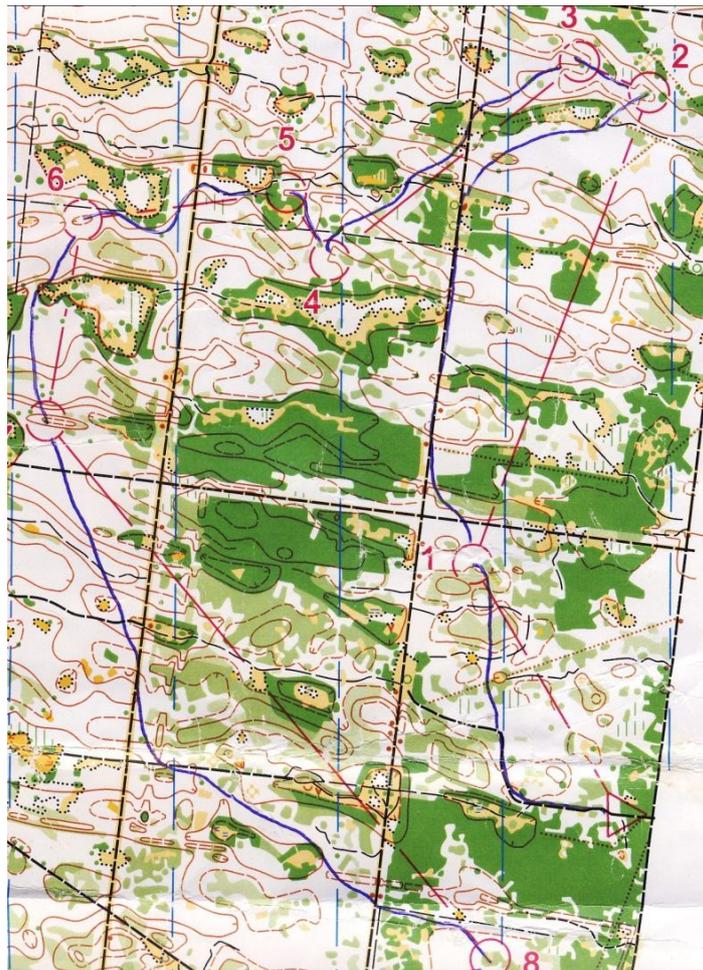


# Aire Affairs

March/April 2015



## 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@Taire.org.uk](mailto:membership@Taire.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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<b>Key Contacts</b>			
<b>Chairman</b>	Ian Marshall	marshallsATmarshalls.myzen.co.uk	01943 862997
<b>Secretary</b>	Jack Cooper	Jcoopes1984ATgooglemail.com	
<b>Fixtures</b>	Chris Burden	chris.burdenATbtinternet.com	01274 583853
<b>Membership Secretary</b>	Adrian Hall	membershipATAire.org.uk	07990597396
<b>Aire Affairs Editor</b>	Pete Jones	plrjATblueyonder.co.uk	01274 596850

## Edit O - Pete Jones

Well its three months since the last AA but until now there's not been a huge amount to write about. 2015 seemed to start slowly. We had a successful event at Shipley Glen the first weekend of the year but after that January seemed a barren area in terms of Orienteering. In February a number of Aire members headed off to warmer climes - The Portugal O Meet - with up to 7 races to run in 5 days, in a much more temperate climate. Most of Scandinavia seemed to have had the same idea (see Ali Woods's article on Page 11.) Both the JK and British are around the corner and if you are still looking for a relay run there may still



be time to sneak in (please contact Sue Stevens for the JK and Dave Alcock for the British). I hope to have the next issue of AA out shortly after the British - hopefully highlighting a number of AIRE successes - so if anyone is up for writing me an article on either it would be much appreciated. And can I just remind people of Alex Watkins request from the last issue - if anyone is interested in learning about SI and helping at events then please contact her - as a club we are highly reliant on Alex in particular and need to urgently expand our knowledge of SI. And finally it's good to see some contributors to Classic Errors, including one from a much venerated member.

## Chair Affairs - Ian Marshall

A lot seems to have happened since the last Aire Affairs as we embark on the busy year I referred to in November.

We have four club members training as Level 2 Coaches, so watch out for new coaching opportunities probably at our smaller events this summer.

The club weekend has been and gone, with 15 members experiencing top level technique training at Dale Park in the Lake District delivered by Carol McNeill and Jo Cleary. The day featured pace counting in terrain and two sessions in the 'low vis green' if you wanted it. This was really hard core, with the risk of being poked by unbrushed branches. Some members were observed navigating via the clearings, where it was light enough to read the map. The forest floor was really runnable and coated in pine needles. We stayed at the Kepplewray Centre on the edge of Broughton-in Furness, which was very friendly. Nev Myers arranged for the Yorkshire Junior Squad to share the Centre accommodation with us and go to the Cumbria Galloppen event at Claife Heights on the Sunday. A fair few of us repaired to the Manor Inn in Broughton on the Saturday evening and were joined by

some Junior Squad Dads. Sunday's event was also quite technical and Carol was there to make sure we'd been practising our new techniques.

Then, only a week later we have had the CompassSport Cup Heat at Hamsterley – which we won! Thank you to everyone who travelled up to County Durham to compete. The points you scored were valuable as the margin was only 37 points over CLOK in the end. Now we can look forward to the Final on Heslington Barrows, Kendal on 18<sup>th</sup> October.

