



# SLOWprint

## Summer 2011

Issue  
164

**Inside: Scottish 6 Day, City of London Race, Harvester, Frolics, North Down Way and more...**

### **SLOW AGM: 22nd November at Pizza Express Putney -**

please come along to make your contribution, listen to the discussion or simply enjoy the pizza. From 19.00 onwards.

144 Upper Richmond Road, London

Well done to Helen Gardner and Ed Catmur, who won the overall **Park Race series** [www.parkrace.org](http://www.parkrace.org) Now finished for 2011, the series attracted over 400 competitors. Thanks to the individual event organisers and planners, on-the-day assistants, the venue managers, and Scott Collier for editing the email newsletters

Coming up...**TRAIL CHALLENGE** half marathon (plus 12k and 6k)  
on 9 October at Richmond Park.

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

Enquires: email [trail@sloweb.org.uk](mailto:trail@sloweb.org.uk)

SLOW have won this summer's **F.R.O.L.I.C.S.** series of Saturday orienteering races around outer London and so have retained the London Bus trophy. Over 40 members of SLOW took part in at least one of the series of races. The club won the series by a single point from Mole Valley. LOK, the series organisers, were 3rd.

SLOW hoovered up medals at the **SE middle champs**, Aug 2011

Paul Whiston, Gold M40  
Charles MacMillan, Gold M20  
Jannie Haggard, Gold W21  
Amanda Barlow, Gold W35  
Teresa Turner, Gold W60  
Paul Nixon, Silver M21  
Charlotte Turner, Silver W21  
Dorte Torpe Hansen, Bronze W45  
Nick Taylor, Bronze, M21  
Evan Barlow, Bronze M35



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## SLOWprint on paper

This issue, we have decided to send all our members a printed issue of SLOWprint. We hope you enjoy it! With so much communication via electronic means these days, sometimes it can be nice to have a wee booklet to read while you eat your bran flakes or as a passenger on the way to an event. However, some of you might not want a printed copy, so feel free to email me at [slowprint@sloweb.org.uk](mailto:slowprint@sloweb.org.uk) and opt out of a printed copy. Use the same address, at any time of the year, to send me contributions for the next issue. This can be in any format—stories, comments, pictures, race reports, jokes, training tips, recipes...anything that you think other club members might like to read.

Sarah-Jane

## SLOW events coming up...

22nd November **SLOW AGM:** Pizza Express Putney

The Fifth City of London Race will take place on Saturday 22  
September 2012

followed by the Southern Championships in Epping Forest on Sunday

## A Nice Thought...from a member of SLOW

"Why I joined SLOW: Those brilliant street-O and park-O events in London.. and the City Race. Loads of people giving up their time on many occasions to enable others to take part."



# SLOWprint

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## the exec



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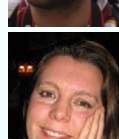
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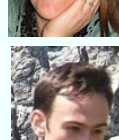
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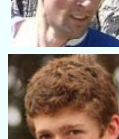
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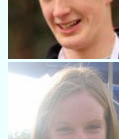
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### Harvester Relay by Ruth King

This year's Harvester Weekend - the 33rd in the event's history - was held on Saturday, 16th and Sunday, 17th July and was organised by ShUOC. The weekend was made up of a Middle Race around Bowden Housteads on the Saturday afternoon, an Ultrasprint around the camping field on the Saturday late afternoon, the Harvester Relay around Ecclesall Woods and Limb Valley on the Saturday night and an Urban Race around the village of Dore on the Sunday morning. The Harvester Relay also boasted a first in that it included the UK's first live GPS tracking which was available throughout the night for spectators both in the assembly area and at home.



The Middle Race Bowden Housteads terrain was runnable deciduous woodland with some open parkland around which competitors were invited to 'experience the noble ambience of Sheffield's ancient Manor'. The map scale was 1:7,500 which was useful pre-Harvester Relay preparation. SLOW members that took part in this race were Paul Street, Charlie Turner, Tim Smith, Sarah Brown and Christine Smith on the Blue course; Abi Weeds, Libby Schofield, Ruth King and Nicola Morris on the Brown course; and Nick Taylor, Dmitry Adamskiy and Vince Roper on the Black course.



