

ISSUE 155

SLOWPRINT



LAMM Report

SLOW Weddings!

Shamrock O-Ringen

Garmin GPS Reviewed

and much much more...

August 2007

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Welcome to the all new

SLOWprint!

Hey SLOWies, welcome to the newly revamped club magazine, created especially for you, our loyal and slightly fanatical members.

It has been about nine months since you got your last issue. This is due to the position of editor being vacant since Sarah Brown stepped down. I'd like to thank Sarah on behalf of all the SLOW members for the hard work she has put in, producing twenty one issues over the last six years.

I hope you like the new format - it took ages to create! This issue is absolutely packed full of stuff thanks to the contributions from our members. Some of SLOWprint's content has been taken from the club website. However, I have also tried to include a lot of original content so those of you who have read everything on the website have something new to read. Exclusives for this issue include *Team Talk* by Pete Huzan, reports on the *Shamrock O-Ringen* (Rachel Holmes), *Springtime in Shropshire* (Jo Purchase), *Schools Development*

Front Cover: Phil Marsland at the JOK Chasing Sprint

Photographer: Andrew Brown

If you wish to contribute to SLOWprint, please email any photos or articles to:

slowprint@sloweb.org.uk

(Christine Robinson) and several articles written by myself. Check out the *Gear Review* towards the back. This is going to be a regular feature, so if you've bought a new bit of O-kit and want to tell everyone about it then email me.



Owen Lindsell
SLOWprint Editor

Having been away from London for three years has made me realise what a fantastic club SLOW is. I've been a member of EUOC, Happy Herts and I even considered joining TVOC when I lived in Oxford. Each of them had their good points, but none had the fun and energy I'd previously felt in SLOW. I love the fact we put on so many small events over the summer and at the major events we always have a designated pub to meet in. I'm not to going extol every virtue of SLOW in the small amount of space I have left, but it will suffice to say that as clubs go, SLOW rocks! I want to keep it that way and hopefully producing this magazine will help. However, I can only keep the quality high if you all contribute, so please keep the articles and photos coming in. Thanks for listening and enjoy the rest of the issue!

Owen

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Hot Picks!

A summary of best events coming up over the next four months



Christine Robinson teaches school children to orienteer as part of SLOW's development program, working towards Clubmark accreditation which will increase eligibility for funding. Full story on page 23.

A Word from the Chair

Welcome to the first SLOWprint of 2007. A particular welcome to all new members and a very special welcome-back to Owen Lindsell who, having been away from London for three years, has returned, re-joined SLOW, and offered to edit our magazine. Many thanks to him and to everyone who has contributed to this issue.

Much has happened since the last issue. Our congratulations go to Andrea, Raffaella, Nicky, and James, who've all got married, and to Mark and Keira for doing their bit for future SLOW junior teams.

You will find later in this issue details of our successes in competition and in putting on competitions. We've done well, both with the individual results of some of our juniors, and the continuing form of some of our more experienced orienteers. What you may be surprised to know is that if you rate clubs by the number of members they have in the top 100 in the M21 rankings, SLOW comes third in the UK after South Yorkshire and Interlopers. Do the same thing for W21 and we come second with only South Yorkshire ahead of us. So well done all you M&W21's, keep it up!

Now it's time for me to moan. We may have strength in depth in competing, and we're not bad at turning out to do all the tasks necessary when we put on SLOW events or agree to provide manpower to the JK or BOC. We are less good at agreeing to be event organisers and we have been without a club secretary for nearly a year now. Please, please volunteer for these tasks.

If you appreciate receiving this newsletter please thank our new editor. If you have any recommendations as to how it could be even better, then also tell him, and if you could write something or contribute some pictures for the next issue he will be delighted.

Have a good summer!

Don McKerrow (Chairman)

You Can Help SLOW!

SLOW is run entirely by volunteers, purely for their love of orienteering and their enthusiasm to share it with others. If you have any special skills or want to help in anyway whatsoever, please contact Don or any of the SLOW committee. Suggestions and ideas on how to improve SLOW and make it a more enjoyable club to be in are also very welcome. Contact details of all the committee are given inside the front cover.

Committee Vacancy

Currently the position of Secretary is available. The only duties are to take minutes at committee meetings (seven per year) and *very* occasionally liaise with BOF. You also get to voice your opinion and influence committee decisions. Please email Don if you are interested.

News

Relay Triumph

SLOW Dominate SE Relays

This year's South East Relays took place on a beautiful sunny day at Hampstead Heath. It was a well organised event on an area that is much more technical that you might expect for an inner city park.



Jenny Costigan, Claire Warner and Abi Weeds win the Women's class by over six minutes

I arrived early and was surprised to see a British Heart Foundation tent directly adjacent to the start/finish grid. Ironically they were trying to persuade passers by to walk two miles to improve their health. An hour later they saw half the people they'd been trying to recruit sprinting past them having gone considerably further.

SLOW could only manage five teams (six if you count me running the Men's Open

individually) as many of the members were attending Nicky and James's wedding. An outstanding performance by Jenny, Claire and Abi saw SLOW take first place in the Women's relay, cruising home a massive six minutes ahead of second place SO. An "All-Street" team consisting of Paul, Greg and Ralph beat twenty other teams home to take first place in the Handicap. A valiant effort by Matthias, Mike and Rob gave SLOW second place in the Men's, less than a minute behind first place. If any of our missing elite men had been there, we would have surely taken that title too.



Ralph Street, Greg Street and Paul Street win the Handicap ahead of a field of twenty

This year a new Women's trophy was supplied by SO, probably due to the fact they've won for the last two years and wanted a trophy. I just told them we hadn't

News

CSC, Harvester, Weddings

really been trying in the previous years as there was no trophy on offer!

