

# Aire Affairs

July 2013



 **Airienteers**  
Orienteering in Airedale and Wharfedale

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Cover Photo: A very focussed Andrew Kelly finishes at the British Championships

## EDIT O - Pete Jones

The summer has finally arrived in earnest so welcome to a hot and sweaty edition of Aire Affairs (or more precisely your editor, finding it hard going below, whilst doing his best Bruce Willis impression).

The last couple of months have seen both the British & Northern Championships, with a number of AIRE successes in the latter, but only a single but stunning success in the former where our W14 girls won their relay - a great result.

It's been good to see that our local events, such as the AIRE Summer series, have been well supported and are ideal for this hot weather.

AIRE are looking to block book accommodation for a number of upcoming major events so make sure



you check out the options on AIRE accommodation for this year's Compass Sport Cup final, and next year's JK and British Champs. This has worked really well in the past so I would encourage you to take up the offer. Places on a first come first served basis.

Many thanks to those who have contributed to this month's edition of AA. Copy is still hard to come by. I have had only a few contributions for this edition, so can I still exhort you to send copy in - doesn't have to be O specific - just something related you think the readership might enjoy (such as Ian Furlongs continuing adventure racing articles). Anyway, as a result, I thought you might enjoy a few more pictures. Please see pages 13 and 14 for a pictorial spread on our recent Fat Rascals weekend (photos courtesy of Lawrie Phipps, [lawrie.wordpress.com](http://lawrie.wordpress.com)).

Speaking of the Fat Rascals, a rather strange occurrence happened at the Sunday event at Baildon. Whilst Leon Foster and the team were collecting controls in, it emerged one of them (and the control box) was missing. Not that unusual you might think. It subsequently emerged that a 'suspicious package with wires coming from it' had been reported to the police. A significant police presence then surrounded the item which was later removed to the cells of Keighley police station. Bernard Foster (the organiser) was last seen trying to retrieve said item. Neither he nor control 206 has been seen since.

Finally, hot off the press, I've included the results from the Yorkshire Sprint Champs held at Hull University on 19th July, where AIRE enjoyed a plethora of successes including a 1,2,3, on the Men's Open Course.

And now off to the Scottish 6 Days. Good luck to the 40+ Airienteers travelling to the highlands.

## AIRE NEWS

### Chair Affairs - Ian Marshall

Running the club continues to be challenging for myself and the committee, with the continuing illness of our secretary Nick Jones – all the best to Nick who will be missing the Scottish 6 Days.

I am very grateful to Rob King for taking on the lead role for this year's Peter Palmer Junior Team Relay on 7<sup>th</sup> and 8<sup>th</sup> September – this year at Hawse End in the Lake District. If you are a junior intending to take part, or the parent of a keen junior, please contact Rob as soon as possible.

Also, Rob has organised accommodation for our trip to the Compass Sport Cup Final on 20<sup>th</sup> October in the Forest of Dean. This should be a good club-based weekend. Again, contact him now for a place. It is hoped to provide a minibus option for travel to the weekend, for those who would like it. Rob has also booked accommodation for next year's JK and British – see elsewhere in this magazine.

A date for your diaries is Saturday 5th October 2013 – your club AGM. The committee is investigating a new venue.

Finally, for those travelling to the Scottish 6 Days, have a great week and the 23 that volunteered to help on Day 2 – thank you, but your services are no longer required (unless you would like to relieve a volunteer on the day). 65 members of Lakeland OC have been recruited to help cover everything. Please see the Day Organiser, Ken Daly if you are still keen to help – otherwise, just enjoy the competition.

### Aire Accommodation

Next year's JK in South Wales and the British Championships weekend in Northumberland both promise fantastic orienteering competition on quality terrain in some great parts of the country. But first, what better time to visit the Forest of Dean than during the autumn colours of October when AIRE will be defending its title in the Compass Sport Cup Final. For the enjoyment and convenience of club members, AIRE has organised some quality group accommodation for each of these major events.

#### (1) COMPASSSPORT CUP FINAL 2013

##### Forest of Dean

Warm-up      Sat 19 Oct      Parkend Walk, Parkend, nr Lydney,

Final          Sun 20 Oct      Moseley Green & Danby Lodge, nr Blakeney

Further event details at [CSC Final 2013](#). AIRE Accommodation: **Braceland Adventure Centre**, Christchurch, Coleford, see [Braceland Adventure Centre](#)

Not far from Symonds Yat Rock and only 5 miles to Sunday's event, **Sleeps 24** in 4 dorms/bedrooms for 10, 10, 2 & 2, assumed self-catering preferred ... although alternatives do exist. **Costs: £19 per Senior, £15 per Junior** for one night (Sat 19 Oct). Please respond promptly as we need to decide whether to reserve all or part of this bunkhouse. Thanks!



*Braceland*



*Wern Watkin*

## **(2) JK ORIENTEERING FESTIVAL 2014**

### **South Wales - Easter weekend**

- Day 1 Sprint Fri 18 Apr Swansea University & Singleton Park
- Day 2 Individual Sat 19 Apr Merthyr Common, nr Ebbw Vale
- Day 3 Individual Sun 20 Apr Mynydd Llangynidir, nr Ebbw Vale
- Day 4 Relay Mon 21 Apr Pwll Du, nr Blaenavon

Further event details at [JK 2014](#)

AIRE Accommodation: **Wern Watkin Bunkhouse**, nr Crickhowell, also known as YHA Llangattock Mountain, see [Wern Watkin Bunkhouse](#). This looks fantastic!! An independent, 5-star, quality bunkhouse. Located on east side of Brecon Beacons, 2 miles south of Crickhowell. Only 9 miles drive to JK Days 2 & 3 and 6 miles to JK Relays on Day 4. Surrounded by great countryside for walks, runs, bikes or just chillin'. **Sleeps 30** in rooms for 6, 6, 6, 6, 4, 1, 1, all en-suite. Great self-catering facilities and communal spaces, inside and out. Under-floor heating and drying room. Take a look at the [360 tour](#). AIRE has booked sole-use of this bunkhouse for the three nights of Fri 18<sup>th</sup>, Sat 19<sup>th</sup> & Sun 20<sup>th</sup> April 2014.

