



SLOW Bridge by Dick Clark

The new season for SLOW's bridge team has nearly started and our entry is in. It is always difficult for us to compete with teams that play in their clubs every week and this year the field has been opened to proper Bridge Clubs to try and boost numbers - we'll see if that works.

Also the systems used can be a little more complex than in the past which will doubtless put us at a bit more of a disadvantage. However we are guaranteed two matches and you can look forward to at least one of my card by card articles on how we fared.

A piece of good news is that we do have a slightly larger pool of players to call upon, although that will make team selection more difficult!

It's often nice to hear what club members have been getting up to outside of orienteering as well as their o-related adventures, so feel free to write something for SLOWprint's next issue—just email me at slowprint@sloweb.org.uk

Sarah-Jane



"An event that more than lived up to the high standard set in the previous events. Thanks to everyone at SLOW for putting it on" *Knee Deep Mud!*

Brilliant event, top assembly and finish" *Fourth*

"Great race - very well planned even without going through the Barbican - only got caught out once but had to be v v careful at times. A top assembly area with beer on sale . Really enjoyed today - thanks SLOW." *madmike*

"I thought the views were simply wonderful" *Mrs H*

#cityrace

The UK's biggest ever Urban Orienteering race 18th September 2010

"another top quality London Race - great finish location and lots of testing legs on both sides of the river" *NeilC*

"one of the domestic orienteering highlights on the calendar" *awk*

Flattery pilfered with enormous thanks from www.nopesport.com

Congratulations!

Evan and Amanda

On the birth of their son **Desmond Thomas** on 9th June

Mark and Keira Vyvyan-Robinson

On the birth of their daughter **Darci** on 9th October

To the happy couples recently married:

CJ & Tim (12th June)

Paul & Tess (17th July)

Simon & Sarah (18th September)

SLOW wishes you all the best





wise words from our Chairman

Most UK orienteering clubs seem to have trouble attracting new members. SLOW is not typical in this respect; our numbers have held steady over recent years and we have a very healthy proportion of M/W21's compared to most other clubs. But we must not be complacent. SLOW innovations which have helped attract newcomers to our sport include [Trail Challenges](#), our regular [Street-O](#) and [Park-O](#) series, and, now highly successful, our [London City Race](#). None of these are new any more; what should our next innovation be? We must continue to attract new members whilst also providing a fun and varied program for existing members. Please have a think and let me know what our next move should be.

Don

Next SLOW events

Tuesday 12 October - Street-O, Wandsworth

Tuesday 9 November - Street-O, Surbiton

Tuesday 14 December - Street-O, Pimlico

Sunday 19 December - OK Nuts & Blood Races, Longmoor

SLOW has won this year's F.R.O.L.I.C.S. Trophy, after winning races 2, 3 and 5 in the series of handicap events, held on Sundays in July. Runners up were Mole Valley



the exec



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London City Race 2010

Held on 18th September 2010, SLOW's 3rd London City Race was the UK's biggest Urban Orienteering race yet, attracting over 760 competitors (an increase of around 200 from 2009) including a significant number of newcomers and foreigners.

Planner Mattias Mahr designed courses (which Neville Myers controlled) for 9 classes of competitor on Ollie O'Brien's ever-growing city map, this year with starts north of the river at the Tower of London, and finishing south near the site of the HMS Belfast.

Alan Leakey, race director and Andy Robinson, volunteer co-ordinator, thanked club members, simply too many to mention here, for their help and great response to requests for volunteers. It seemed that

SLOW really pulled together to put on a fantastic event that is surely becoming, if it is not already, world class.

On the run up to the day, the event team targetted non-orienteeers as well as O-stalwarts. We also utilised technology and communications where we could (surely helping the image of orienteeering as well as publicity, I'd like to think) for instance with linking twitter comments to a live scroll on the www.cityrace.org website. I see that this attracted international attention too, with comments coming in from places such as Sweden and the US.

