

# Aire Affairs

## October 2011



Nick Jones and Chris  
Burden at Golden Acre  
Park. Photo: Wendy Carlyle



**Airienteers**  
Orienteering in Airedale and Wharfedale

# Contents

- Page 3        EditO
- Page 4        Aire News
- Page 5-8     Juniaires
- Page 9        Chocolate Quiz
- Page 10-11   Harvester
- Page 12-13   Aireport
- Page 14-16   The World Masters
- Page 17-19   Tio Mila Relay
- Page 20-24   Scottish Six Days
- Page 25       Caption Competition
- Page 26       Some more photos
- Page 27       Tuesday Night Running
- Page 28       Member Profile
- Page 29-30   Chocolate Quiz **Answers**
- Page 31       Vampire O flyer

# EditO

Hi everyone,

I hope you had an enjoyable summer, whatever you got up to. In this issue you can read about other Aire members' recent orienteering experiences including Heather's article on the Harvester and Nick's article on the World Masters. It was nice to see so many of you at the Scottish and there are some photos on pages 23 and 24. Many thanks to Lawrie and Wendy for these. I'd definitely recommend reading James Brown's article on his haunting experience at the Tio Mila Relay in Sweden (in 1981) and what has happened since- it is an amazing story.



Thanks to everyone who has contributed to this edition of Aire Affairs and don't forget you can email any pictures and articles for future issues to: [woodleyzATbtinternet.com](mailto:woodleyzATbtinternet.com)

See you in the forest,

*Beth*

# Aire News

- Well done to Florence Haines, Beth Woodley, Scott Marshall, Lucy Haines, Laura King and Joe Woodley who represented Aire at the Peter Palmer Relays in Staffordshire. Everyone had a good run and the team came 10<sup>th</sup> overall and won the Joan George trophy for teams with a combined age of <90. You can read more on page 7
- Congratulations to David Alcock and Helen Antony who got married in the Summer
- Well done to the 6 Aire members who competed in the Veteran Home Internationals in Ballater. Ruth, Steve, Neil and Ali represented England, and Sophie and Andy represented Wales.

## **Calling all juniors:**

- We need as many of you as possible to compete in the Yvette Baker Trophy Heat.
- It takes place on Sunday 13<sup>th</sup> November
- It will be held at Ashdale, near Helmsley
- See Ebor website for flyer and more details

# Juniaires

Hi,

Well done to all the Aire juniors who competed in the Peter Palmers- a great result. Also well done to people who did a tour in the Summer. You can read about Florence's experiences in Slovenia and Sweden below. Don't forget that we need your support in the Yvette Baker Trophy heat at Ashdale near Helmsley on Sunday 13<sup>th</sup> November. If you're interested in how I train for orienteering races you can check out my 'attackpoint' training log (search 'wooders' at [www.attackpoint.org](http://www.attackpoint.org)).

*Joe*

## **Slovenia Summer 2011**

**By Florence Haines**

On the 16<sup>th</sup> of July I flew out to Slovenia for a British Orienteering training camp. I had never been to Slovenia before so I was looking forward to seeing what the orienteering and culture was like. We travelled north to the area where the OOCup was in 2008 for some training. My first impression of the training was that the terrain was different and a lot more physically and technically harder than anywhere in the UK. We did various training exercises such as compass, line, windows, relocation, and hare and hounds. We usually trained in the morning, went to a lake to swim at lunch and then did more race type training in the afternoon. After training for 4 days we had a rest day when we had the option to try out some mapping or go and find some big caves. I chose to see the caves which were amazing!

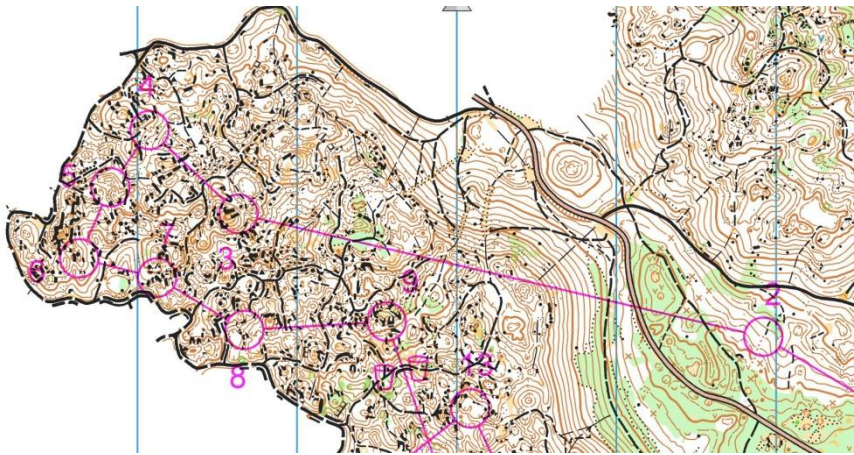
We then travelled back down south to near the Italian border for the OOCup – a 5 day race in which everyday counts, fastest accumulative time wins. The areas were similar to the training, very technical and pretty fast. I had 5 steady runs with no big mistakes which meant at the end of the 5 days I came out on top of the W18 class. There were other good performances from the rest of the GB team as well. One of the highlights of the trip was meeting 12 time Junior World Orienteering Championship medallist Ida Bobach (who recently got silver at WOC)!

The next day we travelled home and I reflected on the amazing training, racing and masses of fun I had had. Wish I could do it all again!!



M/W18 podium





## Stockholm Training Camp 2011

By Florence Haines

After coming home for a few days rest after the Scottish 6 Days I flew out for 10 days training and racing in Stockholm with 21 other 15-18 years olds from all over the UK. We were staying at the club hut belonging to OK Ravinen. Throughout the 10 days we did a lot of different training and some really good races such as the Silva Junior Cup Races (similar to FCC races over here) which we got to see how we stood against Swedes who live and run in that terrain all the time. We also ran in a junior relay for OK Ravinen with teams made up from the juniors on tour. My team came back from first leg 30 seconds down on the lead in 3<sup>rd</sup> place. My second leg runner then had a storming run coming back with a 2 minute lead! I went out with a lot of pressure but managed to keep my head and limited the mistakes and didn't get caught. As we ran down the run in together as a team I man reached out and placed a reef of leaves over my head which we then wore on the podium.

The terrain in Stockholm is relatively flat with loads of contour and rock detail. The mapping is very different however, they don't map open rock slabs on the tops of hills and they don't map very much change in vegetation. This was one of the things I learnt from running in such different terrain and can use next time I race over in Sweden. Not only did we orienteer but we also ran a 3km time trial on an indoor 200m track and went to a body pump session at the gym (never ached so much in my life!). While we were over there we also went swimming in lakes, had saunas at the hut and even had an evening trip to this amazing theme park which had loads of massive rides! Thanks to all the adults who planned, coached and cooked, wouldn't have been so great without all the hard work.



