

ISSUE 159

SLOWPRINT

Summer 2009

Training Special!

- Improve your Technique
- Secrets of Street-0

BOC Success! Report and Photos

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Improve Your Orienteering Skills

I hope you've all had an enjoyable season of orienteering (I figure that May is the end of the season, but I'm never quite sure). The big events are over and we are now moving into summer orienteering. I see summer orienteering as the best time to orienteer in many ways. Yes, the brambles have thickened up a bit and the events tend to be smaller, but this only increases the fun element, I think. People as a whole, take the summer events less seriously and thus it's the ideal time to hone your skills. Improving your orienteering, can easily be pushed to one side when you're running flat out trying to beat last season's best. I'm not just talking about getting your best ever placing in the JK or the British Champs. Once the Regional events begin in October, competition often becomes

more important than progression to many people. So my advice is to use the summer events to go slow, enjoy the weather and work on your technique. To help you on your way this issue includes

an excellent coaching article by Chris Fry. This is the first in a series of articles aimed at helping beginner and intermediate orienteers.

For those of you looking further ahead to the street events starting in September, there is another training article written by Matthias Mahr. As most of you know, Matthias always does exceptionally well in street events, usually vying for the title. I for one have always wondered how he does it, because he never looks like he's running that fast. See page 19 for his article.

Enjoy the rest of the issue!
Owen



Owen Lindsay
SLOWprint Editor

Front Cover: Christine Robinson at the GO Ambersham Regional.

Photo: Mark Cheeseman, courtesy of compasssport.co.uk

If you wish to contribute to SLOWprint, please email any photos to: slowprint@sloweb.org.uk

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Another fine selection of events to occupy your orienteering Summer



Ralph Wins Junior Elite Champs

See page 11 for the full story

A Word from the Chair

Quite a few British Champions for SLOW again this year - congratulations to you all. But, for me, the greatest recent success has been the growing local participation at our Street-0 and Park-0 series; many thanks to all who made this possible. With SLOW pioneering the idea of Trail Challenges, and our wonderful City Race last year we really seem to be doing our bit to add variety to the sport and to appeal to as wide a range of participants as possible. Any other new ideas would be more than welcome.

Don Mckerrow (Chairman)

SLOWprint Editor Required

My sincere apologies for the long gap between this issue and the last. I've been finding it hard to make SLOWprint a priority as my job has been very demanding this year. I know you'd all like to receive your news letter more frequently, so I feel it would best if someone else took over the position. If you are interested in becoming SLOWprint editor please email either Don or myself. I hope you enjoyed the five issues I have produced and I hope to see you at an event soon (I haven't given up - honest!).

Thanks, Owen

News

Night Champions

SLOW Success at British Night Championships

Paul Couldridge (M35) and Diane Leakey (W50) were triumphant in the British Night Championships on Saturday 24 January at Mytchett, one of the most challenging areas in the country for night orienteering.

Anne Straube took the Bronze medal in Women's Open and there were top ten finishes for Craig Purchase (M21S - 3rd), Matthias Mahr (Men's Open - 6th), Ed Catmur (Men's Open - 8th), Mark Vyvyan-Robinson (M35 - 7th),



Di Leakey collects her W50 prize



Charles Bromley-Gardner (M45 - 6th), Andy Robinson (M55 - 5th), Alan Leakey (M55 - 8th), Jim Mallinson (M60 - 5th), Ruth King (W21S - 1st) and Christine Robinson (W50 - 5th).

Full results can be found on the Southern Navigators website (www.southern navigators.com).

Christine Robinson

M/W21 prizegiving (Anne Straube far left, Nick Barrable centre)

News

BOC 2009

British Champs 2009

The 2009 British Orienteering Championships were held in the New Forest in Hampshire, with the Individual championships on the Saturday at Hampton Ridge and the Relays on the Sunday at Bealieu. SLOW had over 50 club members competing at the event, and a number of successes – read on...

Individual event

SLOW have three new British individual champions – these are Diane Leakey (W50), Sarah Brown (W55) and Mike Murray (M65). Very well done to all three. Third place finishes were also achieved by Paul Couldridge (M35) and Anja Stratford (W35).



Sarah Brown (W55 Winner)

Additionally, Ed Catmur won M21 Long (not the British Championships for M/W21 Elite – that is in May) and Emma Jones won the W20 Short class. In the UK Cup races for Elites, Ralph Street finished 8th (3rd junior, 1st M20), and Abi Weeds was 9th.



