

ISSUE 157

# ***SLOWPRINT***

8002  
Summer  
2008

**Orienteering in another Dimension!**

**SLOWprint Wins Award!**

**Hydration Backpacks**

**Ollie's Guide to Route Gadget**

**and a whole lot more...**

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# Summer Approaches Has Arrived!

**So you've made it** through those hard winter months of training (ok, so some of us slacked off a bit and started running short :) Clearly that training has paid off for many our members with some outstanding results in the JK, British Sprint and British Middle. I can't comment on the actual Bristh Championships yet because as I am writing this, I am on a plane to Inverness to compete in them.

...

(time passes)

...

Ok, so I've just got back from the British and I can definitely say Summer has arrived! The weather up in Forres was beautiful and has inspired me to start training again after a two month lay off.

...

(one month passes)

**Front Cover:** Diane Leakey orienteers in another dimension (well France actually!).

**Photographer:** David Roach

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

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

...

Hmmm as you can see from this rather bitty intro, I'm having trouble finding time to finish this issue. For this you have my sincere appologies. The

more observant of you will have noticed from the

front cover that I've skipped Winter and Spring completely and gone straight into Summer. The delay is mainly down to being a little pre-occupied with the new job I started in January. In addition I've had whole host of technical issues, including having no internet for a month! 'OMG how did you survive?' you may ask. Barely is the answer, barley!

Many thanks to all of the contributors to this issue and congratulations to David Roach for the stunning cover photo! A £10 cheque is on its way to you.

*Owen*



**Owen Lindsay**  
**SLOWprint Editor**

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A report on the scattering of Kate Thomas' ashes in North Yorkshire. Kate was a vibrant and much loved member of SLOW who will be missed by us all.

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## Hot Picks

Simon reveals a fine selection of events to occupy your orienteering summer



### Top tip:

In order to keep your Camelbak tank clean and to stop bacteria fouling up the tube, thoroughly wash out after use then leave it in the freezer.

*Robert Robertson*



Robert uses the Camelbak Mule. For all our reader comments on hydration backpacks see page 23

# A Word from the Chair

**Summer** is here. The snow of the JK is now only a distant memory; but many thanks to all those SLOW members who

helped make it a great success despite the weather.

We are looking for someone to help in a different way, without any danger of getting wet, or even of having to get up early; we need a new Publicity Officer; not a high workload; can be done in any spare moments you may have. If you think you could do it or would be prepared to talk about what it involves then please call or e-mail.

Best of luck to those off to foreign parts to compete over the summer; whether it be Portugal, Sweden or elsewhere. We look forward to reading all about it in SLOWprint in the autumn.

Have fun,  
*Don McKerrow (Chairman)*



**Don at the November Classic**

# News

## JWOC, Newsletter Awards

### Ralph Selected for JWOC

Congratulations to Ralph Street who has been picked for the Great Britain team for the 2008 Junior World Championships, which are being held in the Göteborg area of Sweden between June 30th and July 6th.

This is the first time Ralph has made the JWOC team, and he becomes the first SLOW member to represent Great Britain at JWOC since Ed Catmur competed in 2002.

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

**[www.gmok.nu/jwoc2008](http://www.gmok.nu/jwoc2008)**

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

### SLOWprint Wins Award!

I am pleased to announce that SLOWprint has been awarded one of the ten CompassSport Newsletter Awards. The following email was sent to the editor:

*Dear Editor,*

*Congratulations! You and your newsletter have been singled out for one of 10 CompassSport Newsletter Awards. Your hard efforts have been duly rewarded. Your members will have an interesting, enjoyable and informative read everytime the Newsletter comes to the doormat/inbox! And it is all thanks to you.*

*Please use the attached logo anywhere in your magazine:*



*The idea being that if you win it again, you'll get a "08" kite added, or "09" etc added to your current logo. (we will supply artwork). In years down the line, some clubs may have a line of these flags on top of the logo. However, I must say that competition was rather fierce and it was rather difficult in deciding who was best.*

*Best wishes for another fruitful year! Keep up the good work!*

*The CompassSport Team*



**Ralph on his way to winning M18 at the British Elite Middle**

# News

## CSC, SLOW Grows

### SLOW in CSC Final

SLOW have once again qualified for the national Compass Sport Cup final. We won Sunday's qualifying round at Yateley Heath & Minley Woods with an excellent score of 2358 points, a comfortable 65 points ahead of 2nd-placed Thames Valley. Full results of the event are available [here](#).

Well done to everyone who took part for SLOW and contributed to our score, including those who didn't score but helped to reduce the scores from other teams. Particular congratulations go to the following who achieved top 5 finishes on their Compass Sport Cup course:

1st – Caroline Court (Blue Women), Seb Woof (Blue Men), Mike Murray (Green Men)

2nd – Ed Catmur (Brown), Ausra Miksyte (Green Women), Teresa Turner (Short Green Veterans), Alex Robinson (Light Green Juniors)

3rd – Chris Robinson (Green Women), Gustav Lindeborg (Light Green Juniors), Matthew Jones (Orange)

4th – Carys Morgan (Blue Women)

5th – Paul Couldridge (Brown), Anja Stratford (Blue Women), Audrius Janulynas (Blue Men), Diane Leakey (Green Women).

