

# Aire Affairs

March 2017



airienteers

## Airienteers

Orienteering in Airedale and Wharfedale

[www.aire.org.uk](http://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](http://www.aire.org.uk) and via e-mail/paper format to all members and interested parties.

### CONTACTS

|                   |                |  |              |
|-------------------|----------------|--|--------------|
| <b>CHAIR</b>      | Tony Thornley  | <a href="mailto:chair@aire.org.uk">chair@aire.org.uk</a>                             | 01943 609565 |
| <b>SECRETARY</b>  | David Alcock   | <a href="mailto:secretary@aire.org.uk">secretary@aire.org.uk</a>                     | 07989 563588 |
| <b>TREASURER</b>  | Richard Foster | <a href="mailto:treasurer@aire.org.uk">treasurer@aire.org.uk</a>                     |              |
| <b>FIXTURES</b>   | Chris Burden   | <a href="mailto:chris.burden@btinternet.com">chris.burden@btinternet.com</a>         | 01274 583853 |
| <b>MEMBERSHIP</b> | Ian Marshall   | <a href="mailto:marshalls@marshalls.myzen.co.uk">marshalls@marshalls.myzen.co.uk</a> | 01943 862997 |

The front cover photo shows Laura and Lucy with their trophies, see report on page 7.

Photo credit: Rob King

## Edit O – Wendy Carlyle



It's Spring and we've had snow here in Harden, no doubt you have had too. Recently I've bugged Tony before each orienteering event with, 'What should I wear?' Each week I've ignored his advice and returned from running to declare I was too hot or wore too many layers or not enough etc etc. Let's have some proper spring weather to make the whole job of dressing for orienteering so much easier!

Thank you to everyone who had contributed articles for this issue. I've been turning the spotlight on Airienteers to find out more about their orienteering practice. We also have a report on the Compass Sport Cup round at Cringle Moor from our own Captain Superb. It's Jack Bloor Races time again so please support Hilary and Rob and put the date on your calendars. Also we have an insight into CATI Trail-O from Alan and Margaret Parker.

Don't wait for me to target you for the Aire Affairs Interview, I will be more than happy to receive your contributions along with tales of your 'perfect runs' and anything else orienteering related or otherwise! Also, if you receive a printed copy of Aire Affairs and no longer require it, please let me know on [wendy.carlyle@btinternet.com](mailto:wendy.carlyle@btinternet.com)

Photo Credit: Vince Grealy

### AA Archives

The February issue in 1992 sported an 'underground type' map by Tony Thornley on the cover, in readiness for an event seeking out postboxes in Ilkley. I like that the main route through the town, the A65, has two exclamation marks after it to warn orienteers of its existence!! I recall Tom Crowther going in to Otley's (?) main post office to request a list of box numbers and being treated as a potential terrorist. He did point out that if he wanted to do anything dodgy, he could ride around the town on his bike writing the numbers down, but just wanted to save some time and effort! Tom will correct me on that story if my recall is unsound.



Other things of note in this issue: The Chair, Jeff Mason, reported that sadly the days of the £5 badge event entry were now upon us and late entries to the JK would set you back £11; Robert Ker wrote a fascinating piece on his visit to Tasmania for the Veterans' World Cup. Robert also topped the Aire Club League at that time. Our Becky was W10 Yorkshire and Humberside Champ, along with Jeff Mason M55, Emma Ross W19, Hilary Allen W45 and Gill Hunter W50.

The New Years Day Event attracted fifty competitors and thanks went to Henk for supervising the party games!

## Chair Affairs – Tony Thornley

### Results

Well done and thanks to all of you who turned out for the CSC heat at Cringle Moor. There were some top performances on some courses, but gaps on others. We only just missed qualifying, and indeed there were rumours that some mispunching and retirements were to avoid the long trip to the SW for the final. Report elsewhere.

(Photo of Tony on Cringle Moor, courtesy of Vince Greal: Ed)



Congratulations also to those who did well at the Northern Champs and the British Night Champs in the Lake District. Pride of place goes to Laura King for becoming the W18 Night Champion and to Lucy Haines, who is the W18 Northern Champion. Both races were real tests of orienteering, as will be the British long and relay weekend in the South Lakes in May. I hope we can field as many teams as possible in this excellent terrain – see website for details.

### Junior League

If I can achieve one thing apart from even more grey hair during my chairmanship, it will be to get more young people orienteering. Of 200 finishers at our Ilkley Moor event only 28 were under 16. I didn't count the number of wrinklies, but I bet we were in the majority. Our JDO, Simon Martland, is running two Junior Leagues this summer, mainly for primary children but younger secondary students also welcome. The events are:

| <b>Leeds League</b>                                   |                            | <b>Wharfedale League</b> |                          |
|---|----------------------------|--------------------------|--------------------------|
| Wednesdays 4.30-5.30pm                                |                            | Tuesdays 4.30-5.30pm     |                          |
| 10.5.17   | Roundhay Park              | 2.5.17                   | Riverside Gardens Ilkley |
| 24.5.17   | Lineham Farm               | 16.5.17                  | Danefield                |
| 14.6.17   | Nunroyd Park (provisional) | 13.6.17                  | Middleton Woods Ilkley   |
| League Final Weds 28.6.17, 4.30-6pm, Golden Acre Park |                            |                          |                          |

Each event will have the equivalent of at least one white and one yellow course.