Owen

SLOW Make CSC Final

Congratulations and Thank You to all who helped SLOW win the CompassSport Cup 1st round at Burnham Beeches on Sunday. We had first or second place in six of the eight courses so particular congratulations to Ed, Abi, Charles, Jackie, Mike and Greg. But the event is really about strength in depth and our success was down to all 45 SLOW members who took part. Well done!

This means that you now need to put the CSC final on 14th October into your diaries. Success there will be about getting as many runners up to Nottinghamshire as possible. We hope to organise a bus for any who want. More details nearer the time but please plan to be there.

Don McKerrow (Chairman)

Harvester Success

Twelve team members travelled down to Cornwall for the annual Harvester Night and Day Relays. The event was held on the top-class open sand dune terrain of Penhale Sands. The night legs in particular were very challenging.

SLOW Aardvarks (A team) had a good performance to finish in seventh



Ed Catmur unfolds his map on a mini mass start at the Harvester

place - that puts the Men's team up to 3rd place in the UK Relay League! SLOW Bobcats (B Team) came 2nd on the B course, to win the B Handicap trophy! (See centrefold for a photo)

Thank you to the KERNO club for hosting the race. The 2008 event is at Hambleden (Thames Valley) so hopefully we will have lots of teams next year!

Peter Huzan (Men's Captain)

Two SLOW Weddings

Many congratulations to SLOW members Andrea Reborá and Raffaella Marin, who got married on 24th February at Bromley Public Hall in east London ("after 6 years of quarrelling and postponing!"). The wedding reception was held afterwards at the famous Prospect of Whitby pub in

News

Weddings



Andrea and Raffaella get married at Bromley Park

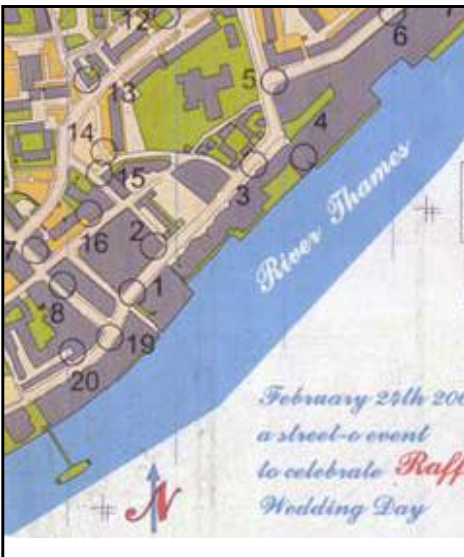
Wapping with an excellent meal provided for all. Many SLOW members attended the ceremony and reception, as well as lots of

Andrea and Raffaella's friends and family who had flown over from Italy.

A special surprise was provided by former SLOW member and map-maker Remo Madella (www.remmaps.it), who had prepared a special Street-0 map and course of the area surrounding the reception venue. This was impressive work, as he had prepared the map from his home in Italy with the help of Google Maps and a Tower Hamlets base map. Andrea & Raffaella ventured in their full wedding outfits to complete the course together, before lots of other SLOW members followed suit.

Paul Nixon (Webmaster)

As if one wedding in six months wasn't enough, another SLOW couple have recently



Extract of the surprise map made for Andrea and Raffaella's Wedding



James and Nicky's Wedding Reception in Pilton Somerset

News

Babies

...tied the knot. Congratulations to SLOW members Nicky King and James Morris, who were married on Saturday 19th May. The wedding reception took place in a large marquee near Pilton in Somerset and had about one hundred and fifty guests. A nice meal was followed later by a hog roast and barn dancing. The following morning there was a one hour score orienteering event arranged, which covered two maps – one of Pilton and the other of the adjacent Glastonbury Festival site – with an

interesting contrast in questions from dates of buildings in Pilton to number of toes on the dragon on the festival site.

Many congratulations to the happy couples from everyone in SLOW.

Simon Evans (Social Secretary)

Baby Boom

Congratulations to Keira and Mark Vyvyan-Robinson who earlier this year had a baby



Ian Purchase

Jo and Craig Purchase expand the SLOW orienteering clan with new addition Lily

News

Street-0, AGM, Photo Competition

boy while in Belgium. Baby Luc (Flemish spelling of Luke) was a little unexpected at six weeks early. Unfortunately we have no pictures of the little tyke. Send one in Mark!

Congratulations to Jo and Craig Purchase who managed to produce baby Lily just in time for this issue of SLOWprint. Great photo guys!

Also congratulations to Abi Weeds and Matthias Mahr who have announced that they too are expecting a baby.

Owen

Street-0 Help Needed

Organisers are now needed for the 2007/08 Street-0 series – please volunteer to Paul Nixon (webmaster@sloweb.org.uk) if you would be prepared to run an event, so that we can continue with a full program next year. Events can be hosted either from your own house, or a nearby pub/sports club/social club etc. Many street-0 maps are already in existence of areas over London which can be used; alternatively help can be given for you to draw your own. A bonus 12 points is awarded to all event organisers!

Paul Nixon (Webmaster)

2007 AGM

SLOW's AGM this year will be on Tuesday 27th November. We will follow last two year's successful and sociable format. We have a private room at:

Pizza Express
144 Upper Richmond Road
Putney
SW15 2SW

If you want to eat then please arrive between 7.00 and 7.45. The meeting will start at 8.30. We hope to see a large number of members again this year.

Don McKerrow (Chairman)

Photo Competition

Get your photo on the cover or centre pages of SLOWprint!

SLOWprint will pay £10 for the best photograph of every issue. The photo can be of anything orienteering or SLOW related. If you really want your photo to be on the front cover then make sure it's of someone actually orienteering. Non-action shots will only be considered for the centrefold.

Please email your entries to:
slowprint@sloweb.org.uk

Reports

Glen Lochay

LAMM at Glen Lochay

After many years of thinking about trying a mountain marathon, I finally attempted my first one last weekend, competing in the Lowe Alpine Mountain Marathon (LAMM) in Scotland with Simon Evans on the C class.

