

Aire Affairs

January 2014



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Cover Photo: Some Crazy Vampires at AIREs latest Vampire O. Courtesy of Laura King, Lucy Haines & Kate Nixon.

EDIT O - Pete Jones

I had hoped to start off the editorial on a positive note, but as most of you will have heard, Nick Jones, our ex-secretary and club stalwart for many years, passed away yesterday (7th Jan) aged only 56. He had been poorly for a year or so having been diagnosed with a brain tumour during a skiing holiday last winter, and despite having major surgery and subsequent radiotherapy, his condition worsened over the year. I last saw Nick the day before he died, and at that point he was unable to respond although I think he could hear me. In the circumstances it seemed a little surreal telling him how the event at Esholt had gone, but hopefully it still meant something to him. Many of you have been to visit him during his last few months whilst in Fairmont Nursing home, and his family have expressed their appreciation and gratitude. I hope to have a more complete tribute to Nick in the next edition. At the time of writing this funeral arrangements have yet to be made, but it is likely to be w/c 13th Jan. I'm sure there will be a good turnout of fellow Airienteers.



Nick @ the final control - Day 5 Sicily 5 + 5 Mediterranean S.Edge Oct 2011

On more normal but seemingly trivial matters, welcome to 2014. Hopefully a number of you will have got the year off to a good start with our New Year's Event on Ilkley Moor - it certainly washed those cobwebs out. Perhaps it's just me, but looking back, the autumn seems to have been a little thin on the ground for O events. The next couple of months seem to be a little busier - please see the fixtures on Page 19, and although it may seem a long way off, don't forget to enter the JK, the Northern Champs Weekend (which looks excellent and is not that far away in the S Lakes), the British, and even the Lakes 5 days (especially if you want the cheaper rates - although you might consider that a relative term). And for the JK and British, please do take up the great accommodation offers that Rob King has kindly organised on behalf of the club... it will certainly save you a lot of hassle, and if we don't get enough AIRE members any surplus space will be offered to other clubs. If you want to orienteer better, make sure you read Ali Woods tips on how to use your compass - a lesson from the Grandmaster. If you want to know how to run the Beachy Head Marathon on one leg, have a look at Chris Burden's article.

Chair Affairs - Ian Marshall

The start of a New Year brings a little time for reflection on the one just gone and thoughts turn to 2014 and a new round of competition in the orienteering world.

For me, I started (and finished fortunately – with no retirements) 83 races in 2013 – a personal record. I don't know whether this comes of being Chair and therefore feeling obliged to go to everything, or just that orienteering is the thing that suits me best, less physically challenging than fell running. Also, on a cold wet winter's day what better sport to indulge in – warmer than cycling!

We have kicked the year off with two well attended events – Ilkley Moor on New Year's Day, followed by our traditional Level C opener, this time at Esholt. It was notable to see quite a few local folks enjoying these events who are not on our 2013 membership list.

Could I remind everyone to rejoin the club, or consider joining for the first time if you're reading this as a non-member, to qualify for the £2 discount on senior entries. You can do this via the British Orienteering website. British Orienteering membership is only £5 and £2 per Junior plus AIRE membership £10 per Senior, Juniors free. I think this is good value and supports the sport both locally and nationally – higher membership figures are likely to attract better funding and sponsorship to maintain opportunities for talented Juniors and the high quality of events for all.

Don't forget the CompassSport Cup Round on 16th February at Guise Cliff, Pateley Bridge – see elsewhere in this magazine or on www.aire.org.uk

Aire's Latest Member



Congratulations to Jess & Ian Nixon. Brontë Rachel Nixon born on Boxing Day morning after a 24hr labour, weighing in at a healthy 9lb15. By the time you read this Brontë will be well on her way to being a W0.1 and hopefully done her first string course at Esholt. She has been booked in for the mini relay at JK 2021.

Volunteers - Chris Burden

All sports are dependent upon an army of volunteers, and orienteering is certainly no exception. Every large event requires a small army of volunteers, as well as major officials. Small events often are carried by one person, although two makes it more manageable.

British Orienteering has recently held a conference to look at encouraging volunteers. This recommended that clubs should develop a Volunteer Action Plan. The plan should look at issues such as:-

Recruiting event and club management volunteers.

Influencing expectations and ethos

Organising training and mentoring

Having a volunteer co-ordinator.

Developing rewards and recognition

Managing burdens and barriers

Sharing volunteering experiences.

All this got me to thinking about where Aire currently stand on this. I took a look at the area I have responsibility for: the recruitment of planners, organisers, and controllers for our events. I discovered that a very impressive 43 Aire members took on at least one of these roles in 2013. There may be some controllers that did not officiate at Aire events, but controlled events for other clubs.

In addition to these 43, are many other Aire members who help at our major events, and take on other significant admin roles for the club.