**Costs: £60 per Senior, £48 per Junior** for all three nights

For some the JK w/end will fall in the middle of a 2-week Easter school holiday. The WOA hope to organise other O-activities in the week leading up to Easter. Anyone wishing to stay additional nights at Wern Watkin should note that only group bookings can be made until December after which individual bookings may be made (via YHA).

## **(3) BRITISH ORIENTEERING CHAMPIONSHIPS (LONG DISTANCE & RELAYS) 2014**

### **Northumberland**

Long Distance Champs Sat 31 May Thrunton & Callaly, nr Rothbury

Relay Champs Sun 1 Jun Beanley, nr Alnwick

Further event details will later link from [here](#). AIRE has booked sole-use of two separate bunkhouses for the two nights of Fri 30<sup>th</sup> & Sat 31<sup>st</sup> May 2014:

### **(a) The Bunkhouse at National Trust Cragside, 1 mile north of Rothbury**

See [NT Cragside Bunkhouse](#). AIRE has stayed here twice before, recently renovated, full self-catering facilities; access to gardens & grounds But NT says dogs not permitted, only 6 miles south of Day 1 and

11 miles south of Day 2. **Sleeps 16** in rooms of 6, 4, 2, 2, 2. **Costs: £26 per Senior, £18 per Junior** for the two nights

**(b) Chatton Park Farm Bunkhouse**, 5 miles east of Wooler

See [Chatton Park Farm Bunkhouse](#). AIRE stayed here in 2009, on a working sheep farm, full self-catering, log burner, brilliant showers! Only 16 miles north of Day 1 and 11 miles north of Day 2. **Sleeps 12** in two rooms of 6. **Costs: £32 per Senior, £24 per Junior** for the two nights. For some this will be the last weekend of the May half-term and so could be a fitting climax to a holiday in Northumberland.



*Cragside*



*Chatton*

#### **(4) BOOKING INSTRUCTIONS**

First come, first served. As the Club is standing the deposits on these accommodations we are seeking full payment at the time of booking. The costs are designed to provide a small sum for the Club to cover any costs. To ensure full take-up we will, if necessary, offer any spare places to members of other orienteering clubs as the event entry dates progress. We will clearly communicate remaining availability to AIRE members. You are welcome to organise yourselves into groups and request a particular room if you wish. Again, first come, first served (and our Honourable Club Secretary is first in the queue!). Thereafter, being orienteers, I will assume you are all pretty flexible!

So, to secure your berths: **(a) Send full payments to AIRE's Treasurer, Natasha Conway, please** send separate payments for each of the three events preferably by electronic bank transfer. E-mail [nconway1@virginmedia.com](mailto:nconway1@virginmedia.com) for AIRE's bank account details

Include the event and surname in the reference, eg CSC Surname, JK Surname, BOC Surname. Alternatively, send a cheque payable to 'Aorienteers', indicating the event and name to which it applies, to: Natasha Conway, AIRE Treasurer, 7 Moor Drive, Headingley, LEEDS, LS6 4BY

**(b) Send e-mail to Rob King [thekingz@blueyonder.co.uk](mailto:thekingz@blueyonder.co.uk) indicating:**

- Which event(s) you seek accommodation for
- Which accommodation venue preferred (if applicable)
- No of seniors
- No of juniors
- All names
- Details of payment(s) made to Club (i.e. how much & when)

## Compass Sport Cup Final - Dave Alcock

**2013 Compass Sport Cup Final, 20 October 2013 – information and how to enter!**

**Get ready to help AIRE do battle against the other clubs in the UK as we try to retain the Compass Sport Cup that we won last year!** We qualified for the final after a great turnout and a fantastic victory in the Slaley Forest Regional Round in spring. Wouldn't it be great if Airmen could retain the Cup which we won last year in Scotland? After all, this year it's on home turf in England, Rob King has arranged an accommodation option (please contact him about this), we hope to be putting on a minibus (more information to come), and SYO have failed to qualify! Prepare for battle by following these steps:

Step 1: Read the initial details about the event below

Step 2: Input your entry details at [www.tinyurl.com/aire2013](http://www.tinyurl.com/aire2013) by **28 September** (do this as soon as possible, and pay your fees - £12 seniors; free for juniors – on race day)

Step 3: Keep an eye open for information about transport and accommodation!

Initial details from the organising club, BOK:

The 2013 Compass Sport Cup Final will take place in the Forest of Dean on 20 October 2013. Apart from non-competitive White and Yellow courses, it will be a closed event for members of qualifying clubs only. There will also be a string course. A warm-up level D event will be organised by NGOC at Parkend Walk, FoD, for Saturday 19 October.

**Online information:** This will be posted on [www.pgopage.co.uk/compasssportcup.htm](http://www.pgopage.co.uk/compasssportcup.htm), to which there is a link from the Compass Sport magazine website.

**Location:** Near the village of Blakeney. Access to car parking track off the B4431.

**Assembly:** Field is at SO644081. Walk from car parking may be up to 1.4km with 80m climb.

**Entries:** Pre-entry through participating clubs, ONLY – via [www.tinyurl.com/aire2013](http://www.tinyurl.com/aire2013)

**Parking:** Car and minibus parking on forest track leaving B4431 at SO656074. One-way only, exit to North. Track is wide, firm and dry.