JK2015 is just around the corner – thanks to the 9 members who have offered to help on Friday 3<sup>rd</sup> April at the Sprints at Lancaster University. The organisers should be contacting you soon with details of our helper roles. Thanks also to Sue Stevens for stepping in as club captain for the JK2015 Relays. The Championship season is a compact one this year with Yorkshire and British Champs of the various disciplines (Sprint/Middle/Relays/Long) following on rapidly. Watch out for relevant closing dates which we will try to post on the website. The finale in our Region is the Northern Champs/SHI/Yorkshire Champs at the September Dales weekend, for which preparations are in hand.

I will be stepping down as Club Chair in October following the maximum 3 years in this role. If anyone fancies a turn at this job, please contact me. You don't have to be on the current committee to qualify and 3 years is not compulsory. It's very much a role you can make your own.

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

Apologies for this, but this article is a virtual repeat of one in the previous edition.

Looming up in the next 12 months are 2 large and prestigious events which we are staging.

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 the near future, in the case of the Dales Weekend..

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. We have had some volunteers to join this team, but more would be welcome.

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.

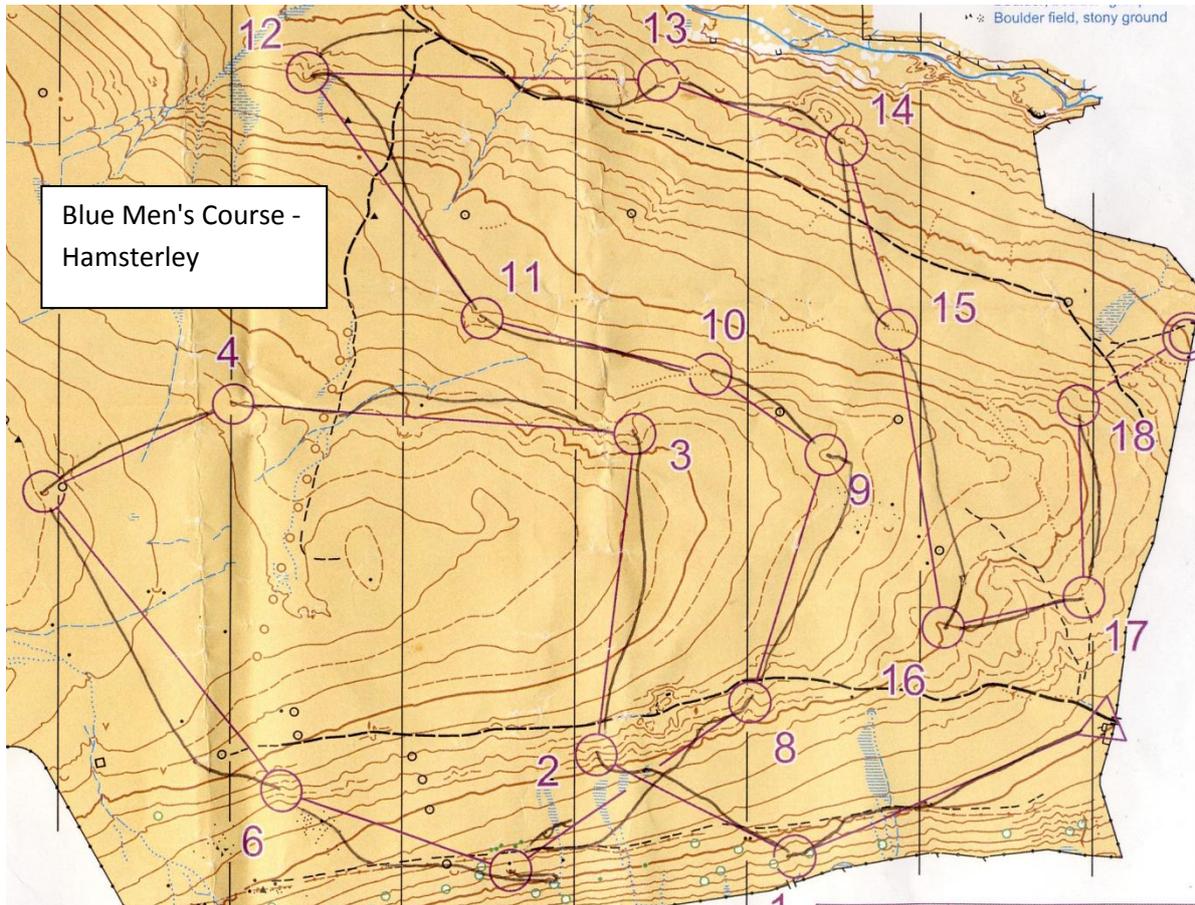
This often means carrying each 6-7ft stile over rough and often steep terrain for sometimes more than 1k. The process then has to be reversed in the week after the event.

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.

## Compass Sport Cup Qualifier - Dave Alcock

We did it! Thanks to a great team effort, Airmen have progressed to the final of the Compass Sport Cup! In pleasant conditions on open moorland in Hamsterley, County Durham, on 15th March, a wide range of competitors ranging from 12 to 75 years old battled away opposition from CLOK and EBOR. The margin was just 39 points from EBOR (AIRE: 2427, CLOK 2388 and EBOR 2193).

So, how did we do it? With a handful of top competitors dropping out due to injury and illness in the lead up to the event (note to Rob Kelly: take more care next time you go bouldering!), it was crucial



that the remaining competitors did their best. Ruaridh Mon-Williams and Steve Webb won their courses, blasting away the second-placed competitors on Green Juniors and Blue Men by eight and five minutes respectively. Al Powell and Peter Haines ran well to come second on their courses and we had a clutch of eight third places. These included some fast women: Lindsey King (perhaps benefitting from Derek Allison's recent coaching course?), Laura King (running up two courses to Blue Women), Sue Stevens, and a speedy Eve Conway. The men had their fair share of third places

too: Tony Thornley, Miles Gilleard, Ben Stevens (who made his way all the way from down south for the club), and our youngest competitor Adam Powell, who fought off competitors two years older than him.