Simon had completed three previous mountain marathons, so was experienced enough to guide me through - I've not even done that much camping before, so was certainly a novice in many respects to



the strange world of mountain marathons. I had previously been put off doing them by a number of things - mainly that I had never quite fancied the idea of running for two full days with a rucksack full of kit on my back, alongside all the stories of the overnight camping in torrential weather.

This was one of the reasons why I decided the LAMM would be a good event to try, as being held in June the chances of good weather were much better than the OMM in October. And I certainly wasn't disappointed in that respect - the weather was very warm indeed, and I got a bit sunburnt on the first day!

In the end I found running with a rucksack was fine, having got the weight down as low as possible, helped by borrowing various bits of lightweight kit. Pete Huzan kindly lent us his tent (along with a few other

bits) - probably the smallest tent I have ever seen, with just about enough room to slide into and not quite enough to sit up in when inside. Made for a cosy night with Simon, so it's a good job we're good friends! Ian also lent me his lightweight sleeping bag - not the down material which is ideal for cold weather conditions,

this had a "comfort temperature" rating of 12-16 degrees. Thankfully this was about the temperature we had, and I was perfectly warm enough overnight, though I'm not sure how warm this bag would be in the winter.

Our problems started at Glasgow airport

Reports

Glen Lochay

on the Friday night, when having waited for a long time at the baggage reclaim, we finally realised Simon's bag wasn't going to appear! This contained our base camp tent, and all of Simon's running kit/shoes etc. We spoke to the BMI lost baggage desk, who told us that the unfortunately the bag hadn't made it onto the flight, but would be sent on the next flight up later in the evening - but too late for us with the event coach leaving soon after. However they promised that they would courier it to us that evening to wherever we needed

it to go. We wrote down a convoluted set of directions on how to reach our field in the middle of nowhere, but were still very sceptical about the chances of the bag actually making it there. But thankfully, after a few phone calls to check progress and give more directions, a man finally arrived in a little white van at the LAMM campsite at about 11pm with Simon's bag - and there was still just enough light to put up the tent without using torches.

After that it pretty much all went smoothly. We were woken by a 6am alarm call provided by a bagpiper walking round the campsite - very loud when he walked past our tent! After a nice cooked breakfast

from Wilf's, we were bussed 10 minutes around the edge of the area to the NW side of the map. I was a bit disappointed that we had to mark the courses onto our



maps (in competition time), being given a list of grid references - I can't remember the last time I didn't have an overprinted map in orienteering - but we probably actually gained time over other teams on this section. At least we marked everything in the right place, unlike one of the leading Elite teams who wasted 40 minutes looking for a control in the wrong grid square!

We lost a small amount of time on number1, which was a 1 km climb and then long contouring leg to a stream. I took a lot of getting used to the map here - we probably crossed about 10 streams before reaching the right one, none of which were marked on the map (but all of which would

Reports

Glen Lochay

have been on an orienteering map), and we were starting to worry we had missed the control, although when we finally saw it down below us, the actual marked stream was much bigger. It also took me

a few legs, choosing to go round the hills rather than over them (mainly on 1-2 where we went up Coire Daingean, and on 4-5 we went the long way round via the loch – very happy with both of these routes).



Our only major time loss on the first day was having to stop for a few minutes to put a Compeed plaster on Simon's toe which was blistering – and having then got running again, Simon realised after a few hundred metres that he no longer had his compass!

a while to adjust to the 1:40,000 scale of the map – it looked like a relatively very short leg on what was an enormous map, but took us around 40 minutes to get there.

I gradually got used to the style and scale of the map, and enjoyed the next leg which was about 8 km long - the split of 85 minutes I think is a new record for me. The navigation was made a lot easier by the long line of teams ahead of us all going the same way, who we gradually picked off. In particular, on leg 2-3 we could see the whole leg marked out with people ahead of us. We went a very different way to the planner's chosen routes (see link below) on

Thankfully he went back and found it very quickly on the ground where we had stopped so didn't lose too much extra time. We lost a bit more time at the penultimate control, which we were both convinced was too high up the slope and not really on a spur (which was the given description). We were both very tired by the end, but thought we had done quite well as we were only just over the 5 hour estimated winning time. We were 7th out of about 25 when we finished, but ended up holding onto 7th position (out of 145 finishers) by the end, as we had been one of the latest starters – we probably overtook almost 100 teams during the race.

Reports

Glen Lochay

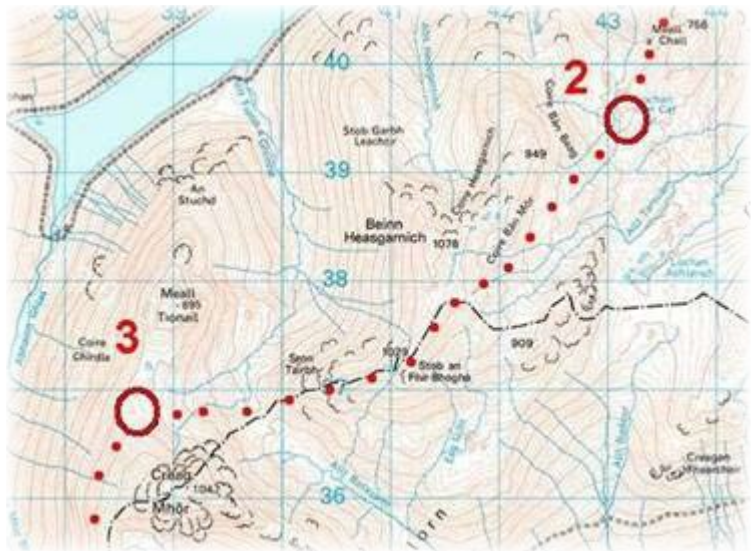
The overnight campsite was good, a very large flat area with nice big stream which was good for soaking the aching muscles in. It was also good to catch up with some of the other teams – there were a couple of other SLOW runners competing (Owen Lindsell, who finished a few places behind us on the C, and Andy Jones a bit further back, as well as Caroline and Tim Court running the D), as well as a number of other orienteering friends from around the country.

