

Aire Affairs

February 2012



New Year's Day Event at
Northcliffe Park. Photo: Wendy
Carlyle



Airienteers
Orienteering in Airedale and Wharfedale

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EditO

Hi everyone,

Happy New Year! I hope you had a good Christmas. We were away for the Aire New Years Day event, but went to a novelty score event organised by Quantock Orienteers down in Devon instead which was fun. In this edition of Aire Affairs, there are articles on the Original Mountain Marathon, Attackpoint, the format of O-Lites and how Aire are making the most of social media such as facebook and twitter. You can see how well you know your Aire areas on page 18 and I'd recommend Peter Haines' article about Thierry Gueorgiou and 'how to win a World Championship' - an inspirational read. Please send any articles and photos for the next Aire Affairs to: woodleyzATbtinternet.com. Thanks ☺

I hope you enjoy this issue and all the best for 2012,

Beth

Juniaires

Hi,

I hope you all had a good Christmas and New Year. In this edition you can read an article about the M/W16s training weekend in the Lakes that I went on in November. I've also written an article on 'attackpoint': an online training log. Remember you can send any contributions to me via email (woodleyzATbtinternet.com).

Cheers,

Joe

Hawkshead 16's training weekend

Joe Woodley

I have been to Hawkshead once before as a first year M14 but it is essentially a training camp for M/W16's, based at Hawkshead Youth Hostel. It is a great chance for athletes of varying ability from the regional squads around the country to come together for a weekend of training in some quality Lake District areas.

Hawkshead is famous for severe weather as it has always been held in November and having experienced frozen fingers and cold toes once before I packed gloves, a hat and plenty of warm clothes. As it turned out we had no snow this year but plenty of rain and wind.

I travelled up on Friday night in Karen Clarke's car with Lova Chechik (Ebor), Jake Field and Cari Littler (SYO). Lova and I listen to a strange combination of music from Taylor swift to rock and rap on the journey up! We arrived around 8 and after collecting our room keys and dumping our stuff we headed to the games room. We found orienteers from across the country sprawled across chairs, some watching TV, some playing pool or just chatting. The squads from down south had to set off on Friday lunchtime. It was great to see my friends again as I hadn't seen some of them since the summer. We had a great evening with several trips to the kitchen to stock up.

We woke around 6:45 in order to secure good positions in the queue for breakfast: a standard procedure for the Yorkshire boys. After an awesome full English, we headed to one of the class rooms for a whole group meeting to go over some techniques to work on out in the forest that day. The Yorkshire squad went to Great Tower first where Josh Beech and I ran a course as intervals, running flat out for 3mins then resting. Navigating at that speed was really hard; it was important to simplify. In the afternoon we travelled to Dale Park (Graythwaite) one of my favourite areas in the country. Me and Lova ran one course as a ‘TalkO’ where by one of us would direct the other who had no map to the control. “Head North West up the spur in front of you” “which spur” “urmm.. the big one?”. This was a good way of analysing your technique and learning from your partner.

In the evening as is custom, we ran a night relay around the grounds of Hawkshead Youth Hostel. It was a great laugh as we had 35 controls on a 1.5km course on a 1:1500 scale map!! It’s basically 20 minutes of complete madness, and lots and lots of butterfly loops. My team consisted of me, Michael Adams and Jake field. We came 2nd, not bad considering I visited 6 controls before going back and getting the right number 1!! We had a short meeting discussing the day’s activities and then after tea we had free time till around eleven.

On Sunday morning after another great breakfast and having packed our stuff the Yorkshire Squad headed for Holme Fell. I loved the area, a mixture of open fell side and complex marshy woodland. I tried to put what Josh and I had talked about the day before, especially simplification, into practice. I navigated well. One course I ran with Michael Adams (SYO) and we swapped compasses, him using my thumb and me using his baseplate. I nailed some bearings and decided maybe I should get a baseplate too (I had never used one before then!) Holding it in my hand I began to actually use it more than when my compass was just on my thumb and only used for the odd rough bearing. Next I ran a course with Dane Blomquist from south central, a close friend and rival of mine which was a good laugh. We finished with a fast run around a control pick. We returned to the Youth Hostel, showered then headed home.

I had a great weekend for more than one reason. The Orienteering was good; the social was even better and most importantly we had some top quality

food! But seriously, it's seeing your friends and having a great time while learning a lot that makes Hawkshead such a great weekend for everyone. Thanks to Nev Myers and Tony Carlyle who organised the whole thing, they did a great job once again. I have had so many great experiences thanks to their hard work and dedication to Yorkshire and the country's juniors.



Attackpoint

Joe Woodley

Attack point is a website where orienteers can record training and racing. They can share their log with others or keep it private. You can view other's logs, from your friends or competition, to Oli Johnson's and other elite runners. You can comment and discuss topics on Attack point as well. It can be as serious as you want it to be. I find it helps to motivate me and also it's a lot easier than writing it all down on paper or a spreadsheet.

Training

[your log](#) | [add training](#) | [add note](#)

Last 7 days (05:39:20 / 12.1 mi)

Th	Fr	Sa	Su	Mo	Tu	We
1:22		0:00				

Your Favourites (unread:1)

- Adam Potter * 2:46

[more logs](#)

All training is colour co-ordinated and laid out in the best possible way for you to analyse your training. As you can see, it is possible to add people to your favourites and then, every time training or a comment is updated their log will come up as unread on your home page. This makes it easy to follow people and what they have been up to.

Time	Distance	Minutes per km	Climb	Height adjusted minutes per km

Shoes worn

Controls

Description

Saturday 31 Dec 2011			
■	running warm up/down 30:00 [3] 3.4 km (8:49 / km) +160m 7:09 / km shoes: Adidas swoops		Edit C
■	Orienteering 42:00 [3] *** 5.0 km (8:24 / km) +120m 7:30 / km spiked 21/21c shoes: Adidas swoops		Edit C
■	Ben planned a course for me on core hill and shadowed me round. running 10:00 [3]		Edit C
Friday 30 Dec 2011			
■	Gym (Weights) 20:00 [2]		Edit C

This is a section from my training log and shows the sort of thing you are able to record.

	name	date new	miles	kilometres	Total time	climb	sessions	controls
edit	VJ Bold	2011-11-12	19.8	31.8	14:34:40	1010	11	248
edit	Addidas swoops	2011-05-15	50.9	81.9	59:08:37	1235	50	178
edit	VJ Bold	2011-07-17	49.8	80.2	21:34:59	2190	18	213

It's great to be able to see facts like these about your shoes!!