Comments from Mattias

Well, there's no denying city races are a lot more work than forest ones, at least in London - every control site seems to need its own permission (some

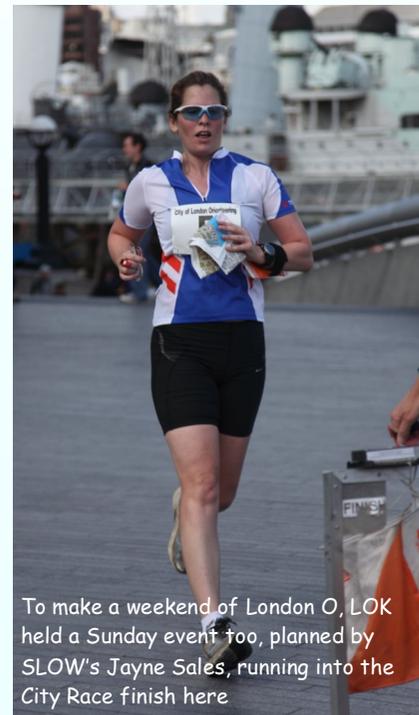


London City Race 2010 ctd

of which withdrawn very late), building sites come and go, and there's lots of bits that end up out of bounds for one reason or another.

But of course the day itself always makes up for it, especially with the weather - the finish area in particular was even more spectacular on the day than we had hoped. It was great to see lots of you linger and chat in the sunshine.

With all the constraints mentioned above (and the map layout limiting options further) it turned out to be very hard to plan good courses. I was pretty happy in the end with courses 1 to 3, slightly less so with 4 to 7 because there was a fair bit of easy running - but I really couldn't come up with a better answer.



To make a weekend of London O, LOK held a Sunday event too, planned by SLOW's Jayne Sales, running into the City Race finish here

Without the Barbican, we didn't really have any super-hard bits, so I tried to get you to the best areas and in between to make sure you needed to stay alert. I also tried to take you past as many sights as possible so I hope you noticed a few of them.

Overall though I think we've created a pretty cool race in the yearly calendar (and with good weather guaranteed) so I do hope you enjoyed it and will spread the word and come back next year.

Mens Open course winner, GB team member Graham Gristwood, said of the event, *I enjoyed the race, good route choices and some tricky control locations. Good use of the area, but I think a central assembly area*



London City Race 2010 ctd

with finish would be an improvement. I had a good race, with only a couple of small hesitations, and I ran the wrong side of an uncrossable fence once.

Graham won the 8.2km course in a time of 47:00 minutes, ahead of Ant Squires (INT) 48:28 and SLOW's own Ed Catmur, 50:41, followed by Ralph Street running for SHUOC, 51:32. Ollie O'Brien's non-competitive run put him between 16th and 17th place. Course 2, the 6.8km Women's Open, was won in 46:29 by Estonian Kirti Rebane with 2nd and 3rd places taken by Tessa Hill (HOC 47:39) and Mhairi McKenzie (WCOC 48:22). Top 20 SLOWies were Helen Gardner in 4th, Miksyte Ausre 7th, Anja Stratford 14th & Jayne Sales 17th.

In the Vet categories it was Martin Ward (SYO) who won the 6.8km men's in a time of 45:49 and Melanie Rayner (WIM) winning the 5.6km women's in 41:26, with Diane Leakey of SLOW making 18th place in 48:39.

Super-Vet men's winner was Gavin Clegg (WSX) running the 5.5km in 32:58.



SLOW chairman Don was 16th with 40:32. Janice Nisbet (ESOC) won the women's race (4.1km) in 35:14. SLOWite Christine Robinson's non-competitive time would have put her in a top 10 position.

In the 4.1km Junior race (M/W16-), it was Olly Williams (DEE) winning in 23:03, Natalia Pereverzina (HH) was top girl in 28:48. The Children's race (M/W12-) winners were Edward Lines (SO) - 9:15 and Louise Adams (SYO) - 9:58 for 1.6km.

Great to see 21 entrants on the 4.0km newcomers course. Winner was Ross Clegg (IND). Well done to John Wilson (SLOW) for his second place!

With thanks to Evan Barlow for photos



the Lakes 5 day by Paul Street

[Note from the Ed: For those of you who don't already know, day 3 of this typically 5 day event was sadly postponed and subsequently cancelled as a result of problems with the car parking field. I won't go into detail, but it involved the police and large amounts of sheep dung.

