



SLOWprint

Summer - Autumn 2012

Issue
166

City of London Race 2012



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Croeso 2012

A small but cheerful SLOW contingent made it to Aberystwyth in July for the Welsh 6 days, which combined open fells with a forest middle distance and an urban university campus race to finish. Thanks to Marco & Monika Bonafini for their photographs.



Happy Autumn SLOW

Orienteering flags are orange and white now instead of red, to aid visibility for colour-blind people who have trouble differentiating between red and green. While this may or may not be common knowledge among the experienced orienteering community, I was impressed to read it over breakfast in my local newspaper in Stockholm. In an article about the 25-manna (25 person relay in Sweden), one of many about orienteering, they explain the upcoming race and interview one of my club members. I love to see orienteering in the press. I hope Mrs H's (Lynden Hartman, HOC) publicity campaign is going well.

Thanks to everyone who contributed to this issue of SLOWprint. Not only does it show how diverse orienteering is becoming (check out the map segments!) and some top results from SLOWies, but it also celebrates how we have worked together as a club to coach and develop each other, to host superb events and to recognise the efforts of each other. A club to be proud of!

Don't miss...

The upcoming **SLOW night series**, held on the last Tuesday of the month

Starts usually between 18:30 and 19:30 in a pub offering food and drink afterwards.

Price £3 (£2 For SLOW members)

Tues 30th Oct: Richmond Park

Tues 27th Nov: Wimbledon Common

Tues 29th Jan: Richmond Park

Tues 26th Feb: Wimbledon Common

SLOW AGM

19th November at Pizza Express

Upstairs Function Room in Putney,

144 Upper Richmond Road

Eat & Drink 19:00

Meeting 20:30



The order has gone in for the new **club jackets** and they should be here before Christmas. In total 41 members have ordered, so it will be easy to recognise SLOW - not to mention it will look great on the podium! We have ordered a few spare in different sizes in case you missed the deadline. Contact Dorte at secretary@sloweb.org.uk

the exec



Chair **Don McKerrow**
chair@sloweb.org.uk



Vice-chair & Park Race co-ordinator
(trail co-ordinator needed!)
Dan Findlay-Robinson
trail@sloweb.org.uk



Fixtures Officer
Andy Robinson
fixtures@sloweb.org.uk



Treasurer **Angus Lund**
treasurer@sloweb.org.uk



Equipment Officer
Chris Fry
equipment@sloweb.org.uk



Social Officer
Libby Schofield
social@sloweb.org.uk



Secretary
Dorte Torpe Hanson
secretary@sloweb.org.uk



Membership (& lifts)
Teresa Turner
membership@sloweb.org.uk

Club Captain (men's)
Pete Huzan
captain@sloweb.org.uk



Club Captain (women's)
Ruth King
wcaptain@sloweb.org.uk



Development Officer
Chris Robinson
development@sloweb.org.uk



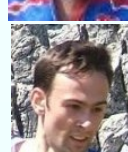
Publicity Officer
Evan Barlow
publicity@sloweb.org.uk



Coaching **Paul Couldridge**
coaching@sloweb.org.uk



Online editor
Ollie O'Brien
webmaster@sloweb.org.uk



Street-O coordinator
Paul Nixon
streeto@sloweb.org.uk



SLOWprint Editor
Sarah-Jane Gaffney
slowprint@sloweb.org.uk



The City of London Race 2012

SLOW's flagship event took place on sunny Saturday 22nd September with its event centre at the Macadam Building, Kings College, just north of the river near Temple. See following pages for course winners and SLOW results.

Planned by Jayne Sales & Ian Webb on the ever-expanding map of London, the input from a vast number of SLOW members led to a top-class event and hopefully has left SLOW proud and not too exhausted. Thanks and congratulations to organisers Ollie O'Brien and Vince Roper, controller Alan Wallis and to all involved.

Press Release by Ollie O ' Brien (mapper & organiser)

A cold but sunny London welcomed well over 1000 orienteers and runners to the 5th City of London Race on Saturday, including nearly 300 from overseas. With just under 1200 crossing the finishing line on Victoria Embankment, this year's race was the second biggest dedicated urban orienteering race in the world, second only to the Venice Street Race. There were plenty of smiles on crossing the finishing line and participants took to Twitter after their run – #cityrace at one point becoming one of London's top Twitter trending topics.

Competitors started this year's race running through the courtyards of the beautiful and historic Inner & Middle Temple before taking on the City of London's streets and alleyways, with the top courses visiting the confusing multi-level walkways in the Barbican Estate and Guildhall. Runners then navigated through Bloomsbury, across Fleet Street and back down to the River Thames to the finish line.

After a strong start, Romualdas Stupelis relinquished the lead on Men's Elite at the half-way stage, making a crucial navigational mistake in the tiny passages around the Blackfriars area, allowing top international Peter Hodgkinson to take and hold a slender lead to the finish.

