

# Aire Affairs

October 2015



**Airienteers**  
Orienteering in Airedale and Wharfedale

## Aire Membership - Adrian Hall

Hi, just in case you hadn't realised, I'm your 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

Cover Photo: Joe Woodley 'bounces' at the JWOC Swiss Training Camp

## Contents

Aire Membership - Adrian Hall .....	2
Edit O - Pete Jones .....	4
Chair Affairs - Ian Marshall.....	4
Event Organisers, SI Managers and One Planner needed. ....	5
Stiles Volunteers for JK2016 & Stiles Team Leader - Guy Patterson .....	6
Airienteers Coaching - Lindsey King.....	7
Orienteering: A Form of Praxis? - Graeme Tiffany.....	8
Dales Weekend Photos - Wendy Carlyle.....	10
A Visit to the 'Big' Dale (Pete and Dave's American Adventure) - Dave Shelley .....	11
Meanwhile in Finland - Outi Kamarainen .....	14
MTBO British Middle Champs - Ian Nixon .....	16
Polaris Mountain Bike Orienteering - Ian Furlong .....	18
Juniars .....	20
Quiz page- World Orienteering Championships 2015 - Lucy Haines .....	20
Switzerland 2015 - Joe Woodley.....	21
Scottish 6 Days - Miles Gilleard.....	23
Stockholm Tour 2015 - Laura King .....	24
GB Talent Camp 2015 - Lucy Haines .....	26
Junior Profile: Evie Conway.....	28
Quiz Page - Answers.....	28
Classic Errors -RAB Mountain Marathon, day 2, 2015 - Graeme Tiffany.....	29
Classic Errors - Scottish 6 Days - Chris Burden.....	29
Tuesday Night Runs.....	32
Selected Fixtures.....	32

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## Edit O - Pete Jones

Hello and welcome to a bumper edition of Aire Affairs. Thank you to all who have contributed and as always, it's great to have articles slightly outside mainstream 'O'. After a brief summer break the O season is back up and running with a reasonably full Autumn program. I gather the Dales Weekend and Senior Home Internationals went well despite a last minute withdrawal of land permission, resulting in a complete re-plan of most courses - well done Ali Wood and others in overcoming that. Unfortunately I missed the weekend as I was otherwise engaged in a US adventure (see Dave Shelley's article).



The next major event for us is the Compass Sport Cup Final. If you haven't entered it's probably too late by now, but at time of going to press it looked like we have a fairly strong team out. So who knows, with a bit of luck we can repeat our relatively recent success (Well, perhaps not that recent).

And don't forget the AGM, at the Dyneley Arms, Bramhope 7pm Saturday 10<sup>th</sup> October following the O-Lite at Danefield (5pm). In recent years attendance has been a little sparse. I know it's not top of everyone's agenda, but it would be refreshing to have a decent attendance and the opportunity to contribute and influence the clubs future.

Finally, after three years, I have decided to step down as AA, editor although I plan to do one final edition at the back end of the year. So, if anyone fancies trying their hand at this, please let me, or anyone on the committee know. I'll be more than happy to assist in production of your first edition.

## Chair Affairs - Ian Marshall

Firstly, thanks to everyone who helped to make the Dales Weekend a resounding success. Combining the Northern Champs, YHOA Champs, SHI Individual and Relay competitions in one weekend was always going to be a challenge. Although I hesitate to name individuals, I think particular thanks are due to Ali Wood for re-planning courses at short notice due to loss of permission and to Alex Ayling for managing the SI and associated requirements for the whole weekend. Also to Guy Patterson for his sterling work on permissions liaison and stiles management.

We face another challenge in helping to stage JK2016 next Spring, but I am confident the club will rise to it.

As this is my last Chair Affairs, all that remains is to thank you for your support and urge all members to 'get involved' with helping at events. The 'Thank You's' on the Dales Weekend Forum speak volumes and therein lies our strength as a club.

Good luck at the CompassSport Cup Final! Best Wishes, Ian

## **Event Organisers, SI Managers and One Planner needed.**

Many thanks to all those who helped to make the Dales Weekend the resounding success that it was.

The **Leeds OLite series**, coming up soon, still requires an organiser/planner for the following events

14 Nov Roundhay Park - **If no volunteer is forthcoming I will have to cancel this by Friday 16th Oct.**

21 Nov Bramley Fall

This series is quickly followed by the **Wednesday Night Score League**, which requires an organiser/planner for the following events before the New Year

25 Nov Golden Acre Park

2 Dec Colton

The following officials are still required for the following **Level C Events in 2016**

Sue Stevens has very kindly offered to Organise both Flasby and Settle, but it would be far more reasonable if someone offered to take one of these events from her.

**24 Jan: Flasby Fell:** An alternative Organiser.

**8 May: Harden Moor** YHOA Middle Distance Championships: SI Manager

**25 June: Settle & Giggleswick** Urban Race: An alternative Organiser and SI Manager

and our sole **Level B event of 2016.**

**26 June: Yockenthwaite** Organiser and SI Manager

We have to get officials in place early to ensure that you all, except SI Managers, have Event Safety Training, an insurance, but also a very sensible and enjoyable, requirement. So please don't hold back from volunteering.

All these events and more into 2015 and 2016 are shown on the Future Races list under Useful Docs page on the Aire website. Take a look, and email Chris Burden at [fixtures@aire.org.uk](mailto:fixtures@aire.org.uk) to make an offer or to discuss

In addition the club has 2 longstanding vacancies for team leaders for Event Operations teams (mainly parking duties). This usually involves helping at a maximum of 3 large events per year.

Many thanks for giving all this your consideration and, hopefully, for your offers.

Chris Burden - Fixtures Sec.

## Stiles Volunteers for JK2016 & Stiles Team Leader - Guy Patterson

### Day 3 of JK2016, Airienteers Dales area Kilnsey Moor.

I will be leading a team looking after the distribution and fitting of the stiles for all the wall and fence crossing points on Kilnsey Moor.

I am looking for volunteers to help me complete this task a week before race day.

The stiles need to be carried on foot, from drop off points near Mastiles Lane, and placed on the ground in locations across the moor.

The stiles, made of wood, come in several sizes from 1.5m to 3.5m and weigh from 12kg up to 20kg.

The stiles need to be at the crossing points by 6<sup>th</sup> March, so the fitters can come along later and fix them in position over the walls.

All the stiles will need bringing back to collection points within 10 days or so after race day.

### Stiles Team Leader for the future after Easter 2016.

I am looking for a volunteer to take on looking after the stiles. I have decided to step back after 16 years. I will continue with maintenance and storage, and arrange distribution and collection by vehicle.

The new Team Leader will coordinate the distribution and collection over the moors, by foot, and the fixing over the walls.

I will continue being involved until March 2017.

I will be around after March 2017 to provide advice and local knowledge at all times.

If you think you can help with either of the above , please contact me for more information.

[guypatterson@hotmail.co.uk](mailto:guypatterson@hotmail.co.uk)

Telephone 0113 2292201.



## Airienteers Coaching - Lindsey King

Do you want to develop your orienteering skills to make fewer mistakes?

Improve your technique to gain a few minutes on your rivals?

We are your new 'trainee' club coaches supported by the club to help you. To complete our training 2 or 3 of us will be offering -6 **free** 45min sessions of coaching at the autumn O-lite events at 12.30 on Saturdays. The usual O-lite courses will also be available- fee payable.

We need **you**, whatever level your orienteering skills, to commit to at least 4 of the 6 coaching sessions and come along to learn. We can adapt the sessions to suit you

Sessions will be ideal for your whole family provided everyone is capable of doing a Yellow course with/without supervision. The coaching will suit those who walk as well as runners.