Nevertheless, the event was a success in other ways and enjoyed by many, including myself, having flown in to do the last 3 days and having it shortened to 2! I was pleased that Ulverston Victoria put on a great informal event in the middle of the week, complete with micro-O towards the end of the course to test the mind once we had already run hard. This gave me my O fix and hinted at the hills to come in the following competitions!]

An event popular with SLOW was the 4-yearly multi-day in the Lake District. Events were mainly open fell and we enjoyed fine weather, but things were not without navigational challenge at least for most of us.

Charlotte Turner and Anne May both won their classes. Evan Barlow was a fine 7th in M35L. But the most successful class for the club was M18S, with two members leading the 14 runner class: Alex Roach 1st and Greg Street 2nd.



Alex running to eventual victory in M14

the Lakes 5 day ctd

Best 3 of the 4 days that were held count for the overall.

Some SLOW people only ran 1 or 2 days.

- Alex Roach 1st M18S
- Greg Street 2nd M18S
- Ed Stott 26th M21L
- Ralph Street 34th M21L
- Simon Evans 45th M21L
- Paul Nixon 46th M21L
- Owen Lindsell 13th M21S
- Evan Barlow 7th M35L
- Phil Marsland 12th M40L
- Mike Garvin 45th M40L



Greg Street

- Vince Roper 19th M40S
- David Roach 63rd M50L
- Charlie Turner 16th M55L
- Don McKerrow 19th M55L
- Paul Street 32nd M55L
- David May 21st M60L

- Katie Evans 34th W21L
- Charlotte Turner 1st W21S
- Sarah Brown 2nd W55L
- Teresa Turner 17th W60L
- Anne May 1st W60S



Charlotte Turner

the White Rose by the Ed

Since I started orienteering a few years ago, I'd heard the name of this famous event bandied about, and I'd come to realise that I couldn't call myself a true, British, O-fanatic without adding it to my list of events. I also had a burning ambition to win an orienteering mug.

So, despite the warnings of brambles and the acceptance that I am, alas, too old to party at the youth camp, I went to the WR 2010 in August and dutifully had a bramble-ridden nightmare on day 1, ended up soaked, scratched and thoroughly dismayed. I honestly lamented coming for a short while...but true to their word, the organisers had laid on an action-packed weekend, so there was little time to feel sorry for myself, I had the sprint to get on with, complete with a labyrinth at the end. No time for the pace and bearing competition or even the White Rose quiz! Following a visit to local village Helmsley for a pub dinner, I finished off day 1 with the night sprint: a fun blast around a complex path network— and yes—I won a mug! (and chocolate—see picture for how happy this made me).

The rest of the weekend involved another local event, the team score (which I thought was a fun & inclusive format) and plenty of wind and rain. The wind provided entertainment such as, "how many times will my stove flame go out before I can brew a cup of tea", and "will this Portaloo stay upright whilst I'm in it". Yes, it was a weekend of thrills and challenges indeed.

From SLOW, I am aware only of Peter and James Haynes, as well as myself, coming to this event. It appeared to be a more popular choice for locals—other than the Aussies who braved the Yorkshire "summer".

Thanks to Ebor for a fun and nicely organised event and to the Hartmanns for excellent team (score) spirit!



Photo by Jenny Johnson

Success at night for S-J

SLOW retains SE Relays Open Trophy by Phil Marsland

The first weekend in June saw a small SLOW contingent visit Whippendell Woods just outside Watford for the HH-organised 2010 SE Relays Championships. One team of three was entered in each of the Open (Blue, Green and Blue, run by Phil, Charlie Turner and Ed respectively) and the Handicap (Blue, Green and Orange, run by Yehuda, Libby and Heather). The mile-long trek from the car park to the assembly area confirmed both the forecast sunshine and expected high vegetation off the paths. Indeed some of the several juniors running were considerably shorter than the surrounding nettles!

The Open class was off first, with a dozen or so competitors, and the comment was made in the leg 1 waiting pen that there wasn't an M21 in sight! This gave some encouragement to those who were on the start line, though in some cases this was short-lived - upon opening the map as the whistle sounded, we saw that we'd need to concentrate very hard just to follow the correct courses.