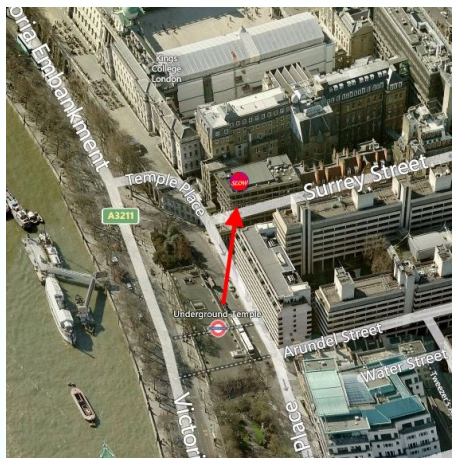
In the Women's Elite Race, Mhairi MacKenzie had an excellent start and a strong finish – a one minute mistake in the middle section of the course allowed second place Abi Weeds to take the lead, but Mhairi fought back in style to win by nearly a minute in a strong field.

Men's Elite Top 3 – 8.8km course (estimated shortest possible route 13.5km)

1. 51:53 Peter Hodgkinson (Oxford University OC)
2. 52:19 Romualdas Stupelis (Harlequins OC)
3. 52:56 Dave Schorah (Deeside OC)

Women's Elite Top 3 – 7.7km course (estimated shortest possible route 12.0km)

1. 51:45 Mhairi MacKenzie (West Cumberland OC)





City Race ctd

2. 52:31 Abi Weeds (SLOW)

3. 54:50 Simona Karochova (Kotlarka Praha – Czech Republic)

The City of London Race, organised entirely by SLOW volunteers, continues to grow in stature in the international orienteering and London running scene, with tentative plans to take next year's race east to the gleaming towers of Canary Wharf and the waterways of the Isle of Dogs.

Facts & Figures

The City of London Race was first held in 2008, organised by Oliver O'Brien and "Brooner" Brown. It was based in Broadgate in the east of the City of London and attracted 400 competitors.

This year's City of London Race covered the western part of the City of London, as well as parts of Westminster, Camden and Islington boroughs. The race assembly was based at King's College London Students Union. There were 13 courses available, ranging from Children (U12s) to Men's and Women's Ultra Vets (60+). The most popular course was Men's Super Vets, followed by Men's Open.

The City of London Race is Britain's largest standalone urban orienteering race, and the largest annual non-Championship orienteering race in the UK. The only larger urban races to take place in the UK are as part of orienteering festivals, such as the Welsh 5-Days. Only Venice is larger internationally, the race now in its 35th year and having 3-4000 competitors each year.

SLOW's David Roach made it round his course quite happily, despite doubts from onlookers! "Doesn't look like you're going to make it" - was the encouraging comment to (in David's own words) limping M55 by Camden Council bin-man at 12th control, London City Race. (See page 22 for some rather more inventive distraction during an O-race.)

Comments pinched from Attackpoint, with focus mainly on course 1 M21E:

This race was WICKED!!

I have always been rather critical of city races, they are usually just a very boring long sprint race minus the interesting navigation and quick thinking. However this race well and truly shut me up. The early short legs were fun and intricate, then I saw an "easy long leg" coming up to #4 and promptly got caught out losing a minute.

Then I got into the Barbican. At #9 I actually stood stock still for 15seconds until I finally spotted a valid route to #10. Then I had a pretty intense time trying to follow it, getting very confused on the section of map that I had previously studied in the final details. Turns out at the finish that I missed the optimum route but still won the split because nobody else saw it either.

Basically I had a brilliant time, making mistakes on more controls than I can remember for many a race. And this was before I looked at routegadget and saw all the other routes I cocked up. Lovely day out. Inspired me to get on with making the Oxford City Race (20th October - PLUG) just as good as this. *(Peter Hodgkinson, M21E winner)*

After puking my guts up at 1 in the morning I wasn't sure if I would run but I wasn't too bad in the morning and glad I got out for a run.

Started off ok but then got caught out on the route choice to #3. I knew that I couldn't get through the gate but I didn't read far enough ahead to pick the best route.

I used the long leg to 4 and 6 to make sure I nailed the Barbican. I planned the route to 10 at 9 but got it right with only a little hesitation before going up the ramp.

Pretty clean to 16 but then didn't see the closed gates until I got to them for 17.

