

Aire Affairs

October 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 Evie Conway finishing in 7th place at the Junior Inter-Regional Championships Individual day at Chatsworth Park. Evie was the first leg runner in the YHOA Women’s Team which finished in 3rd place on Relay Day at Carsington Pastures.



Edit O – Wendy Carlyle

As I set to with this Editorial, I'm struggling to recall when I last went orienteering! Tony tells me it was the Fat Rascal Weekend in July but even then I was organising the Chasing Sprint and helping at the Bingley Urban, no actual orienteering. We spent a great week working with the 14 year olds at Lagganlia during the school summer break, always fun, but my contribution was applying compeeds; removing ticks; checking they were safely out of the forest and snapping them in action!

We missed accompanying the England team to the JHIs last weekend, as Tony recuperates following his surgery, but we booked in to the Peak District for JIRCs as Tony controlled the individual event in Chatsworth Park. More fun! Hopefully a couple of months will see us back and we'll look forward to catching up with AIRE folks. Meanwhile, thank you to this issue's contributors and please do consider putting pen to paper or tapping those keys for the next edition.



AA Archives

In the July 1993 issue my EDITO was paving the way for the Scottish Six Day Event in Royal Deeside and our Jenny going competitive for the first time! Scary times for any orienteering parent. Joint Chairs Lindsey and Rob sent their notes whilst cycling around Strangford Lough in County Down and congratulated Airienteers on getting us through to the semi-finals of the Compass Sport Cup (sadly we lost to Lakeland OC in the final). Much work was being done to create the YH development plan as required by the Sports Council in the hope of receiving funding.

Jean Rostron was retiring as Treasurer after being in post for seven years.

Tuesday night runners enjoyed new routes from Lindley Reservoir in the Washburn Valley, rounding the evening off in The Sun Inn at Norwood. The Club had three full teams entered in to the Harvester Trophy (Captain Hilary Allen) Team 1 finished in third place in the B Handicap: Tony Thornley; Jeff Mason; Chris Hardy; Tom Crowther; James Logue; Keith Whalley and Maurice Calvert.

Alison Parker and Tom Van Rossum achieved their White colour badges. Jeff Mason was hoping for more volunteers for the Junior Club Relay to be held in September in Birmingham. He hoped to avoid shaving off his beard; encouraging more spots; covering his head and looking unnaturally bright and alert to qualify for a run!

There was the ongoing debate over the restructuring of BOF.....(sounds too much like Brexit! Ed.)



Chair Affairs – Tony Thornley

Welcome to my last Chair Affairs. Three years has whizzed by!

Congratulations

Well done to all those who have represented GB/England this summer. I know of Alice L, Ali McL, David A and Laura K but I suspect I may have missed someone. Of these, the most spectacular results were Alice's 8th place in the WOC sprint and Laura's win in her class in the Home International. Also Evie C was selected for Talent Squad tours and Sophie Brown was the Wales team manager at the VHI (and has been for some years).



On home ground there have also been some excellent performances:

At the BOC Long/Relay in Balmoral, Peter H 4th M60, Tony C 4th M65, Laura K 4th W20E, W short relay team 3rd, M60 relay team 4th.

At the British sprint/middle champs in Bath/the Mendips: Alice L 1st W elite sprint and 3rd W elite middle, Evie C 2nd W16 sprint and 2nd W16 middle, Anne M 4th W35A, Tony T 2nd M70 sprint and 1st M70 middle.

Lakes 5-Days: Evie C 2nd W16A, Anne M 4th W35L, Natasha C 1st W45, Carey M 3rd W55, Sue S 4th W65, Ben S 5th M21, Tony T 1st M70 (see more below).

Leon F continues to be top M35 in the Nopesport UK urban league, and Paul M and David L are in the top 10 M21s. Charlotte W is the leading W21 and Anne M 2nd W35.

Thanks

It has been a privilege to be your Chair. The role has been made a pleasure by the hard work and commitment of so many of you. I've only had to ask for help and it has been forthcoming. AIRE is a strong club because a large proportion of the membership is willing to volunteer in one way or another. I'd like to say a particular thank you to the committee, especially those who are standing down or changing roles: Richard Foster as





Treasurer and Pete Jones as Club Captain (photo shows PJ failing, as we all did, to cross a flooded Scottish river during our annual MTB trip). Also a big thank you to Simon Martland for his work with primary schools over the last two years for us. I will review the club's year in more detail at the AGM.

Things to come

Most important is the **AGM** on October 13th (if this edition gets out in time). It includes a sprint in Golden Acre Park (from the East car park ~LS16 8LZ) from 5.15pm. After the event some food if you want it at the Adel WMA site (LS16 8DE - mail Rob on trebor_38@hotmail.com if you want food), and, at 7pm, brief talks by Evie Conway and Ali McLeod about international orienteering, followed by the AGM.

Coaching Weekend. Now booked up, but contact David Alcock if you're interested.

Training 10th November at Dale Park Woods near Satterthwaite with an event on the superb Holme Fell the next day.

I am running a **Planners and Controllers** course at Nell Bank in Ilkley on Saturday 17th November from 9am to 1.30pm. Open to anyone, but specifically aimed at anyone who wants to control Level B or C events. Also good for prospective planners. Contact me on chair@aire.org.uk if you are interested asap.

Golden Anniversary event

2019 is Airienteers' 50th anniversary. There will be a 'through the ages' event on Ilkley Moor 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, but ordinary courses also available. Please reserve the date.

British Championships 2019 - May 4-6

The club is heavily involved in next year's British. There is a team and individual sprint on Day 1 - Bradford Uni., the long distance on Day 2 - Arncliffe in the Dales, and the relays on Day 3 - Middleton Park, Leeds. We'll need your help, please.

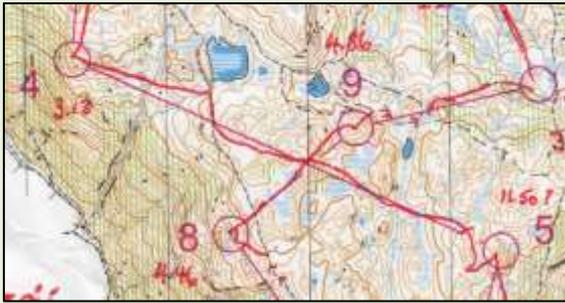
The Lakes 5_Days by Tony Thornley

Never give up....

