

Aire Affairs

December 2010



Airienteers
Orienteering in Airedale and Wharfedale

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Volunteer Event Officials Needed – Chris Burden

Many thanks to all the volunteers who have kept our vibrant and extensive fixture list going.

We always need more volunteers. The Future Races List (found on the Aire website under the “Useful Docs” section) shows our full 2011 programme and our major races programme for 2012-13 as well. There are vacancies for planner/organisers for a number of our Summer Wednesday evening races in 2011.

The following races need officials urgently.

Please contact Chris Burden with your offers of help. 01274 583853 or chris.burden@btinternet.com

Date	Venue	Event	Officials Required
Sat 26/2/11	Middleton Woods	Wharfedale Spring Olite Series	Planner/organiser
Sat 4/6/11	Ilkley	Urban Race	Organiser
Sun 10/7/11	Golden Acre Park	YHOA Schools Champs	Organiser
Sun 18/9/11	Conistone South	Regional (Level B)	Organiser

The O-lite guidelines can be found at the foot of the “Useful docs” section

The Urban race is part of the Yorkshire Urban league

The YHOA School Champs requires White, Yellow, Orange, Light Green and Green Courses.

Recruiting organisers is always the hardest part of the recruitment process. The club have clear guidelines to help Organisers, and a team system that delegates many of the responsibilities that an organiser once had to take on. Anyone with experience of helping at a few events is likely to have developed sufficient knowledge to organise one of our larger events (shown above in **bold** type). For Conistone, although Guy Patterson is unable to be there on the day, he will be able to help by taking on a pre-event co-ordinating role.

Middleton Woods would be a suitable event for any first time planner/organiser. You would be allocated an experienced controller to support you.

Volunteer Vacancies – Claire Towler

There are several volunteer roles vacant within the club at the moment. Below is a brief description of each role. If you are able to fill a role, please contact Nick Jones, Club Secretary, at nick.jones200ATntlworld.com.

Pre-entries (Fabian4) assistant.

To assist/be in reserve for the current volunteers, Margaret and Alan Parker. Role includes (but is not limited to); liaising with organiser for event information; emailing Fabian4; dealing with few postal entries; bulk emailing competitors with final details and start times. For more information on this role, see the Aire website or contact the Parkers at parkerATAireweave.co.uk.

Junior Club Captain.

Junior Club Captain is responsible for organising teams for the Peter Palmer Team Relays (September) and the Yvette Baker Trophy (November/December). You will: communicate with children, young adults and parents; enter teams for the events; chaperone (or organise chaperones) children to the events. There is no requirement to have a CRB check for this role. This has been my role for the past two years. It does not take up a lot of your time and is thoroughly rewarding. Due to my role as membership secretary I have stood down from this role but am more than happy to mentor/support the new captain. For more information contact me using the address below.

Helper Teams Update.

As part of my new role as membership secretary I am looking at the event helper teams. The following roles are vacant:

Event Operations Team 3 Leader – contact the event organiser and team members, organise team members to fill the roles (e.g. car parking, road marshals, event signage). 2 events per year.

Start volunteers – to help set up and run the start at two events per year. Duties may include taping off start boxes, reading out start times or competitors names, giving any directions competitors need, removing the start at the end of an event. 2 events per year.

String course organisers – to lay out and manage a string course. This role is often suitable for young families. 2 events per year.

Sport Ident (SI) assistant – 3 or 4 events per year. To assist/be in reserve for Martyn and Lisa Broadest. SI is the computer system used at our orienteering events to time your run/walk. It is easy to use if you have a basic knowledge of computers and would most suit an individual or couple. For more information on this role contact martynATbroadest.org.uk

First aiders – if you have any current first aid certificate and are willing to be available as first aid cover at an orienteering event, please let me know.

You can still get a run at the event whilst helping for any of these roles and will receive a voucher for a free entry to your next local (Level 3 or 4) AIRE event.

Current helper team members.

If you wish to move to a new role, please let me know by 14th January 2011.

If you feel you can no longer be an active member of a helper team please also let me know.

New members of Airienteers.

Without volunteers our sport would not exist. We rely upon volunteers to make our sport happen. Helping at an event is sociable and a great way to meet other members of the club. None of the tasks are too labour intensive and we only ask you to help at one or two events per year. You can still compete at an event when you help. You will also get a voucher for a free entry at your next local (level 3 or 4) AIRE event.

Claire Towler
Membership Secretary
claireybubbles@hotmail.com

YHOA Night League 2010/11

Clubs usually arrange starts as soon after darkness sets in as possible - so there should still be time to hit the town after your run.

Remaining events:

8 Jan	EPOC	Elland Park Woods, Nr Brighouse
22 Jan	EBOR	Allerthorpe Common, Nr Pocklington.
12 Feb	AIRE	The Chevin, Otley

If you would like to try using a powerful headtorch please contact Chris Burden. He is currently trying to revive our existing stock, which has been somewhat neglected in recent years.

Changes in Event Structure – Chris Burden

In 2011 you will begin to see orienteering races described as Level A, Level B, Level C and Level D.

The full details of the scheme can be found on the British Orienteering Website.

In brief Cross Country Classic Distance, Middle Distance, Urban, and Sprint races can feature at any of these levels.

Level A races are those organised under the BOF banner, JK, BOC, Compass Sport Cup Final etc etc - races aimed at attracting nationwide competition.

Level B races are aimed primarily at attracting runners both within the Yorkshire Region and neighbouring regions.

Level C races are aimed primarily at attracting runners within the Yorkshire Region.

Level D races are aimed primarily at our own club runners, and will remain the largest part of our programme – in terms of the number of races.

The word “primarily” is central. You can run obviously run at any event in any part of the country that you wish, unless the event declares itself “closed”.

AIRE Night Score League 2010/11

Date	Location	Grid ref	Post Code	Organiser
12 Jan 2011	Northcliffe Park 01943 871606 <i>Parking: Cliffe Gardens Car Park, off Bradford Road, Shipley (A650)</i>	SE145367	BD18 3DD	Steve Webb
19 Jan 2011	Otley Streets 01132 267906 <i>Parking: Car Park off Cattle Market Street, Otley</i>	SE203457	LS21 1BA	Nick Jones
26 Jan 2011	Myrtle Park 01274 580764 <i>Parking: Car Park Queens Street, off Main Street, Bingley (B6265)</i>	SE106392	BD16 2TL	Steve Watkins
2 Feb 2011	Headingley Streets 01132 685764 <i>Street Parking. Assembly at St Michael's Parish Hall, St Michael's Road, Leeds</i>	SE279359	LS6 3HS	Alan Parker
9 Feb 2011	Roundhay Park 01132 328982 <i>Parking: Car park by "Tram" Stop, Princes Avenue, Leeds</i>	SE327379	LS8 1DQ	Martyn Broadest

Fees Senior £2. Junior 50p per map.

