

# Aire Affairs

December 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](mailto:membership@Aire.org.uk) for any membership related queries.

If you're not currently a member, it's easy to join: just pop over to [http://www.britishorienteering.co.uk/join\\_online](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

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## **Edit O - Pete Jones**

I have to say it seems to have been a fairly uneventful autumn from an orienteering perspective but maybe that's coloured by my relative lack of participation due to injury. As I write this our next major event is due to take place - at Ilkley Moor on 30th November, and it looks like we have a decent sized pre-entry, perhaps indicative of the relative lack of major accessible events recently. We don't have any major event reports in this edition but we do have some interesting articles on non O activities by our members and I'm delighted to say a bumper Juniares section, as a result of not one, but two new Juniares editors - Laura King and Lucy Haines. So please, all Juniors, give Laura and Lucy your support in continuing the good work. If you don't know them, they are on the front cover of this magazine, as part of the Winning Y11 Girls team (along with Lucy Jacques) at this year's British Schools Championships.

And of course don't forget to renew your AIRE and BOF membership for 2015. This should happen automatically if you pay by direct debit but otherwise you'll have to take some action to renew - you should already have received a notification from BOF

## **Chair Affairs - Ian Marshall**

I would like to thank Peter Haines and everyone else involved in the staging of the British Schools Orienteering Championships weekend on 15th and 16th November, incorporating the World Schools qualification event on the Saturday at Adel Woods. The effort was much appreciated by many of the 700+ competitors and schools staff, parents and guardians who attended. The weekend was run with great professionalism and will have enhanced the reputation of the club for years to come. The Schools Championship event on Sunday was not without its challenges including a potentially nasty incident with a cow on the Temple Newsam estate. This could have been very serious and we will be reviewing our procedures to mitigate against a repeat occurrence.

The club continues to deliver a packed programme of events at all levels and I would like to extend my sincere thanks to all the organisers, planners, controllers and helpers in other capacities for maintaining this momentum. As I said at the AGM, 2015 is a big year for us with the Northern Champs/SHI/Yorkshire Champs at the September Dales weekend followed swiftly by JK2016 on our patch, but also the smaller events need officials week in, week out.

Thanks too to Laura and Lucy for taking on the Juniares editorial role and a slightly belated 'Well Done' to Evie Conway who is W12 British Sprint Champion and Middle Distance Champion following a successful weekend on 6th/7th September.

Don't forget to support our Night Score series, currently under way on Wednesdays at 7pm sharp. There are pubs nominated for a social gathering after each one. See the website [www.aire.org.uk](http://www.aire.org.uk) for more details.

## **Club Meal**

Join us at the Brown Cow, Bingley at 7.45 on Wednesday 10th December for a Club meal. This is straight after that evening's Night Score Event around the streets of Bingley. So why not build up an appetite first with a run?

### **3 More Big Dates for Aire - and Your Diary - Chris Burden**

We've scarcely got over the effort involved in staging the British Schools Orienteering Championship weekend, yet looming up in the next 16 months are 3 other large and prestigious events which we are staging.

28th February 2015 – British Night Championships at Middleton Park, Leeds

19<sup>th</sup>-20<sup>th</sup> September 2015 – The Dales Weekend at Malham Tarn & Hawkwick Clowder (Littondale). Saturday is also the Northern Championships, Sunday is the YHOA Championships and both days are venues for the Senior Home Internationals.

25<sup>th</sup> March 2016 (Easter Sunday) – Day 3 of the JK International Festival of Orienteering at Kilnsey Moor. (3500 competitors this year!)

All these will require a considerable volunteer effort, particularly the Dales Weekend and JK. These two will require the involvement of the full club membership to work successfully, so please make a note in your diaries now. Organisers will be seeking more specific help in the fullness of time.

In particular all 3 of these areas are in limestone country and are likely to need the placement (and removal) of many temporary stiles. This is hard work and the team who have done it for many years are now nearly all in their 60s. Hope they don't mind me saying it, but they are at the point where they are struggling to manage the task.

What the task involves is folks being prepared the week before an event to carry the stiles to the place they are due to be erected, from the closest point that they can be dropped off by a quad bike. This often means carrying each 6-7ft stile over rough and often steep terrain for sometimes more than 1k. The process then has to be reversed in the week after the event.

What we need are younger members to volunteer for this work. We recognise that this will most probably have to be at the weekend, due to work commitments. Some of the older guys remain happy to help, if they know they won't have to do too much lifting. Any members who are happy to join this time for these limestone events please contact me or any member of the committee.

The British Night Championships in terms of size will be more like one of our Colour Coded events. The one place that I would appreciate some extra help (as planner) is in control placement and patrolling. Middleton Park is a very public area, and it will not do to have the controls out for too long before dusk. Although I would encourage everyone to try the night orienteering, if you do not fancy running I would be delighted to hear from you with offers of help with putting out controls.

## **Event Planners and Organisers needed - Chris Burden**

### **We still need organisers and planners for these Level C events in 2015**

12th April: Calverley Woods Middle Distance. *It is getting very close to the deadline for getting officials in place. Ian Nixon is taking steps to attach a Mountain Bike Event to our event, so it would be good to have an orienteering event to go with it!*

15th November: Middleton Park (South Leeds)

### **The Night Score League has one vacancy for an organiser/planner**

21st January: Lower Baildon (a new street map by Pete Jones) Temple Newsam West has been replaced due to possible access problems following the British Schools Championships, and a lack of a volunteer.

### **The Airedale Olite series.**

These are good events for both first time and experienced planners to take on. A planner/organiser is required for the one remaining Saturday event:-

21st March: Myrtle Park (Bingley)

Coming up after Easter are the Spring and Summer Sprint League Events, all of which require planner/and organisers. All these events and more into 2015 are shown on the Future Races list under Useful Docs page on the Aire website. Take a look, and give Chris Burden a ring (01274 583853) or email ([chris.burden@btinternet.com](mailto:chris.burden@btinternet.com)) to offer or discuss. Many thanks for giving this your consideration and, hopefully, for your offers.