Relay Podium

# Peter Palmer Relays

On Saturday 10<sup>th</sup> September 6 Aire juniors plus 3 adults travelled down to Staffordshire for the Peter Palmer Relays. We arrived in the afternoon at Beacon Barracks where the event was to take place. Firstly we were shown to our room in an accommodation block. We were (pleasantly) surprised to find that the sleeping arrangements were one room per team rather than everyone sleeping on the floor of a gym hall, as in previous years. We went to the canteen and had a nice meal of pizza and chips or beef and Yorkshire pudding. In the evening there was a briefing for the adults, whilst the juniors met up with friends from other clubs from across the country, even as far away as Aberdeen! We played football, volleyball, cards or just chatted. We then had chance to suss out the set-up of the waiting area/hand over for the following morning.

The relay started at 4.45 am and Florence was our first leg runner. She had a good run bringing the team back in 12<sup>th</sup>, I was next. I cheered in Florence at the spectator control and got ready for the hand-over when she came into the finish. I took the first couple of controls quite slowly as it took a while to get use to the urban terrain made up of army hangars and barracks. My course had two butterfly loops and I ended up getting to most parts of the map. I didn't make any big mistakes apart from approaching a control from the wrong direction as I got confused with the shape of a building. I nearly went into an out-of-bounds area too. I ran through the spectator control and had a moment of panic as I couldn't hear anyone cheering- I wondered if maybe I'd misspunched and it had shown up on the live results screen! The remainder of my course was in more buildings and across some sports fields. A screw came out of my headtorch and it fell off but it didn't matter as it was light by that point. I ran into the finish- fortunately I hadn't mp- and handed over to Scott. He also had a good run and managed to bring the team up one position to 11<sup>th</sup>. Next leg on an orange was Lucy; she had a really fast run and maintained 11<sup>th</sup> place. Lucy handed over to Laura who caught over 15 mins on the team in front of us, putting us first out of the teams competing for the Joan George trophy (for teams with a combined age of <90)! Joe was out last and brought the team back in 10<sup>th</sup> overall and 1<sup>st</sup> in the Joan George trophy. There was an exciting, tense atmosphere as the teams were close and live results at the spectator control were posted up on screens. There was a nail-biting final as the team who were first overall came in but then it turned out their last leg had misspunched so the Peter Palmer trophy went to the second team. Everyone in our team did really well and we were delighted to win the Joan George trophy for Aire. As I was cheering Joe in at the finish, a lady who was also watching teams finish asked which club I was from. I told her that we were from Aire and enquired which team she was supporting. She replied that actually she was Marlene Palmer, the widow of Peter Palmer. She said how lovely it was to see so many juniors enjoying orienteering and that Peter would have been pleased. Marlene presented our trophy to us, along with a box of chocolates and a water bottle each.

By Beth





Aire team with  
Marlene Palmer



Laura King

Joe Woodley





# Chocolate Quiz

Calling all you lovers of chocolate, sweets and desserts. Put those calories to good use. Each of the phrases provides a clue to chocolates, sweets and desserts, both past and present.(some are cryptic, some anagrams). By Nick Jones

(Answers later in the magazine)

- |   |  |
|---|--|
| 1).Plane chocolate (4) .....  | 41).Russian danseuse (7) .....                       |
| 2).Underwater weapons (9) .....   | 42).Treat a tint about now (5,5) .....               |
| 3).Medieval pop group (9) .....   | 43).US state suffering climate change (5,6) .....    |
| 4).A divided fruit (6,5) .....  | 44).Tiny rubies & sapphires, eg (6,4).....           |
| 5).A quiet word (5) .....   | 45). Bought around Blease Island maybe (7,5)         |
| 6).Change her net bolero (9) .....                                      | .....  |
| 7).Game for those on horseback(4) .....                                 | 46).Celestial footpath (5,3) .....                   |
| 8).Clever clogs (8) .....   | 47).Not to be thrown at the happy couple couple(4,7) |
| 9).Saw Turpin (7,4) .....   | .....  |
| 10).Consume at a late hour (5,5,5) .....                                | 48). At the beginning of Star Wars (6).....          |
| 11).Robert returns with a herb (6,4) .....                              | 49). Tinkerbelle's treat (5,4) .....                 |
| 12).Could also be eaten on Monday etc (6).....                          | 50). A long way to run (8) .....                     |
| 13).Euphoria in Istanbul (7,7) .....                                    |  |
| 14).Red Lust could cause this (7) .....                                 |  |
| 15).Nelson & Wellington, eg (6) .....                                   |  |
| 16).Online dating agencies (11) .....                                   |  |
| 17).A green and hairy idiot (10,4) .....                                |  |
| 18).Scrouge's favourite (6) .....                                       |  |
| 19).IRA mist U (8) .....  |  |
| 20).pH falls to 3 (4,5) .....   |  |
| 21).Open top tourist bus (6,6) .....                                    |  |
| 22).In a carol or other Christmas song 4) .....                         |  |
| 23).A very small amount (6) .....                                       |  |
| 24).Queen's 50 <sup>th</sup> & 60 <sup>th</sup> jubilees, eg (12) ..... |  |
| 25).Bindy & Carbie are confused. (5,8) .....                            |  |
| 26).Scattered in the alley (8) .....                                    |  |
| 27).100% Au (3,4) .....   |  |
| 28).Where refined people live (7,6) .....                               |  |
| 29).Just dessert for the first lady (4,7) .....                         |  |
| 30).Money for the teacher's union (8) .....                             |  |
| 31).Entrance has golden finish(6) .....                                 |  |
| 32).Steel arms on Mediterranean island (9) .....                        |  |
| 33).Derbyshire floosie (8,4) .....                                      |  |
| 34).Public school confusion (4,4) .....                                 |  |
| 35).Sweet, sticky and fat (3,4,4) .....                                 |  |
| 36).Subject for discussion (5) .....                                    |  |
| 37).Not a winter dessert (6,7) .....                                    |  |
| 38).Ned can take milk shake (6,4,4) .....                               |  |
| 39).Twice as good in France (3,3) .....                                 |  |
| 40).Windfall? PTO (5,8) .....   |  |

# The Harvester

Harvester 2011- July 17<sup>th</sup>

By Heather Phipps

The Harvester is an overnight orienteering relay competition for teams of seven (A relay) or five (B relay) runners. The A relay starts around midnight and the first legs are run at night with the race finishing in the light. B Relay runners start an hour and a half after the A race and also finish in the light.

The event began in Ecclesall Woods in 1978 and was organised by the Combined Harvesters Orienteering Club (hence the name). 33 years after the first Harvester was run, the competition returned for a third time to the suburbs of Sheffield in Ecclesall Woods and Limb Valley and Aire fielded three teams: Open A, Handicap A and Handicap B.