Results from the other regional heats indicate that the full list of 11 clubs qualifying for the final is as follows:

BOK, ESOC, NOC, OD, SLOW, SO, SROC, SYO, WCH, WAOC, WCOC.

The final is being held on Sunday 19th October, at Sutton Park, in Sutton Coldfield near Birmingham ([map link here](#)). We need the strongest possible SLOW team for the final, so put the date in your diary now! As with last year, we hope to put a club coach on to transport people up to the final – and it's a bit closer this year so we shouldn't have to leave quite so early in the morning!

### Welcome Claudia!

SLOW's newest member, Claudia Mahr, came into the world on Tuesday afternoon, Jan 29th. She weighs 3kg / 6lb 7oz and is 54cm long (tall and skinny like Daddy!). We had a really peaceful home birth and are all doing well.

Picture over the page



# News

## Position Vacant



**Claudia Mahr**

### Archivist Needed

Any responsible organisation preserves its archives as do we. For some years now SLOW's archives have resided in our attic. The time has come when we are preparing to move into smaller quarters and the archives may soon lack a home, if we are successful in selling the house

without too much delay.

The archives consist of a collection of maps for all courses in SLOW events and a complete run of SLOWprint, which are a rich source of our history. They are housed in one modest crate, a shoe box and a small portfolio. Housing is one duty of the archivist, collecting is another. After each SLOW event a set of maps for all the courses needs to be retrieved to add to the collection.

I have to admit I have been a bit remiss in chasing these up over the last two years, when they weren't handed to me automatically. I am not at each event so have lost the opportunity to ensure I have a set. It is not an onerous task and the paperwork does not take up too much space.

*Sue Lumas*

If you would like to volunteer to store the archives please speak to Sue, Don or myself.

*Owen*

# Reports

## ORIENT'SHOW 2007 – Lille

### “Orienteering in Another Dimension”

Well, that's what it said on the event flyer. And it was.

An orienteering weekend in northern France at the end of November – well, it looked interesting to us senior members of the Luxembourg branch of the club, for whom the fixture list is a bit scantier than that cooked up by SEOA. So we set about convincing some other SLOW members to join us.

**David:** I think the race is in the car park of the head office of Decathlon – a big French chain of hypermarket-sized sports and outdoor kit shops.

**Alan:** Hmm.

**David:** It looks like the first day has four 800 metre courses – but the Day 2 courses could be tough – they may be over a kilometre. The whole competition area is just grass, though.

**Alan:** Hmm.

**David:** Thierry Gueorgiou won last year – I think his time was just under five

minutes.

**Alan** (politely, but perhaps a little unenthusiastically): Really?

**David:** I think there are some pretty good restaurants in Lille.

**Alan** (now I've got his attention): Sounds good – we'll join you.

### Getting There

So Eurostar tickets (the new St Pancras is rather impressive, it seems) were bought, and a Saturday morning rendez-vous made for some light shopping in the chic boutiques and high-grade foodie shops of downtown Lille. And then, after a light soupe à l'oignon, our intrepid SLOWies venture out into the banlieus for some orienteering action on a frosty afternoon, with hints of snow to come later. The parking is indeed in the Decathlon car park – we are 15 metres from the finish and download. And the event area – yes, it truly is one muddy rugby field and a small grassed over BMX biking area. But it seems to have sprouted some crush barriers, and some potted trees and flagpoles – and a positively scary rash of well over 100 controls.



David Raach

**Alan Leaky - on the cutting edge of orienteering (and fashion)**

# Reports

## ORIENT'SHOW 2007 – Lille

### The Details

The final details are read carefully, to understand exactly what the deal is. There are no codes or descriptions, and the map is a 1:1,000 A4 sheet – 1 metre contours, and sufficiently accurate to show under the crossbar of the rugby posts as being “under buildings but passable”. About 120 entries from eight countries (including four bogus Luxembourgish – Alan and Di Leakey seem to have been awarded new nationality for the weekend), with some top elites, including Britain's Pippa Whitehouse – a real international-standard event. The 5 euro entry fee is paid (up to seven individual races and a relay – does this make JK 2008 look just a bit on the pricey side?), and special dibbers are collected – the Saturday afternoon long course has 40 controls in 900 metres, and this is apparently too much info for ordinary Mk 1 dibbers.

### And They're Off

And off to the start – pick a course, join the queue, and – 100 metres into the race, and you are on to control 3, and it's all happening too quickly, and already there's too much info for M50 brains, too, and waaaaah! On the run in,

about 9 completely anaerobic minutes of headless chicken navigation later, and it's clear that there's a real challenge here. And I've blown it – two wrongly punched controls, so a total of 1 minute of penalties. The biggest crush barrier maze – with controls in some places only half a metre apart on opposite sides of a fence – was just too much. But practice helps – the last of the four courses, with the 40 controls, is nailed in just over 7 minutes, with a good smooth chain of 3 and 4 second splits through the BMX knolls at the end of the course with the throttle hard down.