## **URGENTLY NEEDED – Volunteers to help with SI (on-the-day helpers and Trainee SI Managers) - Alex Watkins**

For a number of years now I have volunteered in the role of SI Manager for many Airienteers events. This is a very rewarding though technical and demanding role requiring a number of hours of work before, during and after each event (plus you always get to do it in the dry!) Unfortunately, I am now the only SI Manager left in the club with the knowledge and experience required to prepare the SI equipment and computers for each event, manage SI (data entries and download) on the day, and prepare and publish the results. This means that I have to perform this role for EVERY event requiring electronic timing (currently standing at 9 events in the coming year) and unless I have people to help me then I cannot get out and run myself. It also means that I have to be available to help at every event and have to arrange my weekends and holidays around the Airienteers event schedule. Our esteemed newsletter editor Pete Jones has been helping me for a while now and is training to become an SI Manager (in addition to his other roles as AA editor and event controller) but we need more people to help in this role! Ideally the club would have a minimum of 6 SI Managers (3 teams of 2, in line with other helper teams).

We need help at two levels:

- 1) On-the-day help with typing EOD entries into Autodownload, manning the Download station, and setting up/packing away the equipment
- 2) Trainee SI Managers committed to learning the role with a view to eventually becoming an SI Manager and working independently (i.e. without my help) to prepare the equipment and database before the event, manage the SI team on the day, and publish the results and receive the equipment back from the planner after the event, and to give me a break!

The first role of SI helper needs no prior knowledge or experience, just an ability to work with computers and cope with the occasional unexpected event without panicking! It does not require any work before or after an event. You may be asked to look after the SI on your own (or with other SI helpers) whilst the SI Manager gets out for a run.

The second and more urgent role is one that can only be learnt through experience of working on SI at events with a certain amount of training in preparing the equipment and event database and publishing the results. It also requires a certain amount of commitment just as an Organiser, Planner or Controller has to put their name down to an event and commit their time and effort to it. That commitment would only be asked of you once you are happy that you have learnt enough to do the job either with my support or independently. Clearly, the more often you help at events the sooner you will learn the role and the sooner we can share the responsibility of event SI Manager.

I would therefore be very grateful to anyone willing to volunteer for either of the two roles described above. If you are interested in either of these roles, then please call me on (01274) 580764 or email me at [Alex.Watkins@talktalk.net](mailto:Alex.Watkins@talktalk.net)

Please could you also let me know if you could help at any of the following upcoming events:

Sun 4 Jan – Shipley Glen & Hirst Wood - Level C Cross Country event

Sun 8 Feb – Haworth Moor & Penistone Hill - Level C Cross Country event

**Sat 28 Feb – Middleton Park – \*\*\* British Night Orienteering Championships \*\*\***

Sun 12 Apr – Calverley – Level C Cross Country event

Thank you very much for giving your time and thoughts to this.

## Congratulations to Hector

Congratulations to Hector Haines, current GB international and former airienteer, who got married on the 22nd November to Rachel Smirthwaite.



## British Schools Championships

A big thank you to all who contributed at this year's BSOC weekend at Adel and Temple Newsam. Both days seem to have gone down well and we also had some local success (See the Juniares section). Most of all thanks to Pete Haines (and the family) for acting as overall organiser and co-ordinator. It's always good to get feedback, especially of the positive variety, and doubly so where it's clear some of our younger competitors have enjoyed themselves. So I've printed a couple of post event e-mails below.

"My 5 Y6 girls from Riverside Junior School in Hebden Bridge had a ball today. Thank you to everyone for such a brilliant event. The girls were thrilled when their names were called out in the finishing straight and all commented on the help they received from the lady by the start boxes.

You can bet they will be telling everyone about it in assembly tomorrow and lots of photos will be on our PE board. They might even make it into the local paper!

Thanks again - Jackie Scarf"

"Dear Peter,

Thank you for organising a fantastic event today. It was many of my student's first experience of a national competition, and hopefully they have got the bug!

Kind regards, Simon Fletcher, Cheadle Hulme School"



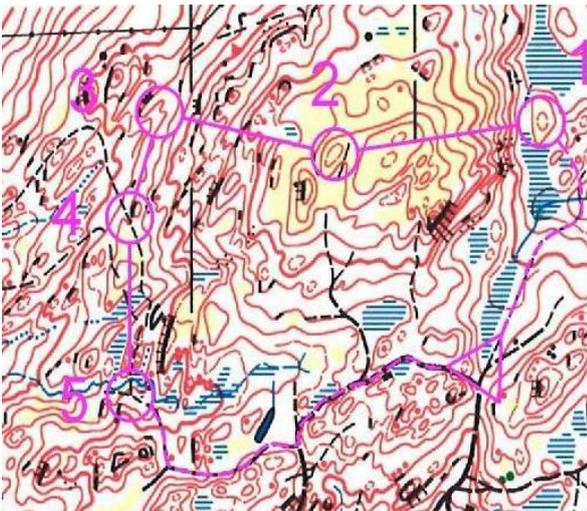
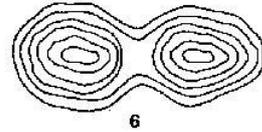
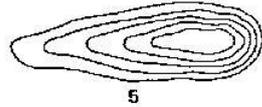
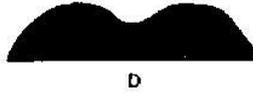
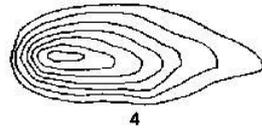
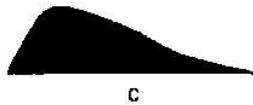
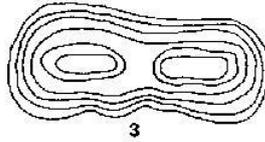
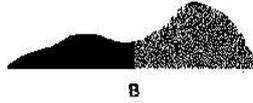
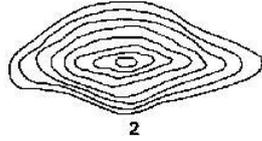
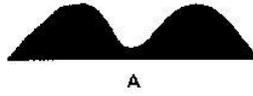
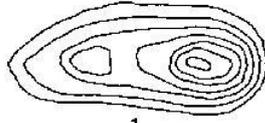
Lucy Haines looking good