Mike Murray (M65 Winner)

Relays

We had 15 teams enjoying the spring weather at the relay event at Beaulieu. Most of the courses were in the Estate wooded enclosure, including some intricate rhododendron patches. The longer classes spent some extra time on fast flat moorland. Everyone seemed to enjoy themselves running on shorter courses compared to the previous day!

News

BOC 2009

A massive highlight of the day has to be the fantastic performance by the Men's Premier team of Paul Couldridge, Ed Catmur & Ralph Street. They came 4th which is our best result for a long time. Paul came back in close contention in 8th, Ed moved up to 6th, & Ralph ran the 2nd fastest time of day. Unfortunately Graham Gristwood ran the fastest time to keep us off the podium, but Ralph made him work for it! Our Women's Premier team of Rachael Holmes, Carys Morgan & Anja Stratford came 8th.

Our 50+ classes did very well. For the women, Sarah Brown, Chris Robinson & Diane Leakey led all the way to win the trophy. But last year's winners Lakeland



M50 3rd place – Andy Jones (plus Peter Haynes & John Dowty not pictured)

(including ex-SLOW Jackie Chapman) were very close for 2 legs. The W50 team would like to dedicate their win to Caroline McMillan who passed away last weekend after a battle with leukaemia; though not an orienteer herself, Caroline was a wonderful, loyal supporter of our club, helping out at events and cheering on all SLOW competitors on many run-ins and, of course, her own family in particular. Our thoughts were with Andrew, James and Charles throughout the British Championships weekend.

The 50+ men got the bronze – Peter Haynes came back in 3rd place, Andy Jones recovering from injury held it



Anja Stratford & Paul Couldridge (3rd place W35 & M35)

News

BOC 2009



W50 winners – Sarah Brown, Chris Robinson, Diane Leakey

together in the intricate areas & John Dowty did well in the head-to-head on last leg. 26 seconds separated 2nd to 5th!

There were other good performances from Phil Marsland (M40) & Kathy Haynes (W Short). Kathy would have been great backup for the W50 team. In fact she was only a little down on Sarah on 1st leg. We also got some 12th places in very competitive classes: M18 (Gustav Lindeborg, Greg Street, Robert Jones), M50 (Charlie Turner, Andy Robinson, Alan Leakey), & M/W60 (Jim Mallinson,

Teresa Turner, Chris Fry) - unfortunately Mike Murray was injured.

There were lots of smiling faces from many more club members who had run to their current potential – some of us just need to get a bit faster!

Pete Huzan (Club Captain)



Diane Leakey shows off her 3 British W50 titles in 2009 – individual day & night championships plus the British Relays

News

Junior Champs Success

Ralph Street Wins British Elite Junior Champs

Ralph Street continued his excellent form this year by winning the British Elite Junior Championships in the Forest of Dean. Ralph took home 3 trophies from the weekend, also winning the middle distance race on the Saturday, and taking the overall "Future Champions Cup" junior series trophy for 2009 (the two races over the weekend represented the Future Champions Cup final).

Following Ralph's win, he has been picked for the Great Britain team for the 2009 Junior World Championships ("JWOC"), which are being held in the Dolomites in Italy between 6 – 11 July.

This is the second consecutive time Ralph has made the JWOC team, and follows his great results at the recent British Elite Junior Championships (see report).

Further details on the selections can be found on the British Orienteering website. Further information on JWOC can be found on the official JWOC 2009 website.

We are sure that everyone in SLOW will wish Ralph good luck for his preparations over the next 6 weeks and for the competition in Italy.

Paul Nixon



Ralph Collecting the British Elite Junior Championships Trophy

On the Run-In at the British Relays...



Raffaella Marin

Charlie Turner





Greg Street

Simon Evans



Orienteering Health

Lyme Disease

Ticks and Lyme Disease

As we get to the summer orienteering events we all could perhaps all do with reminding ourselves about Lyme disease, ticks and how best to remove them if you do pick one up.

What is it Lyme Disease?

Lyme disease is a bacterial infection caused by the bacteria *Borrelia burgdorferi*.

How do you get it?

Nearly always it is caused by a bite from a tick which is carrying the disease.

Who's at risk of getting it?

Anyone who works or does sport in the countryside.



What to watch out for - ticks can be very small and easily missed.

What does a tick look like?

Ticks are related to mites and spiders - see the picture below.

Help I've found a tick on me!