We leave as it's getting dark. Spectacular – the organisers are rebuilding the whole forest by the light of head torches, repositioning each of the trees and subtly but cunningly altering the mazes. So, it looks like new maps for Day 2, then. No problem in this digital age, of course, and the colour laser printer churns them out overnight.

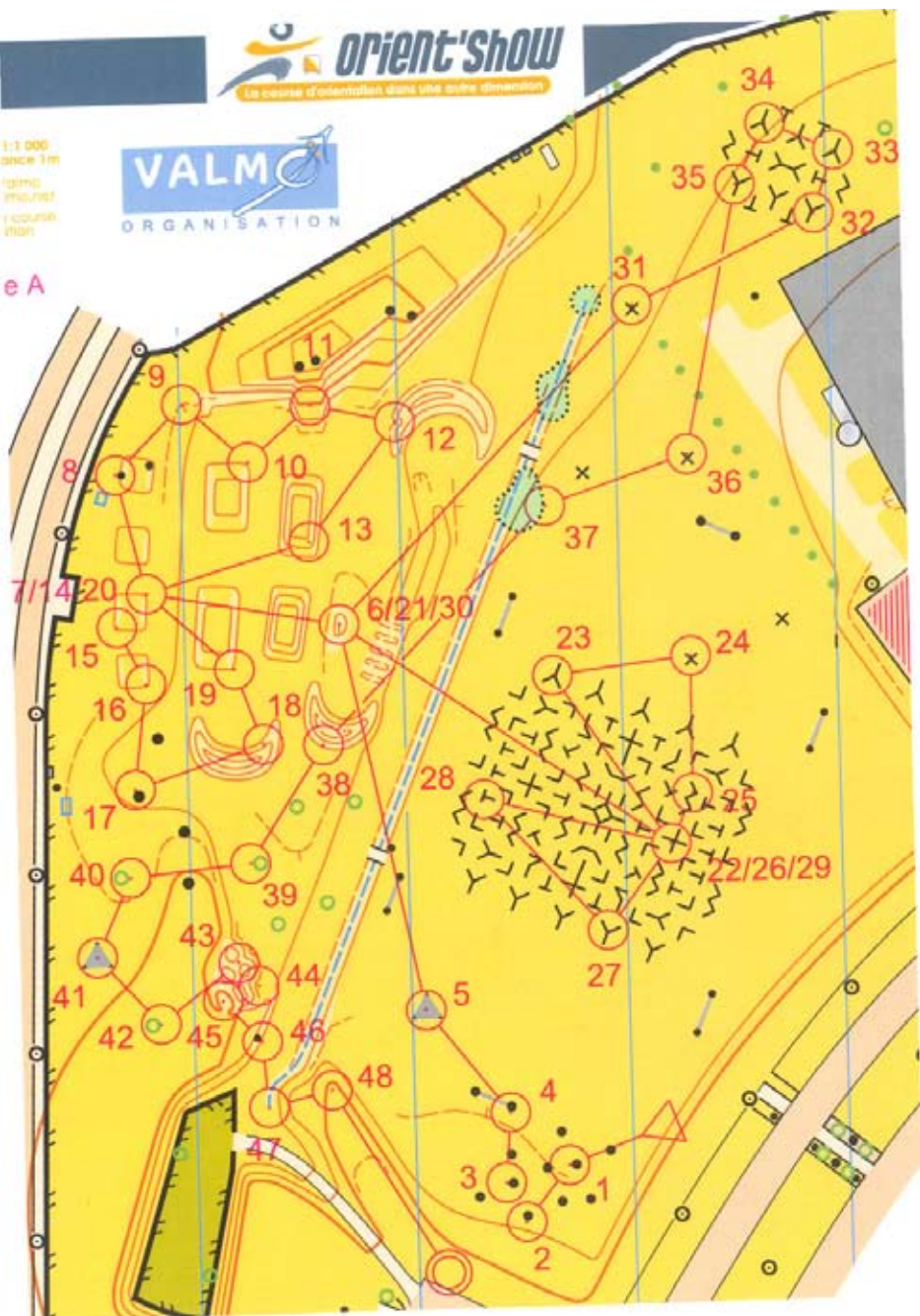
### Day Two

The SLOWies rock up ready for their Day 2 efforts early, suitably fortified with the previous evening's large amounts of wonderfully cooked seafood and crisp

1:1 000  
 once 1m  
 (scale)  
 (distance)  
 (course)  
 (map)

**VALM**  
 ORGANISATION

e A



# Reports

## ORIENT'SHOW 2007 – Lille

vin d'Alsace. It turns out that we've all been let through to the quarter finals, but I make a 180 degree error in the second maze, and am doomed to find myself four minutes down – which is a lot, when the French winner of my heat did 4.41 for 900 metres and 33 controls (it must have been the welcoming kiss on both cheeks he got at -1 from the utterly ravissante young lady running the start). Di gets through to the semis – so we watch her through her race – she loses the plot in the big maze, and stands stock still scratching her head in full view of everyone for ten critical seconds. The pressure is unrelenting at this level in micro-0!