Home | Log | Training | Racing | Discussion | Community | Donate

your log | [add training](#) | [add note](#) | [shoes](#) | [injuries](#) | [calendar](#) | [reports](#) |

Training Log: [wooders](#)

In the last 7 days:

activity	#	time	miles	km	+m
running	4	3:12:00	6.46	10.4	390
Orienteering	3	2:07:20	5.59	9.0	120 55 / 57c 96%
Gym	1	20:00			
Total	6	5:39:20	12.05	19.4	510 55 / 57c 96%

« Th Fr Sa Su Mo Tu We »

You can record as many different activities on Attackpoint as you want and give them all a colour.

There is a breakdown of the past 7 days at the top of the page

You can also record the intensity of a session on a simple scale of 1 to 5.

Date: 04 Jan 2012 session: -

Activity / Sport: running Workout: "Training" Intensity: 3 (1-low, 5-high)

activity sub-type (or keywords):

Total time HH:MM:SS or MM:SS, zero time? [add note](#) instead.
e.g. '500' = 5 minutes.

distance: or pace: units: climb:
miles m

Shoes: Not Specified

Heart Rate # Controls
Avg Max Spiked Total Technical Intensity
None

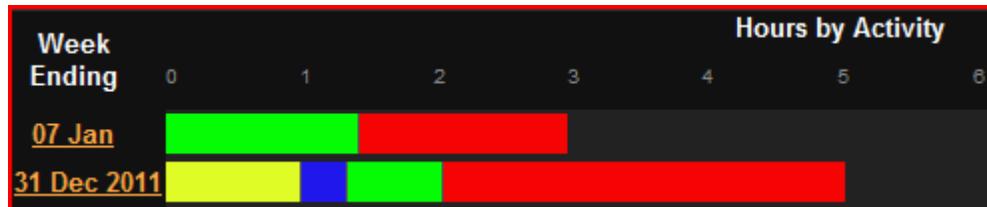
Resting-HR Sleep(hrs) Weight(lbs) Injured? Ill? Rest day?

Description:

This is the format into which you enter your training or racing details. You need not worry if you don't know the length of a run, but you must always enter a time.

Once details are entered Attackpoint will work out the pace per km and percentage of controls spiked, if orienteering.

Your training can be displayed on various graphs (see below) some show hours per week and of which sport and others show hours per week and the intensity of each session.



To me Attackpoint is great for recording my training so I can review it and also so my coach can see what I have been doing. I love being able to see how many controls my shoes have been to and other bizarre facts! I think that Attackpoint is great for all ages from people who are interested in keeping a record, to those who are trying to improve and analyse their training. It can be as serious or as laid back as you want.

Orienteering Badges for Juniors

From January 2012 British Orienteering has revamped its national incentive schemes (including awards, certificates and badges) that are used to recognise an individual's personal development and performance in orienteering. There are now separate Navigation and Racing Challenges plus the National Badge Scheme. These are only available to members of British Orienteering. Full details are available at:

<http://www.britishorienteering.org.uk/page/incentives>

In previous years, British Orienteering provided cloth badges for all those wishing to record their progress through the hierarchy of colour-coded courses that feature at most local and regional orienteering events. Essentially, the darker the shade of colour the longer and/or more technically difficult the course. Members of Airienteers might like to know that, stocks permitting, these badges are still available.

To qualify for a **White** badge you simply need to complete three White courses successfully and independently. It does not matter how long you take.

For all **other colours** (Yellow, Orange, Light Green, Green, Blue & Brown), not only do you have to successfully and independently complete three courses within a two year period but you must also achieve the colour standard, ie finish above the 'colour line' at each of these events.

The award of a colour badge certainly recognises a personal achievement and this scheme provides a simple incentive for developing orienteers.

You may occasionally encounter a Black course which is even longer than Brown and almost exclusive to extensive technical areas found in The Lakes, Scotland and Wales.

The badges are available from our YHOA regional contact, Dorothy Smith of HALO. There is no fee.

To claim your badge simply **send an S.A.E. to:**

- Dorothy Smith, 111a Westgate, Belton, Doncaster, DN9 1PY

Please **include the following information:**

- Event venue, date, course, winner's time, your time, your position

You may prefer to send this information by e-mail (with a link to the relevant results) to:

dottysmith@hotmail.com

Rob King

The OMM 2011

A select few Airienteers made it up north (Breadalbane, Central Scotland) for the 43rd OMM. The organisers promised that competitors would only see one road once they'd started the race, and so it proved. The competition area was pretty bleak, featuring steep hills, boggy wastelands, and complex contours in places. The wildlife was worth the trip too – we came across two large herds of deer – there must have been at least twenty in each one. The few trods that we came across were caused by deer – or perhaps by other competitors – as there were no hillwalkers in sight in this remote area.

I was partnered by fellow past member of Leeds University Cross-Country Club, Pete Branney, on his first mountain marathon, and we chose the A class – a step up from the B that I'd tried the year before. Pete had the running prowess (he's run road marathons in under three hours) but I had more navigational experience – and this proved to be quite a good balance for the event. It was good weather for orienteers, especially on the first day. The fog was down and there was a chill wind and plenty of rain. On several occasions I had the disorientating experience of not believing the compass, and twice I couldn't quite believe that the ground should have sloped away from us in the way that it did! Having been navigationally clean for the first half of the day, we made a few minor mistakes later on, which cost us perhaps twenty minutes. As it happens, a clean run would have meant that we'd have led the category at the overnight camp, but we were still only 14 minutes behind fellow orienteers James Taylor and Peter Hodkinson – a performance that was pleasantly surprising, as I had never been so near to the leaders of a category before in my previous five mountain marathons.

