



SLOWprint

Spring 2010

Issue 161

SE Sprint and Middle Champs hosted by SLOW—well done to everyone who helped and competed. "Podium" sprint SLOWies included Abi Weeds in 1st place on WOpen & Ausra Miksyte in 6th, Diane Leakey & Sarah Brown taking 3rd & 4th in WVet. In the middle championships we had a winner with Sarah Brown running W55/60, Ed Catmur, Thomas Cochrane & Evan Barlow taking 1st, 2nd & 5th in M20-40, M12s Olly Blower & Louis Harrison in 4th & 5th, James Blower in 5th on M16, Andy Robinson & Paul Street in 3rd & 5th in M55/60, a 3rd place for Anja Stratford in W20-40 and Diane Leakey in 2nd on W45/50.

Upcoming excitement in a neighbourhood near you... the **Bushy Park Trail Challenge** on 11th May, the **Surrey Hills Race** on 16th May, LOK's **Hyde Park** park race on 20th May and the **Dulwich Park** park race on 26th May

GET OUT THE WAY

Some SLOW
members do battle
with the forest



Chairman's chat

Thanks to all of you who helped make our recent weekend of SE Sprint and Middle Champs run so smoothly. Thanks also to those of you already working on our extensive summer program whether that be Frolic, Trail Challenge, Park-O, Surrey Hills, or the City Race.



If I haven't just thanked you then what about getting even more enjoyment and satisfaction from your sport by being an Organiser or Planner - and what better way to start than with a low-key summer Park-O. We will be happy to arrange whatever help and advice you want. I guarantee you will find the experience rewarding.

SLOW also desperately needs a Publicity Officer or Marketing Manager. This job has been vacant for over two years and anyone the least bit inclined to do it will be free to make the role into whatever they think they can do.

To discuss planning a Park-O contact Peter Huzan captain@sloweb.org.uk

To talk about the role of Publicity Officer contact Don McKerrrow chair@sloweb.org.uk

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SLOW at the JK relays by Pete Huzan



The JK in Devon this year caught the imagination of the club and we ended up with over 60 runners there. Some stayed for a week in a cottage, making the most of trip. I managed to arrange group hostel accommodation for 20 members that they seemed to enjoy. It's great having a focal point of the banner and tent on all days. Thank you to those who took a hand in looking after it etc. Remember, if it's getting towards the end of the day & there are a few of you left, to take charge of taking it down and hopefully putting it somewhere convenient for the next day!

The big team day is the Monday. In fact the JK Trophy itself is for the relay day. Yet again most of our runners were keen to take part. We must be one of the clubs with the highest percentage of runners who stay on for the relays. We often have so many teams that there is a lot of flexibility to cope with what most people want, from trying to win medals to just having an enjoyable day out with similar-minded team mates.

It is now possible to enter runner/SI-card details online up to the week before the event, which makes things a lot easier. And I wasn't too far from the closing time for relay registration on the Sunday as we registered 19 teams. Due to injury, illness, & other people stepping in for a run, I had to change 12 of them on the weekend!

Onto the day itself. A few years ago the JK relay classes were consolidated into a fewer number of races, meaning more teams per race. This had made it



very enjoyable but also more difficult to get good placings and close to the podium. This year was very exciting as several classes shared the same course distances so started at the same time. So for example we had 100 teams starting in the Men's premier class combined with the M120 class (the 3 runners age classes added together must be more than 120). Not quite as many as the Finnish Jukola relay with over 1000 teams but still pretty impressive for the UK these days.

In recent years we have managed to put out some good teams in the premier classes, Men's & Women's open. We did that again this year and got two 9th places. The men's team was Ed Catmur, Tom Cochrane & Matthias Mahr. The Women's team was Abi Weeds, Becky Kingdon & Anja Stratford. Ed did very well on 1st leg to arrive in 3rd place, just behind our own Ralph Street, now running for Sheffield University.

We also got two medal successes. The M165 team was Alan Leakey, Mike Murray & John Dowty. They were 6 minutes down on Guildford and 5 minutes clear of 3rd. We had 4 teams competing in this class, including Peter Haynes running well for the 2nd team. The W165 team was Sarah Brown, Anne May & Diane Leakey. Diane again did what she had to do on last leg to bring the team into the medals. Well done to Anne who at the last minute was able to run after getting injured winning W60S the day before.