### The Finals

So we all watch the finals. The organisers distribute maps of the course to all the spectators just as the four finalists come out of the starting gate, so we can follow everything. It's complex – 48 controls, and after the first six there's gaffles, sub-gaffles and two lots of butterflies – but the runners are cruising elegantly. Here you can see how the real elite get there – it's not by running ultra-fast, but just by never slowing down. And after four minutes, when the gaffles have all unwound, in the men's race

Thierry Gueorgiou is about 10 metres in the lead. The last third of the course is Formula 1 stuff – Gueorgiou does his Schumacher act masterfully, and wins by simply giving the opposition no room to pass.

### The Relays

We warm up for the relays by running the finals course. Maggie has visible brain-ache in a maze, and I have to repeat a small maze as everything suddenly seems out of position by 90 degrees. So Team Luxembourg ends up last – oh well, we can understand how the footballers must feel...

### So How Was It?

Overall – it was a blast! Both physically, and as a concept. All you need is a 300 metre square of bumpy but runnable ground. Surely SLOW can get a couple of JCBs to do the business somewhere out in the East End, in good time for the 2012 Olympics?

# Reports

## Kate's Ashes

### The Scattering of Kate's Ashes

At about midday on Sunday 19 August about 30 of us met in a car park under Beamsley Beacon, near Ilkley in North Yorkshire. Our purpose was poignant and sad: to remember Kate Thomas, who died suddenly of cancer last year, aged only 50, and to scatter her ashes, and those of her husband Byron Davies, over the beautiful, rugged moorland that they both knew and loved.

Our 'Kate's Ashes' weekend had begun

the previous day at the Devonshire Arms Hotel, near Skipton, where Kate's parents had dinner on their first date, and Kate and Byron held their wedding reception in 1989. Twenty-six of Kate's friends from her different spheres of life – university, climbing, orienteering – most of whom had never met before – set off on a long (10km), strenuous and muddy walk along the Wharfe Valley, taking in Bolton Abbey, the Strid gorge and the scary stepping stones at the Abbey. As we walked we talked about our differing connection to, and memories of, Kate, and rounded out our individual pictures of this vivacious,

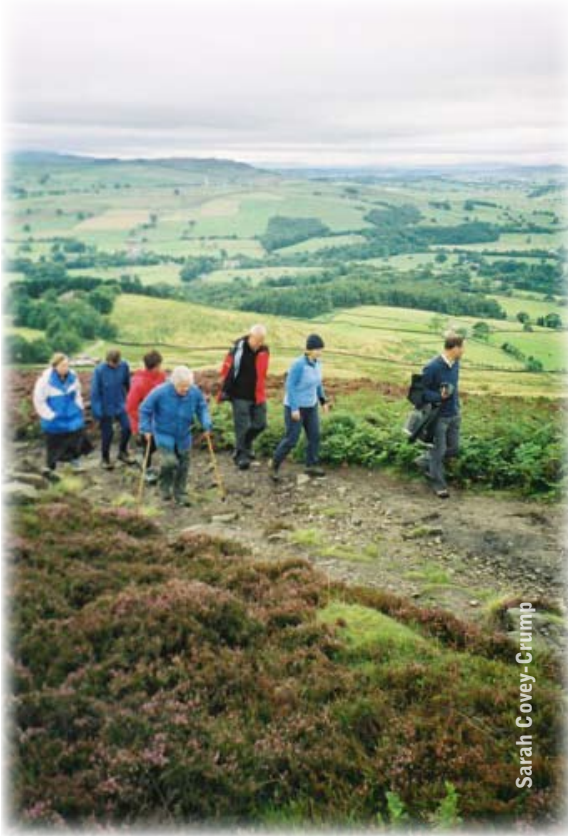


Sarah Covey-Crump

# Reports

## Kate's Ashes

generous, vital, intelligent and strong-willed woman.



Devonshire Arms with more of Kate's friends and relatives for drinks and dinner in her memory. Here was another opportunity to share memories, and also to learn how Kate's executor Kirsten plans to ensure that Kate's memory will live on through the purchase of a cottage in Cornwall, Parc Venton Sah ([www.mullioncottages.co.uk](http://www.mullioncottages.co.uk)), that can be rented by Kate's friends at a special rate, so that, as Kate wished, others will be able to enjoy the sort of hospitality that she had enjoyed. Contact Kirsten ([kirsten.hopkins@ubht.nhs.uk](mailto:kirsten.hopkins@ubht.nhs.uk)) if you are booking it to arrange the discount. Kirsten also reported that Kate's specific bequests, to her godchildren, and to SLOW (for the holding of the annual Kate Thomas tea party), had already been carried out.

And so to Beamsley Beacon on the Sunday, where, in 1991, Kate had scattered Byron's ashes following a memorial service at All Saints Parish Church, Ilkley and a relay run up to

That evening the walkers met at the

# Reports

## Kate's Ashes



Sarah Covey-Grump

the Beacon. Kate and Byron had had a tempestuous

relationship before their very happy marriage which, cruelly, was cut short by Byron's death in a climbing accident after just over a year. Now, sixteen years later, we were to remember them, and lay them to rest together.

We walked up towards the Beacon, then Kate's mother invited us to take a handful each of Kate's ashes – and of Byron's, for Kirsten had found that Kate

had kept some 'so that she would always have him near her'. The ashes were borne aloft by the wind, a fitting end to their earthly lives.

