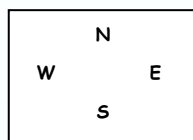


Bridge Update by Dick Clark ctd

S A Q 3
H A 9 8 4
D J 6 4
C K T 5

S 9 7 4 2
H Q 5
D K T 7 3
C Q 6 3



S 6 5
H K J 6
D Q 9 2
C J 9 8 4 2

S K J T 8
H T 7 3 2
D A 8 5
C A 7

North took the trick in dummy and led A and a small Heart to East's King. Decision time; was it correct to remain passive or try something more adventurous? East chose to lead a Diamond and this perforce exposed two losers in the suit. So declarer tried developing Spades so he could discard a losing diamond on his 4th Spade. So another top Spade played from dummy followed by a small one. Another decision for East; received wisdom is not to use boss trumps to ruff your opponents' cards, but in this case there was not a moment to lose. East ruffed the spade and continued Diamonds to defeat the contract by 1 trick. Notice if East discards rather than trumps in then declarer plays another Spade discarding a small diamond. East can ruff if he likes but to no avail.

Many thanks to all who contributed words, photos, ideas, inspiration and so on, including photographers Ollie O'Brien and Nick Barrable and Mark Cheesman www.compasssport.co.uk. Also thanks to Teresa Turner, Martin Evans and Dick Clark for postage and printing



Recent successes for SLOW...

Congratulations to BOC sprint 2nd place

Sarah Brown
W55,

BOC middle 1st
Mike Murray,
3rd **Di Leakey**
and 4th **Chris Robinson** both
W55

SLOW won the
SE Score Champs with

3900 points ahead of SO & MV on 13th Feb



Congratulations to **Mattias Mahr** who won the 2011 British Night Champs M35 held in Bentley Woods in February

Ed Catmur & Bryony Brennan won this year's SLOW street series

Ralph Street was 12th in the Swedish sprint champs

SLOW online...

Join facebook group **SLOW members** to stay up to date with Tuesday night training sessions, lifts to events and all sorts of SLOW related discussion not to mention signing up for the **Lake District trip 21st–22nd May 2011**



JK 2011 in brief

More to come next issue, but well done in particular to:

Sprint:

Diane Leakey 1st W55; David May 3rd M55; Chris Robinson 5th W55

Overall day 2+3:

Anne May 1st W60S, Alex Roach 3rd M18S; Ian Elder 6th M21S; Ruth King 3rd W21S; Anja Stratford 3rd W35L; Nicola Morris 6th W35S; Cherry May 5th Orange

SLOW events coming up...

Sun 8 May **The 34th Surrey Hills Races & Trail Challenge:**
Surrey Hills

Tuesday 17 May **Bushy Park Trail Challenge**

Sun 26 June **FROLICS Race:** Ham Riverside

Sat 10 September

The 4th City of London Orienteering Race: City of London



the exec



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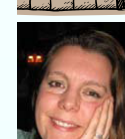
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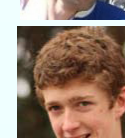
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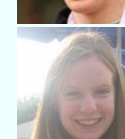
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Sue's Seat by Mike Murray

It has taken over 550 hours of work, over 2.5 tonnes of French and English Oak and the generous support of 14 relatives, friends and National Trust wardens to make a spectacular S shaped seat on the summit of Leith Hill the highest point in South East England.



With the design skills of son in law architect Christian [Kik] Froggatt. Mike Murray fabricated 113 parts [well, 115 counting the two mistakes] in his back garden and then the National Trust with its 4 wheel drive vehicles transported everything

to the site of the former tea hut on which the new seat now stands.

The Trust had been nagging for some time for Mike to make a replacement for a shabby bench which was sadly beyond repair and the idea of a curved seat began to evolve. Mike wanted groups to sit with those at each end being able to talk to each other and so the S shape evolved as a commemorative sculpture in memory of Sue who died last year after a long and brave battle against Cancer and Heart failure.

Sue's Seat ctd

On Saturday 4th December relatives and some of Sue's SLOW friends enjoyed a Barn Dance and then gathered the following morning to watch Sue's grandchildren cut ribbons draped across the seat and then enjoyed hot drinks and cakes. At one point over 60 people were seated on the 32 curved parts which are supported on 17 piers.

Leith Hill is a fitting place and was often the focus for walks, runs and bike rides and the National Trust is delighted with its new acquisition. Many walkers and riders rest on reaching the Tower and the new seat is some 150 metres to the South West of the brick and stone folly. Sue worked locally with children of all ages and was a popular and well known South Holmwood resident.