We put out two M48 junior teams, pitting Gustav and his friend Martin on 1st leg, with them coming back within seconds of each other in 6th & 7th. In the end Gustav with Thomas & Robert Jones ended up 9th. And Alex Roach got the 2nd fastest time on the middle leg - using his impressive cross-country speed.

Other highlights included Libby Schofield bringing the Women's short team into the lead on 2nd leg. We also had some other good 1st legs with Phil Marsland 10th on M120 & Karen Jones 4th on W120. We had seven people on their first relay run for the club. So welcome to you & see you at many more.



SLOW at the JK relays continued

I hope you can get to many of the remaining team events this year. I make use of the slowmail email group to pass on information. If you are not a member of the group & want to keep in touch with what's happening with the various relays throughout the year then let me know, & I can get it touch. Feel free to ask if you have any questions.

Best wishes, Pete

(SLOW Men's Team Captain)

JK 2010 by Sarah Covey-Crump

The JK had a good turn out from the club with over 60 competitors attending. Well done to all the SLOW relay teams and those who did well against their own personal targets on the individual days.

My personal experiences this year were very enjoyable including some friendly competition with Katie Evans who is running at similar pace to me currently. I also realised that this was my last year in W21 category so am happily contemplating shorter courses from next year.

Day one was the sprint race at Bicton college. This was a mixture of fields, woods and buildings, and the woods were pretty grotty if you were foolish enough like me to venture in to them and not stay on the boarded walks. The weather was variable and I started in a very cold shower of rain, some people including Pete Huzan were wearing shorts and they looked pretty chilly. My rival (Katie) beat my time by 3 minutes but very gallantly mis-punched.

Day two was at Cooksworthy forest, I thought the bussing was very well organised and we arrived fairly quickly to the very damp and muddy field which was the assembly area. A small dog summed it up for me as he was perching miserably in a tent unable to sit down due to the sodden ground.



Thankfully I was warned before venturing out that the going would be arduous and this was certainly the case with mud and marshes making the going tough. Green areas were definitely to be avoided which I learned after following some younger more athletic types through an area of fallen trees. It took some time before I emerged the other side.

Day three was a completely different experience, down by the beach at Branton Burrows with sunny weather and lovely terrain which was easy to run through, the only reminder of the day before was the mud splattered tent. Katie (my rival) and I met at control 7 and proceeded to set off on different routes between each control only to meet up again at the next. We also had an exciting finish as I got lost when I was a bit ahead and Katie overtook me and sped on to the finish. After I finally found control 17 in the dunes I then pegged it (at my pace) to the finish but I didn't manage to catch Katie up. However over the two days I did end up coming first (the small victories in life, bearing in mind all this competitiveness occurred at the bottom of the W21L results list).



O-ENTHUSIASM by Sarah-Jane Gaffney (the ed)

Clearly one of the benefits of falling off the back of the pack in a mass start race is getting a nice shot for the photographer – here am I at the Swedish Ultra-long championships held in April 2010 in gorgeous terrain on one of the few hot, sunny days I have seen so far this year. This shot, to my delight, ended up on the front page of the Swedish Orienteering's website and since it so nicely shows off my matching buff and orienteering kit, I thought it was worth inclusion in SLOWprint too!

As alluded to above, I was never in contention for a medal at this race. However, I finished it with a true sense of achievement; for making it steadily round the 15,4km race, for neither getting lost nor coming last and for not turning a 1 minute error into a 15 minute disaster. It is a great thing that this sport, among others I am certain, allows a feeling of personal fulfillment with every outing in various ways and at every level.

An excellent piece of advice was given to me by a much older club member in Sweden when I felt miserable after a poor run. She said that once she had asked a world-class elite orienteer what he did on after a bad run, and the answer, to translate roughly, was "just throw it away" after figuring out what went wrong and what must be done next time. I believe he didn't even keep the map. And indeed, much better than carting around negative feelings to drag you down is surely to carry away with you something positive – whether it is one or all controls spiked, a lesson learnt or simply a nice day out.