Kate will be remembered and missed by many people. She enriched our lives and we feel privileged to have known her.

*Ginny Catmur*

# Tech Stuff

## Route Gadget

### An Introduction to Route Gadget

Routegadget is an online tool for plotting your race route on an orienteering map. Think of it as the electronic equivalent of the post-race red pen route-marking – only that you can see everyone else's route too, and also keep your own paper map in "mint" condition. In general, if an event's results pages have a link to Routegadget, then if you follow the link, you'll find your name listed under your course, and can use Routegadget to plot your route, view other routes already on there, and, best of all, "replay" the race with a simulated mass-start, so you can see where you overtook (or got overtaken by) your peers. On some larger events, over a third of competitors have marked their route on the website.

The tool was developed by Jarkko Ryyppö in Helsinki, also known as "Jagge" on Attackpoint, who makes the software available for free to anyone who wants to run it on their website, and maintains a list of Routegadget club websites from around the world. Paul Frost of SO and ECKO has greatly popularised the use of Routegadget for British orienteering events, by providing a central site allowing clubs to easily

store and manage maps, results and routes. Numerous clubs, including SLOW, use the site for their larger races, while other clubs have their own installation. Paul's site also provides some excellent information on how to use Routegadget and add your own route.

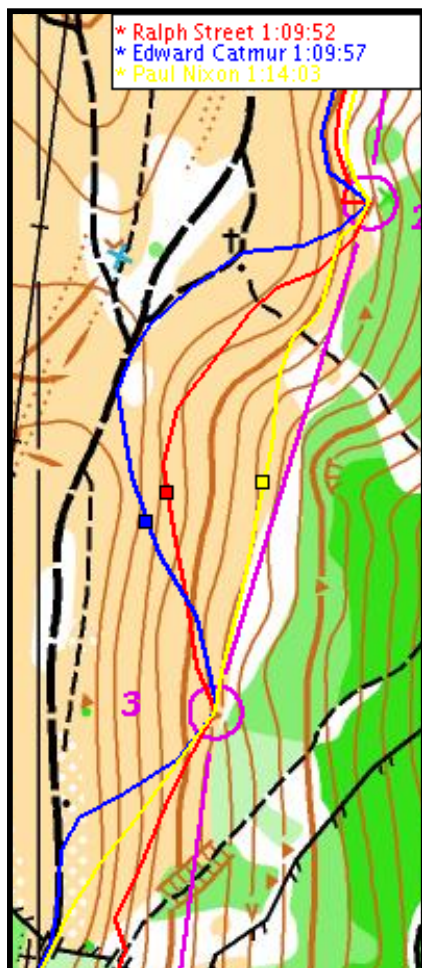
Routegadget also allows orienteers to upload GPS tracks of their route that they may have recorded. If you rushed out and bought a Garmin Forerunner 305 GPS receiver after the review a couple of issues back, here's a great way to use the data you will have been recording. It's sometimes difficult to know exactly where you while making a big mistake on a course, but the GPS receiver will have been faithfully recording your misendeavours and overlaying them on the orienteering map of the race can provide some insight into where and why you went wrong. This technique is not perfect – it doesn't work well for urban races, for instance, due to GPS signals bouncing off tall buildings. But in open, featureless terrain, it can be quite revealing.

Routegadget is starting to be used for more than just orienteering events - last year's Original Mountain Marathon (OMM) has its own Routegadget page, as does SLOW's own Surrey Hills Race.

# Tech Stuff

## Route Gadget

The tool is used right around the world – Moldova, Brazil and Israel are just three of the 23 countries currently on Jarkko's list.



### Self-Incrimination

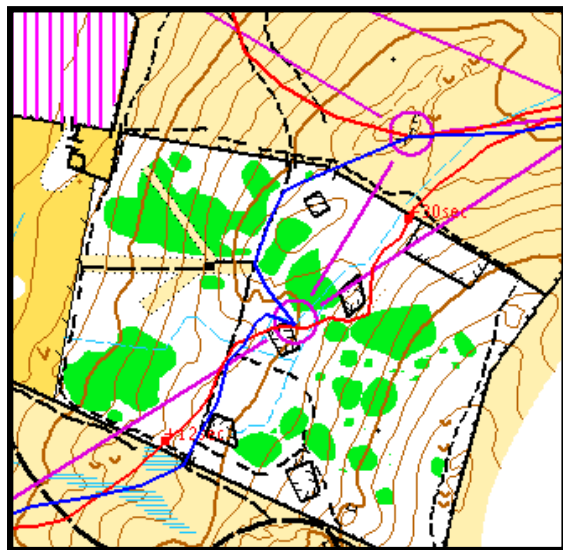
One interesting aspect of the greatly increasing use of the tool is there have been some recent cases of accidental self-incrimination – Some competitors have unwittingly showed themselves running through out of bounds areas or crossing forbidden walls. There is some debate in the community as to whether such admissions should lead to retrospective disqualifications. Of course, anyone can go in and draw anyone else's route as they please, so such errant routes should be not be taken to be the definitive truth of what happened out on the course.