Please email [Lindseyking49@hotmail.co.uk](mailto:Lindseyking49@hotmail.co.uk) or ring 01943 435415 to book a place. We need your **name, email address, mobile number** and **colour course you normally enter** and if you are not available on any of the dates.

These O-lite events on **Saturdays** will **include 45 mins coaching at 12.30** unless stated otherwise:

26/9/15 Baildon Moor Baildon

3/10/15 Nunroyd Park Guiseley

17/10/15 Ilkley Moor, Ilkley

24/10/15 Woodhouse Moor, Leeds

7/11/15 Horsforth Hall Park & Hunger Hills, Horsforth

14/11/15 Roundhay Park, Leeds

21/11/15 Bramley Fall, Leeds (coaching can be offered if required/desired)

We look forward to hearing from you

Lindsey King, Greg Hull, David Alcock and Graeme Tiffany

## Orienteering: A Form of Praxis? - Graeme Tiffany

Zaahir (not his real name) is in his early 20s. He has had a succession of short-term jobs interspersed with bouts of depression that have made it impossible for him to work. More recently his doctors have said he is suffering from a form of identity-related delusion. Zaahir is not really sure what this means. But one thing he is sure of is that he feels powerless.

In conversation, I ask him to consider what it means to be powerful. He finds it difficult to imagine. We discuss how expressing a choice, making a decision can reasonably be seen as a form of power. I recounted the tale of the imprisoned Mandela, who remarked that despite feeling like a chicken in a cage he could decide which corner of the cage to sleep in. Or the tale of him, shackled hand and foot, being escorted by prisoner officers to a meeting with the head of Robben Island. Four guards preceded him, four followed. Periodically, Mandela altered the speed of his shuffle, causing the first group to disappear off down the corridor and the others to fall over themselves behind. Mandela smiled; he was determined to exert what little power he had.

And so I took Zaahir orienteering, a sport he had no conception of. I sold it thus: "this is a sport for people who want to, and enjoy, making decisions; it's for people who want to feel - and be - powerful". I'm not sure he understood; like so much in life you have to get on and do things for them to make sense.

We stood at the corner of a football pitch, marked on the mapped area that was his local park. Like others who I had introduced to orienteering in this place, all of whom lived on the adjacent estate, I asked him how well he knew the park: zero for no idea, 10 for knowing it as well as one could imagine. His peers had all said "ten", an orchestrated invitation for me to suggest I would show them otherwise - this being the type of challenge these lads seemed to respond to.

But Zaahir had said: "Five", doubtless indicative of a weakened confidence. "Look here at the key and tell me what that is", I demanded, pointing at the map. "A hedge, a hedge corner" he replied after a pause. "Where is it in relation to the football pitch?" "Just near the opposite corner". "Off you go then; what way are you going to choose to go; what decisions are you going to make?"

Words in the context of knowledge gained from the experience of being with people can be powerful things.

I'd have gone straight for it, as it was diagonally opposite. But Zaahir decided to follow the perimeter of the pitch, to the opposite corner, and then, with a left turn, to the next. With another left turn, and perhaps a quarter of the way back again, he stood directly opposite the hedge corner, which was little more than a few metres away. Then his eyes lit up, for there he spied the small plastic kite I had put there earlier. He beamed, words unnecessary. "Well done", I said; "now, how about a harder one?"

And so we went on, one leg at a time, each progressively more difficult - in the sense and reality of more and more complex decisions to make. After half a dozen, he asked for a break, some water. We discussed Ramadan and the concessions considered reasonable for those taking medication, for

he was taking a lot. Again in the context of decision-making. We chatted about the things that neither of us had control over but focussed more on the small things that were tangible and possible to do (and, for me, might develop and repair a sense of autonomy).

Then I asked him if he fancied doing a short course, a start, three controls, and back again, using his new found skills. "Sure", he said. He found the first fine, and the second too. But on the last control headed off in the direction of one tree in preference to another. "What now?" I asked. "Bad decision", he said. "So make another one", I urged. Setting his map as he'd learnt to do beautifully, he spotted his mistake, and sped off in pursuit of the final kite. There, pinned to the tree, it was.

"Back now, to the finish; which way do you want to go now?" "Let's cut across this open area", he said. So, leaving the paths that had given confidence so far, he embarked on a new adventure. Spotting a thicket, he knew he was close. A bit further and there was the monument we had started from. He beamed again. We retired to a bench nearby, and drank more water; it was hot now.

"Do you know what 'confidence' is?", I asked, with my philosopher's concept analysis hat on. We went round the houses a bit but settled on 'the belief that you could be successful when faced with a challenge you had never before encountered', or something like that. I described how I saw this as saying something about how we approach the future.

Disallowed (at least for now) from working because of his condition, we discussed his passions. Food was one, and cooking for his mum in particular. Volunteering, I argued, was work without pay, but no less valuable for that. Indeed, I was in this space, at this time, with this person, for this reason. Zaahir resolved to look for a community project where he could cook for others and volunteer at that. I said I'd help.

I said goodbye to Zaahir and jogged off to collect my controls. I decided to walk instead; it was a nice park, and the light at this time was nice too. And it gave me the rhythm and pace and stimulus to reflect on this short time spent with another, and this thing folk call orienteering.

It's a sport I love but when I explain why, so often I see eyes roll. For me, it's what it means for our autonomy that matters. The fact that you have to make your own decisions, take responsibility for your own motilities. These are wonderful things. When considering the youth I have worked with throughout my life, and my years' spent studying the philosophy of education, can there be aims finer than these? Maybe orienteering is a philosophy of education in its own right; a way of linking theory with practice - a rare form of praxis. If not, it might at least be a way of seeing and being with the world that brings light and a feeling of empowerment into the lives of not just Zaahir but many more besides.

## Dales Weekend Photos - Wendy Carlyle



## A Visit to the 'Big' Dale (Pete and Dave's American Adventure) - Dave Shelley

Whilst most Aire members were busy organising, helping or preparing to run at the Dales Weekend Pete and myself had decided to tick off one of the adventures on my bucket list and 'do the Grand Canyon'. Whilst there we also planned to take a road trip, in an American muscle car of course! .... well it would be a shame not to.



So on Sunday 6<sup>th</sup> September we found ourselves on the Banks of the Colorado River at Lees Ferry, Arizona (official start of the Grand Canyon) after a two day journey from Leeds/Bradford Airport via Heathrow, Phoenix, Flagstaff and a three hour bus journey (on a typical American School Bus – they are as basic as they look on TV and cinema).



Lined up In front of us were 6 small inflatable rafts in which we, 15 other travellers (all from the USA) and 7 River Guides would be paddling and rowing for 14 days, 226 miles (including 72 rapids) down the Grand Canyon. After a thorough safety lecture including instructions on what to do if, you are thrown out of the raft, the raft overturns (or is 'flipped' in the river jargon), you encounter rattlesnakes, you are caught in a flash storm and flood in a side canyon, we set off in reflective mood ..... was this a good idea ?

The Rafts seemed to be packed with gear, the reason for which became clear when the Guides explained that the National Park regulations required that nothing be taken from or left in the Canyon. This meant that we needed to take all our food and fuel for the 14 days and take out all our waste including food, rubbish and human waste! (at least we were allowed to pee in the river). Bizarrely, we were given a drinks allowance (alcoholic or non-alcoholic) of up to 3 cans per person per day, which would have equated to over 1000 cans if everyone had taken advantage ! A large metal box in one of the rafts was reserved as the 'drinks chest' with each of our stocks kept in





hemp sacks (we managed on one can of Pepsi/Sprite each per day and a shared 5 litre wine box).

