

ISSUE 156

# ***SLOWPRINT***

Autumn 200

**Compass Sport Cup**

**Trail Challenge Results**

**Scottish 6 Day Report**

**Alan's Training Tips**

**SLOW Bridge Team in Action**

**And that's just for starters!**

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# What does the future hold for SLOWprint ?

**Welcome**, to the autumn issue of SLOWprint. I meant to mention in the last issue that from now on SLOWprint will be produced quarterly. After the last issue there were lots of positive comments from everyone. I'm hoping I can keep things going in the same direction and even improve some areas.

My sincere apologies to Jim Mallinson and Mike Murry for the photo mix up in the last issue. Later printings and the web edition had all errata corrected. Future issues (and this one) should be almost error free since a preview copy will be sent out to our committee members a couple of days before printing.

One of the main areas I am trying to improve is the quality of the photos. The last issue suffered from quite a few low resolution images I took off the web

**Front Cover:** Paul Nixon leaving the final control after a clean run at the Compass Sport Cup Final.

**Photographer:** Owen Lindsell

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

**[slowprint@sloweb.org.uk](mailto:slowprint@sloweb.org.uk)**

and the selection of images I had to choose from was very limited. So please please remember to take photos at the next event you go to. Hopefully you'll agree the photos are significantly better in this issue,

in no small part due to Ollie O'Brien's photos from the Scottish 6 Day. Ollie's wonderful photograph of Nick McKerron and Mike Garvin cutting across the fields towards the finish at Culbin has made the centre pages and wins this issue's photo competition.

In addition to improved photos expect to see some high resolution map extracts (with routes and commentary), training advice, technology articles and more equipment reviews. On the inside back cover you'll find a preview of the next issue as many of the articles are well underway.

Thankyou to everyone who sent articles in. This issue is eight pages longer than the last one!

*Owen*



**Owen Lindsell**  
**SLOWprint Editor**

# Cont

- 06      A Word From the Chair**  
A welcoming word or two from our chairman Don McKerrow
- 07      News**  
Say hello to SLOW's newest member, see the results from the Trail Challenge and more
- 11      Awards Scheme**  
Christine gives details on how to achieve various orienteering awards
- 12      The Works Outing**  
Sarah Brown reports on the Compass Sport Cup Final
- 17      OMM Report**  
Personal accounts from this year's OMM
- 21      Six Days in Spey**  
Highlights from the Scottish 6 Day
- 28      25-manna**  
A look at the world's largest team orienteering event
- 31      Alan's Training Thoughts**  
Alan Leahey gives some training advice

# ents

**33**

## **Pete's Team Talk**

Pete Huzan talks about our recent team success

**35**

## **Piltdown Men and Ladies Exposed as Hoax**

SLOW's bridge team in action

**38**

## **Hot Picks!**

A summary of the best events coming up over the next 3 months

**39**

## **Sneak Peek**

A sneak preview of what's in the next issue of SLOWprint



Owen Lindsell

**Sarah Brown flies out of the forest at the Compass Sport Cup. See page 12 for her full review of the event.**



# A Word from the Chair

**So much** has happened since the last issue of SLOWprint. We were the top southern club in the CSC final. We qualified for the YBT final (next week as I write this). Raffaella and Andrea have had a new baby – making that three in the club in the last year by my count. You can read all about these things, and much more in the following pages.



**Don running at the Lakes 5 Day**

What I would ask you to remember as you read is all the effort which goes into running a club like SLOW and putting on a wide range of events. Whether it's organising an event, arranging transport to the CSC, storing the club equipment in your garage, preparing all the PC's for download in some remote spot at the crack of dawn, or just helping at the start, it is all vital to the functioning of our sport.

I would like to take this opportunity of thanking everyone who contributes, in whatever way, to SLOW. We always seem to have enough helpers and this, it seems to me, is the very essence of a successful club. Thank you. And keep volunteering.

*Don McKerrow (Chairman)*

## Christmas Social

SLOW are having a pre-Christmas club social evening on Wednesday 19th December, at The Alexandra pub in Wimbledon. The pub is a 1-minute walk NW from Wimbledon train/tube station on the main street. Meet from 7:30pm onwards.

*Simon Evans (Social Secretary)*

# News

## Juniors Make Final, New Member

### Yvette Baker Trophy

The Yvette Baker Trophy is the annual national inter-club junior team competition (a bit like the junior version of the Compass Sport Cup). On Sunday 21<sup>st</sup> October the south-east qualifying round was held by Guildford Orienteers at their district event in Britty Wood, near Puttenham in Surrey.

After a close re-counting of the results, it has now been confirmed that South London finished in first place, and so have qualified for the National Final, which is on Sunday 2nd December at Normanby Hall, Scunthorpe, Lincolnshire!

The competition was very close indeed, with SLOW's total score of 887 points

meaning we finished just 2 points ahead of Southdowns (885) and 7 ahead of Southern Navigators (880). Well done to everyone who competed on Sunday.

We hope to have as strong a team as possible out in the final. Every junior (under-21) in the club is very welcome to compete, and the club will subsidise the entries and team transport. Please contact the club captain Pete Huzan (captain@sloweb.org.uk) if you would like to come along to what promises to be a good fun day out at the final.

