

Aire Affairs

June 2018



airienteers

Airienteers

Orienteering in Airedale and Wharfedale

www.aire.org.uk



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AIRE AFFAIRS is the club's official magazine and is available on our website www.aire.org.uk and via e-mail/paper format to all members and interested parties.

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Front cover photo shows Airienteer Alisdair McLeod finishing in overall 1st place at JK2018.



Edit O – Wendy Carlyle

Writing my checklist of articles received it occurred to me that in this issue we have contributions from a wide age range; reports on urban and traditional O and input from newbies to the sport and also from those competing at the highest level, which is great. Thank you to all who have contributed. If you've had success or fun or it all went horribly wrong at an event recently, why not tell AA about it?

It's been a while since the last issue because we've been taking our retirement seriously and had a fantastic roadtrip around the National Parks in Western USA, a relaxing week in Scotland and attended the major British orienteering fixtures in this first half of the year.



My orienteering highlight so far in 2018 was competing in the Scottish Spring event at Auchengarrich. We were helping on the finish so I was the first starter, waking up the controls and the forest, with several deer crossing my path. I didn't see another orienteer until half way around the course so I was very focused and enjoying it all slotting in to place. I finished well down the results on the Green course, but was 5th W60, happy with that and having the forest to myself. Auchengarrich will be one of the days in next year's Scottish Six Days, so if you are planning on going, read Tony's more technical article in this issue.

AA Archives

The May 1993 edition of Aire Affairs showed a very soggy and packed JK AIRE tent with lots of familiar faces sheltering from the Basingstoke weather: Henk and Sandy with Tom and Owen; our Becky (who came 1st in W10A!) and Jenny; Andy Kelly; Jeff and Rosie Mason; Tony Roberts; Gill Hunter and Jean and Syd Barrett. Other top three results from that JK were Alistair Wood, 3rd in M40L; Tom Van Rossum, 2nd in W10A and our M50 Relay team who came in second. Jeff had taken on the role of Development Officer and was appealing to Juniors to let him know what they wanted out of the Club, including social trips.

Fred Ross (M45), Dennis Palframan (M40) and Dennis Ellison (M60) had all achieved their Gold standard Awards in the National Badge Scheme.

Kath Hill and Sue Robinson reported on the Lakeland Coaching Weekend they had attended, organised by Carol McNeill, (Guy, you were there too!) A trip to Bowness for lasagne and red vino was much enjoyed after a full-on first day at Lakeside.

LUOC were organising a Score Event at Adel and Meanwood, in aid of former club member Karen Darke who had been recently paralysed in a climbing accident.

Hilary Allen organised the Flasby Fell Badge Event and complimented the loo diggers (!) who did a professional job and took a pride in their work.



Chair Affairs – Tony Thornley

Welcome to your Chair's even more random than usual round-up of what AIRE (and he) have been up to this spring.

Club stuff

- We've achieved Clubmark. Hooray.
- We've put on a good series of events - 16 since the last AA. This includes the end of the Winter league and the start of the Spring sprints, and regional events at Baildon, Kippax, Skipton and Kilnsey. Thanks to all planners, controllers and organisers.
- Our JDO, Simon, has continued to work hard promoting orienteering in primary schools. He has also, with help from many members, run very popular orienteering competitions for the Leeds, Bradford and West Yorkshire schools' games.



- We've continued to run good coaching sessions, although attendance has been a bit mixed. Thanks to the coaches, especially Lindsey King and David Alcock.
- We've produced a good range of new maps and are on track with mapping for next year's British, as well as some new local areas.
- Several of our members have been chosen for national teams: Laura King for JWOC, Alice Leake and Ali McLeod for WOC. (and ex-AIRE Hector Haines also WOC) Well done and very best of luck to them. (See AA interviews later in this issue: Ed)
- We have a new treasurer. Peter (Baildon) Jones is taking over from Richard Foster. And Steve Webb is assuming the mantle of Club Captain from PJ. Thanks to all of them

A few treats for your diary

Our annual **Prize-giving and Picnic** will follow the sprint event in Myrtle Park in Bingley on Saturday 14th July, about 2.30pm. See website for more info, but do come.

The **Club AGM** is on Saturday 13th October, after an event at Golden Acre Park.



We intend to hold another **Coaching Weekend**. It will almost certainly be in the Coniston area, with training possibly on Tarn Hows on the Saturday and a major event on Holme Fell on Sunday. We will organise accommodation and a communal evening meal, probably in one of the local Youth Hostels. This is an opportunity to practise and compete in some of the best terrain in the UK.

I have been asked by YHOA to run a **course for Planners and Controllers**. This will be at Nell Bank in Ilkley on Saturday 17th November. Probably open to all. Details to follow in the autumn.

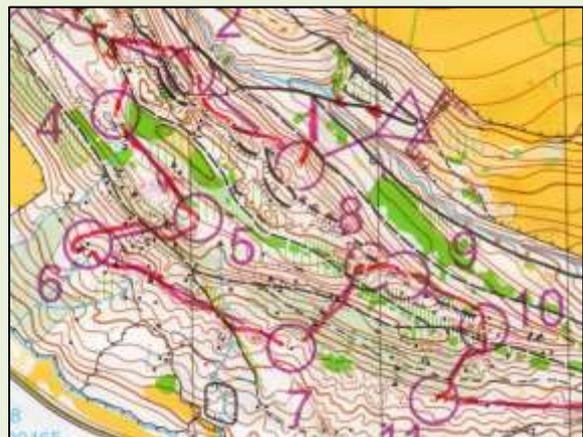
Golden Anniversary event?

2019 is Airienteers' 50th anniversary. I am hoping to offer you the joys of a 'through the ages' event, probably on 3rd March, which will give you a chance to move through five decades of maps. The delights of indefinite features (ie things not on the map as control sites), rubber stamps to prove you've found them, drawing in the rivers on your map because they won't photocopy and copying your course down may all be in evidence. I also think we should have an anniversary meal, but that depends on your support. Let me know if you'd be interested.