**Start times:** These will be pre-allocated, published several days in advance of the competition, and must be adhered to. Start times are likely to be 1030-1330 (TBC).

**Terrain:** Mixed woodland, beech and conifers, with rough open areas, occasionally steep. Undergrowth may be thick in places. Some courses will cross roads which may not be marshalled, and care must be taken.

**Facilities:** Toilets, Ultrasport, 2 food outlets, Compass Sport Magazine stand.

*Thanks and I look forward to receiving your entries! David Alcock, CSCup Captain*

*PS Did I mention that you must visit [www.tinyurl.com/aire2013](http://www.tinyurl.com/aire2013) by 28 September?*

## Peter Palmer Relays 2013 - Rob king

Over the years the PPR event for juniors has provided a unique opportunity for young orienteers of varied experience to form a junior team and compete against similar teams from other clubs. The event is also a renowned social occasion! Here is a summary of the competition: *The race is over 6 laps, at least 2 laps must be run by girls and at least 2 laps by boys. Courses standards range from Yellow to Green. The first lap will be run in darkness. Leading teams will start the second lap still needing a light to read the map, but most of this leg should be run at dawn.*

In 2011 AIRE Juniors won the younger teams' competition. PPR 2013 is to be held near Keswick on the **weekend of 7 & 8 September** (Sat pm & Sun am). For many this is probably the first weekend of the autumn term. For a few it may actually be the last weekend of the actual school summer holiday. It would be useful to gauge likely interest and availability from AIRE Juniors.

Please respond to Rob King, indicating whether you are - definitely, possibly or not interested and definitely, possibly or not available - to form a PPR team for AIRE.

## Helper Vouchers - Free Entry - Guy Patterson.

To be given to volunteers in recognition for giving up their time and use of their skills and knowledge to make orienteering races take place. Helper Vouchers are valid for free entry to Airienteers B, C and D races. B races need two Vouchers per competitor. C and D races one Voucher per competitor.

How to use the Helper Vouchers.

### **B Races.**

Most of our B races offer pre-entry.

Online: Orienteers will enter on-line using Fabian as normal and pay the advertised fee. On the day of the race, orienteers will take two Helper Vouchers per entry to Registration where they will redeem their entry fee in cash.

Postal: Orienteers will enter using a Standard Entry Form. Enclose two Helper Vouchers per entry.

Entry on the day: Use two Helper Vouchers per entry at Registration on the day of the race.

### **C Races.**

Some of our C races offer pre-entry.

Online: Orienteers will enter on-line using Fabian as normal and pay the advertised fee. On the day of the race, orienteers will take one Helper Voucher per entry to Registration where they will redeem their entry fee in cash.

Postal: Orienteers will enter using a Standard Entry Form. Enclose one Helper Voucher per entry.

Entry on the day: Use one Helper Voucher per entry at Registration on the day of the race.

### D Races.

Use one Helper Voucher per entry at Registration on the day of the race.

The Helper Vouchers will be distributed by the Organiser.

Two Helper Vouchers to be given to the Planner and Controller and the Organiser retaining two.

The Organiser will give several Vouchers to each Team Leader.

The Team leaders will give each Helper one Voucher, early if possible, so Helpers can use the Voucher at that particular race if they so wish.

The Organiser/Planner of D races will award themselves one Helper Voucher. Spare Vouchers to be returned to the Organisers Box.

## Jack Bloor Race

A few photos from the race that a number of Airienteers are involved with.



Laura King



Winner - Chris Smithard



Joe Woodley



The important bits



Steve Webb collects his prize from Robert Bloor

## Yockenthwaite – Day 2 Dales Weekend – 15<sup>th</sup> September

Yockenthwaite is a new area, recently surveyed, at the far north of Wharfedale. It will be the venue for the second day of the Dales Weekend on Sunday 15<sup>th</sup> September



Yockenthwaite is a mixed limestone and gritstone area that provides a considerable contrast to the first day of the Weekend at Malham Moor, which is in the classic Dales limestone terrain of limestone pavements and dry valleys.

Yockenthwaite is steep sided over much of the area and has some significant limestone cliffs. It is also characterised by significant areas of swallow holes. It is virtually pathless and there are no walls to cross. There are

just sufficient walls and paths to allow junior courses to be planned. These will be on the periphery of the areas visited by the senior courses.

The terrain is generally very runnable. The summit plateau, visited by the longer courses, has areas of very complex peat terrain, very different to the lower areas, and which will hopefully provide a significant navigational challenge – and possibly reduce running speed in places.



On a good day all courses will provide spectacular views of Upper Wharfedale. For those on the longer courses, if they have time to pause they will also have views of Penyghent, Ingleborough, Whernside, Wensleydale, Wild Boar Fell and distant glimpses of the Howgills and Lakeland peaks. On a bad day..... well, the area ranges from 280m to 640m above sea level. Come prepared!

The start for all courses will be only 700m distance and 130m climb from assembly. The finish will be close to assembly.

An area not to be missed. Put it in your diaries.

# CHAMPIONSHIP SUCCESSES

Well done to all our recent podium finishers. Apologies if I've missed anyone out.

## British Championships

Having just come back from the JK it was a small and hardy band of AIRE competitors who trekked into the deep south once again. Sad to say, despite some good performances, no one troubled the podium in the individual race. So I've made up for this in photographic material - clearly you can't fault the effort. In the relays, our W14 girls had a storming run to win their class 4 minutes clear of the 2nd placed team. Well done girls.

### Relays:

W14 1st. Lucy Haines, Laura King, Annie Brown



## Northern Championships

Much more successful here, but less pictorial. Results below are as published. I can't tell from these who the 'Northern Champions Trophy Winners' actually are because intruding southerners are ineligible for the trophies, so we may have actually had a few more 1st places!