If you know of children who might like to come, or schools who might be interested, please contact Simon (jdo@aire.org.uk).

### O-Safe

With our increased focus on coaching and junior participation we have also tightened our policies on safety and welfare, especially for juniors. An EGM in February approved a change to the AIRE constitution so that the club and its members are now committed to British Orienteering's policies called "O-Safe". All of us have a responsibility for safety – our welfare officer, Sue Stevens (ably supported whilst Sue was in Africa by Natasha

Conway) should be your first port of call for any concerns. You can see what we are committed to at: <https://www.britishorienteering.org.uk/images/uploaded/downloads/O-Safe%202015%20Summary.pdf>

### **Ilkley Moor**

I had almost forgotten the amount of effort which is needed to put on an O event. Planning Ilkley Moor brought it all back. Even discounting the time which Graham (organiser) Stuart and I spent on stuff in advance, the investment of members' time was substantial. 33 of you made the event run on the day, some in fairly mundane roles at the station, car parking, starts, finish, signposting routes. On top of that substantial work was done before and after programming boxes, helping with planning and control hanging, collecting controls. It was a real team effort for which many thanks to everyone.

The turnout was less than we had hoped, deterred I guess by the difficult start arrangements and the wet weather forecast (it was actually a bit better on the day, at least until lunch time). The learning for me was to be more willing to sacrifice some orienteering quality for organisational convenience – ie less distance to the start but more climb on the courses. I was trying to be kind!

### **Coaching weekend – November 4/5 2017**

David Alcock and I are making arrangements with LOC for another training weekend. Last year's was excellent and well attended. Provisionally we are booking accommodation in Great Tower Wood – arguably the best small woodland in the Lakes. Like last year we will probably have a day's training on the Saturday, but led this time by our own coaches. There are no nearby events on the Sunday, but LOC has agreed that we can run our own open event, so there should be a local competition, either in Great Tower or the adjacent Blakeholme wood/fell on the Sunday. Put the dates in your diary now if you are interested.

### **BOC 2019**

Avid readers will remember that AIRE is leading for YHOA on the BOC weekend May 4-6 in 2019. The likely format is a sprint/urban race Saturday possibly including the British Mixed Sprint champs, long distance Sunday in the Dales, relay Monday in Middleton Park. I've had one or two kind offers to take on jobs for this, but still need more (chair@aire.org.uk).

### **Social things**

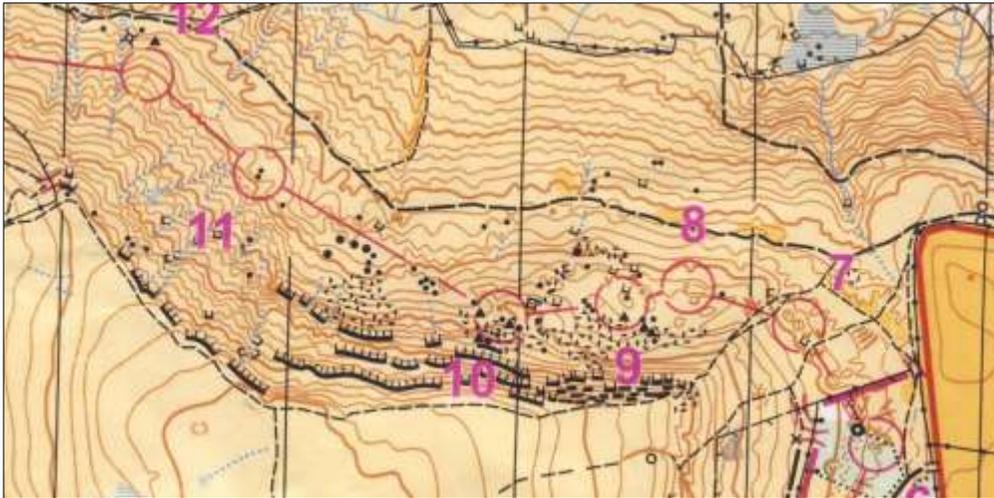
We thought members might like some social opportunities in conjunction with events this season, as well as the usual pub meetings after the sprint series. In particular, there will be a members' picnic, probably at Bradford Grammar School, between the two sprint races on Saturday 8<sup>th</sup> July. David Alcock is coordinating the arrangements. The annual club picnic and prize-giving will be on 16<sup>th</sup> July in Roundhay Park (but the event still needs an organiser/planner – contact Chris Burden if you can help).

I hope you all have some good runs this spring when the orienteering is at its best.

## Compass Sport Cup Qualifier - Cringle Moor - 12th March Pete Jones

So near and yet so far. At the end of the day we finished second to CLOK, just 21 points behind, and a considerable way in front of third placed EBOR. Many thanks to all those who turned out for the club - on the day we had 49 competitors. And amongst those, four class winners - Evie Conway, Steve Webb, Tony Thornley and Jake Powell. The way the CSC works is the winner on each course receives 100 points, the second 99 and so forth (the gap is two points on the junior courses). The Club's top 25 results count toward the total with a maximum of four counters on any one course.

An analysis of the results shows clearly where we missed out. We had no counters on course 3(Blue Women) and course 8A(M18-). There were very few competitors on each and even finishing last would have earned 95 points. On the other hand we dominated courses 2(Short Brown), 5(Green Women) and 6(Green Men), with 4 counters on each (on the Green Men we had the first 6 cup finishers). What it does show is how important it is to get numbers out, particularly on any course where the numbers are low. Whilst AIRE had a reasonable turnout, CLOK, running on home territory clearly had an advantage. We also had a few 'unlucky' runners who either mispunched or missed a control. Just a couple more finishers might just have closed the gap.