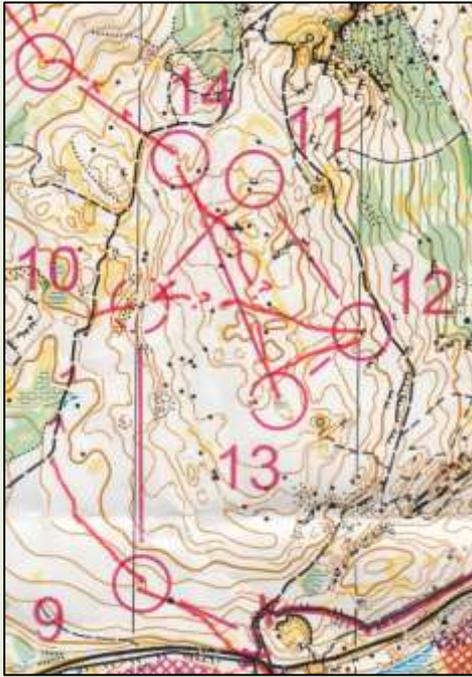
The 'if only' sport (or it's never too late to learn)

"If only I had....". Most of us orienteer to find the perfect run, at the best speed you can manage. Of course this is a dream and elusive. I've managed one or two, but it is the 'if onlys' which stick in my memory. I have some exceptional examples from this spring, my first in M70, which I share in the hope that you may also learn from them.

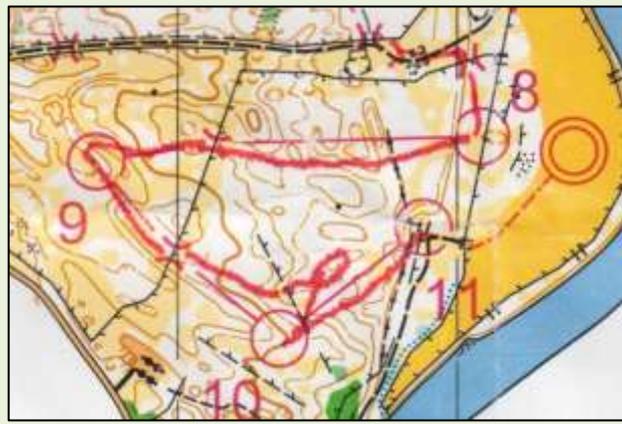
First, the dib that wasn't. I nearly had a perfect run at the Northern Champs in Wass, only messing up a bit right at the end. I came second.... However at control 8 (map R) my newish SIAC did not bleep. I left it in the box an extra second or two and still no bleep. I assumed the box was broken and carried on. Disaster! The box worked for everyone else, and indeed my SIAC worked at all the other controls. Of course I should have punched the map, but do you even think about doing that when brain dead? Not if it's never happened to you before. So, lesson 1. Remember the needle punch.



Second, running with a cold. I'd got quite fit for the British but then picked up a cold from one of my grandchildren. My head was not really in the right place for Balmoral, but the map and terrain were lovely and, despite coughing up all the hills, I'd again had a pretty clean run to number 10 with the end in sight. Leaving each of the controls I'd set my compass as it was easy to stray from the line. By 10 I was getting tired and drifted NE out of the control. Part



way up the hill I wasn't sure where I'd got to so set a bearing. Still couldn't work out where I was and eventually re-located by the three index contour hills between 10 and 12. Then down the spur to the control - only trouble was that it was 12, not 11 (10, 11 and 12 were all crags). I was not aware I'd missed 11 until I downloaded. I'm not quite sure what I did, but guess that, in oxygen debt and with a wuzzy head, I set a bearing from 11 to 12 rather than 10 to 11. Lesson 2: be systematic (eg bearing at each control in this case), especially when tiring.



Finally, and a follow-on from the BOC, the penultimate control at the BRC. The relays were held in a beautiful moraine area which was mostly runnable. I ran the last leg with a crack team of Peter Jones and Tony Carlyle. Both had pretty good runs so I took over with a chance of a top three. Despite coughing the length of the long first leg I had a completely clean run in tricky terrain up to the spectator control. An easy km remained. Compass from 8 to the crossing point and 9 - no trouble. Rough compass to the crossing point out of 9, then down the spur (note, no bearing). But disaster! No spur, can't work out the contours, don't see the ruined fence. Then find another control and sort myself out - see map. Why the error? Tired and over-confident. Haven't read the map carefully enough to see that the crossing point is just below the level of the spur so need to contour. Consequence - team is 4th, not 3rd. Very sorry chaps.

Some thank yous

The club has done really well in many areas this year. Membership is up, many local children are experiencing orienteering, we have run good coaching sessions and good events and we've secured grants from Leeds and Bradford to support these activities. We are also contributing to elite orienteering - both through members who have been selected for national teams and by organising next year's British Championships. All this is possible because you, the members, provide a willing volunteer base.

I'd like to say a particular thanks to Alex Ayling, who is standing down as SI and website coordinator. She has provided the backbone for all those events which have needed SI for a long time, and has kept the website functional and up to date. Second, a thank you to Carol White who has created our social media presence and has managed the AIRE Facebook page but is on the move. Also, a thank you to all the planners, organisers and controllers who have



put all the competitions on this year and to so many of you who have helped out on the day. A special mention to the stile shifters - I got half a dozen replies to my cry for help after Kilnsey so the job was easily done - and also the control collectors.

Some gaps to fill

We have done well this year because so many of you have given some of your time to Airienteers. The more members who put a bit in, the easier is the task of running the club and the less the pressure on individuals. Because of some of the changes I've outlined above, we need a bit more help. First, someone to manage our social media/facebook presence and second, someone to keep an eye on the website. These are not all-consuming jobs and we'd be really pleased if a couple of you could just spare a few minutes occasionally to make sure things are kept up to date. Please chat to me at an event or mail me if you're interested. No previous experience necessary. In the same territory, my three years as your Chair ends in October. It's been a privilege and pleasure to be Chair, but I need to round my time off by finding a member or members (it could be shared) to take the role on. I'm waiting to be overwhelmed by interest..... (honestly, it's interesting and enjoyable - and you'll get lots of help).



O People Competition Winners!

Well done to the Parkinson Family and to former Airienteer Jean Rostron for winning the O People competition in the last issue of Aire Affairs. Their prizes were 'owl related'.

Well
done
Girls!