Registration From 6.30 **Start** Mass start at 7.00

Course Details There will be a single mass start score event of 45 minutes.

A score event is where you find as many controls as you can within the time limit. Each control has a points value. There are penalty points if you are late back. 10 points per each minute or part minute you are late.

The course is open to everyone. You can run in groups as big as you like.

The events will alternate between course in parks and courses around the streets.

The park events will have conventional controls, and use control cards with pin-punching.

The street events will use "street furniture", post boxes and the like, as controls. You will need to bring a pen to write the codes you find on your map.

We will attempt to get league results onto the website promptly.

50 for first place, 49 for second etc.

Best 6 results count.

Participate in the

The Aire Club League 2010-11

Your best 8 scores will count.

Prizes will be presented at the Club Picnic on 3 July 2011 to the winners of the various categories.

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

Date	Club	Venue
19 Sep 2010	AIRE	Conistone
26 Sep 2010	CLARO	Scot Gate
17 Oct 2010	SYO	Burbage - CSC Final
24 Oct 2010	EPOC	Stoodley Pike
14 Nov 2010	AIRE	Hirst Wood & Shipley Glen
28 Nov 2010	CLARO	Yorkshire Showground
9 Jan 2011	AIRE	Temple Newsam
23 Jan 2011	EPOC	Marsden Moor
6 Feb 2011	CLARO	Brimham Rocks
13 Feb 2011	AIRE	The Chevin
13 Mar 2011	EPOC	Honley Wood
3 April 2011	CLARO	Timble & Asquith
10 Apr 2011	AIRE	Bramham Park & Wothersome
5 Jun 2011	AIRE	Langstrothdale Chase

Leeds Winter O-Lite League

Date	Location	Grid Ref	Post Code	Organiser	Tel
Sat 15 Jan	Rothwell Country Park	SE348295	LS26 0JY	Gill & Fred Ross	01924 379278
Sat 2 Feb	Temple Newsam	SE360323	LS15 9EP	Mike Cox	01132 736195

Travel Directions At the end of this document.

Fees Senior £2.00 / Junior 50p

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

Contact the organiser for more details.

The following courses will be available.

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

Registration From 12:30pm

Start Times Between 1:00 and 2:00pm

Rothwell Country Park

From the A639 take the left turn at SE347290. Park on the right on the roadside and walk down past the barrier.

Temple Newsam

Take the A6120 spur from the Ring Road (also A6120) towards Halton. At the first traffic lights turn left, following the signs to Temple Newsam. Pass through the park gates and follow the signs to the car park on the left.

With the introduction of the new BOF Event Competition Structure coupled with the associated grade of controller required it has been pointed out by our Fixtures Secretary, Chris Burden, that whilst the club has a fair number of Grade 3 Controllers (now called Grade C – to fit the new structure) there is a lack of "suitably qualified" Grade 2 (now called Grade B) Controllers.

In view of this Tony Thornley, one of our most experienced and knowledgeable Grade 1 (or is that Grade A) Controllers, has kindly offered to run a Controllers course for Aire members in the the early part of next year.

The main emphasis will be to provide existing Grade 3 (C) Controllers with the required class and practical course input to allow them to upgrade to Grade 2 (B) Controllers, assuming that they have gained the required hands on experience of controlling at their existing Grade 3 (C) level.

However, Tony has said that if there are any members who presently have no controller qualifications but would like to take a step on to the bottom rung of the ladder at Grade 3 (C) level (or indeed if there are existing Grade 3s who want an update) then the course could be structured to suit both Grade 3 and Grade 2 requirements.

To become a Grade 3 (C) Controller you need to have done some recent planning and organising and to have attended a Controller's course. Alternatively if you are "lacking" either the recent organising or planning experience you can do the course and then update any back up experience.

There is a need for more Grade 2 (B) Controllers throughout YHOA and so the aim will be to open the course up to other YHOA clubs once we have settled upon a date for the course, and know how many Aire members wish to attend.

The course is usually a day long course, with both indoor class work and outdoor practical exercises. With the probability that the course will be opened out to other YHOA members, who will have further travelling distances than Aire members, the course will take place on a Saturday.

The 2011 dates suggested for the course are January 29; February 12; March 5; March 12; or March 19

The venue for the course has not been arranged but it is most likely to be "urban" based but with access to a close by area for the practical aspects of the course. (possible venues could include Ilkley Grammar School or Nell Bank)

I have said that I'd collate the names of those interested. Therefore if you are interested please let me know ASAP (but by Friday 10 December at latest) indicating;

- 1) Level of course – Grade 3(C) or Grade 2(B)
- 2) Dates available (with any preference – although this can't be guaranteed)

This will give us an indication of the level of interest within the club; allow the course to be structured by Tony; available and appropriate venues to be investigated and the course opened up to other YHOA members.

Cheers,

Nick Jones

Tel: 0113 2267906 email: nick.jones200ATntlworld.com

Yorkshire Quiz Results – Nick Jones

Well did you have a go at the Yorkshire quiz?

I said it was cryptic but did you work out how my warped mind worked.

Hope you had fun anyway. Here are the answers.

- | | |
|---|----------------------|
| 1. Where the bear comes from. | PUDSEY |
| 2. Add to this religious establishment. | BOLTON ABBEY |
| 3. Bad pork. | MALHAM |
| 4. Don't bother with head gear here. | ILKLEY / ILKLEY MOOR |
| 5. Candle with fruity scent. | APPLETREEWICK |
| 6. Where you swim. | POOL |
| 7. SINKPOT (anag.) | SKIPTON |
| 8. Healthy water heater. | KETTLEWELL |
| 9. Small coin from Belgium town. | PEN-Y-GHENT |
| 10. A payment will secure this bench. | SETTLE |
| 11. Wallace & Gromit's favourite. | WENSLEYDALE |
| 12. Could Shaun (think 11 above) be one of these. | SWALEDALE |
| 13. HEAT OR RAG (anag.) | HARROGATE |
| 14. The river's not mine, is it..... | URE |
| 15. A little home for a male deer. | BUCKDEN |
| 16. Could you find a Klingon on these banks. | WHARFE |
| 17. Past its best date. | SELBY |
| 18. A town of ghosts. | GOOLE |
| 19. A forest full of rabbits. | HAREWOOD |
| 20. You might find a snowman floating here. | AIRE |
| 21. Ladies of ill repute. | HAWES |
| 22. A heavy hearth. | INGLETON. |
| 23. CATS EAT DR (anag.) | TADCASTER |
| 24. Broken bridge. | PONTEFRACT |

Spring/Summer Series 2010 Results – Chris Burden

The Summer Sprint Series concluded at Golden Acre Park, Bramhope on 8 July. There was an excellent turnout and a real buzz to the event. It was surprising how many people were prepared to forego the World Cup semi-final!