Dinner consisted of 4 pot noodles and a cup of custard – light to carry and full of energy. It made a pleasant change from the Mars bars and energy bars/gels I had been eating during the race! I had also quickly got used to drinking water out of streams on the run – I had been quite sceptical about this beforehand, but in the end the mountain spring water tasted better than the stuff I get out of my tap at home! (though perhaps any water would taste good when you're feeling very thirsty after walking up a mountain).

We got up at about 5.45am on Sunday morning, to give us plenty of time for our 7.15am start (beating the bagpiper out of bed this time). Day 2

was a Chasing Start, with race position numbers having to be worn front & back, which made it a very different race to the previous day, with the pressure really on. Also there was no long line of slower people to follow this time!

Again we lost time on number 1, along with a few other teams, looking far too high up the slope (we were convinced the flag was too low), and we reached it together with the 6th & 8th placed teams. We then made a snap decision to go back down the hill for a 1km track run before climbing all the way to number 2 – not a good decision, and we reckon we lost up 5 minutes on this leg (the



6th team beat us by 6 minutes on that split, although I'm not sure we'd have kept up with them). After that we did what turned

Reports

Glen Lochay

out to be the planner's chosen route pretty much all the way. We did re-overtake the 8th placed team on the way to number 3, and eventually managed to get away from them. I found leg 3-4 very tough traversing round the large hill, and my feet were really hurting by this stage – the 10th placed team overtook us on the climb near the end of this leg. Leg 4-5 was very tough, a horrible long climb up through rough terrain, which was made confusing by lots of unmapped fences, although we just kept climbing and used the contours to find the control.

I felt like I was on the verge of collapse by this stage, but Simon managed to push me on through the last downhill leg. We were nearly at the bottom of the hill when Simon shouted back at me that there was a team behind us closing in - looking round they were probably only 200m behind and moving quickly. That gave me a new lease of life, and we managed to run hard the last 5 minutes for home to beat the other team by around 30 seconds (who it turned out were the overnight 5th placed team we had just overtaken, by them making a mistake on the penultimate control).

We were very surprised to be told at download we had finished in 5th place, having seen 1 team overtake us, but it turned out that the leading 2 teams were both disqualified for missing out number 4 (having convinced each other that the control must be missing as they were sure they had found the right place). So with prizes given out for the top 6 teams we had managed to finish on the podium! - and won

ourselves a thermal base layer top each for our efforts. I was glad that we chose to run the C class, although if the course distances are to be believed then our speed would

have meant that we would have won the B class by around 40 minutes! I'm sure that wouldn't have happened in reality, but it shows that we must have been going pretty well.



Paul Nixon and Simon Evans at prize giving

My legs are still feeling very tired now, shoulders aching from carrying the rucksack for 2 days, and a few blisters between us (nothing too bad for me thankfully - my new Innov8 Mudclaw 270's held out very well), but very pleased with the weekend's efforts. So I certainly did enjoy my first mountain marathon experience, though I'm not convinced yet whether I will become a regular - not sure I'd have enjoyed it quite so much if the weather hadn't been as nice!

Paul Nixon (Webmaster)

Pete's Team Talk

Team Events Past, Present and Future

Junior Team Orienteering Autumn 2007

There are a couple of events coming up specifically for juniors. Please send an email to Pete (captain@sloweb.org.uk) ASAP if you'd like to take part in any of these. These events will be subsidised by the club.

First up is the Peter Palmer relays on 8/9 September near Northampton. This is a 6-person relay with just the first leg in the dark (starting in the early hours of Sunday). The courses range in standard from yellow to blue. Age is up to M/W18. There are other optional attractions such as a friendly 5-a-side football competition. This is a unique experience in the junior orienteering calendar and it would be great to get a SLOW team there. Officially, we are supposed to have at least two girls in the team. Even if we cannot do this, we might be able to join up with another club (or run as a boys team). So please reply with a positive response!

Next is the Yvette Baker Trophy regional round on 21st October at Puttenham near Guildford. In this competition, absolutely EVERY JUNIOR (up to M/W20) is welcome. You run a course according to your age and standard. So if you can run at least a yellow course (age 14 and under) or an orange course, then this event is for you! The courses go up to green. If we do well, we can qualify for the national final on 2nd December in Lincolnshire. Please reply

positively to help your junior team mates qualify for the final!

Compass Sport Cup Final Autumn 2007

We have again qualified for the national final. This year it is at Mansfield (Nottinghamshire) on Sunday October 14. There will be 10 clubs altogether. We can do well if we have our best turnout. Lots of people have the potential to count given up to 4/6 can count on each course; our best 25 make up our score, while others can push down other teams' scorers.

This year we shall pay everyone's entry fee. We shall also be hiring a coach to go up and back on the day from SW London. If necessary, we shall also subsidise the coach so that it is a most appealing option.

So please send an email to Rachael (wcaptain@sloweb.org.uk) ASAP giving your availability, and whether you want a place on the coach.

Recent Team Orienteering

The main spring season is now over and we have had some very enjoyable team events. It was great to see quite a few debut runs at the relays this year. Remember that everyone is welcome for all of these races; it is up to the captains to make sure that everyone gets into a suitable team for maximum enjoyment!



HARVESTER C

Winners of the B Class Handicap at the 2
Left to Right: Don McKerrow, Christine Rob



CHAMPIONS!

**2007 Harvester held on Penhale Sands
son, Chris Fry, Pete Huzan, Jim Mallinson**

Pete's Team Talk

Team Orienteering 2008

Compass Sport Cup - March at Burnham Beeches. A good turnout saw us qualify for the final. Very good scoring runs especially from Abi Weeds, Jackie Chapman, Mike Murray, Ed Catmur, Charles Bromley-Gardner and Greg Street.