Day 1 consisted of 14 relatively quiet miles with only one significant rapid encountered – Badger Creek - rated 7 (rapids in the US are classified from 1 to 10 [increasing in difficulty]). Air temperatures in the Canyon for most of the trip were in the 90s (still use Fahrenheit in the US) which contrasted

with the river temperature of less than 50 (think of Ilkley Lido but colder). We then had to take all our gear off the rafts and set up camp. Although we were allocated tents, we chose to camp ‘under the stars’ for most nights which was an amazing experience.

We soon adopted a routine of waking up at sunrise (5-30am), trip to the ‘Groover’ (basically a Portaloo without the shelter), breakfast at 6am, packing up camp and loading the rafts by 8am and then 4 to 6 hours on the rafts with a break for lunch and one or two hikes up side canyons, setting up camp again at around 4pm, dinner at 6pm and bed by 8pm (preceded by a nightly bed time story from one of the Guides about a pair of nutters who successfully swam down the canyon in the 1950s’ !)



During the two weeks we saw an amazing variety of scenery and features including ruins of grain stores and Cliffside homes of the Puebloan people (the prehistoric inhabitants of the Canyon), remains of mining and proposed dams (never built thank goodness), fantastic side canyons with rock



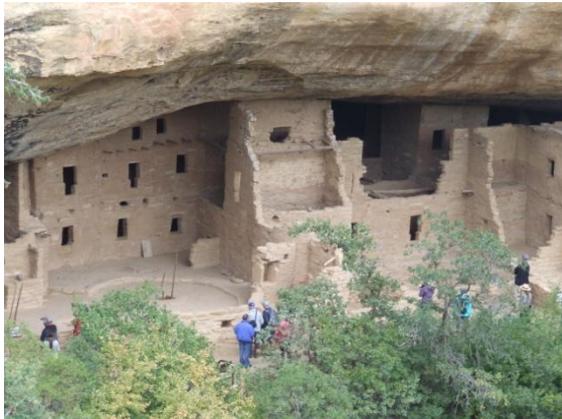
pools, natural water slides and waterfalls, and abundant wildlife including lizards, big horned sheep, birds and snakes. We even had an encounter with a rattlesnake which slithered into camp one morning and then proceeded to coil up and pose under a rock for us all to take photos (at a suitable distance depending on our camera’s zoom capacity). Our fellow travellers were a mixed bunch (mainly oldies like ourselves) from all corners of the USA from Alaska to South Carolina, but all

good company and good friends by the end of the Trip.

Day 6 was memorable (at least for me), as I was dumped out of the raft in Neville's Rapid (only rated a 6 !) when our raft hit a 'hole' and a we were engulfed by a side wave. Rescue was quick and I was unceremoniously hauled back into the raft within seconds. We soon began to look forward to the 'big rapids' (rated 8 and above) and whooped and high fived as we 'conquered' rapids with exotic names such as Sockdolager Rapid, Serpentine, Horn Creek, Walthenberg and on Day 7 our first '10' rated Rapid – Crystal which we surprisingly navigated without trouble. We were now feeling like seasoned paddlers re-living that first passage through the canyon (in 1869 by John Wesley Powell).

Pete and I (the Brits) normally crewed the one Paddle boat (6 paddlers and the river guide) but on occasions joined one of the five oar rafts where the river guide rowed using two large oars from the centre of the raft. We were given ample opportunities to row ourselves which, once we got the hang of rowing while facing forward, was great fun if hard work especially in calmer waters. We were even encouraged to swim some of the rapids which Pete took advantage of (well he is younger than me!) on a number of occasions. However we both participated in the Three Springs Rapid 'triathlon' on the last full day involving a rock climb, a leap off a cliff and swim down the rapid; not probably covered on my travel insurance, I mused once committed !

Day 12 proved to be the climax of the Trip when we reached Lava Falls (rated 10) and the most notorious and feared rapid on the Trip. The clue is in the name as it is one of only two rapids in the Canyon with 'Falls in its name (it actually drops around 40 feet). After a reconnaissance from the



bank we went for it and all 6 rafts came through unscathed although we all got a good soaking. It wasn't until later back in the hotel and looking at other experiences and disasters on YouTube that we realised how lucky we were to avoid any swimmers (people tipped in) or flipped rafts.

(Ed's note - as it wasn't possible to film ourselves in the rapids you can get an idea of what it's like if you look up any of the following rapids on Youtube - Lava Falls, Hermit, Crystal. Here's an example - although generally how not to do it). [https://www.youtube.com/watch?v=g0V\\_g0gGxaA](https://www.youtube.com/watch?v=g0V_g0gGxaA)

Day 14 arrived and we paddled the short distance to the Trip's end at Diamond Creek (the first point where vehicles can reach the River). We then spent an hour completely dismantling the rafts and loading stuff onto the waiting trucks, including a dozen or so sealed metal boxes with all our waste in! We then had a 90 minute back breaking journey on a dirt road through the Hualapau Tribal Reservation and a further two hours on Route 66 back to Flagstaff.

After a day's R&R in Flagstaff we picked up a white Mustang convertible rental (boys toy!) and then spent 6 days leisurely cruising through Northern Arizona, Utah and Colorado visiting Canyon de Chelly (pronounced 'Shea' Pete !), Monument Valley, Mesa Verde, and the Rockies before finishing up in Colorado Springs (where Pete had a friend who worked at Tetleys in Leeds many moons ago) and then flying back from Denver.

An awesome experience and one definitely worth putting on your 'bucket list' if you're feeling adventurous.

Ps. Decided that Arizona and Utah is probably not ideal Orienteering terrain – too hot, stony, remote, full of vicious undergrowth, bushes and trees (all seem to have spikes of some kind) and scary creatures (but the rock features are impressive !).

## Meanwhile in Finland - Outi Kamarainen

As the rest of the UK's orienteering population was heading up to Scotland at the start of August, I flew slightly further North to Finnish Lapland to take part in some long distance orienteering races; the Finn Fell orienteering ("Tunturisuunnistus") and then the Rogaining world championships a few weeks later.



The Fell orienteering is an annual two day event in the Finnish Lapland and I would describe it as a mixture of long-o and mountain marathons. You run in pairs, the courses are from 12 –

25 km and also include some open fells on the arctic tundra, which is quite novel in Finland where there is no shortage of trees. However, unlike the British mountain marathons you do not have to spent uncomfortable night in a tiny tent but get to go 'home' and this year we spent a lovely evening in a chalet equipped with a sauna watching the coverage from the world championships in Scotland on TV in-between the starts.

The 2015 race took place in Saariselkä, about 250 km North of the Arctic Circle and as orienteering is one of the national sports of Finland, there were about 500 teams with classes varying from F32 to M140. I ran with my sister Henna and subsequently there was some added anticipation on the start line, mainly on how well we would get on – or not – during the race as there have been some serious sisterly disagreements over map reading in the past. We did not have to worry for long, as before we knew it, the start gun went off, the maps were opened and the next 10 minutes were spent in fierce concentration trying to keep on the map and not lose each other as 1000+ orienteers galloped towards the forests. Once the first two controls were successfully visited after some hesitations caused by the map scale and contour intervals (they were only 5 meters on a large scale map so everything looked like it should have been a lot steeper to me) we fell into a nice rhythm and managed to also avoid arguments. Maybe the bag of jelly babies I had with us helped, my sister got a mouth full of sweeties every time she started to question our route choices! We managed to run



away from three other female teams towards the end and finished in 10<sup>th</sup> position after the first day. The following day we were in the chasing start so there were no distracting masses this time and our eyes had by now adjusted to the map. There were less open fell but we managed to hit even the trickier controls in the trees spot on with both of us taking and keeping separate bearings and the good navigation combined with a strong run down the downhill ski slopes got us into 5<sup>th</sup> place overall which we were very pleased about. As a bonus we also realised that we did work quite well as a team and decided that with bit more training for next year, another bag of sweeties and maybe the podium wouldn't be too far off.