### Winners:-

- W14A Laura King
- W20E Cerys Jones
- W21S Sue Stevens
- M18S James Avis
- M60L Alistair Wood

### Podiums

- M65L 2nd Tony Thornley
- M18L 3rd James Avis
- W40L 3rd Sophie Brown

## Yorkshire Sprint Championships

Results as published. Again, I can't tell from these who the true 'Yorkshire Champions' actually are, due to foreign intervention. (I do know that in the Mens Open, Dave and Pauls moved up a place with Richard Foster in 3rd)

### Men's Open

- 2nd Dave Alcock
- 3rd Pauls Liepens

### Veteran Men

- 1st Steve Watkins

### Super Veteran Men

- 1st Andrew Kelly

### Ultra Veteran Men

- 3rd Chris Burden

### Junior Men

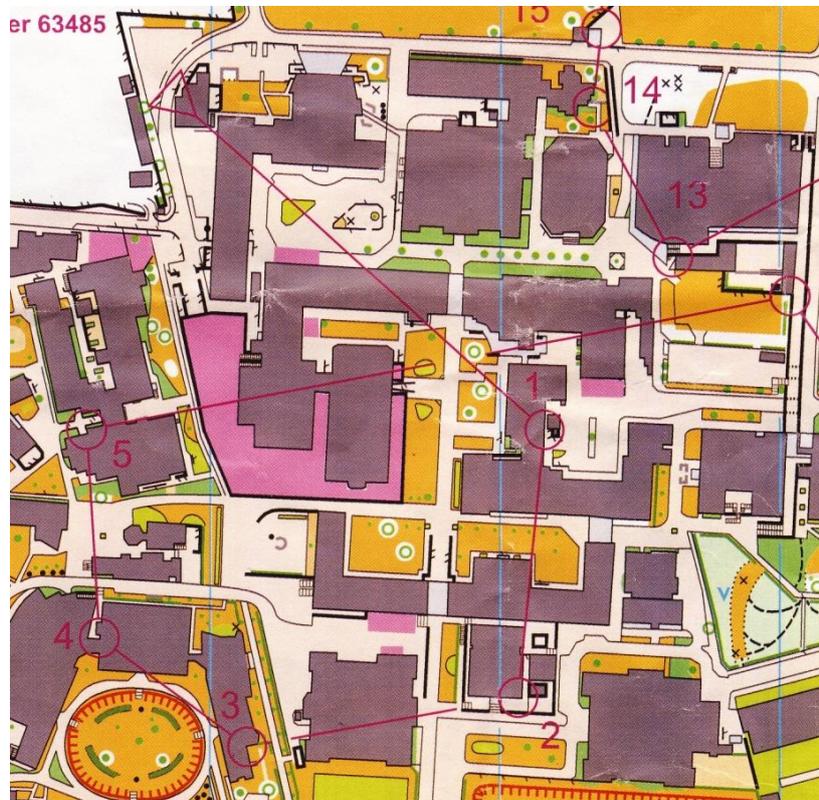
- 2nd Miles Gilleard

### Veteran Women

- 2nd Heather Phipps

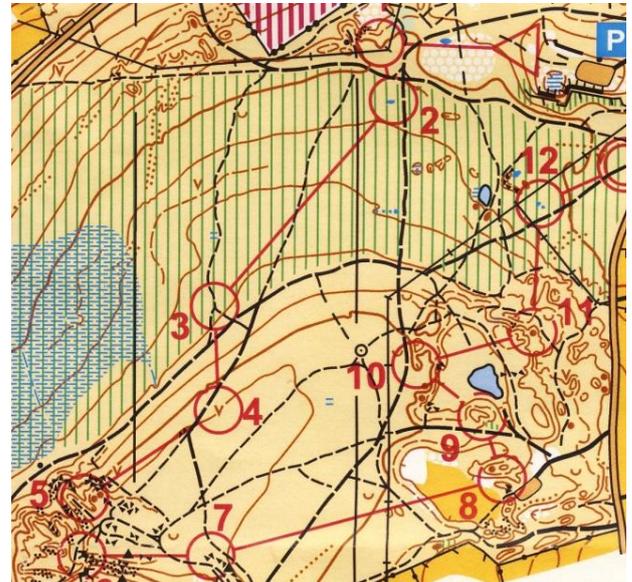
### Ultra Veteran Women

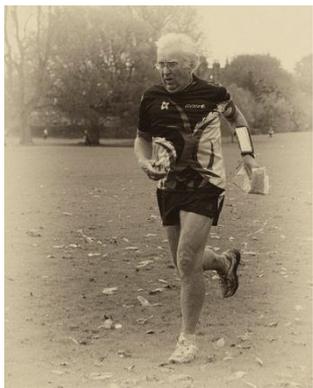
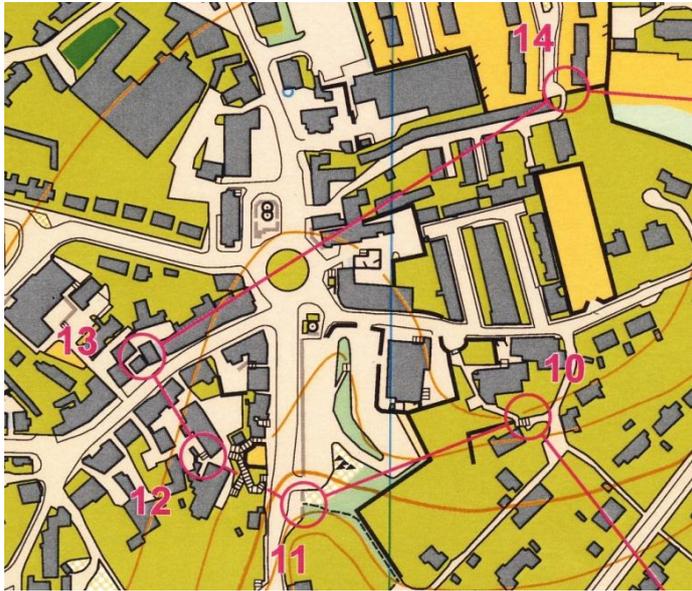
- 2nd Gill Ross