Prizes of wine and chocolates were presented respectively to the Senior and Junior winners of the Spring and Summer Series. Ian Nixon won the Mens Senior spot for both series, but in the interests of keeping his alcohol intake down, the Summer prize was awarded to Steve Watkins who came second in both series. By way of compensation Ian's partner, Jess Nixon won the Ladies Summer Series prize, and Clare Towler won the Ladies Spring series prize.

Scott Marshall won the Male Juniors Spring prize. There were no Lady Juniors. Florence Haines and Joe Woodley won the Summer Series prizes.

Lagganlia Trip 2010 – Helen Wood

This year I was very grateful to be selected to be a participant on the Lagganlia orienteering training week in Scotland. To be chosen for this I had to perform well in various events including the British and JK.

We trained every day in different areas (Airienteers may recognise these names.... Insriach.... Culbin.....Alvie and several others) focusing on different skills including compasswork, attack points, contours and simplification. We were split into small coaching groups. Each group was under the supervision of two coaches for the whole of the week. My group was coached by Ann and Don, both very experienced and friendly orienteers. Joe Woodley was also in this group.

I learnt many new skills (eg 'simplification', 'visualisation') and improved ones I had already – (eg detailed contour reading). These were helped by the excellent terrain. As well as the training we had a "sprint" race and a "classic" race near the end of the week to reflect how well we'd improved (or not!). I finished about half way up the list of girls, and I was pleased with this result.

One of the best things about Lagganlia was meeting new people and making new friends. We all got to know each other during the evening activities including a barbecue, swimming (in the nearby lake) and other fun competitions. It was really good to meet people from all over the country; I hope to see them at future events and compare courses with them.

I was very grateful to all the coaches, especially Nev Myers from EBOR and Tony Carlyle (from AIRE!) who led the tour and put in a lot of hard work.

Finally I would like to thank AIRE very much for the money you sponsored me with to go on the tour. It was a great experience and I shall not forget it!

Hi everyone,

I hope you had a great summer whatever you got up to. In this Juniares section you can read about what other Aire juniors have been doing in the holidays: Florence's write up of the European Youth Orienteering Championships, Joe's lagganlia report, an article on the Lakes 5 day and more...

Enjoy your autumn of orienteering and I hope to see you at an event soon!

Beth
Juniares editor

P.S. If you would like to contribute to a future Juniares with an article, recipe, joke in fact anything at all then please email me: beth.woodleyATgmail.com Thanks ☺

Lakes 5 2010

By Beth

On Friday we travelled down to the Lake District from our holiday in Scotland. The next day we climbed a route called 'little Chamonix' in Borrowdale before driving to Spoon hall farm in Coniston, our accommodation for the Lakes 5.

Unfortunately we underestimated how long it would take us to get to Swindale the venue for the first day's competition. We had to jog to get to our starts in time but thankfully we just made it! I had an ok run and only made a few mistakes on my course (W16A) After my run it was nice to see my friends whom I hadn't seen all Summer. Later in the afternoon, my dad and I went climbing at Swindale crags, we did a good route and it was a lovely with the evening sun catching the cliff.

The second day of orienteering took place at Tarn Hows near Coniston. We had quite early starts and we walked to assembly in the rain. We put our things with some other Aire members and set off. My first two controls were in the open and I found them quite easily, however as soon as the course went into the woods, things started to go downhill. I got rather confused at no. 3 trying to follow a non existent fence, I didn't relocate very quickly and ended up finding no. 4 before no. 3: an error which cost me about 15 minutes! The rest of my course didn't go too badly and eventually I was running into the finish. After the event, my family and I went to Brantwood, the home of John Ruskin, on the shore of Coniston water. It can easily be seen from the town across the lake with its beautiful architecture and turrets. It was really interesting to find out about all the achievements of the inspirational Ruskin: an artist, poet and philanthropist who coined the term 'pathetic fallacy'. We had a drink in the café and walked around the fern gardens and artist's glade, maintained from Ruskins day

Tuesdays event was swapped with Wednesday, the rest day, to give the parking field time to dry out. My parents went for a bike ride whilst Joe and I swam in the lake. Later we visited friends in Coniston and some fellow orienteers staying at the Coppermines Youth Hostel. Unfortunately, the event on Wednesday had to be cancelled as the field was still too wet, so we got another rest day. Florence and I went boating on the lake with a friend and had an ice cream. In the evening we took

part in the urban sprint race. I did the shortest course which was fun although I got a bit lost in the houses! At the finish you had to swap your map for an ultrasprint map. Basically, it was like a mini orienteering course with the controls in a maze made of string. You couldn't lean over the string to get a control, instead you had to navigate your way through the labyrinth! I got quite confused and mispunched the first control, however once you got the hang of it, it was easier. Afterwards we went to the cake stall and BBQ organised by UVHS.

On Thursday the event was at Caw. There was a long walk to the start but it was good to chat with my friends on the way up. The area was quite technical but I was pleased with my navigation even though I could have gone faster. The area was similar to Pike O Blisco: Open with technical rock and contour features. I walked back to the assembly after my run. After the event we went to a BBQ with our friends, the Woods, Marshalls and Mon Williams at the Copeermine Youth Hostel, it was really fun and social.

The final day was at Heslington Barrows near Kendal. It was a fast, open area with patches of limestone pavement. I had a good run and was pleased to come 13th overall. I watched the prize giving as my brother came 2nd, then we went back to our caravan.

Overall the Lakes 5 days was a great week of orienteering and socialising and a fantastic way to end our holiday.

EYOC July 2010

By Florence Haines

On Thursday the 1st July I flew out to Spain with the rest of the British team for the European Youth Orienteering Championships. After a late tea I headed to bed looking forward to the long distance race the next day. As soon as we got into the quarantine everyone did their own thing and I went and ran a few of the warm up controls just got get into the map and area. I had quite an early start so before long I was waiting nervously in the -1 box. The area was nothing like I had run on before, with plenty of rock, open forest, steep hills and small patches of vegetation. With a steady start and little mistakes I finished happy with my race and I had even been out in a massive thunder storm! Then I cheered the rest of the team in. My team mate, Lucy Butt, had a later start and had a fantastic run and finished 3rd! The following day was the relay where I was running 2nd leg. Rona Lindsey on 1st leg came back in 5th with a good run. I went out alone knowing that with a good run I could catch up a team in front. Despite a 5 minute error in the middle of the course I handed over to Lucy in 4th. The whole team followed Lucy on the Tractrac screen until she came flying down the run-in in 4th!!! After the prize giving we went back to the hotel to get ready for the party in Soria that night. Everyone had a good time at the party, we made some new friends from all over Europe!! Bright and early the next morning we drove into Soria to the quarantine for the sprint race. I had an early start again which I found better seeing as the weather was hot. My run wasn't great and I finished 38th. Overall the 4 days I spent over in Spain were amazing and I have met new people and gained a lot of experience! Hopefully get the opportunity to go again next year.