We had gone more lightweight than ever before – trying out Steve Watkins and Geoff Clarke's cooking method of using solid fuel blocks. The stink from the blocks as they burned was nauseating, but at least it saved us a few grammes! We also borrowed our respective wives' tights to make up for taking thin sleeping bags – I even kept mine on the following day (the tights, that is, not the sleeping bag – that would have been ridiculous)! It was also a great choice to invest in a thin Rab 'Generator' down jacket, which added to my overnight comfort, shortly before the event. Other pieces of kit which were well worth it were a 20 litre Terra Nova rucksack (120g compared to my Lowe Alpine one which weighed more than three times that) and the new OMM Cypher Smock (240g) – it kept me dry on day one, which enabled me to just take one base layer.

The next day saw an early chasing start, and we only made a one minute navigational mistake all day. At one point, we thought we'd seen 'the youngbloods' (Taylor and Hodkinson) – we had passed them the previous day during one of their 'bad patches', but it was just a cruel mirage. Our pace was still quite respectable, but we were both suffering from blisters on our big toes, and Pete had developed a painful ankle which kept us from striding out in the closing stages. Nevertheless we put everything into the last leg and were happy to have clinched a podium spot and a £50 OMM voucher each!

For those who have never tried a mountain marathon, they are certainly very challenging events and not to be taken lightly. However, they are worth it for the sense of camaraderie with your partner, and with fellow competitors at the mid-way point and at the finishing funnel and meal. They are about as far removed from a beach holiday as I can imagine, but I can't think of many other ways that you can truly 'get away from it all' for a weekend! Roll on the next one! Results below:

Airienteers' success at the OMM – apologies if I've left anyone out!:

Elite	Hector Haines and Jack Wood	12hr39min	7 th /43 starters (5 retired or dsq)
A	David Alcock and Peter Branney	11hr40min	3 rd /40 (8 retired or dsq)
	Mark and Rebecca Mon-Williams	15hr22min	13 th /40; 1 st Mix; 1 st Mix Vet
B	Peter and Chloe Haines	12hr30min	17 th /126 (29 rtd/dsq); 1 st Par/Child
C	Joyce Marshall and Nicky Jaquiery	12hr52min	26 th
Long Score	Tim and Rob Patterson	520 points	8 th /137 (5 rtd/dsq)
	Alan Kitchener and Will Patterson	350 points	62 nd /137

By David Alcock



Run-in on Day 1 in the rain!

David Alcock and Peter Branney- 3rd in the A class





Peter and Chloe Haines- 1st parent
and child in the B class



Mark and Rebecca Mon-Williams-
1st Mixed Pair in the A class

The Original Mountain Marathon 2011.

By Jack Wood

I can't say that I didn't know what I was letting myself in for when I agreed to run the OMM with Hector this year. I'd heard from lots of people that it was one of the toughest events on the calendar. It was because of this that I wanted to do it- to have a go at a real challenge and to find out how hard I could push myself. Pete said that we shouldn't do A or B courses as we wouldn't make any friends so we entered the Elite class. Fast forward 2 months and I was lying in a tent that was barely long enough, in my sleeping and survival bag, wet and cold with the knowledge that even after 6.5 hours of tough mountain running we were only half way through the event. I realized that I was right at the heart of the OMM.

The preparation for the race had gone well, I'd been doing long runs most weekends in September and October (highlights were the Langdale Horseshoe and a trip to Lakes with Julie) and was free from illness and injury. I'd received lots of advice from past masters of the competitors, notably Henk advised me to pack a bagful of painkillers and My Dad's own experiences told me to take good care of the tent poles. We'd stopped in Edinburgh the night before for a slap up meal of veg chilli and rice at Chloe's and had an early night.

The race started on a grey Saturday morning. We were asked some questions on the start line by The Adventure Show who were filming the event, I was just keen to get going. We began steadily, and after 3 hours I was still feeling surprisingly fresh. We gradually upped the pace and picked off a number of teams but on the mammoth 10km 7th leg I started to feel the pain. It was a real effort to get up and over the ridge to that one and the following 5 miles to the finish across rough heathery terrain were just a case of keeping moving and sucking up the pain and tiredness. It was as knackered as I can remember being and Hector did well to keep me going. We heard that we were only half an hour down on the leaders and were happy with the 6th place. The intermediate camping stage went smoothly. To be honest I did little other than lie in my sleeping bag in a state of semi-consciousness. We rustled up a four course meal of soup, Ainsley Harriots cous cous, Sainsbury's noodles and Yorkshire parkin with custard and tried to get some rest.

We awoke to the drone of bagpipes early on Sunday morning after a sleep interrupted by wind and slight chills. I was feeling better than I had the night before but it was hard to get going, my legs just felt like they had no energy. I tried to forget about the 22miles that lay ahead. We set off and steadily collected the first 3 controls. The 4th was a huge down and up, almost 400m and from that control on, I felt completely gone. The peat hags were endless and I just kept focussing on the next step rather than thinking how long we had to go. Hector kept his encouragement up but I was getting rather tired of this as well and I told him as much. Eventually, after what felt like the longest 10 miles I've ever done, we reached the end and crossed finish line. I was totally exhausted! We found that we had dropped one place on the second day and finished in 7th place, and I was quite pleased with that. Almost straight after finishing Hector, not to my knowledge a man of many comforting words, started telling me how I owed him some money for the entry fee. I plan on getting super fit this year and exacting some revenge on him at OMM 2012. Overall a great if slightly masochistic experience!

Thinking about the O-lites

The Olite Saturday events have been going for several years now, and I wondered whether it is time to review whether they are fully meeting our needs, and what, if anything, we could do to improve them.

They were originally set up as training events with a particular focus on junior development. It was hoped that there would be a coach present at each. That hasn't happened since the first year.

