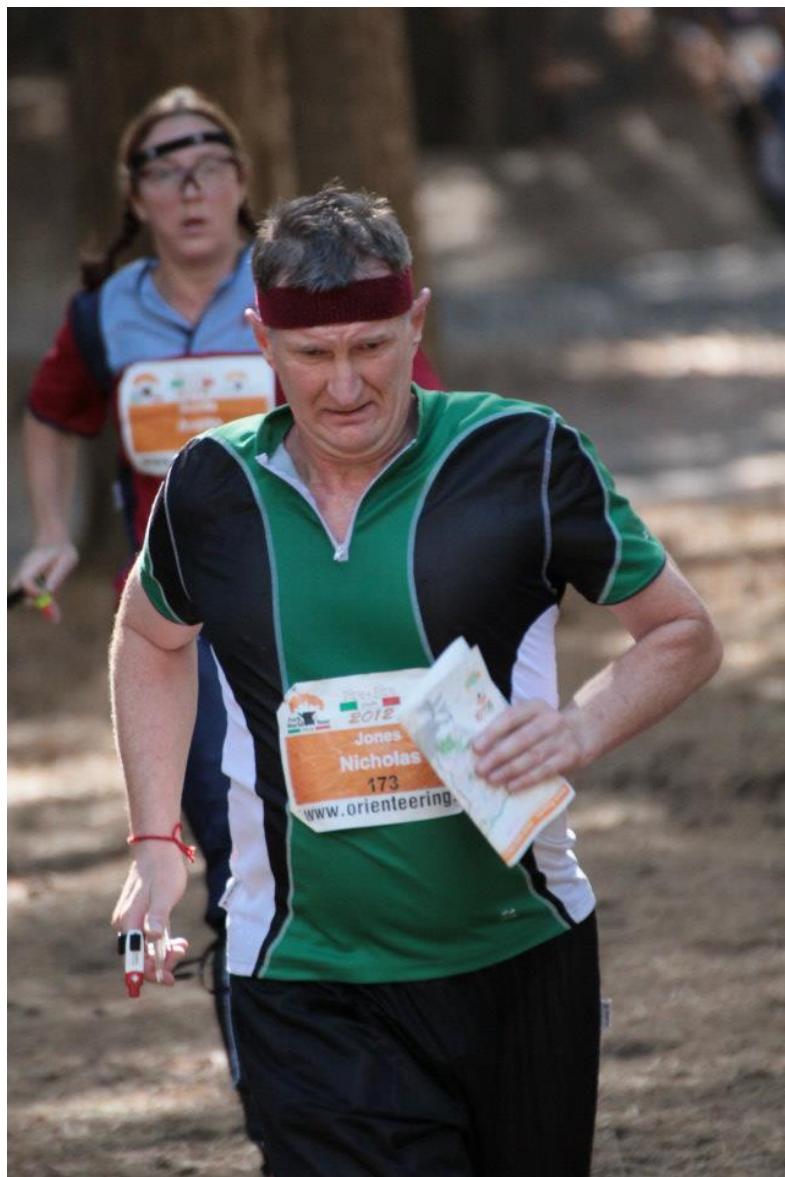


Aire Affairs



March/April 2014



Aire Membership (Adrian Hall)

Hi, just in case you hadn't realised, I'm your new membership secretary. I might have introduced myself at an event recently, or maybe I haven't got that far yet.

I know many names and many faces, but sometimes joining the two together takes a while.

You can contact me on membership@aire.org.uk for any membership related queries.

I've already gently reminded a few members that membership runs from January for a year and renewals are a bit late :)

If you're not currently a member, it's easy to join: just pop over to http://www.britishorienteering.co.uk/join_online and enter your details.

Our local association is YHOA and the club you are looking to join is AIRE

Senior membership is £15 (£10 for AIRE membership, £5 for BOF membership)

Junior membership is £2 (£2 for BOF membership)

To keep things simple, we don't offer a family membership as such. So a family of 2 adults and 2 children would still be £34

Membership will get you discounted entry to events (and some events require BOF membership) plus a copy of Aire Affairs keeping you up to date with club information, training tips and reports.

We also hope to run some coaching this year for club members - watch this space

Cover Photo: Nick Jones, competing on Day 8 of the Sicily 5+5 in October 2012

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Edit O - Pete Jones

The next couple of months have a host of top notch O events coming up, the JK in S Wales, the Northern Champs in the Lakes and the British Champs up in Northumberland. Just the time to fine tune your fitness programme by joining our Tuesday night runs which, with the lighter nights almost upon us will soon be going onto our beautiful Yorkshire terrain. And don't forget to hone your technical skills by supporting our Spring O lite series. Not to mention the AIRE 'triple header' on the Town & Country Weekend of May 10th/11th - that's the Urban event at Ilkley on Saturday, Regional event on Baildon Moor on Sunday, followed shortly afterwards on the Sunday by a Mountain Bike O event, also on Baildon Moor, courtesy of Al Powell. Please see Al's article on MTBO in this edition - hopefully it will encourage you to have a go (with discounted entry for foot o competitors).

You will remember that our Club Secretary, Nick Jones, sadly passed away in January. In this edition I've included a longer tribute to Nick (with thanks to Ian Marshall) - including a few pictures from happier times.

I was very pleased to see that AA made the Compass Sport list of top 10 club newsletters (out of 80 or so clubs). I don't believe they were ranked within that nor do I fully understand the criteria they used but I do know part of it was about the material included - so do keep those contributions coming in.

Whilst trawling through the club archives recently, our chairman came across copies of AA dating back to 1980. Those of you old enough to remember may recognise my good lady wife on the cover of the Oct 82 edition (albeit trading under her maiden name of Hancock). I thought by showing her this that I might encourage her to re-start her O career. I have to admit total failure though. If you're interested in seeing any of the old material, please ask Ian Marshall who I'm sure will be delighted to share it. At the time, the editor was a very youthful Andrew Kelly, doing a sterling job of production without any digital aids whatsoever.

LOC have asked that I include something about their debate with the BOF mapping committee on map scales - specifically their wish for JK 2015 (in the Lakes), to use larger scales than are normally approved. They argue that the complexity of the terrain justifies using larger scales than normal, allowing competitors to better read the map. This is due to be debated at this year's AGM during the JK weekend. I don't normally get involved in O politics in my editorial, but personally I'm all for anything that helps me read the map. But do make your own mind up.

And of course, many of our usual favourites in this bumper issue - enjoy.



Chair Affairs - Ian Marshall

I decided to look back to my first Chair Affairs almost 18 months ago for inspiration and found that the issues and the opportunities I covered are much the same - improving the social aspects of membership; aiming for some coaching/training provision and even at our Saturday O-lites a commitment of experienced orienteers to support the organiser by being on hand to provide advice to the less experienced.