Control 1 was the common control of the first of two butterfly loops, and all six lines into or out of the control were within 180 degrees of one another - not easy to read standing still, never mind whilst sprinting off the start line, fuelled with adrenalin...

Right from the first control, it became clear that for many legs there would be a choice of longer, safer path routes, or straighter routes of questionable runnability. The first two past the start kite were myself and Mark Ford from

SLOW retains SE Relays Open Trophy ctd

CHIG. We chose round, and others all went straight (I think), and neither of us saw another runner, except those tailed back on earlier butterfly loops. Mark and I had a good battle over the first half of the course, which turned out to be identical all the way round, but eventually his greater speed told, and I ended up conceding four minutes or so to his time of 40 minutes. Charlie had been suffering from back trouble, but gamely ventured into the forest, unclear if he'd be able to make it round, let alone how quickly. He ended up briefly holding the lead, following a ten minute error by the CHIG runner ahead, only to make a seven minute error himself at the very next control, exiting as if he was already at the control following, and then struggling at first to recognise what had happened and relocate. Fortunately, Charlie recovered quickly and, with his back giving him less trouble than he feared, he closed back up to the CHIG runner, with the lead swapping a couple of times in the last few controls. Coming back into view at the final control, Charlie had cut the deficit to just five seconds, and, whilst Rob Campbell running last leg for CHIG is no slouch, Ed has been running so well recently that confidence in the SLOW camp was high. SAX and HAVOC had closed in on the front two, but it did appear as though it would be a head-to-head race with CHIG for the title.

Meanwhile, the Handicap race had set off, with Yehuda on first leg for SLOW, but proved much harder to follow. The three legs, of very different lengths, were in random order, so, for example, the eventual winners MV had two runners round before Yehuda returned, but they were their Orange and Green runners, whilst we had already completed the Blue leg. Libby and Heather also had solid runs, bringing the team home in 11th of the 18 teams competing.

Half an hour into the final legs on the Open, attention was once again turning to the final control - would Ed pop out of the woods and back into view first, or would he prove to have been unable to dislodge the speedy Campbell? Within minutes, Ed provided the answer, speeding up the run-in (far too quickly for hobbling Charlie and Phil to accompany him!) to record, in 35 minutes, easily the

SLOW retains SE Relays Open Trophy ctd

fastest Blue time of the day. After a close first half, he eventually shook off the CHIG runner and came home five minutes clear. HH came past SAX and HAVOC for third, almost twenty minutes further back. So, SLOW retain the trophy, and become only the second club after SN (winners in 2000 to 2004) to win the trophy three times consecutively. Thanks must go not only to the runners (and to Pete H for organising teams, despite not taking part himself), but also to organisers HH for putting on an enjoyable event.

SLOWmotion by Mark Cheesman [www.compassport.co.uk](http://www.compasssport.co.uk)



The North Downs Way Relay: A history - part 1 (1977-1988)

By Andy Robinson

"Long distance footpaths are there for record-breaking purposes not recreation" Paul Boyes SLOW captain 1984-1987

Paul - or PB as he was universally known - was deliberately mis-quoting some worthy who lacked a competitive streak and so had his priorities the other way round.

Long distance footpaths sprang up all over the country from the late 1960s onwards. Their original intention was undoubtedly recreation, but running clubs had other ideas. Shortly after its creation each long distance path (LDP) had a relay race run along its length. The rules for each varied radically, presumably according to whatever suited the local running club when they ran it for the first time. Each had its own peculiarity - the number of runners, the number of times they ran, continuous relay or mass starts, fixed or floating changeovers, additional sign-posting or none. Think of an LDP and they were all different.

SLOW's "local" LDP was and still is the North Downs Way, running 125 miles from Dover to Farnham. Orienteering clubs were first to get the relay race going, holding the first race in 1977, the year after SLOW was formed and so we were bound to show an interest - the race is as old as the club.