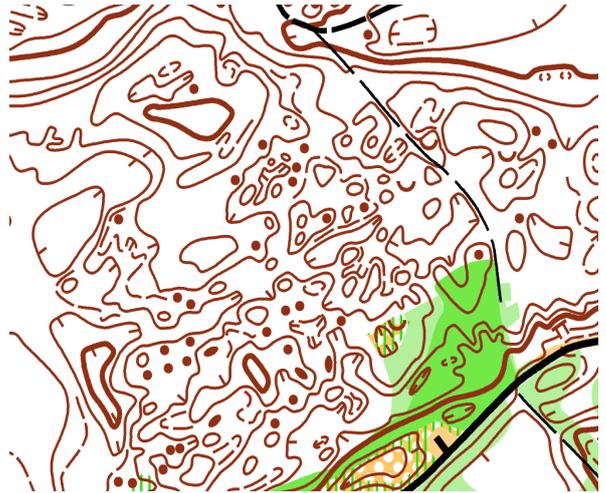
Laura King finishing strongly

# Airienteers Quiz Page - Lucy Haines

Match the contours to the profiles



What area is this?  
Clue: Lake District



What area is this?  
Clue: Scottish 6 Days 2013

Extra: who won the world championships 2014 men's middle distance?  
(See page 24 for Answers)

## Chilli con Carne to Caviar - Tom Crowther

(pics by Jeff Mason)

After a few cycling trips mainly around northern England Jeff Mason and I felt the urge to travel further afield this year and decided on France. (For the newer members of AIRE I should advise that Jeff was a long time member of the club but moved to the north east and joined NATO about 10 years ago. Like me Jeff is an M75) We had various ideas so got together at Easter to decide where to go. Then: serendipity. The travel supplement of Jeff's newspaper on Easter Saturday carried an article about the 'Velo Scenic', a 400 plus km. cycle ride from Paris to Mont St Michel. Our decision was made.

Within a couple of weeks we had honed our thinking and decided to omit the first section to Chartres by starting in Orleans. It cut out the need to negotiate the traffic in Paris and would shorten the ride by one day.

We had heard about the European Bike Express and it seemed the easy way to get to Orleans. So at 7 a.m. on the last Friday of August Jeff and I rode to our pick-up point, a slip road close to junction 39 of the M1 near Wakefield. The bike bus is a service that runs from Teesside, down the country via the M1 and M25 to Dover, over the Channel and on down through France to the Mediterranean and Spain. In addition to two drivers the bus also carried a steward who worked non-stop. At each pick-up he



was out loading cycles into the trailer and when the coach was on the move he was serving teas and coffees, making sandwiches and generally dashing about keeping everyone happy. Shortly after boarding we had placed our orders for the evening meal. Once over in France he started serving them. The bus carried a small micro wave oven and he cooked the meals one at a time. In all he served over 50 meals. So, speeding down a motorway somewhere north of Paris I had my first meal of our French holiday, chilli con carne with a glass (sorry polystyrene cup) of wine, but not bad.

We eventually arrived in Orleans sometime after 2 a.m. (that's 18 hours on the bus when you allow for the time difference). The bus pulled off the motorway and we disembarked. By the time we had sorted out our bikes and panniers the bus was long gone. Fortunately Jeff had booked a hotel close by and we crawled into bed as fast as we could.

Saturday - Orleans to Chartres. Our aim was to ride on quiet country lanes and to have ridden all the way to Chartres in the day would only have been possible if we had used the main roads so we elected to aim for Courtalain, a very small town but from there we could catch a train to Chartres. We were quickly away from Orleans and into the countryside. This part of France is very much arable

farming country and although many of the crops had been harvested there were still fields of maize and sunflowers adding colour to the otherwise brown earth. We passed through a village and stopped to buy bread and pate for a picnic lunch. There were only gentle hills to climb and we easily made Courtalain for our train. We knew there was a son et lumiere in Chartres so after dinner we made our way up into town. We were not disappointed. I had expected only one side of the Cathedral to be illuminated but there were displays on three elevations. The displays were quite extraordinary and we watched for well over an hour. At 10 p.m. it was still warm enough to stroll round without a coat. In addition to the lights there was a 25 piece swing band playing jazz standards in the square adjacent to the cathedral. It sounds bizarre but it seemed to work.



Sunday - Chartres to Nogent-le-Rotrou. Today we were to join the Velo Scenic. We did not have any detailed description of the route, just some brief notes, or up to date maps showing it but knew roughly where it went. As soon as we left our hotel we fell on a cycle path going in the right direction so followed it. Alas, the path soon ended. Knowing in which direction to aim, we headed out of Chartres. After a number of stops to check our map (and scratch our heads) we found the route. Unfortunately at one of our stops Jeff removed his distance glasses to read the map and it was sometime before he realised they were missing. We retraced our steps and eventually found them lying in the road (undamaged). With the time spent checking the map and then looking for the glasses we were late getting to our designated lunch stop and, being a Sunday, everywhere had closed. We resorted to our

emergency rations (cereal bars). We were not down hearted just kicking ourselves for not being more diligent in Chartres when looking for the route. But then our luck changed. In mid-afternoon, while riding through the very small town of Fraise, we came across a café that was still serving. A group of cyclists who appeared to have had a very long lunch were just leaving. Cups of tea and slices of apple tart were quickly consumed followed by more tea and, in my case, more tart. (The tart was really delicious). The rest of the afternoon sailed by, we even had time to visit an ancient abbey before riding into Nogent.

Monday - Nogent-le-Rotrou to Alencon. We were making no mistakes today. We had reced the route out of town the previous evening and went shopping for our lunchtime picnic before leaving. The route left Nogent on a very quiet country lane and after only a few kilometres (and a couple of little hills) we joined an old railway line. We were on this track for over 60 km as it took us all the way to Alencon. The track was very peaceful, it ran beside a small river for much of the way and the farmland had changed. No crops now but cattle and horses grazing in the fields and far more trees. Jeff spotted red squirrels on the track ahead and identified various birds (mainly by their calls). In mid-morning we left the track for a coffee stop in a small town before continuing. We really were

deep into the French countryside. It was only on the outskirts of Alencon that we were back on tarmac and having to watch out for cars.