On the former points, the committee is looking to arrange a club weekend using a similar format to the club weekends of old, with an opportunity for coaching on the Saturday and an event on a good quality area on the Sunday – watch this space.

It's good to see younger adults interested in learning about mapping and in improving their performance through coaching. We just need to make the effort as a club to fulfil that desire.

Leeds University OC has been in contact with me regarding building the links we have with them for our mutual benefit. The British Universities and Colleges Sports Championships weekend on Ilkley Moor and Danefield was a great example of co-operation between the two clubs and I wish to thank those Airienteers in particular who took on lead roles for BUCS.

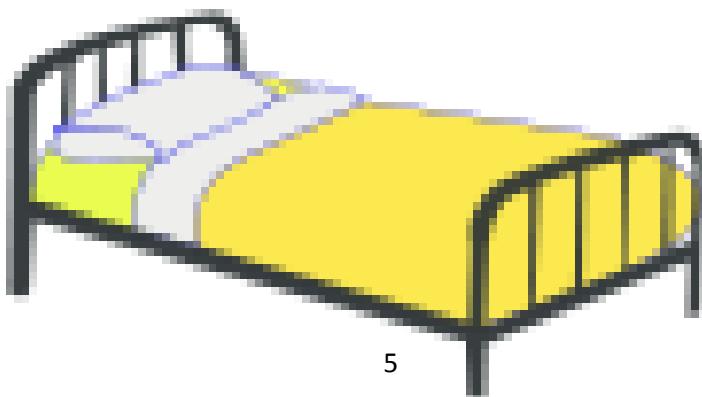
We hope to continue this close relationship in staging Day 1 of JK2016 at the University Campus.

If you have not seen it elsewhere, could I give notice that Natasha Conway will be stepping down as Club Treasurer in October 2014 after 5 years of sterling service. Please give some thought to filling this position, especially if you have accounting or similar skills. Natasha is happy to mentor someone in the role before then if required.

With the Championship season about to start in South Wales at JK2014, best of luck to all members who will be representing the club.

Airienteers - Look Sharp! - CLUB ACCOMMODATION OFFERS

Club members have had since last May to take advantage of AIRE's accommodation offers for the JK (now imminent as you read this) and the British Champs weekends in 2014. At the moment there are just 4 places left for the JK, open to any latecomers, or indeed anyone, if you know of any O colleagues who may be interested. Let Rob King know ASAP if you want to book in (full details of how in section 3 below). Places for the British are still available as per details below



(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 nconway1ATvirginmedia.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)

JK Relay Teams

At time of going to press these are the latest AIRE teams for the JK. Whilst it's looking tough to win anything, I reckon two or three of our teams have a chance of the podium. Good luck. :-

JK Open: Joe Woodley M18, David Alcock M35, Richard Foster M21

M120+ : Greg Hull M45, Ian Marshall M50, Lee Beavers M35

M165+ : Steve Webb M50, Pete Haines M60, Andrew Kelly M55

M165+: Tony Carlyle M60, Tony Thornley M65, Peter Jones M55

M165+ : Rob King M55, Alistair Wood (inj?) M60, Bruce Woodley (sub) M50

W48- : Lucy Haines W16, Evie Conway W12, Beth Woodley W20

W48- : Laura King W16, Annie Brown W12, Anna Martensson W20

Women's Short : Cerys Jones W21, Lowri Jones W21, Helen Wood W18

W120+: Sophie Brown W40, Joyce Marshall W50, Natasha Conway W40

W165+: Shirley Wood W55, Jo Thornley W65, Wendy Carlyle W55

Lindsey King (sub) W50 220851 220320 13

These teams have been entered in the running order shown. The middle leg is always the shortest and for the W48- class the easiest. If as a team you want to change the order please contact Chris Burden: chris.burden@btinternet.com

Aire Hoodies

With the JK coming up shortly, it's just the time to show off your new AIRE hoody so I'm taking the opportunity to re-advertise them. I'm sure those who have already taken advantage of this will vouch for both the quality and value of the merchandise. Choose your own colour from the plethora below and cost still only £17.40 I believe. Emblazoned front and back with AIRE motif and wording. 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

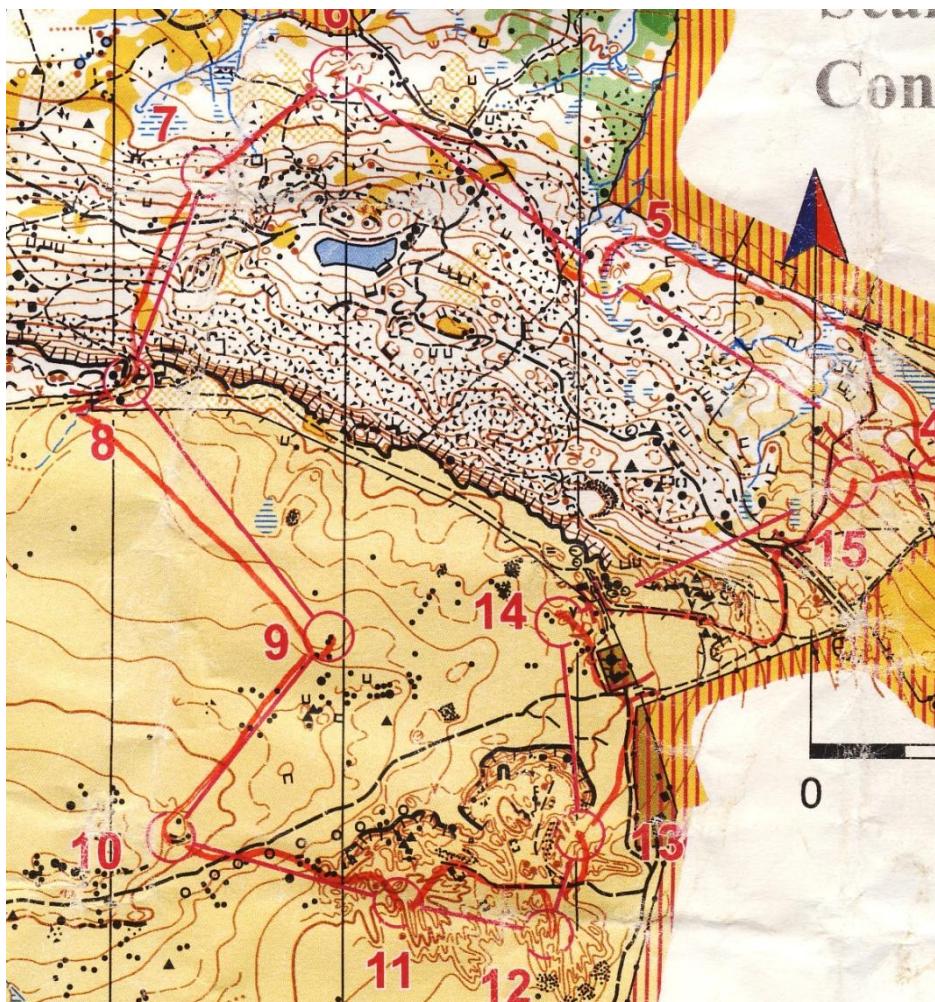
Any orders will take a max of 5 days. Can be posted out at cost or collected from Masons Textiles limited, Cricketers Close, Carleton New Road, Skipton, North Yorks, BD23 2AZ