When I describe how I spend Harvester weekends to non orienteers (this year I shared pot luck supper, camped in field on the outskirts of Sheffield, got up at up at 3.55am, observed some hilarious 'non' handovers before taking over from Sue Stevens at around 5.09am, ran 6km followed by breakfast and 'running' 5.3km urban event around 10am) it does sound a tad bizarre but it's always been one of my favourite events. I love the atmosphere (and sleep deprivation!).

My award for outstanding Aire performance of Harvester 2011 goes to Joe Woodley (M16) who ran second leg for our open A team taking the team to 7<sup>th</sup> overall following Rob Kelly's excellent first leg 11th place. Ecclesall Woods is not straightforward in daylight so coping with it in the dark is admirable, particularly as a junior!

Other highlights were the LEDs lighting up the route to the spectator control from Limb Valley (very pretty) and Nick Jones lemon tart (very yummy).

Thank you to Andrew Kelly for organising the teams (and running first leg for A handicap, staying up all night watching the radio controls data and cheering on all our runners).

So....roll on Harvester 2012...

## Harvester 2011 Results

Here are the results from the Harvester 2011, well done to all the Aire members who took part:

A course open: 8th AIRE and ounds 5.05.47 (Robert Kelly, Joe Woodley, Pauls Liepins, David Bowman, Tim Patterson, George Stevens, Ben Stevens)

A course handicap: 18th AIRE be dragons 6.01.31 (Andrew Kelly, Tony Thornley, Steve Watkins, Peter Jones, Alistair Wood, Nicholas Jones, Steve Webb)

B course handicap: 20th AIRE to the throne 376:29 (Faye Pinker, Ian Marshall, Susan Stevens, Heather Phipps, Helen Wood)

# AIREport

## What's that then?

Airienteers (AIRE) is the orienteering club for Airedale & Wharfedale in Yorkshire.

'AIREport' is the name of the 'general information and enquiries' point at AIRE's own orienteering events. AIREport has nothing to do with Leeds Bradford airport!

The prime purpose of AIREport is to provide a friendly and relaxed contact point away from the hustle and bustle of event operations. The teams engaged in Registration, Start, Finish, Download and Results all need to focus on these key roles and cannot always afford the time to respond to less urgent albeit important enquiries and requests.

AIREport is used by:

- existing AIRE members
- new AIRE members
- prospective AIRE members – including inquisitive members of the public
- and orienteers from other clubs

to get assistance, advice or information about ...

- the current AIRE event
- future events and activities
- orienteering in general
- membership of AIRE, British Orienteering, etc

## Some random FAQs posed to AIREport

- *Which way to the Start? How far to the Start?*
- *Where are the toilets? Is there a toilet at the Start?*
- *Is there a clothing dump? Are cagoules compulsory?*
- *Can I leave my stuff here? What is a SI number?*
- *What course should I do? What does M35 mean? What's Light Green?*
- *Can I borrow a whistle? Can I wear shorts? Can I leave this for Joe to collect?*
- *Is there a string course? Where is it? When does it close?*
- *Do you have a start list? When is my start time? Are there any blank maps?*
- *Where are the control descriptions? What's a re-entrant?*
- *My partner is ill. Can I take him his map?*
- *Can I borrow a compass? Which way is north?*
- *I haven't done this before what do I do? What is O-Lite, TNR, JK?*
- *What do these mean: EOD, punching start, IOF symbols, form-lines, sprint-o?*
- *And howabout: BO, route gadget, Fabian, split-times & split-starts, Blue Men?!*
- *Are there any results? Why do I do it? Is anyone selling food?!*
- *I lost my dibber. Has anyone found it?*
- *Is there a First Aider? Where is the nearest hospital?*
- *What are CLARO, SYO, EPOC, HALO and EBOR? Are they tribes?*



- *How can I join AIRE? Do I need to join British Orienteering?  
That was the best thing ever! When's the next one? Can I get an AIRE O-top*

## **Where is AIREport?**

AIREport is normally located close to Registration. The prominent AIREport tent (previously green, currently blue) is usually used along with one of the Club's two sail banners. Occasionally an indoor or open-air setting is used provided it is in a prominent position to best serve orienteers and, if possible, the public. AIREport attends the Club's national and regional events including cross-country, urban-o, sprint-o and long-o orienteering competitions. It does not normally attend local, informal, night-o or social events. AIREport is usually in place from before 09.30 until after the last runner is accounted for.

## **What else happens?**

AIREport also serves as:

- a social hub
- a message exchange
- a base for the Club's two first aid kits
- a base for the event's volunteer duty First Aider
- to lend compass/whistle to those without – especially newcomers
- as a temporary base for lost and left property
- as a focus for selling/distributing Club kit, buffs, etc
- as a base to return/distribute trophies, etc
- to assist the Yorkshire & Humber Junior Orienteering Squad's cake stall
- a focus for other clubs' event fliers
- a home for 'Dibber' (an owl – the Club mascot!)

AIREport strives to be sufficiently well-equipped and informed to deliver all the above and answer the FAQs. AIREport is a quaint, friendly, human service to complement information available from website, fliers, final details and signs.

## **Who runs AIREport?**

Originally set up by Jeff & Rosie Mason, then run by three families – the Calverts, Gilleards and Kings, AIREport is now operated by Heather & Lawrie Phipps plus Rob, Lindsey & Laura King. There is a vacancy for a third team. This would suit anyone able to present a friendly welcome on behalf of the Club. Also, with its sheltered base, it can be a very suitable role for orienteering families who need to accommodate younger children and split-starts. If interested, please contact us.

Kings – Tel 01943 435415

Phipps – Tel 0113 2167143

We organise our own rota of attending events and regularly update this on the Club website at: Useful Docs / Future Races List. The rotating teams store, transport and maintain the AIREport equipment and advise the Equipment Officer of any significant changes or needs. We organise our own informal cover system to ensure that all team members who wish to run can do so.

# The World Masters

Travelling in Hope

By Nick Jones

I've been orienteering for a good few years, not with any great success but always enjoying the variety of areas / terrain that our sport takes place in.

I'm not very good at lying on a beach all day (or anywhere else for that matter) doing nothing so my holidays tend to be active, skiing in the winter and orienteering in the summer at multi day events in the UK and Europe.

So early July saw me travelling to Hungary for the "World Masters" (my 6th WMOC). I travel in hope more than expectation, choosing events in areas / countries I've not been to before or returning to areas that I've previously enjoyed. This time Hungary was a country I'd not been to.

If you're not familiar with WMOC, if you do the full event schedule, barring training events, you have 2 Sprint races (normally urban) and 3 Classic races. The Sprint consists of one qualifying race and a final. The Classic being two qualifying races and a final. To get in the "A" Final you need to be in the top 80 in your class (so if there are 4 parallel heats the first 20 from each heat qualify), the "B" Final takes the next 80 and so on.

You find top quality orienteers in all classes, often including ex world champions, so making an A Final is tough. However I don't let that put me off. As I said, I travel in hope more than expectation, and usually end up in the final that I deserve. At the WMOCs I have been to, I have fared better in the Sprint races. This year was no different and I made the "B" Final for the Sprint and the "C" Final for the Classic.