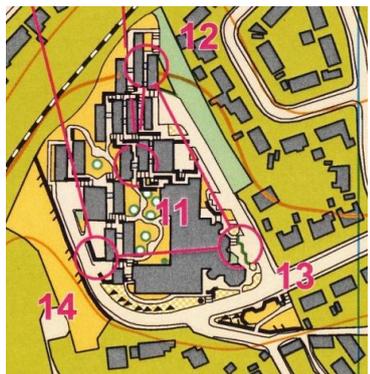
## FAT RASCALS

Hopefully, a good weekend was had by all. Many thanks to the team for putting on a successful weekend. The day 1 format proved interesting with a relatively typical urban sprint event around Haworth followed by a more traditional sprint on Penistone Hill. The switch certainly seemed to prove a reality check to come competitors. Baildon was back to long distance urban orienteering with some interesting route choice legs from Leon Foster the planner. The latest up-date on control 206 is that the Police have finally located it and Bernard has been allowed home.





Some nice B&W imagery from Lawrie Phipps, in no way suggesting these two experienced AIRE members have been out a long time.



# JUNIARIES

## Juniares Edito - Joe Woodley

After a tough month exams are finally over! This means I can get in some quality training over the next few weeks, leading up to the Scottish 6 days. It's nice to see so many of the younger Aire members finishing well up the field at events in our region. A particular well done to Lucy Haines and Laura King who have been selected for the Lagganlia summer tour, I'm sure you'll have a great time, make new friends and learn a lot. We'd love to hear about the week in the next edition of AA! Many juniors have also been entering Fell Races like the Jack Bloor with more good results. I too have been doing lots of Fell running and as a result am feeling much stronger when running hills; they are always good fun, both juniors and seniors should give them a go! I have an exciting summer of orienteering planned, with trips to Norway and Sweden. The Scottish 6 days should also be a great event and it will be good to watch the World's Elite compete at Euro Meeting, with athletes in preparation for WOC 2015. The areas are amazing and it is also selection for the European Youth Championships, one of my main goals for the year. I look forward to seeing many Aire members there enjoying some high quality holiday racing!

Joe Woodley

### World Schools Orienteering Championships 2013

The trip started with a 4am wakeup call and before I'd woken up fully the entire England team consisting of 40 athletes and 8 coaches were airborne and headed for Portugal. Two years ago I went to the World Schools in Trentino Italy; it was one of the best trips of my life, I couldn't help but anticipate another great week. As we approached Faro airport the excitement built. The golden sands of the Algarve stretched for miles into the horizon as we began our descent. On arrival the England team were greeted and bussed to our accommodation in Monte Gordo a small town close to the Spanish border. That afternoon we unpacked before heading to the beach which was just 50 metres from our hotel. In the evening we spoke to some of the other nations as everyone was staying in the same hotel.

The next day we went training in areas similar to the Long and Middle distance races. It was a great opportunity as both training areas bordered onto the actual race maps so provided an accurate idea of what we could expect. In the morning we trained on the Long model area. I ran a few of the controls, and then jogged around the map to view different sorts of features and vegetation in order to assess how things would be mapped. In the afternoon we moved to the middle training area. I went around the course getting a feel for the area.

Quarantine for the middle race was located just 250metres from the hotel. Once there I chilled out listening to music and chatting as I had over an hour until I ran. My warming up went well and I felt prepared on the start line. The first control went well. After that I threw away two minutes on number 2. My bearing was rushed and my distance judgement poor, I paid the price. After that I pushed hard but struggled to interpret the 2.5 metre contours in low visibility vegetation and lost a bit more time. At the finish I was bitterly disappointed. I hadn't been in control and lost contact with the map several times. I was surprised to finish 14<sup>th</sup>, evidently others had come up against the same challenges. I was also second counter for the England M1 select boy's team. It was great to watch Dane Blomquist a

member of the England Team collect his gold medal. He had a great race and came joint first, with a top quality Swedish runner.

After a disappointing middle distance race I was looking forward to the long. I enjoyed the 'Cultural' rest day on which we visited a typical Portuguese town but couldn't wait to race again. The open hillside of Santa Rita wasn't so dissimilar to some British areas and I knew it would play to my strengths. I wanted to have a clean run and stay in control. I started well and was pleased with my execution of the long leg.



Joe Woodley, (Aorientees), 4th at the World Schools Long Distance race. Flower Ceremony.

I lost a bit of time going to 8 but continued to attack the physical terrain and spiked the rest of the controls until 18, where I lost about 30 seconds as I thought I was in the southern re-entrant. When I finished I was in first place. I knew this wouldn't stand as I'd made some mistakes and the later start times would provide quicker runs as the vegetation continued to be trampled. I finished in fourth, I am really happy with my position, and satisfied with my run.

After the long distance race we had free afternoon, me and a few other senior boys and our coach went for a short recovery run along the sea front, stopping to cool off in the beach showers! After that we chilled out for a few hours in our room and by the hotels swimming pool.

The Last race was the friendship relay, after finding my team mates a Slovenian boy and a Spanish girl we collected our maps and worked out who would get which controls. The friendship relay is basically a fun team score event to round off the week. There are 3 compulsory controls that all team members must visit, at the same time. The rest can be divided, with the best

runner going for the most or all the further controls. Teams are decided, based on performance in the individual races, to create even teams. In order to do well good planning is essential, with everyone collecting enough controls to converge at the compulsory controls at the same time to reduce waiting times. I was blessed with team mates whose English was particularly good which helped... a lot. We finished in the top 40 out of over 150 teams an improvement on my place in World Schools 2011 Friendship Relay. Great Fun!