ADULTS SIZE	S	M	L	XL	XXL
Chest (to fit)	36"	40"	44"	48"	52"
KIDS - AGE	5/6	7/8	9/11	12/13	

Compass Sport Cup Regional Heat, Guisecliff - 16 Feb 2014

We made a gallant effort but ultimately came 3rd, although it was a fairly close run thing. As is often the case our Yorkshire rivals SYO triumphed. Looking at the results we seem to lack strength in depth, particularly on some of the shorter and junior courses. Maybe next year ? Extract from the Men's Blue course below with Editor's route.



Yorkshire Middle Distance Championships - Givendale

Congratulations to the following class winners.

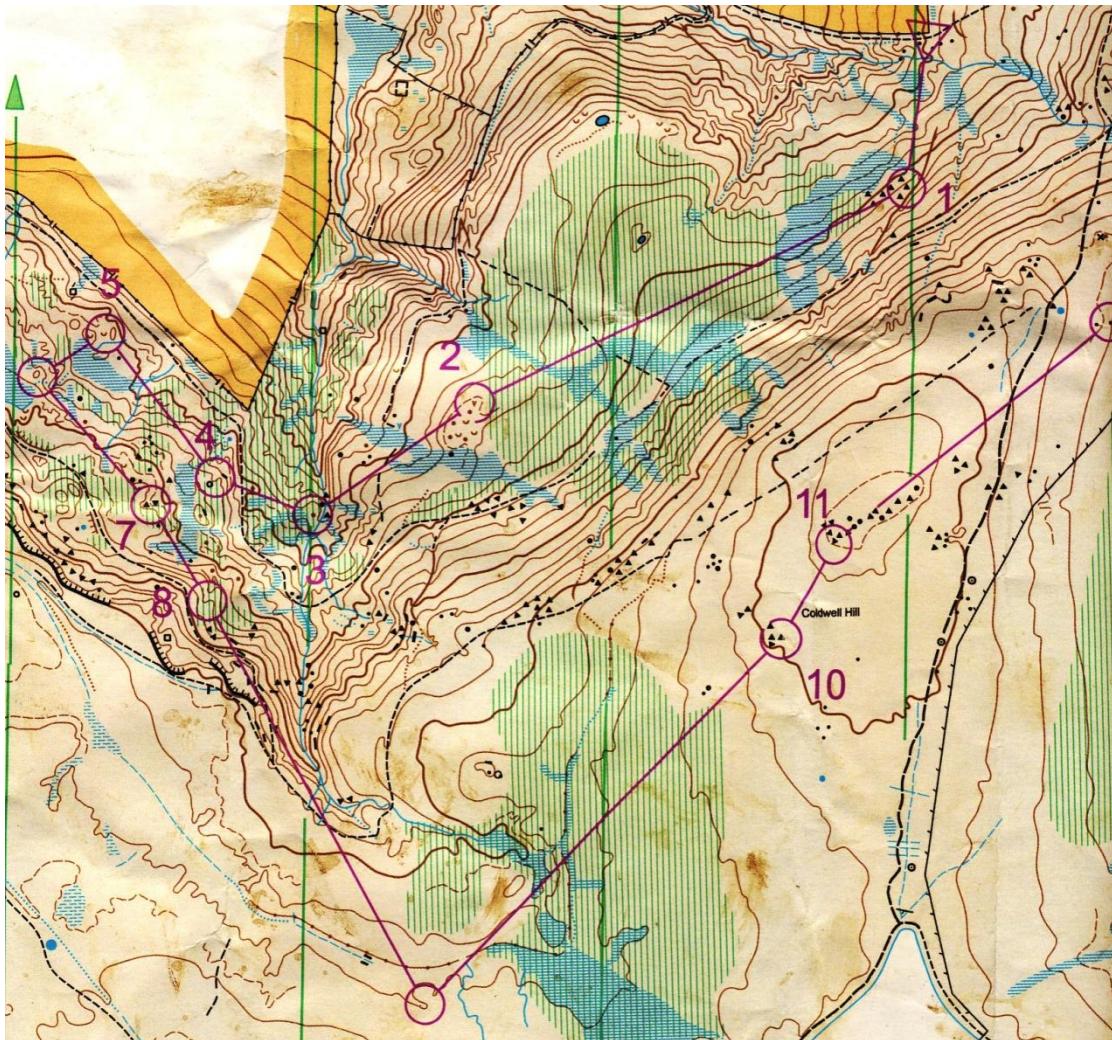
- W12 Evie Conway
- W35 Marie Gibbs
- M40 Adrian Hall

YHOA Long Distance Championships - Stoodley Pike 9/3/14

On a fine and sunny day in darkest EPOC territory AIRE had a number of class winning Yorkshire Champions. Congratulations to the following. (Apologies if I've made any mistakes - there was a steward's enquiry after the initial prize-giving which caused one or two changes to be made)

- M16 Ruaridh Mon Williams
- M18 Joe Woodley
- M21 Jack Wood
- M35 David Alcock
- M55 Adrian Pickles
- M65 Tony Thornley
- W12 Eve Conway
- W21 Cerys Jones
- W35 Marie Gibbs
- W45 Rebecca Mon Williams

For those who didn't manage to get there, here's an extract from the Short Brown course, which the M18s, W21s and M50s ran, Joe and Cerys winning the first two