A recent example was at the MDOC Lyme Park "John of Goats" event in early January, where the winner of one of the courses apparently showed himself to have taken several shortcuts across forbidden walls, thereby giving himself a time advantage and possibly denying the

**Comparing Ralph Street, Ed Catmur and Paul Nixon's routes for Leg 2-3 on M21L at the OK Nuts in November. Ed went up to the track, Paul went straight and Ralph went in between. Ed and Paul got identical splits and Ralph was five seconds slower.**

## Tech Stuff

### Route Gadget



Routegadget screenshot showing the Lyme Park winner in red and second-placed runner in blue. The winner can be seen pausing before each wall, before crossing it. In this race, competitors were allowed to visit controls in any order.

second-placed person a win. No one saw the person cross the walls on the day, the problem only came to late when people studied the Routegadget tracings that he and the other runners had made.

#### Live Tracking

Jarkko is continuing to develop Routegadget – currently he is testing a new “live tracking feature.” Runners with a mobile phone and small GPS unit attached to them, will have their location automatically broadcast to a website running Routegadget – spectators viewing the site will see the runners moving about on the orienteering map and their route so far. It is similar in concept to TracTrac and Nokia Sports Tracker, but is designed to be something that anyone who is familiar with Routegadget, and has a mobile phone and a GPS receiver, can use. The functionality is still being developed and tested by Jarkko.

# Tech Stuff

## Route Gadget

### Links

Paul Frost's Routegadget UK website: [www.routegadget.co.uk](http://www.routegadget.co.uk)

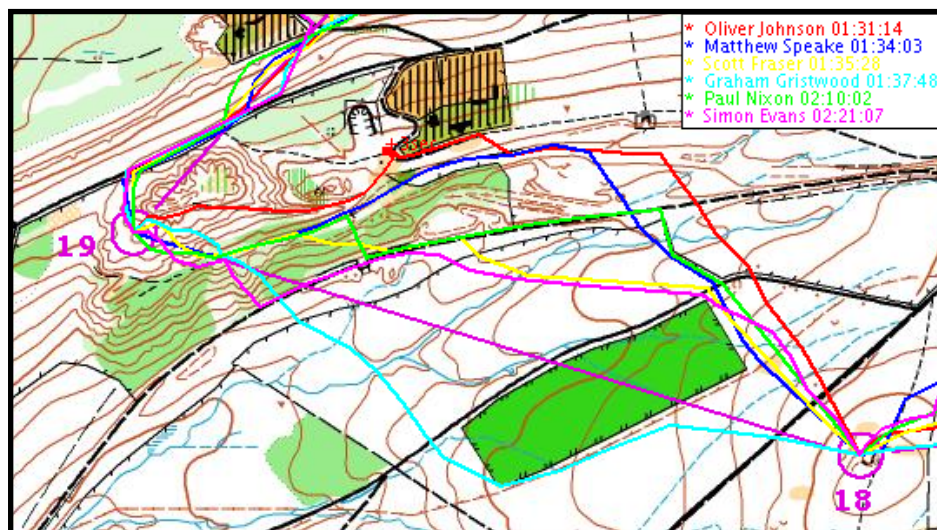
SLOW's Routegadget page: [slow.routegadget.co.uk](http://slow.routegadget.co.uk)

JK 2008 Routegadget page: [www.jk.routegadget.co.uk](http://www.jk.routegadget.co.uk)

The Lyme Park controversy: [tinyurl.com/25tgym](http://tinyurl.com/25tgym)

Nokia Sports Tracker: [sportstracker.nokia.com](http://sportstracker.nokia.com)

Jarkko's Live Tracking test: [tinyurl.com/yv55s5](http://tinyurl.com/yv55s5)



**M21E on the Sunday at JK 2007 in the Forest of Dean. Comparing Paul Nixon and Simon Evans' routes for Leg 18-19 with those of the top four runners. All six took different routes.**

# Reviews

## Hydration Backpacks

### **SLOW Members Comment on the Latest in Hydration Technology**

Originally I was going to write the majority of this article myself with just a few comments from SLOW members. However, the response to my one line email requesting a ten words on the subject was so great that there is little I can add. Thanks to everyone who responded. I hope I haven't missed anyones comments out - apologies if I have.

*Owen*

#### **Jenny costigan**

Hi, I have a Camelbak Dream ladies model, which has mostly been used for skiing and a bit of running. It is very comfortable, and I think that it is relatively short so it is well designed for women. The tags and fittings are sufficiently rugged, although when the 2l water bladder is full there is not as much room in the pockets as I would have expected - just enough for a phone, lip salve and credit card, but not much else. My favourite thing about this Camelbak is the velcro tabs that hold the unused strap coiled up out of the way. Details

are very important.

However, my favourite rucksack of all time is my red and black Salomon pack (it has a bladder pocket and two velcro-closed water-tube holes, so I think it counts as a Camelbak equivalent), but it is an unbeleivably good bag. I think Steve Allen has one too, although I don't know what model it actually is. Looking on the website, I don't think they make them anymore. But the rip-stop fabric, cushioned straps, deceptively small size, balanced loading, huge front pockets, back net and studded drainage holes in the bottom combine to make a very versatile piece of equipment. I've been abusing it for 4 years now, and the only thing that has broken is one zip tag, which I've simply replaced with a cable tie. I love it.