Tuesday - Alencon to Domfront. The first 30 km to Carrouges were the hilliest part of the whole week (and quite a change from the level railway track the day before). But nothing that was not rideable. Just at the right time we came across a café for coffee and still arrived in Carrouges in plenty of time to buy food for lunch. After Carrouges the terrain became far gentler and we made good progress along winding country lanes, first to Bagnoles-de-l'Orne (tea stop) and then on to Domfront. There was a long, steady climb out of Bagnoles (probably 3 km) though to compensate we then enjoyed an even longer descent through a forested area on a road closed to motor traffic. Entering Domfront we got a little confused with the route. I think we were half looking for the route and half looking for our hotel, plus our map did not show the new bypass. It did not help that the route description we had was a little misleading. It referred to it not being easy with a steep slope and a lot of traffic. Eventually we realised we had to go down the steep slope (this was the first time we had been on a busy road since Chartres). We found our hotel and all was well.

Wednesday - Domfront to Ceaux. Today was another day on an old railway line. If the route had been well signed from our hotel we would have been on the track within 500 m. of leaving but we were so keen to get away from the traffic that we turned off too soon and rode for a couple of kilometres on a country lane before locating the correct route. The area was quite hilly but to keep as level as possible, the track weaved around the hills and we only incurred very gentle inclines and declines. This again was delightful cycling country. It was largely dairy farming but also with several woodlands. We had not seen any other cyclists all week apart from a few locals but today we saw fellow travellers. Cyclists loaded up with panniers that looked as if they were going a long way. We did not spot any likely drop off point for a morning coffee so rode non-stop until lunch. Again a small town just off the route provided all we wanted and we dined at a picnic table on the side of the track. Jeff had ridden part of our afternoon route a few years earlier so knew where we could expect to get a cup of tea (Having someone with local knowledge is always useful). The railway track continued almost all the way to our overnight stop and we only had the last few kilometres on tarmac.

Thursday - Avranches. It a short to Mont St from Ceaux the Velo took in a big the south to the traffic, adding kilometres in process. As away from fairly early traffic was



Ceaux to was only distance Michel though Scenic sweep to avoid all but several the we were the hotel and the still light

we ignored this detour and went on the direct (main road) line. We were there by 10 a.m., long before the car parks were even 10% full. The popularity of Mont St Michel is such that they no longer allow any private vehicles over the causeway, not even bicycles, but instead run a bus service. (The last time I was here on a bike you could cycle across the causeway but that was back in the late 1950's). A little disappointed we settled for a morning coffee and viewed it from afar.

Having reached our destination we now had to make our way to the ferry port for our journey home. Having studied the French railway timetables the only sensible option was to stay the night in Avranches and catch a train the next morning. We would have liked to have cycled further today but it was not practicable. It was only a short ride to Avranches though we did get a little confused about what we were doing once we had left the Velo Scenic. After booking into a B&B for the night we spent the afternoon inspecting the town's old fortifications (and drinking tea). From the highest point of the battlements Jeff claimed he could see Mont St Michel across the bay but my eyes are

not as good as his.



Friday - Avranches to Ouistreham. The French railways are very good. The train arrived on time and the guard even gave us a hand to load the bikes. We had decided to 'train' as far as Bayeux and then cycle on to Ouistreham. We had both seen the tapestry before so, after a coffee in the old town, we cycled

our last afternoon along quiet country lanes to the port.

A tour to remember. We had cycled about 300 miles through delightful countryside with no rain (blue skies and sunshine nearly all the way), no punctures and only one small mechanical problem when Jeff unshipped his chain whilst changing gear riding up a hill. The chain jammed between his chain ring and frame and he came to a sudden (and embarrassing) halt.

And the caviar. On our last evening when we went out for dinner in Ouistreham I ordered smoked salmon. It came with a salad and, on a small piece of bread, a helping (teaspoon size) of caviar. A first for me. The following day we were up and away before the hotel started serving breakfast as we had to catch the early morning ferry for Portsmouth.

## The Longest Yet - Adventure Racing by Ian Furlong

In August I took part in the most challenging race I have participated in to date. It was called the ITERA and it consisted of navigating the length and breadth of Wales on foot, bike and kayak. The route was only revealed to us 2 days before we started, all we knew was that it would cover some 600km with a significant amount of height gain. The race was a non-stop expedition style race. This means that the clock starts on Monday morning and doesn't stop until you reach the finish line. Any sleep is against the clock. Kit is transported between transitions, but between those transitions you are self sufficient.



### Prologue



The event centre was based in Cardiff. We collected maps, plotted the course and sorted kit. To keep us on our toes, there was a short prologue planned on the Saturday evening. Timings from this would equate to an enforced stop during the main race (time behind the fastest team x 3). 5km run around Cardiff Bay, white water paddle, 5km run.

Day minus 1 – Sunday We were all bussed up from Cardiff to Caernarfon, the top corner of Wales. This is a GPS extract of our return leg. Each dot is a check point.

### Day 1 – Monday Leg 1

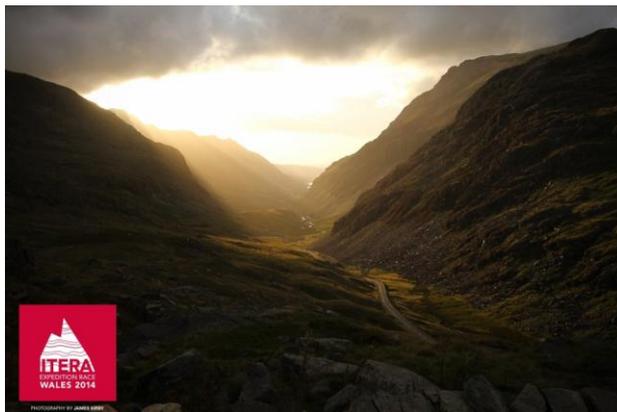
A brief run around the town, then a kayak down the Menai Straights. The conditions in the open water were far too windy, so the second half of the leg was switched to mountain biking.