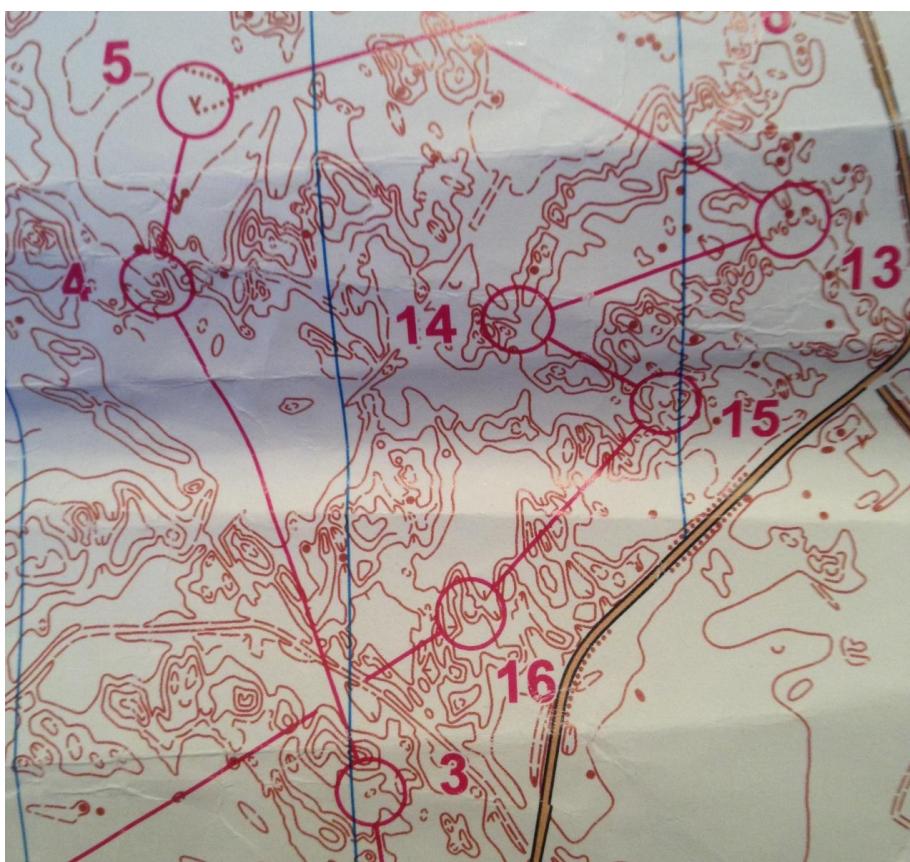


Juniaires Edito - Joe Woodley

This may well be my last Aire Affairs as Junior Editor. My final exams are looming and then after a lengthy summer University Beckons. If all goes to plan I won't be travelling too far... in fact I won't be leaving Yorkshire. I intend to study Biomedical Science at Sheffield University. I have enjoyed sharing stories of my many orienteering adventures and reading other juniors articles during my tenure as junior editor. I hope they have provided some inspiration and maybe some amusement, I have certainly had fun writing them, although I never like to read them when AA is delivered! It's great to have a record of the all the amazing times I've had though. I would recommend the position to any junior; it's honestly not a huge commitment and is very rewarding, not to mention looking great on Personal Statements (I should know). After most trips you're obliged to write articles as proof for various grant sources, so why not share it with everyone else? I'm afraid Juniaires has been rather 'Woodley centric' for the past year, if you can rope in some friends to provide the majority of the material the job will be much easier and more interesting for the readers. Juniaires can be whatever you make it and you can be as creative as you want. If anybody wants to contact me about taking over the position or about orienteering, University or anything else for that matter, you can do so at joewoodley96ATgmail.com

Portugal 2014 - Joe Woodley

Last Summer I spent week training in Oslo. Since then I have joined the Norwegian club Lillomarka with whom I trained. Each winter Lillomarka hold a training camp abroad, this year it was held in Portugal. I decided it would be a great opportunity to get in some high quality orienteering training, get out of the rain and meet more members of the club. Luckily the camp fell in the school half term holidays so I wouldn't be missing anything.



I flew from Stansted Airport with Lucy Butt and Kris Jones two other British orienteers who run for Lillomarka. Rinna Kusselo also flew with us and would be training with lillomarka for the week. Rain lashed against the airport terminal windows as we waited for our delayed Ryanair flight to Lisbon. I was excited but also a little nervous to meet the rest of the team. After

a short dash across the tarmac we boarded our flight and departed for Portugal. On arrival we met up with Helmut an Austrian member of Lillomarka and picked up our hire car before driving inland to our hotel In Coruche. The following morning I was introduced to the team and we drove the short distance to Couco our first training area. The area was open steeply contoured grassland and great fun to orienteer in. I completed the 11km long course, easily reading the contours and vegetation. On finishing the course I discussed it with my buddy for the week Nico a top Norwegian runner and his advice was extremely valuable. Retrospectively I'd have been a bit more careful with this first session considering the volume of training prepared for the Week and how tired I was by the middle of the week. We then returned to the hotel for lunch after which I had a sleep. Around 4pm we headed out for the days' second training session. The area was much vaguer than the morning and felt almost like the new forest in places. The course was a 'Multi-Technique' and consisted of legs on



which the map was blank other than the control circle and corridor sections, as well as contour only parts. This required a much slower pace and lots of compass work. That night we had a social evening getting to know everyone better. I was surprised to find out two of the athletes were JWOC winners, highlighting the quality of orienteers around me. The next few days followed a similar pattern with morning training followed by a relaxed lunch and more orienteering in the afternoon. Some of the highlights included sprint training around the beautiful walled town of Evora, some quality relay training and more amazing terrain.

After a few days we headed north. We would be spending the remainder of the week based in Viseu a town a two hours inland from Porto. On the way up we stopped on the coast to train in two of Portugal's sand dune areas. I was fairly tired after clocking up 20km a day in terrain on average so I took the mornings 'Multi-Technique' course easy. One part of this course had everything removed except for the green bushes, as the bushes were mapped very inaccurately this was a real challenge! That afternoon we ran in another forested sand dune area on a contour only map. I planned to just



take it easy but after the first few I was loving the course and flowing well, so I kept turning up the pace as my confidence increased. I was really flying at some points and combined compass and contour interpretation well, running at my optimum pace. I lost some time when I stopped just short of a control and searched for a while in the wrong place. Other than that one miss it was the best I had orienteered all week and it felt great. Wednesday was my birthday and we ran on two areas that were completely unique, I had

never experienced such terrain before. In the morning we drove up endless zig-zags until we broke the tree line into an open rocky moonscape. Orienteering in this terrain was great fun if rather tough going across the massively rocky terrain. In the afternoon we visited another area, this time it was classical Portuguese terrain for the region but still my first time in such an area. Large rock formations were surrounded by impenetrable brambles and this made for interesting route choices as going through the green was simply not an option. That evening the Norwegians bought a cake for me and Lucy whose birthday was two days after mine. They sang happy birthday in Norwegian and we had another nice social evening getting to know everyone better. On my final day in Portugal we trained 3 times. The first session was relay training and then in the afternoon we went to another great area. I was feeling surprisingly good and ran hard. After really enjoying the penultimate session I decided to make the most of my time in Portugal and headed out for a night training session. Thick mist put the visibility at about 5 meters, for the first few controls we stuck together with everyone nervous to leave the train and end up alone. However I didn't realise that the butterfly loops on the course were gaffled and the 6 of us were soon dispersed into the Portuguese night. This was one of the hardest but most enjoyable courses I have ever run

I had an amazing week in Portugal! I enjoyed getting to know everyone in Lillomarka, they were all very welcoming and friendly. Over 6 days I ran for 12hours in terrain in some awesome areas, orienteering through more than 200 controls. This was the perfect February training camp and set me up well with 2 months of fine tuning left before the JK.