JK – March at the Forest of Dean. Highlight was getting 2nd place in W165 (Sarah Brown, Anne May, Teresa Turner). Women's Open team (Rachael Holmes, Anja Stratford, Abi Weeds) came 5th.

BOC – May at Pwll Du, South Wales. Another great run to win W50 (Sarah Brown, Chris Robinson, Diane Leakey). Also 3rd in Junior Ad Hoc (Matthew Jones, Robert Jones, Greg Street). Men's & Women's open teams both came 7th.

Harvester - June at Penhale, Cornwall. Very trick orienteering. Our two teams survived the challenge to win the B Handicap (Jim Mallinson, Pete Huzan, Chris Fry, Chris Robinson, Don McKerrow) and come 7th on the A.

UK Relay League – Overall the Men finished 5th and the Women 6th. Well done to everyone who contributed.

SE Relays – May at Hampstead Heath. Wins for the Women (Claire Warner, Jenny Costigan, Abi Weeds) and in the Handicap class (Paul, Greg & Ralph Street). Second for the Men (Mike Murray, Rob Lewis, Matthias Mahr).



Pete Huzan at the Triple-0 Severn last year

Team Orienteering 2008

Have a think about what makes the team events enjoyable for you. And we'll see if we can achieve that again in 2008. Here is a very brief overview of things to look forward to next year, so put these in your diary now and get training!

January 13 – Compass Sport Cup regional round at Shorne, Kent. We want a good turnout here so we can qualify for the

Pete's Team Talk



Paul Nixon leads the field at the Portugal O Meet in February this year

national final on 19th October in the West Midlands.

March 21-24 – JK Festival in SE England at Easter. Now a full 4-day event and it's right on our doorstep. Good quality areas. Culminating with relay day on the Monday.

April 19-20 – British Championships at Culbin, near Inverness. Relay on the Sunday. These will be top quality races. A chance to share transport and accommodation if required. Potential to fly to Inverness (men's captain has just booked his ticket back on the Sunday). Would you like to go up a day early for some training?

May 17 – Harvester Relays at Hambleden, Thames Valley. Night & Day relay for teams of 7 or 5. This is quite close so it would be good to have lots of SLOW teams for this one. If you fancy a night leg, then get practicing over the winter at the local night events. The Harvester could lead very nicely onto one the greatest orienteering experiences in the world...

14-15 June - In Finland is the Jukola relay with 1300 (!) teams of 7 starting on Saturday night. The orienteering is so tricky that we usually need only 2 or 3 people in the team who can night orienteer. For the women there is the 800 team 4-person Venla relay on Saturday

Pete's Team Talk

afternoon. In 2008, the event is near Tampere so is accessible by both Ryanair and BA/Finnair (Helsinki). It's never too early to start planning for this one, so if you are interested, then get in touch with Pete anytime from now onwards!

There will be other smaller team events but still good fun. For example the South-East Relays (11th May), Scottish Champs (24/25 May) etc. And look out for the North Downs Way relay in June.

If you're looking for multi-day events

next year, then maybe we'll have some club tours. Potential events include the Portugal O-Meeting (1-5 February), World Masters in Portugal (28 June – 5 July), World Champs spectator races in the Czech Republic (10-20 July), and the Welsh 6-days (3-9 August). If any of these appeal to you then why not drum some interest amongst your team mates. We're also intending to go along to the British Orienteering-organised training days so look out for those.

Pete Huzan (Men's Captain)



Owen Lindsell

Mark Vyvan-Robinson hands over to Pete Huzan at the 2005 British Relays

Reports

Schools Development

Schools Development Work

SLOW's development work with schools has taken off in the last few years, as we have had people available to go in to schools during the week. Don retired and I gave up the real job and moved into development work with the World Cup and now British Orienteering. Both Don and I have taught ourselves to survey and draw maps in Ocad and we now have an impressive list of local schools which have lovingly-produced maps of their school grounds. Don has also mapped several local parks and has developed a nice sideline in producing beautiful posts for permanent orienteering courses in Wimbledon Park and Kingsmeadow in Kingston. Don is now in negotiation with Wandsworth Parks Department regarding permanent courses for King George's Park in Wandsworth and (possibly!) Battersea Park.

Over the last year we ran a series of nine inter-school competitions for schools in the North Kingston cluster. These were 'home and away' matches after-school in the school grounds, taking less than an hour to complete (though involving hours of preparation beforehand) and culminated in a cluster final at Tiffin Girls School in June. Some of the children who took part in these competitions have attended SLOW events on Wimbledon Common and at the Hawker Centre.

We have also run taster sessions for Guides, Brownies and Scouts of all ages in Wimbledon Park, Clapham Common

and Wimbledon Common. Sessions are planned for the Bushy Park Saturday Club and for the Wimbledon Common Watch Group (junior section of the Wildlife Trust) in September.

You might have seen results and photos from these events on the SLOW website. We want club members to realise that such development activities are an essential part of what the club does. Also the young people who take part are always delighted to see their name and photo on the internet!

We have been greatly helped by working in close partnership with local authorities - Kingston in particular, but also Merton and Wandsworth. Links have now been set up with Richmond, so look out for further development in that direction.

As the development programme expands, we will inevitably be looking for more people to help with mapping and introductory activities for schools. So if anyone out there has got a few hours to spare during the week and would like to get involved, please get in touch.

Clubmark

SLOW has been working towards British Orienteering's Clubmark for probably two years and we are now nearing completion. Clubmark is a kitemark for sports clubs, indicating good practice, particularly in the areas of provision and protection for children. It also covers other issues such as provision of coaching and the needs of under-represented groups such

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Shamrock O-Ringen

as ethnic minorities, women and people with disabilities. Clubmark is increasingly becoming a requirement to be included in local authority listings and to be considered for funding by grant-giving bodies including British Orienteering.