The best way of removing a tick is to use a tick remover. These are available from pet shops, or on-line. If you don't have a tick remover in your first aid kit, use a pair of tweezers instead. Be careful not to squeeze the ticks head or it may regurgitate its stomach contents into you.

Does this mean I'll get Lyme disease?

No the majority of people who are bitten by a tick won't go on to get any symptoms. You do however need to keep an eye out for any symptoms which are diverse and variable but may include:

- * A red rash around the tick bite
- * Flu like symptoms
- * Joint pains
- * Muscle pains or weakness
- * Fatigue
- * Fever
- * Headache

If you would like to read more, the full article can be found here:
physiobench.com/articles/18/Lyme-Disease

Jane Hodgson

Training

Stairway to O-Heaven

Orienteering Technique

This is intended to be the first of a series of articles about orienteering technique. It has its genesis in a meeting of the SLOW Coaching Committee, where we asked ourselves how we could best deploy our knowledge and training for the benefit of the club; a series of technique-related articles in SLOWPRINT was just one of the strategies that we came up with.

First, let's introduce ourselves. Nicola Morris is the club's Coaching Officer and it is she who convenes our meetings, where we divide our time between admiring the baby, eating cake and plotting how to improve the membership's O-technique.

Nicola is currently organizing SLOW's participation in the BOF training day on 18th April in the Lake District, as you will have heard via SlowMail recently. Christine Robinson is SLOW's development officer as well as being the South East's Regional Development Officer; she spends much of her time spreading the word to local schoolchildren, as well as to teachers and trainee teachers. Chris Fry and Don McKerrow have coached at South East Junior Squad, BOF Summer Tours and

Start Squad weekends for many years. Rob Lewis, our most recent recruit, has recently been appointed Coach to the Australian Orienteering Team; Rob will be leading the "Pre-JK" training on Wimbledon Common on April 4th.

When we go on coaching courses we are taught to analyse orienteering technique into separate skills and to look at how orienteers progress by developing these skills. Some of the skills are straightforward, while others elude all but the most accomplished. Many orienteers pick up their skills by trial and error and are happy with "what works for me". Analysis offers an alternative approach – one that might just get you beyond your present performance plateau, cutting out some of those minutes that SplitsBrowser tells you that you lose every week, and pushing you further up the rankings.

We normally classify orienteering skills into a five-stage progression known as the "Step System". These skill-sets correspond to the Technical Difficulty (TD) levels for course planning, and to the Colour-Coded system, as follows:

Step 1	TD1	White courses
Step 2	TD2	Yellow courses

Training

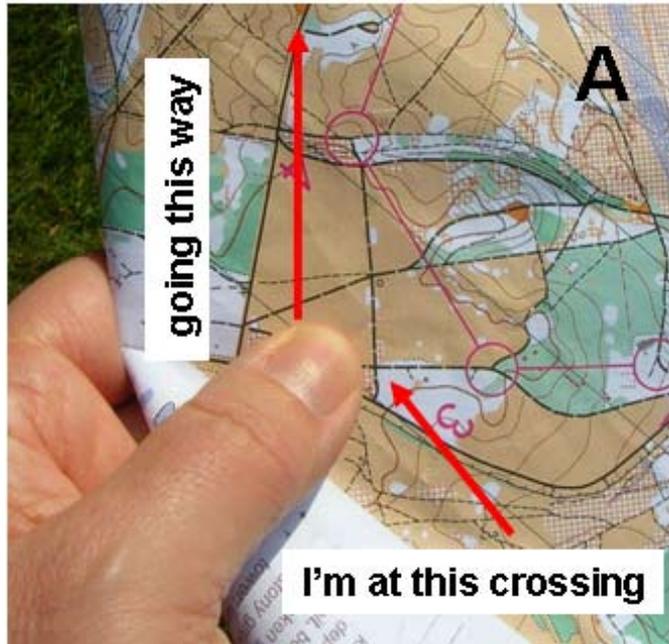
Stairway to O-Heaven

Step 3	TD3	Orange, Red & Purple
Step 4	TD4	Light Green courses
Step 5	TD5	Green, Blue, Brown and Black courses.

with a baseplate compass (see figure B but if, like me, you do it all the time you might as well use a thumb compass (see figure C). Young beginners are often given a clip-on compass to clip to the edge of the map for this purpose. The other way is to match the map features to the ground features – e.g. if you are facing along a path on the ground you turn the map so that you are facing along

The most fundamental skill, applicable at all levels, is holding the map correctly. This means (1) setting the map, i.e. orientating the map to the ground and (2) thumbing the map, i.e. holding it so that your thumb points to your current (or last-known) position (see figure A).