Your editor has asked me to say something about the Lakes 5-Days. I won M70, but only did so because others made even sillier mistakes than me. In the hope, again, that you might learn from my mistakes, here is a brief account.



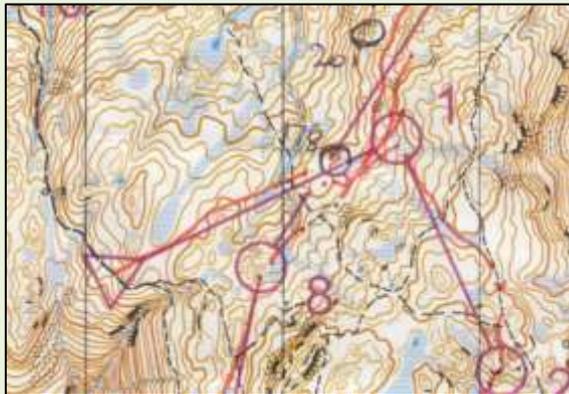
Day 1 Silver Howe



Typical Lakeland fell, but made much harder by wind and driving rain. Some low cloud - hard to see the ground and impossible to see the map. I did the first four ok, but came unstuck on the good long leg to 5. Thought I must see the big tarn but never did, kept running (with a following wind at this point) and sorted myself

out on the big marsh S of 9. Was sure I was ok going up the slope WNW of 5, but couldn't see or sort the contours at the top and hunted around for a couple of minutes. OK but tired, wet and rather demoralised after that. Very surprised to win this race. **Lesson:** keep going even when things aren't good - everyone suffers in bad weather.

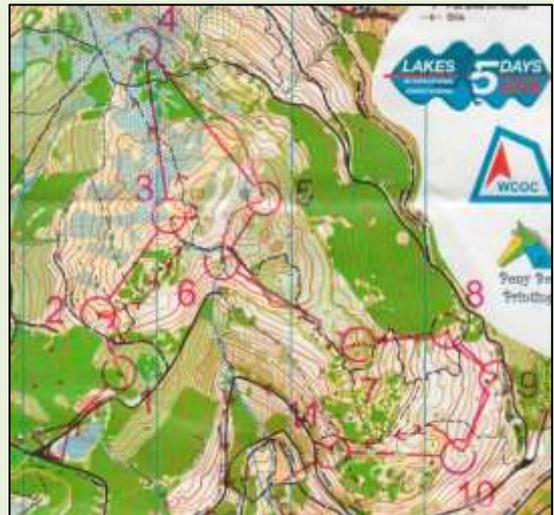
Day 2 Angle Tarn Pikes



Also nice Lakeland fell, and somewhat better weather. I was first off on M70. I've run well here before and thought I could do it ok. So head straight towards 1 without looking at route choice. See a control (178 on map) from miles away.

It's on the right

bearing and above me, so must be mine - poor planning. But I get there and it's not mine. Cannot sort out where I am. Find 201 before my control. **Lesson:** Take a safe route on the first leg. Much better to go E on the path, near 8.



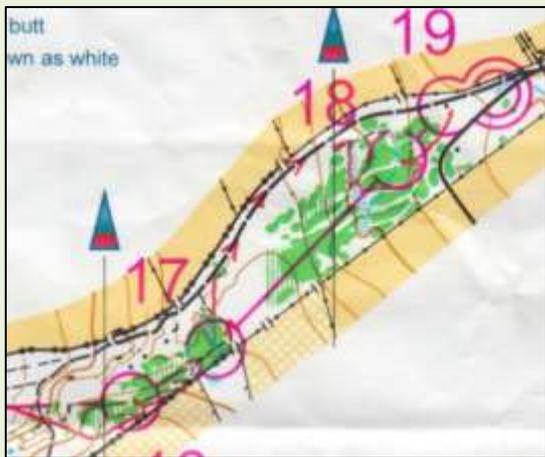
Day 3 Whinlatter

A total contrast. Typical grotty forest plantation with a rather dodgy map. The first control made this clear - leaving the track the forest is green on the map, but it's actually quite runnable, if steep. From there on I'm very careful with pacing, and on the only hard leg (4-5) where I'm a bit lucky to hit the control as I can't see the green lines on the ground in the reentrant NW of 5. No real mistakes and I win again. **Lesson:** adapt technique to the map and what you find in the terrain.



Day 4 Askham Fell

Again, a contrast. The sun shines and the area is fast, open and full of sink holes, with much less detail than the other days. By good luck I start a minute behind Mike Pearson who runs fast. I can see him all the way from the start. I run as fast as I can and gradually reel him in, getting level by 5 and ahead at 8. I have the fastest splits by some distance to this point. But 8 to 9 is a trudge uphill through heather and when I hit the path I'm in oxygen debt and relocate on the wrong bit of blue, even though it's north rather than south of



the path.

Mess

around south of 10 until I (and Mike) realise what we've done. The end of the course is tricky in green. Mike takes a poor route and I pull another couple of minutes out of him in this short section. But I've sadly lost a couple of minutes myself on Peter Gorvett.

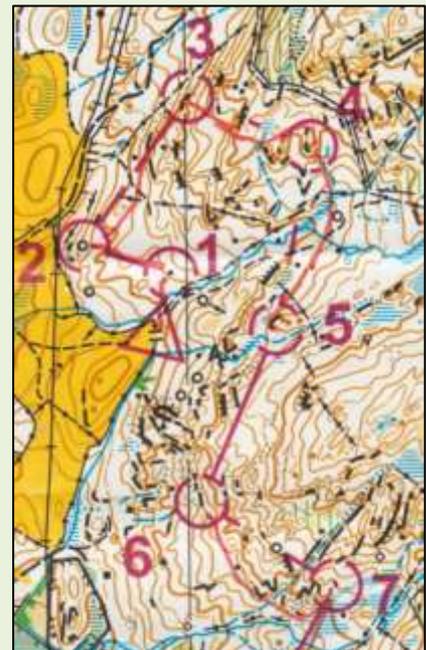
Lesson: be aware that you're on, or over, the edge and be prepared to stop and think.



Day 5 Dale Park

Probably the best of the areas, but spoilt, at least for earlier starters like me, by the torrential showers. I know I only need a reasonable run to win overall, and am confident that I can manage this terrain - but less sure in the rain. I do a nice job on the first 5 controls. Use compass and pacing as a backstop, but this is all about reading the contours. The map is excellent, which helps. (note: the club training in November will be here).