Every Aire member is allocated to a helper team for our major events. There are 3 teams, each of which each takes on event 3 times per year on average.

We realise that not all members are able to help at events, due to other factors such as family commitments, being over-committed to other sports, etc. Although we want to encourage all members to volunteer their time, which they would hopefully, find socially rewarding; we understand that not everyone will be able to do so.

If you are asked to help, and are unable to do so – that's fine – we don't need an explanation. Maybe another time?

Don't forget, whenever you help you are entitled to a helper voucher which gives you free or discounted entry to future Aire events. If you don't get given one, (folks sometimes get inadvertently overlooked) ask the event organiser.

If you have any ideas about how we could improve the volunteering experience, please contact any member of the committee – or just put your idea(s) on the club Twitter feed or Facebook page.

Officials for Upcoming Events

Many thanks to all the club members who have committed to officiating at events in 2014. The only remaining vacancies are:-

- **Saturday 12 July; Fat Rascal Chasing Sprint at Beckett Park/Leeds Carnegie University Campus.** (Planner required). A new 1:5000 ISSOM sprint map is being developed for this event. It's envisaged that the prologue will be in the park and surrounding housing areas to the south of the university, while the chase will focus on the campus, and woodland surrounding it.

- **Saturday 15 November; YHOA Night League Event at Adel Woods.** (Planner and Organiser required)
During the day the area is being used for the British Schools Training Event, which means that facilities and some controls will already be in place, to ease planning and organising.

In 2015 and 2016 we are taking on some major events.

These events require officials who have previous experience of officiating at Level B events or their equivalent. We would like suitably experienced members to put themselves forward for these events, as soon as possible, and especially before they get over-committed to other events. The committee will make the final decision regarding who will officiate in each role.

The events are:

- **Saturday 28 February 2015. British Night Championships at Middleton Park** (planner only required)
- **Saturday 19 September 2015. Northern Championships & Senior Home Internationals Individual Event on a new area between Malham Tarn and Arncliffe** (planner and organiser required)
- **Sunday 20 September 2015 YHOA Champs and SHI relays at either Hawkswick Clowder or Conistone South** (organiser and planners for relays and YHOA Champs required)
- **18-20 September SHI Weekend.** (SHI Co-ordinator required; preferably someone with experience at participating at a Home International. To make your task easier, Malham Youth Hostel has already been booked by YHOA, and should be able to accommodate all SHI officials and competitors and perhaps some Aire officials also.)
- **JK 2016:** (Venues are currently provisional, but offers to officiate at all these events, as well as offers to undertake other JK roles should be sent to Alistair Tinto alistair.tinto@ yahoo.co.uk Details regarding the JK are elsewhere in this edition)
- **25 March 2016. Sprint - Leeds University**
- **26 March 2016. Long Distance - Kilnsey Moor**
- **27 March 2016. Middle Distance – Timble Ings and Beecroft**
- **28 March 2016. Relays – Storthes Hall**

Coming up soon is the Airedale Olite series. Organiser/planners are required for these events.

- **Saturday 8 March 2014. Buck Wood**
- **Saturday 15 March 2014. Harden Moor**
- **Saturday 5 April 2014 Chellow Dean**

All offers (except JK) to chris.burden@btinternet.com.

Airienteers - Look Sharp!

Club members have had since last May to take advantage of AIRE's accommodation offers for the JK and British Champs weekends in 2014. To benefit the social life of the Club we would prefer to accommodate Airienteers. However, as time passes we will be opening the offer up to other clubs and friends to ensure we utilise all the berths. We have already received requests!

The **first entries deadline for JK is 5 January 2014. After mid-January we will be offering and advertising remaining beds in the 5-star Wern Watkin bunkhouse to a wider audience.**

Following the **first entries deadline for the British Champs** we will also be offering and advertising remaining beds at both the Chatton and Cragside units to others.

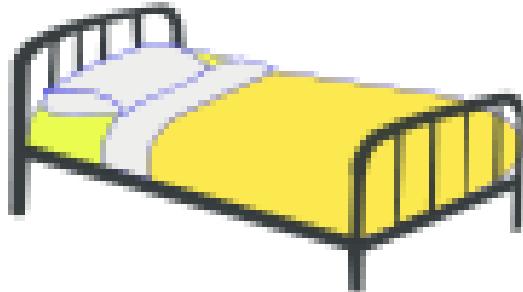
Please don't miss out! Act now. Full details below.

CLUB ACCOMMODATION OFFERS

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. For the

enjoyment and convenience of club members AIRE has organised some quality group accommodation for both of these major events.

Being in popular holiday areas and falling in school holidays mean that good accommodation will be increasingly hard to find – *so it pays to book up early*



1) 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

AIRE accommodation at **Wern Watkin Bunkhouse**

Also known as YHA Llangattock Mountain. See [Wern Watkin Bunkhouse](#) for details



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 18th, Sat 19th & Sun 20th April 2014.