Lucy Haines was narrowly behind Laura on the Blue Women course (good luck to Lucy and Laura in the World Schools Championships in April), and a fit Howard Sawyer nipped ahead of Tony Carlyle on the Green Men. Rebecca Mon-Williams stepped up to give AIRE a 3-4-5 in the Blue Women, our esteemed Chairman nicked a couple of minutes off our editor on Blue Men, Tom Crowther was the top M75 across the whole competition and was a counter too, as was Gill Ross, the sixth woman on Short Green (narrowly pipping her husband). Other counters were Val Gilleard, Neil Conway, Gordon Urquhart (creeping up the rankings at an event near you) and the captain himself, running on adrenaline and four hours sleep (after a rare night out). Valuable performances were performed by non-counters too, such as David Bowman pushing EBOR's second runner down on Short Brown, and Roger Lott, coming in ahead of CLOK's first and EBOR's second placed Green Men. Hillary Allen and Fred Ross also bumped CLOK's runners out of the top fifteen on Short Green Vets.

Of course the more competitors the merrier, as a good esprit de corps is intangible and yet invaluable in team competitions, so I thank all competitors for getting to the event, which wasn't exactly on our doorstep.

My final comment, indeed plea, is for all Airienteers to keep **Sunday 18th October** free for the final, which will be held at Helsington Barrows in the south-east Lakes. Keep your eyes peeled for more information!

## Rachel Majumdar Trophy - Dave Alcock



A trophy has been created in memory of Rachel Majumdar, the keen, active, outgoing and exceptionally friendly member of Airienteers who lost her life so tragically young in the January 2013 Glencoe avalanche along with her partner and fellow Airienteer Tom Chesters and two other friends.



Rachel in action

In honour of her speedy finishes, especially the one which helped AIRE to victory in the 2012 Compass Sport Cup Final, we chose to inaugurate the “Rachel Majumdar Trophy for the Fastest Woman's Run-In at the Compass Sport Cup Final”. It is also engraved “From her friends at Airienteers”. As well as Rachel’s fastest run-in in 2012, the name of the 2013 winner,



Julie Emmerson of OD was also put on the trophy. At this year’s final, which AIRE narrowly failed to qualify for, the trophy was presented to Fanni Gyurko FVO by Rachel’s mother Barbara and sister Lisa (pictured below). Thanks also go to Nick Barrable for providing the photos and assisting with the awarding of the trophy, and in doing so keeping Rachel’s memory alive.

Rachel’s mother Barbara and sister Lisa with the trophy

## Informal Formats - Dave Alcock

January 1<sup>st</sup> is the date when many orienteers enter a new age class, and it also means the first Airienteers event of the year. This has traditionally taken the format of a score event of between 45 minutes and an hour's duration, but the organiser/planner has plenty of flexibility as to what kind of event to hold, so I thought I'd try something a bit different. However, my main constraint was that the event must involve pin punching, therefore precluding some of the more adventurous formats featured in CompassSport.

I took pity on those who would be reaching the milestone of a new age class and designed an event where the recently ‘elevated’ mature orienteers would see some benefit from their newly acquired five years, so I put together an age handicap element to the score format. As a second twist, to keep the event limited to the best quality area, I opted for a two-map format, with both maps having the same number of controls, and competitors would swap their first map at a map exchange situated at a location about a kilometre from the starting point. (Competitors were told that the second map was optional.) This would also, I hoped, add an extra element of ‘spectacle’, with competitors criss-crossing one another in the forest.

The event also had to accommodate the large contingent of families who are attracted to the club's wide range of informal and novelty events. To do this, I gave all family/friend groups the maximum amount of time, and ensured that although all controls were off-path, I kept the locations 'safe' and chose a part of the area with several paths and walls, so inexperienced competitors were unlikely to get seriously lost.

All controls were worth 10 points, with a 10 point penalty applied for every minute or part minute late, as an incentive for competitors to return on time. I toyed with many ideas for the handicap system, but settled on this in the end:

<b>Time allowed (minutes)</b>	<b>Categories (M&amp;W)</b>
60	65 and over and family/friend groups*
55	60
50	55, 14 and under
45	50, 16
40	18, 20, 21, 35, 40, 45

\* Groups were not allowed to split up

A successful age-adjusted handicap system should, arguably, result in (a.) a tight clustering of scores and (b.) a mixture of ages throughout the results – so how successful was it? I thought I would compare the results with the previous year's event. Obviously this is not a rigid scientific experiment, but here goes:

In terms of (a.), the winning score (taking into account penalties) was 240, the median was 140 points, and the inter-quartile range was 80 points (180-100). This compares with the previous year's non-age-handicapped score event (winner 190; median 95, inter-quartile range 85 (120-35)), which only seems to show that the handicap system worked to a small degree. In terms of (b.), the mean score for each age group was as follows (families have been omitted), again showing that the system had limited, if any success overall, and only really seemed to help those who were 65 and over:

<b>Categories (M&amp;W)</b>	<b>Mean score (2015)</b>	<b>Mean score (2014)</b>
65 and over	137	65
60	146	104
55, 14 and under	172	97
50, 16	154	92
18, 20, 21, 35, 40, 45	160	107