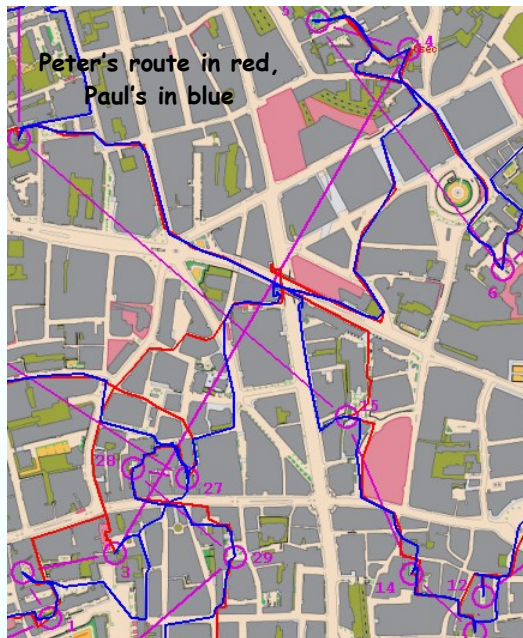
The stairs to the north of 20 annoyed me as just before the bridge is olive green and I assumed that the stairs after the

bridge were green as well. This meant I went S for 20 and 21 and lost about 45 seconds. Clean to the end and pleased with the result. I think I just made less mistakes than others *(Paul Couldridge, 6th M21E)*

Really enjoyed the day, I wish I could have stayed the weekend to explore London. *(Simon Errington, M20, 32nd on M21E)*

Up early for the 7.13am Eurostar. Feeling a little tired after getting in from Korea around 9.30 last night, but really up for this great race - one of the most fun on the calendar. Great day for a run - 16 deg and slight cool wind. Started out by having 4 controls in the Inner Temple, which were quite tricky at speed. Hit them all well though. Felt surprisingly strong for not having done much training in recent weeks and all the travel of the previous few days. Had a few longer legs where I just felt I couldn't run fast enough and knew the speedsters would be burning up the streets. Made one poor route choice that probably cost around 30-40 secs according to the splits. Didn't see the better route till well after the race. So overall feeling pretty good about this result and happy to have yet another fun race in London. Wonder where they will go next year?

(abridged version of comments by Anthony Cox, 13th Mens' Super Vets)





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City Race results

Men's Elite 8.8km (94 competitors)

| Pos | Name | Club | Age Class | Time |
|-------|----------------------|------|-----------|--------|
| 1st | Peter Hodkinson | OUOC | M21 | 51:53 |
| 4th | Edward Catmur | SLOW | M21 | 53:09 |
| 6th | Paul Couldridge | SLOW | M35 | 54:01 |
| 13th | Matthias Mahr | SLOW | M35 | 58:46 |
| 17th | Dan Findlay-Robinson | SLOW | M21 | 59:33 |
| 18th | Michael Balling | SLOW | M21 | 59:38 |
| n/c | Oliver O'Brien | SLOW | M21 | 61:03 |
| 27th | James McMillan | SLOW | M21 | 62:50 |
| 33rd= | Rob Patterson | SLOW | M21 | 64:08 |
| 39th | Tom Cochrane | SLOW | M21 | 65:07 |
| 42nd | Dmitry Adamskiy | SLOW | M21 | 65:18 |
| 46th | Christopher Wroe | SLOW | M21 | 66:58 |
| 50th= | Audrius Janulynas | SLOW | M21 | 67:39 |
| 54th | Evan Barlow | SLOW | M35 | 68:02 |
| 58th | Matthew Lyle | SLOW | M21 | 68:59 |
| 66th | Edgaras Grabauskas | SLOW | M21 | 71:50 |
| 72nd | Adam Dent | SLOW | M21 | 75:24 |
| n/c | Ben Lovett | SLOW | M35 | 78:18 |
| 79th | Charles McMillan | SLOW | M21 | 78:52 |
| 85th | Hugh Hurley | SLOW | M21 | 84:13 |
| 87th | Richard Jones | SLOW | M40 | 90:24 |
| 90th | Todd Fallesen | SLOW | M21 | 101:02 |

City Race results

Women's Elite 7.7km (25 competitors)

| Pos | Name | Club | Age Class | Time | Manual Adj |
|------|--------------------|------|-----------|-------|------------|
| 1st | Mhairi Mackenzie | WCOC | W21 | 51:45 | |
| 2nd | Abi Weeds | SLOW | W35 | 52:31 | |
| 6th | Helen Gardner | SLOW | W21 | 57:07 | |
| 7th | Sarah-Jane Gaffney | SLOW | W21 | 58:53 | |
| n/c | Jayne Sales | SLOW | W21 | 60:12 | |
| 10th | Jo Reeve | SLOW | W21 | 61:18 | 02:00 |
| 16th | Becky Kingdon | SLOW | W21 | 69:28 | 02:00 |

Men's Open 7.9km (130 competitors)

| Pos | Name | Club | Age Class | Time |
|------|----------------------|------|-----------|-------|
| 1st | Brian Cowe | WAOC | M35 | 55:37 |
| 14th | Andrew Hibbert | SLOW | M35 | 59:21 |
| 36th | Edward Stott | SLOW | M21 | 65:14 |
| 39th | Ling Sang Angus Liu | SLOW | M20 | 65:49 |
| 42nd | Mark Vyvyan-Robinson | SLOW | M40 | 66:46 |
| 89th | Tim Smith | SLOW | M21 | 80:01 |
| 92nd | Richard Kirk | SLOW | M21 | 80:50 |