Nick Jones AIRE 11th May 1957 – 7th January 2014.

Our former Club Secretary, Nick Jones passed away on 7th January 2014 aged 56. He had been unwell for almost a year 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.

Nick joined Airienteers in 2003 having been a long time member of Pendle Forest Orienteers prior to that. He had started orienteering with the Officer Training Corps whilst at Sheffield University



Nick had retired from Yorkshire Bank at 55, having worked in Manchester, Barnoldswick, and latterly Leeds.

He had served for many years as PFO treasurer and was often to be found helping as a Start official at the Karrimor (OMM).

In his time with AIRE, Nick made a huge contribution to the life of the club. He was Club Secretary from October 2007 until his illness last year. He also enjoyed planning, particularly urban races, where he loved to compete.

A major role he fulfilled for the club was as Relay Team Manager for the JK and British, showing great vision working with others to put together effective relay teams.



Last control of Day 10 - Sicily 2012

Nick was ever-present at AIRE events, always a willing and cheerful helper. He was valued especially by novice planners in Airienteers and neighbouring clubs as a calm and helpful Controller.

He enjoyed international orienteering whenever he could. The Venice Street race was one of his favourites and he competed in the World Masters several times, enjoying both the sport that he loved and the

company of like-minded people.

The funeral at Nab Wood Crematorium, Shipley on 20th January was attended by many orienteering friends.

Ian Marshall, Chair, Airienteers.

Most of the pictures here are from Nick's last multiday event - the Sicily 10 Day in October 2012



London City Race



At the front of the queue for the wine tasting



Post Race relaxation on the Mt. Etna lava field with Guy & Judith Goodair from EPOC

A Scamper in the Dark *Rob King*

Middleton Woods in Ilkley have long been recognized as testing terrain for the navigational running sport of orienteering – both physically and mentally. And that's in the daylight! And so it was that on a particularly stormy winter's evening in early February, Middleton Woods provided a fitting venue for AIRE's turn to organise the **Northern Night Orienteering Championships**.

The event was kindly hosted by Bradford's Outdoor Education Centre at Nell Bank where over one

hundred hardy competitors of all ages were welcomed. Tony Thornley drew the detailed 1:7500 scale orienteering map and planned six courses of varying length and technical difficulty. Inside the woods the highly irregular path network, slopes and vegetation combine with complex contour, rock and watercourse detail to challenge the navigator.

Longer courses also visited a small area to the west not previously used for orienteering. Known as Crabtree Gill, this required a change of pace crossing the intervening field. The climax to all courses involved sprint-orienteering in the grounds of Nell Bank using a highly detailed 1:4000 scale inset map.

The best orienteers combine physical strength and stamina with the ability to map-read accurately, at speed and then make the best route choices. As the race progresses and the body become more fatigued, decision-making can be compromised leading to costly errors. Particularly in the dark!

The facilities at Nell Bank were appreciated by event organisers, helpers and competitors who all enjoyed hot soup and drinks and an array of fantastic homemade cakes thanks to Sandy Van Rossum, Lindsay and Laura King. With the money raised from these eagerly consumed refreshments, AIRE was able to make a donation of £150 to the Nell Bank Centre.

Nell Bank is a highly acclaimed Outdoor Education Centre for young children. Its location and resources coupled with the energy and imagination of the staff create invaluable experiences for young people from the city of Bradford and beyond. The inclusivity of Nell Bank is particularly celebrated for the opportunities it affords children with disabilities and special needs.

Airienteers and others may recall that in 2007, when we lost our then 11yr-old daughter Gemma, a significant proportion of her memorial fund was donated to Nell Bank. Your kind contributions now take the form of the fantastic, multi-ability access, oak and steel tree-house and climbing structure



at the highest point of the site. It is known as '**Gemma's House**' and is enjoyed every day.

AIRE celebrated three Northern Night Orienteering Champions on the night. M18 Joe Woodley won the Men's Open class. Joe ran the 6.5km course in just under 49 minutes - a highly respectable time even in daylight! **Lucy Needham** claimed the Women's Open title successfully competing her 4.9km course in 55 minutes. Tackling the 3.4km course local orienteer **Laura King** just pipped clubmate Helen Wood to claim the Women's title for 18yrs and younger. A particularly impressive performance was that of Outi Kamarainen who competed in the Women's Open class having run the 23 mile Rombalds Stride earlier the same day!

The event also saw the conclusion of the **Yorkshire and Humber Night Orienteering League**. Representing Airienteers, top places were awarded to **Outi Kamarainen** (Senior Women), **Al Powell** (Veteran Men) and in equal first place, **Peter Haines** (Super Veteran Men).

Nick Jones, to whom this event at Middleton Woods was dedicated, would have thoroughly enjoyed it all.



Northern Night Orienteering Championships – Main Results

Men 18- 1. Rowan Capper, EBOR 2. Matthew Fellbaum, MDOC 3. Ruaridh Mon-Williams, AIRE

Men Open- 1. Joe Woodley, AIRE 2. Joe Taunton, NGOC 3. Quentin Harding, SROC

Men 40+ 1. James Logue, EPOC 2. Steve Wilson, PFO 3. Jonathan Emberton, EPOC

Men 55+ 1. Steve Whitehead, EBOR 2. Peter Haines, AIRE 3. Adrian Barnes, NATO

Women 18- 1. Laura King, AIRE 2. Helen Wood, AIRE 3. Louise Adams, SYO

Women Open 1. Lucy Needham, AIRE 2. Catherine Wilson, PFO 3. Outi Kamarainen, AIRE

Women 40+ 1. Emma Harrison, EPOC 2. Sophie Brown, AIRE 3. Charlotte Somers-Cocks, LOC

Women 55+ 1. Helen Gardner, EBOR 2. Marcia Bradbury, SYO 3. Janet Leake, EBOR

On Yer Bike! - A Beginners Guide to Mountain Bike Orienteering - Al Powell

If you've got a bike - or dodgy knees - then Mountain Bike Orienteering (MTBO) is great branch of the sport, that's well worth giving a go. The sport has a relatively low profile in the UK, but if you are based in Yorkshire, then there are a growing number of events and some experienced riders in Aire, SYO, EBOR and Claro if you ever need advice.