The fell orienteering was a good warm up for the rogaining world championships which also took place in Finland, just south of the fell orienteering area. Rogaining is a form of score orienteering originating from Australia and the championship events are 24 h long and you run in teams of 2-5. To keep up my form in between the races, I helped my dad to replace the floor at our summer cottage, took part in some local orienteering events and also went to a high altitude training camp in the form of 'having 'nipped over' to Switzerland to climb the Eiger, but that is a story for a different newsletter!

The rogaining world championships arrived simultaneously with blisteringly hot weather (at least for Lapland – the temperature was around +25°C). I ran with Mervi Maijala, a good Finnish orienteer, who had ran a few marathons in past, but I suspect didn't quite know what she let herself in for as the only similar navigational event she had done previously was 3 hours long! My mountain marathon and adventure race background stood me in good stead for the distance, but I did find the initial route planning challenging as I did not really know how far we could travel in 24 hours on foot nor how much you would slow down at night. In the end we decided on a figure of eight option with ~60 km for the first loop and 20+ for the second with options for extending it if we were still feeling strong. Part of the route decision was also influenced by our tummies; there was a restaurant tent at the event centre that served free warm food throughout the race and we decided that it was worth calling by it and this meant that we could also leave some of the race snacks and extra clothing for the night and our running bags would be thus a lot lighter.



The first few hours were a pleasure to run in the open fells but I was slightly worried about the heat, which was quite unique experience for the latitude. I had visited the area in the past but always on skis and the worry had definitely not been the heat! We did find a lake to have a quick cooling dip and there was also a river with very tasty water which we kept wading through numerous times as

controls were dotted on both sides of it. We completed our first loop just after midnight, had a large portion of pasta, a few mugs of tea and decided to sleep for 2 hours to take us through the darkness. I felt strong when we set off again in the early hours, but later realised that I was not quite as fresh as I thought. There was a control next to an obvious little pond with cliffs and we knew we were in the right place but could not find it even though the GPS tracking shows that we kept passing within meters of it. After about 15 minutes of going round and around in circles we finally realised that we had just been looking for the wrong feature; a depression instead of a knoll, which I think to a non-tired mind would be obvious.



Besides the open fells and pine forests, we also ran through some gold digging claims, saw lots of reindeer, battled with the midges and mosquitoes and all in all had a pretty nice time. My estimation of 5 km/h worked quite well, especially as Mervi's feet developed very bad blisters which slowed us down. In the end we ran about 80 km in 18 hours (we decided

to head to the finish early as Mervi was barely able to walk by the end) and were pretty pleased with it for our first rogaining. The winning male pair however, managed to cover most of the map and clock up about 150 km so clearly there is a lot more work to do for next time!

Overall, taking part in long distance orienteering races was a good way to spend August and I would recommend both events as something different to try – also, there are not that many world championships that you can 'just enter'. The next fell orienteering is going to take place somewhere in Finnish Lapland at the end of July in 2016 and I would be happy to give more details to anyone interested. The 2016 world rogaining championships are held in Australia so there are kangaroos instead of reindeers to spot on route.

## **MTBO British Middle Champs - Ian Nixon**

This year's MTBO British Middle Champs were held at Shirebrook Valley, a small nature reserve on the south side of Sheffield. Entry numbers were down from previous years, but the standard was still very high with a number of riders having returned from the World Masters in the summer with a few medals.

The area was unknown to me, although a few people had done a race there a few years previously, so I knew that it would be fast and (hopefully) mud free. Killian Lomas (6x British champion) had planned some excellent courses making good use of the extensive path network. We started out with some very short legs needing quick decision making, although I had tried to memorise as much as possible in the 1-minute call-up where I received my map. After this frantic start we hit some of the steep hills this area is renowned for where I took the lead. After some interesting route choice legs on the top of the hill we cut across the area to the semi-urban part of the map which threw up some interesting route choices. I made my one mistake of the race here where I ended up doing

double the distance I should have done, but as it was a short leg I didn't lose too much time. After the map exchange we had another leg-burning climb to the top of the area again which threw up some big time differences as tired leg's started to suffer. From here there was a steep descent to the river bottom on some fast tracks, before the final sting in the tail up some steps which couldn't be ridden. Thankfully my non-running legs coped well with this and I ended up taking the victory by over 2 minutes.

A pleasing result considering I had to miss this year's sprint race due to a hip operation denying me the chance to hold all 3 British titles at the same time.

If anyone is interested in taking part in MTBO races, they are very easy to get involved in. All race details are on the BMBO website <http://www.bmbo.org.uk> and there is a big crossover in techniques between sprint/urban foot-o and MTBO. There is also the opportunity to place a lot higher than you would at foot-o due to the smaller numbers! (Although the standard of cycling at the top end is very high, if you are competent at cycling off-road you will be able to make it round any course as technical sections are generally avoided, or can be walked over if unavoidable).

## Results

### A course (open and veteran men)

1.	Ian Nixon	AIRE	M21	45:41
2.	Andrew Windrum	EBOR	M40	48:02
3.	Iain Stamp	WCH	M35	49:37
4.	John Houlihan	AIRE	M50	52:20

### C course (juniors)

1.	Ben Houlihan	AIRE	Y18	29:49
2.	Jake Powell	AIRE	Y18	36:46

## Polaris Mountain Bike Orienteering - Ian Furlong

I've entered the Polaris mountain bike orienteering event a couple of times before, about 5 years ago, but I'd given up on the event after growing increasingly frustrated at the quality of the maps. The final straw being when they provided Harveys maps, which don't identify between a bridleway and a footpath, a rather fundamental distinction when not relying on a pair of trainers alone. The event itself was in a bit of a rut back then, with the bike gear company behind the event losing interest along with a decline in the number of competitors.



Fast forward to 2015 and I'd heard that after a few years of experimenting by OMM, the new custodians of the flagship event, the quality was back on track. The event offered 3 MTB classes and now 3 OMM lite options, a foot-O event over 2 days with a central HQ, so competitors need not carry overnight kit. Only one of the MTB courses involved a remote camp, so that class help the legacy title, the Polaris Challenge.