*Pete Huzan (Men's Captain)*

### SLOW's Newest Member

A warm welcome to SLOW's newest member, baby Matteo. Andrea and Raffaella's baby boy was born three weeks early, just in time to make it to SLOW's annual regional event OK Nuts.

Grandma was present to look after Matteo while Raffaella managed a short run around the Devil's Punch Bowl.

*Owen*



**Raffaella and two week old Matteo**

# News

## World Ranking Win, Trail Challenge

### Nick Wins in Israel

Congratulations to SLOW member Nick Barrable who won his recent world ranking event in Israel. Winning the 15km classic race highlights Nick's ability to perform in world class events at all distances, since he has also been British Sprint Champion.

*Owen*

### Record Numbers at Trail Challenge

This year's trail challenge with a half marathon course option took place at Richmond Park at the end of September and saw a record turnout with 169 finishers.

The Ranelagh Harriers Club House, which is ideally located just outside of Petersham gate, was used for registration and changing rooms. Mike Garvin planned some great courses with some interesting route choice options and a tough uphill start. Due to an outbreak of foot and mouth shortly before the event, a few late changes had to be made to the courses to keep runners on the footpaths.

100 runners completed the half marathon (21.0km) course which started in the park and finished on the Ham Riverside map. With all of the excitement of switching maps and having drinks at the Cambrian Gate control, a number of competitors forgot to punch at the control. Mark Vyvyan-Robinson who organises the Trail

Challenge series felt it would be too hard-hearted to disqualify them for this and they were re-instated.

Another 55 competitors took on the 12km course. It was a nice warm day so





# News

## Trail Challenge



### Clare Naden accepts her prize for first placed lady on the Half Marathon

the drinks stations were particularly welcome.

It was great to see so many competitors who were new to Orienteering. Some had found out about the event through the link with this year's London Rat Race or through the Runners World event website. Most seemed to cope well with the map reading challenge, although one lost person when shown where they were

on the map said they were not using the map and just wanted to be pointed in the right direction!

The Trail Challenge series will return with 3 Tuesday evening races next summer (May-July) and the Trail Challenge Half Marathon in September.

*Simon Evans (Social Secretary)*

# News

## Trail Challenge

### Trail Challenge Results

#### Half Marathon 21.0 km 16 Controls

1. Nick Barrable	Tonbridge AC	82:01
2. Mike Boucher	Aldershot FD AC	83:10
3. Paul Couldridge	BAOC	84:58
20. Clare Naden	IND	104:15
27. Caroline Court	SLOW	106:13
28. Charlotte Lemanski	Ep. Oddballs	107:46

#### Long 12.0 km 9 Controls

1. David Abrams	GO	50:53
2. Michael Krajewski	IND	51:36
3. Alex Robinson	SLOW	51:37
10. Julia Jarvis	SO	65:11
11. Carys Morgan	DFOK	65:19
17. Ruth Clifton	Serpentine	67:51

#### Short 6.0 km 6 Controls

1. Steve Rowland	Ranelagh	29:23
2. Nicholas Jarvis	SO	31:35
3. Liz Day	SLOW	35:59
4. Chris Robinson	SLOW	36:34
5. Fran Forester	IND	49:32

#### Mini 2.0 km 7 Controls

1. Maximilian Cooper	IND	9:51
2. Samuel Francis	SN	10:05
3. Lewis Cameron Traynor	SLOW	10:07
4. Elizabeth Watson	IND	11:01
7. Phoebe Johns	SN	13:15
8. Nicola Robinson	SLOW	16:13



Jo Purchase

**Nick Barrable relaxes after winning the half marathon**



**The statue at control no. 12 caught several people out, including second place Mike Boucher who was in the lead until this point**

# Award Schemes

## Get recognition for improved orienteering

### Orienteering Awards

If you want some recognition that your orienteering is improving, here are some incentive schemes to help.

#### South-East Orienteering Association Colour-Coded Awards

If you complete three White courses you can claim a White badge. To claim other colour awards you need to complete three courses of that colour in a time below or equal to the par time. To claim awards free, send an SAE and a copy of the relevant results to Mrs M Warner, 19 Old Lane, Cobham, Surrey KT11 1NW.

#### British Orienteering Badge Scheme

Gold, Silver and Bronze badges are awarded on performance at Regional, National and Championship events if you reach the required standard three times in the same age class within two years.

Championship badges are awarded to Elite, Long or A course competitors with three runs within 125% of the winner's time at the JK, British Championships or National events (at least one run must be at JK or British).

To claim a badge send the following details to Chris Boycott, 13 Dawlish Avenue, Stafford, ST17 0EU:

- Name, club and BOF number
- Age-class and standard of badge claimed
- Date and venue of the three qualifying runs plus your position and time
- 9"x6" SAE and cheque payable to British Orienteering for £1.50 (badge) or 50p (certificate)

#### Explorer Challenge

This scheme rewards young orienteers for locating controls. At every competition, permanent course or training exercise you record how many controls you locate in a logbook. You can claim a certificate or badge for visiting 10 (Acorn), 25 (Tree), 50 (Copse), 75 (Wood) or 100 (Forest) controls.

Logbooks can be downloaded from:  
**[www.bsoa.org](http://www.bsoa.org)**

SLOW juniors can claim an award free by sending completed logbooks to Christine Robinson, SLOW Development Officer.