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### Harvester Relay 2011 ctd

The main event of the weekend was, of course, the Harvester Relay. Ecclesall Woods was found to be a runnable complex suburban woodland broken into three parts by minor roads in which technical difficulty was provided by a mass of comprehensively mapped thickets. Limb Valley - only visited by the long courses - was formed by the grounds of an old country house and included a steep forested hillside in the North and West of the area and a vague wooded flat area. SLOW fielded five teams in the Harvester Relay this year - one on the A course (the SLOWcialites made up of Matthias Mahr, Ben Smith, Nick Taylor, Dmitry Adamskiy, Dan Findlay-Robinson, Charlie Turner and Paul Couldridge) and four on the B course (the SLOW Hyenas (Open) made up of Tim Smith, Pete Huzan, Heather Walton, Dorte Torpe Hansen and Tim Scarbrough; the SLOW Bobcats (Women) made up of Sarah Scarbrough, Helen Gardner, Jayne Sales, Libby Schofield and Sarah-Jane Gaffney; the SLOW Foxes (Handicap limit 26) made up of Vince Roper, Andy Robinson, Don McKerrow, David May and Paul Street; and the SLOW Bandicoots (Women Handicap limit 26) made up of Christine Robinson, Ruth King, Christine Smith, Nicola Morris and Sarah Brown). The team to achieve the highest final result was the SLOW Bobcats team who came 2nd in their category with a total time of 311.56 minutes (1st was the SYO Night Ladies team - the overall winner of the B course - with a total time of 267.21 minutes). The SLOW Hyenas (given a super start by Tim Smith on Leg 1) and the SLOW Foxes came 4th and 6th in their categories respectively. The SLOWcialites achieved 10th place (out of a total of 26 teams) on the A course with a total time of 513.14 minutes.

The Urban event - a 1.5km jog away from the camping field - completed the Harvester Weekend. Nine SLOW members took up this final challenge with Nick Taylor, Dan Findlay-Robinson, Helen Gardner, Dmitry Adamskiy and Ben Smith completing the A course and Jayne Sales, Ruth King, Christine Smith and Charlie Turner completing the B course. Tired legs were the order of the day but the courses were good, containing a range of leg lengths with some degree of decision making needed on most of them. Matt Crane of BOK was victorious on the 5.9km A course with a time of 34.37 minutes, with Nick just five minutes behind with a time of 39.53 minutes.

Thanks to Pete Huzan (who had a good run on Leg 2 of the B course for the SLOW Hyenas) for coordinating and organising the teams. And thank you also to all the SLOW members that stayed up throughout the night to



## Harvester Relay 2011 ctd

cheer our runners out into the woods and then back in again at the end of their courses. Being able to track the progress of team members by looking at the screens to see when runners had punched through the road crossings and the last control also added to the excellent atmosphere.

## City of London Race

SLOW were out in force for the fourth City of London Race. 1109 runners from more than 28 countries took part in this year's race, which was based around the Barbican in the City.

A quick round-up of top-10 placed SLOWies: Ed Catmur (5th M Long), Helen Gardner & Abi Weeds (5th & 6th W Long), Nick Taylor (2nd M Short), Chris Robinson (7th W Super Vets).

Well done to all who took part in the organisation and the race itself. More to come in the autumn issue of SLOWprint.



## SLOW retains the FROLICs trophy ... just

by Peter Foulkes

**SLOW has won the FROLICs title for a second successive year, finishing a single point ahead of Mole Valley.**

The FROLICs is a series of 5 races on consecutive weekends; all run on a Light Green course. To allow orienteers of different ages and abilities to compete on a level playing field, each runner is given a handicap – a number of minutes to be subtracted from their raw finishing time. Each person's handicap is based on a combination of their age, experience and gender.

After subtracting the handicap times, the runners are ranked in time order. The handicap-adjusted winner is awarded 100 points, second 99 points and so on but with only the top 6 runners from each club eligible to score. The total points for each club are then compared. The club with the highest number of points for that event receives 20 points, the second placed club 19 points, etc.

The final twist in this convoluted scoring system is that only the best 4 club scores from the five events count to the overall club competition.



For 2011, thirteen clubs competed – all of them sending runners to at least 4 of the 5 events.