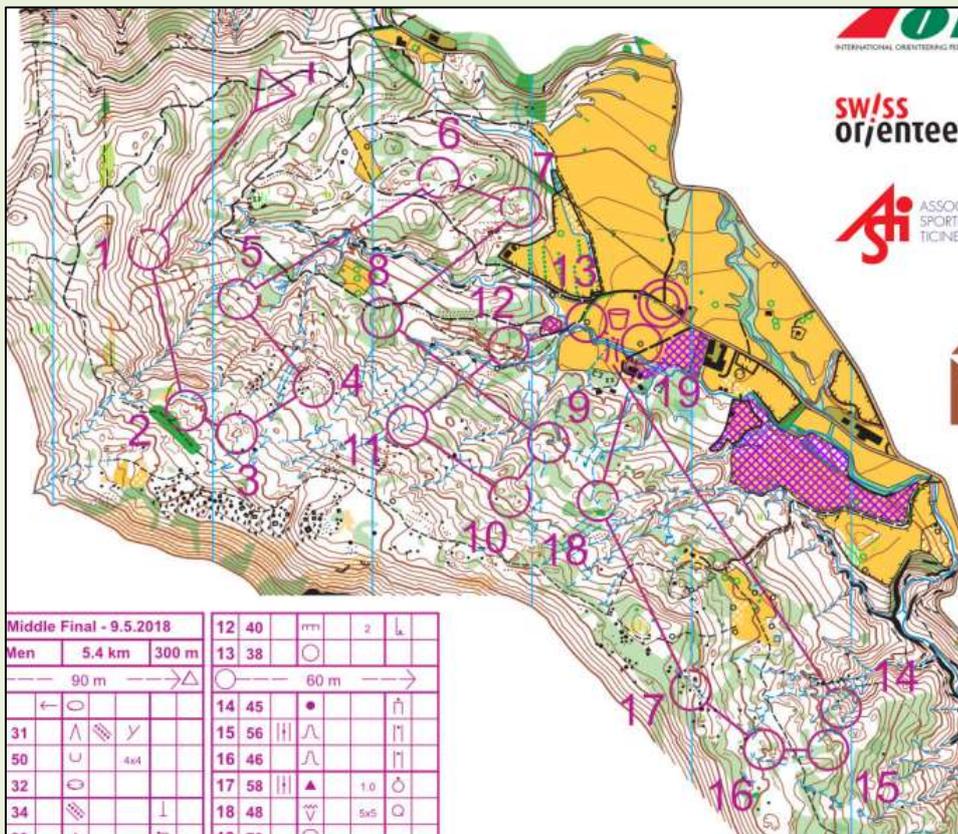


The European Cup – Alice Leake

Following the JK, myself and Alasdair were selected to compete for Great Britain in the European Championships in Switzerland. First up in the programme was the sprint race. In order to make the sprint final you have to first compete in a qualification race in the morning. There are three gaffled courses, so you're starting at the same time as two other people. In order to qualify you have to finish in the top 17 on your course (out of about 30-40 runners). It can be quite tricky to know how hard to push - you need to run fast enough to qualify but not so fast that you're really tired for the final which takes place a few hours later.



We both had good races and made it through in 9th and 6th. The final took place in a hilly town and much hotter temperatures. Unfortunately I took a poor route choice on the longest leg and dropped quite a few places to end up 31st. Alasdair had a great run to finish 22nd. The highlight for me was the tough uphill arena run through with hundreds of cheering spectators - a brilliant if painful experience. Cheering Kris to his bronze medal (with a very nervous wait for Jonas Leandersson to finish!) was amazing to see finally happen after so many 4th place finishes and the real highlight of the week.



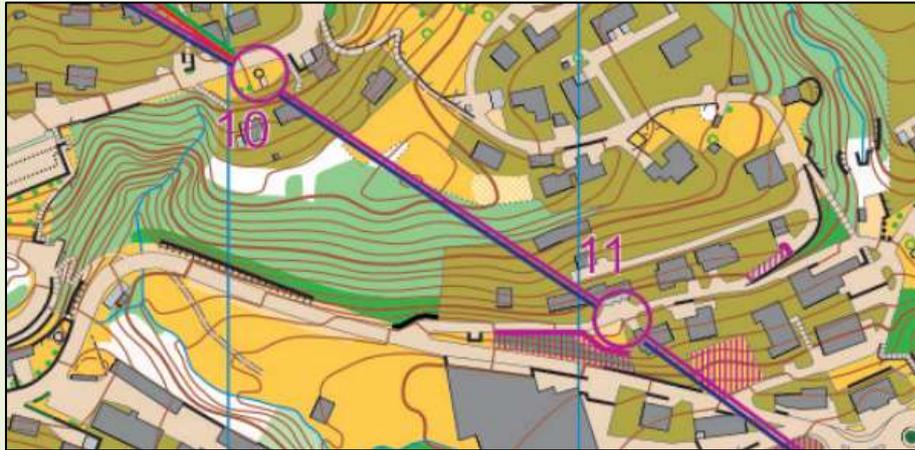
Next came the middle distance qualifications and final which Alasdair was competing in. He qualified once again (in probably the hardest qualification race of the whole season with each country having six competitors rather than the usual three) and he finished 35th in the final.

I was running the anchor leg in the



mixed sprint relay the next day where we finished in 6th place - my first ever international podium and the first time I've ever run last leg.

I was sent out by my teammates in bronze medal position with a big chasing pack of Norway, Czech Republic, Russia and Austria athletes just behind. I don't think anything but experience can prepare you for a situation like that! I started really well almost catching Sweden but in hindsight I was actually pushing way too hard up the hill and really suffered for it later. My brain (in a lot of oxygen debt) didn't see the artificial barrier on the map between 10 and 11. There is no worse feeling than turning round and seeing the whole pack heading down the



hill towards you and realising that you've just lost a medal. I tried so hard over the last part of the course to keep fighting but there was nothing left to give and I just hung on for 6th.



Next up was the forest relay where we were both running last leg in Great Britain's B teams. I thought the terrain was absolutely beautiful and really enjoyed the open and fast woodland. It was another exciting race to follow as our men's A team were fighting for a medal the whole way, eventually ending up in 5th place.