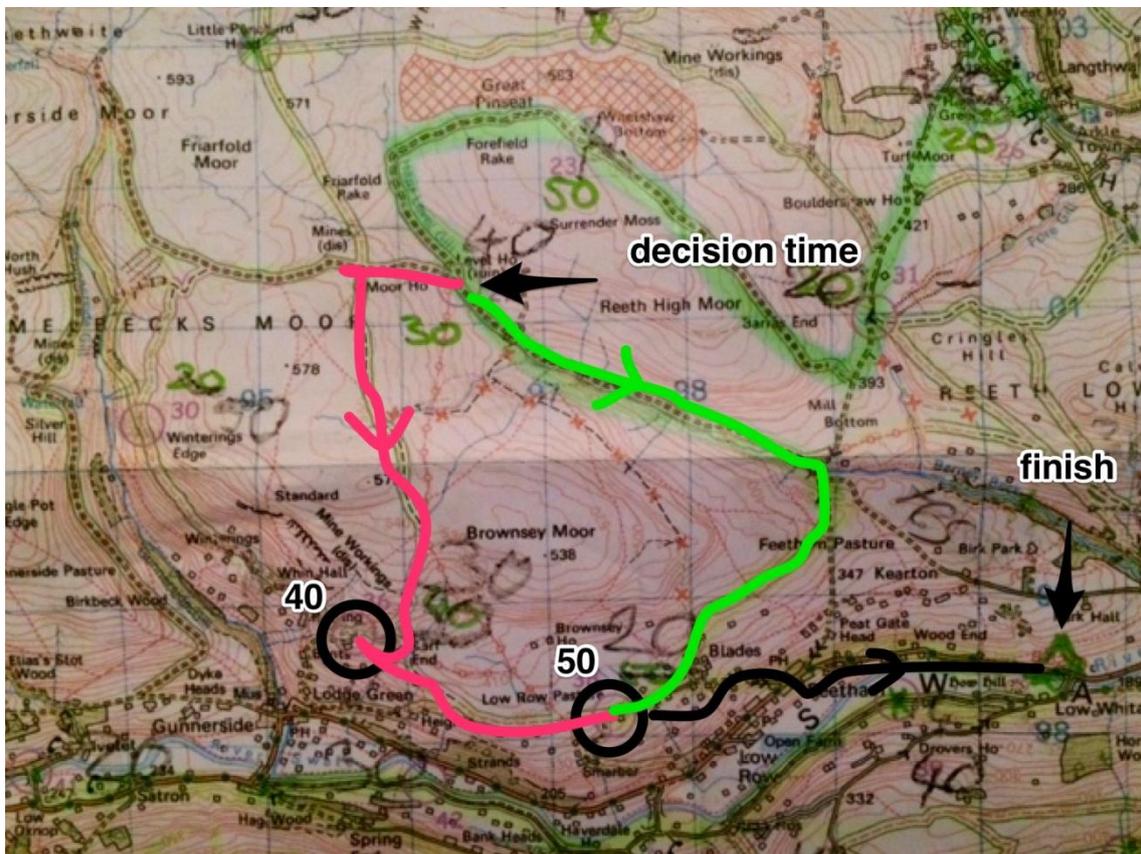
This year the event was based in the Northern Dales, out of the Dales Mountain Bike Centre near Reeth. I entered with Amy, with no real aims other than perhaps to challenge for top mixed pair.

As promised, the maps were excellent. Overprinting included details of the quality of trails and permission had been granted for the use of a number of private tracks, opening up a vast expanse of largely off-road route options.



7 hours on day 1 allowed us to cover around 85km and 2200m of height gain. Only one significant route choice error which lead us down a rather boggy trail for a measly 20 points, but a big decision had to be made shortly after, about 4 hours in, whether to commit to a large loop with a big chunk of points, or to head nearer to the finish and pick up points with more flexibility on route options. We decided to drop the loop, which on reflection, I'm sure helped our score.

With 40 minutes to go, another critical decision (see the picture). Head up and over to a juicy 40 points (pink route), but along an unknown quality trail, or risk being late. Amy was in a bad way after a rather taxing ride, there may have been some vomit (I was too focused on the map to notice at the



time, priorities). So we opted to head back (via the green route).

After pitching the tent and getting some food on board, a few fellow campers compared notes while the midges took their turn to feast. It turned out that despite our less risky approach we were joint top on points overall! Well that perked us up a little, if a little apprehensive that we might have to put even more effort in on the following day.



Day 2, 5 hours. 60km, 1,400m. One big route choice decision after the first hour; commit to a big loop and risk not having enough time to pick up a 50 pointer near the end, or take a less efficient route but bag the 50 points early on. Having a good idea of our average pace now, we took the efficient option. We finished 4 min late and just a small point penalty, it had paid off. Results time, and after all that riding, we had extended our lead, took the overall win and were presented with a rather impressive trophy. Kudos to Amy for digging deep and pushing hard all through the weekend. The trophy is with the engravers at the moment, but I'm pretty sure I spotted some local names on the base including John Houlihan and Al Powell. Apologies if I've missed anyone else. Perhaps I'll add a photo to a later edition of Aire Affairs.

## Juniars

### Quiz page- World Orienteering Championships 2015 - Lucy Haines



1. Who is this and what did she win?
2. What area was the middle distance on?
3. Who won the men's sprint final?
4. What country does Maja Alm run for?
5. Who won the women's middle distance?
6. Who is this?



7. What place did GBs men's forest relay team come?

Answers on page 28

## Switzerland 2015 - Joe Woodley

This summer a group of 11 British athletes travelled to St. Moritz in the Engadin valley of southern Switzerland. The 2016 Junior World Orienteering Championships are to be held in the area so this camp provided the perfect opportunity for us to gain experience of the terrain types we will face in a years' time. The importance of orienteering in similar areas to those in which we will race cannot be understated. By the end of the week we hoped to have a grasp of the mapping style, what certain features looked like on the ground and how they were mapped. We would also discovered just how physically demanding the competition would be; with steep rocky slope orienteering, not to mention the altitude of over 1600m.

We flew to Milan Bergamo airport on Sunday. This gave me just enough time to drive the 7 hours home from the final day of the Scottish 6 days, pack, repack and grab a few hours of sleep before jumping on a train to Manchester airport. Travelling took up the entire day on Sunday



and we eventually arrived at St. Moritz youth hostel after what seemed like hours of torturous hairpin bends where nothing but our headlights pierced the stormy Swiss night. On awaking we were greeted by the breath taking peaks that surround the town on every side. Everyone was tired after a tough week of racing in Scotland so we chose to go for an easy run to explore the town and do a lap of the lake. We also discovered the towns' running track, free and open to all. Whilst we did a few running drills and stretches we watched elite athletics stars from across the world training framed by the imposing mountains that overlooked them. St. Moritz has become a favourite high altitude training camp for endurance athletes, used by the likes of Johnny and Alistair Brownlee. We were lucky enough to be joined by Jackie Newton and Bashir Hussain both experts on physical conditioning and training and racing at altitude. On Monday afternoon we got our first chance to run in the JWOC terrain. The course was technically and physically challenging but most notable was the amount of rock underfoot making running difficult, and running whilst reading your map near impossible.

Throughout the rest of the week we trained in areas relevant to all the disciplines, Long, Middle, Sprint and Relay. Each evening we participated in group discussions about the areas we had run on. These sessions were led by Mark Nixon whose technical expertise and international racing experience helped to identify what made the areas unique or not and how we could best prepare ourselves to perform well in such terrain. We ran a long distance model course in groups each taking different route choices and decided that large route choice legs would play a vital role in deciding

the ultimate race winner. Possible track routes, straight options and amount of climb would all factor into decisions about which route was quickest. Making these decisions in oxygen debt and under the pressure of racing is difficult so by trialling different routes and throughout the year looking at Swiss races and route choices we can help form an idea about what makes a



route quick and safe. Ultimately this will make the decisions during the race a lot easier. The Sprints were classic European old village areas with small alleys, irregular buildings and open squares. The middle and relay will be technical with rocks and complex contours; though will have fast sections between the small hills. Picking runnable lines through the terrain that also allow for easy navigation will be key to a good performance in these areas.

The trip was a lot of fun as well as vital for preparing for JWOC. Each day we swam in lakes or iced our legs in glacial streams. There was great team spirit and I think everyone began to dream of the perfect race next July. I'd like to thank the Coaches Mark, Jackie, Bash and also Allan Bogle. Without their hard work and dedication such trips would not be possible. I'd also like to thank the John Taylor Foundation whose generous grant helped to make this trip a reality for me. The grant has helped me to prepare the perfect training plan for 2016 and taken me closer to my goal of a top 20 at the Junior World Championships.