The courses themselves were fairly physical, with plenty of slow winning times, but still presented a reasonable technical challenge. Snippet of the Green Men's course above. The weather was kind and overall a much more pleasant experience than other times I've competed on the North York Moors.

If you have to find a positive side, we've managed to avoid a considerable journey to the final, due to be held in Devon, in the Autumn.

Next year, I will certainly be encouraging more juniors to run. Just finishing has a huge impact on the results.

The penultimate control on the longer courses at Cringle Moor with views as far as the sea!



## British Relay Championships – Pete Jones

This year's British and Individual Champs are in the Lake District on the weekend of 6th/7th May. A great opportunity to run on some excellent terrain, with easy access from Yorkshire. I shall be entering our relay teams by 6th April at the latest so if you intend to run please put your name down in the spreadsheet on the club website (it's on the message board). Again, it would be good if we could get more of our younger members competing. The mini-relay is a great experience.

Junior mass start at BOC 2014. (Where are the AIRE Juniors? – Ed)



## British Nights & Northern Championships Successes – Rob King

Congratulations to **Laura King (13SLG)** and **Lucy Haines (13SLG)** for championship-winning performances at the Northern Championships.

The Lake District provides some of the toughest terrain for running navigation. It's physically demanding and technically challenging. Hard enough in the daytime - Imagine racing at night!

The **British Night Orienteering Championship** is the climax to the winter's night navigation series. Having secured the Senior Women's trophy in the Yorkshire and Humber Night Orienteering League, Laura pushed hard to take first place in the highly competitive W18 class. Her winning time of 47:17 was just 12 seconds ahead of the second placed runner. Lucy also had a great run to take third position.

With little time to recover both girls then competed in Sunday's **Northern Orienteering Championship** held on the Bigland Estate near Newby Bridge. In the Women's 18 Elite class, Lucy and Laura took 3rd and 6th places respectively with Lucy being crowned Northern Champion in the W18E class.

**AIRE Top Ten Placings – well done everyone!**

### British Night Championships

|      |                 |                |      |                 |              |
|------|-----------------|----------------|------|-----------------|--------------|
| M35S | 1 <sup>st</sup> | Robert Gatenby | W18L | 1 <sup>st</sup> | Laura King   |
| M40L | 7 <sup>th</sup> | David Alcock   | W18L | 3 <sup>rd</sup> | Lucy Haines  |
| M55L | 9 <sup>th</sup> | Rob King       | W55L | 8 <sup>th</sup> | Lindsey King |

M65L 5<sup>th</sup> Tony Thornley  
M65L 7<sup>th</sup> Chris Burden

Family honours go to the Kings for all finishing in the top ten in their classes! Ed.

### Northern Orienteering Championships

|                       |                 |                      |                |
|-----------------------|-----------------|----------------------|----------------|
| M21E 2 <sup>nd</sup>  | Jack Wood       | W16A 7 <sup>th</sup> | Evie Conway    |
| M21E 10 <sup>th</sup> | Ben Stevens     | W18A 3 <sup>rd</sup> | Lucy Haines    |
| M21L 3 <sup>rd</sup>  | Andrew Hobson   | W18A 6 <sup>th</sup> | Laura King     |
| M21S 1 <sup>st</sup>  | George Stevens  | W35L 6 <sup>th</sup> | Anne Maguire   |
| M21S 5 <sup>th</sup>  | Jack Cooper     | W35L 7 <sup>th</sup> | Julie Mair     |
| M21S 7 <sup>th</sup>  | Dave Murgatroyd | W45L 4 <sup>th</sup> | Natasha Conway |
| M35L 5 <sup>th</sup>  | Robert Gatenby  | W70L 4 <sup>th</sup> | Hilary Allen   |
| M40L 5 <sup>th</sup>  | David Alcock    | W70L 6 <sup>th</sup> | Jean Hall      |
| M45L 3 <sup>rd</sup>  | Neil Conway     |                      |                |
| M55S 4 <sup>th</sup>  | Rob King        |                      |                |
| M55S 6 <sup>th</sup>  | Paul Wood       |                      |                |
| M65L 4 <sup>th</sup>  | Tony Thornley   |                      |                |
| M65L 7 <sup>th</sup>  | Tony Carlyle    |                      |                |

## Spotlight on Natasha Conway, W45

Natasha, you are currently in 21<sup>st</sup> position of the BOF rankings for W45, what does it take to reach/maintain that position?

Although 21<sup>st</sup> is not as high as I'd like to be in the rankings, I've had some good results that I'm very pleased with, including 3<sup>rd</sup> at the British Middle Distance Championships last year. I need to be more consistent and improve my fitness if I am going to move up the rankings.

How did you get in to orienteering?

I went to university in Sheffield and I knew people who orienteered. I used to run with Dark Peak and did quite a few mountain marathons, but I didn't start orienteering until after I'd left university. My first event was at Wombwell in 1996 and I was hooked straightaway. Within a few months, I'd been to my first JK, the Scottish 6 days and the Shamrock O-Ringen.

What are your targets for 2017?