I missed out on the Sprint Final by three places and, for me, it all came down to the 3<sup>rd</sup> leg of the heat. The control was just to the west of an uncrossable high wall. I reckoned this was the leg that the planner was trying to catch us out on. In the heat of battle and with sweat in my eyes I thought I couldn't get through the wall and so wasn't going to go "straight". However, as I approached the control having gone "round", I noticed that there was gap in the wall next to the control. What had happened was that whilst there was a gap in the wall there was a contour that was drawn spanning the gap and my eyes had "extended" the black line from one side of the gap to the other. Oh well, c'est la vie. I was approx. half way down the class in the "B" Final, the area being suited to faster runners.

The terrain for the Classic races, especially the final was great. Mostly good running but with plenty to keep you honest and catch the unwary. I thought the terrain got progressively more difficult from the first qualifier to the final. The area for the final, where I made the "C" Final, was limestone terrain, full of large depressions just waiting to catch the unwary. And yes, I was one of the unwary.

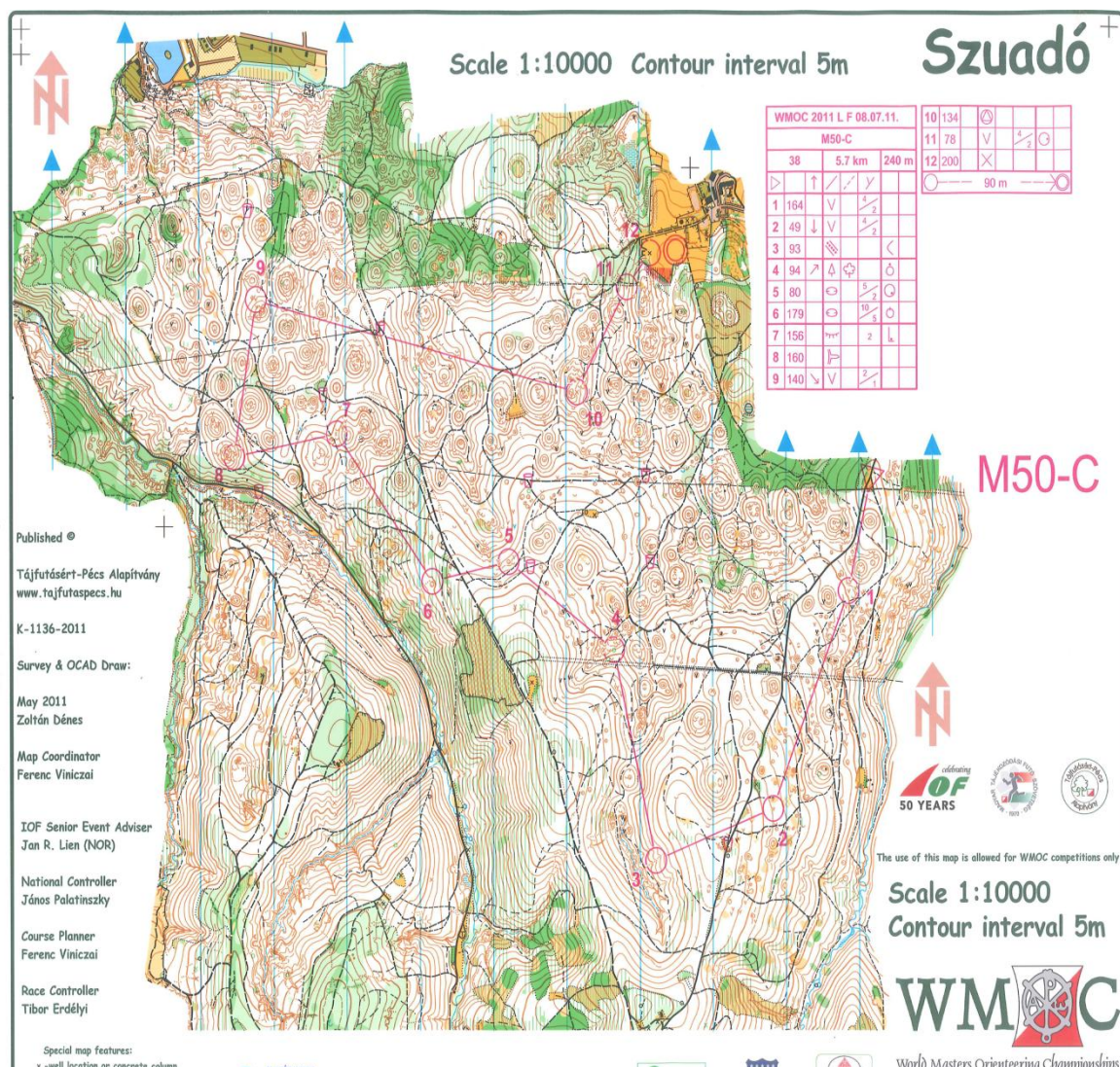
Never mind it was still enjoyable and with our hotel being the base for the Final Day's Assembly, it made for a relaxing last day. Apart from the heat that is. I suffered, finding it

tough to breath in the hot dry air.