W16 girls at the EYOC sprint

Cairngorm Camp July 2010
By Florence Haines

After a hectic start to my summer I was on yet another train up to Scotland this time for the British Orienteering summer training camp for 15-20 year olds. Throughout the week we did a mixture of mental, physical and technical exercises. We trained in many areas including Loch Vaa, Alvie, Culbin and Inshriach. The different exercises include long legs, compass work, simplification, traffic lights, detailed navigation, line courses and many more. With 34 athletes all staying at Badaguish Outdoor Centre the social side of the week was great. Nearly every night after training and dinner there would be a big football match that about half the group played! One of the training exercises that sticks in my mind was the interval and fartlek training. During the morning we were split up into teams of about 3/4 and with the help of the coaches we devised either a fartlek or interval training session for another group. The in the afternoon we headed out and ran the courses twice using heart rate monitors to make sure we were training in the right zones. I found this training really good as i would never normally do this at home or squad. On the final day there was a sprint race around Lagganlia. There was a girls race and a boys race which everyone ran including some coaches! I was ill for this race so couldn't compete competitively. Over the week I learnt a lot and being able to ask the coaches anything at any point was fantastic. I really hope I can go again next summer and learn even more.

Lagganlia Training Camp 31st July to The 7th of August 2010 By
Joe Woodley

This summer I spent a week doing technical and physical training in Scotland. The training camp was situated at the Lagganlia outdoor centre in the Cairngorms. I was part of a group of twenty four juniors who had been selected.

Saturday

I arrived on Saturday afternoon and when all the juniors had arrived and eaten, Tony (Tour Manager) gave us a talk about the week's proceedings. I also found out that I was going to be sharing a room with, Harry Butt from the South West and Will Parkinson from the East Midlands, I had not met either before but we were soon getting along fine. I was also with Nick Jarvis whom I already knew.

Sunday

The first training was at Uath Lochan. We focused on using a compass and looked at different techniques of orienteering with a compass. I completed three courses one of which I did with one of my set coaches for the week Anne Edwards (GB Athlete) we talked though the course afterwards. In the afternoon we moved to Achlean where we learnt how to pace. We were given a one hundred meter stretch of track to use to work out how many double paces we needed to cover that distance. I then did three more activities in which I used my pacing.

Monday

Monday's training was located at Moor of Alvie. We spent the morning working in the complex wooded area. Later that afternoon we did two timed runs. One kilometre on a forest track then the same distance through terrain. My two times were 4.11 and 6.00. Using our two times we could compare and see which athletes were stronger on terrain or on a track. That evening we had a talk from Anne Edwards about working with a personal coach.

Tuesday

On Tuesday we spent the whole day on Culbin, an extremely technical area of forested sand dunes. I completed various exercises and at the end of the day we did an odds and evens relay, a score event where we were given two maps between three people, and only one control could be collected before the map was brought back and given to the waiting team member. We finished the day with an ice cream from Tesco's!

Wednesday

Wednesday was the day of the Sprint. The Qualifier was held at Avielochan a small wooded area. I had a good race coming second by only three seconds, this meant that I was in the A final and was starting second to last in the chasing start. The final was around the grounds of Lagganlia where we were staying. The fast open grass and a few buildings reminded me of an urban park race. I had another good run and won by 20 seconds this was enough to give me the overall win! We didn't have any training that afternoon and went swimming in Loch Morlich, shopping in Aviemore and had a BBQ.

Thursday

We were training again on Thursday and spent the day at Anagach. After looking at a map of the area we drew our own simplified versions and attempted to do a course using only our own maps. Art is not one of my strongest subjects and as you might expect I got horribly lost, luckily I stumbled across one of my controls (not the one I was looking for) and was able to relocate. Later that day I completed a "Talk O" where in pairs one of you guides the other to a control using just their voice, (no hand gestures or other forms of communication). For example, "head North West up the spur until you reach a hill top". It was great fun and a real test of my orienteering skill.

Friday

Friday was the day of the Classic Race which was to be held in Inshriach Forest. The boy's race was 5.8 km. It was one of the hardest areas I have ever run in, especially because the few forest rides intersecting the complex contours were totally unreliable. The course was both a physical and mental challenge but I really enjoyed it. I made a few mistakes but was fast to relocate and found out when I returned that I had won. That afternoon we had a fun relay, I was really tired and spent most of my time running in circles but it was a good laugh. That evening we had a special dinner followed by a quiz and prize giving. The next day we said our goodbyes and left.

I had a great week and would like to thank all off the coaches especially Tony and Nev for all their hard work and effort that they put into the week. I learnt a lot and would love to get selected for other tours over the next few years.

I'd also like to thank everyone who funded the trip and made it possible for all the juniors to attend and have such a wonderful time.



Thanks to Wendy Carlyle for the pictures

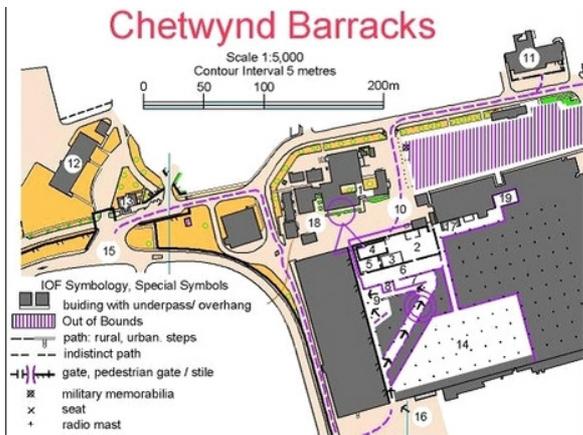
Well done to all the Aire juniors who got selected for training camps this summer and congratulations to Florence and Joe for representing England at the Junior Home Internationals in September.

The Peter Palmer relays

By Beth

On Saturday 4th September 6 Aire juniors and two adults travelled down to Nottingham for the annual Peter Palmer relays. We arrived on Saturday evening at the army barracks where the weekend was to take place and we had a nice tea at the army canteen. The army recruiting team had organised some activities for our evening entertainment: We took part in a gun run where we had to dismantle a pretend gun and then as a team, carry the parts to the other side of the field and reassemble the gun. It has really fun even though my team lost! Next we had a go on the climbing tower which was good and finally we did a reaction game where you had to press as many buttons on a machine as you could in a minute. Later on we had a look at where all the relay changeovers etc. were going to take place. It was all in a big hangar as you can see from the picture below and it was rather bizarre to have the start, finish and hand over indoors. For the rest of the evening we socialised with friends and there was the opportunity to watch a DVD. We had a rude awakening at 4.45 am as people's alarms started to ring to get them up. Florence had a good run on our first night leg and then she handed over to me. I was quite worried when I was in the waiting pen because I thought it would be really dark outside and confusing with all the army buildings, however when I got outside after running through the hangar I found that it was in actual fact quite light. The navigation was relatively easier and I had a better run than I expected. The terrain was a mixture of hard standing concrete and roads and then a small area of wood and open which was a park. The rest of the Aire team: Helen, Davy, Scott and Joe did well and we

came 11th overall. Well done everyone and a massive thanks to Claire and Ian who organised the team, drove us to the event and cheered us on! ☺



Where the event took place

The Scott Davy hand over!