I want to improve my speed and fitness through regular training runs. I always enjoy orienteering but I find it harder to motivate myself to train during the week, especially in the winter as I don't enjoy running on the roads.

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

I don't plan my training but since the start of the year I've been running midweek with my daughter Evie which has been helping me to get fitter and faster. I also try to do Parkrun if we're at home at the weekend.



### How else do you spend your spare time?

Most of my spare time is spent orienteering, usually with my family. Even the occasional girls weekend away tends to include some orienteering as well as the shopping and prosecco, such as the Edinburgh Big Weekend in January this year. I have also been the Coordinator for the YHOA Junior Squad since 2015, which takes up a lot of my time.

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

The NAOM in Portugal in February 2016 was one of my favourite events. The two classic races were on complex, rocky terrain which was very tricky but enjoyable. The highlight of the weekend for me was the night sprint in Castelo de Vide. The town has very steep, narrow, winding streets with loads of steps, which made for a great sprint area. The weather just before the evening race was terrible, with torrential rain and high winds, but the rain stopped just as we started and the narrow streets provided shelter from the wind so it was great fun. I love Portugal anyway and as my sister lives there we visit quite often, but I really like orienteering there as the terrain is good and the events are well organised and friendly.

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

No, never! I usually make mistakes when I'm tired or distracted by others and there always seems to be at least one significant mistake.

Thank you Natasha!

Photo credit of Natasha heading towards 4<sup>th</sup> place in W45 at Cringle Moor: Vince Grealy

## Welcome William Louis Osborne!

Welcome to the orienteering world to William Louis and huge congratulations to Mum and Dad Marie and Adam. Born at 8.11pm on Thursday, 2<sup>nd</sup> March and weighing in at 7lbs 13, William Louis has a shock of red hair like his dad. According to Marie, he's super lively and Dad Adam thinks he's dreaming of running already.



## Aire Junior Coaching – Lindsey King

Airienteers Junior Coaching Programme for 5-10 year olds began in February and the plan is to enable children in our club to reach light green standard by around age 12 so that they will have the opportunity to join the YHOA junior squad if they wish to.



We have started with a series of six sessions on Saturday afternoons using Myrtle Park Bingley, Hirst Wood Saltaire and Beckett Park Leeds. A total of nineteen children have participated in at least one of the sessions. Eleven children are club members/children of club members. Eight other children have come along too. Between eight and eleven children attended the sessions held in Shipley/Bingley area, only a few children attended the session in Leeds- demonstrating that we should have the sessions close to where most of the families with young children live.

We have concentrated on holding and folding the map, orientating it accurately. Then, they have been following a very simple route to a control using their thumb on the map to keep in touch with progress. The children have learnt new map symbols each week. Working in pairs and having a fun team relay to finish has helped everyone to get to know one another. BOF quiz sheets proved popular as 'homework'

I hope that all children have enjoyed coming and have improved their skills and confidence. I am very grateful to parents for supporting the sessions. I plan to organise some more coaching later in the year.

### Comments from the children:

- 'The best thing was the relay!'
- 'This is the place in the wood where my sister and I made a fairy house come and see it!'
- 'We could hear my brother coming behind us so we had to start running to stay ahead of him!'
- 'We learned about how they draw things on the map'
- 'Do you want to have another go? ' - 'No!'
- 'Gully!'
- 'The holly bushes are called thickets'

If you have children between 5-10 who would like to join future coaching sessions please email me on [lindseyking49@hotmail.co.uk](mailto:lindseyking49@hotmail.co.uk) and I will contact you when I make future plans.

## Spotlight on Leon Foster, M21

Leon, you are currently in the top 30 of the BOF rankings for M21, what does it take to reach/maintain that position?

Very kind of you to mention it but I doubt I am in the top 300 M21s in reality! The ranking is down purely to my urban performances, which as technically far easier and should really be ranked separately. I am sure there are similarities such as a high level of fitness, ability to plan ahead and keep concentration but once things get TD4/5 things fall by the wayside for me.

How did you get in to orienteering?

I was roped into going to a Weds night event at Roundhay Park by a certain David Alcock and enjoyed myself so much on the yellow/orange courses I didn't look back. Had I known horrors such as Glen Affric South and Ainsdale dunes awaited me I might have thought again! I do actually enjoy park and woodland events but in general it is easy to underestimate how hard the sport can be if you haven't 'come through the ranks' and how off putting the expectation to run black courses is. Without the urban events I wouldn't do a lot of the others and that is the avenue the sport should concentrate its efforts to attract people on, certainly at first.

What are your targets for 2017?

I'd like to retain the Yorkshire and UK Urban titles for the 6<sup>th</sup> year running. It may be a challenge if some of the up and coming youngsters do enough events, I'm lucky in that I can travel round the country cheaply on the trains. It would be nice to do myself justice in the UK Sprint champs, pretty much every time I've had one bad leg that has cost me. Outside of orienteering I'm still looking to break 16 minutes for 5k.

I see from Attack Point that your recent training has been running with some focus on interval and pacing. How are your training sessions planned and what else do you include?

I train on Tuesday at Leeds City, which is a really good group for someone like me, usually there is a good 5/10k session combining longer and shorter reps, something like 4 x 1k/400m alternate. In order to try and break 16 mins for 5k I'm going to try and do some 1500m sessions as well just to try and get the legs turning over as I'm not getting any younger!

How else do you spend your spare time?