5 to 6 I can see is tricky. Downhill across the slope with no big features. But I fail to realise that I need to go up at the start of the leg. I finish in the mess of crags north of the control and lose several minutes trying to relocate in the rain. Should have kept higher and used the vague reentrant with the steep slope





behind it to catch me. Eventually find it - very cross - and do the rest ok. I'm an undeserved 4th and have just kept ahead of the opposition.

Lesson: be extra vigilant when things seem to be going well; read the map more carefully on the hardest legs.

(Here's Anne's view of the same multi-day event: Ed)

A Multi-Day First by Anne Maguire

The Lakes 5 Days was my first taste of a multiday orienteering event and one that I was very much looking forward to having grown up and learnt how to orienteer in West Cumbria. Having competed in a number of LOC and WCOC events in recent years, I knew to expect five really tough days of orienteering and they certainly turned out to be just that.

The first day took place at Silver How Fell above the picturesque village of Grasmere. Alfred Wainwright described it as a delightful fell with, "rough slopes that delight, especially on the Grasmere side, for the intermingling of crag and conifer, juniper and bracken, is landscape artistry at its best."



Sadly, there was no opportunity to see clearly what Wainwright was describing as the cloud base was very low and it rained almost non stop that day. After a long walk to the start, it was lovely to see a number of other Aire members eager to get running and warm up.

My first leg was nearly 1km in a straight line with a large hill between the start and the control. I opted for safety first and took the long route via the path and was relieved to finally find my first control after nearly fifteen minutes. The next few controls relied on good compass skills and reading of contours and, despite the poor visibility, I managed to find them without too many problems. Sadly, one big mistake on my 8th control slightly marred my run but otherwise it was a very pleasing run in tough conditions and secured a top three finish. Having climbed most of the way up Silver How to reach the course, it seemed remiss of me to not go and visit the summit. Sadly, there was no view to be had and just some very hardy walkers eating their lunch, presumably bemused by all the orienteers running around in the pouring rain. When I finally reached download the Grasmere gingerbread was very welcomed sustenance.

The weather improved significantly for Day 2 as the event moved to Patterdale and another Wainwright, Angle Tarn Pikes. Thankfully, I had managed to pick up the correct control descriptions to match my map unlike one rather vocal runner I passed en route to my first control. Poor compass work meant that I lost a lot of time on my second control and I then went on to make a number of other errors as I tired. The course had taken me around the



beautiful Angle Tarn but not close to the summit and with a long walk back to download I decided against a cool down to the summit and instead opted to support the NWJS cake stall and take lunch to Aira Force.

Day 3 switched to the forest of Whinlatter, where I had spent many weekends navigating the permanent orienteering courses. My first control was in the middle of an area of ficht but I managed to find it without too many difficulties. Once again the second control proved to be my nemesis, as I spent over seven minutes hunting high and low for a clearing, having failed to spot a nearby one which I had mistaken for the possible control site. These things are always much more obvious when you have finished your race! My course then headed for the open fell of Lord's Seat and Barf. The heathery grass was tough to run on and certainly sapped my legs but it was pleasing to see some good contouring work allowed me to gain on another runner ahead who had opted for a more straight line route between controls 8 and 9. After struggling through more of the heather, I decided to opt for a path route between my 9 and 10 in an attempt to avoid the worst of the heather. It proved to be a poor choice as I lost a lot of time finding the control site. The final few controls were downhill and I opted for the paths and thankfully made no further errors.

I opted not to spend the rest day neither resting nor orienteering and instead headed to the Western Fells for a walk up Middle Fell, Seatallen and Buckbarrow with Dave Murgatroyd to bag some more Wainwrights. The weather was reasonably kind to us with the rain only really setting in once we had reached the safety of the car.

The sun shone on Day 4 as the action moved to Askham Fell near Penrith. Despite being in a limestone area it definitely did not feel like the limestone areas of the Dales with numerous pits and depressions hiding beneath overgrown bracken. The lack of contour detail in and around these pits and depressions made finding control sites for me very difficult and I struggled to navigate myself quickly around these areas making a number of bad mistakes that cost me a lot of time. Leaving me with my worst run of the week position wise. Keen to make the most of the good weather Dave and I then headed up Gowbarrow fell above Aira Force to take in the views of Ullswater.



After four days, I found myself in 3rd position with an outside chance of a top three finish in the W35 category. However, with one competitor only having run three out of the four races I knew I would have to have a very good run to have a chance of staying in the top three. Having competed at Graythwaite, High Dam, Bigland and Haverthwaite Heights in recent years, I was familiar with these types of woodlands and the intricate contour and rock detail. The first three controls seemed to



go well but then I struggled to find my 4th and 5th controls and sadly lost far too much time to be competitive and I finished 4th overall.

Despite the numerous silly and frustrating mistakes I made in all of my runs I really enjoyed my Lakes 5 Days experience. It was nice to see so many familiar faces from Aire there keen to share their courses, routes and post-run analysis.

The chance to bag a few more Wainwrights was just too tempting so rather than resting up on the Saturday, Dave and I rounded our week in the Lakes off with an epic walk up the Ill Bell range and up onto High Street completing a total of 9 Wainwrights on a glorious sunny day. If you've never had the chance to walk the Ill Bell Range I can certainly recommend a trip up the Garburn Pass with a copy of Wainwright's Far Eastern Fells in your hand.



(The photo shows Anne running in to the finish at Lingmoor earlier this year. Ed.)

Italian 5 Days of orienteering – from the perspective of a newbie at foreign O'ing – Liz Davies

We arrived in the Brenta Dolomites a couple of days before the event started and got set up on the campsite. A lovely spot in Pinzolo/Carisolo and where day 5 would be located. Weather was hot (we did have an afternoon thunderstorm the day we arrived) and looked to be hot but unsettled for the next few days. Unlike the UK, which was basking under a heatwave. The scenery was beautiful but we didn't fully appreciate the spectacular mountains until later and we were up at the event centre and the events themselves. The campsite was at 777m, the event centre in Madonna Di Campiglio at 1495m and the first two days at about 1900m.