Helen Wood



Davy Ker





*Team AIRE high up on the Slovenian alpine meadows on day four.
L-R: Greg, David, Helen, Peter, Faye, Lowri, Cerys, Jessica*

Eight Airienteers travelled to Slovenia in July for the annual 'OOCup' 5 day orienteering event (named after the Orienteering Online website). Having heard good reports about the event from repeat visitor Faye Pinker, it was my first taste of orienteering outside of the UK. Helen and myself shared an apartment with Faye and Greg near the small town of Kamnik, and the Joneses also stayed in rural accommodation. We enjoyed the hospitality of the enthusiastic host farmer, who brought over milk, yoghurt and local dishes to feed us up for the events.

With walks to the starts looking like they would take longer than the courses would on some days, we hoped that the quality of the orienteering would be worth the effort taken to get to the event. It was. Whilst days one and two were tough enough, with forested limestone areas providing a preponderance of 'shake-hole' depressions and crags to disorient competitors, the really special terrain was found up on the high plains, where we experienced the challenge provided by exceptionally rocky forested slopes contrasting with fast running cow-nibbled pasture. This was the 'Velika Planina' – meadows and forest pockets located over 1,500m above sea level, where some dairy farmers still practice 'transhumance', the practice of leading cattle to high fields to graze in the summer months (and where tourists are also encouraged to roam).



The run-in on day four

In fact, some of the cattle did not seem content to merely eat grass; the Airtenters picnic on day four had an uninvited guest, when a cow sidled up to us, dribbling slobber and eating our banana skins, before walking over our kit, then being shoed away by a growing crowd of onlookers (see photo).

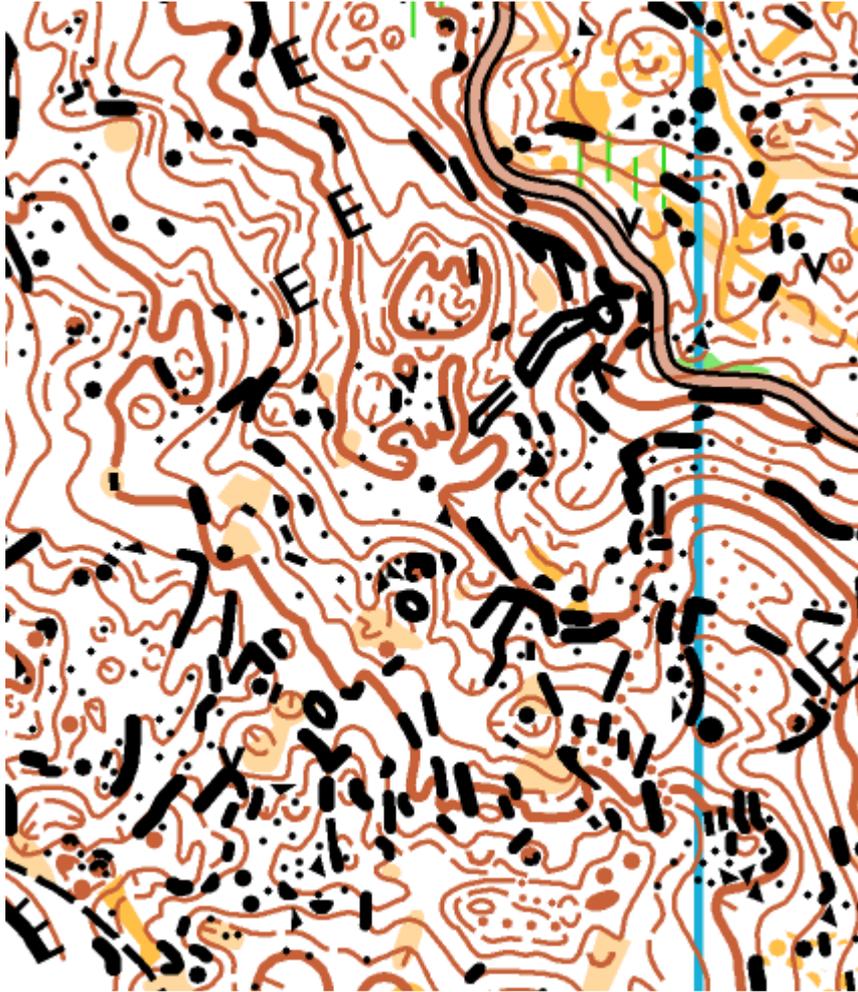


The uninvited visitor (or were we the uninvited visitor on the cow's patch?)



The Velika Planina

With the optimism and early spring fitness and the belief that I should make the most of my last year as a non-veteran, I entered M21E. As I walked to the start on day one, I set a target of not being last on any day, and not being last overall. I just managed this aim (29th/36 who started all days), despite it taking until day five to fully realise that my tried and tested (in the UK!) 'rough compass and run; traffic light it as late as possible' method was not really the best approach for unrelentingly complex terrain. Even trying to adopt the 'route simplification even if it means running a longer way around' technique (please excuse my inelegant précis of Peter Haines's write-up of Thierry Georgiou's approach) fell by the wayside, because however wide I ran, the terrain would not permit much simplification (see below). My performance was not helped by acute Achilles heel pain – indeed I am writing this now with my foot in a bucket of iced water!



*A map extract of the rocky terrain of the forested edge of the Velika Planina. If 'runnability' was dictated by underfoot conditions, I reckon that this area should have been light green... but at least the 'white' meant that the rock features stood out well!
(Source: <http://www.oocup.com/Stages.aspx>)*

Enough about me though, how about the rest of the gang? Well, Lowri Jones was the top of the pile of the Airtenteers, a great 2nd out of 28 who started all days in W21B, having won the first day's event. Peter Jones was a great 21st out of 49 in the M50 category. He would certainly have crept higher had it not been for a large mistake on leg 1 of day 1! In W35, Faye Pinker improved throughout the week, ending with a top three place on day 5; she finished the event 6th out of 14. Jessica Appleton was 15th of 19 in W16, Cerys Jones scored a couple of top ten finishes on her way to her 14th place out of 15 in the W18 field, and Helen Anthony was 19th out of 23 in W21A Short. Greg Hull clocked up two top-thirty finishes in the 48-strong M45 field, although he unfortunately mis-punched on day one. Several dozen other UK competitors also took part in the event, for example, Martin Dean FVO was 2nd in M50 and Ralph Street was 6th in M21E.