I enjoy travelling round the country which helps with the urban season, and all the different parkruns I do. In every village, town or city there is an unheralded museum, landmark or aspect to discover which always interests me, for example last weekend I found myself jogging round the site of Millom ironworks. I like watching most sports live, and don't get out on my bike as much as I should.

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

The London weekend last year was very enjoyable, 3 great venues but all a bit different. I liked the White Rose weekend at Scarborough for a good mix of courses but nothing unrunnable, and the night race in Chester in 2015 was a lot of fun, if quite informal.

In terms of urban areas, the Brighton City Race is something everyone should do once, as a night mass start urban it's quite unique. I thought the Norwich area was excellent for maintaining interest, often in MOpen courses it seems to be the V40 course with a bit extra added on for distance. The Newcastle urban last year was a challenge, both physically and navigationally with so much OOB. Any urban race in Sheffield is usually good. And I can't fail to mention the York Indoor Cup which was utterly brilliant. By the end you think it was straightforward but the map made no absolutely sense at the start. Hope there is another one!

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

Like most runners, I always think I can do a bit better after the event and so with the added aspect of having a map, usually there's one or two legs I think I've missed a route choice. Given the running speed in urban, though it's often not worth spending time deciding between some 55/45% route choice and just getting on with it, so it is easy to overanalyse.

Given my tendency to mess up sprints, I think one of my best runs was the 2<sup>nd</sup> half of the Offerton sprint last year, where I just managed to stay ahead of myself long enough in terms of planning ahead, and execute the right choices whilst running at speed. There was more pressure building as the race went on as I was aware I hadn't made a mistake yet, and I was only sure of my route out of the next control. Very satisfying when you can hold it together until the end.

## **Come and try it Trail O – Alan & Margaret Parker**

Trail O is a form of orienteering which relies on accuracy of map reading, pacing and distance judgement and not on speed over the ground. There are not many opportunities to try it in the UK but we have both enjoyed it when there has been a Trail O alongside a major event, particularly at JK in 2016. Following a recent article in Orienteering Focus (the BOF magazine) we thought would put on a simple event to run alongside the traditional Aire Foot O event at Buck Wood last January.

We identified a suitable area within the wood near to assembly that was not actually being used by any of the courses. With the help of Christine and Peter Roberts (EBOR), both more expert than us at Trail O, we devised



and mapped a suitable course consisting of just six control clusters. Participants were invited to do this extra competition after their foot O, and those that did commented how much they enjoyed it and how much more difficult it was than they had expected. It gives the brain a work out rather than the legs!

*Jackie Coates – which of the three left most flags is on the vegetation boundary and exactly in the middle of the control circle on the map? You are not allowed to move off the path!*

The competition map and solutions are still available on the Aire website at <https://www.aire.org.uk/events/buck-wood-2017-01-08>.

There are further opportunities for full scale Trail O at:

- **JK 2017** – Days 1 (Friday 14 April) and Sunday 16 April) – see <http://thejk.org.uk/index.php?pg=313>
  - **British Championships** (YMCA Lakeside, Windermere) – Saturday 6 May – see <http://www.theboc.org.uk/page/359>
  - **Threshfield Challenge**, Grassington, 3-4 June, <https://www.britishorienteering.org.uk/index.php?pg=event&event=71454>
  - **Scottish Six Days** (rest day 2 August) <https://www.scottish6days.com/2017/rest-day>
- It is hoped there will be a Trail O competition at the **White Rose Event** run by EBOR over the August Bank Holiday weekend, tbc.

In the meanwhile we hope to run similar short Come and Try Trail O courses at suitable AIRE events.

## **Jack Wood M21E, Interviewed by roving reporter, David Alcock**

You were second M21E in the Northern Champs at Bigland. What went well on the day?

*I found the 1:10 000 map easy to read and was able to run fast without making many mistakes*

What training and racing have you been doing over the last few months to get you into this form?

*Weekly Chevin Steps Reps with George Stevens, occasional intervals with Ilkley Harriers, other running with Tilly the dog and more recently cycling to and from work. Other O events (Twin Peaks, Tim Watkins) with mixed success...*

Do you have any special dietary tips to recommend to others, including your diet on race day?

*I don't worry about my diet, on race day I had a bowl of cereal and a coffee. For races over two hours I might carry some sweets or fruitcake*

Which orienteering technique are you best at?

*My O technique is consistently inconsistent...simplifying the map?*

Which technique do you underuse?

*Fine navigation near the control*

What is your preferred orienteering distance?

*Classic*

What will it take to crack Graham Pearce in the Rombald's Stride?

*Age / Someone more ruthless than me*

You once did the OMM elite course; can you see yourself coming back to mountain marathons?

*Yes for sure, maybe this year for the 50th OMM*

To say the least, you seem to like long bike rides. What was the itinerary of last summer's mega-journey and what was the highlight?

*Yes in summer 2015 I cycled to WOC via the Hebrides, then after a flight to Stavanger, through Scandinavia to Helsinki and back through Germany and Holland. Highlights were the fjords and mountains in Norway, the canals and old towns in Holland and the characters I met on the way.*

What is the best piece of advice that a coach or other orienteer has offered you that you could pass on to today's juniors and aspiring seniors?

*O advice from Hector...Simplify the map, run fast on rough compass, check off the features*

*General training advice from Pete Shields...You get out what you put in!*

### **Silly questions:**

If you were an orienteering area, which would you be, and why?