Various club members have attended the required training courses and the committee has approved several policy documents, which will appear on the club website shortly. We hope to complete by the end of 2007, so watch out for a fuller report in the next SLOWprint.

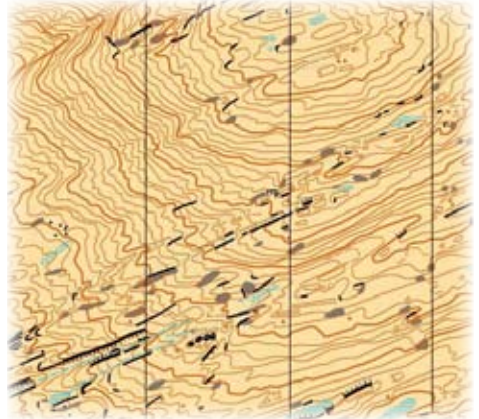
Christine Robinson (Development Officer)

Shamrock O-Ringen

Since my Dad retired last year, he's found more time for orienteering weekends away and I have been a willing companion. A little over-confident after getting around W21L at the Danish Spring Cup in March, I entered the elite class for the 3 day Shamrock O-Ringen near Bantry in the south-western corner of Ireland. A few words for SLOWprint seems like a good idea as it was an accessible, well-organised and friendly event on high quality terrain which I'd recommend to anyone up for a challenge.

The first two races were held on new maps on the Sheepshead Peninsula, one of the many long and mountainous fingers of rock stretching out into the Atlantic that you can see on maps of Ireland. Those of you who have been to the west coast before might

agree with Pete Huzan's comment that "it's a beautiful place when it stops raining", which it almost never does! Fittingly, on the first day we ran in driving rain and very low visibility; the rock-covered open mountainside with fiddly contour detail was a real mental and physical test. Challenging but extremely satisfying when you do spike the odd control. It's the sort of place where on a kilometre leg over the mountain you might think you've strayed into the next instalment of Lord of the Rings but then a



A map extract from the Sheepshead Peninsula

flag appears magically out of the mist with your number on it. So I set off with compass, pacing and careful navigation in mind, but still set a new personal worst by taking ninety minutes for a short race, apparently scaling an impassable cliff without noticing and relocating on one leg by running into a barbed wire fence that marked the edge of the map!

Soaked through, we put up our wet tent and

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hurried off to find a warm and dry pub. The following morning things looked better for the classic distance; the rain had stopped and we could see across Dunmanus Bay to the competition area. The start was just below a col at the top of the ridge; fantastic views of Bantry Bay were reserved until you reached the start kite and provided an untimely distraction for lots of runners trying not to mess up that all-important first control. With the mist gone, the challenge was slightly different; the parallel ridges of rock and re-entrants dotted with sheep all pointed south-west into the sea and were very difficult to tell apart. An hour into the race and less than halfway round the sun felt scorching and I was getting sunburnt and thirsty. The change in the weather was dramatic, but Pete was right; the views of mountains, coastline and blue water in all directions were spectacular.

The format for the third day was a chasing start (for those not too far off the lead!) slightly further north towards Killarney, on Cobdubh. The terrain was similar but a little steeper, and the elite courses had a tricky "butterfly" feature two thirds of the way around on the most intricate bit of the map.

I'd describe the Shamrock as a friendly and informal event focussing on what I think is important in orienteering: quality terrain, efficient organisation, good planning and a beautiful location. It attracts quite a few Scandinavians - probably for those reasons. It's also fairly cheap given the strength of the pound against the Euro and cheap flights



from various UK airports. Not covered above is the social programme: a quiz, food and several masterclasses on orienteering training and technique (in hindsight it might have been a good idea to pick up some tips), which is an established part of the event. I returned home exhausted after netting five hours for the three races, but I'd still be tempted to go back, I'll just need to get a bit fitter before I try to run elite again!

Rachael Holmes (Women's Captain)

Shropshire in Springtime

How much we were all looking forward to a baking hot May bank holiday – orienteering in glorious sunlit forests, lazing around the assembly area chatting and comparing courses, then back to the campsite to enjoy the events and communal bbq areas with one or two glasses of nicely chilled wine... Mrs H had done a good job at selling us all the dream. Maybe we should have taken out travel insurance? The reality was somewhat different. Yes, we orienteered in forests, there were lovely assembly areas,

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courses were compared (but in the pub where it was warm and dry) and I'm sure the campsite was amazing – however, I did not dare set foot in it for fear of becoming stuck in the mud (being 7 months pregnant and all). For those of you who chose to do something else on the May bank holiday – the weather was FOUL. Enough said, we should concentrate on the good bits. Those SLOWies who made it to Shropshire would have noticed quite a few competitors out in the forest waving large antennae around. Competitors from as far afield as China, Germany and Kazakhstan were taking part in the British Radio Orienteering Championships – not something that 'normal' orienteers are used to seeing a lot of, but it certainly added an international feel to the weekend.

Day 1 – Titterstone Clec

What a great, fast area – an old open quarry area with some nice easy navigation mixed with a couple of technical bits to catch out the unaware. With the weather best described as 'refreshing', there were some good times. On M21L, Owen Lindsell was just ahead of Pete Huzan (running up from M40) by less than 1 minute over a tough 11.7km. The car park was located directly above the finish – affording a brilliant view of the end of the courses with some good spectator opportunities to watch people negotiate the tricky penultimate control – the planners were definitely not allowing people to switch off at the end!

Day 2 – Bucknell Wood

Day 2 dawned grey and wet... and got



Jo Purchase

greyer and wetter. Bucknell Wood, a newly mapped area is in essence one big hill and at times during the day, the upper most controls were in the eery clouds. Courses were quite a bit shorter than 'average' which raised some eye brows, but on the day this turned out to be for the best, given a combination of climb and inclement weather. SLOW had a winner at Bucknell Wood – Mike Murray, winning M60L by over 5 clear minutes.

