

Aire Affairs

July 2011



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

Contents

- Page 3 EditO
- Page 4 Aire News
- Page 5-9 Juniaires
- Page 10 Junior Training
- Page 11 Peter Palmer Relays Flyer
- Page 12 Member Profile
- Page 13-14 Aire Club League Flyer
- Page 15 Aire in the Community
- Page 16-17 Autumn O-LITE Fixtures
- Page 18 Tuesday Night Running
- Page 19 Club Kit
- Page 20 Gold for Aire W50 team !

EditO

Hi everyone,

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

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

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

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

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

Beth



Aire News

- Congratulations to the following Aire members who have been selected for Summer tours/ competitions:

- Florence Haines: coaching camp in Slovenia

- Hector Haines: Nordic Orienteering Tour and World Orienteering Championships

- Scott Marshall: Lagganlia, Scotland

- Joe Woodley: Cairngorm, Scotland

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

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



Juniaires

Hi everyone,

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

Thanks!

Joe

ISF WORLD SCHOOLS ORIENTEERING CHAMPIONSHIPS

ITALY-PRIMIERO

2011

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

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



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

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

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



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

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



4th and 5th podium.

4th and 5th on the leader board.

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

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

Spring time in Shropshire (SINS) 2011

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

JOE WOODLEY

Eyoc 2011 By Florence Haines

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

The Sprint:

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

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

The Long:

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

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

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

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



The Relay:

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

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

Junior Training

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



Thanks for the BBQ Nick!

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



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

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

Helen Woodley: woodleyz@btinternet.com or 01943873562

Ian Marshall: marshalls@marshalls.myzen.co.uk or 01943862997

Member Profile

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

Name: Ian Marshall

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

• How did you get into orienteering?

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

• Do you remember your first event?

Yes, Hardcastle Crags near Hebden Bridge in 1977.

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

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

• Do you have a favourite orienteering area?

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

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

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

• And the worst?

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

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

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

• Do you have an orienteering hero/idol?

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

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

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

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





Invite all Aire members to

Participate in the

The Aire Club League 2011-12

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

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

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

| | | |
|--------------------|--------------|----------------------|
| 12 Feb 2012 | EPOC | Norland Moor |
| 26 Feb 2012 | AIRE | Roundhay Park |
| 4 Mar 2012 | CLARO | Guissecliff |
| 22 Apr 2012 | AIRE | Calverley |
| 13 May 2012 | AIRE | Kilnsey North |

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

Aire in the Community

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

woodleyz@btinternet.com

Orienteering at Scouts

Beth Woodley

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

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

Invite you to

Leeds Autumn O-LITE Series

Orienteering Local Informal Training Races 2011

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

Parking Details On the next page

Fees Senior £2.00 / Junior 50p

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

Contact the organiser for more details.

The following courses will be available.

| Course | Length | Difficulty |
|---------------|-------------------|--|
| 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

Roundhay Park

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

Beckett Park

Roadside on Batcliffe Drive.

Adel Woods

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

Bramley Fall

Car park on Leeds and Bradford Road.

Tuesday Night Running

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

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

Club Kit



Would you like a new O'top?

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

Trimtex O'tops

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



Andrew Kelly in a Trimtex O'top

Nylon O' tops

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

Annie Brown in a Nylon O'top

Airienteers jackets

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

Gold for Aire W50 Team!

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

By Joyce Marshall

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