Overall, I would heartily recommend this event to anyone who doesn't mind a few rocks and the attention of a few curious cows!

Spring/Summer 2010

Airienteers Summer Sprint League was in full swing on Wednesday evenings during June and July in local parks in Bradford and Leeds. On June 9th at Lister Park, a fast and furious race was won by junior international Hector Haines from Ilkley in 13.32 just ahead of Ian Nixon from Leeds who finished in 13.43. Paul Liepins, a relatively new member at Airienteers came 3rd in 14.07. Other top-twenty finishers were :

Dave Alcock (15.26), George Stevens (15.31), Steve Webb (15.48), Jess Nixon (17.12 and 1st woman), Peter Haines (17.12), Geoff Clarke (17.36), Lucy Griffiths (17.58), Lee Beavers (18.29), Chloe Haines (18.41), Ruaridh Mon-Williams (18.47 and 1st junior), Dave Shelley (19.06), Dave Armstrong (19.17) , Mark Mon-Williams (19.21), Florence Haines (19.33), Scott Marshall (20.22), Peter Jones (20.25).

The next event was held in the more testing terrain of the woods and open spaces of Northcliffe Park in Shipley on 23rd June where Ian Nixon ran out the winner in 19.24, ahead of Steve Watkins in 19.45. Paul Liepins was again 3rd , this time in 20.13. Other runners in the top-twenty were :

Mark Mon-Williams (21.54), Steve Webb (24.09), Geoff Clarke (24.20), Andis Celinskis (25.55), Peter Haines (26.45), Peter K Jones (27.22), Florence Haines (27.58 and 1st woman), Nicholas Jones (28.35), Peter Jones (29.06), Frank Kew (29.22), Lucy Griffiths (30.13), Marie Gibbs (30.18), Ian Marshall (30.50), Jess Nixon (31.05), Howard Sawyer (31.42), Joyce Marshall (31.43), Simon Brooke (32.00).

The Airienteers Summer Sprint League reached it's conclusion with the final two races in the hotly-contested Series at Nunroyd Park, Guiseley, and Golden Acre Park, Bramhope. This orienteering format requires lightning-fast decision-making about route choice and good navigational skills, as well as sprinting speed.

At Nunroyd, Menston's Steve Webb ran out the winner on the 3.5km course in 17.05, 32 seconds ahead of Dave Alcock , with Baildon's Steve Watkins 3rd in 17.55. Mar Mon-Williams (18.45), Peter Haines (19.17), Richard Measures (20.25), Ian Marshall (21.16), and Michael Cranny (21.23) completed the top eight places. Chloe Haines was first woman in 22.19 ahead of Jess Nixon in 24.15.

Despite the World Cup, there was a good turn-out for the final race in the series at Golden Acre Park, where Paul Liepins was victorious in 16.48, with Ian Nixon 2nd in 17.31, and Steve Watkins 3rd in 18.24. Michael Cranny (19.01), Dave Alcock (19.38), Dave Bowman (20.03), Tim Patterson (20.16), and Steve Webb (20.41) completed the top-eight places. Guiseley's Joe Woodley was 1st junior in 22.07 and Sophie Brown was 1st woman in 22.35.

The overall winners of the Summer Sprint League were Ian Nixon for the men, and Jess Nixon for the woman. Other top-six placings were :

Men: Paul Liepins, Steve Watkins, Dave Alcock, Steve Webb, Geoff Clarke
Women: Florence Haines, Chloe Haines, Joyce Marshall, Marie Gibbs, Claire Towler

White Rose 2010

The annual White Rose Orienteering Festival held over August Bank Holiday proved to be a major attraction for runners from Airienteers – the orienteering club for the Leeds and Bradford areas. This year, the event was held at Duncombe Park near Helmsley on the south-eastern edge of the North York Moors and included a Night event, a Relay competition, and, as the centrepiece, two Regional events which attracted a strong field of runners from all over the UK and beyond. The individual competition involved the aggregate times for completing the two Regional events.

Courses are colour-coded and vary in distance and technical difficulty to suit the different age-groups. The longest course was the Black course won by international Oli Johnson from Sheffield in a combined time of 140.55. Baildon's Steve Watkins had two fine runs to finish in 4th place overall in 192.14. Ian Nixon from Leeds was 3rd on Day 2, and Ilkley's Ben Stevens was 5th on Day 1.

Likewise, Dave Bowman finished 4th on the Brown course with a combined time of 176.34, whilst veteran international Neil Conway had a fine run on Day 2 to win in in 79.19 – a good Day 1 run would have seen him compete for the top positions.

But the pick of Airienteer runners must be Florence Haines (W16) of Ilkley who beat a strong field of nearly 100 runners to emerge victorious with a combined time of 88.17, 2.39 mins ahead of her nearest competitor – all the meritorious since Florence could only manage 14th place on Day 1, but had a storming run on Day 2 to sweep past her rivals!! Other good runs were posted by Chloe Haines (W18), 4th on the Short Blue course, by Robert Matthews, 2nd on the Yellow course, and Evie Conway, 3rd on the White course.. Other Airienteer results in the combined event were (positions in brackets):

Blue course. Natasha Conway (39)

Green course. Lee Beavers (21), Tom Crowther (53), Gill Ross (79)

Orange. Tommy Matthews (13)

Short Blue. Louise Mahstedth (12), Cerys Jones (33), Neil Matthews (34)
Alex Watkins (67)

Short Brown Mark Mon-Williams (14), Simon Froude (52), Charles Newstead (56)

Short Green Alan Parker (59), Margaret Parker (73), Kate Lofthouse (77)

White Amy Bowman (10), Joanna Bowman (16)

Yellow Stanley Conway (7).

Several other Airienteers competed on one day only including Tony Carlyle, Emily Wood, Sam Wood, and Shirley Wood, Scott Marshall, Fred Ross, Joyce Marshall, Jess Nixon, Wendy Carlyle, and Ian Marshall.

Autumn 2010

Hector Haines, of Ilkley, competed in the latest event of the Orienteering World Cup Series which took place in Annecy, France. Hector, who was a leading member of

Airienteers junior squad for a number of years, was the 3rd Briton home coming in a creditable 45th place in a strong field.

Meanwhile, Alistair Wood of Leathley was the star performer for Airienteers at the October Odyssey, an annual 2-day event hosted by Newcastle on Tyne O C, coming 1st on the Blue course on both days of competition. Susan Stevens of Ilkley also had two good runs finishing as runner-up on the Green course, whilst Alan Parker was 5th overall on the Short Green course. Other results were Tom Crowther 12th on Green, Gill Ross 23rd on Green, Fred Ross 14th on Short Blue, Neil Stevens 11th on Short Green, and Margaret Parker 15th on Short Green.