Full details of these schemes are on the SLOW website ([www.slweb.org.uk](http://www.slweb.org.uk)).

*Chris Robinson (Development Officer)*

# Reports

## Compass Sport Cup

I felt like one of the characters in Beryl Bainbridge's (somewhat grim) novel 'The Bottle Factory Outing' as I struggled awake at 5.30am and somehow on autopilot managed to grab my O kit, Thermos and family, off for the annual day trip with the rest of the firm.

Swishing through south-west London in the dark, a journey done in a matter of minutes, there was the comforting spectacle of the cosy coach. Ahh! Being chauffeured to an event – now that makes everything worthwhile. It's the CompassSport Cup Final.

Instead of the usual 'are we nearly there yet?' from the back of the car having scarcely driven off the forecourt, there came the inevitable question 'are we going to be fifth again?' I did have a moment's desperation when we started trying to convince the coach driver that he really could and should attempt a Yellow course, but luckily the lure of family in Chesterfield was too much for

him.

Or perhaps he knew more about the forest than he wanted to let on. Beside the SLOW tunnel marquee and the field's



tallest flag, Paul spoke with planner Peter Hubberstey (who incidentally started him orienteering.) Peter's advice was not to go in the forest. "You mean stay on the paths as much as possible?" "No, I mean don't go in the forest, chat to your friends then get back in the coach." Yes rather like for the poor protagonists in the novel, there was some very nasty stuff out there. It wasn't lurking in the bushes though, it was the bushes themselves – or to be more exact,





Rachael Holmes leaving the final control on the blue course



# Reports

## Compass Sport Cup




**Diane Leahey warming up before her run**

bushes, briars and brambles. The one leg I chose to do cross-country diagonally across a forest block was a significant waste of time – three sides of a square on paths would have been a much better choice. But the planners had made the best of it, and the event atmosphere was great: nine other clubs in the Cup Final plus the clutch in the half-size Trophy

event.

The company and coach ride was great, the parking easy with plenty of space for assembly and the weather was kind. There were bargain bunches of bananas on sale at the end from an entrepreneurial local business as well as excellent ice cream from a van. SLOW had mustered quite

A person with long hair, wearing a blue and white short-sleeved shirt, red pants, and dark socks, is running through a forest. They are holding a small white object in their right hand. The forest is dense with green foliage and trees. The person is running on a dirt path.

**Brooner emerges from the forest**



# Reports

## Compass Sport Cup

a force and there were many notable performances including:

Audrius, Charles, James and Ralph "winning" the light green (334 vs NOC's 332)

Sister and brother Malin and Gustav being our top counters on the green and orange courses.

Judy Fry cracking round the short green course.

Mike second on the long green course. The young men on the brown doing better than the older men on the blue. And the young women on their blue doing similarly compared to the older women.



Owen Lindsell

**Ollie O'Brien scoring valuable points on the brown course**

So there we have it, SLOW, known for many years for the strength of its veteran relay teams, celebrates the efforts of its juniors and 21's especially. Meanwhile Octavian Droobers held off Nottinghamshire and South Yorkshire to retain the Cup.

The journey home was the usual stop start affair with tons of traffic but plenty of time to talk about work, analyse all those route choices and splits and snooze and dream of what might have been. And were we fifth again? No sixth – but still the highest placed southern club.

Thanks very much to Rachael (a fine 6th on the blue) for organising the awfully big adventure.

*Sarah Brown*

# Reports

## OMM

### OMM Personal Accounts

The OMM (Original Mountain Marathon) formerly known as the KIMM(Karrimor International Mountain Marathon) is a pairs mountain orienteering event and is widely regarded as one of the toughest races held in the UK. Many of the competitors are out in the mountains for 8hrs or more on two consecutive days, carrying their tent, food and clothes with them. The weather is notoriously grim and in an attempt to save weight, creature comforts are few.

This year a fair number of SLOWies ran the OMM, with some very good results. Mark Vyvyan-Robinson and Jon O'Donnell give their personal accounts of their OMM adventures.

*Owen*

### Shock disqualification

In this year's OMM medium score, I achieved a personal best of a 5th place position only to be declared 'non-competitive' after failing a kit check.

The 'missing trousers' saga started with a personally traditional experience of finding that my partner had pulled out at the last moment (I have only started

once in five OMMs with the partner that I originally registered!). This time it was Paul Nixon who pulled a sickie on me and I found myself on Friday of the race, in Paris, with a racing pack and Eurostar ticket in one hand and mobile in the other calling random fellow stranded OMMers trying to find a partner. (Actually Paul did a great job in helping to match a partner for me.)

I therefore met my new and healthy partner, Dan Watson, on Saturday morning. As luck would have it, I think I might have even traded up when it comes to partners as Dan is a professional mountain ranger! Well, a Ranger for the National Trust for Scotland but he does have his own set of Scottish hills (Grey Mare's Tail - a former KIMM location).

Day 1 was fairly standard as races for me go. We only had navigation problems on one control when we missed a cairn in the mist on a broad spur. We had given up looking for the control and were returning to re-locate when we stumbled upon the control about 20m away. The ground, I thought, was very runnable compared to Galloway last year (due to land management according to Ranger Dan - cows equal good runability) and although we had badly misjudged the timings, we had built in enough

# Reports

## OMM



### Mark enjoys the sunshine of the second day

contingency into the plan to get back with a few minutes to spare. However, when we got back, we were shocked to find that we were 2nd equal on points.