Finally I have included three things I will do this year to help me perform if selected for JWOC:

1. Practice rocky slope orienteering – In Sheffield where I study areas such as Wharnccliffe and Loxley common will be great to practice on.
2. Get Fit – You simply have to be at peak fitness to handle the double hit of steep slopes and altitude. Hill reps, strength and interval sessions will be vital to get my body ready.
3. Study Maps – Route choice is going to be key in a way unlike it is in British orienteering. Other than perhaps the Forest of Dean we don't have many areas where round-about route choice and amount of climb is so crucial. To combat this I will look at how the 'Continental Kings' of orienteering do it. Looking at races and finding whose route was quickest and working out why will help get me ready for a Swiss style long distance.

## Scottish 6 Days - Miles Gilleard



On the 31st July, after managing to get a lift from the Dakins from SYO, I headed up north to Inverness for my first ever Scottish Six Days. However this was no ordinary Scottish six days for it coincided with the World Orienteering Championships that were also being held up in Scotland.

On the 1st August everyone made their way to Nairn to watch the opening ceremony of WOC as well as to watch the WOC sprint relays. The winner of the mixed team relays

was the Danes including my personal favourite Orienteer Emma Klinton-Klonnken. Although you could run the courses of the world elites afterwards, as did many, I decided to explore the town of Nairn.

The next day saw the beginning of six days of orienteering on the "the perfect stage", a description used all too often by the Scottish Six Days organising committee. Day 1 saw us in Achagour, an area filled with marshes and intricate contour details. Although this wasn't an area chosen to be in the WOC it was a good area nonetheless. That evening however we did go to a WOC area, the town of Forres, to see the individual sprint finals. While that was taking place I once again took the opportunity to explore the town centre of Forres, not straying too much from the centre however due to not wanting to disrupt the orienteers weaving through the narrow roads of the town, as well as the fact that Forres is not a very nice place outside the town centre. Day 2 was another non-WOC area, Strathfarrar. Unlike the previous day there was a lot of climb and overall this was my least favourite day.

After day 2 came the rest day. Whilst pretty much every other orienteer went off to the WOC O-fest being held in Forres again, I took the day to explore Inverness and the surrounding area. In the morning I took the bus up to the Culloden battle site to see the place where the Jacobite Rebellion met its grizzly end in the face of the British Army lead by the Duke of Cumberland. In the afternoon I had planned to go see Fort George but there was no regular bus service to it. Instead I returned to Inverness and looked round the City.

Day 3+4 saw the orienteering at Darnaway, with the Assembly right in front of Darnaway Castle, home to the Earl of Moray. Whilst day 3 was a quick paced middle distance, day 4 was like day 1 and 2. WOC returned on days 3+4 for the middle distance and relay events. Awards for that were awarded by the Earl of



Moray.

The final two days were held at Glen Affric where on the 5th day the last WOC event was held. The long distance. Whilst unfortunately just missing out on a medal, Aires own Hector Haines did a strong performance against the world number one Thierry.

However the Scottish Six Day organisers didn't just plan events. For those people camping on or around the official campsite, they organised night activities. On the Tuesday AIRE took part in the quiz with Myself, Rob King, Henk Van Rossum, Chris Burden and David Alcock narrowly missing out on the top 3 teams. On the Thursday night the Dakins all went to the ceilidh however I decided to go for a swim in the pool adjacent to the campsite. While in the swimming pool sauna I met members of the Lithuanian and French orienteering teams.

Overall it was a good week of orienteering and going to the WOC was an experience I will never forget.

## Stockholm Tour 2015 - Laura King

The Stockholm tour is a training camp set up for primarily M/W17 and is run by the CompassSport magazine editor Nick Barrable who lives in Stockholm himself. They usually take up 10 girls and 10 boys, up to four of which can be W16, however as not enough girls in the year above qualified for selection this year it meant we had 5 girls from each age class.



Once we had landed in Sweden, we took a bus out of the airport, then a train, then a tube, then another bus which dropped us off right outside the Attunda OK club hut. We were to sleep on the floor of one of the huts storerooms for the duration of the camp which was cozy to say the least. That evening we were thrown straight into the surrounding Swedish terrain... in the dark. Unfortunately for me it didn't last long as a certain Chloe Potter fell and twisted her ankle so I had to help her limp back to the hut.

Throughout the week we travelled on countless modes of public transport to various areas in the surrounding Stockholm area, some taking up to two hours to get to. A session that I particularly enjoyed was the Melkes Minne junior relay. I was in a team with Abi Mason from DEE and Emma Wilson from Clyde. I was on first leg with about 10 other Swedish girls but managed to just sneak into 1st position on the penultimate control. Emma and Abi both kept it up and we managed to win the relay overall. Another session that I loved was the OK Ravinen club nights. These varied from manic, ungaffed clock relays to terrain intervals with the one and only Gustav Bergman.

After most training sessions, we'd often go to a nearby lake for a swim to cool off as the weather was so good. On the first weekend we took part in a competition run by Attunda OK. I had a great middle distance, which got me third place. The terrain was similar to that that we had been training on all week so I tried to what I had learnt to practice which was mainly to just slow down and stay in contact at ALL times. The long distance the day after wasn't quite so successful. It was



my first time running on 1:15000 and it was tricky Swedish terrain. It was going well half way through when I made a 15min mistake. I haven't been that lost in a long time. I had got to the point where I didn't even know which way to go to relocate because I was so disorientated. I got back expecting to be last but as it turns out I was 4th! It turns out all the Swedes retired?!? Anyway the top seven were all of us Brits.

As well as the technical training we did a 3km time trial and some weight training. The weight training was at a nearby school with a Swedish Olympic weightlifting ex-coach who got us all squatting with weights. The day before our final weekend of competing we spent the morning doing an urban sprint relay. This involved hunting for controls that were drawn on various trees with chalk, which was quite a challenge. We also ended up running through a primary school at break time, which was great fun as you would get a massive cheer as you dodged in-between kids. In the afternoon we caught a boat across to Grona Lund, a theme park in the centre of Stockholm for some 'adrenaline training'.



On the last weekend we did another two-day competition. The long distance was close to a disaster. I set off quite confident that my two weeks of training would pay off and I would be able to manage a reasonably clean run... I was wrong. My first leg was a mere 100m yet somehow I managed to take 14 minutes. Enough

said. The next day was much cleaner which allowed me to secure 11th place at quite a big competition as an 18 elite. This meant I could go home on a positive note, not that we had much time to dwell on it as we were immediately shipped off to the nearest train station in various Swedish orienteers cars to make our own way back to the airport.

The two weeks I spent in Sweden with OK Ravinen was definitely the best orienteering experience I have had so far. We managed to cram so much into the two weeks, and whilst being extremely exhausting, the lessons I learnt were invaluable. I would definitely recommend any juniors try and get selected for this tour even if you're only a top year 16 as it will help your orienteering massively and it was great fun!

## **GB Talent Camp 2015 - Lucy Haines**

This year's GB squad training summer camp was located at Badaguish, near Aviemore, North Scotland. The camp was from the 26<sup>th</sup> July to Friday 31<sup>st</sup>. These 6 days consisted of running, orienteering and socialising.

Sunday: Arrival. Although we already knew most other people on the camp we were introduced to everyone through various ice breakers. In the evening we had a talk about reviewing our past results, mainly from the JK. Some of the questions we asked ourselves included 'what did I do well?' and 'what will I do to take the next step forward?' I was able to reflect on all of my performances in 2015 in depth which made me realise what I was doing wrong and what I need to do in the future to improve.