Airienteers went “urban” on the week-end of 9th/10th October by holding two race programmes at Haworth and Otley. This spectator-friendly and increasingly popular orienteering format combines speed and lightning decision-making about route choice. At Haworth on the Saturday, Baildon’s Steve Watkins took the M40 title, whilst Airienteers’ Leon Foster, Niall Burke, and Paul Liepins made it a 1-2-3 in the Open Race. Tony Carlyle was runner-up at M55 with Dave Shelley and Dave Armstrong also making the top-six finishers. For the women, Heather Phipps, 3rd at W40 and Jess Nixon 3rd in the Women’s Open were the pick of Aire runners.

A good turn-out was ensured on the balmy autumn day on Sunday at Otley. Steve Watkins (M40), Peter Haines (M55), and Naill Bourke (Open) came away with the honours in the Men’s races, but there were also fine runs by Davy Ker (M16), Steve Webb (M40), and David Alcock and Leon Foster (Open) all securing podium places. Airienteer winners in the Women’s races were Lucy Haines (Under 16), Ruth Ker (W40), and Susan Stevens (W55). Laura King, (Under 16), Heather Phipps (W40), Joyce Marshall (W40), Jess Nixon (Open) and Claire Towler (Open) all gained podium places.

Meanwhile, some Airienteers competed at Tockholes in Lancashire, where Leathley’s Alistair Wood finished 2nd on the 6.2km Blue course in 56.20. Addingham’s Chris Penny had a good run for 11th place on the 7.4km Brown course. Other best three other results by course were Frank Kew (21), Gerry Symes (9), Martyn Gill (34) on the Blue course, Stephen Bell (22), Cam Whiteham, Evan Johnson on the 3.5km Light Green course, and Daniel Burnley (38), Airienteers sole runner on the 2.7km Orange course.

On Sunday 17th October Airienteers competed in the National Finals of the Compass Sport Cup, the premier inter-club competition in the annual orienteering calendar and came a creditable 5th place amongst the 9 finalists, in a tough competition won by South Yorkshire Orienteers, with Bristol in 2nd place. There were some absentees from Airienteers line-up and a full complement may have seen Airienteers advance to 4th or even 3rd place overall.

Jo Woodley of Guiseley was Airienteers’ pick of the day winning the Orange course in fine fashion. Ben Stevens of Ilkley also had a good run for 4th place on the (longest) Brown course which was won by international Matt Crane from Bristol. Most courses had in excess of 100 runners and the best three Airienteers in each class were as follows (positions in brackets) :

Orange (Men)

Joe Woodley (1), Scott Marshall (10)

Light Green (Men)

Sam Wood (12), Adam Penny (27), Davy Ker (29)

Green (Men)

Gerry Symes (26), Ken Patterson (41), Chris Burden (56)

Blue (Men)

Dave Walton (18), Steve Webb (20), Peter Jones (34)

Brown (Men)

Ben Stevens (4), Steve Watkins (21), Neil Conway (32)

Orange (Women)

Holly Avis (12)

Light Green (Women)

Cerys Jones (6), Emily Wood (12), Helen Wood (14)

Green (Women)

Joyce Marshall (9), Lindsay King (24), Susan Stevens (26)

Short Green (Vets)

Gill Ross (24), Margaret Marker (42), Kath Hill (58)

Blue (Women)

Sophie Brown (16), Ruth Ker (21), Claire Towler (30)

Wall-to-wall sun and calm conditions are to be savoured, which was what was on offer at Stoodley Pike on Sunday 24th October when the East Pennine club held a Regional event incorporating a Selection race for the Interland trophy – an international event across the age-groups.

The competition was held on the steep north-facing slopes and the escarpment which provide a good technical challenge across testing terrain with lots of complex features. Courses were colour-coded with varying distance and technical difficulty, and on the longest (Black) course of 9.2km, Airienteer Ian Nixon of Leeds had a sizzling run to win in 61.21.

Junior runner Florence Haines, of Ilkley, was Aire's other winner on the day, this time on the 5.5km Short Blue course which she finished in a creditable 55.03. Meanwhile, Aire runners featured prominently on the 7.7km Brown course. Steve Watkins of Baildon was 3rd in 64.37, Neil Conway 4th in 64.47, and David Bowman 5th in 68.45 an excellent set of results!! Junior Scott Marshall from Burley-in-Wharfedale, was runner-up on the 3.3km Light Green course, and junior runner Joe Woodley of Guiseley was first Aire runner home on the testing 6.1km Blue course finishing 6th in front of many senior runners. Other results for Airienteers were :

Brown course. 7.7km

Mark Mon-Williams (7), Tim Patterson (8), Ken Patterson (19)

Short Brown course. 6.7km

Steve Webb (8), Peter Jones (24), Ian Marshall (35), Chris Penny (43), Simon Froude (50)

Blue course. 6.1km

Alistair Wood (9), Frank Kew (40), Howard Sawyer (43), Joyce Marshall (44), Natasha Conway (48), Simon Bowens (54), Gerry Symes (63)

Short Blue course. 5.5km
Cerys Jones (5), Roger Lott (25), Fred Ross (50)

Green course. 4.0km
Helen Wood (7), Helen Woodley (42), Gill Ross (51), Liz Davies (55), Diane Gorton (66)

Light Green course. 3.3km
Ruaridh Mon-Williams (10), Mark Penny (14), Adam Penny (25)

Yellow course. 1.8km
Evie Conway (9)

White course. 1.5km
Alistair Broadest (9)

Meanwhile, the latest in the Saturday O-Lite series was held at Bingley St Ives, attracting a field of over 50 runners. Steve Watkins, Mikhail Gryoznevich, and Ian Marshall occupied the first three places.

Airienteers hosted a Regional event at Hirst Wood and Shipley Glen attracting over 200 runners from across the north, on Sunday 14th November. The colour-coded format provide courses varying in length and technical difficulty, and Irish international James Logue from the East Pennine club, ran away with the spoils on the longest Brown course of 6.3km, finishing in 40 mins flat. Tim Patterson was the best Aire runner in 4th place finishing in 47.38, with Paul Leipins 6th, and John Houlihan 10th.

Steve Corrigan of York was the winner on the .3km Blue course in 44.29, with Menston's Dave Shelley the pick of Aire runners in 5th place in 49.33 with Mike Winter 10th. Meanwhile, Steve Watkins of Baildon ws the easy winner on the 4.0k Green course n 23.14, with local runners Angela Hulley, Jez Wlkinson, and Marie Gibbs in 4th 8th and 9th respectively.