Right, I'll shut up now. Sorry, was that too much? I think I really like bags.

#### **Gareth Moss**

I won in a raffle a North Face Hammerhead hydration pack. I use it when trail biking around the Surrey Hills. Its the first I've had apart from a rarely used Camelback which I use when sea kayaking.

# Reviews

## Hydration Backpacks

I like the magnetic sucking part so it clips back out of the way. It is fairly easy to dry out after use. Drying out after use seems to me to be a major issue with hydration packs generally - how many suffer gut rot from drinking 'gunge' that has sat somewhere in the tube? At least 2 of our young apprentices have suffered from this.

### Richard Catmur

Our packs:

Old traditional Camelbak 2 litres (tall and thin type). No extra space - just water. Had it a long time, no problems, comfortable.

Old bum-bag Camelbak 0.5 litres. No use, too small, bum-bag type uncomfortable.

Lowe Alpine "Slick rock" 2 litres back pack with extra space for picnic, camera, spare clothes etc. Very useful for hiking, but not actually big enough as a complete day pack. Water unit failed (leaked) after a couple of years.

Comfortable New Inov8 2 litres back pack with extra space, but again not quite big enough! Strange "wings" design means water is at waist level - not easy to fit water pack into backpack and impossible to dry out. I suspect it will go mouldy after a year or so. Comfortable but "wings" stick out unless you fasten waistband.



**Gareth Moss uses the North Face Hammerhead - Perhaps this is the solution to all of your problems Richard? It carries 3L of water and has more spare room than most hydration backpacks.**

# Reviews

## Hydration Backpacks

### Nigel Clemens

I have a Camelback Blowfish. I've only ever used for cycling as a mini backpack. No belly strap means it bounces up and down too much when running.

Otherwise - my only other comment would be to make sure your tube valve has a manual shut off because it will leak! Platapus are particularly prone to this.

### Robert Robinson

I have a Camelbak Mule. I primarily use it for all day adventure races for which it is ideal as can also stuff in essential food, wind top etc. This model is slightly bulky/heavy -so not ideal as simply a hydration system for long runs. Top tip: in order to keep the bladder tank clean and to stop bacteria fouling up the tube I thoroughly wash out after use - then leave it in the freezer.

### Vicky Whaley

I have a MEC Mountain Fountain-Standard Hydration Pack: 524g. Classic design with affordable price. I can fill it with 2L and still have room for a snack and extra socks. The bungee cords on the back allow me to tie on my jacket after I get hot. Downside: Only available at MEC stores in Canada - but can be obtained for you by a friend who heads to the Canadian Orienteering Championships!



**Vicky's pack of choice, the MEC Mountain Fountain-Standard**

# Reviews

## Hydration Backpacks

### Nick Barrable

I first got a Platypus about 12 years ago. These were in the UK market (as I remember) a bit before Camelbaks. To me, Platypus, owned by Cascade Designs who own various brands, among others, Therm-a-rest, has always been a better product. The clear plastic enables you to see how clean it is whereas Camelbaks come in non-see-through rubbery type material. This is a very important characteristic for such a product due to the Camelbak/Platypus dilemma!

And that is whether to fill your 'water bag' with anything else other than water. Plain water takes pretty bad from a CamelBak (note: not as bad from a Platypus). So you flavour it of course; maybe with a high sugar content sports drink. BUT, if you dont clean thoroughly after use and dry out your 'water bag' and drinking tube - the latter is perhaps even harder to clean&dry, mould soon starts to grow. There are various products you can use (buy) to clean your water bag

- like long thin wire brushes and using baby bottle sterilisation fluid - which is what I use to use. But at the end of the day, I just found it not really worth it. I wanted convenience. Plus, the entry into a Camelbak I find very fiddly - the later generation Platypuses with the

whole bottom which comes apart are much better.

It wasnt until 2004 when I got a Camelbak and have never used anything other than water in it and as it tastes really rather fowl, I have rarely used it. The idea of a 'waterbag' on your back is obviously a good one, but be prepared to go through lengthy hassles to keep it clean and dry between uses. Fail to do

this and your great race prep can lead to a



### Platypus - the original hydration pack

dicky tummy. It isnt gonna kill you or make you sick I doubt, but that dark fur of mould you cant quite see in the corner seams of your mottled blue Camelbak could come back to haunt you.

# Reviews

## Hydration Backpacks

I have been in races where I have had to carry water/liquid and I have favoured a large topped 500ml water bottle. Eg at the KIMM/OMM - you don't want to be carrying any more liquid than that anyway - you fill up from streams. Filling 'waterbags' on the run/during the race, with sports powder too, takes a lot longer as to be detrimental to your result. I fill up maybe 6 times on an Elite course and I can do it without really stopping with a 500ml waterbottle. I have also run a 50km terrain race 3 years in a row where the drink stops were few and far between. These bum bags with waterbottle holder in them seemed much better and worked very well.