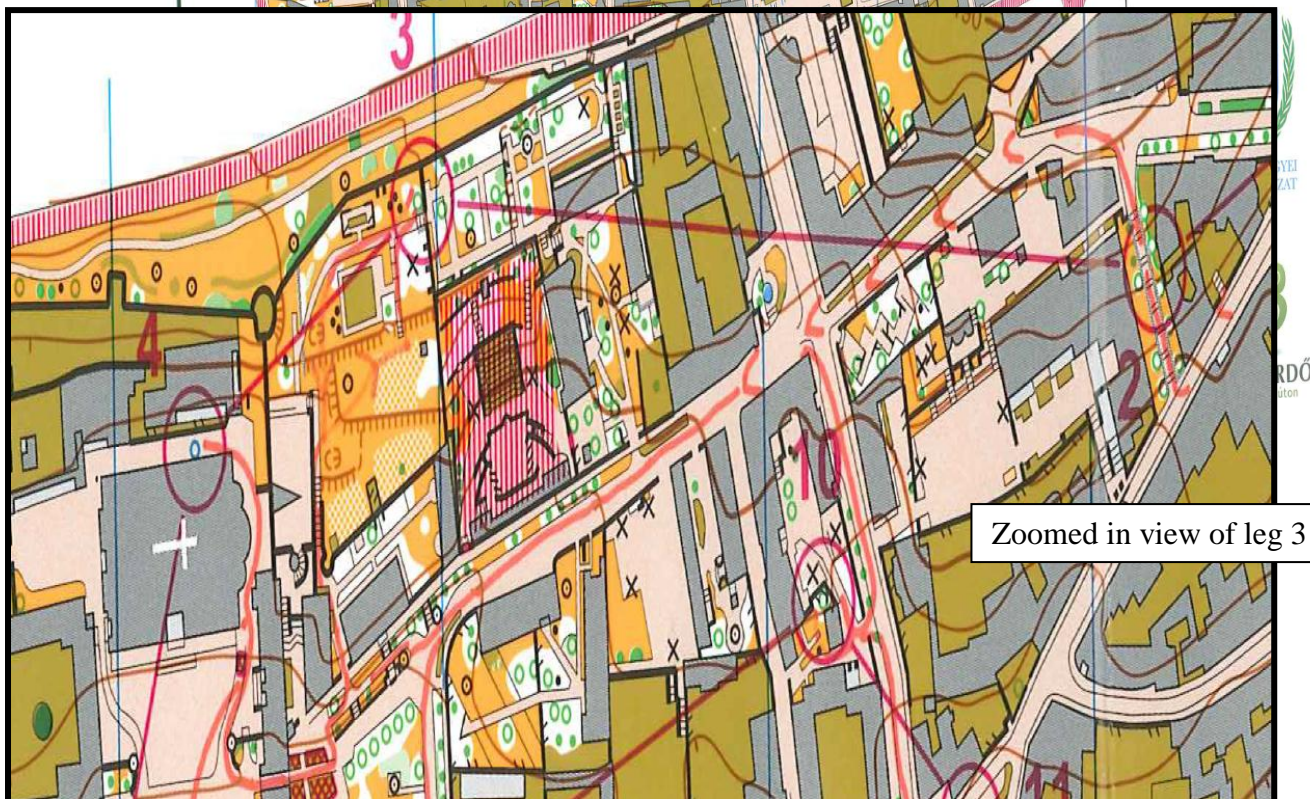
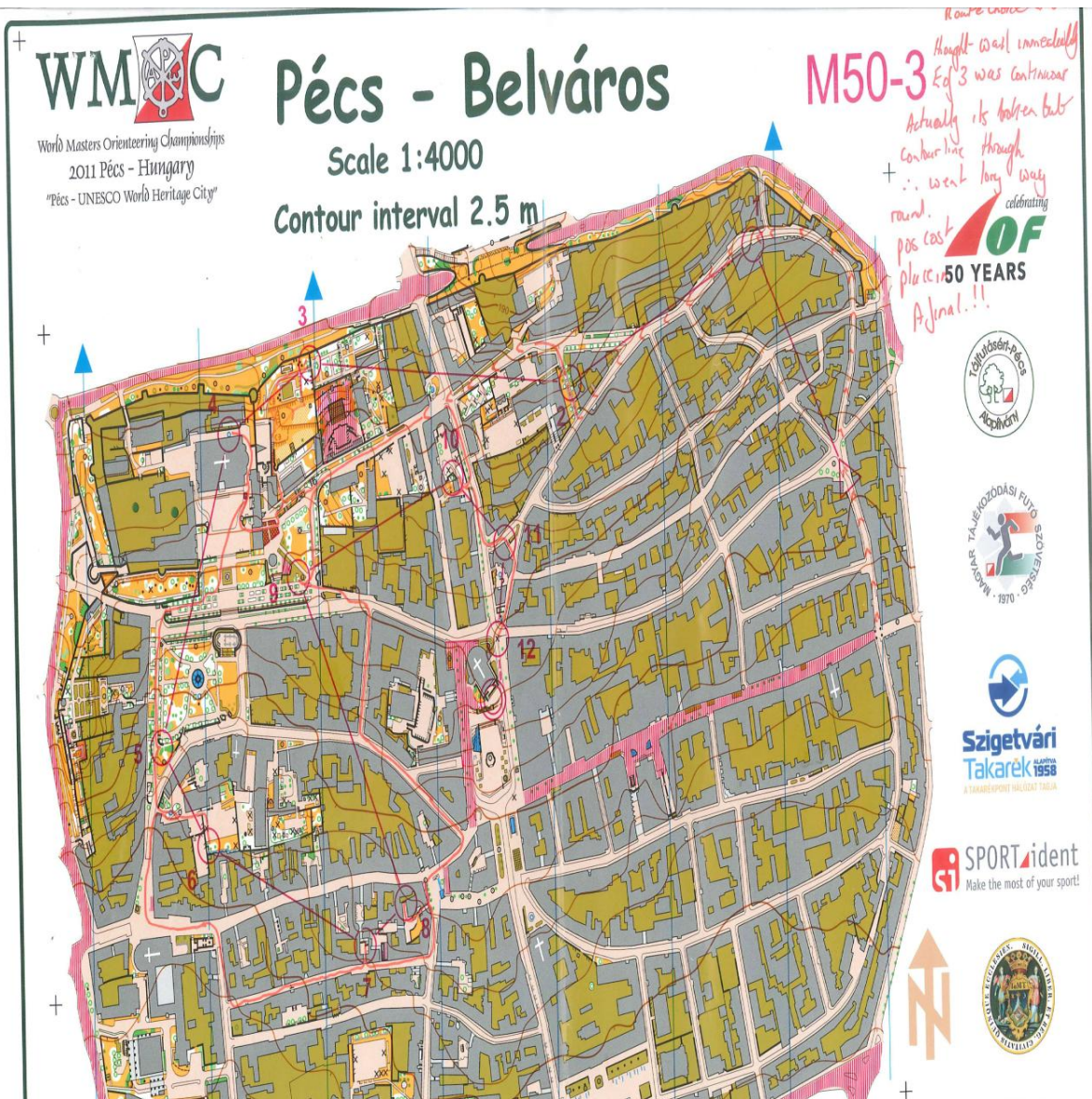
And what about next year. Well I've never orienteered in Germany and WMOC is there in the Harz Mountains. So I guess I'll give it a go.

I need to keep my concentration for the whole race and cut out silly errors (OK who doesn't). Consistency is the key, both within the race and from race to race. With consistency comes confidence and with confidence, who knows!

Perhaps if I can get that right I'll travel with expectation and hope – but in any case I'll continue to travel because I enjoy it, and that's what it's all about isn't it!!







Zoomed in view of leg 3



# Tio Mila Relay

## Mystery Tio Mila Rescuer 1981

A true story recalled by James Brown, 2011

In 1981, aged 19, I spent a while living in Norway with fellow orienteers Roger Bloor and Dave Cheesewright. We were making orienteering maps for a living and spending as much time as possible training and competing in the Norwegian terrain. It was part of our plan to try and become the best orienteers in Britain. During this time a disturbing thing happened to me at the Tio Mila overnight orienteering relay in Sweden. It shook me up so much at the time that I couldn't tell anyone about it. I didn't explain it to my team mates in Norwegian orienteering club OL Pan who I was running for, and when I boarded the coach back to Norway with friends Roger and Dave, I didn't tell them either.