Monday: A busy, hard day out training. In the morning we headed out to do some time trials. After a long, thorough warm up we were set off in 15 second intervals to run a 1.3k route. Although most of it was on a forest track, it had a long up hill and a technical descent, along with flat fast sections. The aim was to run as fast as you can, to try and get the best time possible. After a rest we did another time trail, this time in terrain. It was a 1k loop, in which we repeated twice. Over the 2k trial we ran through a marsh, up a steep short hill and through heather. It was important to pace yourself, but give it your all at the same time. These time trails enabled us to compare ourselves to others, which made us realise what we need to work on. We were all very tired so headed to the lake for an ice bath. This helped our legs to recover to their full potential before the afternoon's session. We did a forest technical assessment in the afternoon on Moor of Alvie, focusing on the technical side rather than



the physical. The evening talk was based on the physiological side of orienteering. This led to some thought provoking questions.

Tuesday: We headed out to Uath Lochan for the morning's session. Here we concentrated on direction and distance. We used various skills like compass bearings and pacing to make sure we hit the control spot on. I learnt that I need to work on my bearings if I want to improve. After lunch we orienteered with the main focus on creating a picture. This is important so we know what the control circle is going to look like before we get there. We headed back for showers and dinner. We then had a review of the skills and linked them to the whole orienteering process. The rest of the evening was spent chatting and playing cards.

Wednesday: For the day's training we went to Craig Leach. We did several courses, with a break for lunch in between. The weather was nice and the area was runnable. We were told to plan the leg before leaving the control. This reduced time loss as we knew where we heading and didn't make as many mistakes. The important thing was to execute the plan. The evening class room session was lead by Mark Nixon. He showed us how important it is to make a plan. We had a short review of the planning process whilst racing.

Thursday: In the morning we did drills lead by Jackie Newton. They warmed us up, and made us think about our running style and technique. Then we did some o-intervals. We set off head to head. This made us feel the pressure which meant we had to concentrate like mad. For me, this exercise was the most fun out of all the weeks training. It was intense but running with others made it more competitive. The atmosphere was similar to a relay, so it was all good practice for the future. The afternoon was spent doing the same course as on the first day. The coaches wanted to see if we could learn from our mistakes. Amazingly, I beat my time by over 6 minutes. Everyone was extremely tired after a good 4 days of training. We headed back for showers and a bbq. We then had a relaxing evening.

Friday: clean up and departure.

Overall a very useful, enjoyable training camp. It was especially helpful to have the camp before the Scottish 6 days so we could have practice in similar areas. Thank you to all the coaches, the cooks and the helpers. I learnt a lot throughout the week from knowing how to plan my training properly and knowing the difference between learning to orienteering and learning to race. A few days later I was shocked by the news that I had been allowed into the GB talent squad, along with Laura King. I was so happy to know that my hard work had paid off.

## Junior Profile: Evie Conway

When did you start orienteering and Why? I started orienteering because my parents did. My older brother and sister quit as soon as they could, but I actually enjoyed it for some reason.

What's the result your most proud of? I am most proud of the Midland Championships last year, where I came 6th on W14 as a W12. Running up is always hard, and I have had better results, but I am most proud of this.

What's your favourite area? My favourite area is Brereton Spurs. I couldn't really say why.

Do you do any training for orienteering? I train with YHJOS. Running is an important part of your training- I don't actually do enough at the moment.

Do you do any other sports? I also do netball, swimming and some athletics.

What football team do you support I don't follow football at all. I still support Liverpool though. With football I think you just pick a team at random and stick with it so that's what I've done.

What's your favourite song? My favourite song is probably Fetty Wap- 679

Three words to describe orienteering? Three words to describe orienteering would be hard, inconvenient and fun.

What are your orienteering goals in the short term? I just try my best at every race. At the moment I would like to be selected for Interland next year though.

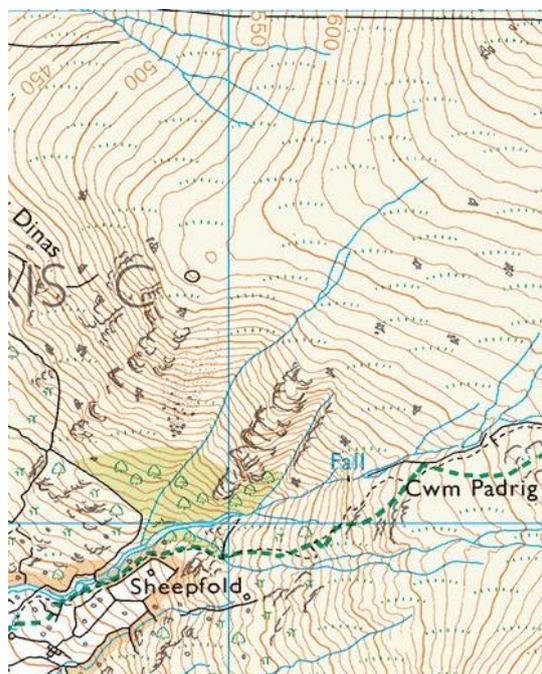
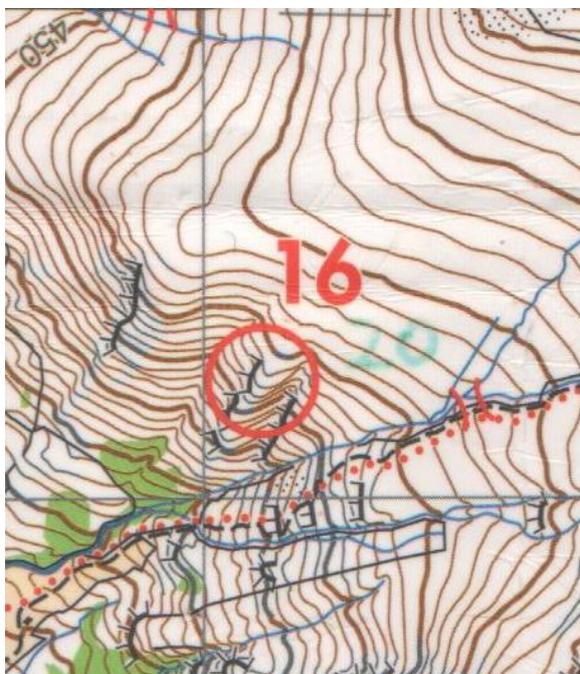
What is your orienteering top tip? My top tip would be to find out for yourself what you need to improve most and work on it. It's different for everyone.



## Quiz Page - Answers

1. Ida Bobach of Denmark. She won the long distance
2. Darnaway
3. Jonas leandersson
4. Denmark
5. Annika Billstram of Sweden
6. Thierry Gueorgiou
7. 4th

## Classic Errors -RAB Mountain Marathon, day 2, 2015 - Graeme Tiffany



Interesting to compare the Harvey's race map, at 1:30,000 scale with the OS Explorer series at 1:25,000.

I'll be honest with you, this one flummoxed me. I approached 16 from the north-west, aiming to come in on the 525m contour line and use the head of the first (westerly) crag as an attack point. But seeing the very defined stream I presumed the first crag was the one I was looking for. I hunted around for perhaps 20 minutes before abandoning (the RAB is score format). Departing to the north-east my inquisitiveness got the better of me and I checked out the next crag (to the east) only to find 16 located there. I'd presumed the stream I could see was the main one running ENE on the other side of the control. In sum, neither of the minor streams, either side of the rock spur, were marked on the Harveys map, as they so clearly are on the OS. I acknowledge that the contour detail to the west of the control shows a gully that, in certain conditions, might have water in it. But this is without doubt a permanent and significant and long stream. I've always valued Harveys mapping precisely because of its simplification, but this was taking the biscuit. You live and learn. If I did this again I'd use the flat spur to the north-east as an attack point rather than the first crag.