The night can only be described as wet. It rained all night and some teams really suffered. We later heard all kinds of stories of people being flooded and

sleeping in portaloos but we were OK. Overall 55% of the A and B entrants did not finish both days and this was probably due to the rain on Saturday evening and Saturday night.

Day 2 was a physical nightmare. The day started with a 400m climb up an extremely steep hill and I never really caught my breath back. It got to the point that mountain-man Dan carried both our packs for the last two hills and could still power up the hills quicker than me! But in terms of planning, we got it spot on and did the route we planned with only minor adjustments. We came 13th on Day 2 but in fact only 10 points separated ourselves from those in 5th place.

The overall result was that we came 5th with 560 points and the team in second place had 572 points. The team that came first had a staggering 698 points and were clearly either cheating or in the wrong race!

So what about the trousers? Basically Dan left his leggings in his tent at the start and that was enough to fail the kit



# Reports

## OMM

check. However, we are still listed in the rankings and a £30 prize does not go far. So we are not really that bothered!

*Mark Vyvyan-Robinson (Publicity Officer)*

### Involuntary Upgrade

Having entered the rather civilised Medium Score class, Karen and I got a rather unwelcome call from the organiser in August to tell us that we had to move up to the Long Score because we had come 8th on the Medium last year.

The training went well and we enjoyed 2 good weekends with old OMM maps in the Lake District and Pennines. However,

things started to go wrong when my flight back from Madrid on the Friday got delayed. Got to Scotland too late to register, hassled and never got mentally ready for the challenge ahead. However, we started well, chose a good route and started picking up controls at only a slightly slower pace than the eventual winners and with the same route.

Success this year was probably even more about choice of which controls you went for than any of the 12 I did before and we messed this up. 40% of the way around we have to make a choice whether to go for the long route or the shorter route. Being an optimist and a gambler meant that there was only one answer for me and previously I had some top 3 places to show for taking risks. This year was not to be one of those, as the terrain suddenly slowed up and my plan could be seen to be vastly over optimistic. After 5.5 hours of running we ended up with 90 minutes to cover the last 9 miles back to the finish. We failed by a good margin but still finished smiling!



**Jon and Karen put on brave faces as they come into the finish**

# Reports

## OMM



That evening was the worst weather I have experienced on an OMM with constant rain battling into the little tents scattered around on a hill side. The next day we decided to approach it more like a walk in the country and had a very pleasant 5 hour walk in the mountains picking up a few controls on the way. The result ehmm, 150th ish out of 200. 13th OMM, not lucky for me!

*Jon O'Donnell*

## OMM Results

### Elite (53 teams)

10th Nick Barrable (with Rick Ansell)  
17th Nick Gracie (with Warren Bates)

### B course (224 teams)

11th Phil Marsland (with Jon Cross)

### Long Score (211 teams)

42nd Peter Huzan and Simon Evans  
164th Jon and Karen O'Donnell

### Medium Score (265 teams)

5th (but listed as N/C) Mark Vyvyan-Robinson (with Dan Watson)

### Short Score (187 teams)

6th Andy Robinson (with Steve Finney)

## Summary

Congratulations to all competitors for completing their courses. Having done several mountain marathons myself, I know how tough it is!

Overall I think the results for SLOW were excellent, with two high placings in the Elite category and some prize winning efforts in the Medium and Short score.

*Owen*

# Reports

## Scottish 6 Day

### Six Days in Spey

Around 50 SLOW club-members travelled up to Speyside in the Scottish Highlands for the 16th International Scottish 6 Day orienteering event, joining over 3000 other competitors, including nearly a thousand foreign runners, giving this year's event a truly international feel. Previous 6-Days have been lucky with the weather, but it wasn't to be this time – Day 4 proved to be the only day when the sun came out properly. However we had the giant five-section SLOW tent to keep everyone dry when the rain was coming down.

Many SLOW members braved the event campsite near Grantown-on-Spey, or stayed in chalets nearby, while I opted for the plush comforts, if inconvenient location, of a grand Victorian ex-hunting lodge, deep in the Cairngorms, which my second club (JOK) had hired out.

Day 1 started wet, and the

courses went across step hillside above the Spey Valley, an intricate section in the middle for the longer courses lending a slightly Scandinavian feel to the otherwise very "Scottish plantation" feel of the area. Notable SLOW runs on the first day included fifth places for



**Chris Wroe finishes strongly on Day 4 at Culbin**









# Reports

## Scottish 6 Day



**Sarah-Jane Gaffney finishing on Day 4**

Thomas Jones (M12B) and Ralph Street (M18A), and a sixth place finish for Diane Leakey (W50L).

On returning to the town of Kingussie to stock up from the local supermarket, we discovered the Swedish had got there first and taken all the bananas. Banana shortage seems to be a quite regular occurrence for the 6-Days, hopefully retailers will be warned in advance of Tay 09.