Men's Vet (M40+) 7.7km (108 competitors)

| Pos | Name | Club | Age Class | Time | Manual Adj |
|-------|-----------------|------|-----------|--------|------------|
| 1st | Richard Barrett | SBOC | M40 | 45:59 | |
| 9th | Angus Lund | SLOW | M40 | 50:41 | |
| 22nd | Peter Huzan | SLOW | M45 | 57:25 | |
| 31st | Andrea Rebora | SLOW | M40 | 59:29 | |
| 76th | Peter Foulkes | SLOW | M45 | 74:30 | |
| 101st | James Morris | SLOW | M40 | 101:35 | 02:00 |

City Race results

Women's Open 6.3km (96 competitors)

| Pos | Name | Club | Age Class | Time |
|-------|------------------|-------------------|-----------|-------|
| 1st | Sanni Kymalainen | TAMPEREEN PYRINTO | W18 | 42:07 |
| 6th | Anja Stratford | SLOW | W40 | 47:16 |
| 32nd | Rachel Babbs | SLOW | W21 | 56:40 |
| 44th | Christine Smith | SLOW | W21 | 60:19 |
| 47th= | Emma Cochrane | SLOW | W21 | 61:25 |
| 50th | Hannah Cooper | SLOW | W21 | 61:35 |
| 56th | Amy Majumdar | SLOW | W21 | 63:32 |
| 58th | Claire Cooper | SLOW | W21 | 63:36 |
| 82nd | Nicola Morris | SLOW | W35 | 79:50 |

Thanks to Ian Buxton and Simon Errington for photos: Tim Smith in action, the superb and unusual night-club event centre, (overleaf) competitors at the start, including M21E winner Peter Hodkinson, & lastly Alan Leahey looking snazzy in matching sprint kit, so we'll let him off for not wearing SLOW colours :)



Women's Vet (W40+) 5.6km (90 competitors)

| Pos | Name | Club | Age Class | Time | Manual Adj |
|------|------------------|------|-----------|-------|------------|
| 1st | Alice Bedwell | BOK | W50 | 38:30 | |
| n/c | Mike Garvin | SLOW | M40 | 42:40 | |
| 15th | Diane Leahey | SLOW | W55 | 50:36 | |
| 52nd | Gail Parker | SLOW | W50 | 60:55 | |
| 53rd | Lydia Farzin-nia | SLOW | W21 | 61:42 | 2:00 |
| 55th | Maggie Roach | SLOW | W55 | 64:03 | |
| 57th | Charlotte Turner | SLOW | W21 | 64:44 | |
| mp | Kathy Haynes | SLOW | W55 | 57:30 | |

City Race results

Men's Super Vet (M50+) 6.0km (169 competitors)

| Pos | Name | Club | Age Class | Time | Manual adj. |
|--------------------|-----------------|------|-----------|-------|-------------|
| 1st | Quentin Harding | SROC | M50 | 37:45 | |
| 43rd | Peter Haynes | SLOW | M50 | 46:56 | |
| 54th= | Paul Street | SLOW | M55 | 49:06 | 2.00 |
| 70 th = | Andy Robinson | SLOW | M55 | 51:32 | |
| 107 th | Alan Leakey | SLOW | M55 | 55:42 | |
| 145 th | David Roach | SLOW | M55 | 64:08 | |

Men's Ultra Vet (M60+) 4.9km (135 competitors)

| Pos | Name | Club | Age Class | Time | Manual Adj |
|------|--------------|------|-----------|-------|------------|
| 1st | John Britton | MDOC | M60 | 36:33 | |
| 7th | Don McKerrow | SLOW | M60 | 40:58 | |
| 76th | Chris Fry | SLOW | M60 | 56:01 | |
| 95th | Nigel Saker | SLOW | M60 | 60:56 | |
| 99th | Martin Evans | SLOW | M60 | 62:46 | 2:00 |



Juniors (M/W16-) 3.1km (60 competitors)

| Pos | Name | Club | Age Class | Time | Excluded Time |
|-----|----------------|------|-----------|-------|---------------|
| 1st | Dane Blomquist | BAOC | M16 | 18:05 | 2:13 |
| mp | Ned Foulkes | SLOW | M14 | 38:28 | 1:19 |

City Race results

Women's Ultra Vet (W60+) 3.3km (67 competitors)

| Pos | Name | Club | Age Class | Time |
|------|---------------|------|-----------|-------|
| 1st | Inara Gipsle | TVOC | W60 | 31:44 |
| n/c | John Wilson | SLOW | M21 | 31:50 |
| 30th | Teresa Turner | SLOW | W60 | 47:06 |
| 56th | Alice Evans | SLOW | W10 | 78:25 |
| disq | Sarah Brown | SLOW | W60 | 32:37 |