Junior runner Ruaridh Mon-Williams had a good run to win the 4.0km Light Green course in 36.24, whilst Ilkley's Lucy Haines also ran well for 3rd place in 42.50. Joanna Taylor, Helen Wilkinson, and Matthew Brown all got top-ten finishes. Laura Hulley, Tommy Matthews, and Daniel Hayes all finished in the top ten on the 3.2km Orange course, whilst Christopher Hulley and Annie Brown were Aire's other winners of the day on the 3.2km Orange and 1.8km White courses respectively.

Congratulations are due to the junior section for reaching the national finals of The Yvette Baker trophy – the main inter-club competitions for juniors. The final will be held at Kidderminster on 5th December. Finally, Steve Watkins was the winner of the Idle Streets orienteering event held on Wed 17th November, with Dave Alcock 2nd and L. Foster 3rd. Claire Towler was the 1st woman runner.

Winter 2010

Harrogate was the scene of a double-header of orienteering on the week-end of 27th/28th November when Airienteers competed at Hookstone Woods in a Night event on Saturday and a Day event on Sunday. The area, incorporating part of the Showground is technically not difficult so a premium was on quick decision-making and hard running. Both events also incorporated the Army National Championships

which added some spice to the racing, even though results were computed separately.

Steve Watkins of Baildon had a successful week-end winning the Night event (finishing the 4.6km course in 32.59) and was runner-up in the 6.97km Day event, finishing in 40.39, just behind fellow-Airienteer Paul Leipins who won in 38.21. Paul was also 3rd in the Night event.

On the 6.97km Brown course (Day event), veteran Ali Wood had a good run for 6th place in 44.38. Meanwhile, Sophie Brown also had a great run to win the 4.2km Green course in 33.32, whilst the fast-improving junior, Scott Marshall from Menston won the 3.12km Light Green course in a sparkling 28.22. Baildon's Cerys Jones was Aire's top performer on the 5.65km Blue course finishing 4th in 40.38. Other results on a successful day for Airienteers were (positions in brackets) :

Brown course

Ian Marshall (14), Andy Kelly (15), Peter Jones (18), Simon Bowen (22)

Blue course

Martyn Gill(9), Frank Kew (11), Ken Patterson (16), Marie Gibbs (18), Joyce Marshall(19), Michael Cox(21), Simon Brook (28), Tom Crowther(31).

Green course

Peter Avis(5), Susan Stevens(7), Heather Phipps(8), Chris Patterson(11), Will Patterson(14), Henk van Rossum(16), Nicola Gill(19), Val Gilleard(22), Hilary Allen(29), Alan Parker(39), Nick Beech(42), Sue Beech(43), Margaret Parker(44).

Light Green course

Chris Brown(7), Tom Convery(8), Matthew Brown(12), Miles Gilleard(15), Helen Cox(19), Sandra van Rossum(22), Gillian Hunter (25).

Yellow course

Rosie Pitches (9), Adam Powell(11)

White course

Annie Brown(3)

Meanwhile, junior members of Airienteers competed in the British Schools Championships in Hertfordshire. Helen Wood had a great run for 2nd place in the Year 10 Girls race. Joe Woodley was 4th in Year 10 Boys, and Ruaridh Mon-Williams was 6th in Year 8 Boys. Aire's junior section goes from strength to strength!

The weather has played havoc with orienteering recently, but not before Joe Woodley of Guiseley, a junior member of Airienteers, was selected to represent England in the World Schools Championships. Joe, a Year 10 pupil at Guiseley School, joins a team of 5 boys to travel to Trentino in Italy for the championships in May.

He gained selection for the team by coming 4th in the British Schools Championships as well as 3rd place in the other Selection race. Joe, who also plays rugby for his school team, said that he was 'really pleased' with his selection and was looking forward to the trip to Italy. Helen Woods, another junior member of Airienteers, just missed out on selection, despite a strong showing for 3rd place at the British Champs.

Having been chosen for the British team at next year's World School Orienteering Championships, Joe Woodley, an Airienteers' junior runner from Guiseley, continued his fine form by winning the Hull and Lincolnshire O C's event at Normanby Hall, near Scunthorpe, on Sunday 12th December. Joe scooted round the 6.29km course in 41.14 averaging 6.6km per kilometre! Veteran Peter Haines from Ilkley was 3rd in 45.13 whilst daughter Florence Haines was 1st woman home in 52.30. Other Airienteers included Howard Sawyer in 65.15, Sarah Haines in 70.15, Ken Patterson in 73.49, and Gerry Symes in 92.01. Chris March competed in the 3.08km Light Green course finishing 4th in 60.27.

Meanwhile, Airienteers continued with the Saturday O-Lite series at Meanwood on Saturday Dec 4th, despite the snow. Marie Gibbs was the first woman on the 4.5km course, whilst Dave Alcock and Steve Watkins shared the spoils in the Men's competition, both finishing in 36mins. Neil Conway was 3rd and visiting Australian runner Josh Roberts was 4th. The next in the Saturday O-Lite series is at Meanwood Park on 18th Dec, an ideal event for those new to orienteering.

A small but strong field assembled at Peel Park for the latest event in Airienteers' Night Score League on Wed 8th Dec. The 'Score' format challenges runners to visit as many control sites as possible in one hour in any order, thereby putting a premium on route choice and time estimation. The top-ten results (point in brackets) were :

Dave Alcock (230), Steve Watkins(220), Ian Nixon(200), Paul Leipins(200), Leon Foster(180), Andis Celinskis(170), Pete Jones(160), Steve Corrigan (York) (150), Ian Marshall(140), Dave Armstrong(130), Jess Nixon(1st woman) (130).

Welcome to New Members – Claire Towler

Welcome to new members:

Edward Cai

Andrew, Donna, Joseph, Olivia Hallett

James Hardy

Ellie Hill

Joseph Linney

Jane, Alice, Sophie McMullen

Stuart and Rosie Pitches

Anna Linden, Andrew, James, Samuel Roberts

Kate, Keith, Matthew Bothamley

Scott Jones

Niall Bourke

Pauls Liepins

Tom Needham

Apologies if I have missed anyone off this list.

Membership Renewals

You should all have received your latest copy of Focus from British Orienteering along with your renewal form. If you have not already done so, renew your membership NOW! Please make sure you renew by 31st December 2010. You can do this using the British Orienteering renewal form or online at www.britishorienteering.org.uk

Please do not to join through me unless you wish to change your membership level to Social (quarterly Aire Affairs magazine only, no discount at orienteering events).

Claire Towler
Membership Secretary
claireybubbles@hotmail.com

Aire Affairs Publication Dates 2011

Spring:	Monday 4 th April	Copy deadline:	Friday 25 th March
Summer:	Monday 4 th July	Copy deadline:	Friday 24 th June
Autumn:	Monday 3 rd October	Copy deadline:	Friday 23 rd September

The above dates are when the electronic version of AA will be emailed out. Those members preferring to receive their copy in the post should expect it a few days later.