M70 86, M75 175

So apparently, my attempts at 'levelling the playing field' in terms of age have not been overly successful. It appears that orienteering ability is a more reliable determinant of success than age, at least in score events, which rely even more on 'cunning' than 'running' than cross-country orienteering events. The only exception to this might be M/W65s, who seemed to do well out of the innovation. But what about those in older age classes? Here the sample really is too small to draw

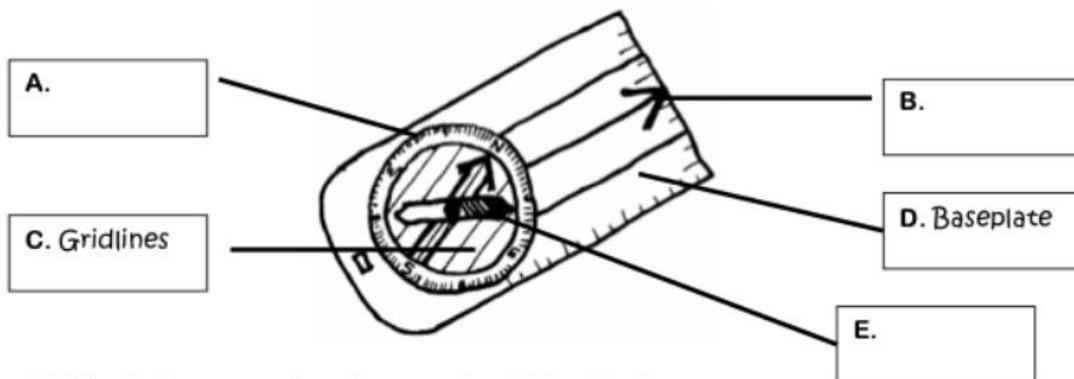
significant conclusions from, but suffice to say that Tom Crowther, the only M75 in the event, teased me in a good-natured way after the event, as he believed that he should have had an extra ten minutes: his score, pro rata, should have gone from 150 to 175. Perhaps someone would like to have a go at a more evidence-based age handicap system for future events.

## O Quiz - Lucy Haines

(Answers on inside back cover)

### Orienteering quiz

1) Label as many different parts of the compass as you can:



2) What is the name given to an angle of direction?

B \_ \_ \_ \_ \_

3) What does the red bit of part E point to?

4) How should you hold a compass?

5) On the Bedfont Lakes orienteering map, what do the footpaths look like?

6) What are the red lines on a map that tell you how high the land is?

C \_ \_ \_ \_ \_ L \_ \_ \_ \_ \_

7) How could you use the sun to find your way without a compass?

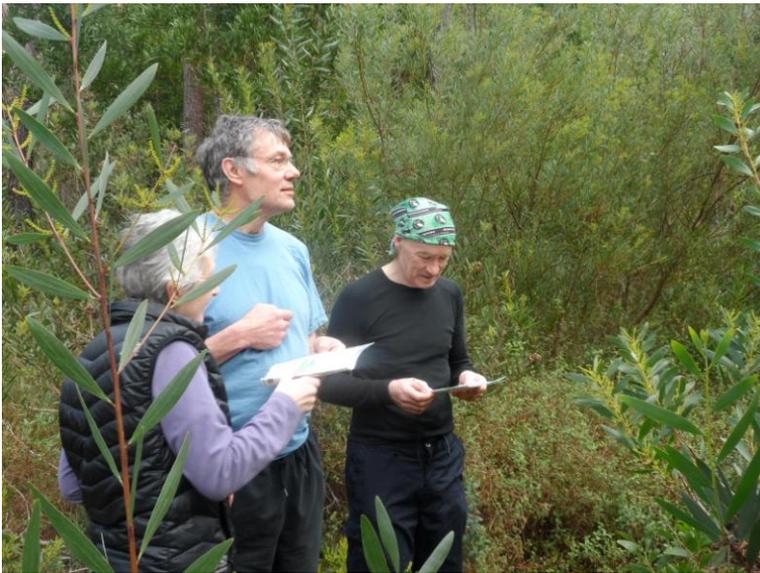
8) How can you use the stars to find your way at night without a compass?

## “Alas Wood and Jones” - Ali Wood

### Portuguese O Meet 2015

To get away from a somewhat cold miserable English February, A and A Wood, P and R Jones flew from Manchester to Lisbon, hired a rather underpowered car and drove a couple of hundred miles North to our deluxe accommodation in Aveiro, and took part in “POM 2015”.

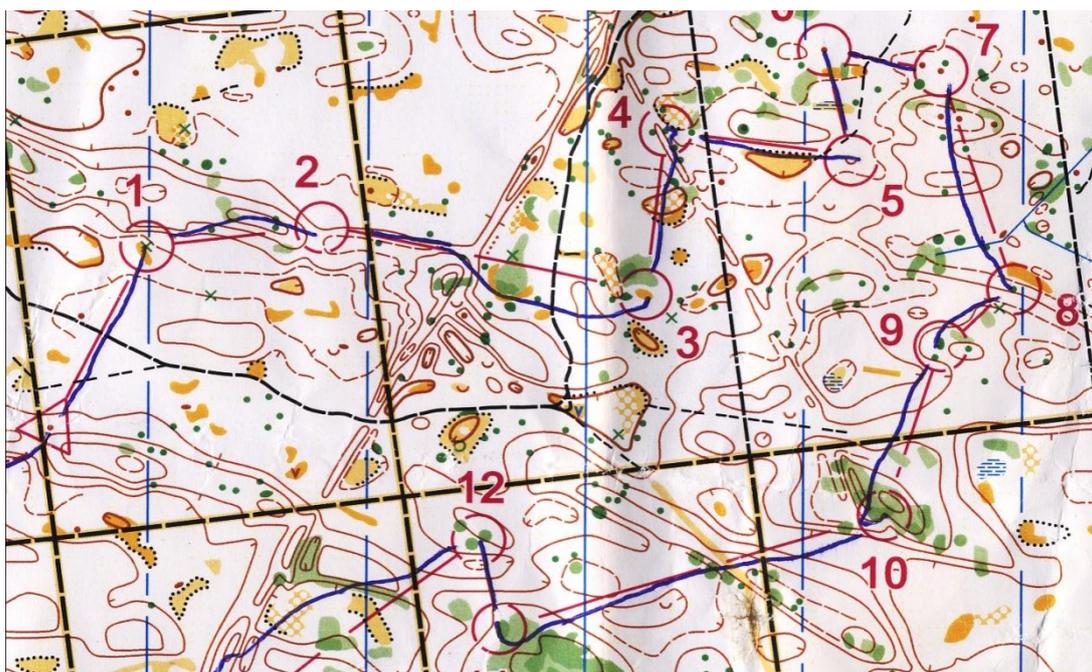
Accommodation was plush, a huge block of flats (no, I don't mean the entire block) on the outskirts of Aveiro. The area resembled a ghost town – plenty of vehicles around but no human beings, and a one-way nightmare, a bit like present-day Otley.