Leg 2 Exploring a castle, mountain biking and zip wiring.



I don't normally get too excited about these rope based activities, I've done enough abseils in my time. But This zip wire was brilliant, if you find yourself in Snowdonia, give this a go.

Leg 3 - Trek through Snowdonia, as the first night rolls in. We managed to get a few hours into this leg and ascending Snowdon until the light disappeared. It was hard to know how hard to push this early on in the race, but we knew we had to keep moving to get on the kayaks well ahead of the cut off, so no sleep tonight. First trek CP is on the top of Tryfan.



Our first slight navigation error in the early morning probably lost us 30 minutes. Lack of confidence/concentration/fatigue meant we missed a small track we were aiming for and kept getting stuck at the top of steep crags, so it took us a while to find a safe route down.

**Day 2 – Tuesday - Leg 4** Back on the kayaks towards Port Merrion for a little orienteering. Tide and winds against us, went backwards at one point. We failed to take the tidal conditions into account here, it was frustrating. Probably the only time in the race I felt like giving up – don't worry, it didn't last!

Conditions still too windy for kayaking on the open sea, so the second section was substituted for more mountain biking. Once again, the water conditions caused a few logistical problems, even though all we had to do was paddle 500m or so across the estuary, the conditions were deemed too dangerous, so 2 hours time out before the tide turned and it was safe to cross. First sleep, 1 hour.

Leg 5 :Another trek, into the second night. I had a bit of a tough time on this leg. My hip flexor started to play up and my concentration started to waver. Renee spotted this quickly and lent me her poles and the guys took on the navigation for the night.

We stopped for a 30 min nap in a small train station at about 10pm, but I set my alarm for 30 hours, not minutes! I woke up about an hour later, rather confused. Not a big problem, but we knew we now had to complete the rest of the trek with no more rest.

I don't have any pics for most of this section as it was almost all in the dark. Just take my word for it, it was long and hilly.



### Day 3 – Wednesday

The tail end of the trek, then the start of the huge 220km mountain bike, with a short trek in the middle.

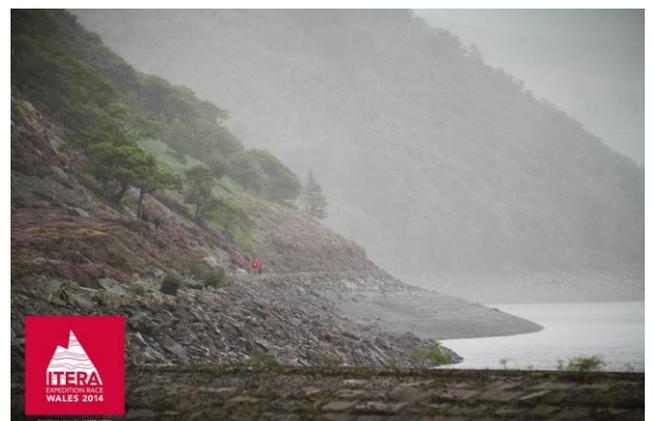


**Leg 6 -** The massive bike ride. The first leg of the bike was a real low point. I'd chosen an interesting route to the first check point. It turned out that the bridleway on the map didn't really exist on the ground. Then the very steep push up a huge hill didn't help. I thought everyone hated me, I thought it was all my fault. Turns out it was actually the fastest route! Must remain more positive.

Then the weather turned and we got very cold cycling around a long mountain bike trail. The first half was rather tedious, the second was great fun, but I was too worried about crashing to enjoy it. A huge herd of cattle with 2 bulls fighting right in the middle of our route made things rather interesting. Don't think I've ever cycled so fast!

Halfway through the bike leg we stopped off in the Elan valley for a few hours on foot where we collected check points either side of the valley. Mum and Dad were there to welcome us, with a little Happy Birthday banner!!

We grabbed some warm food in the visitor centre that had stayed open late for us. Attempted to get 20 min kip, but I couldn't get to sleep in the busy side room. Renee on the other hand was dead to the world, so much so that we lost her!! Once we found her again, it was back



on the bikes and into the night. And what a night it turned out to be...

Again, there is a big gap in the photos here. This night section was to prove the crux of the race. On the map it looked like a nice steady forest track would carry us through the night with relative ease. But with the rain falling for much of the last 24 hours, the track was flooded along much of its length. Most of the night was spent cycling/wading through waist deep rivers. Only one other team behind us at this stage (Endurancelife) went on to complete the full course.

We eventually exited the woods and hit road. But then the skies opened, as our already soaked



bodies were treated to freezing cold rain so thick we couldn't see past our torch lights. And as we were descending, no ability to generate any body heat. Then Tom spotted a small shed in a field, which probably saved our race. We took shelter, and with a hay-bale for a duvet, got our heads down for 2 hours until the storm passed.

**Day 4 – Thursday** - The bike was far from over, with 2 more mountain passes, and a lovely remote valley that I don't even think the landowners know exists. We passed a

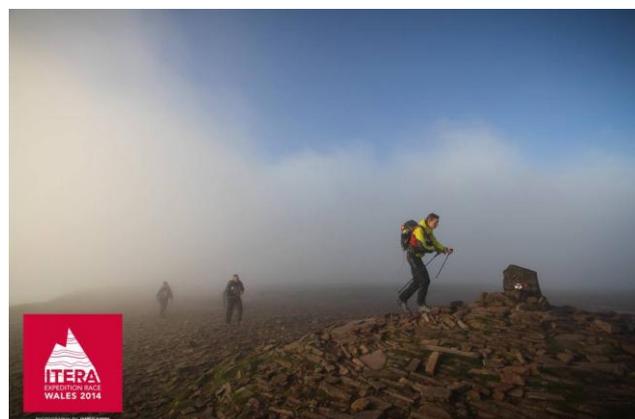
long course team (Adventureteam.dk I think) in the early hours of the morning who looked totally out of it. It turns out they had got lost in the night and had to turn back with the bad weather to find shelter. We checked all was okay and pushed on.