MBO in the UK

There are two types of Mountain Bike Orienteering events in the UK, known as MBO Score & MTBO. MBO score events run typically over 2-4 hours using modified OS maps. Riders use public roads, bridleways and forest/moorland across a wide area, collecting control points within a time limit. Solos and pairs are allowed, so it's rather like the score class on a mountain marathon. These events are great to get out and enjoy a scenic ride in a new area, mixed with an element of competition, map reading and route choice challenges.

The other discipline - the one that this article concentrates on - is MTBO (or Multi Terrain Bike Orienteering) which is just like a regular foot o event, but on a bike. The courses are shorter (Sprint 25-30 mins, Middle 50-60 mins, Long 80-90 mins) and the navigation is much more intense - so MTBO events are ideal for foot orienteers, who already have the quick map reading skills that this branch of the sport requires.

Currently the MTBO scene in the UK is small, with a dedicated group of riders and just a dozen or so events a year. Aire have a number of keen riders however, including Jake Powell who is the current GB Junior Champion and Ian Nixon, regular GB team member at a number of World Championships - so there is plenty of experience within in the club if you want to get into the sport.

Entering an Event

British Mountain Bike Orienteering is the governing body for the sport in the UK - i.e. it's a separate organisation from BOF (John Houlihan, also a member of Aire, was actually the chairman of BMBO for 10 years, so he's a great source of information about the sport). The BMBO website - <http://www.bmbo.org.uk/> - has a full calendar of events and its own online entry system, so you can easily sign up and enter an event.



work properly.

- Cycle Helmet - this is obligatory - no helmet, no start.
- Dibber - dibber hire is available at events.
- Compass - see notes below - just bring your regular O compass.
- A Map Board - if you have one (if not - then see notes below)
- A Whistle - NB for longer events, a mobile phone, small first aid kit and waterproof body cover may also be required - see event info.
- In addition, you are also strongly advised to carry a spare tube, pump and a bike repair kit - as you are responsible for getting yourself back the finish unless you are genuinely injured and needing a rescue.

How Difficult Is It?

For those of you thinking 'What's the point, it's all too easy - all the controls are on paths' - it's actually a lot harder than you think navigating quickly and accurately whilst riding a bike. Although any experienced orienteer can ride around the course steadily, slowing down or stopping to read the map - if you try speeding things up it suddenly becomes much trickier to make good route choice

Before you enter, you need to first sign up as either an Associate Member of BMBO - which is totally free - or a Full Member, which costs just £6 (full membership gives you cheaper race entries, eligibility for league points and national championships, various member discounts and voting rights at the AGM). If you turn up on the day, then it's also possible to sign up as a Day Rider (though it's easier for the organisers if you do it beforehand online!) Junior membership is also totally free.

What You Need

- A bike - obviously! A mountain bike is usually best, but for many areas a cyclocross bike, kids bike, or a hybrid/commuter will also be fine - ask the organisers if unsure. Make sure it's in good working order and that the brakes

decisions and avoid small errors - you can go in the wrong direction for a very long way in a short space of time on a bike, especially downhill! To put it in perspective, I rarely make errors in foot or day events, but I find making a clean ride in MTBO about as elusive as a clean run in night - so it's definitely quite tricky to do well.

Like all sports however, there are several things to do with kit and technique that help a lot, so below I've described a few useful tips and some information to get you started.

The Map

MTBO maps are simply regular maps, modified slightly to suit the sport. For clarity, much of the detail can be removed, because you are always riding on the paths. The paths are accentuated and importantly, they are also mapped to indicate riding speed as well as size - so the symbols look a bit different.

Map Boards and Compasses

The first time you try MTBO, you are unlikely to own a map board - in which case it's best to just hold the map in your hand around the handlebar grip whilst riding and pause to read it (alternatively, you could put it in a hill walkers map case across your shoulder - courier style).

Both work pretty well, but if you get keen then you will want to invest in a proper rotating map board - several models are available commercially, or you can make one yourself with a bit of ingenuity. As for compasses - a simple clip on compass works well on the board, or a lot of folk simply orientate the map using ground features and carry a compass in a pocket or around their neck, just to consult it if needed.

At the Start

In MTBO you get a full minute to put the map in your map board and then study it for a while before



the off - so use this time productively to plan the first few legs and look at some key route choices along the course.

Route Choice

This is a major part of MTBO - you will find lots of route choice decisions to make on every course. The map indicates both the size and rideability of paths and tracks to help you make the choice, but it may also come down to

your fitness and riding ability. A few tips to consider for making route choice decisions on a bike:

1. It's often worth going a long way around to ride on faster tracks as opposed to narrow, technical paths - smoother tracks also give you a better chance to look at the course ahead and plan future legs.
2. Likewise, it's quicker to climb on larger/smooth paths if possible.
3. Don't dismiss out and back options - it's quite common to enter a control and exit back out the same way (although if there's little difference, then riding past a control is quicker than turning the bike around).

Map Memory Skills

The other navigational skill being tested in MTBO is your ability to execute legs quickly. This often means riding on a dense path network with junctions coming up very fast, when it's difficult or impossible to read the map.

The key skill here is map memory: i.e. you need to break down the leg ahead and remember something like: '*second junction right, downhill, first left*' - then set off and ride the bike as fast as possible, looking at the ground, but not the map. If you are really good, you may also be able to memorise the exit route from the control as far as the next big path, where you can then look at the map again without slowing down.

As you gain experience, in order to ride quicker you need to make specific decisions about where on the course to read the map and where to memorise it and concentrate on riding the bike as fast as possible.

Map Exchanges

These are common on longer courses, or when racing on smaller areas. If you can manage to pull it off, then memorising the last control and changing the map over whilst riding along can save some time, though it's a high risk manoeuvre!

Come and Give It a Go

Ok - so now the real reason for writing this article - it's time to bring your bike along to the Baildon Moor MTBO Event on 11th May! The event takes place on Sunday afternoon, following the foot o event in the morning. Registration is at the Ian Clough Memorial Hall i.e. the same location as the foot o event - and if you've already had a run in the morning, then just bring your download slip to registration and you'll receive a reduced price entry for the Bike O. Full details for the event are on the BMBO website and on the flyer at the back of this edition of Aire Affairs.

Hopefully we'll see you there.

Who Should Control the Use of Larger Scale Maps at Major Events?

Who should be responsible for deciding whether map enlargements should be used at major events in intricately contoured terrain, the planners and the controllers or, as at present, the Map Advisory Group? We set out below a case for a transfer of the current responsibility.