*It was light now and still very cold. He was lying motionless; face down in the snow when I reached him. I'd seen the lifeless looking stranger fall and I too was cold and didn't know what to do.*

*I scanned around hoping to see head torches or at least hear the sound of other runners but I realised I was totally alone with him.*

*I rolled him over and spoke encouragingly to him but saw he was in no state to answer especially since I was speaking English to him and his delirious eyes stared absently past me while he mumbled indistinctly.*

*To explain what was happening:*

*I had run about 14 kilometres of the 16km final leg of the Tio Mila orienteering relay when I saw this clearly confused man collapse semiconscious into the snow. But the reason this fall looked particularly serious was the bizarre way he fell.*

*The temperature was below zero. I had been running for an hour and a half and was tiring. Uncertain of my own location in the forest I paused to scrutinise the map and only then did I become aware of a man wearing an orange hat standing rigidly like a statue in a semi open area 30 metres away as though he was frozen to the ground. He didn't look at me or react with the quick uncertain movements lost people make. He didn't appear quite like other orienteers at all though he clutched a map in his hand. As I turned to look at the man who appeared as pale as a ghost he leaned slowly forward then gradually fell without even putting out his hands to protect himself.*

*Shocked, I ran cautiously to the man and hesitantly turned him over knowing I hadn't the strength to pick him up and carry him. I decided if my team wouldn't thank me for quitting the race this man probably would. So I placed my gloved hands under the man's armpits, turned my back in the direction of the finish and began dragging him.*

*I dragged him slowly through the forest stepping cautiously backwards, snatching glances*

*over my shoulder to check the route. I kept talking to him in the hope of keeping him conscious and as I walked backwards I looked at his legs making grooves in the snow and thought of the cold seeping into him and wished I could move faster.*

*I had chosen a route that took us downhill to where I hoped to find people who could help on a wide path I'd spotted on the map. As I made slow progress my mind began wandering. I looked at the tops of his legs trailing there and noticed he was wearing the type of baggy jogging bottoms held close at the ankles by tight elastic, made fashionable by the then popular TV series Fame about a group of student dancers in America. The look the show inspired had been adopted by the 1980's jogging boom.*

*Then the terrain suddenly changed and I found we were crossing a felled area and I caught my foot in a branch and fell over backwards. I got up and carried on hauling the silent man across the felled trees.*

*Seeing his fashion pants I wasn't surprised to notice he didn't wear the kind of o' shoes specially designed for this terrain. His trainers, which seemed to be coming perilously untied, were an expensive pair of Nike Elites which were trainers I'd saved up to buy for my own training and cross country races. Just as I thought this the heel of his right foot was gripped by the cleft in a branch and his shoe was whipped off. In his deteriorating condition I saw his eyes were now closed.*

*As we neared the path to my relief I could see runners across the felled area racing into the final kilometre before the finish and my hopes soared. At last help was in sight though we still had another 100m of rough terrain to cross. When we finally reached the path I called out for help but was exhausted so my voice was faint. I was infuriated that the runners ignored us and ran right by. Then a man suddenly joined me and took one of the man's arms and we dragged the freezing man together. I wish I could remember the faces of the people who helped that day but the whole episode had become a hazy blur. It almost feels like fiction now. I remember my new helper shouting loudly in Swedish and a 3rd man joining us. Suddenly there was much shouting and pointing and the injured man was lifted and carried quickly away in search of a first aid point. The weight of my responsibility had finally been lifted from me and I wandered in a daze to the finish where I retired.*

*I was a stranger to my team and I didn't speak their language. I'd been asked to take the place of their missing leg 10 runner only days before the race and they probably wanted to know what I'd done to get all 10 members of their team disqualified especially so close to the end. But if they wanted explanations, I had disappeared. I just wanted sleep and was on a coach heading back to Norway. I made my way down the aisle but couldn't even tell my sleeping English friends about what had happened before I flopped down exhausted on the coach seat and silently cried.*

*It is January 2011 as I write this. My own daughter is eight years old and just beginning this wonderful sport and my twenty-year-old son also orienteers and is at university. I have recently started waking in the night, thinking about the stranger I rescued in the forest and whether he survived and has a family himself. Hopefully somebody reading this will know the answer and contact me.*

When I wrote the above story it was initially as a personal project. I wanted to put into words what had happened to try and make sense of the memories that had returned to me and begun

keeping me awake. I then decided to use it to try and close the loop and find out whether the stranger I dragged through the forest had survived, and if so, what had happened to him. I sent it to Skogssport, the Swedish equivalent of CompassSport, thinking they may put a paragraph in the next edition to see if anyone remembered the incident or knew anything about it.

They did far more than that. Staff at Skogssport tracked down the mystery man who in fact was not a regular orienteer at all but the international cross country and marathon runner Hans Nilsson, whose task as last leg runner had been to follow and keep up with the race leaders. His team probably had high hopes knowing he had run a 2.16 marathon and 1.04 half marathon. The orienteering went well until only 2km of the course remained, then he felt a lack of energy and suddenly became dizzy. The next thing he remembers is waking up in hospital. Luckily he had no permanent mental or physical damage from the incident, although he did have some heart problems when he arrived at hospital with a body temperature of only 31°C and atrial fibrillation. He was running again within the week and got married 17 days after the Tio Mila.

Hans and his wife Inga-Lill have three sons in their twenties and he still runs 10km each day and coaches for a top athletics club.

The response to the story in Scandinavia was astounding. The media got hold of it and Hans was interviewed on Swedish TV, the story featured in several national papers in both Sweden and Norway, and the story also got a double page spreads in Skogssport. Members of the Norwegian team I ran for got in contact with me and sent some very touching e-mails. Apparently I had been known to their team as the 'Stranger Man'.

In March I received an invite to attend Tio Mila 2011 as VIP guest of the event organisers and Swedish Orienteering Federation. At the end of April Soph and I flew to Sweden, completely unaware of the scale of media attention the story had received. The pilot recognised me as 'the man from the newspapers' as I disembarked from the plane, as did several other strangers on our short trip! I had an emotional reunion with Hans in the forest where the rescue had happened 30 years ago (with media there to capture it all for the papers the next day), followed by a perfect weekend at Tio Mila. At the start of the men's race I was invited onto a rostrum to watch the head torches of 600 runners bursting into the forest, then the Swedish O Federation presented me with a memento of their gratitude for my actions 30 years ago. Soph got to run for a Swedish ladies team and I had chance to catch up with old orienteering friends I've not seen for years.

Hans and Inga-Lill came to stay with us in July and although Hans admits orienteering isn't for him, we did our best to convert him from a great road runner to a gnarly fell runner – he got completely hooked on Ilkley Moor.

We plan to visit Hans and Inga-Lill in Sweden next summer along with a trip to the Swedish 5-days.

When I wrote the story about the rescue I simply wanted to find out who Hans was and what had happened to him. I never anticipated all that has happened since!

# Scottish Six Days

By Beth

In the summer my family, and many other Aire members, travelled to Scotland for the Scottish Six Days competition. I hadn't done the Scottish before but I was looking forward to a week of orienteering in quality terrain and socialising with friends.