The first event of the series was hosted by SLOW at Ham Estate. This was an unusual event as approximately half of the course was run around a local urban area, the remaining half through fields and trees. In their home race, the SLOW team was out in force with 20 runners. Six of them finished in the top 14 frolic-adjusted



### Frolics 2011 ctd

places, which was comfortably enough to ensure SLOW was the highest place team. Well done to Ed Catmur who finished with the fastest raw time and to Helen Gardner who finished 2<sup>nd</sup> after handicap adjustments – the best that a SLOW runner achieved in any of the Frolic races. Well done also to Ned Foulkes (M14) who had the first of his 3 scoring races at Ham in a race otherwise dominated by much more experienced orienteers.

Far fewer SLOW runners attended the second event hosted by Happy Herts, but those who did scored well and SLOW finished second behind the hosts (who dominated the event with four of the top five finishers).

Mole Valley staged the third event. They were the only club not to have their best performance in their home event, which was won at a canter by SLOW (69 points ahead of LOK in 2<sup>nd</sup> place - the joint highest winning margin of any of the events this year). SLOW dominated the raw results with Dmitry Adamskiy, Ben Smith and Matthias Mahr the top three finishers and 10 of the top 17 runners representing SLOW.

The penultimate event at Hampstead Heath was held the same weekend as the Harvester. Despite the fixture clash, the event was one of the better attended and MV took their first win of the series with LOK and TVOC also finishing ahead of SLOW.

That meant that first or second in the final race would be sufficient for SLOW to retain the title they won in 2010 and MV needed to finish 2 places above SLOW (and in the top two) to prevent a SLOW series win.

MV did manage to win the final event hosted by DFOK at Happy Valley, but second place for SLOW was enough to ensure they retain the trophy.

Over 40 runners competed for SLOW in this year's series, with 23 of them scoring



### Frolics 2011 ctd

points, and many others only just missing out – a real team effort. Well done to everyone who competed, especially those who scored, listed in the following table.

	Total	1	2	3	4	5
Peter Foulkes	235		74	98	63	
Ned Foulkes	233	89	71		73	
Dimitry Adamskiy	189		93	96		
Ben Smith	177		84			93
Mike Garvin	165			89	76	
Helen Gardner	99	99				
Yehuda Alon	97	97				
Edward Catmur	96	96				
Richard Catmur	95		95			
Anja Stratford	95	95				
Abi Weeds	93			93		
Raffaella Marin	92					92
David May	91			91		
Dan Findlay-Robinson	90	90				
Vince Roper	89					89
Pete Huzan	88			88		
Jessica Davies	83		83			
Andy Robinson	83					83
Roger Walker	79					79
Phil Marsland	78				78	
Andrew Hibbert	72				72	
Graham Law	70				70	
Casey Foulkes	68					68

### Team Events 2011 by Pete Huzan

Here is a brief roundup of the team events in 2011. The Compass Sport Cup final is at Longshaw, Sheffield on 16<sup>th</sup> October. There will be a report on that in the next SLOWprint.

(January) COMPASS SPORT CUP REGIONAL ROUND – This race at Ranmore Common was so close & we finished just ahead of Happy Herts, Southdowns & Southern Navigators. There was just 36 points (out of 2200) separating the teams. Our 25 top scorers were Ed Catmur (3<sup>rd</sup>), Phil Marsland, Paul Nixon, Matthias Mahr, Paul Couldridge, Evan Barlow, Helen Gardner (1<sup>st</sup>), Becky Kingdon, Charlotte Turner, Anja Stratford, John Dowty, Alan Leakey, Andy Robinson, Andy Jones, Don McKerrrow, Diane Leakey (3<sup>rd</sup>), Sarah Brown, Chris Robinson, Karen Jones, Mike Murray, David May, Anne May, Teresa Turner, Gustav Lindeborg (1<sup>st</sup>) and Alvaro Corral.

(April) JK – We had a big club presence at this event at Easter in Northern Ireland. The relays were held in complex sand dunes. In the Women's super vets (W165+) Chris Robinson, Anne May & Diane Leakey got the bronze. The Women's open team were 13<sup>th</sup> & Men's open team were 25<sup>th</sup>. We also got an 8<sup>th</sup> in the M165+ class. We had 13 teams overall.