Day 2 was wet again, so much so that the day organiser was rumoured to have very nearly called off the event. Tailbacks along the access road looked ominous and, on entering the parking fields, cars were tobogganed one at a time down a steep muddy ramp. Out on the course, the area was again steep hillside above the valley – some very long legs on the longer courses called for careful planning ahead, and there was a

Ollie O'Brien

## Reports

### Scottish 6 Day

good mix of route choice legs and some steep and technical orienteering, on boulder-strewn slopes. Everyone had a lot of climb today, and legs ached. Elite course runners were smug with their short course runs today but were also keeping in mind their (upto) 14km run the following day. SLOW's best results were a third place for Karen Jones (Red) and Robert Jones (M16B), while Thomas Jones managed fourth and Egil and Anna-Lise Ronaess (M/W65L) both finished in seventh place.

The action on Day 3 moved across the valley to an area with a name that has a real pedigree – Inshriach West. The part used today used to be called Uath Lochan, but, like North Windsor being what estate agents call South Slough, the name Inshriach associates the area with a Scottish classic. The longer courses were straight into the action, low visibility forest from the start line was followed by tough, long legs. The weather improved later on, but after 14km, the elite men were probably too tired to enjoy the rays of sunshine that started to appear. SLOW's Ralph Street and Robert Jones both managed fifth places, while Sarah Brown and Anna-Lise Ronaess both finished sixth.

After Day 3, SLOW (and guests) moved

en-masse to Nethy Bridge for the first annual Tea-Party, held with the bequest of the late Kate Thomas. I was expecting a pot of tea and biscuits, and maybe a cake. Instead, a veritable banquet was laid on, with every conceivable kind of afternoon delicacy, and there were no shortage of hungry mouths to enjoy it. Thankfully we were in a spacious chalet, as it had started raining again outside...

Then it was time for the traditional Rest Day – although in recent years the range of activities on offer meant it could be anything but a day of rest if you wanted it to be. The die-hards were back in Inshriach in the morning for an MTBO (a 2.5 hour ultra-long was one of the options.) Then in the afternoon, over 300 descended on, and somewhat overwhelmed, the 6-Days Sprint Race, in Kingussie. Courses started with a lightning-fast section near the station – I managed to overshoot No. 1 twice, passing both No. 2 and No. 3 on the way – before turning steeply uphill and then back down through the streets to an intricate section in full view of the spectators near the end. An un-crossable wall lay tantalisingly between the final controls and the finish line, catching the unwary.

# Reports

## Scottish 6 Day

Back to the main competition, Day 4 was very different in many ways to the

rest of the competition. For a start, it was sunny and even quite hot. Also it



Tess Collings

**Day 6: Simon Evans comes home ahead of Paul Nixon on M21E, concluding an epic battle that saw them switch places several times during the week. After 4 days they were only 3 seconds apart, and 2½ minutes apart going into the final day.**

was 50 miles north of the other areas, in Culbin on the Moray coast, in an area of intricate, lightly forested sand dunes. It was a good opportunity to get a feel of the terrain for BOC 2008 which will be adjacent. The intricacy caught many out, I had a shocker at the start and spent several minutes in "delicate contours" trying to locate the first control, just 100m away from the start line. The elites had a chasing start today – unfortunately the SLOW elite runners just missed out on the chase by being more than an hour down on the winner at this stage. Today was without doubt SLOW's best day for results. Robert Jones won M16B (SLOW's only first place for the whole week) while Ralph Street and Rachael Holmes (W21L) finished in second places in their respective classes. Thomas Jones finished fourth.

# Reports

## Scottish 6 Day

Day 5 was a brand new area for orienteering. It was right next to Anagach Wood, a lovely flat area, and the quoted climb on the control descriptions suggested a similarly flat, and short, day. Unfortunately it was anything but, the planner had mixed up the contour intervals and everyone had double the climb they were expecting. I did a 180-degree error out of the start, and most longer courses (but not the elites!)

had long, exhausting legs over thick, authentic Scottish heather. This was an area to just keep ploughing through and try not to get tired too early on. Those that didn't succumb generally posted better placings than they were probably expecting. Robert Jones followed up yesterday's win with a fifth place, while Diane Leakey and Sarah Brown both finished in sixth place and Anna-Lise Ronaess finished seventh. Local SLOW member Nick Barrable (M21E) had his best result of the week, finishing sixth.

Day 6 was a day I was really looking forward to, Anagach is my favourite



**Chris Fry in action at Culbin**

Scottish area after a training tour a few years back. Sure enough, the early sections had a fantastic mix of intricate contours and path detail, with varying visibility and very pleasant forest to run through. It was, once again, wet, but this failed to dampen everyone's enthusiasm and it capped off a classic Scottish week. The elites had a seeded start – Nick Barrable held on to his ninth overall position. Robert Jones finished a great week

with a third place, to finish fifth overall on M14B, Ralph also had a great run and finished third, finishing fifth overall on M18A. Karen Jones finished sixth overall on the Red course, while Rachael Holmes's consistent running through the week helped her to seventh overall on W21L. Sarah Brown finished seventh overall on W55L.

So, all in all, a very enjoyable week in the Scottish Highlands, and looking forward to Tay 2009.

*Ollie O'Brien*

# Reports

## 25-manna

### May the best club in the world win!

25-manna is the world's largest orienteering relay with 25 legs adjusted for different age groups. To win the 25-manna it requires a mixture of elite men and women from junior through to veteran. You will find all the best clubs in the world on the start line.