Finally the week finished with the long distance competition. Ali finished 37th on the 14.9km course with 890m of climb. I was glad not to be taking part in that one!

After a very tough week of racing I think we all enjoyed the well-deserved evening in the spa to recuperate ☺

It was a really successful week for the British Team with a top 20 in every discipline including 3 podiums and a medal. Hopefully we can keep this momentum going as we head into the World Championships in Latvia in August which, following the European Championships, both of us have been selected for.



Sheffield City Score Event – Orienteering Using A Mobile Phone – Alan Parker

As part of the Sheffield Outdoor Weekend in March, SYO organised a 60 min score event around the city centre – but with a difference. No need for a paper map, a Silva compass or a dibber - it could all be done just using a mobile phone!

The aim was to download the Maprunner app in advance, log in with your own details and then the map became available on your phone just prior to the event starting.

At each control site the phone's GPS confirmed your location, the control circle on the map changed from red to green and the phone buzzed. The screen display was also updated to show the time left, the number of controls visited out of the 32 available and the last control "punched".

All the control sites were street furniture with a small sticker attached, including a 2 letter control code for use if the technology failed. To aid visibility a small length of red tape was tied around the relevant lamppost.

To be honest orienteering like this was rather surreal and took some getting used to but after a while some things fell into place (or not).

- Whilst individual control sites are clear on the phone it was difficult to adjust the map magnification so that the whole of the leg to the next control was clear enough for route choice to be decided whilst still having sufficient detail for ease of navigation. In the end I opted to change the screen display quite often. Touching the + or – buttons seemed to work easier than swiping or pinching the screen when on the move.
- The GPS is not quite accurate and one could be several metres away from the control site when it registered. Sometimes this was an advantage as the phone buzzed before site was reached, other times a quick circuit of the lamppost was needed!
- If I left my thumb on the screen at the last known location, as I would with a paper map, too often something unexpected happened to the display. In the end I gave that up as a bad job. Having said that, there is a software lock imposed by the app which stops the map disappearing completely during the event.
- For a score event I would normally look to run in the area where the controls are most closely clustered. With a small screen display this area is more difficult to select.
- At this 60 min event I took what I thought was a logical route working away from the Start for 40 min intending to cut straight back to the Finish for the last 20 min picking up a few more controls on the way. Unfortunately I made a directional error and ran 45 degree off course despite a small compass needle showing on the phone screen. This again I put down to not having sufficient of the A3 map visible at a magnification I could cope with.



The software dealt properly with my being late. As I reached the Finish the phone showed me immediately my penalty points, distance run in km and, later on, position in the whole event.

I am not sure of the logistics or costs involved with this form of event but found it very enjoyable. There was no charge if you only used your phone, but a paper map was available for £1. I did take one with for me for backup, together with a Silva compass but deliberately chose not to use them.

Thanks to SYO for the event. I will try and do better if there is a next time.

The AA Interview, with Alisdair McLeod

Alisdair, you are a member of the GB Senior Squad what does it take to reach/maintain that position?

For me it took an enjoyment of orienteering and competing to get here. You need some sort of motivation to keep you training and keep trying to get yourself fit, find improvements and recover from setbacks. For me this motivation came from really enjoying the challenge of the sport and wanting to see how good I could potentially be.

How did you get in to orienteering?

My mum was interested in orienteering and I was brought along when I was young.

What are your targets for 2018/19?

For 2018/19 I want/wanted to try to win some titles in the UK and get my best results ever at international races. So far this has delivered some mixed results: I won the JK but had a disaster of a British long champs, and I have had my best international result at European championships but it was in the sprint which I hadn't trained for - then when I came for the race I had trained for I didn't perform as well as I would have liked.

How are your training sessions planned and what do you include?

I try to build my training in preparation for a race, looking to focus on what demands that terrain might have. This will mean I add some specific training exercises to my back bone of training which looks very like that of any road or trail runner, with some orienteering technique thrown in. This is the best I feel I can do around work and other things, I wouldn't say it is the ideal model but it get me 90% of the way there. Recently I am trying to think more about mental preparation as well for the big races.

How else do you spend your spare time?

I don't have that much spare time, so it is usually spent relaxing or doing chores. This typically involves either watching films or doing wedding planning at the moment.



Which has been your most satisfying/enjoyable orienteering event to date and why?

Without doubt getting to run WOC long distance an hour from where I grew up in 2015. That was really special - it felt like I had come full circle and I was really happy to get in the position to run that race.

Have you ever achieved what might be termed a 'perfect run' and, if yes, could you tell us about it?

I don't really think a perfect run is possible. There is always this imaginary line that you are trying to race at in orienteering, where you are running exactly as fast as your orienteering can cope with. If you get round a course without any mistakes you sometimes feel that you didn't risk it enough and should have run faster in places, whereas you might come back having run too fast and lost time with poor navigation. It is more realistic to aim for a 95% run and treat that as your perfect, then try to improve yourself to push that 95% performance to mean better and better things as your navigation or terrain running speed gets faster for example.

Thank you Alisdair – Ed.

Medal Surprise – Lindsey King

Evie Conway has had some excellent relay results in recent years having the benefit of running up with Laura King and Lucy Haines. They won British Champs W18 class 2 years in a row. Now the big girls are away at uni in Edinburgh, Aire is less able to offer Evie the high level team experience she deserves with her orienteering talent.

Spring 2018, Peter Jones is fixing up teams for the British Championships in Deeside, Scotland. There are no W18s and no W21s entered to run the women's premier team. Things are not looking good for poor Evie. The Team Manager offers an unattractive alternative.... why not run with your mum and a W55. 😞.

Mum Natasha and the W55 'yours truly' are excited by the idea of running with an elite member of the British Talent Squad, if a little anxious about the prospect of running the women's premier race. Peter suggests a change to the women's short race. After some discussion in the Conway household the decision is made.





End of May, we make a mad dash up to Scotland after a crazy month at work. Great to be away. We enjoy the British individual event in the sunshine on the Queen's front lawn at Balmoral Castle while she is otherwise engaged at her grandson's wedding!

The relay day dawns bright and breezy at Torphantrick alongside the river Dee near Ballater. We went to watch Evie start the race with a crowd of other 1st leg runners. I work out that two of Laura's friends, Kathrine and Roanne, are running women's short first leg also- they will be good competition for Evie.