Children (M/W12-) 1.0km (52 competitors)

| Pos | Name | Club | Age Class | Time | Penalty |
|------|----------------------|------|-----------|-------|---------|
| 1st | Zac Hudd | BOK | M12 | 6:11 | |
| 33rd | Jamie Lund | SLOW | M10 | 15:05 | |
| 34th | Anja Lund | SLOW | W10 | 15:08 | |
| 38th | Kit Foulkes | SLOW | M12 | 16:32 | |
| 45th | Joseph George Morris | SLOW | M10 | 21:17 | |
| n/c | Claudia Mark | SLOW | W4 | 23:55 | 10:00 |

Newcomers 4.1km (78 competitors)

| Pos | Name | Club | Age Class | Time |
|-------|-----------------|------|-----------|-------|
| 1st | Kostya Lvtsenko | CHIG | M35 | 27:10 |
| 23rd | Thomas Kuilman | SLOW | M21 | 43:59 |
| 25th | Victoria Kirk | SLOW | W21 | 45:05 |
| 26th | Andrew Leaney | SLOW | M40 | 45:20 |
| 38th | Amanda Barlow | SLOW | W35 | 52:14 |
| 46th | Ruth King | SLOW | W21 | 55:17 |
| 51st | Susan Patterson | SLOW | W45 | 59:42 |
| 59th= | Zahida Rasool | SLOW | W35 | 71:13 |

Vice Corner by Dan Findlay-Robinson

This week I was reflecting on the biggest sporting event in London this year and no surprisingly not COL2012... it was in fact the Olympics and how as well as enjoying the sight of the athletes producing some spectacular feats both on and off the volleyball court (I was slightly biased in my viewing), how the whole country got behind and celebrated the volunteers.

The Prime Minister even took the time to write to all 70,000 volunteers to thank them for their efforts.



Vice Corner ctd

The phrase that stood out to me was "the part you played in making the London 2012 Olympic and Paralympic Games such a huge success", now although I agree that yes the volunteers at London were fantastic, (I was amongst their numbers after all), there was always the hope that we'd catch a glimpse of Mo Farah, Jessica Ennis or Lynne Beattie (GB woman's indoor volleyball captain, told you I was obsessed...). Now although I do love to get a glimpse of Pete Huzan out in the Park in his little shorts, it doesn't quite appeal as much to me and is actually more likely to reduce my appetite for volunteering rather than increase it.

Yet why these acts of volunteering was seen as "such an inspiration", surely it couldn't have been a surprise for any of us, whose whole sport relies on the goodwill and enthusiasm of our own members to volunteer and ensure we have cracking races to attend.

"Volunteers are paid in six figures - S-M-I-L-E-S"



So I reviewed the last 12 months in the SLOW calendar and found a plethora of examples where our members have put time and effort into putting races on for us and although, I'm no Nick Clegg (thankfully for me) I'd like to thank them all here, as although we are not "The Big Community" we are definitely a community and SLOW is full of talented individuals who make us the best club in the UK that I am proud to be part of.

Thank you to Dorte Torpe-Hansen, Mike Garvin, Chris Wroe, Angus Lund, Bryn Monnery, Eoin O'Callaghan, Jayne Sales, Paul Nixon, Ruth King and Nicky Morris for their efforts in last year's street O series and all those that supported them on the nights.

Thank you Christine Robinson, Ed Stott, Scott Collier, Libby Schofield, Oliver O'Brien, and Yehuda Alon for their time in organising another fantastic Park race series.

Thank you to Ollie O'Brien, Jayne Sales, Ian Webb, Vince Roper, Nigel Saker and all the other 90 or so helpers at another top tier City of London race.

Vice Corner ctd

Thank you to Andy Robinson, Teresa and Charlie Turner, The Morris clan, Dave Wright, Katie McInnes, Becky Kingdon and Tom Rafferty, Libby Schofield, Mike Garvin and Dorte Torpe-Hansen for making this year's Trail Challenge Series happen.