We had a lazy morning the next day recovering from two days' driving so didn't start off to the event centre until lunchtime. First mistake! It was shut. It was also not easy to find. The description seemed to be straight forward and we expected some good signage on the road. Returning later after a coffee in Madonna Di Campiglio we picked up our event pack and had a mooch round the merchandise. I was a bit disappointed as they had no women's specific fit tops. I had looked forward to getting a stylish Italian O'ing top but they were all 'unisex' which basically means made to fit men.



Back to the caravan to get organized for Day 1 and check out our start times – and there arose the next mistake. We didn't realise what the times meant – just thought it strange way of writing it out. The result was that we arrived at the arena on Day 1 four hours early. Lesson learned - the start times on our info showed the length of time after the first start and not the time of day. In hindsight I really should have noticed that my time said 01:40 and the event didn't start until 15:00.

Day 1 was an urban event in Madonna. The start was at about 1600m so going uphill you soon knew that you were higher than in Yorkshire. I nearly ran off the map at the beginning, basic mistake being nervous at the first event and it being an urban (not having done many before) I didn't orientate the map but saw everyone else run down a track and thought "Ey up, summats up" and followed them. After that I got into it and had a good run on the whole. Only messed up at the last control,



didn't check the symbol to see which side of the tree it was so went the other side but as it was so close to the finish there were loads of spectators milling around so I couldn't see it. I had a mini panic and started to run back towards my last control but stopped, checked and then ran back the right way but it lost me at least a minute. Pete had a bit of a problem with his compass – it obviously didn't like being at altitude and decided to freeze, however apart from right at the beginning it didn't seem to put him off too much. He used it again on Day 5 with the same result so we think it doesn't like urban events.

On Day 2 the arena was at the mid-station of the Groste chair lift. It was a middle distance event with 'very detailed morphology' mostly without forest, height between 1900m and 2100m. It was an absolutely spectacular location. The weather was glorious and competitors were spread out on the hillside overlooking the finish. Pete and I did our bit for Airienteers/Yorkshire and wore our AIRE/JK tops at the events. There were over twenty countries competing and we met a couple of English people over the course of the event. Waiting to start we got a hint of what was to come as the commentator announced that the terrain must be tricky because the elite competitors were taking longer than expected to finish.





We walked up to the start (which was really well organized) and I set off determined to keep a close eye on the map, which meant that I was not very fast, however I did get to my first control without much of a problem. I then messed up the second control thinking it would be easy – and it wasn't – but after that I managed to pull it back and tune into the map better. It was complicated terrain but beautiful – you were running through fields of alpine flowers and had magnificent mountains towering over you which we investigated after the event – as you can see.

Day 3 arena was at the same location as Day 2 but the weather was quite different; it looked like rain and was much cooler. It was a shortened long distance race. The difference between where we camped and the event was quite significant and so we were packing to get ready in quite hot weather knowing that it would be cooler simply due to the height difference. It was chilly at the top and as usual I put a windproof on which I quickly took off once I got going. The course took us into a much more open area compared to Day 2. I started off doing quite well but ... I again made a couple of basic mistakes, one not following my compass properly and lost time relocating and the second mistake was underestimating how far I had gone in some very complicated terrain. This was a costly mistake as I spent about fifteen minutes being a headless chicken trying to find the control, then at the point where I had almost given up I followed an elephant trail right to it.

One interesting feature we both experienced was the way other competitors were not shy of asking you where you were to the extent of taking/snatching the map out of your hand to look at it. One of the few times that Pete knew exactly where he was somebody, who appeared to be quite a competent orienteer, demanded to know exactly where they were and didn't believe him when he told them – they were very lost 😊 (Sue and I had a competitor on our course wait for us after the start to follow us at a Swiss multi-day event! I guess we should have been flattered! Ed.)

Day 4 was at Passo De Mango which was at the base of the ski lift. This was a long distance race. I love the Italian description of the terrain: "The terrain is alpine with also strong drops mixed to more soft areas; in the northern part there are many humid areas. There is conifer forest with good/very good visibility, rich in clear areas". It was a sunny day and hot. Apart from a silly mistake at the first control it was a good course and I enjoyed it. Nearly overshot the last control as I thought it was on the path but fortunately saw the runners ahead of me dropping down to it and then to the finish which saved me the embarrassment of missing it.



Day 5 was an urban event in Pinzolo which we could walk to. The day was baking hot and I ended up getting quite dehydrated in the short time I was out on the course and



started to flag at the end. I had a fairly early start and as it was quite straight forward I finished 4th out of 5. There was a big screen showing the top 10 results of each course. I asked Pete to go to take a photo when my course came round to get evidence of my result. Only problem was by the time it had cycled round there were other finishers faster than me and my name didn't appear. My moment of fame...

Then it was all over. We are thinking about doing it again next year.

We finished the holiday off with some mountain walking and Via Ferrata, good food and wine and the company of friends who were also out there.

WOC sprint 2018 – Alice Leake

Based on my article for ontheredline.org.uk - an independent site where you can follow the British Team, our training, and competitions.

After the European Championships in May I knew that I would be running the individual sprint at the World Championships in Latvia in August. I was really excited this year as Riga city centre was finally terrain that I felt suited me - flat and fast, likely requiring quick decisions and with the potential to have some great route choices. As Graham Gristwood has since pointed out, also very like York city centre (where we had a brilliant sprint team training camp) with lots of tourist dodging and narrow alleyways.



I feel you learn something from every race that you do and, after two years of international performances that I haven't been satisfied with (22nd and 35th in the last two World Championships), I've gained a big bank of knowledge on the areas where my sprinting is weak!

- I don't always plan ahead, and I have to stop to make route choice decisions because I'm not on top of my navigation
- I start too fast and get myself into oxygen debt too early
- I get carried away, 'racing' instead of just reading the map
- I think that I have to do something special / a "championship performance"
- I feel my own nerves, pressure and expectations - usually about things that I can't control

I love running and I think that it's all too easy to focus on the areas of training that are enjoyable and neglect the ones that really need the work if you're going to make improvements. Having already run 5km (17:21) and 10km (36:00) personal bests this year, I felt confident in my physical shape for a flat sprint and knew it was the technical and mental sides that I had to work on in the run up to the Championships.



I spent the two months prior to WOC focussing on these areas, forcing myself to plan ahead in training and really trying to teach myself good routines. It's hard to replicate the pressure of a World Championships so an important part of my final preparation was attending Sprint Scotland where there was a strong international field and multiple races that reflected the WOC programme. Very rarely do I get nervous in the UK so this was brilliant practice. I ran really normal races and surprised myself to be mixing at the top of the results. This gave me a huge amount of confidence that if I just read my map and concentrate then I don't actually need to do anything special to be competitive.