This issue is not a new one. The controllers and planners of many major events have beaten a path to the door of Map Group, now Map Advisory Group (MAG), usually to be rebuffed, occasionally to get a grudging approval, after lots of argument. For the 2008 British Long Distance Championships at Culbin, the then Events Committee eventually allowed the event officials to take the final decision. The planners of the 2010 British Middle Distance Championships on Haverthwaite Heights in the Lake District were finally allowed to give the older runners map enlargements, after initially being advised by Map Group that they should avoid placing controls for these runners in more intricately contoured locations.

Following the 2010 Middle Distance Championships, Lakeland OC attempted to get the issue of map scales in complex terrain on to the agenda for the first Association and Club Conference in 2011, but was not successful, even though this was the only issue raised by a Club or Association. The British Orienteering Board offered, instead, to set up a Working Party, but has since taken no further action on this matter.

Day 2 of the 2015 JK is to be on a new map in the Duddon Valley. At the suggestion of Martin Bagness, a very successful elite in his day and now a much respected professional mapper, who is both preparing the new map and planning the elite courses on Day 2, the controller and planners have requested that all runners should be permitted to use map enlargements, as well as the elite 18s, 20s and 21s, who use 1:10,000 scale maps for their Middle Distance races on Day 2 anyway. A similar application has been made for Day 3, which is on Bigland, near Newby Bridge. These proposals are summarised in the table below:

DAY 2 INDIVIDUAL

Age Classes	Proposed Map Scales
M/W 18E, 20E, 21E	1:10000 (no change from IOF / BOF guidelines)
M/W 16-	1:7500 (enlarged from 1:10000)
M/W 18, 21, 35, 40	1:10000 (enlarged from 1:15000)
M/W 45+	1:7500 (enlarged from 1:10000)

DAY 3 INDIVIDUAL

Age Classes	Proposed Map Scales
M/W 18E, 20E, 21E	1:15000 (no change from IOF / BOF guidelines)
M/W 16-	1:7500 (enlarged from 1:10000)
M/W 18, 21, 35, 40	1:10000 (enlarged from 1:15000)

M/W 45+

1:7500 (enlarged from 1:10000)

Unfortunately, MAG has already turned down both requests, without any discussions or visits to either area.

Samples of the Bigland map are presented here, at the standard scale of 1:15,000, at the usual enlargement scale, whatever the terrain, of 1:10,000 and at our preferred enlargement scale for older runners in intricately contoured terrain of 1:7,500. Lakeland OC has carried out 2 surveys of runners' preferences, one by Carol McNeill, who offered a choice of map scales, and the other by questionnaire after a major event at which map enlargements were provided. In both instances, the vast majority of competitors preferred the larger scale maps.

Orienteering is a sport involving a combination of both running and navigation. It is not a test of eyesight, yet MAG continues to argue that British Orienteering should only use the map scales specified in the IOF Rules and that allowing the use of map enlargements will encourage mappers to include more detail on their maps. Participation numbers are in long term decline, yet scant attention is being paid to satisfying what is an obvious preference, for runners to be provided with maps that they can read on the run.

Should MAG be responsible for deciding whether map enlargements can be used, when major events are held on intricately contoured terrain? We don't think so. We believe that MAG should concentrate on ensuring that mappers produce maps in accordance with the Rules and that areas are not overmapped. We believe that the right people to decide at what scale those maps should then be provided to the competitors are the event planners and controller. After all, the controller is already responsible for assessing the suitability of the area for the competition in the first place.

We are making a Proposal to the next British Orienteering AGM, to be held at JK 2014, removing the responsibility, for deciding whether map enlargements should be used, from MAG and delegating it, instead, to the event controllers and planners. Briefly, the Proposal allows the event officials to give younger runners, except the elites, 1:10,000 scale map enlargements and older runners 1:7,500 scale map enlargements, in terrain where it is not possible for experienced orienteers to read their maps at the normally specified scales on the run.

If you prefer to be able to read your map whilst running through intricate terrain, please support this Proposal. If you cannot make it to the British Orienteering AGM, please resolve to send back your proxy voting paper, as soon as you get the AGM paperwork through the post.

Richard Tiley, Chairman and Dick Towler, Vice-Chairman, Lakeland OC

World Orienteering Champs, Scotland 2015

As most of you know the WOC are coming to the UK next year and will co-incide with the Scottish 6 days. The WOC organisers have put out a call for volunteers.

In brief this is what it's about:-



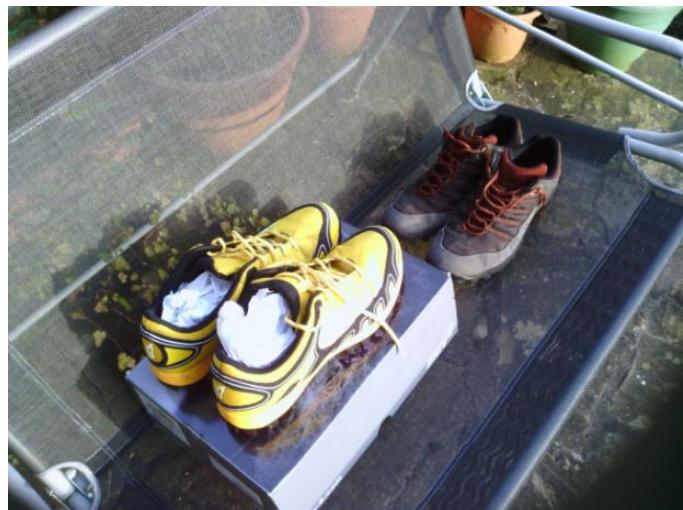
In 2015 about 5000 orienteers from all over the world will be coming to Highlands and Moray. The orienteering competitions take part in different forests and towns each day and will be organised by clubs from all over the UK. The event will be so big that we are looking for extra help. We would welcome your support. We are starting early, and giving volunteers the opportunity to get involved in other international orienteering events in Scotland. The next one is

Race the Castles in October 2014. Please visit the [Volunteer Scotland website](#) for more information and contact Linda.Cairns@WOC2015.org to register your interest.

If you are interested or would just like to find out more details, have a look here

<http://www.woc2015.org/info/join-the-event-team#orienteers>

Garage Sale



As new: INOV 8 MUDCLAW 300 (new style/ colour), never worn in anger, just 3 short runs, 2 on paths 1 in woods. Size 10. Cost £85 new, £55.

Used, but not much, INOV 8 MUDCLAW 300 (old style - reddish colour), still in good condition. Size 9.5, £25.

Please contact Martyn Gill, 01756 799468. Email martyngill@googlemail.com. p.s. You would think I had sorted out my shoe size by now.

The Orienteering Foundation



The 'O' Foundation is an independent Charity established to support Orienteers and Orienteering.

It makes grants at the discretion of the Trustees to encourage

- the enhancement of events
- innovation
- Or the alleviation of hardship.