My conclusion - more hassle than they are worth - if cycling, use waterbottles on your holder. If running, use waterbottles in the side of your rucksack or in a bum bag.

### Owen Lindsell

Well Nick, I think I'll have to go ahead and disagree with you there! I usually use just water and hang it upside down to dry. I clean it thoroughly if I've used electrolyte or energy drink. You can actually get a dryers for Camelbaks now. They insert inside the bladder and hold it apart so the water can drain more easily. However, I find it's not really necessary

since I can get my whole hand through the wide opening and wipe it dry.

I have a four different hydration backpacks. A North Face Dogfish, a Camelbak Hydrobak, a Camelbak Menace and a Platypus.

The Dogfish is my favorite since it is very lightweight, but still holds a lot of water (3L). It's ideal for endurance training where you may not have easy access to refill a bottle. I used the Dogfish along with the very very lightweight Hydrobak when doing an ultra marathon last year. I was able to swap backpacks as I went passed the start/finish area, so no time was lost refilling. Jamie Stevenson did something similar in the Long distance final of WOC last year.

The Camelbak Menace is also my favorite! But not for running. This is a specialist snowboard backpack with a host of specialist features: Insulated tube so the water doesn't freeze, felt lined goggle pouch, rubber sealed zips, straps to attach your board to the back and enough room to hold your jacket, gloves and more.

The Platypus, well I wouldn't say it was up to Mr Kellogg's standards - the original, but not the best.

# Bridge

## SLOW Bridge Team Take a Purler

The next round of our competition matched us against Purley Sports Club. In the halcyon days of the competition Purley used to play three teams, but this year only one.

It was an away match in Woldingham so at least that let me off making the sandwiches. Phil was flying back from New York that morning but still agreed to play. Finding the hosts in the dark was a challenge for the orienteers being up a huge flight of steps in an unmade road. But with Andy in your team you know you won't be lost for long. We were welcomed with offers of beer and wine so the evening got off to a good start. This hand was typical:-

S Q x x  
H A K x x x  
D x  
C J x x

S A K x  
H x  
D A x x  
C A Q 10 9 x x

Our opponents were surprisingly inexperienced but did do a lot of bidding on very few points. This served to confuse us and the result was an easy win for our opponents.

The bidding started regularly enough 1H-3C. Then South threw in a 3N showing the other two suits – goodness knows what he had in his hand but it certainly wasn't much! 4C came next followed by 4S from our opponents and a double from East. West visualised the possibility of 6C or 6N and bid 4N to ask for aces (Blackwood). But East by this point was thoroughly confused by the interference and passed. The contract made OK but as you can see 6C is cold and 4S doubled would have also brought in many many points.



Thanks to Andy Robinson, Pete Huzan and Phil Marsland for playing in this entertaining competition with excellent hospitality.

*Dick Clark*



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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.

## Trail Challenges

There are 3 summer Tuesday evening events, along with the Trail Challenge half marathon race in September. Trail Challenge is mass start race over tracks and trails. For each of the Tuesday evening races, there will be a 10km race starting at 7:30pm and a 6km race starting at 7:40pm. The remaining events are:

Tuesday 24 June – Ham Riverside

Tuesday 12 August – Richmond Park

Sunday 21 September (Half Marathon)  
Ham Riverside / Richmond Park

Details: [www.sloweb.org.uk/trail](http://www.sloweb.org.uk/trail)  
Online Entry: [www.fabian4.co.uk](http://www.fabian4.co.uk)  
Limited EOD.

## Summer Series

In addition to the Trail Challenge series there are a number of informal weekday evening events being held in south and west London. The series is co-ordinated between the London clubs with a number of different race formats. Series events with links to hosting clubs' websites can be found at:

[www.sloweb.org.uk/summer08/fixtures.htm](http://www.sloweb.org.uk/summer08/fixtures.htm)

## Sun 22nd June

### SN District Event - Frith Hill, Surrey

Full range of colour coded courses on this undulating wooded area. All courses are EOD.

Details: [www.southernnavigators.com](http://www.southernnavigators.com)

## Sun 29th June

### SLOW Frolic Event – Putney Heath

Part of the Frolic Series in which every competitor runs the same course (of 'light green' standard) and there is a handicap system which adjusts not just for age and sex, but also for previous history of orienteering - being an experienced orienteer can be a substantial disadvantage. At each event

# Hot Picks!

the top six finishers on handicap for each club count towards their club's score and last year SLOW won the series. Courses: Yellow, L Green and Extension

Event Details: [www.sloweb.org.uk](http://www.sloweb.org.uk)

Frolic Series Details:  
[www.londonorienteeing.co.uk/frolic2008/frolics-series-page.htm](http://www.londonorienteeing.co.uk/frolic2008/frolics-series-page.htm)

Après-O pub: The Telegraph Inn, Putney Heath.

Other Events in the Frolic Series are:

July 6 - Addington Hills nr. Croydon

July 13 - Alexandra Park

July 20 - Nork Park, nr Epsom

July 27 - Whippendell Woods, Watford.

**Sun 30th Aug**

**South East Relays – Sussex University**

Date for the diary - no details yet.

*Simon Evans (Social Secretary)*





**CLUB  
MARK**