This less exciting side of training also involved quite a lot of time looking at old maps of Riga, wandering around Google streetview, and team members planning courses for each other, trying to anticipate the challenges the planner might throw our way.

The sprinters went out to Latvia a couple of days before the competition to do our final preparations in as relevant terrain as we could. A couple of days before the race we were talking about WOC 2015 (our first World Championships for most of us) and the absolute joy and excitement we had felt back then and it really struck a chord and made me remember that, yes ultimately we are there with a job to do, but also that we are there because we choose to put the work in day in and day out, and we only do that because we dream about living these exact moments that we were all about to experience. I think I had forgotten some of that.

The sprint qualification took place early in the morning. There are three different heats with the top fifteen from each progressing to the final. Qualification is all about staying calm, not making any mistakes, and finding the balance between running hard enough to qualify without running so hard that you can't perform when it matters in the afternoon's final. Double training days are a great way to practise for this. I've done a lot of qualification races over the past few years so I felt confident that I would qualify safely with a pretty normal race, but the nerves are always there when it's the biggest stage of them all. Sitting in quarantine really early in the morning and then warming up round and round a tiny courtyard with all your competitors is never the most relaxing pre-race environment! Luckily I've done enough of them now that I'm no longer phased and can just get on with my usual routine. The courses were quite straightforward, aside from some artificial fences, around university buildings and parkland and we all qualified for the final, which was the expectation but still a great feeling.

Then it was back to the accommodation for showers and food, and to try and switch off for a couple of hours. One of the hardest parts of competition is the constant demand for mental alertness that the races require, and trying to relax and then psyche yourself up multiple times a day. I find my brain is often more tired than my body.

In the afternoon we were back to another quarantine - this time on a large island in almost 30 degree heat, where ice packs definitely saved the day! There was lots more sitting round



trying to entertain ourselves before the warmups could begin. The reality is that most of a World Champs week comprises just hanging around and waiting.

The thoughts you have during that warmup and the minutes leading up to the race are nothing you can prepare for. Trying to stay calm. "It's just orienteering, you've done this 1000 times before". Trying to get motivated. "This is what you've been training for all year." Trying not to think about the outcome. "I just want a top twenty, I know I'm capable of it". Trying not to let any doubts creep in. "What if I do a stupid mistake and embarrass myself again?" Trying to have fun. "You're at the World Championships and living your dream, this is awesome."

Usually I feel sick with nerves on the start line, but I actually felt really calm this year. Climbing up onto the start ramp and looking out over the arena I tried to take it all in thinking, 'this is a moment I always want to remember.' Something had clicked and I was just really excited to go orienteering. I didn't care what happened as long as I stayed in the moment and focussed on reading my map for the next 15 minutes. As long as I did my best then I would be happy.

The start of the course was three really short legs which was incredibly stressful. Even though they look straightforward, in that high pressure situation, with an arena run out and spectators and tourists everywhere, calm logical thought processes don't always happen. I knew I wanted to take them steadily and give myself the time to plan the first longer leg so that I didn't have to stop or make a rushed decision.

My nerves really settled once I'd got those controls and I felt confident to crank up the speed. I didn't get stressed by all the people (or actually even notice them.) In fact I found it really fun and crazy weaving all over the place and zipping up and down the little alleyways. I was having such a fun time!

There is a photograph of me from the Poland World Cup in 2016 where I'm running through the arena passage and not looking at my map. That image has always stuck with me. 'Read your map' was pretty much the only thought I had during the race and the only thing that I instructed people to shout at me going through the arena passage. It felt really silly and obvious as an orienteer to have to be reminded to read my map, but whatever works!

Sprint is this constant fight to stay focussed, to plan ahead even when your brain doesn't want to think and your body doesn't want to expend any more energy reading a map, to make split second decisions based on some combination of intuition and everything you've ever learnt, to be both in the map and able to react to everything that's happening around you, and to hit that fine line between being in control and overreaching. When everything clicks into place and you're completely in the moment it is just the best feeling.

My race didn't feel like anything particularly special but I was so so happy when I finished that I'd achieved my aim of navigating well. I didn't have a clue that I'd just run the fastest time so



far. I was simply elated and relieved that I'd finally done a race I was proud of! Getting to sit on the leader's chair for a couple of minutes brought back so many happy memories of doing the same thing in Forres (WOC 2015) and I was thrilled when I realised that meant I would finally achieve my goal of a top 20 result. Being displaced by Tove Alexandersson was absolutely fine by me!

I went off to do a warm down and see my family, still completely oblivious that I had just come 8th in the world, and burst out crying when I saw the results on the big screen in the arena! I knew I was capable of a top 20 but a top 10 was beyond even my wildest dreams and just blew my mind. I still feel like pinching myself to see if it really happened. I love what I do and there are never any sacrifices for me but it did feel like a pretty good reward for the past 4 years of hard work.

So what next? Luckily WOC wasn't a fluke and I managed to back it up by becoming British Sprint Champion, and with a 4th place in the Eurometing sprint a few weeks ago. In 2019 WOC splits into separate alternating forest and sprint competitions so I'll be enjoying a year with no major sprint championships. Instead my plan is to try and get my fitness to a place where I'm capable of truly challenging for podium places (those top girls are fast!)



before coming back to sprint orienteering ahead of WOC 2020 in Denmark. It will be fun to fight for places in our incredibly strong mixed sprint relay team and to try our hand at the new sprint format (knock-out sprint). I'm really excited for what the British team can achieve as we set off down the path towards the first sprint WOC with belief, motivation, and a pure love of orienteering to fuel the hard work.



Youngest (?) future Aire Member completes her first event – Tim Patterson

Pippa Patterson completed her first Orienteering event at the recent EBOR White Rose Weekend. 4 month-old Pippa was assisted by her dad Tim Patterson around the Maze course and was fastest in her age category (<1 years). Her dad hoped she enjoyed the experience and will become a full member when she's old enough to get round by herself! (Well done Pippa! Ed.)

FLAT TO RENT ILKLEY – Peter Haines

Have you ever wanted to live on the edge of an orienteering map?

2 bed flat to rent at Hillside House, at the top of Wells Road opposite Darwin Gardens, and overlooking White Wells.