In the recent past it has made grants to support

- National Schools teams to attend The World Schools' Championships
- The Ward Junior Home internationals
- Junior Inter- regional competition.
- Junior regional squad training overseas and in the British Isles.

The Trustees are committed to widening the support they can give to the Orienteering community beyond junior participation. To sustain the present level of activity and to widen the scope of the Foundation's support requires money. The Orienteering Foundation fund raising Campaign is gradually accumulating much needed capital to make increasing grants possible.

CAN YOU, WILL YOU HELP US?

For further information contact:

The 'O' Foundation administrator, Viv Macdonald
(viv.macdonald@btinternet.com)

or visit the British Orienteering Website
(www.britishorienteering.org.uk)

Tuesday Night Runs

1st April	The Fox, Menston, LS29 6E	Menston		SE178441
8th April	Pete & Ruth Jones, 11 Woodlands Grove, Baildon	Baildon	01274 596850	SE136388
15th April	Chris & Helen Burden, 12 Carlton Grove, Shipley, BD18 3AS	Shipley	01274 583853	SE145365
22nd April	Rest day after JK			
29th April	Steve & Alex Watkins, West Barn, Thompson Lane, Baildon, BD17 7NB	Baildon Moor	01274 580764	SE142385
6th May	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley in Wharfedale	01943 862997	SE165457
13th May	Jack Bloor Fell Race, Ilkley	Ilkley Moor		SE116471
20th May	Sara Dyer & Steve Webb, Fawweather Farm,Birch Close Lane, BD16 3BG	High Eldwick	01943 871606	SE142418

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

Selected Fixtures

Date	Location	Event	Club	Grid Ref
30/03/2013	Houghton Moor	YHOA Superleague	HALO	
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	
18/4-				
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	
10/05/2014	Ilkley	The Dales Town and Country Weekend/YHOA Urban League	AIRE	SE116476
11/05/2014	Baildon	The Dales Town and Country Weekend/YHOA Urban League	AIRE	SE155396
25/05/2014	Jennyfields, Harrogate	YHOA Urban League	CLARO	
26/05/2014	York	YHOA Urban League	EBOR	
31/05/2014	Thrunton & Callally, Northumberland	BRITISH CHAMPS		
01/06/2014	Cragg & Chesterhope, Northumberland	BRITISH RELAYS		

Are you under 26?

Want to improve your skills

In the outdoors?

Training for a competition?

The Jack Bloor Fund may be able to help you

The Jack Bloor Fund is available to

- Young people under 26 years who
- Live in Yorkshire and are a
- Member of a Yorkshire Sports Club or a
- Member of a National Sport Governing Body

What can you apply for?

- Grants to improve a physical and/or technical skill in any recognised outdoor sport

We have awarded grants to members of these clubs

- Yorkshire Fell Running Clubs
- Yorkshire Orienteering Clubs
- Yorkshire Mountaineering Clubs
- Yorkshire Scouts and Guides Groups

And to members of these National Sport Governing Bodies

- British Orienteering Federation
- British Mountaineering Council
- Fell Runners Association

These are some of the sports we have supported

- Rock climbing
- Fell running
- Mountaineering
- Orienteering
- Athletics

What support can you receive and when should you apply?

Up to 50% of the total cost is available – with a maximum grant of £300. Applications can be made all year round. **Further details and an application form** can be found at www.jackbloor.co.uk.

Money for the Jack Bloor Fund is raised through donations and the annual Jack Bloor Races. Held on Ilkley Moor each May and now in its 29th year this classic fell race commemorates Jack's life



BAILDON MOOR MTBO

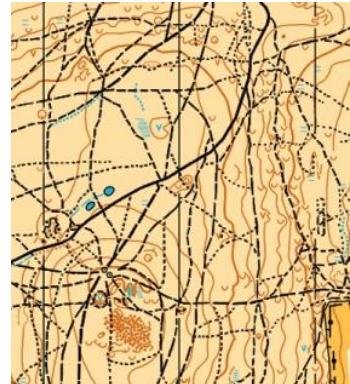
Mountain Bike Orienteering Event 11th May 2014



- **Assembly:** Ian Clough Hall, Baildon Village centre, GR SE155396 /BD17 6LX
- **Parking:** Limited car park at Assembly. Otherwise considerate street parking.
- **Facilities:** Toilets and registration at assembly download at the start/finish area.
- **Courses:**
 - A - M20, M21, M40
 - B - W20, W21, W40, W50, M50, M60
 - C - W60, Youth (15,16,17)
 - D - Junior (14)

NB You can enter the course of your choice, but BMBO members wishing to score points in the National MTBO league must enter as per the age classes above. Courses are planned for a winning time of 50-60 mins for appropriate league age classes (juniors 30-40 mins).

Terrain: Open moorland with a very dense path network and some significant height gain. Up to 90% natural singletrack, so both your riding ability and nav skills will be fully challenged - it is a very good area!



Map: 1:7500, 5m contours - MTBO update in 2014, **Registration:** 1pm – 2pm , **Starts:** 2pm - 3pm

Entries: Seniors £7.00 (£6.00 for BMBO members); Juniors £3.00 (**EOD - subject to availability of maps**). Enter on line at: http://www.bmbo.org.uk/calendar/details.php?event_id=536

Juniors/Families: We are putting on a specific course for juniors (i.e. 12-14 year olds) and family groups, with less height gain and easier nav - but still plenty of good riding like the senior courses. All younger riders must be shadowed or accompanied by an adult. The Youth age group Y18 is for 15, 16 and 17 year olds.

Come and Try It: Although an MTB would be ideal, most of the paths on the moor are pretty much rock free - so the area is also perfectly rideable on a cross bike or a hybrid etc if you fancy giving it a go - ie everyone's welcome! Don't worry if you haven't got a map board, you can hold the map in your hand around the bar grip whilst riding and pause to read it - probably a good plan if it's your first time.

Discount Entries: To encourage foot orienteers to give the sport a try, if you have already competed in the foot o event in the morning, then **bring your download print out to registration** and we'll give you a **discounted entry** to the MBO event (£4 Adults/£2 Juniors - offer applies to Day Riders only).

Day Riders: If you are thinking of doing the event - then if at all possible, visit the BMBO website: <http://www.bmbo.org.uk/membership/account/signup.php> and sign up as a Day Rider before the event - it won't cost you a penny, but it will save us the time of registering you on the day (it's an insurance requirement for the event, so we need to have you registered before you can start).

Make A Weekend Of It Airienteers 'Town and Country Weekend' of foot o events are also running the same weekend - in Ilkley on Saturday and Baildon Moor on Sunday morning (foot o registration is from 9:15am – 12.00am) - everyone is most welcome. Details at: <http://www.orienteering.ilkley.org/index.asp>