(May) BRITISH CHAMPS – The relays were on a tricky area, Tankersley near Sheffield. Our Men's & Women's open teams were 10<sup>th</sup> (Paul Couldridge, Tom Cochrane, Ed Catmur & Helen Gardner, Libby Schofield, Anja Stratford). We had 13 teams overall.

(July) HARVESTER - The Harvester returned to Ecclesall Woods near Sheffield. It was the scene of the first Harvester in 1978 where SLOW won. Charlie Turner was in that team 33 years ago! It was great to have 5 teams running and it was possible to follow the race with GPS tracking. The Women's team came 2<sup>nd</sup> (Sarah Scarbrough, Helen Gardner, Jayne Sales, Libby Schofield, Sarah-Jane Gaffney). The Men's team were 10<sup>th</sup>.



### Team Events 2011 ctd

There was new enthusiasm for night orienteering from a few people which will be good for next year. Ralph Street (ShUOC/SLOW) was one of the planners.

(July) UK RELAY LEAGUE – The JK, British, Harvester & Scottish relays all count in the UK Relay League. The women finished 6<sup>th</sup> (2<sup>nd</sup> best outside of Yorkshire/Scotland behind OD), & the men 15<sup>th</sup> (4<sup>th</sup> best outside of Yorkshire/Scotland behind Nottingham & two Bristol teams).

There were a few more team races:

(February) SOUTH-EAST TEAM SCORE – We put these on in Richmond Park, and went on to win. Runners had 60 minutes to get as many points as possible. Our winning team was Ed Catmur, Phil Marsland, Evan Barlow/ Matthias Mahr, Gustav Lindeborg, Thomas Lindeborg, Anja Stratford, Carys Morgan, Pete Huzan, Don McKerrow, Diane Leakey, Casey Foulkes and Chris Fry.

(May) SOUTH-EAST RELAYS – We got victories for both the Women & Men at Kings Wood, Challock in Kent. Well done to Jayne Sales, Dorte Torpe Hansen, Sarah Scarbrough, Evan Barlow, Jevgenijs Petrovs & Paul Couldridge. We also got 2<sup>nd</sup> place on the men's course.

(June) JUKOLA – The Jukola & Venla relays in Finland are the biggest in the world with about 15,000 runners taking part. For the second year, we had a SLOW presence. Our men were 851<sup>st</sup> and women were 791<sup>st</sup>. In 2012 the races are very near to Helsinki airport so hopefully we'll be there again.

(June) NORTH DOWNS WAY – This is a 200km route with 16 in each team. Congratulations to SLOW for coming first, winning commemorative mugs in the process! The team was Mike Garvin, Paul Whiston, Simon Evans, Pete Huzan, Nick Taylor, Ed Catmur, Heather Walton, Jeff Armitage, Helen Gardner, Andy Jones, Ollie O'Brien, Karen Jones, Mike Farmery, Brooner Brown, Dmitry Adamskiy & Karen Hillary.

(July) FROLICS INTER-CLUB SERIES – The scoring for this includes adjusting times based on age category & experience so lots of people have a chance of scoring for their club. We retained the London Bus trophy at the end of the 5 races, with lots of different people contributing.

### Team Events 2012

Remember that the team events are for everyone to take part in! Here are some dates & locations to whet your appetites for next year:

19 February - COMPASS SPORT CUP REGIONAL ROUND.

6-9 April - JK, Scotland (sprint near Edinburgh, then individual & relay near Pitlochry).

5-6 May - BRITISH CHAMPS, Lake District (Dalegarth, Helsington Barrows, & a Kendal urban race on the Monday).

Triumphant W165 relay team



3 June – SCOTTISH RELAYS – near Braemar, part of the 4-day Jubilee weekend.

5 June – SOUTH-EAST TEAM SCORE – Balcombe, Sussex.

16 June – SOUTH-EAST RELAYS – Bagshot Heath.

16-17 June – JUKOLA – Helsinki.