*Roseisle? Long and thin???*

If you could have a superpower, what would it be?

*To be able to stop time...Would be useful when making a mistake / when running late / marking books*

Who would be your ideal dinner party guests?

*Billy Bland, Ronnie O Sullivan, Suzie Dent and Ainsley Harriot to cook*

## **Spotlight on Anne Maguire, W35**

As a relatively new member to Airienteers, I asked Anne if she would tell us about her experiences of orienteering and being part of our Club.

Back in November 2014, I headed out on to Ilkley Moor to orienteer a light green course without a compass, which was a bit of a school girl error. I still managed to post a fairly respectable time of 71.57 despite getting

lost in a boulder field for at least twenty minutes. (An added bonus was that I wasn't last). As a relatively new member of Airienteers, you might be mistaken for thinking that this was perhaps my first ever orienteering event but when I actually worked it out, it was probably eighteen years since my last competitive run as a school girl. When I had my first competitive run, Kylie Minogue was just making the transition from soap star to pop star, shell suits were fashionable, Liverpool were the football team to beat and Steve Redgrave was winning the first of his five Olympic Gold medals. I was at a small prep school in West Cumbria (with arguably the best sports pitch view in the country).

Saturday mornings were spent in lessons and pupils were encouraged to sign up for a variety of different outdoor pursuits activities in the afternoon. These ranged from sailing and canoeing on Bassenthwaite Lake, to fell walking and orienteering around the permanent courses at Whinlatter, Grizedale forests and Ennerdale. Several of the teachers gave up their weekends to enable this; Mr Johnson was our geography teacher and a keen orienteer. My sister Susan and I, spent most Saturdays on these school trips encouraged by our parents to make the most of our beautiful surroundings and probably so they could enjoy a few peaceful hours without us arguing with each other!

I really enjoyed my first few trips around Whinlatter and must have shown that I have a good sense of direction as I soon progressed onto local colour coded events with my sister and a few other students. These would take us all over the county and often included some rather hair-raising journeys over Hardknott Pass in an Austin Metro or breaking into the school minibus as we waited for our teacher to finish his much longer course. It gave us a sense of freedom and confidence in our own judgements and lots of muddy kit.

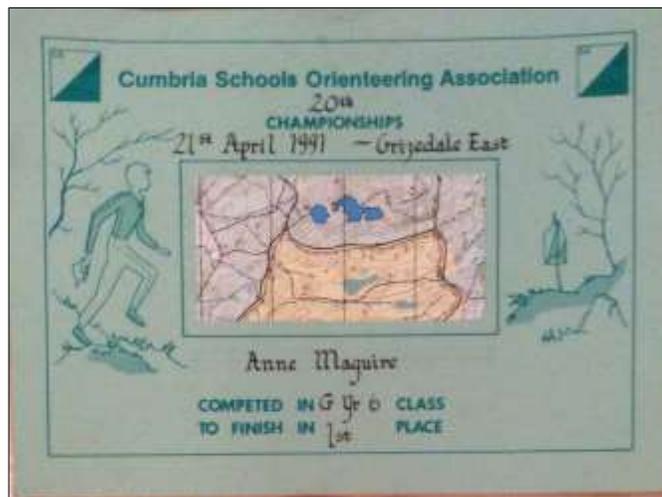
The kit required for an orienteering event back in the late 1980s and early 1990s was somewhat different to what is required these days. A red pen, safety pins and a map bag were all essential items, as was a stamp addressed envelope if you ever actually wanted to find out how you had fared. At the start you would hand over the stub of your control card which would then be completed with your start time and eventually finish time. To avoid losing your control card it was best to attach it to your clothing with the obligatory safety pins. Most of the time these were on white card but on occasions you would arrive at an event where the control card was the colour of the course you were doing so yellow, orange, red (no longer a course option) etc. and you could potentially use this to your advantage.

The first skill in most events was to copy your course quickly and accurately from the master map onto your blank map. We only ever saw pre-printed maps at larger events like the annual Cumbrian Schools Championships. When you reached your control you would then have to make sure you quickly punched the right gap on your control card and could often be stuck in a little queue awaiting your turn. One of the few advantages of pin punching was that if you accidentally found yourself at the next control you could punch it and go back without anyone actually knowing you had completed the course out of order. This is where it probably wasn't always the best idea to follow the person in front of you, as one young lady from a local club found out to her cost. She tried following my sister and I, who had accidentally found our controls in the wrong order. It took her until we'd reached our next control to realise that we'd gone straight past the one she needed to go to and she had to turn back up the hill whilst we carried on.

At the finish, you handed over your control card and then you had to wait for the helping team to check your control card, work out your time and then put your stub onto the washing line to indicate your position. No

instant feedback on your time let alone splits to pore over. It would then be about a week later when Mr Johnson would receive a typed up copy of the results through the post which would then be pinned to the school notice board. If you achieved the colour standard on three separate occasions you were eligible for your colour award and you could send off for a badge to mark you achievement.

By the time I left Harecroft, I had gained my light green colour award (sewn with pride onto my PE skirt) and had been a Cumbrian Schools Champion and yet I don't think I'd ever learnt how to use a compass! I then went to Giggleswick School where the emphasis was much more on team sports and any opportunities to orienteer were limited to CCF camps and competitions. My last event before my return on Ilkley Moor had been the National CCF/ACF orienteering competition where I became Senior Girls Champion. Sadly, I no longer have a copy of the map but if my memory serves me correctly I seem to recall opting for taking every short cut possible including going through plenty of ficht rather than take the long route on paths that my fellow competitors opted for.