The format has been to provide a white (very easy), yellow (easy) and orange (moderate difficulty) course – with an additional green course thrown in for more experienced orienteers. In practice the numbers turning up for the white, yellow and orange courses have tended to be generally low, but the turnout for the Green has been reasonably high.

It was originally decided that start times in the early afternoon 1.00-2.00 would be better than the usual 10.30-11.30, which it was felt conflicted with other junior activities, such as swimming clubs.

Many other clubs nowadays run Saturday morning events. I have not found any others that don't use the traditional morning start times. Some of these have the same levels of turnout as we do, but others have remarkably stronger junior turnout, which I would imagine is connected with the level of wider development work going on within the clubs and possibly connected to school development work. Whatever, I cannot find any evidence that an early afternoon start encourages greater junior participation

A couple of years ago we turned the Olites into local series, Wharfedale, Airedale and Leeds. Each series has 4 events, usually 3 weeks apart.

From Autumn 2012 we have decided on a new pattern for the series. There will be a Wharfedale Series on 4 consecutive Saturdays in September and October; a Leeds series, very much with the reborn Leeds University Club in mind, each November Saturday; and an Airedale series on 4 consecutive Saturdays in February/March. Each of these series will run between the Spring, Summer and Winter Wednesday series but not overlap with them.

Several planners have asked whether it is necessary to plan a white as well as a yellow course. Your views on this would be appreciated.

Another possible development worth considering, is taken from the experience of the Winter Night League, which has attracted a lot of people new to orienteering. The great thing about these events is the fact that they are mass start and hence mass finish. That means that there is a lot of conversation at the start and the finish between competitors, the comparing of routes and how problems were overcome - a real buzz - which goes a long way to make up for the lack formal coaching.

My view is that, although it is not the format of preference for many experienced orienteers, the mass start score format has a lot to offer for a local event.

Courses can be planned so that there is an inbuilt yellow standard course, and an inbuilt orange standard course, available. Points could be allocated to controls to encourage runners to keep to the appropriate standard for their ability. For instance yellow controls could be worth 30 points; Orange controls could be worth 20 points and technically harder and more distant controls could only be worth 10 points.

One problem with the score format is that on many of our available areas at least two maps would be required to produce a sufficiently long senior course.

However the mass start score format makes orienteering far more of a social event, which has to be more welcoming for the newcomers we wish to attract to our sport.

Some of you may have seen the examples provided by WCOC in Compass Sport magazine of different formats for level D events. Some of these seem quite interesting, but I believe would be hard to put on without the use of SI controls.

I would appreciate your views on all this, and in particular on:-

1. The best start times.
2. Whether a White course is necessary
3. The best format.

Chris Burden

chris.burden@btinternet.com.

Fancy organising one of the 3 Annual Aire Social Events?

These are:-

The Club Relay and Picnic on Sunday 15 July 2012.

Vampire O on Wednesday 31 October 2012

and New Years Day Score Event 2013.

There are guidelines available for each of these events.

Normally we ask organisers to nominate the area they would like to use. So ideally we need organisers in place early on so Mike Cox our permissions Secretary, can arrange access with the local landowners – usually the various local councils.

Particularly for the relay we are very close to the deadline for identifying the area, so I need to hear a suggestion in the next few days.

For the Relay the committee will organise someone to sort out the strawberries and cream and tents. For New Year's Day a post event social (pot lunch, quiz etc) is a pleasant addition – but not essential.

Other events requiring officials.

British Orienteering wants officials in place for all Level B events (our largest events) 12 months in advance.

We have a few approaching the deadline. All require an organiser and a planner.

Sunday 24 February 2013 - Valley of Desolation.

Saturday 14 September 2013 Dales Weekend – Malham

Sunday 15 September 2013 Dales weekend – Yockenthwaite – a new area across the valley from Langstrothdale Chase in Upper Wharfedale (parking and assembly in the same place as for Langstrothdale.)

Even closer the following level C events still require organisers. Planners are in place.

Saturday 12 May 2012 - Settle Town Race

Saturday 27 October 2012 - Holt Park & Golden Acre Park Chasing Sprint.

And finally the following Level D (local events) require a combined organiser/planner.

Saturday 21 April 2012 - Penistone Hill (Haworth) Olite

And all in Leeds:-

Wednesday 25 April 2012 - Roundhay Park Sprint

Wednesday 13 June 2012 – Woodhouse Moor Sprint

Wednesday 4 July 2012 – Temple Newsam Sprint

Wednesday 18 July 2012 – Beckett Park Sprint

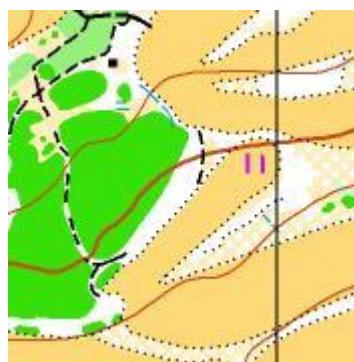
There are other events scheduled further in the future on the Future Races Page in the Useful Docs section of the website. You will also find guidelines for these various events. Please take a look.

Please contact Chris Burden if you are interested in taking on any of these events.

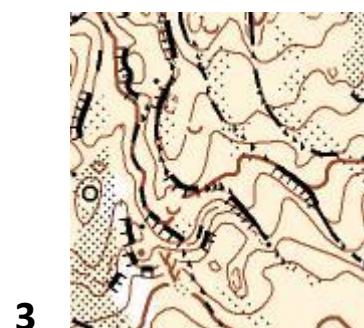
Without your offers of help, which have been brilliant, we would not be able to sustain our programme.

Do you know your Aire areas? No consulting your map libraries!!!