Costs: £60 per Senior, £48 per Junior/Student 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).

(2) BRITISH ORIENTEERING CHAMPIONSHIPS (LONG DISTANCE & RELAYS) 2014

Northumberland – last w/end of Whit half-term holiday for many

- Long Race Sat 31 May Thrunton & Callaly, nr Rothbury
- Relay Race Sun 1 Jun Cragg Estate & Chesterhope Common
- Further event details at [BOC 2014](#)

Please note the venue for the Relay Race has changed. It is no longer quite so close to our accommodation. However, it is to the south and all conveniently in the direction of home! 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. AIRE has booked sole-use of two separate bunkhouses for the two nights of Fri 30th & Sat 31st May 2014:

(a) The Bunkhouse at National Trust Crag side



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 about 20 miles south to new venue for Day 2 . **Sleeps 16** in rooms of 6, 4, 2, 2, 2

Costs: £26 per Senior, £18 per Junior/Student 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 about 40 miles south to new venue for Day 2. **Sleeps 12** in two rooms of 6. **Costs: £32 per Senior, £24 per Junior/Student** for the two nights



(3) 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. 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 for AIRE's bank account details. Include the event and surname in the reference, e.g. JK Surname, BOC Surname. Alternatively, send a cheque payable to 'Airienteers', 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 thekingzATblueyonder.co.uk indicating:

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

Aire Hoodies

Due to a change of business ownership the process for obtaining AIRE Hoodies has changed. The main contact to order is now Andrew Peden.

Mobile 07779336747, Office 01756799333

Email andrew@tieweaver.com www.leavershoodies-school.com for colours and sizes

Any orders will take a max of 5 days we can either post orders out at cost or be collected from Masons Textiles limited, cricketers close , Carleton new road , Skipton , North Yorks , BD23 2AZ

Compass Sport Final 2013 Report – by David Alcock, co-captain

Before I begin the report, I would like to say that your attendance at the 2014 Regional Round would be appreciated- it's pretty close to home turf, at Guisecliff, Pateley Bridge, on **Sunday 16th February**. Get the date in your diary now! The entry procedures have yet to be published, but once I know them, I will be in touch via the club e-newsletter, website, and by Twitter.

Cast your mind back to autumn. Remember those pestering emails and tweets employing emotional blackmail and the dark arts of persuasion? The prospect of a four hour journey to the Forest of Dean put some people off, and it was unlikely that we would retain the Cup, but with a week to go, we still had almost forty people signed up to represent AIRE at the Final, so it was fingers crossed that we could perhaps make the top three. The attraction of an informal event on the Saturday encouraged many of our members to journey down too. However, injury, illness, and other circumstances all contrived to deplete our numbers, and it was a hardy band of 24 who kept the AIRE banner flying at the event. Nine of us stayed at a nearby hostel for a least one night, enjoying a pasta feast and trip to the pub on the Saturday evening – a tradition which I hope we will be able to maintain at future events – thanks, Rob King, for organising it! We only managed to field two juniors, both of who performed well on the day, so we must say congratulations and thank you to Laura King (6th on the Light Green) and Eve Conway (11th on the Orange). We only achieved a top three club placing on one course, Green Men, where we were beaten by LOC and SO, and it was here that we achieved our only individual victory too – Tony Carlyle. As Nick Barrable wrote in December's Compass Sport Magazine, whilst none of the top three on the course had any fastest splits, they were all smooth navigators, Tony in particular. Reading Tony's race report in the same issue is a lesson in careful, well executed orienteering. Our other 'Green' Tony (Thornley) was caught up in an area of poorly mapped contour detail on the way to number 2, losing

several minutes, otherwise it could have been an AIRE 1-2! Other solid performances (many in the top twenties on the course) gave us enough points to overhaul CLOK. Host club BOK won the Cup, followed by OD and LOC. FVO maintained their stronghold on the Trophy, soundly beating RR and NGOC into second and third places respectively.

Incidentally, Leon Foster was 18th in the Golden Boot (fastest run-in) competition, and our thoughts also returned to Rachel Majumdar, who won the fastest run-in by a woman in the 2012 final, and who tragically passed away in the Glencoe avalanche in January. A trophy in her honour will be created for the fastest run-in split by a woman at the final, starting in 2014. It just remains for me to thank all competitors, especially those drivers who took extra passengers down south, plus we shouldn't forget those who helped us qualify for the final too! Which brings me to my final reminder/polite request – we have a battle on our hands at the Regional Round in February, as we have been drawn against SYO, LOC, EBOR and CLOK, so your attendance on **16th February** would be extremely valued! SYO are one of the strongest clubs in the country, and LOC were second in the CSCup in 2012 and third in 2013, but we can do it! Keep your eyes peeled for more information!