Less than thirty minutes later Katherine and Roanne run in 1st and 2nd place - then Evie in 3rd. Natasha disappeared out into the forest. I mentally gave her thirty minutes for the 3.3km course. I hadn't run the last leg of a relay for some time but I didn't feel too much pressure. After doing a work related exam the previous week this was light relief. When Natasha runs in after 38 minutes I had no idea that we were still in third position overall.

I raced out across the field, long 1st leg, I had listened to the comments in the Aire tent and ran out around the riverbank path to keep up the pace. I nearly regretted that when I was crawling up the huge steep bank into the forest at my attack point. However the contour features in the wood were clear and I picked off the first few controls smoothly.

I managed to keep up a reasonable pace and concentration through the course until the spectator control. I could hear Laura cheering me on and didn't hear my new SIAC beep. Swipe again- embarrassing! I cleared control 10 then overshot control 11 where the landforms were less clear in the semi open area and ended up at the fence. Quick relocation and a new bearing sorted me out but I then took a sloppy bearing to the last control wasting a few more seconds. I passed Tony Carlyle with a camera (ugh...I thought Wendy was the photographer!) then down through the gate and onto the run in. As I approached the finish I heard my name on the commentary and thought... first time that has happened ?.. they must

be getting bored.. no one interesting about?



It was only when we were waiting at prize giving for Laura's EUOC (Edinburgh) team to take the podium that I had a quick look at the results. We are 3rd out of 10 starting teams. 7 finished with 3 mis-punching. Quick grab Aire jacket off Ian Marshall and look around for Conways. Unfortunately they had already left (Evie has exams soon). I took the podium to receive three bronze medals for the team

with Edinburgh South taking the gold and Moravian the silver.

Well done girls- keep up the training and we'll enter the women's premier race next year! 😊



For the encouragement of other average orienteers...I may not be a high achieving orienteer at an individual level but my relay history has some highlights:

1984 Bronze medal University Champs Kinnoul Hill Perth for Sheffield University

1992 Gold JK Bigland class? Yvette Hague & Ruth Jones I think I recall -Aire

1997 Gold British Champs Chatsworth W35 Ruth Jones & Shirley Wood-Aire

2007 Silver British Champs S Wales W40 Ruth Ker & Sarah Haines- Aire

2012 Silver British Champs Kendal W50 Sarah Haines & Joyce Marshall- Aire (on run out discovered I didn't have my compass and had to run the Helsington Burrows limestone without one!)

2018 Bronze British Champs Ballater Women's Short Evie & Natasha Conway

Relays are great fun and a good way to get to know others in the club- enter with Aire when you next have the chance.

(That's an impressive record Lindsey, Ed.)

AA Interview with Alice Leake

With two GB Squad Members now joining Airienteers, I couldn't pass up the opportunity to interview them both! Ed.

Alice, you are currently in the GB Senior Squad, what did it take to achieve your place and what commitment is required from you to maintain such a high standard?

In 2013 I moved to Reading and joined Southern Navigators Orienteering Club. I'd been injured for a long time and not training very much, but my new club mates included two members of the GB senior squad at the time (Sarah Rollins and Ruth Holmes). I only decided to start training so that I could be in the 2014 JK relay team with them and not embarrass myself! A year later (and a bit fitter) I started joining Ruth for some of her training sessions and really enjoyed it. I was getting a lot faster and wasn't very far behind in training anymore. We started talking about how I could be good enough to be part of the GB squad but I actually took a lot of convincing that it was something I wanted to do. I loved orienteering as my hobby and I didn't want to take the fun away with the pressure of international racing. Eventually I decided to just give it a go and see what happened.

I went to my first international competition in June 2015 and ended up absolutely loving it! After that it all developed very quickly and I was invited to join the squad on their pre-WOC training camp which was very terrifying at the time. I made a 13 hour train journey from Reading to Elgin for the WOC selection race and that was it, I've been in the squad ever since.



I still find it a bit crazy when I look back that I didn't even make the final of the British Sprint Champs in 2014 and a year later I was in the WOC sprint team. I guess that it took a lot of focus and commitment over those two years to get me to that point, but mostly it was learning to enjoy the whole process.

Maintaining that standard is just about discipline. I can't pretend that it's easy to get out of the door on the days you don't feel like it, but it's such a normal part of my life now. You have to prioritise nutrition, sleep, time for 'geeking', training camps, technical training, physical training, and all your annual leave is spent sitting in sports halls around the world (quarantine), and yet for some strange reason there isn't anything else I would rather be doing 😊

How did you get in to orienteering?

I started orienteering at Primary School. We used to go along to the Eborienteers summer league events and I loved running around in the woods with my friends. I realised I was quite good at it, after winning the British Schools Championships, but it was definitely all about the social element back then! The YHOA junior squad played the biggest part in developing my lifelong love of the sport. There was nothing more exciting as a thirteen year old than going away for the weekend orienteering with your best friends. I guess nothing really changes, we just travel a bit further afield these days!

What are your targets for 2018/19?

I'm currently focusing on the 2018 World Championships (taking place in Latvia in August) where I'll be running the individual sprint. After that it will be the British Sprint Championships and then the World Cup Final in Czech Republic in October.

2019 is the first year where the forest and sprint World Championships are going to be splitting and taking place in alternating years. As 2019 is a forest year I'm actually planning to take a break from international orienteering and focus on my running. It's only something I've started doing seriously since moving to Leeds and I have quite a few goals that I'd like to have a go at which I don't have the time to focus on right now (mostly running a sub 17min 5km).

If all goes to plan then I'll be back for Sprint WOC in 2020.

How are your training sessions planned and what do you include?

Training really depends on the time of year and also where in the year the big competitions fall, but generally winter looks something like:

Monday: AM: Gym Session. PM: Easy 40min run. Hot Yoga (for recovery).



Tuesday: PM: Training with Leeds City AC, rotating between road, track and hills. Typical sessions include 5 x 5mins (75sec) road loop, 10 x 70sec (50sec) on the track, and 10 x 90sec hill reps with jog down recovery.

Wednesday: PM: Orienteering (e.g. AIRE night o).