On the 6th of October the 33rd 25-manna was held in Tumba, 20km southwest of the city of Stockholm. It was a cold and beautiful day with an air of excitement among the 9000 competitors. This year 360 teams, from different countries, had entered to fight in the Swedish woods. After three long years with Finnish and

Norwegian victories, Sweden took the victory back through the club Södertälje/Nykvarn. The mixed competition was completed by the veteran Katarina Borg. She went out on the last leg at the same time as Marika Mikkola (Kalevan Rasti, Finland). With just three controls left, Katarina saw her chance for victory and took it. Her 14 year old son Jonas Borg was running in the same winning team.

### Competition method

Mass start for leg 1. Legs 1 and 2 are run by one competitor per team. Legs 3-7 have four competitors per team. Legs 23 – 25 again have one competitor per team. The runner on leg 23 must not start until all four runners on leg 7 have reached the changeover area.

### Course lengths and rules for team composition:

Leg	Number of runners	Course length in km	Level	Permission to participate
1	1	7.2	Blue	All
2	1	7.2	Blue	All
3	4	4	Red	Women
4	4	2.7	White	Not W19-39, M15-54
5	4	6.8	Blue	All
6	4	4.5	Red	Not M17-39
7	4	4.9	Red	All
23	1	3.6	Orange	Not W19-34, M15-49
24	1	1.5	Blue	All
25	1	4.3	Blue	Women

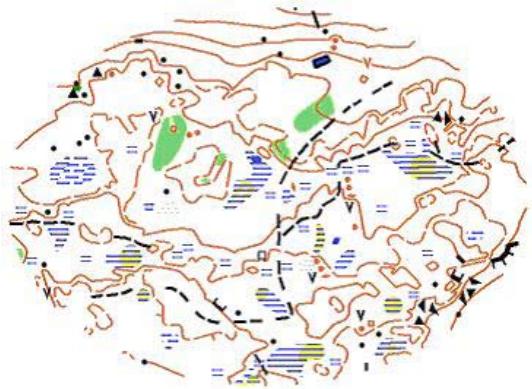


# Reports

## 25-manna

### About the terrain

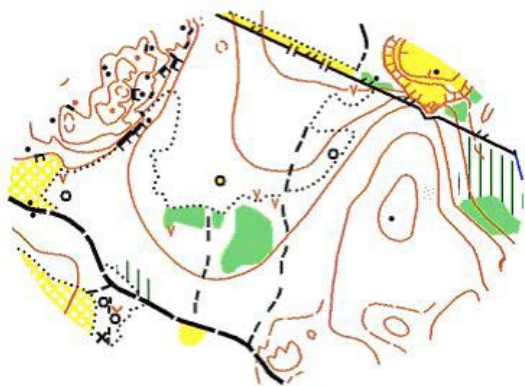
In the western part of the map the terrain consisted mainly of very runnable pine forest on open rock, intersected by skiing tracks and paths. This area offered high speed running, but as most of it was rather flat and without obvious features it was easy to make mistakes. In parts of this area old iron mines affected your compass, making it even more treacherous.



Closer to the arena the forest was thicker, consisting mostly of old spruce. In parts of this area runnability was somewhat limited by stony ground, and there were small areas where visibility was reduced by young forest.

# Reports

## 25-manna



The eastern section was rather flat and relatively featureless moraine, intersected by harsh rocky ridges.

This event is one of the season's highlights for Nordic orienteers along with 10-mila, Jukola and the Swedish 5 days. 25-manna is an event for promoting the feel of your club. Many clubs have several teams, for example Täby Orienteering, our Swedish club had three teams joining. Next year the 25-manna will be held on October 11<sup>th</sup> close to Täby Orienteering's training forests, 10 km north of Stockholm City. It will be something for SLOW to consider to participating in. Those clubs that have difficulty fielding a complete team on their own are allowed to combine with other clubs. The 25-manna is a unique event with the chance to experience a very special



**The 2007 winning team  
Södertälje/Nykvärn**

atmosphere and some excellent Swedish orienteering.

*Gea Lindeborg*

# Training

## Alan's Training Thoughts

### Foreword

Alan was one of the first people to help me significantly improve when I first started orienteering. As a former JK Champion (M50L), he is an expert orienteer. Slightly obsessive at times, he has kept every map he has ever run on right back to... hmmm, let's just say when they were black and white! He loves to share his knowledge and is always keen to discuss route choices after events. Hopefully his thoughts below will benefit other SLOW members, both seasoned and novice.

### Training Thoughts

Training is of course the one thing that most orienteers do very little of. We must surely be one of the sports where the average competitor does the smallest amount of time training technical skills. I suppose that we might (or might not) go running or do other fitness training. We might even read some articles in CompassSport about training exercises. But actually do orienteering technique training? No, not really. On Sundays we go to events, large ones or small ones, and just compete.

And if we did do some orienteering training what would we practice? Well it is my belief that the most important skill for orienteers is one that we never

practice; and that is decision making, particularly under pressure. Once people have learnt the basics of orienteering then they can manage most skills, particularly in the less technically demanding terrain in the southern half of England. The real challenge lies in knowing when to use those skills. Whether to pace count in slowly or just blast for a large attack point or catching feature. Whether to play safe and go round on the path. Or take the risk of going straight on a bearing. Whether to go direct or turn a leg into a dog leg? After all, how many times do you hear. "I should have played safe and gone round" or it's opposite "I lost time playing safe when it wasn't necessary".