P.S. For full results, please go to:<http://www.bristolorienteering.org.uk/results/compass-sport-cuptrophy-final-moseley-green-20th-october-2013>

Claro – Compass Sport Cup Regional Heat, Guisecliff - 16 Feb 2014

Please support your club in the Regional Round of the Compass Sport Cup, which will take place at Guisecliff (near Pateley Bridge) on 16 Feb. Entry procedures and courses have changed this year – so take care!

What you need to do:

1. Go to www.tinyurl.com/aire2014, where you will be able to find out what course you can run in, and then please fill your details on the spreadsheet (just your course, name, age class, time slot request). Do this by **Thu 30th Jan**.
2. Go to www.fabian4.co.uk and enter the course you put down in the spreadsheet. You will need to pay here too (£8 senior, £2.50 junior). (*NB This wasn't active at the time of writing – 7 Jan – but please keep trying.*) Do this by **Sun 2nd Feb**.
3. I will allocate you a start slot and CLARO will confirm this in the week or so leading up to the event.
4. I will refund junior fees at the event.

Thanks! David Alcock (Captain) – email alcock_david AT hotmail.com / Tel 07989 563588

Other information can be found on the CLARO website, but you may wish to note the following:

There will be a White and Yellow course for children of attending families who are not of Orange standard. Also a Light Green for other family members. These will not be part of the Compass Sport competition and can only be entered on day. Fees for these course will be £5 for seniors and £2.50 for Juniors.

Other Preliminary Information :

Start is likely to be about 500m from Assembly area/ car park. Finish will be close to Assembly area/ car park. There will be room for club tents.. The road to the Assembly area is **not** suitable for coaches (but should be ok for mini-buses, tbc). If you were intending to bring a coach please contact the organiser (Phil Headford – see below) to discuss other arrangements. Due to the restricted access road, there will be no exit from Assembly area/ car park before 12:00 and no entry after 12:00.

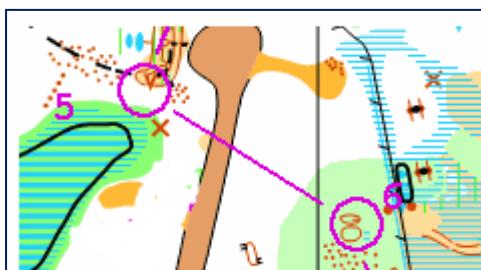
Any queries please contact : The Organiser – Phil Headford , hgateheadfords@talktalk.net

You and Your Compass - Ali Wood

In this article I take a short look at maintaining a good relationship between you, the orienteer, and your friend the compass – and how to make the most of that valuable partnership!

What your compass can do

(1) Provide an accurate direction from the attack point to the control



An accurately taken bearing along a reasonable distance of say 100m from a decent attack point will find you the control 9 times out of 10.

In the example shown left, there's very little alternative to taking an accurate bearing from 5 to 6, using 5 as the "attack point". As you cross the road, you might usefully check whether you've veered too far from or near to the widening of the road on your left. Pacing would be an added technique here.

(2) Give you a starter for 10....

Your compass can, in an instant, give you a rough direction when leaving a control. As you leave 13 you



quickly check your compass to make sure you are heading West, or better still, just North of West! Only takes a split second, until you refine your direction later.



(3) Be used as blunt instrument....

Running on needle (i.e. N, S, E, or W) is a good technique. It saves the time taken to take a bearing. It is also quite possible to deliberately run just E of N, or just S of E, without taking a bearing. Left is a typical example, as near as damn it due North. The bluntness of your technique is acceptable in this situation because the white forest is acting as a handrail.



(4) Help you “Aim off”....

Aiming off can be achieved by taking a bearing to the true destination and then sidestepping every small obstacle to the right, say. Or..... take the bearing to the right to start with. Here, you might take a bearing N of 15, OR take a bearing directly to 15 and run a little bit Right, but in either case you can be sure of hitting the track. In either case turn left when you hit the track.

(5) Work in tandem with your map reading.... It is hard to underestimate the wonderful combination that your map reading and compass work can make in tandem in complex terrain, especially open terrain, where your compass guides you to feature after feature, ticking them off. Sometimes no change in direction is required. In the example, identify four features roughly on the straight line that you can tick off.

What your compass can't do

(1) Help you if you are not respectful....

Your compass can become very cross if you ignore the information it has given you... The bearing can be accurately taken but then you've still got to use it!



(2) Shout at you if you are not running accurately on the bearing....

It is SO easy to FAIL to follow your bearing....

- i. Hold the compass flat first! Give it a chance to settle while your eyes are focussing on that horrible branch to leap over.... *then* look at it!
- ii. Really look at it, don't daydream!
- iii. Don't ignore it!