Thursday: AM: Gym Session. PM: 60min steady run.

Friday: Either a rest day or an easy run.

Saturday: AM: Training in Roundhay Park with Leeds City. A typical session: 12min threshold (2), 6 x 2.5min (90sec), 6min tempo, plus strides or hill sprints. Definitely the hardest session of the week!

Sunday: Orienteering or a long run (90min).

Over winter I aim to run approximately 80km a week. I'll usually run less in the summer (60-70km) but with higher intensity - e.g. more time on the track and more sprint orienteering.

In the summer my training might look more like:

Monday: Same

Tuesday: Training with Leeds City AC on the track - e.g. 4 x 1200 (400), 4 x 200 (30s)

Wednesday: Gym Session and 60min run.

Thursday: Tempo run and strides.

Friday: Same

Saturday: Orienteering or a track session with Leeds City.

Sunday: Orienteering or a longer run.



In the run up to competitions I will do a lot more specific orienteering training on the weekends, including training camps with the rest of the squad in relevant terrain.

How else do you spend your spare time?

At the moment decorating my house and sampling the restaurants and bars of Leeds. I also like to spend time with my friends and family visiting nice places (Saltaire and Knaresborough have been recent favourites).

Which has been your most satisfying/enjoyable orienteering event to date and why?

I'm lucky that I've been able to enjoy lots of fantastic orienteering. My most enjoyable have probably been Swiss O Week in Zermatt for the beautiful terrain and scenery, and Beijing O Week purely for how much fun it was, but competing in a home World Champs will forever remain as my favourite orienteering memory.

Have you ever achieved what might be termed a 'perfect run' and, if yes, could you tell us about it?

I'm not sure I know anyone who's ever been fully satisfied with a race. There are always seconds that could have been saved somewhere, even in world championship winning runs!

(Thank you Alice, Ed.)

AIRE Club Picnic – David Alcock

Catch up with your club members at the annual club picnic, which will again be held after the final of the chasing sprint event of the Fat Rascals weekend. This year that means gathering around the assembly area (near the bandstand) from 2.30pm on Saturday 14th July at Myrtle Park, Bingley, ready for the Aire prize giving at approximately 2.45pm, followed by a 'bring a dish' picnic then strawberries and cream for all club members young and old. Those who are not competing can cheer the finishers of 'the chase' come in from about 2.15 onwards. In the spirit of sustainability, please try to bring your own drinks, plates and eating utensils, but we will provide some extras 'just in case'.

No need to RSVP but we hope to see you there!



Killing Time in the Cairngorms – Rob King

It's over. A fantastic weekend's British Orienteering Champs in Royal Deeside.

Balmoral % HMtheQ then Torphantrick.

Dappled forests and a second helping of Spring.

Five days to kill before the Scottish Orienteering Champs on the Moray Coast.

Weather's looking good. But, what to do?

Take the dogs for a walk...

Leave wheels at Mar Lodge. Packs on.

Toddle up Glen Quoich. Hot and tinder dry.

Cuckoo calls and Caledonian Pines.

Pitch on last of the level grass.



Up. Into the clag. Thick and cold. KIMM weather.

Kag, overtrousers, buff, then gloves.

Not quite enough. Keep moving.

Beinn a' Bhùird and the Ben Avon ridge.

Map, compass, bearings, tor to tor in the mist.

Mountain hares and ptarmigan. Zero vistas.

Eventual, welcome descent.



Linn of Avon. Riverside pitch on grassy flat.

Oystercatchers and roe deer.

Canines Molly and Ruby have two pedigree sherpas.

Ian and Joyce porter dog food over Munroes!



The glorious weather returns.



A track schlep up Glen Avon.

See all the mist hid yesterday.

Red deer passing through.

Pitch at mouth of Loch Avon.

Evening sun. Tea on the beach.

Joyce in the loch.

Morning in the mountains. Why move on?

Loch-side trod. The Shelter Stone.

Up. Snow buntings. Ben Macdui.

Peer into the Lairig Ghru.

One more top. Carn a' Mhaim.

Down. Into Glen Luibeg.

Caledonian pines, Corsican climate.

Trek out. Some dog walk.



Jack Bloor Race, 8th May 2018 – Rob King

Held on Ilkley Moor this classic 8.4 km navigational fell race was established in 1985 to commemorate the life of an acclaimed Yorkshire sportsman and Airtenteer, Jack Bloor.

After the very hot Bank Holiday weekend runners enjoyed a cooler evening for the 2018 race. Jack Wood (AIRE) took the Jack Bloor Men's Senior Race title for a record fourth consecutive year, finishing in a time of 39 minutes 20 seconds. Close behind were Robert Little and Jack Cummings making it a 1, 2, 3 for local club Ilkley Harriers.





Shaving 2 minutes 14 seconds of his previous time, Jack Cummings of Langbar also retained the men's U23 Arthur Dolphin trophy for the 3rd year running.

First veteran and 7th overall was Peter Darwood. Course record-holder, Greg Hull (AIRE), took the MV50 title running for Leeds City AC. As in 2017, first MV60 was Ben Grant of Harrogate Harriers whilst Dave Tait retained his MV70 title for Dark Peak FR.

In addition to his own sporting accomplishments, Jack Bloor was renowned for encouraging young people to engage in outdoor sport. The Jack Bloor Memorial Fund helps support young Yorkshire people to develop physical and technical skills in any recognised outdoor adventure sport.

Applicants must be under-26, either from or based in Yorkshire and be a member of a Yorkshire sports club or a national sport governing body. Applications are welcome at any time. Further details can be found at www.jackbloor.co.uk

During the last year the Fund made seventeen grants. Activities included racing in international cyclo-cross events, training and assessment for the Single Pitch Award in climbing and competing in the 5-day Iron Tour Triathlon.

Over the years the Fund has supported many young Yorkshire orienteers. Recent awards included; Alice Rigby (SHUUOC, JWOC, Finland), Lucy Haines (AIRE, EYOC/JEC, Slovakia/Austria), Evie Conway (AIRE, WSOC, Sicily) and Alex Elliot (SYO, Lagganlia, Scotland).