Then we hit a crossroads. In the early hours of Thursday morning we had a bit of a team talk. We started to add up the remaining hours in the race, were we actually going to make it to Cardiff on the full course? We had had a tough 24 hours. We needed to pick ourselves up to make it round. Now was the time to decide; would it be touring cafes en route to Cardiff, or would we race all the way to the finish line?

One cancelled breakfast order later and it was full race mode. And race we did. We actually recorded the fasted second half of the race. It was nice to be moving so well after 4 days, but the race was far from over...

**Leg 7** A relatively short kayak down the Wye ("just" 5 hours), a few miles from Mum and Dad's!

**Leg 8** Another mountain bike leg. It was hard to keep focused, but we knew it was our last night out. Our last sleep of the race at a very remote church somewhere in the hills above Hay.



**Day 5 – Friday Leg 9** We were on home soil now in the Brecon Beacons, we all knew these mountains well. Spirits were high and we were ticking off the miles quickly as the sun rose.

We knew Endurancelife had overtaken us in the previous night and they were nowhere to be seen in transition. But it soon became apparent that they were not in front of us either. We concluded that they must have stopped for a sleep somewhere, so knowing they were likely to be hot on our tails, we pushed on.

**Leg 10** The final sprint to home (on mountain bikes of course!).

Coming into the last transition we found another long course team (Wahalla) were having difficulties. One of their team members was passed out in a sleeping bag and looked to be going nowhere fast anytime soon. This left us in 4th!! As if we needed any more incentive to reach the finish line, we were not going to lose out on this. And what if Haglofs were in trouble...

After a huge ascent on the bikes, it was then a steady downhill pretty much all the way to Cardiff. We were moving so fast it was difficult to keep an eye on the map, as we moved south the landscape became more urbanised. It was hard to keep concentrating, one small mistake at this stage could have seen us crash and pull out of the race so near to the end. But as soon as we passed my old student digs I knew we would make it to this finish line, even if we had to crawl to the bay.

And just before sunset we made it!!!

One final twist in the story – just after finishing we were informed that the team in 3rd (Sweco) had actually missed a check point on the trek, so were demoted to 7th, leaving us with a podium position. It must have been tough for them to find out after all that work that they had messed up so near the end.



### Prizes

Thanks to Renee, Mark and Tom for the company. We'd only met up once as a team before the race, which is always going to make things tough, but we learnt a lot along the way, and each of us did our bit when it counted to get us to the finish.

And obviously the usual thanks to Open Adventure, James Kirby and Rob Howard for the pics, Tom Gibbs for planning the route, Adidas for the t-shirts, Facewest for kit and all volunteers for making it happen.

## JUNIARES

Hello everyone, Lucy Haines and Laura King here. We are your new Junior Aire Affairs Editors. We will be commissioning articles from juniors... and seniors! In the meantime, if you have any contributions, ideas or requests please let us know. Contact me us at [lauraking235ATgmail.com](mailto:lauraking235ATgmail.com)

### My 2014 British Middle Distance Champs - Evie Conway

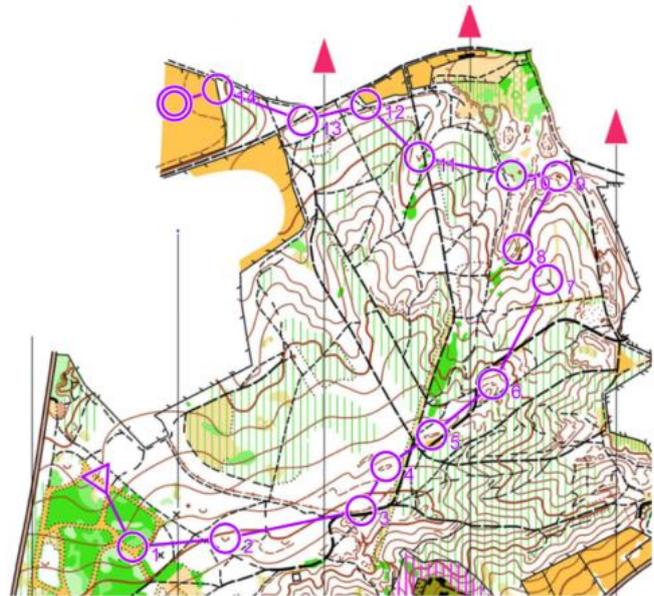
As I set off from the start, having put a lot of pressure on myself to win, I faced what should have been the easiest part of the course. All I had to do was make one direction choice and follow the direction of that ride, and I made a 90 degree error and then ran into the woods. When I realised I was wrong, I sprinted out of the woods and around a huge dark green area, and by the time I had reached the first control I had tired myself out. A leg which should have taken 40 seconds to a min took me 1:41, although according to winsplits the leader for that leg managed to take 1:22.

Having got off to a bad start, I was running harder than I would have done, and I had the fastest split for leg 1-2 and brought my position from 9<sup>th</sup> to 1<sup>st</sup>. I could have got a good split to number 3, but I decided to go through the brambles and round the back of the start of the earth wall. I became stuck in these brambles and it took ages to get out, so when I reached control 3, I was in 7<sup>th</sup> position.

Knowing I had taken forever, I ran very hard again and got another fastest split which put my position back up to 4<sup>th</sup>. I had an average run from 4-5 and my position stayed the same. At the next control I had another fastest split, due to reading the map well and legging it, after which I was 2<sup>nd</sup>



overall. Everyone who finished in the top ten made a mistake from 6-7 or 7-8, some made mistakes on both (at least WinSplits' version of a mistake) and I was the only one who did neither. This put me 5 mins in front of the person second at the time, and 8 mins in front of the girl who finished in second. I had good times for the rest of the course, and finished in first with a lead of 7 mins.



## Junior Inter-Regional Championships - Ruaridh Mon-Williams

Wow, what a weekend for the Yorkshire squad. The JIRC's took place in the Lake District at Graythwaite on the first (individual) day and Roanhead for the second (relay) day. Both areas provided intricate orienteering, the individual area being comprised of dense woodland with uneven open ground and the relay area being made up of fast running sand dunes providing good spectating viewpoints.