That evening team medals were presented at the closing ceremony. Many English Teams were on the podium with The Junior Boys Select claiming Gold. The senior boys myself included, had clinched 2<sup>nd</sup> place under a minute behind the leading Slovakian team. It was amazing going up as a group, and it felt great to earn our great coach Ben Chesters a medal, for all the hard work he had put in throughout the week. After the closing party, and saying good bye to our everyone, (this included sneaking out at three in the morning to send off our Latvian friends from the balcony below, who were getting an early flight) we headed to bed.

I thoroughly enjoyed the week and would like to thank all the English coaches, particularly Dave the head of delegation and also our team coach Ben. I would also like to thank the Jack Bloor fund who continue to support my orienteering endeavours, and also the British Orienteering Support Fund whose money allowed me to travel to, and train in some appropriate sand dunes areas prior to the competition

And finally 'WhAIRE' in the World. Looks like yet another tough day for Joe, but where exactly is he. The answer will appear in the next edition.



## FEATURES

### **The Further Adventure Racing Adventures of Ian Furlong**

Full report with pictures <http://www.totalxc.co.uk/blog/755>. Adventure Racing is not only about multi-day nonstop events, since the Adidas TERREX expedition last summer there has been a winter full of shorter events, typically 5 hours and split between running and mountain biking. Now the summer is here, there are a few 12 hour and weekend events. The last event I entered was the Open Adventure 2 dayer. Based out of Rydal Hall, Ambleside, the race involves 5 action packed races over the weekend; orienteering, mountain bike orienteering, night orienteering, then the following day a trail run and kayaking. The format is great for fast and furious racing – but it does make for a rather tough weekend.

I had entered as a solo this time and while at registration I got speaking to a competitor, who it turns out is also a fellow Airenteer - Alan Kitchener.



### Event 1 - Orienteering

2 hours running in the fells. I didn't quite manage to clear the course, having to drop 2 x 25 pointers but a steady start to the weekend. I came in just 6 seconds over the time limit, no big issue to lose 2 points at this stage so I was happy. I pushed quite hard on the last ascent, but I started to wonder if I going to be able to keep up that intensity for the rest of the weekend? Still, nothing to complain about, it's been a while since I've raced in the sunshine.



### Event 2 – Mountain biking

After an hour or so the mountain bike section was underway. Even with 5 hours to peddle around the hills and

country lanes it was quickly evident that the course was far from clearable. I opted to ignore any 10 pointers, unless I was going right past them en route to the higher scoring check points. Despite having raced a few times in the area, the planner managed to uncover some great single track that I'd not visited before. Some trails I'll definitely hunt out next time I'm in the area (between CP 27, 31, 34 and 35 in particular). An all-too-brief break when crossing on the Windermere Ferry left about an hour and a half to pick up a few CPs to the East of the water and a final technical descent (28 into Ambleside). I went flying over the handle bars on some serious looking rocks, but fortunately managed to land on my feet. I eased off a bit and came in with a few minutes to spare. It had been a long ride, rewarded by the top score outside the teams, which is quite rare for me. I'm usually stronger on foot than on bike, but perhaps that's got something to do with all the cycling I've been doing lately (and less running). Hmm.





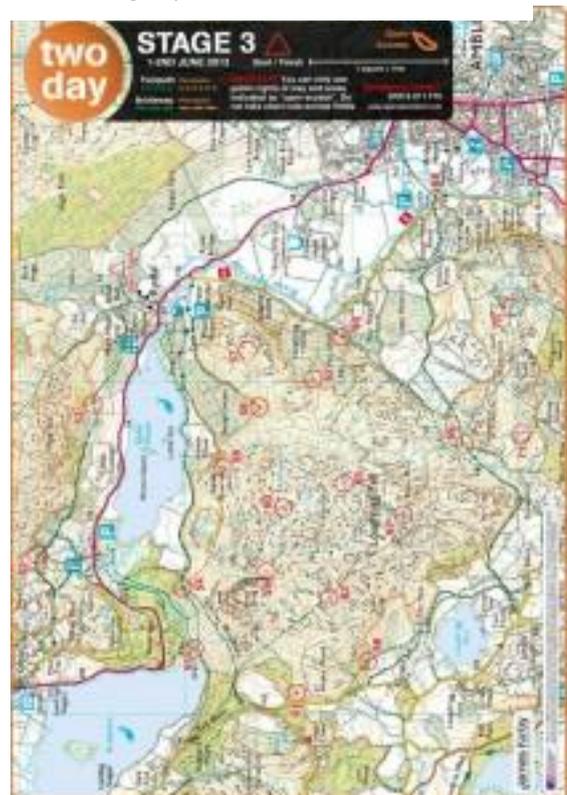
### Event 3 – Night Orienteering

In theory, my strongest event. I'm pretty happy running around in the dark with a map so I was intending to do well in the 1.5 hours late at night. What I didn't allow for was the fact that the preceding 7 hours of solid racing might have left my brain a bit frazzled. All was going well until about half way

through when I neglected to take a bearing and ran straight along the obvious path in front of me, beautifully illuminated by my Hope R4 head torch. Unfortunately it turns out, this path was almost 90 degrees in the wrong direction. (From 69 I was aiming for 70, but ended up on the bridleway to the East of 69). Something didn't feel right, but what the hell, I must be in the right place – it'll work out. A bit more running and this definitely wasn't working. I had no idea where I was. Was I off the map? I was lost.

Fortunately I picked up a footpath heading North, which would take me back towards the open fell, then a road, appeared. How had that happened? No time to worry now, at least I knew where I was. And I knew there was a big hill, 3 large scoring CPs and only 20 minutes left!