Only five minutes' walk to centre of town and the station.

For further information contact Peter Haines – 07553 386253



JWOC 2018 - Laura King

The Junior World Championships (JWOC) 2018 were held from the 8th - 14th July and based in a small city called Kecskemet in the Hungarian countryside.

My main goal for 2018 was to be selected to represent Great Britain at the JWOC. This goal had been far from easy to achieve since I had been suffering from a shin related injury since November, which had severely limited the running and orienteering training I could do. I spent many, many hours on the spin bike in the gym staring at a



blank wall instead of being outside training with my friends. It was hard to stay motivated but I knew it was necessary in order to have a chance.

By the time selection races came around I wasn't feeling confident at all. I was nowhere near as fit as I wanted to be and my shins were still not improving. I also knew there were more than six girls wanting to get a place on the JWOC team so there was going to be some tough competition. I didn't have any disasters in selection races but my lack of speed held me back, leaving me on the edge of making the team. I didn't think I had done enough.

I had already been out to Hungary twice in the past six months for two weeks of training camps. I felt technically well prepared for the very unusual terrain which made me want the opportunity to race there even more.

When I got the phone call to say I'd made the team I couldn't quite believe it. I had already started to think about what to do with the spare time I would have if I didn't make it. I then had to quickly change my mentality and put together an eight week training plan in preparation. Luckily in this period, my shins became less painful so I got some last minute running and orienteering training in whilst being at home.

We flew out to Hungary four days prior to the first race in order to acclimatise and used the model areas to familiarise ourselves with the unusual terrain.

The first race was the long distance. At 10.2 km, this was the longest women's race in the history of JWOC due to the speed of the terrain and the courses being planned to a specific winning time of 55 minutes. The terrain consisted of a mix of open grassland and patches of forest with varying runnability. The ex-military training ground was made up of intricate low lying sand dunes, with various dug out tank traps and pits.



I wasn't too nervous on the morning of the race because the long distance wasn't the race I was focussing on. I knew it was going to be very fast so even if I had a clean run it would be unlikely that I would be up there with the best due to my lack of training. All I wanted was to minimise my mistakes. I started well taking the first control steady, however my performance quickly went downhill. I started to rush and kept making significant time losses at each control. I executed the long leg well but continued to lose time



on the shorter legs. I then completely lost contact with the map on the way to control 7 and ran around for a good 10 minutes trying to relocate. At this point I began to panic. I glanced at my watch, which I don't normally do when racing, and saw that I had taken longer than the estimated winning time already and I wasn't even half way! This being the first race of six I began to think that maybe it would be best to save my energy for the following race which suited me better, instead of carrying on in the 30 degree heat only to get a result I would be disappointed in. Retiring was a very difficult decision to make. I was frustrated that it had been my navigation that let me down rather than my fitness. Looking back, I am still disappointed to not have completed the course well, but I think stopping the race was the right decision given the circumstances.

I had to quickly put my disappointment behind me and shift my focus to the next day's race, the sprint. Having done some 'geeking' of the town using google streetview and satellite imagery the area didn't look too tricky. I was more confident for this race but I was still nervous after the previous day's result. As soon as I picked up the map I saw how wrong we had been about how technical the area was. They only used a small section of the embargo and had added some artificial barriers to block off obvious route choices. They also took us into private courtyards, which we didn't expect to be open. This meant you had to be focussed at all times and there was no time to plan ahead.

My race was going well. I had navigated through the first tricky sections and I was approaching the arena run through. I made a mistake just before entering the arena but held it together. I spotted where I thought the spectator control was at the start of the arena passage. I'm still not sure exactly what happened but I must have started planning ahead, as you should in the passage where you don't have to navigate. I finished the course, relieved to have a result under my belt... until I checked my splits. I had only gone and run straight past the spectator control without punching!

I was in shock. I couldn't quite believe how I had started the first two races of JWOC and still not got a single result. I had spent the whole year training and preparing and I had nothing to show for it. After a rather emotional phone call home I pulled myself together to watch my other teammates come in.

The situation was made much better by the absolutely amazing run from Matthew Fellbaum, a fellow Edinburgh University student. He had an early start and came in with a good time. More and more big names came in and none of them could beat his time. No one could believe it, especially from Matthew who had said himself he was not a sprinter. It came down to the very last starter. We watched his split times anxiously but unfortunately he was just beaten by a German runner by eight seconds. A silver medal is the best result GB has ever had at a JWOC, repeated only by Kris Jones in 2010. Despite feeling completely deflated after my own performance the whole team was on a high going into the rest day.



Throughout the rest day I did my best to put the past two days behind me and focus on the Middle Distance Qualifier the next day. The middle areas again consisted of intricate sand dunes but this time they were covered with a dense network of Juniper bushes which required labyrinth style orienteering and some thick skin to bash through the prickly branches.

Luckily this was the race I had been focussing on and felt the most prepared for. The terrain suited me more since it was very technical and speed was massively reduced. In the qualifier the competitors are split into three heats and the top twenty from each heat get through to the A final. I knew I just needed a clean run and I should have a good chance at getting into the A final which was my main aim for the competition.



I knew I just needed a clean run and I should have a good chance at getting into the A final which was my main aim for the competition.

Initially when I picked up the map, I was a bit worried because there was less in the tricky bushy section than anticipated and more in the fast white forest. I quickly adjusted and tried to pick up the speed when I could. When I finished all I could do was wait until everyone was in. It was close. I was 18th in my heat so I just made it! This was just what I needed to pick myself up again and get some confidence back. Three GB girls and three GB boys made the A final so half the team had to prepare for the next day's race.

I was excited for the final. We knew it was going to be tricky but we were all well prepared. It was the type of area where everyone was going to make mistakes and get stuck in dead ends in the bushes. It was going to be put down to who could minimise their mistakes and not give up until the end.

I had a good start, taking it steady and safe through the first few controls. I caught the Swedish girl who had started ahead of me - even the best were making mistakes. I lost some time in the middle of the race when I lost contact with the map but I didn't let it get to me and I refocussed. A Swiss girl caught the Swede and I, but we kept splitting and regrouping as we worked our way through the bushes. Though the spectator loop they picked up the speed and got away. Unfortunately, I started rushing and then had a big three minute time loss on the penultimate control. This was very frustrating as I know it would have been well within my ability to get a top 40 or even a top 30. Despite this I was still happy that I had given myself the opportunity to race in the A final.

