Watkins, West Barn, Thompson Lane, Baildon, BD17 7NB	Baildon Moor	01274 580764	SE142385
26 <sup>th</sup> July	Sara Dyer and Steve Webb, Faweather Farm, Birch Close Lane, BD16 3BG	High Eldwick	01943 871606	SE142418
2 <sup>nd</sup> August	Dick Hudson's Pub north of Eldwick	Back o' Ilkley Moor		SE125420
9 <sup>th</sup> August	Strid Car Park (Eat at Craven Heifer Addingham)	Wharfedale		SE059563
16 <sup>th</sup> August	Junction above Dob Park. Eat at The Spite Inn, Otley	Timble and Washburn Valley		SE195492
23 <sup>rd</sup> August	Cow and Calf Hotel, Ilkley	Ilkley Moor		SE134465
30 <sup>th</sup> August	Dave Shelley, 33 Newfield Drive, Menston	Menston	01943 875935	SE174440
6 <sup>th</sup> September	New Inn, Eccup	Eccup/Harewood		SE288429
13 <sup>th</sup> September	Bingley St Ives car park. Eat at The Brown Cow, Ireland Bridge, Bingley	Harden and St.Ives		SE101391
20 <sup>th</sup> September	White Hart, Pool-in-Wharfedale	Wharfe Valley		SE245451
27 <sup>th</sup> September	Ian and Joyce Marshall, 6 Oak Close, Burley-in-Wharfedale LS29 7PJ	Burley-in-Wharfedale	01943 862997	SE165457

# Club Kit



## Would you like a new O'top?

There are two types available as illustrated by the Bowman family.

### Trimtex O'tops

An order will be placed by the end of July for Trimtex so if you would like one please contact Joyce as soon as possible. The cost is dependent on the Euro exchange rate and is likely to be around £40.



Andrew Kelly in a Trimtex O'top

### Nylon O' tops

There are children's sizes, and small and medium adult's available from stock now at reduced prices (£15 children's £20 adults).

### Annie Brown in a Nylon O'top

### Airienteers jackets

Around 30 club members have already ordered and received club jackets. These are light weight, wind resistant jackets made by Noname and they are ideal either before or after your run. A few people have asked me if there will be another order – if you might be interested please let me know as soon as possible. **Contact: Joyce Marshall 01943 862997 marshallsATmarshalls.myzen.co.uk**

# Gold for Aire W50 Team!

This was my first gold medal at the British Championships and was a surprise to all of us. Shirley ran a clean first leg bringing the team in 5<sup>th</sup>. I went out on 2<sup>nd</sup> leg with the thought that I should be careful as I knew it was a technical area with a lot of contour detail (and I had made multiple errors in the individual the day before - my worst run for a long time!). I ran steadily and relatively cleanly until control 14 where I lost a couple of minutes as I ran slightly off bearing and hit the wrong clearing before the right one! However, I got it back together and completed the rest of the course cleanly to finish in 3<sup>rd</sup> place. As she set off, Sue was not aware of this (maybe that was a good thing?) and she had a storming run. Watching Sue run in up that hill to the finish we heard the commentator announce that we had finished first. But none of us believed it until the second W50 team was announced!

By Joyce Marshall

Joyce, Shirley and Sue on the podium. Photo by Lawrie Phipps