(3) Remember anything....Your compass, once ignored, will not give you any clues as to how much you've veered off the straight line! Once you commit to using the compass on a leg only you can guess how close you are to the straight line. Once you've, yes, “lost your bearing”, you'll just have to relocate....

(4) Help you when the going is too tough.... when the vegetation is awkward, or the slope is slippery and steep, the compass is not your best friend. Find another way!

Thoughts for the future: Try a couple of events NOT taking your compass with you! Try a couple of events using the compass AS MUCH AS possible!

Beachy Head Marathon - 26th October - Chris Burden

I grew up in Eastbourne and have run all of the paths and tracks over the part of the South Downs that lie to the immediate west of the town, either as part of school cross country races or, in more recent years, as training runs while visiting elderly relatives.

But I had never run the full route of the Beachy Head Marathon in one go. It has routinely clashed with another favourite, the OMM, which has always taken preference. That's getting beyond me now (although there has been foolish loose talk between me and Henk about a return to it next year).

This year we finally put the old family home in Eastbourne on the market, so it seemed now or never for Beachy Head



It's fair to say that the organisers say the distance is "more or less" a marathon distance, although the 1,130m of climb make it just a touch tougher than most marathon's. It's all off road, although generally very runnable and, even after a period of relatively wet weather, the mud was minimal. In large parts of the course you are able to run on

short cropped grass.

So what was my preparation for only my third mass start race in 11 years. (with the honourable exception of 4-5 Park runs per year). None. In mid-August I damaged a knee ligament and have not run since, apart from 200m on grass on the run in at the Compass Sport Cup Final. That was just to put on a show for my club mates, and hadn't proved to be a good idea; aggravating the injury. Walking more than a few miles had been proving troublesome. I had only been able to maintain some level of fitness through cycling and entering some mountain bike orienteering events.

So prudence was the watchword. I would not run the Beachy Head (nor the Rome City Orienteering event the following weekend). The day before the marathon that resolve weakened. I would walk the course, and take my bus pass and some cash with me so I could retire at one of the several points that were near or on a bus route.

That discipline did not fail me and I walked every inch of the route, apart from a short burst to pass some slow walkers on a narrow uphill stretch around the 5 mile mark.

The route is superb. I had not checked it out carefully in advance, so a few surprises were in store for me. Some good; some not so good.

You start with a sharp 100m pull steeply uphill, before cresting the escarpment which is followed gently uphill for the next 3 miles. At the mile mark we were piped through by a lone piper, a somewhat disorientating experience on the South Coast.

The first descent came earlier than I had expected as we left the escarpment at Willingdon Hill and descended to the village of Jevington. On this descent I realised that I was moving much more slowly than the other folks I had been beside on the flat. On the haul up the other side of the valley I regained all of the lost ground and began to realise that this would be an increasing theme of the day. The knee coped well with the climbs, but was very uncomfortable on the descents, however gentle they were.



The path up the valley led us into Friston Forest; not the path I had hoped for back up to the escarpment. I knew that this path would lead to a further big descent through the forest. My hope was that the route then would only involve a gentle climb over the lower parts of the Downs to the village of Alfriston. Wrong again. A sharp turn northwards and we ascended 140m over the next 2 miles back to the escarpment above the chalk figure of the Long Man of Wilmington. From here, far

away on the other side of the Cuckmere valley we could see the leaders , or possibly runners some way behind , descending a good 7 miles ahead of us.

And then a swoop down to Alfriston at sea level, and back up 185m over the next 2 miles to the turning point at just over 12 miles. The long gentle descent down a ridge above a dry valley over the next 4 miles had me thinking of retiring. The knee was getting increasingly unhappy, and to augment it, all those old injuries that you think you have recovered from were each putting in regular guest appearances.

Thoughts of retirement were put to rest by the next surprise in the course. I had imagined that the route would follow the banks of the Cuckmere River down to the foot of the coastal cliffs, The Seven Sisters, a 3 mile switchback with as many climbs as the name implies, some of them very steep. No. The route followed the official South Downs Way which meant another 4 switchbacks before the Seven Sisters were reached. These 4 climbs provided sufficient perverse relief to the knee for me to decide to push on.

By the Seven Sisters we had a strong wind from the southwest helping us over the remaining climbs, the forerunner of the major storms that were on their way later that day. After the Seven Sisters only 2 climbs are left on the coastal route to the finish. We were spared the first of these, the route instead

gradually rising around the base of Belle Toute hill, before rising more steadily for 155m to Beachy Head itself. Now only 1 mile downhill to the finish. It was here that the large group of tutu-ed joggers who had continually been passing me, only to take long rests at each drinks station, finally got the better of me.