The last day was the relay. Being in the B team there was slightly less pressure but I still wanted to have a clean run and see how well we could do. I was on second leg in a team with Emma Wilson (CLYDE) and Niamh Hunter (WCOC). Emma came in quite far down in positions



but not too far down in time. I was running on my own for much of the course. I was happy to find out I'd pulled us up ten places! Niamh continued the good work to bring us home in 20th and 5th B team.

The best performance however has to go to the A team who all had storming runs to come back in 4th which was a podium place (top 6). It was very nerve racking watching Chloe Potter (BOK) on last leg chasing down the nine times Junior World Champion Simona Aebersold (Switzerland). We were watching the GPS trace and to our surprise Simona started to go off in the wrong direction with Chloe following closely. We were all praying she wouldn't follow her despite knowing deep down inside that if it was us with the nine times World Champion ahead our gut instinct would be to follow, but amazingly she didn't! Chloe spiked the control and brought it home ahead of Switzerland. This was the best relay performance ever for GB. The boys also had a brilliant result coming back in 7th. It was a great end to the competition.

JWOC was far from what I had hoped for but I learnt a lot of lessons all the same. I'm extremely thankful I had the opportunity to compete as it's given me so much motivation for next year, my last year as a junior. I'm also very relieved that I haven't had any injury issues since competing and have enjoyed a very packed summer of orienteering, including a training camp in Denmark in preparation for JWOC 2019.

I'd like to thank Airienteers for the support they have given me over the years. I could not have reached where I am without it. It allows me to keep competing and training at a high level in the sport I love.



(Airienteers is fortunate to have another talented Junior on the JWOC trail. Here Lucy writes us about her pre-JWOC camp. Ed.)



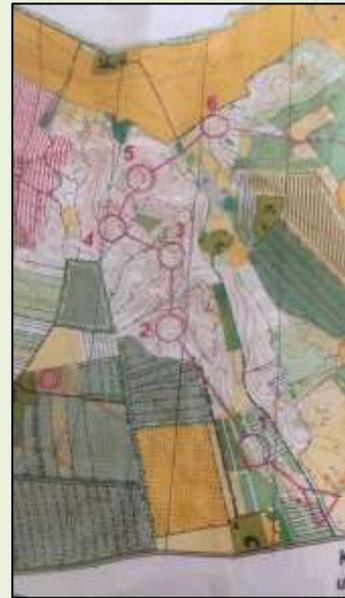
Pre-JWOC Camp Report- Lucy Haines

This August, I headed to Silkeborg in Denmark with the British team, to run in the JWOC 2019 terrain ahead of next year. It was an invaluable experience as I learnt the different skills needed to tackle this terrain. We spent the week in a hostel which was situated near all of the areas for training (and lakes for swimming!)

The following day after we arrived we got stuck into the Danish forests. The woodland consisted of large rolling spurs and re-entrants, with patches of light green, which was usually easy to get through. Some of the flat open forest plateaus reminded me of southern areas in the South Downs, whilst the areas of spurs and steep re-entrants were similar to areas of Cannock Chase.

Throughout the week we completed three long, two middle, one sprint and two relay style sessions. All these training sessions involved various exercises and different techniques to focus on, which were important in tackling the challenges of this type of terrain. One of my favourite sessions was on the final day, where we ran long legs in groups, each taking different routes (or slight variations in routes) and matching the running intensity. This allowed us to compare paths options to forest options and options of going around the top of a re-entrant compared to running straight, often down a steep gully and up the other side. Often, if the forest was white, it was quicker to go straight.

Another good training session was the relay training as there were other national teams taking part too, like Sweden, Norway and even some of the Danish senior squad who had just returned from the World Champs. The training was set up like a mass start, with over 40 runners on each of the boy's and girls' course. This training turned out to be almost as competitive as a JWOC relay! Overall, it was a great week with some great people and I'm grateful for the opportunity to go to Denmark for a Pre-JWOC camp. Thank you to Airtenteers for their support.





(And now it's time to put the date in your diaries, offer your services and get excited about the BIG AIRE event of 2019! Learn more from David's article below – Ed.)

British Orienteering Championships, 2019 Preview

“Yorkshire people are first and foremost friendly and we do things without much fanfare”, according to the Olympian Alistair Brownlee, who hails from God's Own County. This may be true, but a certain amount of fanfare is called for when it comes to the 2019 British Orienteering Championships weekend (4-6 May). It promises to be a special occasion, for three main reasons:

- For the first time, the British Championships weekend has three events: as well as the long distance event on the Sunday and the relays on the Monday, there is also the mixed sprint relay on the Saturday.
- It features a fantastic mixture of terrain types: urban, moorland, forest and parkland, so there's something for everyone (sorry, we couldn't find any forested sand dunes, and there is not a British indoor orienteering championship – yet!).
- The event is close to the geographical centre of Britain (OK, the OS calculate that is actually just over the Lancashire border, but Yorkshire is near enough), making it an accessible event for competitors from all over the mainland, and there are direct flights from Belfast to Leeds Bradford Airport.

Let's take a look at the weekend in more detail.

The British Sprint Relays will be held at Bradford University on Saturday 4th May. This area has only been used for one major event before (AIRE's Bradford Urban Race in 2017) and promises a variety of land use with the added factor that the campus is steeper than many others in the UK.



Excerpt of Bradford City Centre, mapped by Chris Burden (2017)

Before or after the race, why not visit Bradford's city centre, which has been revitalised in recent years, and now includes a City Park with a fantastic mirror pool and fountains? Other attractions are the UNESCO World Heritage sites of Saltaire and Haworth, the David Hockney Gallery in nearby Lister Park's Cartwright Hall, and the lovely Baildon and Ilkley Moors.