Foremost on many people's minds was finishing and getting out of the freezing cold rain – only to find themselves hampered by the rally driving challenge that was the exit gate... any driver want to own up to giving the helpers in the download tent a scare?

Day 3 – Brampton Bryan

The use of Brampton Bryan proved the wide variety of terrain available in Shropshire. This time, beautiful parklands and some

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gruelling hills and complex vegetation resulting in some cunning route choice on longer legs. Thankfully the sun came out for brief spells, allowing the 1,200 competitors to finish on a high, including Liz Day, who won W21L.

As you may have gathered, the weather dominated the weekend, but it was obvious how hard the organising team had worked to overcome logistical difficulties and ensure the three days gelled together. Reports back from the campsite were 100% positive on the organisation front and the various activities ranging from the O'lympic Biathlon, to a quiz and large BBQ were very well received. Let's hope to see

more SLOWies at the next one in 2008!

Jo-anne Purchase

Annual General Meeting 2006

Pizza Express, East Putney, Tuesday 21 November 2006. Time 9.10pm – 10.45pm.

Present: Don McKerrow (Chairman), Peter Huzan (Minutes), Ginny Catmur, Richard Catmur, Jackie Chapman, Ian Christie, Simon Evans, Dorte Torpe Hansen, Nicky King, James Morris, Paul Nixon, Andy Robinson, Chris Robinson, Heather Walton.

Chairman's Report (Don McKerrow)

Don welcomed us to the meeting. There had been some high & low points in the year. Sadly, Kate Thomas passed away in the summer & she will be missed. We had put on a wide range of fixtures, including Micr-O. We have also had some competitive success. There has been a lot of development activity. We have put on a regular series of winter street-O's and also summer evening events.

Treasurer's Report (Don for Jackie)

It was reconfirmed that the club should be spending its money on the sport rather than just leaving it sitting in a bank account. Major forthcoming expenditure of the next few years will include Sportident replacement & professional mapping. The club has now received a new (lighter) tunnel tent which will be used extensively from next year, along with the club banner. The club (part of) membership fees will not increase in October 2007 (for the year 2008). Kate Thomas has left us money to be spent on an annual tea party. See the full



Ian Purchase on Day3 at Brampton Bryan

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report for a breakdown of numbers.

Membership Report

See the report for a breakdown of numbers. Total membership rose by 5% to 209. There are quite a lot in the 21-35 age group.

Fixtures Report (Andy Robinson)

Andy commented on how the event finances worked. In the last year we put on attractive events where the number of people competing was higher than expected; since marginal costs are small compared to the fixed costs, this can result in more money for the club to put back into development. Also there are major costs that the club has to pay, not necessarily spread out over the years. For example, we will need to replace the Sportident equipment sometime, & we use professionals for major mapping which occurs irregularly. Andy thanked all the volunteers who had helped over the last year. We put on many enjoyable events. And we will continue to put on many events in the following & need officials for many of them. The list of vacancies can be seen on the website (See Andy's full report for more details).

Mapping Report (Andy Robinson)

Andy thanked Chris Fry & David May (St Paul's School) for helping so much with cheap quality map printing. Once they have retired, we will need to come up with an alternative. For the OK Nuts event, we produced professional maps of the Esher Micr-O area & the American Community School. Our event planners have also made updates as required. Don McKerrow & Chris Robinson have also mapped several small parks & schools, for development.

In the next year or so, we will need make professional maps of Wimbledon Common, Glovers Wood & the Devil's Punchbowl, subject to land permission.

Development Report (Chris Robinson)

There have been many development activities in 2006, including the mapping of areas and running of orienteering sessions, mostly for schools. The club is continuing to work towards Clubmark. There was an interesting discussion on how to get new people into the sport. The club (especially the committee) will take these ideas on board when considering the club's activities. Topics included dealing with schools (eg tournaments), publicity, and the trail challenges (See the Development report for a full breakdown of activities).

Captain's Report (Pete Huzan)

Pete thanked Rachael Holmes (Women's Captain) and those who helped in supporting the teams events, including all the people who look after the banner and tent. Pete gave a quick tour through the team highlights of the year. He reconfirmed that the club welcomes all its members to take part in the team events

...

Ok Pete we can see who was taking the minutes here! :-) Not enough space - sorry.
Owen

...

Overall in the UK Relay League, our women came 2nd & our men came 9th. For more details of our performances, see the reports in the club newsletter. The major team events next year are quite south, so it would be great to have some more good turnouts in 2007.

Gear Review

Garmin Forerunner 305

GPS Watch Review

This issue we're reviewing the Garmin Forerunner 305 GPS Watch. The Forerunner is a training device for runners that allows you to accurately measure how far and how fast you have run as well as giving you a multitude of other data.

There are several watches in the Forerunner range, the older 101, 201 and 301 which look like oversized headache capsules and the slightly newer and sleeker 205 and 305. The 205 and 305 are basically repackaged versions of the 201 and 301, but with supposedly better antennas for picking up the satellite signals. The 305 is the top of the range and comes with a chest strap to monitor your heart rate (not available on the 205), a rechargeable battery that lasts 12 hours and the facility to upload your running history to a computer. For the cyclists out there, the 305 also supports a cadence metre but this is an optional extra. All Forerunners are waterproof, though they discourage you from using them while swimming and say they can't guarantee they will function properly (I guess this means pick up a GPS signal) if submerged.



What Data Does it Give You?

Well the list is quite long. Here are the main ones:

Distance: The distance you have run in miles or kilometres. In fact it initially gives you the distance in feet or metres until you have reached a tenth of a mile or so.

Time: How long you've been running for. The display will handle up to ninety nine hours, but remember the battery only lasts for twelve.

Current Speed: This is approximately how fast you are currently running. To avoid wild fluctuations in your speed reading the data is smoothed over a short period. The amount of smoothing can be configured by the user.