I had totally lost concentration, I was flagging, and I was convinced any chance of a good finish was out the window. I must have made a dozen silly errors on the way in, costing me precious time and I was soon losing penalty points. I twisted my ankle on a stupidly fast descent. I was

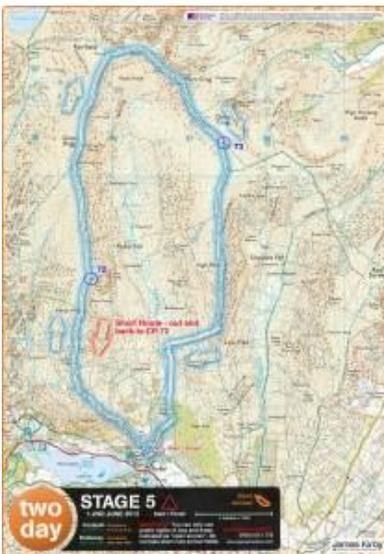


last to finish, 12 minutes late and a huge 55 point penalty. Bummer.



As it turns out, I still came 3rd (solos) in this section. After all that, there was no need to risk that extra check point, my low risk option would have seen me finish with very respectable score. Serves me right for being too greedy.

#### Event 4 – Trail Race

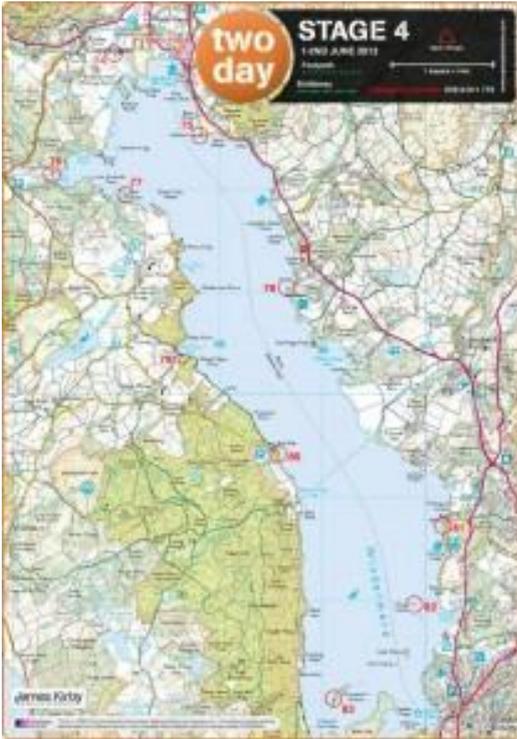


With the late finish last night, I didn't get to bed until after midnight. I was up again at 6am for the early briefing. We were to embark on a mass start fell run first thing. The scoring was based on finish time relative to the fastest finisher, so places didn't count, just all out speed. The route followed the Fairfield Horseshoe – which is essentially a sharp climb up to about 750 meters, a huge ridge run, then a sharp descent to finish. I was really struggling to run on anything uneven with my swollen ankle from last night, but as long as I could find soft, flat ground I was able to keep moving along with a few other teams and solos.



Going into the last 2 events I was sitting in 2nd, with Timothy just in front and Campbell just behind. Unfortunately I could do nothing but watch the guys dash off in front of me during the run, I just tried to keep the time damage as low as possible. Ian Grace from Endurance Life was very kind in making sure I was alright on the way down and we crossed the finish line within a minute of each other. We finished in just under 2 hours, but well behind the fastest runner of the day, Joseph Bedford, in an impressive 90 minutes!

## Event 5 – Kayaking



All that lay between me and a nice lie down was a 2 hour kayak stage around the Northern end of Windermere. We did not know the standings going into the last race, so despite how much I wanted to, I knew I had to push hard. The problem was that Campbell is an Olympic silver medallist in – canoeing! “Sit-on tops are so slow, it evens the playing field” he says, “If you say so”.

I dropped the furthest 2 CPs and finished with about 15 minutes to spare. I might have just been able to squeeze in one more CP, but it would have been close. All I could do now was eat, pack up, sit down and wait for the results.

I don't think I could have given much more over the weekend of racing. Racing solo is an interesting experience, you are your best friend and worst enemy. I think it helps sometimes, but it is hard to keep going when it gets tough (or you lose your focus like on the night orienteering). So as we waited for the results, despite the one mistake the night before, I was happy with how things had gone. I'm always too critical of tactical/navigation issues anyway.



So when the results were read out and I managed to hang onto 2nd I was delighted. Campbell had stormed the run and kayak to jump to first, Timothy had lost ground on the kayak to take third.

## CLASSIC ERRORS

### Beware the Thumb My Son - Bruce Woodley

Lingmell Fell, Langdale. I'm horking and snorking. A streaming cold inside my head and outside the car. If it wasn't for the 2 hour drive and entry fees I'd sack this off. Oh joy 1.5km to the start and chucking it down.

Chest tight I manage a hacking shamble through the first 2/3rds of the course. Time telescopes, it seems I've been out for ever. Then its downhill, the clouds breaking up, I'm enjoying this. Harlequin O-suit emerges from behind a boulder, I've seen him before. Push the pace. Final Fields. A race clock, heck that's a top 3 time.

What the... MP. I've beasted myself for nowt. Back in the car warming up I work it out. I was told always thumb your position on the map, know where you are at a glance. In my downhill haste, planning a leg ahead, Harlequins distraction had been enough for me to run my thumb over his boulder, which was my boulder and... the headless chicken in me triumphs again.

I can do it uphill too. Top of Marsden Moor the hard bit behind and I'm going well. I've done the hard Eastern Slope, negotiated the valley tussocks and I'm about to take my eye off of the ball. Contour steeply and plan the final controls. Whizz in to win. MP! Yes, I can plan ahead, contour like a good'un and cruise coarse grass; but being a climber I've a big thumb and a disinclination to look down. I'd run said thumb over 2 'easy' controls, not 25m below my amazing contour cruise!