WORLD TRIATHLON CHAMPIONSHIPS by Andy Robinson

GOLD COAST, AUSTRALIA. 11-13 September

With the World Triathlon Champs taking place in Australia in the same month as WMOC 2010, Andy Robinson managed to do the double. Here is his interview from Fishfinger, the newsletter for his triathlon club, Kingfisher.

Kingfisher had one representative at this year's Championships. Andy Robinson raced at the sprint distance. Fishfinger called on him for an exclusive interview.

FF: Congratulations on making the British Team for Australia. It was your first time, wasn't it? What inspired you to try for the British team?

AR: I'd noticed a while ago that the Tri Champs were going to be in Australia just a few weeks before the World Masters Games were also scheduled for Down Under, and as I usually aimed to do the orienteering at the latter, I thought I'd try and do the Triathlon Champs too.

FF: Did you find the qualification tough?

AR: I registered to apply without any clue as to how difficult it might be - just hoping that as it was my first year in the 55-59 category, that there wouldn't be much competition for places. But I was a bit worried about the rule that said to qualify you had to be within 15% of your class winner.

FF: Ouch! That could be a bit tricky. Where do you normally place



against the winner?

AR: If I'm having a good day and no hotshot was there the 15% is achievable. But having fallen off an MTB in June and damaged my back which then seized up at the Bedford Tri I was only having bad days. I turned up at the last qualification race, tracked down the team manager and asked her what I actually needed to do. She said she ignored the 15% rule and there were four places available from the race, adding that as only three applicants had entered, all we had to do was trundle round and finish. The other two didn't show up; I pottered round in a very gentle 1 hour 42 (for a sprint distance!!), and the invitation arrived two days later.

FF: Nice! So in your age category it turned out that it was always going to be pretty easy.

AR: And I don't think younger racers would find it as hard as they might think. There's 20 places in each age class in each of Olympic and Sprint and many who could make it don't try because of the costs involved.

FF: Go on - frighten me. Tell me about the costs.

AR: The entry fee was £148. You have to wear a GB tri-suit - cost £85, and there's the travel and accommodation, which if you go for the BTF package is pretty pricy and you can save a lot by sorting it yourself.

FF: So you made it to the Gold Coast. What was it like? It must have been the end of winter down there.



AR: I don't think they do winter. The weather is permanently warm and pleasant. We'd been warned months in advance that it would be a non-wetsuit swim, but advised just before leaving that maybe the water temperature may not quite get warm enough; so the wetsuit was packed and fingers crossed. On race day the temperature slotted into that narrow margin where wetsuits were banned for the elite but allowed for age-groupers. Many sighs of relief were heard.

FF: What was it like being a part of the British Team?

AR: That side of things rather passed me by. Having booked my flight months before, I was never going to go with the official package. I could only have got into the team hotel by getting in on a package and quickly find out that the hotel across the road was half the price. I then arrived too late for the team briefing and photo and also discovered that the team masseuses were all booked up for the duration already. Then to compound matters we decided to skip the opening ceremony in favour of getting at the freebie pasta meal when they weren't any queues.

FF: So no rubbing shoulders with our new superstar and World Champion then?

AR: The British elite team were in a different hotel anyway, but it was just around the corner, and as we walked home from a restaurant the night before the Elite race we spotted a silky-smooth runner doing strides along a side road. We soon identified him as none other than Mr Brownlee himself, and our shouts of "good luck for tomorrow" were acknowledged with a wave. For the elite race itself the bike section looked like a good time to rack my own bike for the following day but the run was absolutely fascinating. We found a point where by walking 20 metres you could swap between watching a big screen and seeing the sharp

turn 300m from the finish, just before which AB made his decisive move. Great atmosphere.



Andy being zipped into style by Maggie Roach in preparation for the WMOC sprint final, while husband David pretends he doesn't associate with such lycra-wearers

FF: So if you didn't see much of the British team - who did you hang out with?

AR: My wife Chris was there for the six week trip and we usually met up with her brother-in-law who was in the Australian team. He'd emigrated a few years ago and was racing in the same class as me.



FF: Ah - family rivalry then - did you beat him?

AR: No chance. Of the 43 in our wave he was 10th and I was 38th. After all the trouble with my back avoiding last place was the limit of my ambition. Even that looked doubtful. I was last in the swim, slowest through T1 and the guy just ahead of me turned out to be a hotshot biker.