### Scottish 6 Day 2011 by Sarah-Jane Gaffney



Oban, in West Scotland, was the setting for the 2011 Scottish 6 Day, and saw a substantial group of SLOW members make the trip up north to enjoy the fine terrain, haggis and chips, pouring rain and gorgeous sunshine, not to mention the SLOW tea party. Kindly hosted by Nicky Morris, Ruth King and Christine King at a



fabulous cottage with its own beach, the tea party has been an annual tradition following the premature death of a much-loved SLOW member, Kate Thomas, who left the club a kind gift of £2000 to spend on a tea party each year for 10 years. It is a lovely time for us to look back on the club over the year and also to meet and get to know new members and those we've lost contact with.



Congratulations to everyone involved. See the following page for those who completed the week - top 6 in bold!





### Scottish 6 Day 2011 SLOW results

#### The Lads

##### 2nd Alexander Roach M18S

12th Paul Nixon M21E  
 15th Dan Findlay-Robinson M21L  
 18th Edward Stott M21L  
 22nd Oliver O'Brien M21L  
 28th Evan Barlow M21L\*  
 27th Tim Smith M21S  
 47th Guy Hiddleston M21S  
 26th Evan Barlow M35L\*  
 19th Jon O'Donnell M40S  
 46th Vince Roper M40S\*\*  
 50th James Morris M40S  
 59th Peter Huzan M45L  
 73rd Gordon Parker M45L  
 21st Alan Leakey M55L  
 36th Charlie Turner M55L  
 40th Don McKerrow M55L  
 74th David Roach M55L  
 79th Yehuda Alon M55L  
 69th Marco Bonafini M60L  
 17th David May M65L  
 61st Vince Roper M65S\*\*

##### 3rd Egil Ronaess M70L

\*Evan ran M35 on days that counted towards the Masters Cup

\*\*Vince hurt his ankle and changed to a shorter course

#### The Ladies

18th Sarah-Jane Gaffney W21E

##### 5th Libby Schofield W21L

18th Ruth King W21L  
 19th Christine Smith W21S  
 33rd Rosa Bonafini W21S  
 53rd= Emma Cochrane W21S  
 9th Carys Morgan W35L  
 10th Nicola Morris W35S  
 15th Karen O'Donnell W35S  
 22nd Amanda Barlow W35S  
 65th Heather Walton W45L  
 64th Daphna Alon W45S  
 63rd Gail Parker W50L  
 65th Maggie Roach W50L  
**6th Diane Leakey W55L**  
 15th Monika Bonafini W55L  
 5th Anne May W60S  
 10th Teresa Turner W60S  
 10th Anne-Lise Blomhoff Ronaess W70L



### SLOW in action at the Scottish 6 day 2011

Libby gracefully clearing the fence



Well done to Evan Barlow who pipped Alex Roach to take the all-important win in the SLOW knock-out run-in competition! Commentator Mike Edwards guessed what was going on and gave the game away to all as the familiar blue and white clad Londoners came in to the finish at blistering speed.



Dan screeching to a halt

Proud Barlows!



S-J glad to be nearing the finish



On a personal note, I'd like to thank the many SLOW members who looked after me after my luggage arrived two days late thanks to an airline mix-up. I really felt the club "family feel" particularly from Don, Pip and Nick McKerron, Libby Schofield and Vince Roper who kindly provided me with a roof over my head and some decent dinner! Sarah-Jane



### North Downs Way 50-Miler: The View from the Back by Dan Findlay-Robinson

So 5am dawns and it's a drizzly start for the day as Ed and I mooched from the hotel to Polycarp school, munching down instant porridge and thinking this weather's damn perfect for a nice cool run.

The registration room is a hive of activity full of emaciated runners and their doting families, come to watch them do 'something stupid' as I heard one woman announce. Then it was off to the start.

The start was a low key affair, a Centurion start banner up on the banking and casual groups of runners loitering with intent. Also some mad woman in a bright pink tracksuit being loud up at the front – far too early in the morning for this. Couldn't decide if I'd gone off too fast but it felt about 10min miling which is what I thought would be a sustainable pace for the start. Was tucked in behind a group of the leaders and was just concentrating on zoning out and letting the time pass, when I was confronted by Ed and a mass of the leaders coming back towards me.... we'd missed a turning, en route back to the route I caught my foot on a tree route and went down hard – kit everywhere and it turns out I lost my spare waterbottle here... by the time I got myself sorted everyone had gone and upon rejoining the route I was right at the back, so had the fun task of passing everyone for the rest of the course.