I'd say beware the Thumb my Son (and Daughter) but they'd just grin and say "slow down Dad, try learning from your mistakes! "

### Brain Fade - Alistair Wood

My classic errors tend to be caused by mistakes with my brain being in the wrong gear....

One of these occurred at a warm up event for the World Masters in Asiago , Italy. The walk to the start was long and hot in the glare of the sun, and most people were exceedingly anxious to start and get into the cool of the forest.

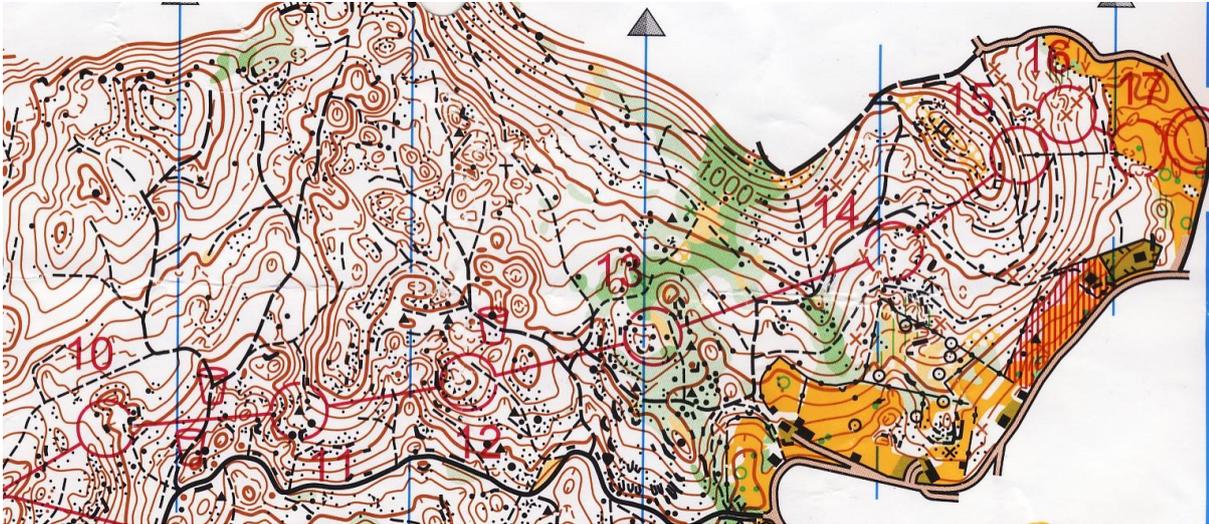
The start was at the crest of a fairly steep wooded ridge running NE- SW, and the first leg was long (about 1k), roughly parallel to the ridge.

I rushed off in a cloud of sweat, unfortunately with the map "upside down", and ran along the slope in a NE direction following one side of the ridge... everything fitted beautifully to start with, then I noticed some anomalies, like a re-entrant being rather larger than anticipated, a stream being absent, the slope being rather steeper than marked etc. etc... But I kept on running for a good 500m.

Then I realised the error of my ways, and pondered... To continue, I had to retrace my steps right back to the start triangle, inadvertently bumping into people in the start lanes, and head correctly in a SW direction...

Embarrassing.

Another occurred at the *penultimate* control of the last day of the Slovenia 5 days. I had had good results for the first four days, and a good run so far today... I approached the last control along a path, and the control was on a Path / Wall Crossing.



I dibbed it, little noticing that my correct control was *on the very same wall* about 20m downhill, on another path, which I actually ran straight past on my way to the last control!! To the finish, then the inevitable “What the Hell?” when I downloaded, a grumble to the officials about the illegal siting of the controls (to no avail), and a complete disqualification from the competition.

\*\*\* Editors Note: Sad to say (for Mr Wood at least), this was the point where the editor finally overtook him. The control Ali refers to is no.15 on the map above - I think the one he punched was 30m down the slope to the E. Classic Hare and Tortoise material.

Humiliating.

Thirdly, hardly a classic error, but you might recall the British Relays at Kendal where the planner had placed controls at 3 wall crossings and I failed to punch at any of them... My teammates were not delighted.

## Garage Sale

Got anything lurking in the garage or attic that might be of use to your fellow orienteers, then advertise here

**Apollo Outrage Bike - 26" Wheels - available once more.**

Also another Childs bike - trail bike 18 gears suit 10-12 year old - both free to a good home

Contact the 'Haines' on 01943 607725 or email [hainesilkley@yahoo.co.uk](mailto:hainesilkley@yahoo.co.uk)



## TUESDAY NIGHT RUNNING

DATE	LOCATION	AREA	TEL NO	GRID REF
23rd July	Hebers Ghyll, Ilkley and afterwards at Rob & Lindsey King, 3 Alexandra Place, Ilkley, LS29 9ES	Ilkley	01943 435415	SE100473
30th July	New Inn, Eccup, LS16 8AU	Eccup/Harewood		SE288429
6th August	Swinsty Car Park, LS21 2NP Eat at Sun Inn	Swinsty / Timble		SE186537
13th August	Cow & Calf Hotel, Ilkley, LS29 8BT	Ilkley Moor		SE134465
20th August	Slaters Arms, Low Bradley, nr Skipton, BD20 9DE	High Bradley Moor		SE003482
27th August	Junction above Dob Park, LS21 2NA Eat at Wetherspoons, Otley	Timble and Washburn Valley		SE195492
3rd September	The Fleece Inn, Addingham, LS29 0LY	Addingham		SE078497

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

## SELECTED FIXTURES

This month you'll just have to look at the BOF Website - <http://www.britishorienteering.org.uk>