Certainly I know that the last event I did (the CompassSport Cup final) I pressed on near the end when I was tired and overshot a path junction. Instead I should have recognized that I was tired and played it careful – poor decision making when tired and under (self imposed) pressure.

Which brings me to the big question. How to practice the skill of decision making? Well the golden oldie of reviewing your runs still holds good. Look back at each leg and see if there were decisions to be made. Start out looking for route choices – even if you think that you chose the best one did you see them all at the time?

# Training

## Alan's Training Thoughts

Look for those times when you didn't even realise that there was a decision to make. This is certainly when the post event analysis with others on your course can be particularly useful.

But although post-event analysis can show you the kind of decisions that you are getting wrong or even missing altogether the main thing is how do you get better in events. Just saying "make better decisions" will not be enough in itself. So, two things to consider:

Decide on a technique to make you think about the decisions you are making. Maybe a mantra to be chanted (quietly) as you look at the next leg. Someone told me that Simon Nigle-Luder looks "left-centre-right" for route choices on each leg. So that could be your mantra, or maybe "fast or slow". "risk or safe". Whatever helps you focus on what you need to improve



**Alan studies the map with Kate and David at the 2004 British Championships\***

Then pick some events to practice. Use district events to build your skills by focusing on one technique at each.

So, in summary, make the decision to think about your decisions!

No pretty bits of maps I'm afraid in this article but definitely some promised for the next one when we look at some skills of particular value for next year's JK and British Championships.

*Alan Leakey*

\* Sorry about the oldness of the photo. Bit short of photos of you Alan. I had to dig into the archives for this one!



# Pete's Team Talk

## Past Events

### Peter Palmer Relays

This event is the night/day relay for teams of 6 juniors (M/W 12-18). Usually the first one and a half legs are in the night. There are courses from Yellow up to Green. SLOW have not had a team at this great event for a few years, but this year we managed it. We have been fortunate that some new people have come to live in London.

The event was held at a new area for orienteering – Yardley Chase, Northamptonshire. We travelled up on the Saturday afternoon where football, mini-orienteering & supper were laid on. Everyone went to bed at 11pm, before getting up again for the start at 4:50am.

So there were 34 runners on the start line - it was dark & it was foggy, but the spectators could just about make out who was there. The night orienteering was quite hard, but once daylight arrived on the second legs, the navigation became a lot easier. By the end of the race we ended up 3rd overall, and we had some very good performances.

Well done to Gustav, Michael, Audrius, Ausra, Malin and Ralph. Audrius & Ausra also got certificates for being

fastest on their legs.

If all this sounds interesting to you for next year (probably September), then look out for emails & let the team captains know. This must be one of the best events for juniors to come along to!



Owen Lindsell

**Ralph Street, one of SLOW's flourishing juniors**

Thank you to BAOC for putting on a very enjoyable event.

Other recent results:

SLOW finished 6th in the Compass Sport Cup final, coming ahead of Southdowns Orienteers, the largest club in the south east.

# Pete's Team Talk

## Future Events

SLOW have qualified for Yvette Baker Trophy final. SLOW are planning to send a strong team, which will travel up to Lincolnshire by train next Sunday (2nd December).

### Team Events Future

There are quite a few team events coming up in 2008. The highlights were outlined in the last issue of Slowprint, but here is a reminder. Remember that we encourage all club members to come along to take part – there are usually courses to suit everyone. The team events are the best ones to go to!

**January 13** – Compass Sport Cup regional round. This is a must for anyone with any chance of scoring for the club – that's probably about 50 people for starters! The prize for qualifying is a club trip to the national final in the West Midlands in October.

**March 21-24** – JK Festival in SE England at Easter. So close to us – a few different formats, and the biggest UK relay day.

**April 19-20** – British Championships at Culbin, near Inverness. This is a great area and should be worth the journey. Can travel up by train or plane instead of

car. Let me know if you are interested in shared transport or accommodation in Inverness. We can all meet up for a meal on the Saturday night.

**May 17** – Harvester Relays at Hambleden, Thames Valley. Unique in the British calendar – a night & day relay. Let's have lots of teams at this close event. About half the people need to run in the dark, & you can practice at the informal night events in the south-east this winter. Combine it with the JOK chasing sprint that weekend.

**June 14-15** – Jukola Relay, Finland (travel to Tampere/Helsinki). This is one of those orienteering experiences that you should try at least once. With 1300 men's teams (night&day relay), and 800 women's teams (Saturday day relay), it is awesome. There is already some interest from club members to have SLOW teams so let me know if this interests you.

Also watch out for emails of some of the more low-key team events coming up. And if you have ideas for other team events then let me know.

*Pete Huzan (Men's Captain)*

# Bridge

## SLOW's Bridge Team in Action

### Piltown Men and Ladies Exposed as Hoax

After many years of absence the SLOW bridge team took to field again in The London Trophy – a competition for “non-bridge clubs” which certainly describes SLOW. Our opponents were Piltown Golf Club and we played at their slightly opulent premises near Haywards Heath. Not so near London as the Trophy would imply. There are lots of Golf Clubs in this competition and typically they play a lot of bridge and play quite well. SLOW are the only “athletic” club in the competition and play hardly at all. Thus it came to pass whilst travelling down in the car I explained we had little chance of a win and to play freely and enjoy the food at the break.