"Sue hated her middle name of Faith. Had she preferred it I could have made a capital F with straight lines and right angled joints" said Mike, "it would have taken a 1/3rd of the time, 1/3rd of the materials and 33 1/3rd times less fun".





MOC 2011 by Sarah-Jane Gaffney

On the last weekend of March, following a long and (in places) snowy winter, Ollie O'Brien and I headed off for a trip to the Trapani region of Sicily for three orienteering races and a host of "added extras" which made up the Mediterranean Orienteering Championships 2011. We were in good company – members of the Swiss, Swedish and Norwegian national teams, among others, also made the journey south, making the competition high and the British successes, including overall 2nd place for Sarah Rollins BAOC, 3rd for Miriam Rosen SROC, Peter Rosen SN and Carol Edwards TVOC, all the more impressive. Taking place around the beach resort village of Selinunte, near Castelvetrano, the event comprised of two sprint races and one middle distance. In Italian style, also to be enjoyed (and perhaps in some cases endured!) was a pasta buffet, live singing, a carnival parade, freshly squeezed orange juice at the finish and, importantly, superb weather.

There were some brilliant pre-race training opportunities for the organised tours, such as Park Work Tour Norway, including a race near Sicily's highest point, Mount Etna. A group even managed to make it to Malta and Tunisia, although Libya was sensibly struck off the list for the week's tour. Ollie and I arrived just in time for the first of the MOC races, an urban sprint in the old town of Sciacca. I mean literally just in time – legendary singer, Nick Manfredi, of "You and Me – the orienteering song" fame accidentally drove us an hour north to get to the event...instead of the expected 40 minutes south. After the adventure, he declared, "I am a singer, not a driver!"

Day 1 was a classic old-town sprint with the finish arena a riot of noise and colour thanks to a parade of fantastically dressed Sicilians marching and dancing. These extravagantly adorned folk, complete with "3-legged" hats –



MOC 2011 ctd

a Sicilian symbol – made the competition arena with its huge red finish arch, even more colourful. The dancing and general good atmosphere, along with ciabatta and orange juice for everyone meant that many were tempted to stay for the prize-giving.

Day 2 brought another sprint, but on completely different terrain. We were taken by bus to the old village of Gibellina, a short distance north of Selinunte. An earthquake destroyed the village and took many lives back in 1968. As a memorial, in 1985 the artist Burri preserved in concrete the old format of a section of the village so it became like a small maze, albeit without dead ends, called "Cretto di Burri". The rest of the map was hilly and covered in ruins. The race started by taking runners through an area of terraced land with parallel walls, often complicating and lengthening routes by restricting us to the available steps. A simple pair of road-based legs guided the course into the concrete maze and longer courses dipped in and out into another patch of complex ruins on steep hillsides. The finish was quite spectacular, being on a hill with a good view of the maze.

We managed to catch a lift with a coach load of Norwegians and a few familiar British in order to visit the new village of Gibellina, rebuilt after the earthquake as not only a replacement, but an artistic experiment. The town is crammed full of sculptures, paintings and interesting buildings, so was worth a brief tour before back to Selinunte.

To finish off the trio of races, a middle distance was held around the archaeological ruins of Selinunte. These were beautiful Greek temples surrounded by sand dunes and some tricky thick vegetation, forming another labyrinth of sorts (and this time with many dead ends to catch out anyone

MOC 2011 ctd

daring to drop concentration) and were great fun for an orienteering race. The race concluded with a couple of legs through the village before popping out on the beach for the finish. It was tough work – the unfamiliar heat after a long winter coupled with the hills tired the legs and the mind was kept active by varying terrain types. It was a scorching day and the sea was full of thankful orienteers – who needs showers?! Then it was the turn of the local restaurateurs to be grateful as we swooped in to fill up on pizza.

To wrap up the event, Sunday evening saw another prize-giving ceremony



S-J on the run in down the pier!

(giant cheques were presented to M/W21E on the pier earlier in the day), this time with traditional Sicilian folk dancing and music and prizes awarded to day 3 winners and overall winners (but disappointingly for some, 2nd and 3rd places did not receive anything or get called onto stage). It was held in a beautiful theatre in Castelvetro, also the venue of the pasta