By Chris Burden



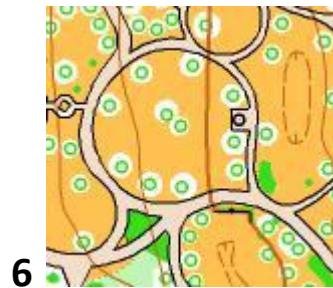
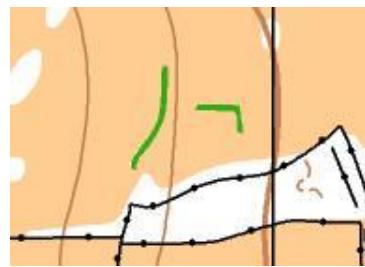
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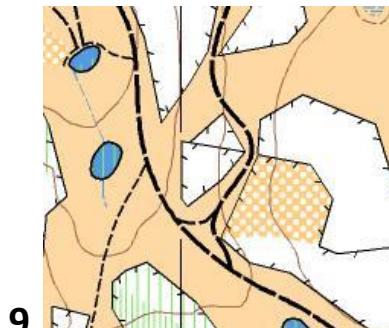
4 5



6



7 8



9



10 11



12

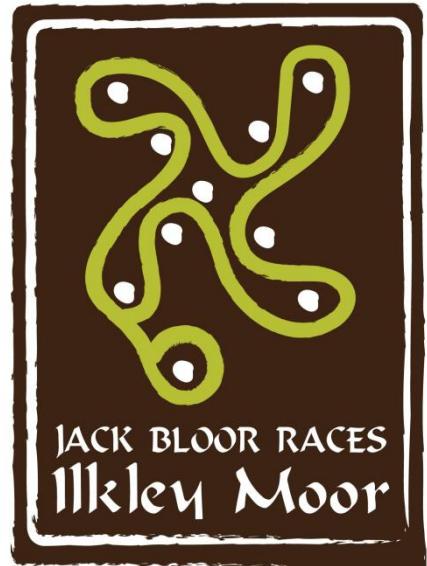
Jack Bloor Races

27th

JACK BLOOR RACES

Ilkley Moor

Tuesday 8th May 2012



Airienteers have a longstanding relationship with this annual event – as organisers, helpers, competitors and supporters. Plus, many of our juniors have and continue to benefit from the Jack Bloor Memorial Fund which supports young people engaging in outdoor pursuits. This will be a poignant year for the race – the first since Pat Bloor's passing – a great supporter of the race, the fund and AIRE.

As an FRA fixture the Jack Bloor Races attract many fellrunning stalwarts. As a community event it also appeals to many local and have-a-go runners. So why not **come for a run?**

Alternatively, any **help from Airienteers would be very welcome** – be it erecting a tent, helping with registration or simply keeping runners in line. If you can help, please contact this year's Race Organiser - Rob King – 01943 435415 – thekeingz@blueyonder.co.uk

The Senior race involves a 8.4km tour of some of the finest gritstone scenery. There are also five categories of Junior race from 0.75km (U8) to 2.2km (U16) – all with a bit of 'up'.

Junior Registration opens at 1700 and Junior Races start from 1800

Senior Registration opens at 1800 and the Senior Start is at 1915

The races are again sponsored by the Ilkley Brewery Company, the Complete Runner and, we are hoping, Smooth café and deli.

See you there!

PS Did you run in the earliest Jack Bloor Races way back in the 80's or 90's? Our results archive is missing a few years (1985 to 1989, plus 1993 & 1996). If anyone can find and loan these to us – thanks!

Airienteers and social media

Email revolutionised communications in the 1990s and we now live in a society which is highly dependent on it. The club uses it all the time through Googlegroups and we use it to communicate directly with each other.

Social media is the email of the early 21st Century and the inexorable rise of Facebook, Twitter, and other social media channels are a testament to the way in which we now communicate. Ten years ago, what reaction would you have received if you told somebody you were going to poke them, mention them, like them or follow them? Actually, if a fellow Airienteer had told me they were going to follow me, I'd have suggested somebody with a bit more navigational skill.

But here we are in 2012 and social media is the norm. Nearly 20% of the UK population now has a Facebook account. So, if you can't beat them join them.

Airienteers now has a Facebook page and a Twitter account. We will be using them extensively to promote the club, the sport and generally keep people up to date with club affairs. Don't worry – it won't replace email or the website and it certainly won't be as much fun as that quick conversation in the Aireport tent about your botched attempt at contouring on leg 5 or getting together at a social event.

If you're on Facebook or Twitter, then you can follow the updates from Airienteers. You'll get reminders about events, deadlines for entries and links to results pages. Who knows – with the growth of Smartphones, it won't be long before someone tweets "Lost in the forest, where the heck is number 5? Somebody please help!"

The Facebook and Twitter accounts are both linked from the website. Please like us and follow us and retweet and share much as you can to let more people know about the fun you have in the forest.

I'll leave you with a quote on the use of Twitter – "Twitter is the media through which people share their thoughts before they've actually finished thinking them"

By Simon Bowens

How other see us and an apology.

Chris Burden

Over the years it has been a privilege to be part of the orienteering community, who I have found to be amongst the most pleasant, helpful, intelligent, joyful, empathetic and energetic groups of people to mix with. But that is not necessarily how other people see us.

I have recently received a letter, complaining among other things that orienteers show “their lack of respect for other users of the land (charging towards people yelling excuse me and expecting them to move straight out of the way, plus running out from behind bushes and shrubs startling both dogs and their owners which could be dangerous for all involved!!!!”).

I think I have identified the runner who encountered the dog walker; a very affable young man, well versed in the common courtesies of needing to say “excuse me” and “thank you” to walkers who are passed. He did recall that the dog in question was not on a lead, contrary to the Countryside Code of the charitable trust, on whose land we are told the encounter happened. There are always two sides to every story.

I was fairly certain that the runners themselves would give a somewhat different description of what happened, as proved to be the case. However we have to accept the simple attempt at courtesy did not come across as such to the complainant, whose perspective is ultimately the view that is most relevant. Perhaps when we are really exerting ourselves we cannot always be fully aware as to how courtesies actually come across. Having said that, it is a fact of life that none of us in any human activity will ever satisfy everyone we encounter all the time.

Most of the places we run in are shared with members of the general public. It is inevitable that at times we will startle them, just as they and their dogs will at times startle us. We must always be ready to apologise in these circumstances, and to accept that members of the public have as much, if not sometimes more, right to be there than us. At times we need to adjust our speed or even stop to allow other users of an area to pass. Most of us will have experienced walkers very good naturedly giving as the right of first passage at events, but we cannot assume that will automatically be the case.