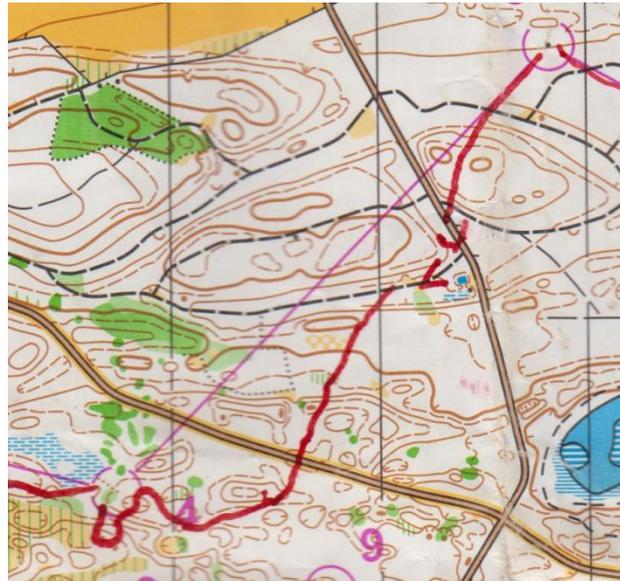
## Classic Errors - Scottish 6 Days - Chris Burden

(or I blame the mapper/planner/controller – delete as appropriate)

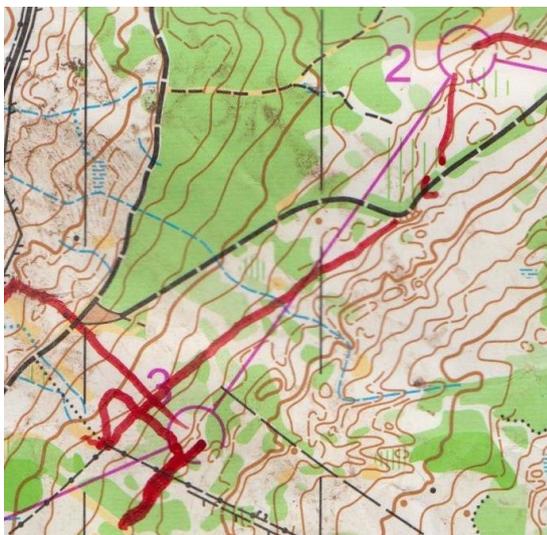
The Scottish 6 Days certainly presented us with our fair share of navigational gaffes.

This is from Day 4 – Darnaway a very pleasant runnable forest.

After leaving the path, this is a simple case of not reading the map carefully but just running on a not very accurate compass bearing. As a result I failed to take notice of the features north of the road, and ended up running along the south side of the wrong hill. I thought I was by the hill just NE of the control. I realised the mistake when I passed the end of the first hill, but the problem was compounded by this being the one control on the course which was not easily visible for a distance. If I'd taken note that it was a Ditch, I may have been a bit more careful when I hit the road.



This is from Day 5. By control 2 we had already discovered that the underfoot conditions were very physical, and anything green on the map meant that you were fighting your way through. Control 3 was in an area with few features and lot of vague vegetation changes. The description itself was a shallow re-entrant. It was obvious from the start that this leg could prove very troublesome. So what to do? Certainly not what I did.



The initial part of the plan was to get to a path as quickly as possible. So far so good, except it may have been better to contour out to the path on the direct line, and then run down the path to the hardstanding and navigate up from there on a bearing.

Back to what I was trying to achieve. I hit the path bend and decided I did not want to lose height on the path but could contour through to the control. This plan was fraught with dangers, due to the lack of strong identifiable features en route, and the realisation that the varied vegetation would make it extremely hard to hold a line – but the ruined wall and parallel fence should be an adequate collecting feature beyond the control.

I set off from the path bend with, by chance, 2 Yorkshire colleagues clearly embarked on the same plan. We all gradually veered off line as shown. What's that you say about not

following or being distracted by other runners? Eventually we all stumbled on a control – but not ours. It appeared to be on the edge of an area of green vegetation. But surely they wouldn't choose something so indeterminate? But I decided that they had done, and had to guess which bit of green it was on. A look at Route Gadget some days later revealed it was on the Ruined Wall corner. I never noticed a ruined wall there at all – but then again in my subsequent meanderings, while in headless chicken mode, I managed to cross said wall without even noticing it.

Nb for future reference; sometimes walls are so ruined that the vegetation obscures them.

I was only saved by one of the colleagues I had originally veered off line with, passing me and telling me to follow the line of runners now approaching me back to the control. This time I noticed the wall!

Apart from following the path to the hard standing, possibly the better route from the path bend would have been to climb a little and navigate by the series of small hills, although that would still have left a considerable barrier of green forest to pass through at the end of the leg, to a fairly vague shallow re-entrant.

#### **And finally a non –orienteering classic error.**

Due to injury I had had a two year lay off from doing any Parkruns. In August I made my comeback, choosing the low entry Horton Park run rather than the very busy Bradford (Lister Park) run, which is my local run. All went well so on the next free Saturday morning, I returned to Lister Park.

It was pouring with rain so there were a little under 100 runners compared with the usual 300+. What a soft lot! I overheard a conversation before the start in which a woman was bemoaning the lack of volunteers. Indeed no-one was wearing the usual high viz gear of the officials. Suddenly without any pre-amble there was a shout and we were off. All very unusual, but perhaps symptomatic of the shortage of volunteers. Things had obviously changed since I last took part.

I noted on the way round that there were none of the usual officials cheering you on – but it was very wet. Perhaps they were seeking shelter somewhere. Even more surprising, I was only lapped by one runner.

It was only when I got to the finish that I discovered there was no finish. The event had been cancelled due to a Curry Festival being held in the park later in the day. I had been taking part in a phantom Parkrun.

I doubt many curries would have got eaten unless the weather improved radically.

## Tuesday Night Runs

13th October	Julie Pickering, 10 Brooklands Lane, Menston, LS296PJ	Menston	01943 876105	SE175442
20th October	Murgatroyd's Fish & Chip Shop, Yeadon, LS19 7BN	Yeadon/Rawdon		SE216408
27th October	Ian & Joyce Marshall, 6 Oak Close, Burley-in-W'dale, LS29 7PJ	Burley in Wharfedale	01943 862997	SE165457
3rd November	Bowling Green Pub (Wetherspoons), Otley, LS21 3AB	Otley		SE203454
10th November	Pete & Ruth Jones 11 Woodlands Grove, Baildon, BD17 5BD	Baildon	01274 596850	SE136388
17th November	Chris & Helen Burden, 12 Carlton Grove, Shipley, BD18 3AS	Shipley	01274 583853	SE145365

## Selected Fixtures

Sat 10 Oct     AIRE     Danefield     SE217441 Parking: Car Parks on the east side of East Chevin Road

Sat 17 Oct     AIRE     Ilkley Moor     SE117471 Parking: Darwin Gardens Car Park, Wells

Sun 18th Oct     SROC     Compass Sport Cup Final, Helsington Barrows, Kendal

Sat 24 Oct     AIRE     Woodhouse Moor SE289354 Parking: Car park and on roadside at Hyde Park Corner

Sun 25th Oct     EPOC     Ogden Water, YHOA Superleague

Sun 1st Nov     SYO     Ramsley Moor, Regional

Sat 7 Nov     AIRE     Horsforth Hall Park SE232380 Parking: Car Park in the park off Hall Lane

Sun 8th Nov     NOC     Thoresby North Regional

Sat 14 Nov     AIRE     Roundhay Park SE330383 Parking: Car Park at the end of Mansion Lane

Sun 15th Nov     AIRE     Middleton Park Regional

Sat 21 Nov     AIRE     Bramley Fall SE248361 Parking: Car Park on Leeds & Bradford Road

Sun 22nd Nov     CLARO     Brimham Rocks YHOA Superleague