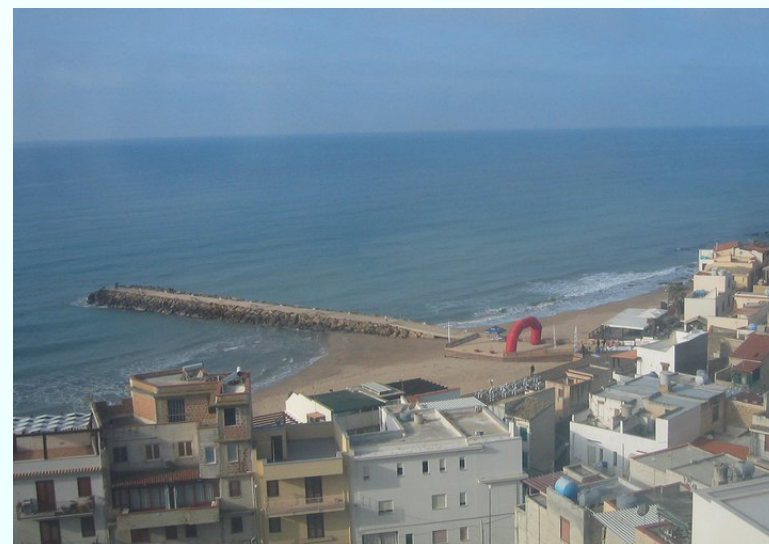
party. Nick Manfredi entertained later in the evening back at the event centre in Selinunte, but perhaps because of the separate location and various flights to catch, this part of the evening was marginally less attended as earlier events.

No prizes for the SLOW members in attendance as Ollie and I languished in

MOC 2011 ctd

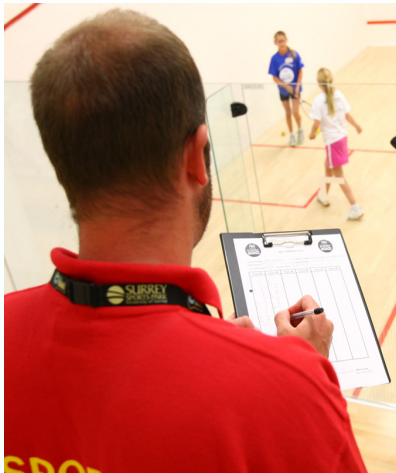
the middle-bottom of our respective (elite!) fields although we took back fond memories and in my case, a gashed knee following a hasty hairpin bend, and, just to go “one-up” on my injury, Ollie broke a rib falling in the rubble and ruins on day 2!

A gentle run along the beach before breakfast on the roof terrace finished off my trip to Sicily. I hope that this will not be my last orienteering experience with Park World Tour Italia – Gabriele Viale and his team once again put on a great show. I suspect that the Puglia 5 days (the 2011 event held 4 – 8 October) is also well worth the trip. As Ollie commented, “the orienteering is only part of the experience”. Added value really is what you get here, not only the event t-shirt and pasta party – which, given the fairly high entry fees of 70-95 EUR are not unexpected – but a cultural extravaganza in exciting terrain and beautiful surroundings.



View of the finish arena day 3 from the breakfast roof terrace!

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Please email the Active Surrey Coaching Development Officer, Suzannah Kelly on: suzannah.Kelly@surreycc.gov.uk or Tel: 01483 815962

The North Downs Way Relay: A history - part 2 (1989-1993 - the Sheffield years) By Andy Robinson

The story so far – SLOW hold the record for the 125 miles from Dover to Farnham, having cracked the 14 hour barrier in 1988.

Sheffield!! Why Sheffield? I suppose we should blame Mark Chapman – nothing new there then! Mark was an LOK member who had been to Sheffield University, and had been a leading (i.e. noisy) light in rivalry to SLOW for many years. He assembled a team with the objective of beating our record. They were broadly connected with Sheffield University, but included people who had been to Uni there, but now moved away and people who lived in Sheffield but had nothing to do with the University. However we weren't fussed about club affiliation; these were 16 top people who wanted our record, and we weren't going to let them.

In 1989 they failed dismally – they just hadn't done the preparation and were over 15 hours, whereas we had steeled ourselves for a big challenge to such an extent that we took a further 12 minutes off the record running 13-47-58.

But in 1990 they were back with a vengeance and this time they had done their homework. This was typified by Charlie Adams on the rough and tough leg from Hollingbourne. The previous year he rolled up in singlet and shorts and was shredded; this time it was rugby shirt and trackie bottoms and he stormed it. They recorded 13-39-50. Having seen them off once we were rather too relaxed and outside 14 hours.



The North Downs Way Relay ctd

That was the last that was seen of the Sheffield team. They'd broken the record and disappeared happy. We weren't though. That record was SLOW property. We'd lost it in 1983 and 1987 and re-taken it the following year. There were a lot of fast determined people in the club.

1991 and 1992 were very frustrating runs. Dover to Farnham is into the prevailing wind, and the weather was wet and windy both times. Compared to the benign conditions in 1990, the 1991 time of 13-46-40 was (quite possibly) better than the Sheffield record, and the 1992 time (13-42-05) mostly definitely a superior run.