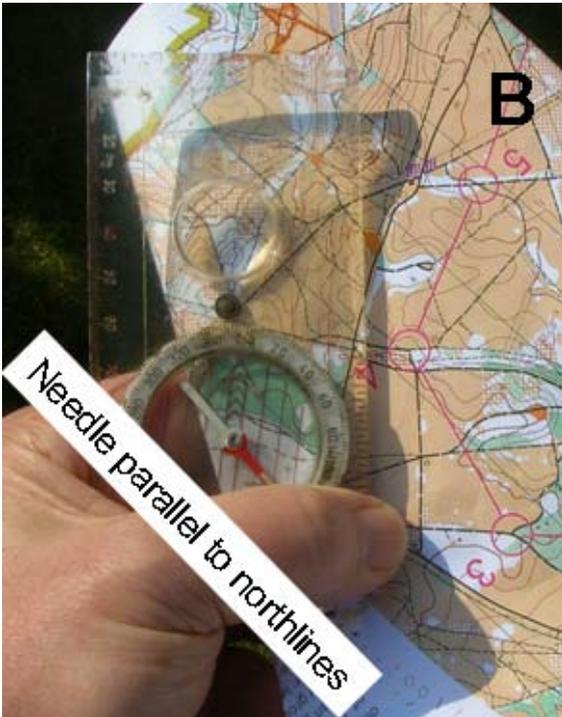
(1) Setting the map can be achieved in two distinct ways – some coaches prefer to teach one, some the other – but in practice most people use a mixture. One way (my preference when teaching beginners) is to hold the compass and map in one hand, compass on top and held level, and constantly check that the North lines on the map are parallel to the needle. This can be managed



Always keep your thumb on your current or last known position.

Training

Stairway to 0-Heaven



When orientating your map check the needle on your compass is parallel to the north lines

the same path on the map. Adherents of this method generally carry the map in one hand and the compass in the other most of the time.

(2) Thumbing the map - in practice this will usually involve folding the map so

that it is easy to hold with your thumb on the present location and with the next section of your route in front of you as you look down at the map.

As you make progress along your course you keep updating the position of your thumb on the map, and as you change direction you update the orientation of the map in your hand. (Strictly, the map stays in a fixed orientation and you move around it!) Naturally this involves fairly frequent refolding of the map. When this is done correctly it ensures that the bit of map in front of your thumb is always a (correctly orientated) picture of the ground that you are about to cover. This means that you can find the information you need with just a quick glance at the map – no

searching and no mental gymnastics are required. You may find the folding and refolding annoying at first but the benefits soon outweigh the inconvenience.

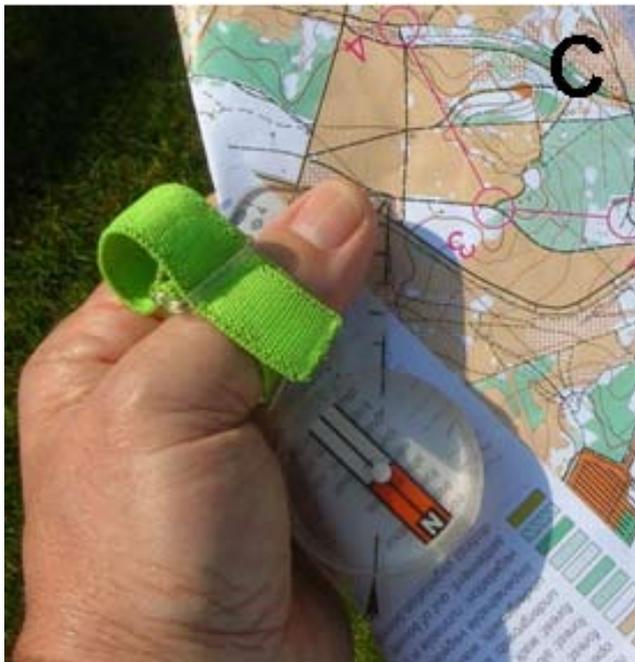
Other skills required at Step One are recognition of the map colours and of the

Training

Stairway to O-Heaven

commonest symbols. At this level (White courses) the controls will be on paths and path junctions and the route from one control to the next will always be straight along a path. Step Two (Yellow courses) introduces the idea of Decision Points – i.e. places between controls where you have to decide to turn from one path to another. This requires the orienteer to look ahead and plan the route in terms of, say, “along this path until the second junction, then right” – although at this level there should be no route-choice.