FF: We've read that due to the short gap between waves there were big drafting bunches on the bike section. Did that help you at all?

AR: Not in the slightest. You see the 55-59 group were the third last wave and I'd been overtaken by most of the two following waves before getting to my bike. It was a 2 lap bike section. On the first lap I got overtaken by a couple of big groups, and decided it was foolish to join them, and then on the second lap things were very quiet indeed.

FF: Now about the run. We know you had all that trouble with your back. How did it go?

AR: Stiff as a board to start with, but I was fortunate to follow out of transition a guy who was running at just the right pace i.e. a fraction faster than I would have gone by myself. It took most of the 5km to loosen up and then I was able to get past him and run down a few others. I see from the splits that I overtook four of my wave on the run and I know that included two Aussies about 200m before the finish.

FF: Sounds like a good opportunity to mention the Ashes.

AR: Dead right. I didn't miss that chance.



FF: So would you call the trip a success?

AR: Absolutely. I'm really glad I did it.

FF: Ah-ah. You're going to be a serial World Champs junkie.

AR: No. Though I'd do it again if it fitted in. I've got the kit now and I've got to use it sometime.

FF: Yes, that could be tricky. Wearing GB kit everywhere is just a shade pretentious, but then you can't just pack it all away forever.

AR: I've picked my moments. The fleece was useful at the AGM to jog Marzena's memory and I wore the tri-suit for the sprint orienteering races at the World Masters Games.

FF: How did that go down?

AR: It certainly attracted some attention and I got interviewed over the PA. Mind you, a couple of people did start calling me Borat. Still I got 13th place in that race and that's by far my best result at that level.

FF: Nice one. Does that mean you'll be sticking to the day job now?

AR: Oh no; I'll still be doing the occasional triathlon.










URBAN EVENTS – Know your symbols *by Alan Leakey*









With the increasing popularity of urban events it is more important than ever to understand what the symbols on the map mean – but from a number of discussions I have taken part in it seems that many of you out there don't know what they all are. So this article sets out to help you correct that.

Urban orienteering maps are drawn to the International Sprint Map standard, also known at ISSOM 2007 to the geeky amongst us, and use a number of symbols with which 'forest' orienteers may be unfamiliar, either because they are specific to urban orienteering or because they are rarely used in forest maps. It is of great importance that all competitors are aware of these, especially those which denote 'passability'. After all, you wouldn't expect to play football without understanding the offside law would you? On second thoughts...


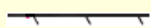




In the chart that follows I have set out the relevant Pictorial control descriptions and the equivalent map symbols, whether new or just more frequently used in urban settings.







Special Symbols	Pictorial Control Description	Symbol on the map	Colour on the map
<i>There are 3 Pictorial control descriptions which have been introduced specifically to cover urban orienteering</i>			
<p>Monument or statue</p> <p><i>Watch Out!</i> This can be any anything from the giant twin spirals that formed the last control at last year's City of London race down to a life size portrayal of Samuel Johnson's cat! .</p>			Black
<p>Stairway</p> <p><i>Watch Out!</i> Because of the constraints of mapping small sets of steps are not usually mapped and complex flights of stairs may well be more complicated than shown (e.g. turning in on itself).</p>			Black
<p>Canopy or Covered way</p> <p>May be passed under. Examples would include a glass canopy or a pedestrian way through a building or even a road passing underneath a building built across it.</p> <p><i>Watch Out!</i> The defining line at the edge of the canopy can sometimes look like a blocked route when lined up with a building edge. This second example is reasonably clear but others are not.</p>		 	Light grey

In addition there is one key feature where the map symbol is different

<p>Building - not to be entered</p> <p>Shown as black on 'forest' maps, whatever the size, but on urban maps grey is used, with a border line.</p> <p><i>Watch Out!</i> Very small buildings or kiosks etc will still be shown as a black rectangle etc..</p>			Medium grey
<p><i>And there are also several symbols which are rare on forest maps but much more common on urban ones</i></p>			
<p>Paved Area</p> <p><i>Watch Out!</i> The thin grey lines in paved areas just indicate pavement edges etc, not walls</p>			Pale brown
<p>Large tree (more than 0.5 m diameter)</p>			Green
<p>Small tree (less than 0.5 m diameter) or bush</p> <p><i>Watch Out!</i> A green dot can, of course, also be a bush or small thicket</p>			Green