It was difficult at this point as I still felt good but was conscious there was still a long way to go and I didn't want to blow it so was concentrating on staying easy. Got to checkpoint 1 ok and enjoyed the coke on offer and some jelly babies and cracked on.

Reached checkpoint 2 (13.1 miles) in 2hrs and 8 min which meant an average pace of 9:46, so about 30min slower than for a half – bout right pacing i think. This was where I'd finished my leg of the NDW relay so knew the route – also amused myself going past The Good Intent where we have the post race beers, bit early at eight in the morning for a beer, the next few hours went quickly with hitting Box hill checkpoint at 4hrs 7 min and considering by now I was using even minor inclines as an excuse to walk (conserving energy valid technique in Ultras) the slog up to the top of box hill was a grind, best thing being that the sun came out – 23.4 miles in and still feeling fairly fresh.

Lovely views on the next leg – and called back 3 guys going off route although by now I



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### North Downs Way ctd

was usually running all on my lonesome.

The 31mile checkpoint was a big boost cause it meant I'd dropped the marathon and considering the furthest I'd ever run was 19 miles previously felt damn good. Went about 200m off route on this point and brought a group of about 5 souls back on course who also had made the same mistake in front of me, However we met a guy who'd set up his own impromptu aid station down by the bridge over the M25 – well needed, as after Isoing my spare waterbottle was running very low on water between stations. Hooked in with an Australian woman at this point who was trying to beat her sister in law and the pair of us took turns in trying to drop the other, bumped into a guy who'd got massively lost and ended up crossing the M25 at ground level!!!!!!? who tried to convince us we'd missed a checkpoint, we were certain we hadn't but the doubt was in so it became a mental challenge to not walk when it got tough over the next few miles as if we had missed it we were disqualified and if we hadn't where the bloody hell was it cause it should be there. Eventually after slogging it up to the highest point on the downs it was there thank god...

I wandered in obviously a bit dazed as the guys on there managed to take my water bottle and refill it without me noticing, they then gave me crap about doing the Baby boys course and that I only had an easy 7 miles left, I said thank god, took a wrap and another coke and strolled off down the route muching. In the meantime my Australian had done a smooth handover with her husband, swapping camel backs on the move getting a munch on and continuing – slick (turns out she was the leading lady)

Felt good only 7 miles left how hard could that be? Turns out reasonably hard, found it hard to get going again after the aid station, but eventually picked it up again, got passed by some guy who was flying and took me just as we passed some guy who told us 3 miles left... legs pretty much fell off at this point but a text from Rhesus told me to suck it up and get on with it... so thought f\*\*\* it, how hard can 3 miles be and pushed it.... or thought I pushed it, felt hard work anyway and took 5 people in this section including the guy who passed me his quads had gone, and the Australian let me past with 3/4 of a mile to go, saw the leading 3 on the 100 go past all looking far too good. 'Sprint' finish nearly saw me flattened at the road crossing but came in respectably.

Felt good – woman at the finish did me a brew – awesome. Then saw Ed looking fresh having just finished his pint and coming in 2nd about an hour and a half ahead. So



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### North Downs Way ctd

settled down to wait for a bus with a Guinness courtesy of Mr Catmur.

So I'm wondering if that technically classes us as Ultramarathoners? If it does I can say that apart from losing focus when I thought I'd missed a checkpoint, was awesome time flew and the views were awesome, being able to break it down into legs between aid stations rather than thinking about the whole thing. Its more a mental challenge at this level than a physical one and I could handle that...think its a different ballgame with the 100.... now wheres that entry form for the Thames Path 100?

Also a big thank you to my text 'cheerleaders' who kept me going and feeling loved on the hard lonely road.

### Urban Orienteering - London Style by Janice Nisbet ESOC

Some of you may know that I am working in London until Easter on a secondment. After work, and after I have taken off my Armani look-alike suit (my temporary employer is in Mayfair, so I have to look the part but don't have the cash for the real thing), I am taking the opportunity of trying out what is available on the orienteering scene.