We began with a Training day:

A Park Race, a Middle Distance and 2 Long Distance forest days followed. I won't bore you with the exact results, needless to say Pete and I achieved a satisfactory level of failure which can be attributed to lack of all of the following: suitable motivation, suitable bodies, suitable ability, suitable luck, suitable weather, suitable terrain and suitable map - *DESPITE COMPLETE AND UTTER* devotion and dedication from our supporters Mrs Jones and

Mrs Wood.



The daily challenge was finding the events. Road navigation was initially delegated to the dependable Ali (who had surreptitiously forgotten his driving licence). After many remarks such as “U turn if you want to” and “It’s better if you don’t start from here”, he eventually admitted defeat. Ruth took up the reins. Her terrain memory served her well, but we still managed one or two wrong turns. Pete eventually multi-tasked – simultaneously driving, navigating and swearing....



The forests were pretty fast and pleasant to run through... for gazelles at any rate.

The run-ins were rather gruesome, resembling children’s sand-pits. Here’s the editor enjoying a

good playtime.



The maps were good; but one had to negotiate plenty of green patches...

The countryside in general would have been interesting if there had been anything of interest to see.

The geography was coastal, with forests in a 10km wide strip parallel to the sea front.

The area seemed devoid of wildlife, but species of *Hainesicus Lithecus*, *Burdenibus Omnivoris*, *Kellificus Androginus Lindus* and *Marshallicouplus* could occasionally be seen foraging on the wooded slopes.

We visited a famous Roman Fort, Conimbriga, which had two main points of attraction (1) the coffee shop (2) the place where, 2000 years ago, they performed their toilet duties.



At certain locations one was made aware of recent English remains overlaying the ancient Latin origins:-

In Roman Days they were pretty sad:

The ladies enjoyed a trip to Porto by train

Below is an example of the beauty (?) of Porto. For some reason the photos they took in the more seedy areas of the town have disappeared...?

To summarise, 'twas a very fun trip, but

the whole region seemed pretty deserted; I can't really think of any good reason to go back there, in or out of season, except perhaps ----- orienteering!



## Classic Errors

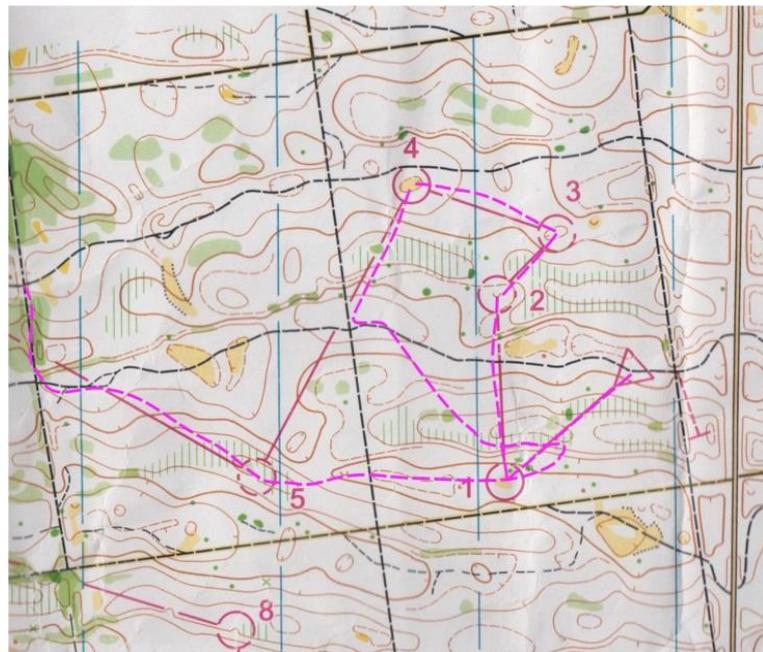
### Portugal – Chris Burden

Day 1 of the Portugal O-meet. Forested dunes in Portugal with a grid of tracks dividing off sections. What could go wrong? Most folks had done the model event the day before, and had spotted the trap that I succumbed to. But I was on holiday. There were the joys of Oporto to experience. You can have too much orienteering. I missed out on the model event.