The event in question was the, weatherwise, rather grim New Years Day Event at Northcliffe, a day on when very few other people were about. The complaint seems to arise from our use of two control sites that were on the land owned and managed by Heaton Woods Trust. Both these sites were on the lower southern valley slope, an area that was first put on an orienteering map by the now defunct West Yorkshire Orienteering Development Association in the mid 1980s, and first used in an event run by the also defunct Bradford University Orienteering Club. At some stage not long after this, this section of the woodland came under the Trust’s management. It is has more in common with the other council owned woodland in the valley than with the upper slopes of the Trust’s Land, which we did not encroach upon. This is essentially ex-farmland which has been acquired over the past 30 years, initially to stop the encroachment of further urban development. It has been transformed into a mix of plantation and semi open areas. I understand much, if not all, the Trust’s land is now an SSSI.

Neither site used as a control site showed any sign of post event ground disturbance, or indeed, a concern of the Trust, any bluebell growth which could have been damaged. There were some signs of early bluebell growth further up the valley on the council owned land.

The Trusts' complaints about runner's behavior were doubtless compounded by a communication mix up between myself and Mike Cox, which resulted in no permission being obtained from the Trust to use any part of their land. Nevertheless I avoided going near areas that the Trust had informed me were sensitive at the same time of year in the recent past. The land in question is near enough my "back garden", and an area I have as a consequence a special interest in.

I can only unreservedly apologise to the Trust for not seeking their permission. I am even more mortified that this omission appears to have sullied the name of orienteering with the Trust. The outcome is that the Trust has withdrawn all permission for future use of their lands for orienteering.

To some extent that is a conclusion I should also have arrived at independently, as the upper, and larger, part of the Trust's land has only limited value for orienteering, even before one takes into consideration the Trust's imperative that all users keep to the paths – the very antithesis of orienteering.

I hope one day that we may be able to get renewed permission to use the valley bottom which to my untutored eye has remained largely unchanged in character over the 28 years that I have lived in the neighbourhood, with the exception of the improvement to the valley floor path undertaken by the Trust.. The only other major change in this very small area has been the development of a small housing estate where once there was a magnificent abandoned brickworks, with a magnificent decorative chimney that was worthy of a preservation order – but that's another story - the details of which I have no idea. It was sad to see it go.

I wish the Trust well. They have done an excellent job in protecting and developing a small segment of countryside close to the city.

By Chris Burden

Member Profile

Name: Steve Watkins

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

My first proper orienteering event was on Baildon Moor in December 1999, although I'd done several mountain marathons before that.



- How did you get into orienteering?

It was something our climbing friends suggested we do on weekends when we couldn't go rock or ice climbing.

- Do you remember your first event?

As mentioned above, the LUOC Baildon Moor Badge event in December 1999. I ran M21L (as it was the longest course available). There was fresh snow on the ground. I did find the navigation a bit harder than I expected. The course looped around Baildon Bank and came back up through the village – there was a kind of dotted line shown for this section, I thought I had to follow it but found it took me through people's back gardens!

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

No, Aire is my only club. I am a member of Baildon Runners, my local running club.

- Do you have a favourite orienteering area?

No, there are so many great areas. I like a variety of areas, from urban to sand dunes to mountains.

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

The combination of thinking and running. It's never easy and always involving.

- And the worst?

Not being able to get to all the events I would like to do.

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

I had my best results at the JK in Ireland this year, and this lead to me being selected for the England team at the Veteran Home Internationals, so these results score double!

- Do you have an orienteering hero/idol?

Not really... James Logue is the class leader in my age class and he always seems to be impossible to beat or even get near.

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

After competing in, helping out with, and training for running and orienteering I don't seem to have much time for other hobbies anymore! I read and watch films when I can, plus I try and go skiing (downhill and ski-touring/mountaineering) a couple of times a year.

- Any other things that may be of interest to other Aire members...

This year for the first time I've started going to running training sessions with proper coaches – they've been excellent for improving my running and fitness and I think have really contributed to my results this year. The sessions I go to are really good value and they are on the lookout for new

recruits. Talk to me or check out <http://www.sportsshare.org/training/adult-endurance-training> for more details.

Aire Areas- Answers!

1 Temple Newsam

2 Thornton

3 Conistone

4 Bowling Park

5 Northcliffe

6 Cliffe Castle & Devonshire Park

7 Otley

8 Kilnsey

9 Rothwell Country Park

10 Middleton Park

11 Flasby Fell

12 Chellow Dean

'Forest Challenge' orienteering board game



It's a bit late for Christmas but 'Forest Challenge' comes highly recommended by the Hall family who thought other Aire members might be interested. Perhaps for someone's birthday...?

Designed specifically for orienteers, each player takes it in turn to throw the dice and move his token between controls, choosing their own route as in real orienteering. Do you go the long way round on the path where you can travel more quickly or do you take the direct route and fight your way through the dark green? On reaching a control a player takes a Control card and follows its instructions - you might find yourself doing well and taking an extra turn or a lack of concentration might mean you end up in a nearby depression. During the game players can use their Advantage cards in conjunction with their dice throw to help them get ahead of, or catch up, other players. The winner is the first player to reach the finish line.

The use of moveable control stickers means that you can run a different course every game; the four map sections can be laid out in a large number of combinations, providing further variety. Also supplied with the game are four map sheets printed only with the grid so that you can make up a map of your favourite terrain as either a stand-alone area or to join onto the ready-printed map sections. "Forest Challenge" makes an ideal present for the keen orienteer.

- The game includes everything you need to "step over the line" - laminated map, kites, punch cards, "Control" cards, "Advantage" cards, instructions, dice, tokens;
- Design a different course each time you play by using the moveable control stickers;
- The map sections can be fitted together in different combinations for more variety;
- Create score or linear orienteering courses;
- Add even more variety by drawing your favourite terrain on the blank map grids supplied.