Maximum Speed: This is the peak speed you have reached so far in the run.

Average Speed: This is your average speed so far in the run.

Current Heart Rate: This is your heart rate at any given moment. It updates fairly frequently about once every two seconds.

Maximum Heart Rate: This is the highest your heart rate has been so far in the run.

Average Heart Rate: This is your average

Gear Review

Garmin Forerunner 305

heart so far in the run.

Elevation: This is the height climbed in feet or metres.

Calories Burned: This is a calculation of how many calories you have burned based on user data you have entered, including your height and weight. One would assume it takes account of elevation too.

Lap data: For all of the above it is also possible to record the data on a per lap basis. This can be done by pressing the lap button whenever you wish, but a nifty little feature means you don't have to. If you've run the route before you can identify way points where the lap function will automatically be triggered when you go through it.

Map: The display on the watch is fairly limited so it can't display a real map. Instead it shows a line in the shape of the route you have run. Way points and significant features can be added to the map with little icons, but that's about it's limit.

Time of Day: Very useful - this is a watch after all!

Obviously it can't show all of these things at once, but it can be configured to show different combinations of up to four of them on screen while running.

Uploading to a Computer

The 305 also comes with software and a USB cable to allow you to upload your runs to your computer and analyse them. The



software provided (Garmin Training Centre) will draw graphs showing how any of the previously described measurements (e.g. heart rate) varied of the course of a run. It also overlays the route on a basic map that shows main roads and towns. However, to get the full benefit you can upload your run to a website where it can be overlaid on an OS map or similar. The data can also be used with Google Earth (if you buy the full version which supports GPS devices) which

Gear Review

Garmin Forerunner 305

will allow 3D fly-by views of the run.

Comments from Owners

Nick Barable

I like my Forerunner as it tells me how far I have run - ideal for my training diary. For things like Hashing, I have no idea how far I run and my GPS often surprises me with how far I have run. It looks heavy to wear but it is actually fairly light. As I understand it from reading the minutes of the recent Rules Committee meeting, they have recently OK'ed their use in BOF O races as long as you do not use the distance from a point function i.e. to try and cheat with it.

Mike Garvin

I have been very happy with its performance. The heart rate and distance displays seem very accurate, while the speed display jumps about a bit too much to be reliable. It is also possible to plot your route onto other maps: for example, Nick Barrable has uploaded his GPS route for the June Trail Challenge on to an aerial photo:

<http://www.sloweb.org.uk/trail/20070619/Richmond-GPS.jpg>

Oliver O'Brien

Actually I have a NaviGPS Bluetooth GPS receiver. I am thinking of getting a Garmin Forerunner though, maybe one with the integrated HRM.

Pros of the Forerunner are:

- *Longer batter life. 12hrs vs 8hrs on the NaviGPS*

- *Quicker to lock on.*
- *Works on Mac*
- *Has better screen and a map*

Cons:

- *More expensive - double the price of the NaviGPS*
- *Doesn't show OS grid references*

Owen Lindsay

There are some great features of the Forerunner which can make your workout really enjoyable. For instance the ghost trainer allows you to race against a previous run you have done. The watch displays a little man grey man (you on your last run) running ahead of a little black man (you on your current run) with the time difference between them (e.g. 10 seconds). You can then chase down the grey guy and when you overtake him the little figures will swap positions. There are also numerous alerts that you can set which will beep at you if you're running slower than your intended speed or if your heart rate exceeds a specified rate.

I hope you enjoyed this article. If you have a bit of orienteering related kit you'd like to write about please send me an article. It doesn't have to be this long, just half a page with a couple of pictures would be great.

Owen

Product: Garmin Forerunner 305

Retail Price: £156.85

Available from: www.amazon.co.uk

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.

CD = Closing Date.

EOD = Entry On the Day.

For events with a CD, it is sometimes possible to get a late entry or EOD – check the organising club's website.

2nd Tuesday of each month Street-0

SLOW is putting on a Street Orienteering event once a month between September and April. Each evening consists of a night street orienteering event, as well as a social event to meet up with club members.

www.sloweb.org.uk/Street0708

Sun 23rd Sep SLOW Trail Challenge

Ham Riverside and Richmond Park. Half Marathon, 12k, 6k and 2k mini for juniors. Mass start orienteering race. Starts from 10.30am. Registration at the Ranelagh Harriers Club House. EOD or discounted advance entry. CD: 18th Spetember.

Après 0: Dysart Arms

www.sloweb.org.uk/trail/20070923

Sun 14th Oct Compass Sport Cup Final

Blidworth, Mansfield. SLOW qualified for the national club final in March at Burnham Beeches. This event is one of the best team

days of the year, and SLOW will be running a club coach up to the event. Put this date in your diaries. Contact Pete to enter (captain@sloweb.org.uk).

www.noc-uk.org

Sun 4th Nov November Classic

Highland Water, New Forest. This is always one of the best regional events of the year, held in the beautiful natural woodland of the New Forest.

www.southampton-orienteers.org.uk

Sat 10th Nov Oxford City Race

Test your orienteering skills against ancient cobbled streets and complex passageways amidst the spires of Oxford in one of the biggest races of its kind in the country, this year featuring an extended map and access to a new set of colleges. Online entries. CD: 26/10/07 Limited EOD.

users.ox.ac.uk/~ouoc/cityrace

Sun 25th Nov SLOW OK Nuts Trophy

Devil's Punchbowl. SLOW's biggest annual event of the year, the OK Nuts Trophy regional event, held this year at the Devil's Punchbowl near Hindhead in Surrey (details to be confirmed).

www.sloweb.org.uk

Sun 30th Dec SN Regional Event

Ash Ranges or Hindhead. Post-Christmas regional event at Army heathland area in Surrey.

www.southern navigators.com

Simon Evans (Social Secretary)