The early part of the course was through very runnable forest. Every leg could be run on a bearing. 1-4 straightforward. On leg 4-5 I came adrift. I reached point **a**, and scratched my head. Where was the north-south path I was about to cross. I hadn't logged that it was coming. I looked up and down the purple line and no path did I see. "What?" You are saying "There is a dead straight path there on the map for all to see." But see it I did not. Instead I managed to defy all logic and rationalise that I had both gone off my bearing and more than doubled my speed through the terrain. I spotted the north-south path at point **b** and decided that must be where I was. From there on it was easy to make the map fit, as I set off on a SE course in search of control 5.

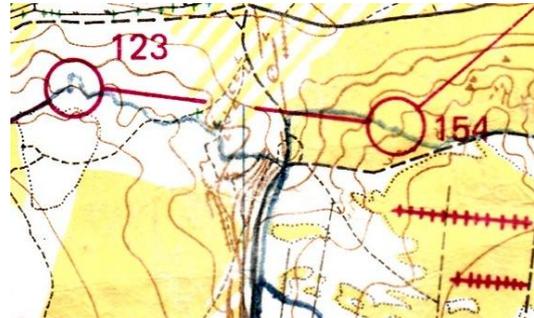
The dashed line shows my route. I failed to spot that I had crossed my route into and out of control 1, but soon after, and just before I came into sight of the pre-start, light dawned.

So what had led to my blindness? I can only assume that with my map folded, I had taken the N-S path at point **a** to be a grid north line, and that I had not made the same "assessment" of the north-south path at point **b** as it temporally ended a little further south. So beware when in grid plantations of mistaking straight paths as grid north lines.

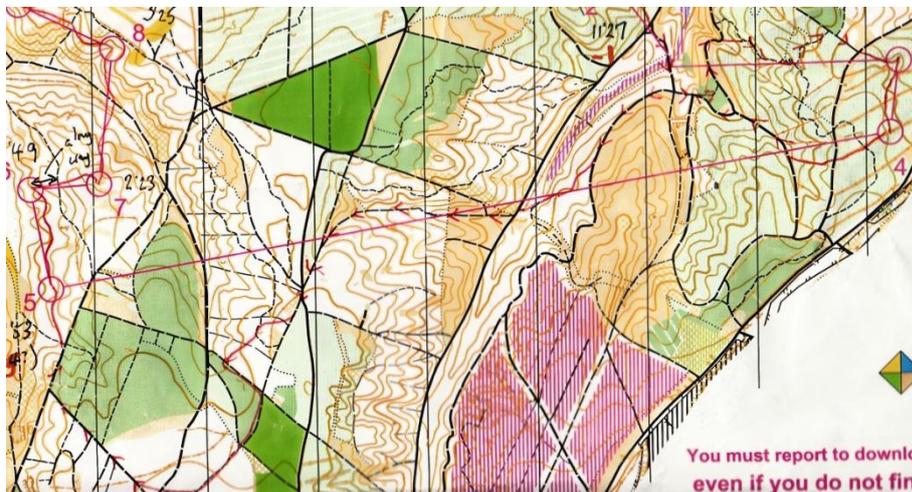


## Great Orienteering blunders - Tony Thornley Number 1037 (Included at the request of your Chairman)

Map 1 is a leg near the end of the M21E BOC on Cannock Chase in 1977 (13.5k +470m). I had run well but was tired. Route looked easy: East out of 123, hit the main N/S track in the re-entrant, turn S and then E to the control. Execution not quite so good: do all the things above, but hit the track just S of the main junction and ran a huge (15000 map) unnecessary loop.



Map 2 is a nearby bit of Cannock Chase, but M65L, Feb 2015. 4-5 is an excellent 2km leg. I plan near enough an optimum route and execute it perfectly up to the last 300m. Then, aiming downhill across the slope just before the green areas, hit track - I assume the N/S one, turn L and right through green. Didn't realise I'd gone wrong until I got to the bottom of the map extract shown. 5 mins lost.



Reason for the error - exactly the same as in 1977 - fatigue combined with over-confidence (it looked easy and is about orange standard) and failing to check the direction of the path I came out on. Anyone found a good mistake?

Incidentally, the winner did not take my route but found another which is as good. Anyone work it out?

## JUNIARES

### Hawkshead Training Weekend for Juniors- Lucy Haines

The annual trip to Hawkshead in the Lake District took place on 28th to 30th November 2014. It is a coaching and training weekend for 16 year olds, and every region in the U.K can bring up to 9 juniors. This year saw 78 juniors and 42 coaches taking part in sessions organised on Holme Fell, Dale Park and Bishop Woods. Some 14 year old can be selected, depending on numbers available. It consisted of two training days, and a night event which were all really fun.