In October 2014, my sister invited me to Longshaw to the Midlands Championships to shadow my elder nephew around a white course. She had started my nephews in orienteering via the SYO schools league but wanted to attend an event in more challenging terrain. The course wasn't particularly challenging but it brought back fond memories from my childhood of orienteering in the Lake District. The pre-printed maps, instant results and splits were a definite improvement.

After safely negotiating a couple of light green courses, I decided it was time to finally learn how to use a compass and try my first ever green course. Having not had any coaching for over 20 years, reading Carol McNeil's book on my kindle was my homework, as was learning how to decipher the hieroglyphics otherwise known as control descriptors (another new concept from my childhood adventures). I've made my fair share of mistakes (most recently at the Northern Champs where I mixed up crossing points and probably ended up off the map) and I'm still awaiting that perfect run without any red on winsplits. Routegadget has been invaluable in comparing my route choices, as has been talking to my fellow competitors at the finish and download.

I've now been a member of Aire for the last two years, I don't have a favourite area but I did particularly enjoy the urban event around Giggleswick last summer as it brought back some fond memories. Sadly, local knowledge doesn't always help as I made some particularly bad route choices around Giggleswick Chapel and the school buildings. I've really enjoyed the Wednesday evening events in the summer as they are an excellent way to wind down at the end of the busy day at work and a good opportunity to meet and socialise with other members of the club.

The technology and fashion may have changed somewhat since my first stint in orienteering but the buzz and challenge of trying to beat the planner and your fellow competitor has not diminished over the years and I am just as hooked as I was all those years ago as a child.

## A Year in the Life of the Jack Bloor Fund -Hilary Bloor & Rob King



Airienteers has always been a major supporter of the Jack Bloor Fund and the annual Jack Bloor Races providing trustees, applicants, organisers, helpers, spectators, runners and winners.

This year the Jack Bloor Race celebrates its 32<sup>nd</sup> birthday. Held annually in May, the course traverses some of the most iconic sites on Ilkley Moor. It was established in 1985 to celebrate the life of Jack Bloor, a fell runner, orienteer, caver, rock climber, mountaineer and cyclist. Via the Jack Bloor Memorial Fund, all the race income is used to help young people improve their physical and technical skills in the outdoors.

During 2016 the Jack Bloor Fund provided 16 grants to young people representing a variety of outdoor pursuits. Here is a flavour of the activities and challenges it supported.

As far as we know Jack did not race cyclocross, however, some of his family do now. He was a keen cyclist and a long distance runner but would have been in tears watching the 2016/17 World Cyclocross Championships. Ben Turner, a Jack Bloor-funded cyclocross rider raced in the junior category and produced a superb bronze medal ride on a very technical and icy course. This was a historic race for GB with Yorkshire's Tom Pidcock taking gold and Dan Tullet taking silver. Ben received support from the Jack Bloor Fund in 2015 and 2016 and has now been signed for the Junior Team at JLT Condor.

Jack was a well-known climber and would have been delighted with the support we were able to give Sarah Roscoe and Matt Harmon.

Sarah attended a 'Conville' course in Chamonix. The Jonathan Conville Memorial Trust organises three-day courses to give young people the opportunity to develop skills needed to climb safely in the Alps. After the course, Sarah stayed in the Chamonix area for another two weeks to put her newfound skills into practice. She climbed routes such as the Arête des Cosmiques – a classic of the area, Contamine-Mazeaud – her first ice route and even went over to the Italian side for a few days to camp on a glacier and complete the Aiguilles Marbrees Traverse. Without funding from the Jack Bloor Fund she would not have been able to attend the course and so gain the confidence to attempt these routes safely.

The Fund helped Matt Harmon complete his Summer Mountain Leader Award by contributing towards the cost of both the training and assessments. The Mountain Leader Award is designed for people who lead groups in the mountains, moorland and hills in the UK and Ireland. By completing this award Matt is able to share his enthusiasm of the outdoors with others and allow them to enjoy mountainous areas safely.

This year the Fund was able to support Jennie Lockwood and Ben Witz who were both selected to represent GB at the 2016 World Lifesaving Championships in Holland. Jack had been a member of the Leeds Cave Rescue team so would have been pleased to see the Fund provide this support.

Lifesaving is a sport that tests fitness in speed events and teaches potentially life-saving skills to help people on land and in water. The World Championships is an event that sees the best athletes from around the world test their speed and skills across a range of lifesaving events in the pool and the sea.

As well as racing, Ben is an active volunteer in the Royal Life Saving Society UK, the drowning prevention charity. He believes the skills and tips he picked up by attending these events should be passed on to other lifesavers.

Lifesaving is a self-funded sport. Whilst it is something they love it is often challenging to find finance to attend events that are spread across the UK and beyond. Without support from the Fund, Ben and Jennie would not have been able to pursue this experience that not only teaches invaluable skills but also tests them on an international stage.

The Fund was as ever pleased to support orienteers, particularly in international competition. Such support has been a central part of the Fund, primarily because Jack and his family were and continue to be, active orienteers.

Alice Rigby and Joe Woodley were both selected to represent GB at the 2016 Junior World Orienteering Championships (JWOC) in Switzerland.