All monies raised from the annual races (and our fantastic cake stall) go to the Fund. We also rely on donations. Having recently received charitable status, donations with the option of gift-aid may now be made via the Fund's MyDonate page: [Jack Bloor Memorial Fund](#). The Fund's trustees are grateful to Mark Markham (AIRE) for his recent generous donation. Thank you.

The Fund is supporting cross-country runner Rosie Watson from Leeds in her bid to run the entire length of the Pyrenees via the Haute Route. Rosie's last minute decision to enter the Jack Bloor Race saw her rewarded by winning the Jack Bloor Women's Senior Race trophy at her first attempt. Representing Cumberland Fell Runners, her winning time was 48 mins 35 seconds. In an exciting sprint finish, Chloe Haines of Dark Peak Fell Runners took second place just 4 seconds down. In the 3rd position overall was Ilkley Harriers' Helen Wood (AIRE) who also won the Pat Bloor Women's U23 trophy.





Carol Morgan of Nidd Valley retained the Mike Rose Bowl for again winning the WV40 class. Natasha Geere took the WV50 title for Spenborough whilst first WV60 was Hilda Cousey of Ilkley Harriers.

Senior prize-winners receive one of the coveted Jack Bloor Small Trophies. Hand-crafted by James Fonquernie of Leeds, these glazed clay figures portray a different rock carving found on Ilkley Moor. The 2018 trophy features the Potato Head Rock.

Throughout the rest of the field individual runners sought to improve on their personal best, battled with rivals or simply enjoyed the challenge and atmosphere of the race.

With three runners to count, Ilkley Harriers took first place in the men's team competition with Pudsey & Bramley 2nd and Wharfedale Harriers 3rd. In the women's category, the leading Ilkley Harriers team of Helen Wood, Kate Archer and Rachel Carter took first place with Otley AC second.

We are extremely grateful to our senior race sponsor, the Flying Duck Pub in Ilkley. Occupying one of the oldest buildings in Ilkley, this Church Street hostelry is home to the Wharfedale Brewery. A bottle of Wharfedale beer was presented to senior class and team winners whilst all runners were rewarded with a Flying Duck voucher.

Loyal sponsor and supporter of the Jack Bloor races and the Memorial Fund, Terry Lonergan of Complete Runner, Ilkley kindly provided the race numbers.

Earlier in the evening, junior runners tackled courses of half a mile, one mile or 1.5 miles in one of five age-based classes (U9, U11, U13, U15, U19). Many were there simply to enjoy the occasion with several trying their first fell race. More experienced runners strived for a podium position giving rise to some very close and exciting contests in the last metres of the run-in.

The Jack Bloor Junior Races are kindly sponsored by Ilkley's popular community café, Outside The Box, located at the junction of Church Street and Bridge Lane. Every junior runner was rewarded with a café voucher. The top three boys and girls in each category were presented with certificates together with elaborate handcrafted cookie-medals, designed, baked, decorated and presented by the team from Outside The Box Café.

As ever, thanks go to our sponsors and members of the Gritstone Club, Airienteers, Ilkley Harriers and all our other supporters who make this sporting and community event possible.

Next race: Tuesday evening, 14 May 2019

Full details can be found here: [Jack Bloor Races & Fund](#)

Rob King: Race Organiser & Jack Bloor Fund Trustee

(Photos by kind permission of Woodentops, Ed.)

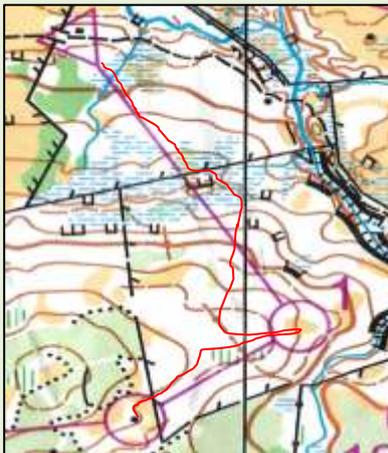


Orienteering in Auchengarrich – Tony Carlyle

Wendy and I travelled up to Stirling for the Scottish Spring Weekend to support the fund-raising efforts of the GB, SEDS and ScotJOS Squads.

Highlight of the weekend for me was the Scottish Orienteering League event at Auchengarrich. Having run there once before I remembered a physical technical area of detailed hillside and a mix of plantation forest with an intricate network of rides. On that occasion the map and planning were excellent and I walked away from the event feeling tired both physically and mentally but very satisfied with the orienteering that was offered. The area is to be used next year in the Scottish 6 Days based in Strathearn so a report on my run would provide an insight as to what is in store.

For this event Wendy and I were manning the remote finish and as contactless punching had been enabled we had to ensure that all competitors punched the last control and took the correct route back to assembly. Wendy ran first so I had a while to wait (Cheeky! Ed.) in the changing weather as the sun nipped in and out from the passing clouds. On her return Wendy was very pleased with her run. She had an early start and was waking up her earlier controls but really enjoyed being out in the area on her own for most of the time (no one around to distract her and doubt her route choice). She said the map looked scary but was very accurate and the detail provided good route choice using the many rides, clearings and ditches.



I changed and wandered over to the start, collected a start time and began a short warm up. Route to 1 was straight forward, bearing across the slope to the fence with the crag on the knoll. Couldn't see the fence but the crag and knoll were clear and as I approached almost tripped on the fence as it was on the ground. The marsh beyond the fence was very wet and I just slogged through making use of drier clumps. Got back on line once through the marsh using the crag and climbed onto the broad spur. A quick check of the map confirmed that I had drifted too far west so I turned and ran down to the control. Route to 2 was straight forward.