This has principally comprised street orienteering after work and I have been to two events so far, where I have found myself running round in circles in the darker back streets of central London, dodging tourists and traffic - a slightly masochistic activity, some might think.

Both events had the same format, i.e. a one hour score event with clues to answer rather than flags and punches, followed by a get-together. I didn't know what to expect when I turned up at the first event, which was based in a sports centre in Hampstead - £1 to get in and a shower after the run. After a quick change into running gear, I was handed a map which was nothing like anything I have used before for orienteering. It consisted of black lines – unbroken lines for roads and dotted lines for pedestrian routes, but nothing else. No buildings, railway lines, contours, or colours to show grassy areas. With hindsight, I think the scale was 1:10 000. Anyway, off I went and quickly picked up a cluster of high scoring controls surprisingly close to the start. I soon found out why, when I turned a corner and realised that an unlit Hampstead Heath stood between me and the rest of the course. Going round wasn't an option, as it would have





### Urban Orienteering ctd

taken too long, so I turned off my head torch, made myself as inconspicuous as my high visibility jacket would allow, and set off into the darkness. In the event, no one else was around and I was soon back on the streets and heading for further controls. It was fairly hilly and in the absence of contours difficult to judge speed so I was a bit pushed for time as I left the last control and set off for the finish, only to realise when the sports centre didn't appear that I had gone horribly wrong. Fortunately, I stumbled across the tube station I had used when coming to the event and just made it back to the finish in time.

The clues were well chosen and most were fairly obvious once you got to the area, although I did a bit of circling looking for pub and shop signs. It was, however, very important not to lose contact with the map as there was very little information available to aid relocation. A head torch wasn't really necessary, as there was plenty of street lighting, but I set mine on flashing red to make myself more visible to traffic. The organisers had booked tables at a local pub for after the event, and I had a pie and pint while we waited on the results and compared routes. And I realised I had run straight past two controls I could easily have picked up.

The second event, in central London near Holborn, went one better on the social side and was actually based in the basement bar of a pub. This event took in some of the area used for the last London city race, although it had the same squiggly black line map rather than the O map used for that race. It was rather more difficult than Hampstead, as the whole area was a rabbit warren of narrow roads, squares, vennels, courtyards and dead ends. And again extremely difficult to relocate if you lost contact with the map, as none of the main landmarks was marked. I bounced off the river a couple of times and guessed where St Paul's had to be on the map when I came across it, which helped. I also wasted a bit of time on the clues, on one occasion spending ages on "number of shop", only to realise that the clue said "number of sheep" and I was standing next to a statue of Bo Peep. Another clue, looking for a historical date, stumped me until I realised it was on a picture in a nearby museum shop window.

Unsurprisingly, I got nowhere near the number of controls sites I had intended to visit. Back at the finish, after a change of clothes and a wash in the pub loos, it was a pint (and fish and chips this time) followed by a comparison of routes. I was quite pleased with my run until I realised that a very large proportion of the other competitors had at least double my score. Probably not just local knowledge – crossing central London roads took a bit of getting used to for a country bumpkin.

Did I say masochistic? Both events were great fun and well organised. Well done London.

Janice Nisbet



### SLOW Street-O returns

Returning again to brighten up your winter Tuesday evenings is the popular Street-O series, which consists of a number of urban "score" style event, suitable for ALL standards, held usually between 18.30 and 19.30, followed up by a laid-back social generally at the same pub which acts as the start and finish. See the website [www.sloweb.org](http://www.sloweb.org) for more details as the events approach or email [streeto@sloweb.org.uk](mailto:streeto@sloweb.org.uk). Bring a pen to write down the answers as well as your SI-card (you can also hire SI-cards). See pages 18-19 for the Street-O experiences of a non-London orienteer.

Date	Venue	Organiser
13 September 2011	Rotherhithe	Mike Garvin
11 October 2011	Putney	Dorte Torpe Hansen
8 November 2011	Aldgate	Chris Wroe
13 December 2011	Clapham	Angus Lund
10 January 2012	Marylebone	Bryn Monnery
7 February 2012	Brockley	Eoin O'Callaghan
13 March 2012	South Kilburn	Dan Findlay-Robinson
17 April 2012	Borough	Evan Barlow
8 May 2012	Southfields	Nicky Morris

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