Passability

Meaning	Pictorial Control Description	Symbol on the map	Colour on the map
<p>Passable fence.</p> <p>Exactly as on forest maps</p>			Black
<p>Impassable fence</p> <p>The line is thicker than on forest maps to emphasise that in urban O you are <u>not allowed</u> to cross such fences - however low or broken down they are.</p> <p><i>Watch Out!</i> For clarity a short fence is sometimes shown with a solid black line without the usual tags</p>			Black
<p>Passable wall</p> <p>A new map symbol and sometimes a bit faint when printed. You are allowed to cross this. The 'forest' map symbol for a wall of a line with black dots on it should not appear on urban maps - but it does stray in some times (such as at this year's British Sprint Championships!)</p> <p><i>Watch Out!</i> Just because we are allowed to cross it doesn't mean the less nimble amongst us will be able to leap it in one bound!</p>			Grey

<p>Impassable wall</p> <p>A new map symbol and once again you are <u>not allowed</u> to cross - however low or broken down it may appear. Once again, the 'forest' map symbol for an uncrossable wall of a line with double black dots on it should not appear on urban maps.</p>			Black
<p>Impassable vegetation - not to be crossed</p> <p>Typically a hedge. Yet again, you may not cross this, no matter how thin and bedraggled the planting.</p> <p><i>Watch Out!</i> This is one of the weaker map symbols because the difference between dark green ('walk' vegetation) and very dark green ('impassable' vegetation) can be difficult to distinguish, particularly when being used in a narrow strip to show a hedge. For that reason the standards include extra black to make the line darker, but even so...</p>			Green/ black (darker than any green on forest maps)
<p>Out of Bounds</p> <p>Settlement, Gardens, Flower Beds etc</p> <p>Forbidden access (as for "forest maps")</p>	N/a		Green/ yellow 'Olive Green'
<p>Out of Bounds</p> <p>Forbidden access (as for "forest maps")</p> <p>Used with good effect by Ollie when mapping the City to show OOB due to building works, but not seen much elsewhere</p>	N/a		Black

Under or Over or Through

One of the challenges of urban area mapping (especially in an area such as the City of London!) is how to show places where one way passes underneath another. There is an ISSOM standard for this but it is probably the weakest part of the standards (although I can't personally think of any better way to map them). So the table opposite looks at this issue.

And Finally...

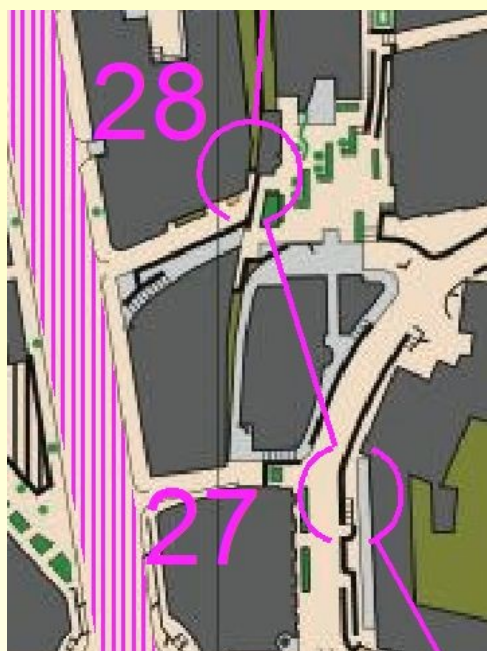
Don't ignore the 'where on the feature' symbol within the control descriptions. This is probably even more important in urban races than forest ones, especially if an uncrossable wall is involved. At the City of London race a number of people said that they started to make mistakes at the end of their course because their brain was too tired to read the control descriptions...

Consider this leg from this year's CoL race. What is the best route?