My parents and I drove up to Oban on Saturday 30th July, picking up our bibs etc. en route. When we got to the event campsite where we were staying for the first couple of nights we met up with Joe who had been at Cairngorm training camp for a week. We pitched our tent with the rest of the Aire contingent (The Marshalls, the Stevens and the Mon-Williams) and then went to have a look at the beach which was only 5 minutes away.

The next day we got up bright and early for the first day of the event. It was held at Dunollie and Dunstaffnage, an area of open hillside and woodland near the coast- I was amazed to find that the start was actually on the beach! I had an OK run and was pleased to come 4<sup>th</sup> in my age class- W18s. In the evening we went to the event centre which was located in a village hall and played pool.

On Monday the competition was held at Ardnaskie, which wasn't far from where we were staying. The area consisted of marshy hillside and it was more technical than Day 1. I had a clear run on my course despite taking a long time and came 2<sup>nd</sup>. In the afternoon we moved from the campsite into a lodge at Tralee Bay caravan park. Then after tea Joe, Kirsty, Ruaridh and I went coasteering. The instructor took us to Ganavan sands, the same beach where the start for Day 1 was. We scrambled, swam and then jumped off the rocks into the sea which was really fun!

The following day was my 17<sup>th</sup> Birthday. I opened presents in the morning then we set off for the event at Creag Mhic. When we got to assembly we saw that the organisers were using a big screen and GPS tracking to follow competitor's progress, apparently this was a first in British Orienteering. It was funny to see the camera (which was on a hill in the middle of the area) following people on their courses and I hoped it wouldn't follow me getting lost! In the end I actually had quite a good run and came 2<sup>nd</sup> again. Back at Tralee Bay we had 'award-winning' fish and chips for tea. In the evening the local outdoor pursuits company 'Stramash' organised a ceilidh. The band was really good and everyone had fun dancing to traditional Scottish music.

Wednesday was the rest day, and the weather was lovely. My parents went for a cycle whilst Joe and I went to the beach and had a swim. In the afternoon I went to a local village market which had been put on especially for orienteers. In the evening we did a pub-style quiz. The first round tested how observant we'd been when reading the programme as there were questions such as 'who are the main sponsors of the event?' The questions got a bit bizarre after that as there were things like 'what is the most popular type of underwear for men, is it boxers or briefs?!'



Day 4 was held at Torinturk, a mix of woodland and open. The weather wasn't as nice as the rest day and I got quite cold and wet waiting for the start. The first part of my course was in really dense woodland and required accurate bearings for the first couple of controls so I went slowly. However, the rest of the course was on open moorland and I found it much easier. I was happy to find I'd come 1<sup>st</sup> on my course, but only because the Swedish girl who'd beaten me every other day wasn't competing. In the evening I went to the Beetle Drive. I didn't get a very high score but it was good because you got to move tables each game so I met lots of people from other clubs from across the country.

The penultimate day at Lochnell and Shenavallie was very close to our accommodation so we got a bus to assembly. I made a few mistakes on my course and managed to get stuck in a bog- As we had late starts the ground was really muddy and churned up. I came 3<sup>rd</sup> which I was pleased with considering my errors. Instead of getting the bus back from assembly we took the alternative route which wasn't possible in the morning due to the tide as it crossed an estuary. We had pizza for tea with the Marshalls then Kirsty and I went to the 'Final Fling' ceilidh. We were quite good and remembered all the steps from Tuesday!

The final day was held at Ardchattan. There was a steep walk to start so we were all puffed out when we got there! The area was fast open fellside and I had a really good run as I didn't make any errors. I came 1<sup>st</sup> and beat the Swedish girl on my course. I came 2<sup>nd</sup> overall in my age class and got to go on the podium to collect my prize which was a buff. Well done to the other Aire members who got a podium place- there are some pictures below ☺



Beth- 2<sup>nd</sup> W18S



Florence- 1<sup>st</sup> W18



Annie Brown- 1<sup>st</sup> W10B



Steve and Alex Watkins  
enjoying an ice cream



How many Aire members can  
you spot??





Photos: Wendy Carlyle





Photos: Lawrie Phipps



# Caption Competition!



Photo: Wendy Carlyle



Photo: Lawrie Phipps

Please send your ideas to the editor and the best ones will be published in the next issue 😊



# Some More Photos...



The White Rose 2011

Photo: Wendy Carlyle



The Dales  
Weekend  
2011-  
Aireport and  
YHJS cake  
stall

Photo: Rob King



# Tuesday Night Running

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
4 <sup>th</sup> October	Chris & Helen Burden, 12 Carlton Grove, Shipley, BD18 3AS	Shipley	01274 583853	SE145365
11 <sup>th</sup> October	The Roundhay Fox, Street Lane, Leeds	Roundhay		SE325383
18 <sup>th</sup> October	James and Sophie Brown, 3 Home Farm Mews, Bingley Road, Menston	Hawthornthwaite and t'Moors	01943 872094	SE170432
25 <sup>th</sup> October	Murgatroyd's Fish & Chip Shop, Yeadon	Yeadon/Rawdon		SE216408
1 <sup>st</sup> November	Rob & Lindsey King, 3 Alexandra Place, Ilkley	Ilkley	01943 435415	SE115479
8 <sup>th</sup> November	Danefield Surprise View car park LS21 3DG	Otley Chevin		SE205440
15 <sup>th</sup> November	Pete & Ruth Jones 11 Woodlands Grove, Baildon, BD17 5BD	Baildon	01274 596850	SE136388
22 <sup>nd</sup> November	George & Dragon Pub, Apperley Bridge	Calverley/Esholt		SE194379
29 <sup>th</sup> November	Lord Darcy Pub, Alwoodley	Posh bits of Leeds		SE309401
6 <sup>th</sup> December	Steve & Alex Watkins, West Barn, Thompson Lane, Baildon, BD17 7NB	Baildon Moor	01274 580764	SE142385
13 <sup>th</sup> December	Ian & Katherine Hill, 71 Cookridge Drive, Leeds, LS16 7HP	Cookridge	0113 267 1858	SE248407
20 <sup>th</sup> December	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley-in-W'dale	01943 862997	SE165457
27 <sup>th</sup> December	No run			
3 <sup>rd</sup> January	Dave Shelley, 33 Newfield Drive, Menston	Menston	01943 875935	SE174440
10 <sup>th</sup> January	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley-in-W'dale	01943 862997	SE165457
17 <sup>th</sup> January	Chris & Helen Burden, 12 Carlton Grove, Shipley, BD18 3AS	Shipley	01274 583853	SE145365
24 <sup>th</sup> January	Rob & Lindsey King, 3 Alexandra Place, Ilkley	Ilkley	01943 435415	SE115479
31 <sup>st</sup> January	Simon & Rebecca Bowens, 44 Holt Park Crescent, Cookridge	Golden Acre and Eccup	07921 039251	SE261404

# 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: Ruth Ker**

- **How long have you been orienteering/ at what age did you start?**

I was dragged along kicking and screaming by my Father and big sister Rachel when I was about 11. Around a year later I found I could beat Rachel and I liked that so I stopped making a scene.