Andy Robinson and Pete Huzan had played together in the past so I teamed up with Phil Marsland whom I'd never even met before. At the break we were nearly 1500 points down so my prediction was looking to be a good one. Phil and I managed to give away nearly 1000 points on the very first hand!

However the food was good as the three OMMers who had had no dinner relentlessly devoured the not inconsiderable spread.

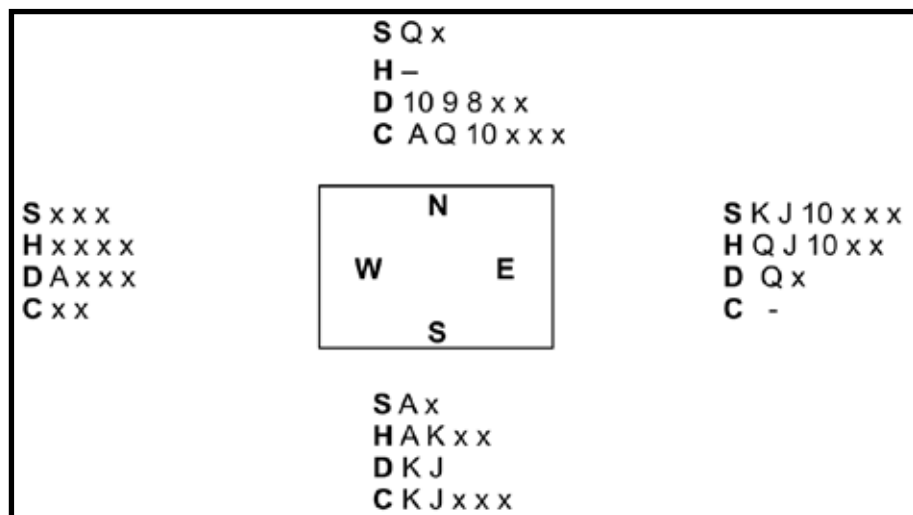
The second half however was surprisingly different. Phil and I breezed into a vulnerable small slam, missed by our opponents. Then they bid an unmakeable slam, confidently doubled by



Pete, bringing in 1,100 points between us on one hand. So it came to pass with gasps of disbelief, especially from us, we had actually won by 210 points!

## SLOW's Bridge Team in Action

**This hand is typical of the rather cavalier approach to the game in this competition:**



East was dealer and our table opened 1S – bit cheeky from an archetypal “Little Old Lady”. Double from me seemed to be the only bid, followed by Pass and Phil called 2C. Pass and back to me – I have no idea how good Phil is for his bid. He may have no points and four small clubs for all I know. Never mind 3N is always worth a punt and 9 tricks roll in

thanks to 6 clubs in Phil's hand. At Pete and Andy's table they pass on the East hand (wise I'd say) South bids 1C and his partner 3N. No swing. But of course 6C is a lay-down because the DQ is on-side. Sophisticated it ain't!

*Dick Clark*





*Britain's National Orienteering Magazine*

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***Pictures, Articles, Races, Maps and Reports...***

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# 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](http://www.sloweb.org.uk/Street0708)

## Sun 30th Dec

### SN Regional Event

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

CD: 20/12/07

Online entries: [www.ntrees.co.uk](http://www.ntrees.co.uk)  
[www.southernnavigators.com](http://www.southernnavigators.com)

## Sun 13th Jan

### DFOK Compass Sport Cup Round 1

Shorne Country Park, Gravesend.

This event is the south east qualifying round of the national inter-club competition. One of the best team days of the year. Everyone is welcome.

CD: 28/12/07

EOD

[www.dfok.co.uk](http://www.dfok.co.uk)

## Sun 3rd February

### GO Regional Event

Woolbeding Common, Midhurst.

Online entries.

CD: Unknown

[www.guildfordorienteers.co.uk](http://www.guildfordorienteers.co.uk)

## Sun 24th February

### LOK Regional Event

Holmbury Hill.

Highly runnable, moderately hilly, woodland, with a mixture of re-entrants, spurs, gullies, depressions and rhododendrons providing a variety of route choice and fine navigation challenges.

Online entries: [www.fabian4.co.uk](http://www.fabian4.co.uk)

CD's: 10/02/08 and 21/02/08.

Limited EOD

[www.londonorienteering.co.uk](http://www.londonorienteering.co.uk)

*Simon Evans (Social Secretary)*

# Sneak Peek

Here's a sneak preview of what's coming up in the next issue...

## Hydration Backpacks



An in depth review of several of the latest hydration backpacks...

"I used the North Face Dogfish on the M21E on the last day of the Scottish. I happily took the full two litres with me as I was only planning to trot round - my ankle was still sore from a fall 4 days earlier on the 14km course at Inshirach. Taking it slowly should have meant less mistakes, but this was a world class area and I made around 20 minutes worth of mistakes. In total I was out for 2hrs 3mins and was very grateful to have a limitless supply of electrolyte with me."

## Route Gadget

How to get the best out of Route Gadget - the coolest new way to analyse and compare routes...