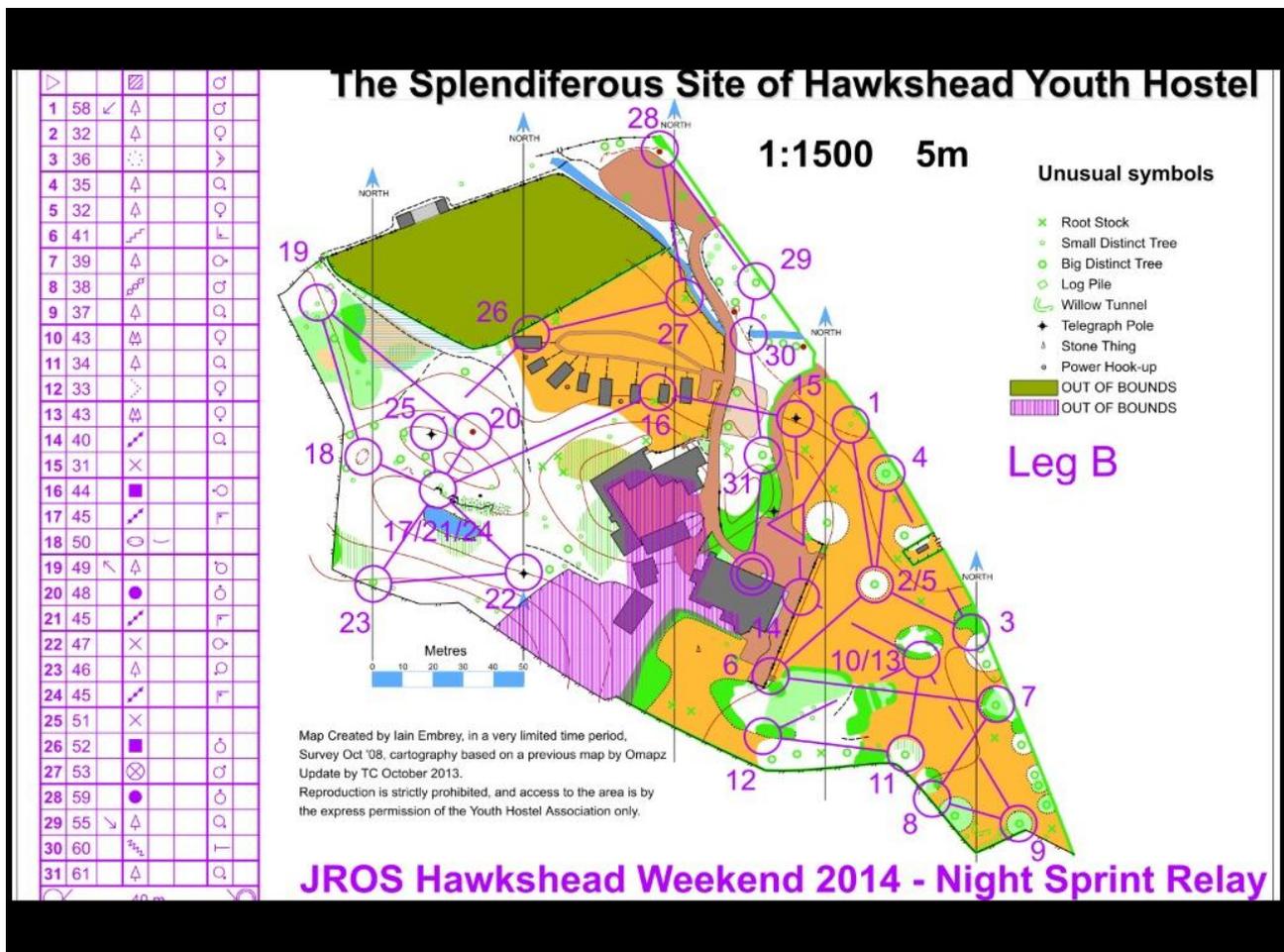
We arrived on Friday and got our room in the main hostel. The boys however, had to sleep in a wooden hut in the grounds which had no lighting or heating. An experience for everyone I would say... The first day we woke up to a nice day and headed out for a days training. The sun was shining and the area of Holme Fell was very runnable. It was partly open moorland alongside some open woodland. I was shadowed by Jonny Mally who gave some great advice. I



concentrated on bearings and simplifying the contour detail.

After a great mornings training we headed to the next area; Dale Park. A few hours later we were all tired, hungry and ready to return to the hostel. After a short rest we got ready for the night event. A fantastic relay around the grounds of the hostel. This year saw a record number of 35 teams This gave us a chance to race each other. The map was titled ' the splendiferous site of Hawkshead Youth Hostel'. The map was enlarged to 1:4000 and had about 40 controls on it, all with in close proximity of each other. Each relay leg was 1.5k with 31 controls. The trick? Slow and steady, always checking your codes.

The mass start is always a spectacle as runners spread across the front lawn and headlights can be seen bobbing backwards and forwards as competitors move from one butterfly loop to the next. The first to finish in a time of 28mins 26secs was Tropic Thunder, a team of West Midlands coaches



which contained Matt Elkington who had the fastest overall leg time of 8mins 20secs. A team from the South East comprising of Matthew Leitch, Sam Fielding and Jack Leitch were the first junior team back in a time of 32mins and 10 seconds. Red Leicester (EMOA) and the Flatlanders (EAOA) took second and third places.. Unfortunately, both of the Yorkshire girl's teams mispunched.

Nevertheless, Sarah Pedley who was put in a team with two other people from different regions, has a fantastic run, leading her team to finish 1st girls team! All members were very surprised. A great relay to do based on tactics and skill.

After dinner, we had an interesting talk from Nick Lightfoot, who outlined the tactics of orienteering and showed us how to split the leg into chunks, allowing us to simplify and therefore making our time shorter. Sunday: An early rise and another days training. We decided not to go to the event on Ilkley moor and instead get more practice in JK terrain. We only trained in the morning, but the time we got was valuable. The day consisted of great weather and runnable deciduous woodland.

Another great Lake District area full of contours and technical control sites. We shared the area with another region. After a morning of good quality training we did a fun race to finish off the weekend of training. We were set off at timed intervals, and it was a race to every second control where we were then counted and set off again.. on the final race to the finish, the maps were thrown up into the air. It was every man for them self! A good bit of fun to end a great weekend.

Thank you to all the coaches and planners who helped to make the weekend a great success

## **Junior Profile - Matthew Hall**

When did you start orienteering and Why?

*Um, probably around the age of about seven, because my dad did it and thought I should have a go!*

What's the result your most proud of?