My time? Certainly not a result to crow about - 7.35.57, 1433rd out of 1557. The winner did it in 2.55.42. But it was great fun, and a tremendous route, which I recommend to anyone who can get down to the South Coast in October and is prepared to forego the OMM.

Juniaires Edito - Joe Woodley

I hope everybody had a great Christmas and is looking forward to the New Year! If you haven't already, now is the time to be setting goals for the 2014 season. What do you want and how are you going to achieve that? It's also the time of year to reflect on 2013's triumphs and less successful performances. We all make mistakes but if you can learn from them and improve you are well on the way to becoming a better orienteer in 2014. In this edition you can read about my trip to Norway in the summer. Remember if you want to contribute to the next edition just email me at woodleyz@btinternet.com

Norway 2013 - Joe Woodley

I arrived at Lillestrøm station at around 9pm on Sunday night. Dane and I had come straight from Stockholm on the intercity train. Just that morning we had been racing to the south of Sodertalje for OK Ravinen. We had spent the previous 12 days training in Stockholm and the surrounding forests. Whilst waiting for our train to leave we had time to watch Jonny and Alistair Brownlee warming up for the



Stockholm World Series Triathlon. That was rather surreal as I often see Jonny training on my local area, Danefield!

Matt picked us up and drove us the short way to his house in Strømmen. The next day we planned to rest before Lillomarka club training in the evening. Some recovery was needed in order to get the most out of training whilst we were there. Just sleeping in a bed that night felt good after two weeks on the boiler room floor of the OK Ravinen club hut! In the morning we walked to the shops and discovered just how expensive everything is in Norway. That evening we headed to an area called Steinbruvann for club training, which consisted of a 3km middle race and control collecting. Here we met up with Steinar Kollerud, a boy of our age who we had recently competed with at the Scottish 6 days. He had beaten Dane and I so we felt duty bound

to get our own back on his home terrain. We started with roughly 3 minute start intervals with Dane off first, then me, then Steinar. This ramped up the pressure but also the excitement. It was only training but I couldn't wait for my first taste of Norwegian Forest. The course went perfectly and I loved every

minute, comfortably beating Dane and Steinar. I couldn't help but feel proud; I had just nailed my first course of the week in awesome terrain at high speed! I also secretly wanted to impress the club captain as I hope to run 10Mila or Jukola for Lillomarka in the future. I wasn't prepared for the rude awakening to the diverse Norwegian terrain that the next day would bring.

In the morning Dane and I headed to Skjettenkollen, Matt's closest area. We ran two loops of 2km. This was the training the club used prior to 10Mila. I took this session slower and really got a feel for the terrain. Focussing on map contact and picking up every feature. One loop was full detail, the other had small paths and vegetation removed from the map allowing me to focus solely on the contours. The evening session was a contrast. We drove to an area called Myrdammen. The area was unlike the previous days and mornings training. I began to see just how varied Norwegian terrain is, particularly in comparison to the smooth undulating forests of southern Stockholm that had been the staple for the past fortnight. We completed a short leg control pick course. Me and Dane took it in turns to lead and gave points to each other for mistakes and hesitations. The person with the lowest score won. This forced me to navigate well and move smoothly through the controls. The next half of the training was a corridor course. The area was fairly low visibility and I just couldn't get into it. My bearings weren't up to scratch and every time I strayed off the corridor it took me five minutes to relocate. After eventually finishing the course, me and Dane who had also struggled, headed back to the car. Matt proceeded to take our techniques apart. It was eye opening but I think I needed telling. This sort of terrain needed your full concentration and respect.

The next day it was back to the drawing board, once again running two loops in Skjettenkollen in the morning. Though this area was considerably simpler I focussed on the process, all the time regaining confidence. I was also beginning to learn that due to the rough challenging nature of the terrain in Norway, you can't fight against it, you will lose; instead you have to find the path of least resistance through it, moving smooth and fast. That evening we travelled to another club training session this time in Nittedal. Again the area was different, an open hill top with lots of marshes and steep forested slopes surrounding it. We began the session by shadowing the young club members around a short loop that took us to the start of our course. I think it's a great idea and good way for the younger members of a club to learn from the more experienced members, who are not only their friends but their role models. In this instance I needed a translator in order to pass on my comments. I decided he needed to keep his head up more in order to pick out the obvious features. Taking this on board myself I headed off on the course. It went well and was a beautiful evening. The key challenge in this area was to manage the transition between open and forested areas. After that we took part in the infamous 'Cola Race' a favourite of all the team members we spoke to. It was basically a short (1.2km) chasing start race back to the cars, the winner got a cola. We started in reverse order of the previous night's club training middle race. I was the winner so started second to last (Matt went after me) with everyone starting in 20 second intervals. I binned time on the first control and only saw matt out there (he was flying past me). Dane won and was rewarded, no cola though a recovery milkshake instead.