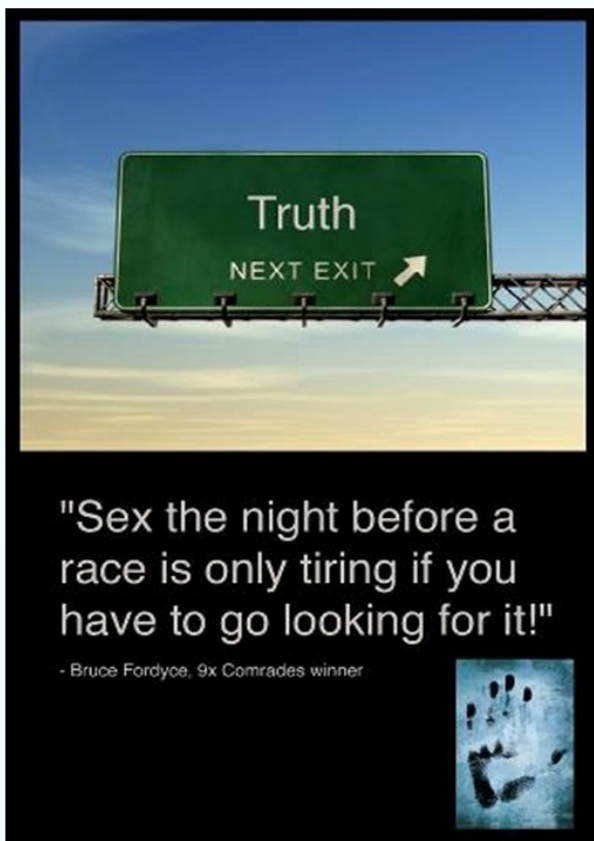
Finally a big thank you to those that volunteer in specific roles across the year: Don McKerrow ensuring that our park race areas get mapped and all the maps for the street O's get printed and other Chairman-like duties, Chris Robinson and Paul Couldridge for coaching activities and our very own winners of the unsung heroes of the year award Chris and Judy Fry for maintaining and storing the mountain of kit SLOW has for us all to use to put on our events.

Now the thank you's have been done, I apologies for anyone I missed from the list, there are so many of you it is difficult to keep track of everyone (sorry) and would like to wish those organising this

year's Street Race series, many of whom are embarking on their first planning experience, good luck I for one am looking forward to a winter of racing.

Further to that if anyone wants to plan a race or organise a series but doesn't know how to volunteer or is worried about a lack of experience, there are a number of opportunities coming up next year where full support will be provided. We are currently looking for a new Trail Challenge Co-Coordinator and for planners for our 2013 Park races. If you're interested in the challenge please contact myself at trail@sloweb.org.uk.

Now as this is vice corner I leave you with the following picture as a final thought:





SLOW Annual Dinner by Libby Schofield

SLOW had its Annual Dinner on the 29th of September at the Princess Victoria Pub & a great time was had by all! After a belated start due to shocking traffic which even made Pete Huzan look on time; members enjoyed a 3 course meal. The meal was a shared approach with platters of cheese, fish & steak followed by either sticky toffee pudding or pear tartin for dessert. Maps were brought from all corners of the globe to pore over & the highlight of the night was celebrating SLOW's Unsung Hero award - Chris & Judy Fry. Chris & Judy are often behind the scenes at most major SLOW events & have the kindly sacrificed their garage, loft & stair cupboard for the storage of SLOW kit. They were presented with a pocket compass engraved with Robert Frost's poem 'The road not taken' as a small sign of our appreciation. Other awards were presented & the club chairman, Don McKerrow, updated members on the outcomes of BOF's latest survey which was comprehensively analysed by Angus Lund. See below the winners & honourable mentions of the other awards.

Unsung Hero!

Winner: Chris & Judy Fry - for their behind the scenes work storing, sorting & organising club gear for past 20 years

Honourable Mentions

Ollie O'Brien
Paul Couldridge
& Robinson
Jayne Sales
Helen Gardner

Best Excuse

Dan Findlay-Robinson - Every week! Usually for running off the map. Again.

Best Quote

Heather Walton

Who ran at Jukola Relays, her first leg being 1.5km (almost a third of her course!) & who was overheard saying- I have never run a race where I needed a drink before the first control!

Newcomer of the Year

Joint winners:

Susan Patterson - for keenness & commitment to get to training - 2.5 hours to get to training at Ham!



Life outside of O by Steve Allen

I haven't orienteered much in recent years. In fact I even let my membership of SLOW lapse for a couple of years before rejoining this year with the intention (as yet unfulfilled!) of doing more in 2012.

My main athletic interest since 2008 has been race-walking and I have picked up 16 National age-group titles over the years at M50 and M55 from 3000m indoors to 30k on the road. I have been in great shape this year and have picked up team gold's for GB and NI at the World Indoors Masters in Finland in April (10k road race where 6th individual) and European Masters Track and Field Champs in the Czech Republic in August (20k road race).

However, the highlight of the year was as recent as 22nd September. The UK 50 kilometres scene has been weak and lacking depth for some time now. The National 50k championship this year, held at Colchester, was no exception (I have previously finished 6th in 2010). In the absence of our Olympic representative, Dominic King, and his brother Daniel, the UK number 2, and with various other non-starters and non-finishers and the disqualification of an ex-Olympian in Ian Richards, I was able, to my astonishment and that of many others, to win the event in 5:35:01, a PB by over 10 minutes. By far the oldest and slowest winner in it's long history!!