*Honestly not sure about this, winning the British relays with you (Laura King)and my dad was pretty good, and coming fifth in British schools.*

What's your favourite area?

*Don't have any particular one but the training we did with YHJS at Silver Howe was very fun, and enjoyable.*

Do you do any training for orienteering?

*I do running training once or twice a week and other forms of sport another few times, but apart from squad weekends I don't do any specific map training.*

Do you do any other sports?

*The only sport I play for a team is hockey, but I do enjoy kicking around a football and playing a bit of badminton!*

What football team do you support ?

*I don't really follow football, but, Bradford City.*

What's your favourite song?

*Tricky. If I have to choose, probably Black Star by Radiohead.*

Three words to describe orienteering?

*Competitive, fun, fast-paced.*

What are your orienteering goals in the short term?

*Get a championship and maybe into Lagganlia.*

What is your orienteering top tip?

*Make sure you know where you're going out of the control, and the next controls' details before you get to it.*

## **British Night Championships - Laura King**

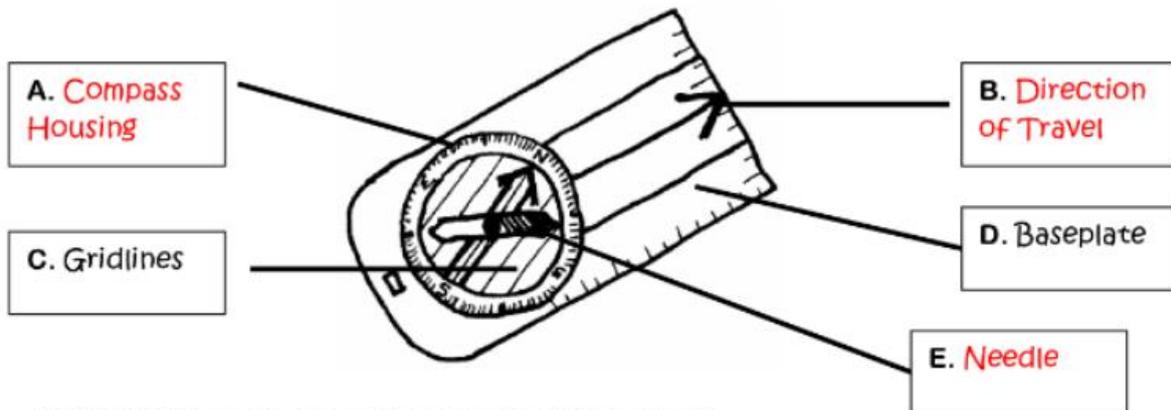
After competing and winning the Yorkshire Night League I was hoping to have a good run at the British Championships. I would say I had quite a clean run (compared to normal) especially considering it was in the dark! Setting off to number one I was taking it quite steady as I had learnt from previous mistakes earlier in the season. Everything was going fine until number three when the path I was following seemed to disappear. Despite this I trusted my instinct and I carried on to what I thought was the thicket I was looking for, and, probably by luck more than anything, came across the control. After that most of the controls flowed quite nicely, the only thing letting me down was my speed (new inov8s giving me blisters :( )

After finishing I was anxiously waiting for Hannah Hateley to finish as I knew that she had started close behind me and may have caught me up. It's harder to tell how close your competitors are when running in the dark. I was relieved when she came in over five minutes behind me. I won by a safe margin with Hannah second. Megan Harrison (EPOC) and Yasmin Field (SYO), two experienced night orienteers, had good runs also coming equal third.

## O Quiz - Answers

### Orienteering quiz answers

1) Label as many different parts of the compass as you can:



2) What is the name given to an angle of direction?

**B**earing

3) What does the red bit of part E point to?

**N**orth

4) How should you hold a compass?

**F**lat

5) On the Bedfont Lakes orienteering map, what do the footpaths look like?

**B**lack dotted lines

6) What are the red lines on a map that tell you how high the land is?

**C**ontour **L**ines

7) How could you use the sun to find your way without a compass?

**S**un rises in east, moves through the south and sets in the west.

or

**P**ut a stick in the ground and mark the end of its shadow with another stick. Then wait 15-20 minutes and mark its shadow again with a second stick (the shadow will have moved). Lay a stick on the ground between the two marker sticks – this will be a **W**est-**E**ast line, from there you can work out north and south.

8) How can you use the stars to find your way at night without a compass?

**F**ind the **N**orth **S**tar (the pole star using the plough as guidance (see picture)

## Tuesday Night Runs

31st March	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley-in-W'dale	01943 862997	SE165457
7th April	Rest Day after JK			
14th April	The Brown Cow, Ireland Bridge, Bingley	Harden/St Ives		SE104393
21st April	Pete & Ruth Jones, 11 Woodlands Grove, Baildon, BD175BD	Baildon Moor	01274 596850	SE136388
28th April	Rob & Lindsey King, 3 Alexandra Place, Ilkley, LS29 9ES	Ilkley	01943 435415	SE115479
5th May	Danefield Surprise View car park LS21 3DG	Otley Chevin		SE205440
12th May	Jack Bloor race	Ilkley Moor		SE116471
19th May	Dick Hudson's Pub north of Eldwick	Back o Ilkley Moor		SE125420
26th May	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley-in-W'dale	01943 862997	SE165457
2nd June	Pete & Ruth Jones, 11 Woodlands Grove, Baildon, BD175BD	Baildon Moor	01274 596850	SE136388
9th June	Red Lion, Burnsall	Wharfedale		SE032612
16th June	Ling Park Trig Pillar Eat at Rob & Lindsey King's afterwards	Middleton Moor/ Beamsley Beacon		SE105504

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



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