The rules in those early years were:

- anything from 10 to 16 runners.
- Each runner to only run once
- Continuous relay.
- No extra sign-posting. Given actual sign-posting was sometimes poor that meant map-reading and/or a recce was essential. You could tell it was designed by O clubs.
- Free choice of handover points, which meant team planning strategy



The North Downs Way Relay: A history - part 1 (1977-1988)

By Andy Robinson

and logistics could get quite complex

- Start at 4.30a.m. at Shakespeare Cliff, Dover on the Saturday nearest mid-summer.

And of course the main aim was to beat the record.

I first ran in 1983 shortly after joining SLOW. At the time we held the record (actual figures lost in the mists of time) and the main opposition was Southern Navigators. I ran second leg - amazed at the experience of running at that time of the morning, and as I returned to London we had a healthy lead. But next day the news was out - not only had the Navvies beaten us but they had taken the record - now 14 hours 32 minutes 53 seconds.

1984 and PB took over as captain, and he was determined to re-gain the record. The team was re-jigged and inspired. PB and I followed the race all day, and the undoubted highlight was watching Gavin James swim the River Wey. OK, it was a short-cut but there's been a bridge at that point ever since. The swim proved decisive - the record was ours again - 14-30-13.

After a couple of quiet years, things hotted up again on 1987. HAVOC donated a permanent trophy - the David Earle Shield, in memory of one keen member of their team, who had died earlier in the year in a climbing accident in the Alps. Now there was a trophy to race for and Southern Navvies were making bullish noises. I got involved in the team planning, and we swapped changeovers around with a view to having shorter legs in the heat of the day and longer legs when it was cooler. That bit worked - we improved our time to 14-25-15. The bit that didn't work was that the Navvies had already finished in 14-18-22.

1988, my first year as captain, and of course the big plan was to take



The North Downs Way Relay: A history - part 1 (1977-1988)

By Andy Robinson. ctd

the record back. The changes introduced in '87 were refined further. Legs were matched to runners' strengths, flat and fast or hilly with stiles. Changeover points adjusted accordingly. The schedule meant we could beat the record, but not everything went to plan. There was a hiatus at the end of leg 3 when Mike Elliot was late arriving (some things never change over the years) and Byron Davies had to run on. The next runner, Trevor Jones, was picked up and started earlier, and Mike was fitted in later. The crisis was handled with minimal time loss and the record was still on. The later legs were all inspired and we stormed through with a time of 13 hours 59 minutes 31 seconds

Andy Robinson

(Parts 2 and quite probably 3 to follow in the next Slowprints - all a very deliberate attempt to get you newer members interested in running the NDW relay next June)

Venice Street Orienteering

For those of you interested in running for SLOW in the Venice Street-O on Sunday 14th November 2010, contact Jayne Sales on social@sloweb.org.uk

See the event website <http://www.orivenezia.it/mov/movbase.asp?lang=eng&page=main> for more details

JWOC 2010 by Ralph Street

This year, Great Britain had arguably its best ever JWOC. Held in Aalborg in Denmark from 4th-11th July, SLOW/SHUOC member Ralph Street ran all the disciplines, as is practice for athletes at JWOC, coming 18th in the Sprint, 13th in the Long and an excellent 7th in the middle, only 1 second off a podium place. Ralph then anchored the relay team to attain 9th place (8th nation). He lets us see a glimpse of the preparation and analysis he did before and after his races:



Build up: For this JWOC I went out early to the competition area as well as doing relevant training in Scotland. I did this to feel better prepared technically for the competition, an area I felt lacking in previous years. I also felt able to look after myself whilst I was out there so I would be in top physical condition for racing. I felt that I handled myself well and managed to balance training, socialising and relaxing well. In future I should try and keep out of the sun more. Possibly should try and pay more attention to food.

Middle qual

Aim: qualify

Build up: Was concentrating on the middle final more. Knew that a clean run, running hard would get me through.

Warm up: Nice and relaxed at the start. Picked around a bit on the warm up map, felt no pressure to go on it though - good (have previously overused the warm up maps).