I did walk quite conservatively once in the lead so am looking forward to being somewhat faster, perhaps near 5 hrs 20, in the Dutch championships in Tilburg on 7th October.

SLOW Annual Dinner ctd from previous page

Ben Lovett - For being permanently cheerful, very helpful & his assistance with Race Series league table

Injury of the Year

Ollie O'Brien - for breaking 2 bones this year - one falling off his bike, one while dancing

Honourable Mentions:

Ian Griffiths

Evan Barlow

Angus Lund

Achievement of the year

Whoever wins the Pete vs. Vince battle. It seems that the only reason they go to events is to try to beat each other!

Honourable mentions:

The Morris Family (James, Nicola, Joseph & Caroline)

Jane Harries

Michael Balling.

SLOW Club Night by Paul Couldridge

After moving to the 'Big Smoke' in October last year and hearing about some of the glaring errors people were making in races, I thought it was a shame that SLOW didn't have a club night. After help from BOF, via Richard Barrett with a little funding, we were able to set up the Club Night in January this year.

So far we have used 12 different areas throughout South London from Battersea Park to Wimbledon Common doing a wide range of activities. The 78 participants so far have been of all abilities from complete beginners to England representatives.

The three warm ups to the city race were particularly successful with a record 24 runners turning out for the jaunt around the area of Southwark Cathedral.

After a great sporting summer, now is the time to continue the trend and train hard this winter. I've started to incorporate an interval session per month to help with fitness and with the added handicap of darkness this is a good time to continue with some technical training. I'll also be at the SN Saturday events if anyone needs some coaching or wants me to shadow them.

I hope to see some more of you Slowies out sometime on a Tuesday or Saturday this winter.



Paul & Dan after the City Race. Photo from Angus Lund

Sessions are aimed at all levels from beginner to the experienced. Held every Tuesday at locations in SW London when there is no Street-O to keep you entertained.

Registration normally be between 18:30 and 19:00. See also SLOW's facebook page or email Paul at coaching@sloweb.org.uk



SLOWprint

Summer - Autumn 2012

Southern Championships

Held in runnable Epping Forest on 23rd September, organising club CHIG were not as lucky with the weather as the SLOW team were the day before but put on a well-attended event which was reportedly enjoyable despite the rain, with quality courses in a competitive field. Well done in particular to Angus Liu for winning M20 and to Michael Balling for winning M21S.

| Position | Name | Club | Time | Age class (& position where different from overall) | Entrants |
|--|----------------------|---------------|----------|---|-----------|
| 1 (length: 16.5km, climb: 400m, 35 controls) | | | | | 25 |
| 1 | Sebastian Bergmann | SV TU Ilmenau | 01:32:44 | | |
| 2 | Jevgenijs Petrovs | SLOW | 01:44:18 | | |
| 6 | Paul Couldridge | SLOW | 01:51:15 | M35 2nd non-championship run | |
| 9 | Edward Catmur | SLOW | 01:53:47 | | |
| 16 | Thomas Cochrane | SLOW | 02:07:36 | | |
| 18 | Ian Webb | SLOW | 02:18:52 | | |
| 20 | Dan Findlay-Robinson | SLOW | 02:44:50 | | |
| 22 | Peter Huzan | SLOW | 02:59:01 | 1st & only brave enough M45 :) | |
| 2 (length: 10.75km, climb: 330m, 24 controls) | | | | | 7 |
| 1 | Mhairi Mackenzie | WCOC | 01:18:33 | W21E | |
| 3 | Helen Gardner | SLOW | 01:24:34 | W21E | |
| 4 (length: 11.82km, climb: 290m, 24 controls) | | | | | 38 |
| 1 | Bojan Blumenstein | OSC Kassel | 01:12:59 | | |
| 18 | Evan Barlow | SLOW | 01:49:41 | M35L 6th | |
| 24 | Andrea Rebora | SLOW | 02:00:24 | M40L 8th | |
| 28 | Gavin Hurley | SLOW | 02:16:12 | M35L 8th | |
| 5 (length: 8.94km, climb: 240m, 19 controls) | | | | | 22 |
| 1 | Michael Balling | SLOW | 01:13:28 | M21S | |
| 6 | Ling Sang Angus Liu | SLOW | 01:36:05 | M20 1st | |
| 11 | Rachel Babbs | SLOW | 01:52:46 | W21L 7th | |
| 7 (length: 6.15km, climb: 165m, 16 controls) | | | | | 18 |
| 1 | Rosemary Hodgkinson | NOC | 00:49:32 | | |
| - | Hannah Cooper | SLOW | 01:24:28 | W21S | |