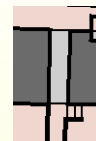
Coming at the end of the course it would be easy to run north out of the control, assuming that the control was on the near side of the uncrossable wall. Infact the control description was

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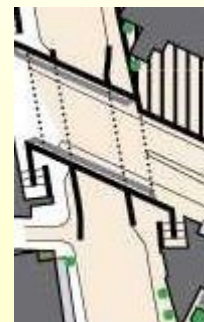
In other words it was on the western-most building and therefore to the west of the uncrossable wall (which had a 20 foot drop on one side) - and the best route was back up the stairs and then almost due west to the main road before heading north



Let's look at passageways through buildings again. In this example there is a passageway running north-south through a building. Note that there is only one level that the competitor can be at in this case



Now consider one road (in this case running north-south) passing underneath another (running east-west). The uncrossable walls (solid black lines) show that you can only get between the two roads by the mapped stairs. The dotted lines show that the north-south road continues under the east west one.



These dotted lines are often referred to as showing an underpass, but they don't have to be underground, just a viable route below another level.

It really pays to take time to learn the mapping of underpasses, subways and covered ways. For example look at this complex example from London Wall adjacent to the Barbican in the City. The main road is running on an east-west axis under a building built across the road - the route under the building is shown by the dotted lines. However, there is also a high level walkway that passes through the building - this is shown by the canopy symbol. There is a building above a high level route and both are above the road.



Watch Out! There will never be another route passing above a canopied way but there can be one passing below it (which would be shown by dotted lines)

So, where on the feature is it?



North east side



East corner (inside); e.g. inside where a wall bends through a right angle



South corner (outside); similar to above



North west end; e.g. NW end of a hedge



Junction; e.g. where one path meets another

I trust that this makes things a little clearer, but the best thing to do is to try putting your new knowledge into practice. Urban orienteering events offer a different and enjoyable challenge - get out there take it on.

Alan Leahey



SLOW Bridge report by Dick Clark

Dick Clark brings us another report which proves that some orienteers really do have a busy life outside of the forest...

The SLOW bridge team finally succumbed to a team from the RAC club in the London Trophy. We have met the RAC in Woodcote a few times before and one of the pleasures is sitting in the Club Library with a choice of real ales available from the bar. The catering is usually pretty good as too so playing away yet again suited us well; you can tell where our priorities lie.

We expect a tough game with the RAC as they are all regular players but this time they weren't as strong as expected. Nonetheless our inexperience showed on a few hands and that was enough to lose the match. As Paul Street commented we needed to beef up our defence to beat them.

Nonetheless it was an enjoyable sortie and I'd like to thank Pete Huzan, Andy Robinson, Paul Street and Kjell Tullus for their support. I would think we'll have another go next year so any other prospective bridge players please contact me.

Dick Clark

and finally...

The triathlete and a the frog.

A man was out jogging in the forest one day when a frog called out to him and said, "If you kiss me I'll turn into a beautiful princess." He bent over, picked up the frog, and put it in his pocket. The frog spoke up again and said, "If you kiss me and turn me back into a beautiful princess, I will tell everyone how smart and brave you are and how you are my hero." The man took the frog out of his pocket, smiled at it, and returned it to his pocket. The frog spoke up again and said, "If you kiss me and turn me back into a beautiful princess, I'll stay with you for a year and do ANYTHING you want." Again the man took the frog out of his pocket, smiled at it, and put it back into his pocket. Finally the frog asked, "What's the matter? I've told you I'm a beautiful princess, that I'll stay with you for a year and do anything you want. Why won't you kiss me?" The man replied, "Look, I'm a Triathlete. I don't have time for a girlfriend, but a talking frog is cool."

Untrustworthy orienteers?!

A lawyer invites his cousin from the Czech Republic to join him for the Canadian Orienteering Champs. The Czech dude convinces the lawyer to break the embargo and check out the terrain beforehand. They're right out in the middle of the forest when they get their just desserts - a big grizzly bear appears. The bear hugs the poor Czech cousin to death and then eats him.

The lawyer runs to the nearest village and tells everybody what has happened. The villagers form a search party and return to the forest. They come across some bears and ask the lawyer to identify the one that killed his cousin.

'It's that male bear over there.'

They kill the bear and rip open his stomach, but there is nothing there. They decide to kill the female bear nearby, and when they rip open her stomach, they find the unfortunate Czech cousin.

So it all goes to show: 'Never trust a lawyer when he says the cheque is in the mail.'

Thanks to everyone who contributed to this issue. Photo credits include: Teresa Turner,

Mark Cheesman & Sarah-Jane Gaffney (www.compasssport.co.uk)