JWOC 2010 ctd

Race: "safely through". Bit closer than I thought/was expecting to be after my long performance. Gave me the confidence that if I ran clean and a little bit faster then I would get a good result. Wasn't distracted by other runners in the forest, kept in good technical control and managed my discipline better than in the long - took some "risky" routes that were perfectly safe. Physically felt a bit weaker than I thought I was going to. Too hot possibly?

Middle Final

Aim: Top 20 (Clean run, finally get a good middle run... be disciplined in my orienteering, keep controlled)

Build up: Had done lots of geeking for this race (most out of all disciplines), however after the results from the long and sprint wasn't really focusing on it to much. So felt really calm and relaxed for it. Knew that to get a good result I would have to be really aggressive but make no mistakes, a bit like the long but take a few risks.

Warm up: A few nerves floating around but felt really relaxed and calm for the race. Rushed a little bit in the warm up but felt good physically when I started.

Race: Technically: Used good attackpoints, ran hard between them, kept looking up for big features. Lost my direction a couple of times and wasn't entirely sure of myself. Compass was mostly good, read contours well. Hesitations

In the final I had a really good race. I was nearly perfect on all the controls, losing just a little bit of time on some small curvy routes into the control and a couple of hesitations to check exactly where I was. At the end I was in 7th position, 17 seconds behind 3rd and just 1 second off 6th and a podium finish. I was slightly disappointed to be so close to the podium but it was the best run I could have hoped for.



Park Race Series 2010 parkrace.org by Ollie O'Brien

SLOW's organised a series of evening park races in London for a few years now, and our friends across the river in LOK have also put on a few of their own. This year, I thought I would do a bit of branding for the series and add in LOK's events too. LOK were keen on the idea and indeed offered to put on four events, to dovetail with our five and provide a choice of Tuesdays or Thursdays for competing. The overall concept was intended to be similar to TVOC's long-running summer series, with their large number of low-cost events, designated post-event pubs, league table and a choice of weekdays.

The series opener was on Hyde Park - an iconic venue, if not particularly technical, it attracted over 100 people, most of whom grasped the scoring system (essentially it was a mass-start score with a difference - after punching your first even numbered control, no further odd controls counted towards your score.)

To pull the series together, I created a dedicated website - parkrace.org - and took out most mentions of orienteering, maps and controls, instead concentrating on some pretty pictures of the venues (Hyde Park, Grove-lands Park, Battersea Park, Hampstead Heath, Tooting Bec Common, Alexandra Park, Bishop's Park, Dulwich Park and Brockwell Park), transport connections, and mention of the post-event pub. The website also had the series league tables, and some possibly interesting demographic breakouts, such as North versus South of the River and Seventies vs Eighties - the former age group sneaking ahead during the last couple of races, but the domination of the series by the South never being in doubt. There was also a dedicated newsletter that people could sign up to. Over 150 did, and over 300 people took part in at least one event in the series, with many making it to the pub after each event for post-race analysis and socialising. The



Park Race Series 2010 parkrace.org ctd

numbers turning up mean the events are tricky to run out of the back of a car now, with at least two people generally needed to register and start people, and process results. It's great to have such good numbers though, it makes the mapping and organising effort worthwhile and proves that areas don't need to be technical or physical to be popular.

Three of the venues were new, including the finale on Brockwell Park, and several had open-air lidos for the especially keen to warm down in afterwards. We were very lucky with the weather - it was hot and sunny, at least for all the events I made it to, and with the possible exception of Hampstead Heath and its foliage, it was a good opportunity to show off modern summer race tops, racing shorts and trainers, rather than traditional orienteering garb. Coupled with feather flags at the race start, this allowed a good opportunity for some positive promotion of the sport to other park users.

Our own Ed Catmur won the Men's series prize, although he did leave it late, with three wins from his six runs. Mark Ford and John Owens were very close behind. Helen Gardner, also of SLOW, won the Women's series prize with an impressive six wins in seven runs. Several people also won spot prizes for turning up to all nine events.

LOK are keen to join us again next summer for another series, and with mentions of some new and rarely used venues such as Finsbury Park and my own local Victoria Park, I am looking forward to another summer of park orienteering in London. There is potential for the series to expand further, with DFOK's August series, in a part of London I rarely go to, a definite possibility.