Also at this level comes the possibility of following line features other than paths, e.g. streams or clear vegetation boundaries (a line feature used in this way is called a handrail) and of controls being placed on features just off the handrail – so the orienteer needs to know a wider range of map symbols.



If you find yourself frequently orientating the map it may be easier to use a thumb compass

Step Three will be the first step that we take away from handrail features (at least, more than a few metres away) and will involve a batch of new skills, but we will leave that for the next article.

Chris Fry

Training

Secrets of Street-0

Secrets of Street-0

It's been nice to see Street-0s grow in popularity, from 10-20 people in the beginning to 40-60 now. They're a great way to keep fit in the winter and make you run a lot faster than you otherwise would, all while getting in a spot of sightseeing.

Despite the title, I don't really have any secrets of Street-0 (sorry). But having run 30+ of them over the years (and beaten Ed at a few of them, which doesn't happen in the forest) I thought



I'd share some tips & tricks that might help you get a few extra points. It's pretty geeky stuff but then let's face it, you are all geeks of one sort or another. If it actually works, you can buy me a pint sometime!

Don't stop more often than you have to: I usually only write down answers every 3-5 controls rather than every time, and keep running all the way in between. As a bonus you can also pick a nice well-lit place to stop and write down the answers. Just don't forget any of the answers on the way (you can try and make them into sentences to make it easier to remember).

Go for dog-legs: Given the choice, always approach a control from the direction you'll be leaving it in. This is because you can often see the answer quite a bit



Training

Secrets of Street-0

before you get to the control, thus saving you a bit of running!

Go far out first: To make sure you use all your 60 minutes, do the far-away, drawn out controls first, and then go to the more clustered controls near the end. That way, you keep some flexibility to do more or fewer controls at the end, and avoid the risk of running out of time miles away (or coming back too early). You really should never be coming back with more than a minute to spare!

Skip the low values: It's often not worth picking up the 10-pointers, even if they're only a small detour away. Lots of small detours (plus time to get the answer) will add up and you're likely to



miss out on a bigger loop you could have done with a few 30s and 40s. I usually get 90%+ of the 30s and 40s even if it means very few 10s and 20s.

And a couple of more risky suggestions:
Outsmart the map: Maps are really good nowadays (even my Richmond map finally has all of the footpaths on it). However, there is still scope for shortcuts if you look for them. Just the other day in Surbiton I picked up an extra 20 points because two non-connected roads (on the map) magically connected themselves by a gate being unlocked. I've also previously run across unmapped fields, climbed over a gate, and used a route choice off the edge of the map. Just be careful you don't waste too much time looking for non-existent shortcuts!



Figure out the answer without going to the

Reports

SLOW Bridge Action!

control: OK, this is a fine line to cheating and I'm not suggesting you randomly fill in all the answers to guessable questions like "colour of door" even if you haven't been anywhere close. R. H. tried that for a control at my Richmond Street-0 this year but the answer was so wrong that it was blatantly obvious. For those sorts of occasions there should in fact be a penalty. However, what I think is legit is to figure out the answer from clues available in the field, even if not actually at the control.

For example, "lamppost number" at the end of a cul-de-sac. If you can see that there are 6 lampposts in the cul-de-sac and the first two are called "1" and "2" then the last one is likely called "6". Or, garden opening times, height restrictions, parking zones you can all try and figure out from different places than the control circle. Or my favourite, "blank" Gateway station (near Tower Bridge) – luckily it was on the way! Again the risk with this approach is that you guess wrong (and really should be deducted points for that), so use sparingly!

Having just finished writing this, I realise it's even more geeky than I expected, for which I apologise. Feel free to ridicule me at the next available opportunity.

Matthias Mahr

SLOW Bridge

The 2008/9 campaign for our Bridge team started with a match against St George's Hill LTC "mauve". That's because they also have a "pink" team I think.

The first thing to do was to persuade our opponents to host the event even though we were the home team. That hurdle successfully cleared finding a team loomed ahead. Andy, Pete and I can usually make it and this year Kjell Tullus volunteered mentioning he's played a bit 30 years ago. Never mind Swedes have a powerful reputation in the bridge world as well as in Orienteering.

Opulent was the best way to describe our venue as I drove through the massive gates guarded by two eagles rampant. I met Kjell for the very first time and battle began. After two hands we had conceded over 1,750 points but then this little bit of luck came along:-

I hold:

S K Q x x H A Q x x D x x x C A x
and open 1H intending to rebid NT;
however Kjell raises me to 3H and I prefer 4H to 3NT. Knave of Spades led and Kjell lays down:-

Reports

SLOW Bridge Action!