After an hour's drive, involving desperately trying to block out the noises from the back of the car, the four of us from Ilkley Grammar school arrived at the event where our Yorkshire team manager gave us a pep talk. I really enjoyed the orienteering on the first day and managed to find my way around the course without any serious mishaps. I came 10<sup>th</sup> in the M16 category with my team mate, Alistair Pedley not far behind in 13<sup>th</sup>. In the individual event Scotland and North-West's team members took most of the top places. Yorkshire also produced some stunning performances with Joe Woodley coming 2<sup>nd</sup>, Louise Adams 3<sup>rd</sup>, Laura King and Pippa Dakin 5<sup>th</sup> as well as many other great runs. This put the Yorkshire squad in 3<sup>rd</sup> place out of 11 teams. All of the orienteering teams slept the night on a school floor. This did not provide a great night's sleep but the food we ate was nice.



The relay event was great fun. I was on the first leg and set off in a mass start with all of the other male teams. The relay was gaffled but everyone was heading in roughly the same direction. I managed to find a fast pack and came home in 6<sup>th</sup> place with the other Yorkshire orienteers also having strong runs. My two team members both had solid runs and we finished as 10<sup>th</sup> team. The fastest Yorkshire male team

finished in a fantastic 5<sup>th</sup> place with Joe Woodley storming past the other competitors on the last leg. The Yorkshire female teams did brilliantly well coming in 3<sup>rd</sup>, 11<sup>th</sup> and 15<sup>th</sup> place. This helped our Yorkshire team to finish as the 3<sup>rd</sup> team overall. A huge improvement on last year! I'd just like to thank Nev Myers for organising the team and all his help and encouragement.

## Junior European Cup 2014 - Florence Haines

My last race for GB as a junior in the Lommel region of Belgium started with travelling very early on Thursday the 1st with a 3.45am alarm for a 6am flight. The morning was spent relaxing and sleeping and eating in Brussels airport before meeting the rest of the team coming in on different flights. After a long day travelling only a few people went and ran the model event, but after an early night me and some other W20s headed down to look at the terrain. We jogged around some controls for

25/30minutes and then discussed what we thought of the area etc. Sandy forest with some areas of contour detail and other areas very flat and featureless.

Friday evening was the first race - Sprint. Due to start blocks being decided the day before I had been given the first start (of every competitor!) at 5.30. Straight into the area and the course demanded some quick thinking but was very running dominant. I was trying my hardest but one change of plan and lapse in concentration 3 controls from the end and 1min30 lost! Disappointing to be so close to a decent run. Final result was 40th.



After an early night to try catch up on more sleep it was time for the Long distance. Now this is more my cup of tea and I was really excited! Somehow an early start block had again giving me a very early start - 10.32! So there was in fact 1 W20 ahead of me but considering a start block is 30minutes I was pretty unlucky! I didn't let it get to me and ran my own race, overtaking the Russian girl who started at 10.30 by number 2 and hitting control after

control bang on. Through the spectator I was tiring mentally and physically but pushed on and tried to stay in control. Unfortunately at control 30 (out of 33!!!) I was distracted from my bearing and lost 3 minutes. I was pleased to finish after 75 minutes and then cheered everyone else in, especially Alexander Chepelin who came a fantastic 2nd in M18! My final result was 21st and best W20 British result!

Relay was the final day and I was in a team with Lucy Butt and Tamsin Moran, 2 other final year W20s who I have grown up with so that was good. I was second leg and went out a couple of minutes down but still in contention with a big pack just ahead. It went well until the final loop after spectator and I lost 5 minutes on 2 different controls which I was disappointed about. Team final position was 9th nation.



After a relaxed afternoon we travelled back and reflected on our races and the weekend as a whole. I had such a fun weekend and after having surgery in February involving a lot of time resting and doing rehab I was just pleased to be back racing! In

January I move up to senior racing so I'm not sure what's coming next but I'm excited over winter training in Edinburgh! Many thanks to AIRE for helping fund this trip.

## British Schools Orienteering Championships 2014- Lucy Haines

The British schools orienteering championships took place on the 15th and 16th November.

The Saturday was the World Schools Selection race at Adel woods. The area was mixed woodland, primarily deciduous. The conditions were damp and misty. It was a well planned course and I enjoyed it. I especially enjoyed wading through a river! Overall, I had an alright race finishing 4th in W16A.

Sunday's event took place at Temple Newsam, Leeds. It was a cold, grey day but that did not affect my race. Having trained exceptionally hard for this I was confident and excited to race. The event was also an easier course, light green standard, so much to my advantage. No mistakes made; a pleased finisher. I ended up with 1st place, 4 minutes ahead of second. I couldn't be more happy with my result. Laura King, Lucy Jacques both did really well which made our year 11 Ilkley grammar school team win! We were all very surprised, as we did not expect to beat Ullverston. Overall it was a fantastic event and was well organised by Aire. Well done to all who competed.



On the podium for winning the team prize.



The Ilkley Grammar School Team

## Peter Palmer Relays - Miles Gilleard

On 13th September the Aire Juniors headed down to Walesby Forest to compete in this year's Peter Palmers Relays. After a brief stop at Worksop for dinner, we arrived at the accommodation in the early evening which gave us enough time to look at the terrain and spectator control before the light went. From there we had a light supper before heading to bed early so that our team of Joe Woodley, Me, Laura King, Lucy Haines, Matthew Hall and Evie Conway would be well rested before our run.