Thursday was our last full day of training as we were racing on Saturday and wanted to rest the day before. So we planned a long training session. We began by cycling a few kilometres to the area. From the edge we ran up to the start point half an hour or so up through the trees to an open hilltop, from here we had great views across the whole region. The area is called Ramstadslottet. From here we had planned a long course back through the forest using controls that had been hung for the summer. We had been out for over three hours and coming towards the finish I was tiring. We had one loop left and I

decided to run it flat out, after all we were resting the next day. On finishing we picked up our bikes and cycled back. It had been an epic but worthwhile session. It was great to actually have controls out in the forest rather than just looking for the feature. We had pushed ourselves to our physical limits, orienteering for that long in Norwegian terrain after 3 weeks of training was tough! The next day we planned to visit Oslo. We managed to clock up over 6km of walking whilst looking around the city, so much for a rest day.

Saturday was our last full day in Norway, and we were racing. This was a district championship race and there was strong competition. Personally I just wanted to put everything I had learnt about how to orienteer well in Norway in to practice. It was a chance to enjoy a real race. We got a lift to the event with some members of Lillomarka. On the walk to the start I could see lots of runners coming back along the path towards me. I realised there must be a long route choice leg back towards assembly. I started well catching both runners who had started 2 and 4 minutes ahead of me. I realised they must have made some big mistakes and soon left them behind. After that I ran well but soon began to tire. I had really emptied the tank when I had chosen a long path route, basically running 1.5km at full speed along a track. In the second half of the course I was exhausted and my navigation became sloppy as I lost concentration losing some time to mistakes. I was so hung up about route choice on the final long leg that I executed the initial part badly, exiting the control in the wrong direction. I finished 8th and Dane ran strongly to finish 5th, beating a member of the Norwegian JWOC team who had finished 4th in the JWOC sprint.

The next day we were flying home, but not before squeezing in one last session in. We cycled to Skjettenkollen and ran a course whereby we each dropped a control then went and picked up the others before meeting at a finish. There was just one problem with this, Dane placed his control somewhere (not on the right feature) and we couldn't find it again despite scouring the area for over 10 minutes! In fear of missing our flights home we retreated, it was one session too far. We had an enjoyable run back through the forest taking photos before picking up the bikes and heading home. I now have the perfect reason to go back, finish the course... and maybe find the missing control. It was with much regret that we packed our bags and set off for the airport. What a trip we'd had. Possibly some of the best terrain I've ever run in, I'd learnt so much and had such a great time whilst doing so.

The sheer variety of Norwegian terrain has inspired me to go back. It's wild. You have to be so good with all the basic techniques particularly compass or you've had it. I've always lived in Yorkshire and loved the rugged ever changing nature of the landscape. Norway isn't so different, just on a much bigger scale. Norway gave me the opportunity to improve my navigation in complex and new terrain. I loved every minute of orienteering out there and learnt so much, I cannot wait to return. I'd like to thank Matt and Ellen for looking after us whilst we were there... or maybe it was putting up with us! I'd also like to thank the British Squad Fund who contributed to the cost and without whom I could not have gained such an enriching experience.



YHOA Middle Distance Championships 2013

Some considerable success for AIRE at the recent Brimham Rocks event. Congratulations to all those on the podium.

Mens class	Name	Club	Womens class	Name	Club
M12 - Third	Matthew Hall	AIRE	W12 - Second	Annie Brown	AIRE
M16 - Second	Ruaridh Mon-Williams	AIRE	W18 - First	Lucy Haines	AIRE
M16 - Third	Miles Gilleard	AIRE	W21 - First	Liz Drewe	AIRE
M18 - First	Joe Woodley	AIRE	W21 - Second	Lucy Needham	AIRE
M21 - First	Jack Cooper	AIRE	W35 - First	Marie Gibbs	AIRE
M21 - Second	Leon Foster	AIRE	W35 - Second	Faye Pinker	AIRE
M35 - First	David Alcock	AIRE	W40 - Second	Sophie Brown	AIRE
M40 - First	Adrian Hall	AIRE	W45 - First	Ruth Ker	AIRE
M45 - First	Neil Conway	AIRE	W60 - Second	Susan Stevens	AIRE
M55 - First	Andrew Kelly	AIRE			

Classic Errors - Gill Ross

I feel that I must confess to a classic error on Day 1 of the Scottish 6 days at Lossie. I had been going well (for me) up to control 6 which had been through all the intricate dunes that border the coast line. The longest leg of the course was 6 to 7 and I set off navigating by the paths and rides knowing that I had to bear off at the third 'crossroads'. I really don't know where I went that day but I think some extra paths appeared out of nowhere! I did the usual headless chicken bit and found a control, not the one I was looking for, but a quick glance down my description list told me it was my number 8. Great! Took a bearing back but could I find my control or even make anything fit. Back I went and tried again. Still no joy. By this time the heavens had literally opened and I was soaked to the skin feeling pretty fed up, cold and miserable so made that horrible decision to retire which I think is probably only the second time in 38 years of orienteering. Following the event we went back to the cottage where our daughter and family were staying and did the usual post event scrutiny. It took my granddaughter a few seconds to point out that I hadn't been at number 8 at all but number 9, a control that she had also had! That will teach me to check the codes more carefully in a similar situation.