S x x H x x x D K Q J x C K T x x.

Hmm not quite what I expected and Kjell says he thought we were playing 5 card majors.

The lead is taken by the Q and a diamond is led taken by the A leaving the KQJ as winners. Then A Spades is cashed establishing my K. On a club continuation the K wins and the H finesse works, Cash the HA and lead a small heart – miracle of miracles they break 3-3. Now the contract makes easily because of the winning diamonds.

Mid-way we lead 3,400 to 3,200.

Usually at the break you get sandwiches and coffee if you are lucky. Not in St George's Hill you don't. We are led to the kitchen where the maid (yes the maid) presents a hot supper which we eat next to the indoor heated swimming pool with a couple of bottles of nicely chilled Chardonnay. This is followed by pud.

The second half is much more muted compared to the first set which featured some massive hands. Kjell is now in his stride with Andy and Pete playing their regular game. Kjell gets dealt:

S A K Q 10 x x x H x x D A K Q J C
void but somehow I pass his forcing 2S
overcall and we miss a cold game. At

23:30 we account for the score which turns out to be a dead heat. Really we should play 4 more hands but our hosts have had enough and suggest tossing coin, and it seemed rude not to agree. Heads it is and we lose. Andy's wish to play our next match in the Plate is granted.

The first round in The Plate gave us a fairly easy victory against the Croquet Section of the Bookham U3A – yes you do come across some strange groups of Bridge Players. We were well in the lead after the first half but lost a little ground after the break. Next up were some sterner opponents from RAC Woodcote. They play regular Bridge every Monday so it was going to be a test. We were easily beaten by their free bidding and reliable card-play. However we did achieve 3 out of 3 away matches and so enjoyed our opponents' hospitality on each occasion. Another first was Kjell actually manage to arrive on time in his own car without mishap. Thanks to Andy, Pete and Kjell for their support in this competition.

Any players out there who fancy playing next year please e-mail me:
dickclark@ymail.com

Dick Clark

Hot Picks!

Hot Picks are recommended events for SLOW members to attend. SLOW can offer transport to events from south west London. To arrange transport, contact Teresa Turner (membership@sloweb.org.uk). For the Sunday events we suggest start times from 11.00-12.00. We intend to meet afterwards for a drink and Sunday lunch at a nearby pub - these are listed below if known. Otherwise, see us at the event to find out where we're going.

First of all, three series to compete in:

SLOW Park Races: www.sloweb.org.uk/summer09/ParkSeries.htm

The Park Race series is now well underway with two races completed. Next race is Ravenscourt Park on the 16th June. (Après-O - The Eagle, Askew Road)

SLOW Trail Series: www.sloweb.org.uk/trail

One race down, two to go. Next race Tue 23rd June at Ham Riverside

Frolics: www.londonorienteeing.co.uk/frolic2009/frolicsseriesflyer2009.pdf

This is a summer league between the South East clubs. The first race is a sprint race round Claybury, a new area based around an old hospital on 21st June. The second is also a new area, Horsenden Hill on 28th June. (Après-O Ballet Box - Horsenden Lane North)

Further afield:

Harvester Trophy Relays: 20-21 June, Meryth Common

Overnight relay, finishing in daylight. Great fun to compete in. There's also a middle race on the Saturday.

Scottish 6 day: 2-8 August, Perth, Tayside

A week of orienteering in Scotland - a great holiday atmosphere and the chance to run on some of the best terrain the UK has to offer.

Phoenix Long-O: 23-24 August, Cheviots

A good introduction to mountain marathons, very low key but lovely hills.

Other events:

SE Sprint & Middle Champs: 5-6 September

Après-O, Saturday - Unicorn Inn, St Dunstons St, Canterbury

The sprint in particular should be great, on Kent University Campus

2nd London City Race: 12 September (www.cityrace.org)

One of the most exciting events of the year - this is a must! This year the map has gone West and promises to be even trickier.

Trail Half Marathon: 13 September

The finale of the Trail Series, there's also a 10k and 6k for those who are too tired from the City Race.

Hampstead Heath: 27 September

LOK's favourite territory and always surprisingly technical for somewhere so close to the centre of London. (Après-O - Garden Gate, Fleet Road)

Jayne Sales (Social Secretary)

Who's New?



**CLUB
MARK**