Copies of the game can be bought for £7.50 at an NGOC event or £9.00 by post (please make cheques payable to NGOC) from:

Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG

For further information email Alan: legendATngoc.org.uk

How to win a World Championship

In last year's World Championships in France, the "King of the Forest" Thierry Gueorgiou added to his record medal haul by winning the middle, long and relay golds, to give him a total of 10 gold medals to date!

I wrote in 2008 about his "full speed, no mistake technique". (If you would like a copy email me hainesilkley@ yahoo.co.uk)

This article follows the previous one in analysing how he was able to produce such great results when it really mattered.

2010 had been a disappointing year at the WOC in Norway where he only managed two 3rd places and missed out a control in the relay whilst in the lead on the last leg. In his normal way, he didn't dwell too much on failure, but put his thoughts to the following year.

Everything started already last year in fact, when I left Trondheim with the biggest disappointment of my career. Since the WOC relay in Trondheim, all my days have been filled up with thoughts and trainings for World Championships 2011. It didn't help much to evacuate the frustration, but at least it gave something to look forward to.

The WOC terrain in France was going to be very technical which combined with areas of low visibility and stony limestone and brashings underfoot made it punishing for those who could not master the techniques required. Many hours were spent training in relevant terrain (note he is virtually a full time orienteer).

The fight is always won or lost long before the event, and I don't think someone has trained more than me in the WOC relevant terrains during this period. As a result, I am probably also the one who has made the most mistakes in the last year.

"I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." was what Michael Jordan said to explain his brilliant career.

I also had my struggles to handle and understand the terrain. But the next day, I always woke up with a big smile and fresh again, because I knew I was going to enjoy challenging navigation. I haven't been happier to prepare a WOC than this year and that was definitively a key of the success.

So it's not making mistakes that is the problem, but what we learn from them.

As part of his preparation, he ran some "test" races on relevant terrain.

WOC test race in Prépoulin. That was a serious warning. Of course, the 16th control was a caricature but during the whole race I could feel my attitude was totally wrong. I was just focused on beating the others, not on beating the course setter. Quite often during the preparation, I had a short glance on this course to remember what kind of feeling I didn't want to experience at WOC.

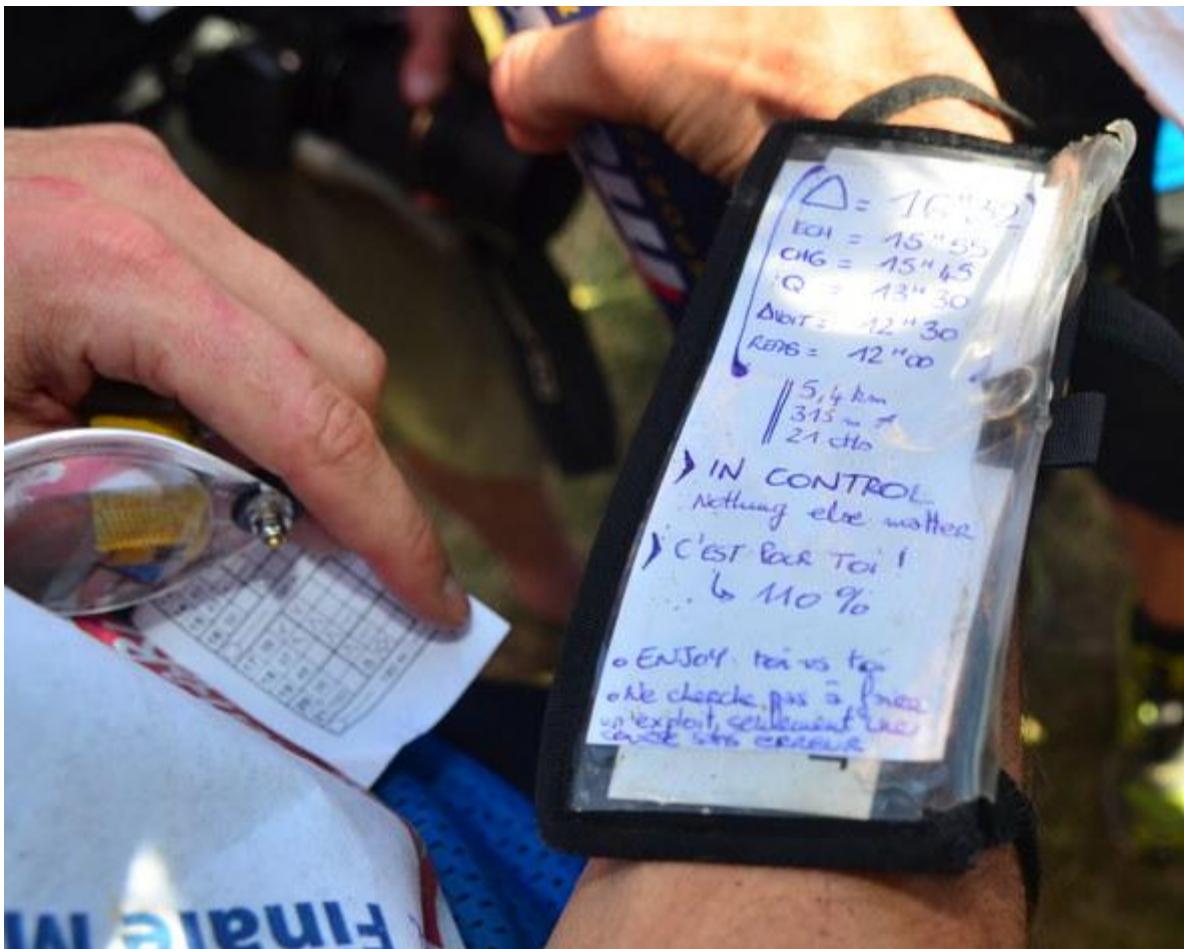


Most significant for me was to have total confidence in my skills, to be ready for the technical challenge. The preparation of a race is always determining, I always try to have the best feeling as possible about my technique to be relaxed on the competition day.