After months of training and three sets of selection races, Alice was chosen to compete in the middle and long distance forest races as well as anchor leg for GB's second women's relay team. This was Alice's debut World Championships from which she has learnt so much. She is now motivated for another year's training and racing as she enters her last season as a junior. Her focus is already on the 2017 JWOC in Finland where she intends to put all of the knowledge she gained in 2016 to good use.

JWOC has always represented a major goal in Joe Woodley's orienteering career. 2016 was his final year in the junior ranks and whilst he has raced for GB at several European Youth Championships and twice at the Junior European Cup, he was determined to go out on a high representing GB at the 2016 JWOC in Switzerland. This fuelled his hunger and desire to make it to the top. Joe took away many positives from his JWOC races, particularly the middle distance race in which he kept pace with the very best juniors in the world. Transitioning to the senior ranks in 2017 will be a huge challenge but one he approaches with a lot of great memories and valuable experience gained at the junior level.

The next Jack Bloor Race will be held on Ilkley Moor, Tuesday 9<sup>th</sup> May 2017, Juniors races start from 6pm and the Senior Race at 7.15pm.

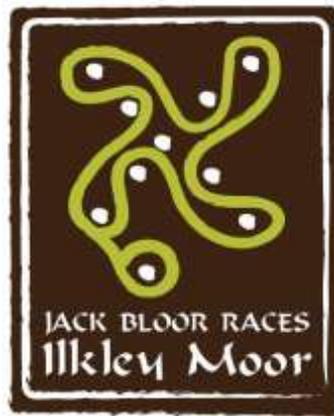
Applications to the Jack Bloor Memorial Fund are accepted throughout the year. Online applications can be made via the FUND page of the website.

More information at [www.jackbloor.co.uk](http://www.jackbloor.co.uk)

*An invitation to the*  
**32<sup>nd</sup> JACK BLOOR RACES**

*on Ilkley Moor near Darwin Gardens, Ilkley*

**Tuesday 9th May 2017**



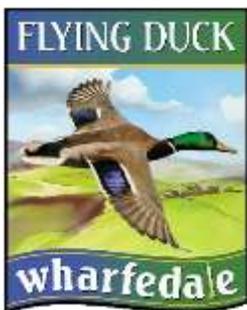
Swastika Stone

**Junior Races** • U8–U16 • Registration 1700 • **Starts from 1800**  
**Senior Race** • 8.4 km • 16yrs+ • Registration 1800 • **Start 1915**  
**Entry on-the-day only • Fees • Seniors £6.00 • Juniors £1.00**

**FRA Rules & Safety Requirements Apply – Bring Safety Kit**

See [www.jackbloor.co.uk](http://www.jackbloor.co.uk) for FRA and race details, results, etc

*All the entry fees go to the **Jack Bloor Memorial Fund** which awards grants to young people who want to improve their skills in the outdoors*



[www.complete-runner-online.com](http://www.complete-runner-online.com)

Leeds Rd. ILKLEY, W.Yorkshire. LS20 8EQ Tel: 01543 801581

## A Message from the Organisers of the Scottish 6 Days



We are very much looking forward to welcoming everyone to beautiful Royal Deeside in July for 6 amazing days of orienteering in a very special location. The event is suitable for everyone - for first time families right up to World Ranking athletes. Don't miss it!

Preparations are now well under way for the Scottish Orienteering 6 Days Festival which promises to attract over 3000 entries to Royal

Deeside from 30 July to 5 August. Much International interest has been generated as the previous, highly successful Moray 2015 incorporated the World Orienteering Championships and competitors will be keen to return to Scotland for this year's event. Almost 2000 entries have been received so far including those from Australia, New Zealand, Hong Kong as well as throughout Europe and Scandinavia.

Royal Deeside has much to offer to visitors who enjoy the outdoors - hillwalking, cycling, golf and fishing to whisky tasting and the well-known Castle Trail.

Local Mar Orienteering Club will be hosting the event in conjunction with Edinburgh's Interlopers Club and Scottish Orienteering with the event centre housed at the Victoria and Albert Halls in Ballater - 'the Gem of the Cairngorms'.

The Event camp site - with good quality washing and toilet facilities and also electric hook up - is situated close by, a 5 minute walk away from the centre of town where there is a good-sized supermarket, cafes, restaurants and local shops.

Kicking off on 30 July with Day 1 being held in beautiful Glen Tanar, each day sees orienteering action throughout Deeside showing off some of the best countryside and stunning scenery the area has to offer. Day 3 at Birsemore will be a World Ranking Event and while there is plenty to attract the top elite athletes with steep climbs, challenging terrain and technical areas, there are many other courses on offer suitable for all the family and all levels of experience including string courses available for small children to try each day. A Trail-O event is being held on one of the days at close by Cambus O May Forest which will be suitable for wheelchairs and buggies. All events are within a 20 mile corridor along the Dee valley which will allow plenty time for sightseeing and relaxing!

On the mid-week "day off" a Sprint race has been organised by Graham Gristwood and Sprint Scotland which will comprise a fast and furious race round the streets of Ballater – a sight not to be missed! This event is part of the 2017 UK and Scottish Urban Leagues. Be a part of it! Enter now through [Sientries.co.uk](http://Sientries.co.uk). Further information on the festival is available at [www.scottish6days.com/2017](http://www.scottish6days.com/2017) or follow us on Facebook or Twitter @scottish6days.