The first few months of 1993 saw the fastest runners in the club checking on each other's fitness. Who was going to make the cut of the fastest 16? I'd already dropped myself the previous year due to illness and was no better this year. Was Neal Barlow going to be sufficiently recovered from Ironman Lanzarote? How were we going to replace the injured Tim Denton. Keith Tonkin rings me up to ask "If I pay SLOW a local membership can I get in your North Downs team?" The hardest bit was dropping Tim Seddon in favour of Guy Cory-Wright. Has Tim ever forgiven me? Probably not.

The final 16 were selected for sections of the Way that best suited their abilities and route knowledge. Their leg lengths were refined to have the best runners doing longer. This resulted in changeover places being selected that had never been used before or since. Optimum lines were discussed and last minute recces completed. The 13 hour 39 minute schedule was re-drafted many times. Even now I see



The North Downs Way Relay ctd

on my schedule/results spreadsheet that the last couple of team refinements never made the revised schedule.

12th June 1993 did not produce the best running conditions, though not as bad as the year before. It was of no matter. The preparation had been meticulous. The boys stonked it. This is the result.

		Start at		Run
Leg	Runner	Place	Grid Ref	Time
1	Andy Jones	Dover	308400	1:07:40
2	Andrew Leaney	Hungar Down	188388	53:38
3	Dick Clark	Brabourne	100426	48:42
4	Mike Elliot	Boughton Lees	O23473	55:12
5	Neal Barlow	Lenham Chest Hospital	921522	32:25
6	Trevor Jones	Hollingbourne	844544	52:13
7	Phil Barlow	Harp Farm	774600	52:44
8	Jerry Watson	Medway Bridge West	717673	1:24:16
9	Paul Boyes	Cotman's Ash	566598	58:32
10	Alan Leakey	Knockholt	465579	56:14
11	Tom Lillicrap	South Hawke	374541	40:22
12	Dave Harrison	M23 (200m South)	301537	51:31
13	Guy Cory-Wright	Headley Heath Approach	195513	27:02
14	Keith Tonkin	Ranmore	143503	44:08
15	Pete Haynes	Newlands Corner	O44492	38:35
16	Mark Walmsley	Compton	957477	49:02
Finish at		Farnham	844468	13:32:16

TOTAL TIME 13 hrs 32 mins 16 secs



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

By Andy Robinson

Those who have been in SLOW for only a few years will not recognise many names – and in a couple of cases are probably surprised to learn they used to be able to run that fast. Most of the rest are still on my Christmas card list, but if anyone knows what happened to the Barlow brothers, I'm curious.

It was to prove the end of an era. The ultimate had been achieved. From 1994 the format was changed to something that was more social with the other regular teams – fixed mass start for each leg to be precise. Although we still collected the David Earle Shield most years, enthusiasm was waning. In 1993 we had 3 teams. Listed above is the "Good" team. I ran first leg for "Bad" and second leg for "Ugly".

It soon settled down to just one SLOW team and of late that has become a struggle. Last year only 5 SLOWies took to the North Downs. Hence this blatant attempt to get some of you guys and gals out there.

The relay this year is 25th June

Details are on <http://www.guildfordorienteers.co.uk/northdownsrelay>

And to show your enthusiasm to run contact Paul Whiston on wizzo@tinyonline.co.uk



The North Downs Way: The Origin by Jim Mallinson

In school history lessons I remember we used to look at a variety of sources and compare the similarities and differences - in response to Andy's report on The North Downs Way in the last issue of SLOWprint, Jim has another side of the story to tell...

It was interesting to read the first instalment of Andy's history of the North Downs Way (NDW) Relay. He must have been writing it from memory as the origins are a little different from those recalled. Having access to all the old issues of SLOWPRINT (yes - going back all the way to Issue 1 - December 1976), it all started a little later than Andy thinks.

It was in the Spring of 1979 that about half a dozen clubs in the South East expressed an interest in the idea of a 'giant relay race along this 120 mile public way'. The rules were as Andy has outlined, but the first year met with 'some rather drastic alterations' having to be made. These were due to the fact that the NDW passed through the area to be used for the Southern Orienteering Championships in the September and was out of bounds to orienteers (although these were later postponed until February 1980). However, it was agreed that orienteers could run through the area, staying on the way-marked route, at **NIGHT!**

This dictated that the start was at Farnham with the finish at Dover (the opposite way round to how it has been run ever since) and the start was at 11pm (Friday 22nd June – the shortest night). Surveying the route was allowed – except for the certain area al-



The North Downs Way: The Origin ctd

ready mentioned, and running in pairs was allowed at night but no one could run more than once. And so the 'race' began.