I always try to do some "mental practice" before competitions. I try to create the same atmosphere in my mind as is expected in the next competition, imagining myself running in forests. I use this kind of training also during some running sessions with the map from the following race. When an important competition is approaching without being able to train in relevant terrain, I always try, at the end of my after training session, to do a 10' run with some old maps from this competition area, and try to run some courses mentally. That's a really good preparation if you are not in the same kind of terrain which is expected for competition.

On the day of the middle, the pressure was on and he was the favourite to win. The orienteering was going to be extremely difficult, and full concentration would be needed to avoid mistakes. What does he do that is different from the rest of us?

How did he produce the perfect race on the day it really mattered?

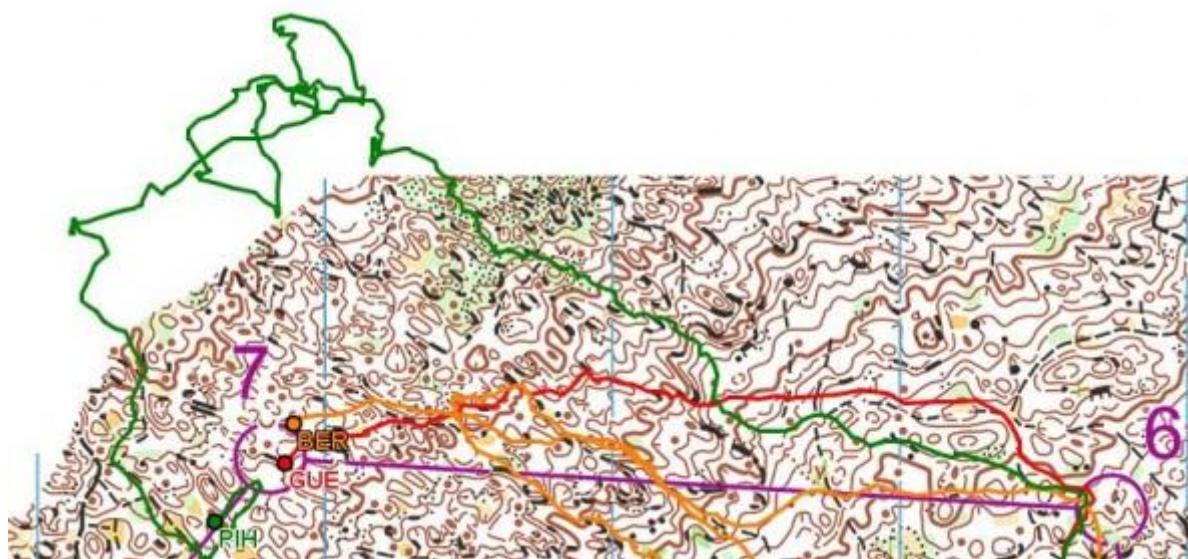


- Don't look for success, only a race without mistakes, Thierry had written on the note in his control description holder for the last preparations. And that is just what he went out and did. The note continues with "Enjoy: You versus You" and "It is for you, 110%". And for sure he did enjoy – at least after the race...

It was really hard to recover from the long distance

- It wasn't the easiest gold medal. It was really hard to recover from the long distance. I was really tired, so all the long way up to the 7th control I had to struggle and push myself hard. I told myself "- OK, the race is over up there, so give everything you have up to control number 7.

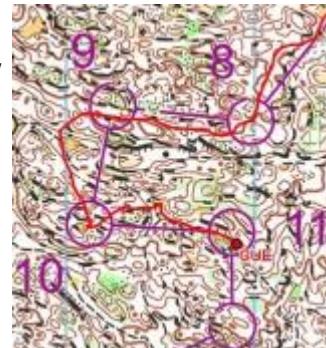
This was not exactly an easy control – but still Gueorgiou pushed hard.



Recover ahead of the last part

- I forced myself to not start walking up that long hill. I lost control for some second on the way, but I regained control quite fast. The terrain changed characteristics after the 7th control, from good visibility and few cliffs to an area with more cliffs – and more tricky orienteering.
- After the 7th control there was slower terrain where you could not run so fast, so I could get some rest. That was good because I could recover ahead of the last part.

In the last part of the course after the arena passing the orienteering was – as it often is – less tricky.



- Then from just before the arena it was just to push hard again for the rest of the course.



Disappointment turned to joy and relief

What lessons are there in all this for the ambitious orienteer, whether it is to win a WOC medal, or merely the club league?

- Concentration from start to finish is definitely the key in orienteering to achieve good results. Many orienteers achieve very good split times, but only total time counts when the finish line is crossed. Critical times to lose concentration are on the way to number 1, seeing one of your competitors, someone behind you, near the end of a course and spectator controls.
- Mental training is also an important part of preparation. If you can dream it, you can do it!
- Do some "mental practice" before competitions. Try to create the same atmosphere in your mind as is expected in the next competition, imagining yourself running in forests. Use this kind of training also during some running sessions with a map.
- Focus on not making any mistakes, not on beating the others. It's "you versus you".
- Finally, ENJOY! if you are really looking forward to the course, you are more likely to have a good run!

Peter Haines

Calling all Airienteers under 25

Do you lack the means to pursue your dreams in the outdoors?

Have you heard of the **Jack Bloor Fund**?

The **Jack Bloor Fund** is

- Available to young people up to 25 years who are members of an eligible Yorkshire Club (see below)
- Grants are to be used to improve a physical and/or technical skill in any recognised outdoor pursuit
- Up to 50% of the total cost is available with a maximum grant of £300

Eligible Clubs are

- Yorkshire Orienteering Clubs affiliated to the British Orienteering Federation
- Yorkshire Mountaineering Clubs affiliated to the British Mountaineering Council
- Yorkshire Fell Running Clubs affiliated to UK Athletics (North of England AA) or the FRA
- Yorkshire Scout or Girl Guide Groups affiliated to the Scout Association

Further details and application forms can be found at www.jackbloor.co.uk



The 27th Anniversary Jack Bloor Races on Ilkley Moor are on the **evening of Tuesday 8th May 2012**