As usual at the Peter Palmers, people started to get up at 4am so that they would be ready to watch the mass start at 4:30am with the first leg runners. Our first leg was run by Joe Woodley, a veteran of the Peter Palmers, this being the last year he was eligible to run. With a time of 27.04 we were in the top 5 teams from the beginning. Thus, at only 4:57am, Laura King was off into the dark Walesby

Forest. Like Joe, Laura got back well before her estimated finish time after only 35:12 meaning Matthew Hall was setting off on his Light Green course in the dark. While other teams got to know how their runners were doing with GPS trackers, Aires didn't work meaning we had no idea where our runners were or how fast they were going. Luckily Matthew didn't get lost meaning after 41:41 and before the break of dawn he was back meaning I had to go off on the orange wearing a head torch as well as the sports bra holding the dodgy tracking system. It was a relief to know that when I set off SYO 2's Light Green runner Joanna Smith had not set off yet. Although making a minor mistake I was back in my predicted time after 28:12. Evie Conway then was the first of our runners to set off in the daylight and sprinted round the yellow course finishing after only 12 and a



Laura King, Miles Gilleard, Matthew Hall, Joe Woodley, Lucy Haines, Evie Conway at PPR 2014

half minutes exactly. At this time we were 3rd, ahead of the feared SYO 1 containing British Orienteering runner Pippa Dakin and two of the infamous Field family. Lucy Haines then set off on her green course. At this time everybody was lined up at the results board waiting to see who out of **Ka-LEI-doscope, Cool Aire and SYO 1** would win the race for 3rd place and a place on the podium. Although Lucy's time of 46:37 meant we were 5th overall, that was 7 places higher than we had been the previous year. Unfortunately being 2 years above the requirements we weren't eligible for the young team's trophy. After watching the prize giving we set off back home.

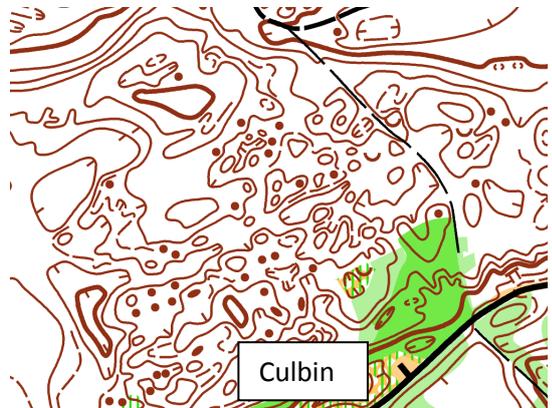
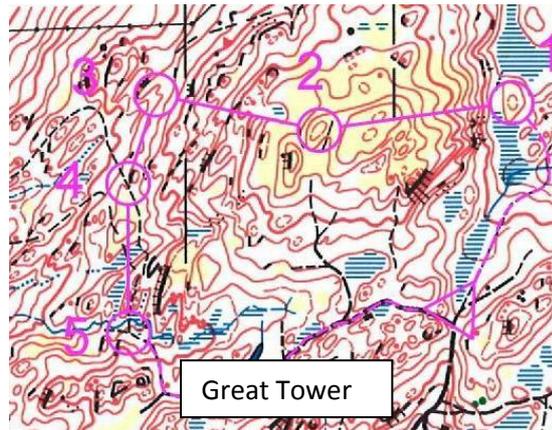
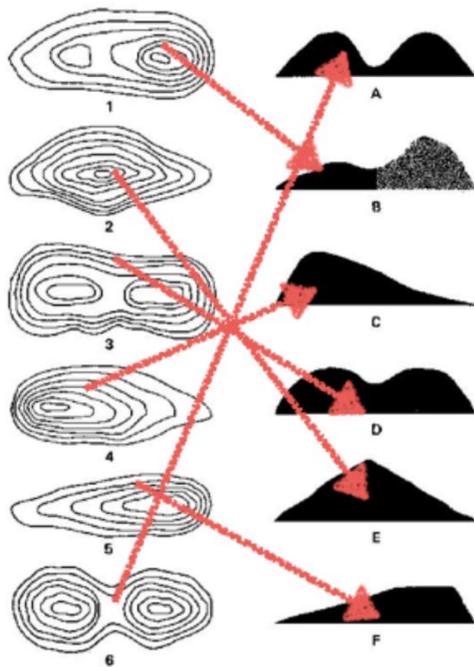
We all had a good time and we had good runs. A big thank you to Rob King for organising the team and providing my transport to the event.

## Tuesday Night Runs

2 <sup>nd</sup> December	Alex Watkins, West Barn, Thompson Lane, Baildon, BD17 7NB	Baildon	01274 580764	SE142385
9th December	John & Julie Pickering, 10 Brooklands Lane, Menston, LS29 6PJ	Menston	01943 876105	SE175442
16th December	Chris & Helen Burden, 12 Carlton Grove, Shipley, BD18 3AS	Shipley	01274 583853	SE145365
23rd December	Ian & Katherine Hill, 71 Cookridge Drive, Leeds, LS16 7HP	Cookridge	0113 267 1858	SE248407
30th December	No Run			
6th January	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley-in-W'dale	01943 862997	SE165457

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

## Quiz Answers



Who won the world championships 2014  
men's middle distance?  
Answer: Olav Lundanes

## Selected Fixtures

Date	Location	Event	Club	Grid Ref
30/11/2014	Ilkley Moor	Regional	AIRE	SE122474
03/12/2014	Beckett Park	Level D Night Score	AIRE	SE271365
07/12/2014	Dob Park	Regional	CLARO	SE 196 499
10/12/2014	Bingley Street	Level D Night Score	AIRE	SE105393
14/12/2014	Ayton Moor	Colour Coded Level C	CLOK	NZ593110
17/12/2014	King Alfreds Seat	Level D Night Score	AIRE	
20/12/2014	Royds Hall	YHOA Night League	EPOC	
21/12/2014	Royds Hall	Level C Colour Coded	EPOC	
28/12/2014	Leconfield	Regional	HALO	
01/01/2015	Otley Chevin	New Years Day Score	AIRE	SE204440
04/01/15	Shipley Glen/Hirst Wood	Regional	AIRE	SE138384
07/01/15	Adel Woods	Level D Night Score	AIRE	SE285401
14/01/2015	Ilkley Streets	Level D Night Score	AIRE	SE116476
18/01/2015	Crich Chase	Regional	DVO	
21/01/2015	Temple Newsam West	Level D Night Score	AIRE	SE354324
28/01/2015	Wrose Brow	Level D Night Score	AIRE	SE157369