The SLOW team of 16 runners (no doubling up at night) completed the 124 5/8 miles with 9800 feet of ascent in a time of 15 hrs 39 mins 28 secs, beating SN, by nearly 2 hours, and SAXONS, who trailed SN by about 15 mins. This was a new 'record' for running the NDW as SAXONS had previously run it as a relay on their own (in about 19½ hrs, but not as a race against other clubs).

This may also help explain the David Searle Trophy – as SAXONS were (I believe) the first club to run the NDW as a relay, and they have taken part nearly every year since (if not all years).

Club of the Year runner-up

SLOW was awarded "Club of the Year runner-up" and presented with a nice certificate at the British Orienteering AGM which took place in Belfast at the JK.

Well done us!



London Rat Race 2010 by Rachel Babbs

A week after SLOW's City Race, Central London was the setting for the biggest Rat Race to date. Essentially an urban adventure race, the format involves the 'Mean Streets' on Saturday evening, and 'Nine2Five' on Sunday. Competitors can take part in one or both formats of the 'Weekender'. Mean Streets is based on foot, Nine2Five mostly on bikes. The Mean Streets event is basically a big street O over two and a half hours, with some checkpoints involving activities.

Having seen last year's Mean Streets event taking place, I talked some friends into forming a team. The event centre was Potter's Field Park, blank maps were distributed at registration, then an hour before the start the locations of checkpoints were revealed and maps marked up. At this point checkpoint points values are not known, however you are provided with a hint as to what task will be involved at each, along with an estimate of how long each task would take.

To complicate the choice of route further the checkpoints closest to the start and finish were not open for the first and last half an hour of the race, and some checkpoints involved tasks that could be failed meaning no points awarded. My team decided not to select our route until the start when points values were revealed but did decide on a few options of possible loops based on how far we thought we could run in the allotted two and a half hours.

After a warm-up led by decathlete Dean Macey, 260 teams (mostly three's but some pairs) set off. The first few checkpoints were quite crowded before teams spread out across London. Some checkpoints didn't involve any activities, just dibbing the SI unit to pick up your points. My team stayed south of the river initially, climbing a tank in Bermondsey and picking up a few non activity checkpoints before heading back towards the start to visit some of the checkpoints that



London Rat Race 2010 ctd

had been unavailable for the first half hour. After traversing a climbing wall at London Bridge and rolling through the fountains next to City Hall, we crossed the river and headed west, past St Paul's, a dog leg onto Millennium Bridge against a tide of tourists and on along Embankment into the West End.

There was a cluster of checkpoints here, mostly without activities but the volume of pedestrians and traffic made it slow going. Heading north to Bloomsbury we were required twice to sing for our points, first busking (singing "In the Jungle" whilst trying to do our best monkey impressions) and then karaoke (Abba Waterloo), before bumping into Rafaella's team at the table football checkpoint in Shoreditch (who scored against us and we had to stay until we scored against another team). At this point, every second counted as precious time lost here made it difficult to make it to the finish in time, with point penalties for being late back. A long leg through the City and back over London Bridge to the finish, we were less than 12 minutes late so only received a 14 point penalty. According to my forerunner we covered around 22km. Some checkpoints we didn't visit included eating cockles in the East End, beer tasting in Holborn, urban golf, and an ice wall in Camden.

Results put us 20th in the Mean Streets only table (150 teams), other SLOW teams included SLOW Adventure (Pete and Vince) who came third.



Bridge Update by Dick Clark

SLOW Bridge Team Pummelled in Pall Mall

One of the good things about playing in The London Trophy is that we get to go to some classy places. This time it was The RAC Club in Pall Mall. We have played at the "country" residence in Woodcote a couple of times before, but this was a new experience.

Minimum standards of dress are even higher in St James's so it was an unusual pleasure to see Andy Robinson in sports jacket, collar and tie and no trainers. We enjoyed some sandwiches and then the match began. As usual Andy was playing with Peter Huzan and I was partnering Peter Foulkes. PF and I had played a couple of times before so it wasn't the usual untried combination.

Unexpectedly we held a lead at the break. In fact post match analysis shows we were 1400 points in the lead by board 4 but had subsided to 510 point advantage by board 12. The second half was a different matter with strong bidding by the RAC pair which we couldn't match and they emerged winners by 670 points. It is true I would have predicted a worse defeat against a team of regular players but having been in the lead it was a disappointment. Still as Andy says we stand more chance in the Plate competition for first round losers.

This hand showed good defensive skills by SLOW. Our opponents bid freely to 4H and a passive Spade lead came from West.