- **How did you get into orienteering?**

Apparently I was spotted by a coach finishing a relay aged around 14 who thought I looked like I could run. He checked my result (which happened to be good) so I was invited to trial with the British Junior Squad. Squad weekends and trips abroad were fun (especially when you go to a girl's school) so I guess that's when I got 'into' orienteering.

- **Do you remember your first event?**

When I was really little I used to walk round the 'Wayfarers' with my Mum. First event on my own, no, I don't remember. I do remember making a fuss though, saying it was a horrible game and I wouldn't ever do it again. Junior courses were nowhere near as good as they are now. No string courses and definitely nothing controlled to a white standard so now, while I take my third child through the process, I do have sympathy with my young self.

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

Durham University while I was there from 85 to 88. Then briefly we created Exodus (Yes, Ex Orienteers of Durham University) as we'd had a brilliant time. I'm also a member of AAOC who have been refused affiliation because 'oh no, lots of friends make up groups, want to affiliate and never stay together'. Well, it's been nearly 30 years and we were all at the White Rose so I wonder how much longer it'll take to prove our point!?

- **Do you have a favourite orienteering area?**

Again, no. I enjoy anywhere I've not run before. And I like grotty forests. And, in complete contrast, urban sprint.

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

Goodness. I'm not actually sure it is a good thing so a best thing.... Hmm. I think it's addictive and I guess to be addicted to something basically healthy is good if you have an addictive nature.....

- **And the worst?**

It's a shame we travel to events in cars. No bright ideas what to do about this.

- **Do you have a favourite orienteering memory or best result?**

I enjoyed the World Students in Norway in 87. The Australian team were great fun. I had an appalling run in the individual and redeemed myself on last leg in the relay which was exciting as I'd been announced quite far down and pulled up several places over the last few controls so no-one was expecting to see me. I think we were 4<sup>th</sup>.

- **Do you have an orienteering hero/idol?**

I've never gone in for hero (or heroine) worship or idolising. Daniel Hubberman's girlfriend lodged with me for a while and we enjoyed his visits.

- **What do you enjoy besides orienteering/ do you have any other hobbies?** Playing double bass in several jazz bands.



# Chocolate Quiz- Answers

41).Plane chocolate (4) .....	AERO
42).Underwater weapons (9) .....	TORPEDOES
43).Medieval pop group (9) .....	MINSTRELS
44).A divided fruit (6,5) .....	BANANA SPLIT
45).A quiet word (5) .....	WISPA
46).Change her net bolero (9) .....	TOBLERONE
47).Game for those on horseback(4) .....	POLO
48).Clever clogs (8) .....	SMARTIES
49).Saw Turpin (7,4) .....	SPOTTED DICK
50).Consume at a late hour (5,5,5) .....	AFTER EIGHT MINTS
51).Robert returns with a herb (6,4) .....	TREBOR MINT
52).Could also be eaten on Monday etc (6).....	SUNDAE
53).Euphoria in Istambul (7,7) .....	TURKISH DELIGHT
54).Red Lust could cause this (7) .....	STRUDEL
55).Nelson & Wellington, eg (6) .....	HEROES
56).Online dating agencies (11) .....	MATCHMAKERS
57).A green and hairy idiot (10,4) .....	GOOSEBERRY FOOL
58).Scrouge's favourite (6) .....	HUMBUG
59).IRA mist U (8) .....	TRAMISU
60).pH falls to 3 (4,5) .....	ACID DROPS
61).Open top tourist bus (6,6) .....	DOUBLE DECKER
62).In a carol or other Christmas song (4) .....	ROLO
63).A very small amount (6) .....	TRIFLE
64).Queen's 50 <sup>th</sup> & 60 <sup>th</sup> jubilees, eg (12) .....	CELEBRATIONS
65).Bindy & Carbie are confused. (5,8) .....	DOLLY MIXTURES
66).Scattered in the alley (8) .....	SKITTLES
67).100% Au (3,4) .....	ALL GOLD
68).Where refined people live (7,6) .....	QUALITY STREET
69).Just dessert for the first lady (4,7) .....	EVES PUDDING
70).Money for the teacher's union (8) .....	DOUGHNUT
71).Entrance has golden finish(6) .....	GATEAU
72).Steele arms on Mediterranean island (9) .....	MALTESEERS
73).Derbyshire floosie (8,4) .....	BAKEWELL TART
74).Public school confusion (4,4) .....	ETON MESS
75).Sweet, sticky and fat (3,4,4) .....	JAM ROLY POLY
76).Subject for discussion (5) .....	TOPIC
77).Not a winter dessert (6,7) .....	SUMMER PUDDING
78).Ned can take milk shake (6,4,4) .....	KENDAL MINT CAKE
79).Twice as good in France (3,3) .....	BON BON
80).Windfall? PTO (5,8) .....	APPLE TURNOVER
81).Russian danseuse (7) .....	PAVLOVA
82).Treat a tint about now (5,5) .....	TARTE TATIN
83).US state suffering climate change (5,6) .....	BAKED ALASKA
84).Tiny rubies & sapphires, eg (6,4) .....	MIDGET GEMS

- 85).Bought around Blease Island maybe (7,5) .....ANISEED BALLS  
86).Celestial footpath (5,3) .....MILKY WAY  
87).Not to be thrown at the happy couple couple (4,7) .....RICE PUDDING  
88).At the beginning of Star Wars (6). ..... GALAXY  
89).Tinkerbelle's treat (5,4) .....FAIRY CAKE  
90).A long way to run (8) ..... MARATHON



# VAMPIRE-O

**A FUN ORIENTEERING EVENT FOR  
ALL THE FAMILY BY  
AIRIENTEERS, THE ORIENTEERING CLUB FOR AIREDALE &  
WHARFEDALE**

**ON SUNDAY 30<sup>TH</sup> OCTOBER 2011 THE NIGHT  
BEFORE HALLOWEEN!**

**IN DANEFIELD, CHEVIN FOREST PARK  
NR OTLEY**

- Park at one of two car-parks nr Grid Ref SE217442 on East Chevin Road
- Assemble at the lower (northern) car-park – Registration open from **17.45**
- There will be a short walk for all – Then a mass start at **18.30**
- Expect a simple 45' score event with a twist – Full instructions on the night
- Bring torches/headlights, wellies/boots/running-shoes, warm togs, whistle, compass and a watch. Oh, and a mobile phone if you think you'll need it!
- Go solo, as a pair or in a group – £2 seniors, 50p juniors
- Spooky fancy dress very welcome – New blood very, very welcome!
- Please call or e-mail to say how many maps you require
- Rob & Lindsey King 01943 435415 [thekingz@blueyonder.co.uk](mailto:thekingz@blueyonder.co.uk)