Bradford University





Bradford University photo – source:

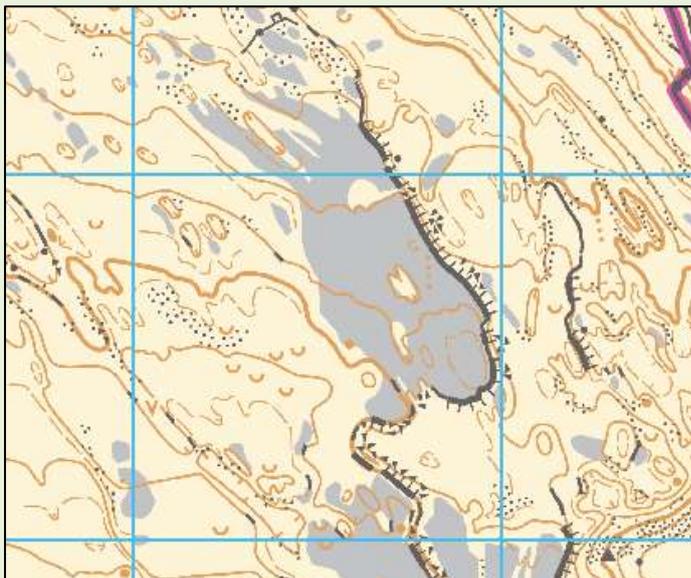
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The British Long Distance Championships will be held at Arncliffe and Kilnsey North on Sunday 5th May, with assembly adjacent to the pretty village of Arncliffe, in Littondale, Upper Wharfedale. The area is a combination of the northern parts of Kilnsey, as experienced in the 2016 JK (remember the hailstorms?), Arncliffe (used for the 2015 Northern Championships) and parts of the area have also been used for the 2015 SHI Relays and Airienteers' biennial Dales Weekend events. The terrain is almost wholly open moorland, mostly extremely runnable, with a profusion of contour detail. It also features limestone pavement, and route choice will be complicated by the presence of stiles and uncrossable walls. Spectators will be able to see competitors encounter the last few controls of most courses as the fellside faces the one-stop assembly area and arena (another bonus is that the starts should take less than 20 minutes to reach).



View of part of the long distance terrain near Kilnsey – photo: author

Arncliffe was originally called 'Amerdale' and was the inspiration for 'Emmerdale': The Falcon Inn was the inspiration for the 'Woolpack' from the series, and it has rustic charm and beer poured from jugs. Nearby Kettlewell is an outdoor hub and is popular with hikers and campers. The Tour de France and Tour de Yorkshire have both passed through Upper Wharfedale; why not try yourself on 'The Rash' or the 'Cote de Cray'? Indeed, this year's BOC weekend occurs at the same time at the Tour de Yorkshire,



and although the route has yet to be announced, there is a good chance that it will pass through the Dales at least once!

Excerpt of Arncliffe and Kilnsey North, mapped by Tony Thornley (2018)

The British Relay Championships will be held in Middleton Park, Leeds, on Monday 6th May. This area, which was last used for the 2015 British Night Championships, is characterised by heavily pitted forested slopes and



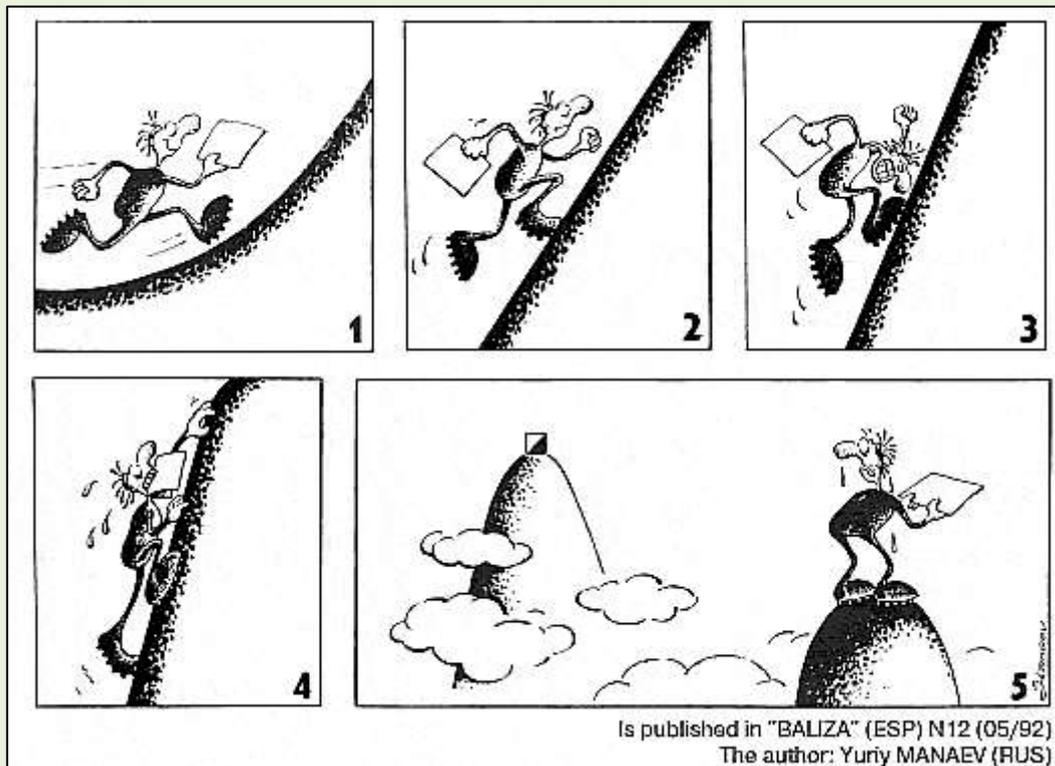
plateaus with a dense path network, separated by patches of lightning-fast open ground and a recently abandoned golf course. With three valleys running diagonally across the area, this event will be both a technical and physical challenge. The area is close to the motorway network, or you may wish to extend your stay by exploring the dynamic city centre of Leeds or other West Yorkshire attractions like the Hepworth Gallery in Wakefield or the Yorkshire Sculpture Park on the M1.

Bluebells in Middleton Woods – source:
<http://www.fomp.co.uk/>

All in all, this makes for a very attractive proposition, and after a successful 2016 JK, Yorkshire looks forward to welcoming you again in 2019. If you share the county's reputation for parsimony, you may wish to know that the cheapest way of enjoying the weekend is to enter by the first deadline, which is likely to be the end of January. For more information, please see the website at www.boc2019.org.uk. See you there!



By David Alcock (Day 2 planner) and the BOC 2019 team







Airienteers in action at Bingley Urban Event



AIRE Juniors Evie and Matt represented the Yorkshire and Humberside Squad in the Junior Inter-Regional Championships this month. The Individual Day was staged in Chatsworth Park and the Relay Day was held at Carsington Pastures.