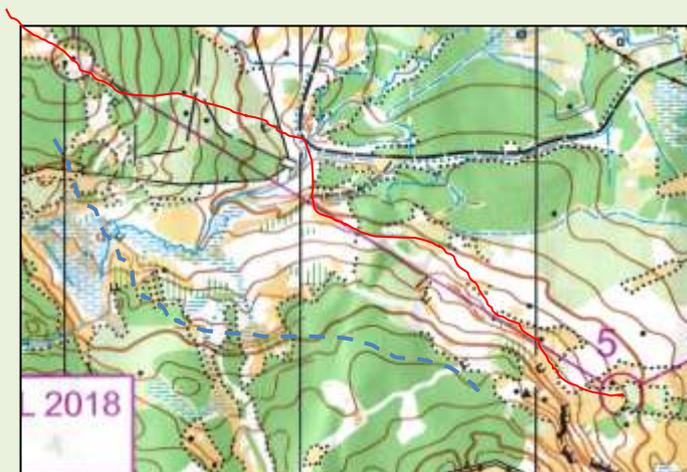
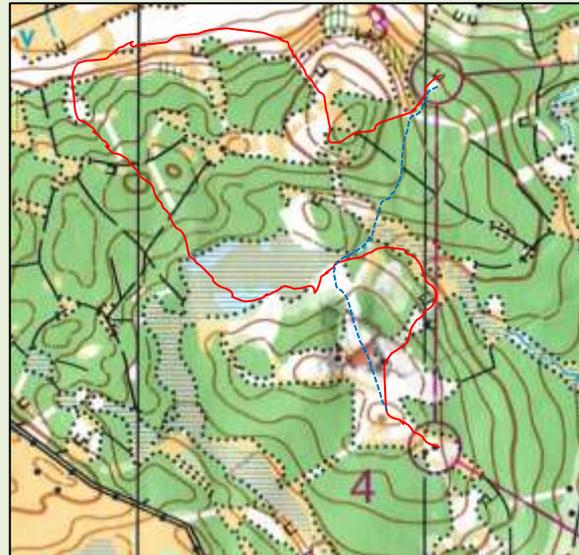
Route to 3 was going to take me into the green for the first time and check out the rides and word of warning from final details saying the start of some of the rides were difficult to find but were there. I headed on a rough bearing to the track and once there missed the entrance to the northern ride so continued south on the track looking for the southern ride. Didn't see that one either so continued to the ditch and followed it into the green. Once in the green visibility was good and the rides became obvious. The crag next to the ride was clear and I headed up the hill and into the control.





3 to 4 saw my first major error. My planned route is shown in blue so the mistake was major. What I think happened is that the plan was to go up over the spur and then down to the marshy open area. I hadn't checked direction and I went too high and turned the hill top thinking it was the spur and heading north continued down through the open/scrub area (mistaking it for the open marsh) to the green and began following the veg boundary. Alarm bells were ringing, especially as I was now going down a steeper slope when I should have been climbing. A quick glance at the compass showed I was heading north instead of south or southwest so I knew I had become disorientated but couldn't work out exactly how.

I continued to the bottom of the green with its distinct boundary and when the view to the north opened I could see the wildlife park and realised that I must be on the northern slope, but where? The plan was now to run along the edge and try pick up one of the veg changes and head up and over the hill down to the marsh. Still not 100% sure movement was slow until I saw the two knolls and passed between them. Once at the open marsh I was looking for open with the ride beyond but the edge was not clear. I always struggle with open marsh areas like this that also have areas of white below the marsh symbol, when competing I have difficulty seeing them on the map and I began having doubts when a small foray south led to grot so I backed out and headed down to the marsh, checked it was running the right way, down the open to the crag and then up using the boulder and knolls to the control. I probably lost 10 minutes on this control which could have been avoided if I had paid more attention to direction when leaving control 3 by using the compass to check.



Need now to forget that leg and concentrate on 5. Two immediate options presented and I chose to follow the rides down to the gate in the fence and then use the distinct vegetation boundaries and clearings to lead into the control. This would involve more climb but I wanted a safe route to recover from 4. There appeared to be more rides on the ground than mapped and I drifted from the main ride down a very runnable planting lane and rather than waste time sorting out which ride

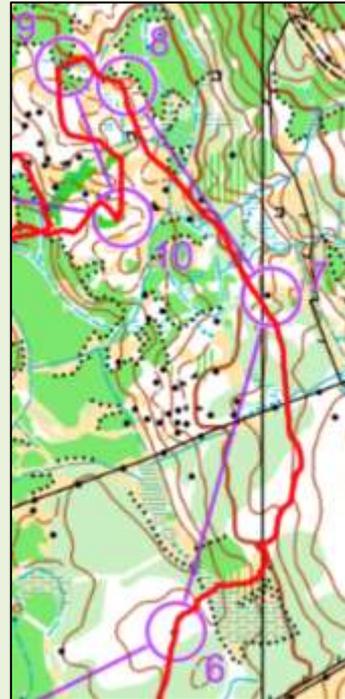
was which I just ran down on a rough bearing and would relocate if necessary on the track. I came out on the bend and followed the distinct boundaries and clearings all the way to the control.



5 to 6 was a simple plan, follow the veg boundary down to the marsh, follow the open to the veg tip and then a bearing onto the spur.

I took a chance going to 7 by going up the marshy clearing to hit the white forest. The veg hashing was very scrubby with some vicious spikes but once through into the white it was clear running to the wall. From here on a bearing and pacing the re-entrant and boulder appeared on cue. In fact the contour and vegetation detail was so good on to 8, 9 and 10 that they didn't present any problem other than avoiding clumps of gorse.

Next came my second big mistake of the day. I had caught up a number of runners and I wanted to try and get in front of them which led to my next error.



After my mistake at three you would have thought that I had learned my lesson, but no, I left 10 without a bearing. As the green north of 10 was thick gorse my plan was to drop down to the veg boundary and then follow it north, turn the spur by the boulder cluster, through the gap in the vegetation and follow round to the knoll. Unfortunately the green was thicker and scrappier than expected and I got turned. Instead of checking direction with the compass I

was heading south round the green stopping only when I saw the boulder cluster to the west of the open ride. I backtracked and once round the veg boundary headed west but came out in an open marshy area. Totally confused rather than headless chicken I turned and headed back towards 10. At the edge of the green with a compass bearing I then executed my plan perfectly. Once again the plan was good but a mistake through not getting the direction right.

Fortunately from there in the course came out onto the open moor with well mapped detail and good running underfoot. However motivation was lost after two big mistakes and I jogged on to the finish.

So am I looking forward to the Scottish and a rematch with Auchengarrich? A definite yes is my answer, the course was well planned, the forest provided a good challenge, the map was good and should be even better with an update for the 6 Days. A lesson was learned for the British and Scottish, let's hope I remember it for Auchengarrich 2019!