Tuesday Night Runs

14th January	Steve & Alex Watkins, West Barn, Thompson Lane, Baildon, BD17 7NB	Baildon Moor	01274 580764	SE142385
21 st January	Rob & Lindsey King, 3 Alexandra Place, Ilkley, LS29 9ES	Ilkley	01943 435415	SE115479
28 th January	Murgatroyd's Fish & Chip Shop, Yeadon, LS19 7BN	Yeadon/Rawdon		SE216408

SELECTED FIXTURES

Date	Location	Event	Organising Club	Grid Ref
01/01/2014	Ilkley Moor	New Years Day Score	AIRE	SS117471
05/01/2014	Esholt	Level C Regional	AIRE	SE183403
08/01/2014	Buck Wood	Aire Night Score League	AIRE	SE175391
12/01/2014	Treeton Woods, Sheffield	Level C Regional	SYO	SK439874
15/01/2014	Tinshill Streets	Aire Night Score League	AIRE	SE244391
18/01/2014	Bishop Wood, Selby	YHOA Night League	EBOR	SE550344
22/01/2014	Nunroyd Park	Aire Night Score League	AIRE	SE198414
26/01/2014	Newmillerdam, Wakefield	Level C Regional	EPOC	SE331157
29/01/2014	Burley in Wharfedale Streets	Aire Night Score League	AIRE	SE165462
01/02/2014	Middleton Woods, Ilkley	NORTHERN NIGHT CHAMPS	AIRE	SE127484
02/02/2014	Mulgrave Woods	Acorn Level B	CLOK	
1/2/2014	Middleton Woods	Northern Night Champs & YHOA Night League	AIRE	SE127486
09/02/2014	Wharncliffe	YHOA Superleague	SYO	SK294 972
05/02/2014	Idle Streets	Aire Night Score League	AIRE	SE178376
12/02/2014	Meanwood Park	Aire Night Score League	AIRE	SE281374
16/02/2014	Guiscliffe	COMPASS SPORT CUP HEAT	CLARO	
23/02/2014	Hutton Low Cross	Level C	CLOK	
01/03/2014	Esholt	Airedale Spring Olite Series	AIRE	SE183403
02/03/2014	Clumber Park	Robin Hood Trophy	NOC	SK628751
08/03/2014	Buck Wood	Airedale Spring Olite Series	AIRE	SE175391
09/03/2014	Stoodley Pike	YHOA Champs	EPOC	
15/3/2014	Harden Moor	Airedale Spring Olite Series	AIRE	SE067385
16/03/2014	Loxley, Sheffield	Middle Distance	SYO	
22/03/2014	Thirsk	YHOA Urban League	EBOR	SE427809
23/03/2014	Givendale and White Cliff Rigg	YHOA Superleague/YHOA Middle Distance Championships and UKOL	EBOR	SE876830
30/03/2013	tbc	CLOK Colour Coded	CLOK	
05/04/2013	Chellow Dean	Airedale Spring Olite Series	AIRE	SE124345
05/04/2013	Parkwood Springs	YHOA Sprint Championships(?)	SYO	
06/04/2014	Bramley Fall	AIRE Regional Middle Distance Event	AIRE	SE248361
13/04/2014	Pry Rigg	Regional Event	EBOR	
18-21/4/14	South Wales	JK 2014		
20/04/2014	Earswick, York	EBOR Easter Bunny	EBOR	
27/04/2014	Scot Gate, Pateley Bridge	Regional Event & Yvette Baker Heat	CLARO	
3-5 /05/2014	Lake District	Northern Champs Weekend	SROC	

A DATE FOR YOUR 2014 DIARY



Saturday 1st February

AIRE will be hosting the

Northern Night Orienteering Championships

plus the climax of the 2013-14 YHOA Night Orienteering League

with a **Night Orienteering Event**

in Middleton Woods, Ilkley

based at the wonderful **Nell Bank Centre**

with parking, assembly, start and finish all in close proximity

and prize-giving, refreshments and banter

For those less familiar with Nite-O don't be deterred for it's

very early evening rather than in the dead of night

great for honing you're navigation skills

and great fun!

Courses range from Brown to Orange. Experts and novices all welcome

And for younger kids, who love nocturnal antics, there will be a suitable course in
the safe grounds of Nell Bank. So *give it a go!*

A flier and final details will be available on AIRE's website