SLOWprint

Summer - Autumn 2012

Southern Championships

| Position | Name | Club | Time | Age class (& position where different from overall) | Entrants |
|---|--------------------|------------|----------|---|----------|
| 8 (length: 10.04km, climb: 270m, 22 controls) | | | | | 83 |
| 1 | Julian Birkinshaw | TVOC | 01:04:06 | | |
| 16 | Peter Haynes | SLOW | 01:23:46 | M50L 10th | |
| 19 | Phil Marsland | SLOW | 01:24:44 | M45L 9th | |
| 44 | Vince Roper | SLOW | 01:45:16 | M45L 17th | |
| 9 (length: 8.95km, climb: 220m, 23 controls) | | | | | 78 |
| 1 | Colin Dickson | BAOC | 01:03:22 | | |
| 10 | Charlie Turner | SLOW | 01:16:10 | M55L 9th | |
| 22 | Don McKerrow | SLOW | 01:22:40 | M60L 7th | |
| 31 | Andy Robinson | SLOW | 01:28:07 | M55L 19th | |
| 52 | David Roach | SLOW | 01:43:32 | M55L 32nd | |
| 58 | Paul Street | SLOW | 01:56:30 | M55L 35th | |
| 11 (length: 7.12km, climb: 205m, 19 controls) | | | | | 105 |
| 1 | Walther Rahbek | Aalborg OK | 00:56:39 | | |
| 23 | Dorte Torpe Hansen | SLOW | 01:12:54 | W45L 5th | |
| 26 | Roger Walker | SLOW | 01:13:18 | M45S 5th | |
| 59 | Raffaella Marin | SLOW | 01:28:19 | W45L 15th | |
| 12 (length: 6.02km, climb: 130m, 14 controls) | | | | | 92 |
| 1 | Julie Emmerson | OD | 00:51:45 | | |
| 44 | Sarah Brown | SLOW | 01:20:16 | W60L 6th | |
| 61 | Maggie Roach | SLOW | 01:30:09 | W55L 14th | |
| - | Teresa Turner | SLOW | 01:05:58 | W60L 6th | |
| 19 (length: 2.6km, climb: 65m, 15 controls) | | | | | 22 |
| 1 | Joe Hudd | BOK | 00:18:38 | | |
| 7 | Amanda Barlow | SLOW | 00:32:02 | W35 non championship run | |

check out sloweb.org.uk & www.facebook.com/#!/southlondonorienteers for all the latest news, events and training

add this and get **SLOW** events straight to your iCal, iPhone or Google Calendar:

<http://sloweb.org.uk/cal.php>



British Champs 2013

SLOW has the honour (burden?!) of hosting the British Champs next year. In the concise words of Fixtures Officer Andy Robinson:

2013 British Champs. Individual race on Winterfold and Blackheath. Matthias is the planner and Phil M his assistant. I'm organiser, but Charlie has been doing all the permissions work. Don has agreed to oversee equipment and I know **the event is looking for people to manage the website, entries and prize-giving if any of you are interested.**

Weekend co-ordinator is Linda Pakuls (GO). Relays on Holmbury.

So get in touch if you're interested in helping! All levels of experience are needed and there is plenty of support for those of you who haven't been event helpers before. See contact details for the committee on page 3.

Trail Challenge results

Winners and SLOW results for the Trail Challenge half-marathon (and 12km and 6km races) held in Richmond on Sunday 2nd September

| 12K 17 competitors | | | | |
|---------------------------|----------------------|--------|----------|-----------|
| Pos | Name | Club | Category | Time |
| 1st | Jazeps Basko | LATVIA | M | 57:08:00 |
| 7th | Dave Wright | SLOW | M55 | 72:50:00 |
| 10th | Fran Kenden | SLOW | F55 | 84:39:00 |
| 15th | Katie McInnes | SLOW | F | 99:38:00 |
| 6K 16 competitors | | | | |
| Pos | Name | Club | Category | Time |
| 1st | Peter Martin | Saxons | MV60 | 30:02:00 |
| 3rd | Russell Holroyd | SLOW | MV40 | 31:20:00 |
| 14th | Linda Clemens | SLOW | WV50 | 40:15:00 |
| HM 31 competitors | | | | |
| Pos | Name | Club | Category | Time |
| 1st | Ed Catmur | SLOW | M | 89:19:00 |
| 2nd | Paul Couldridge | SLOW | M | 94:36:00 |
| 10th | Mark Vyvyan-Robinson | SLOW | M40 | 124:05:00 |
| 16th | Nigel Clemens | SLOW | MV40 | 134:56:00 |
| 18th | Yehuda Alon | SLOW | MV50 | 143:43:00 |

Well done...

Well done to Andrea for his win at the NW Kent Series DFOK event in Beckenham Place Park which took place on 1st September

Congratulations to Windsor & Eton Urban race winner Paul Couldridge and to Dan Findlay-Robinson who came 3rd and Ollie O'Brien who followed a short time later in 10th place. The race was held by BKO on 30th September and part of the South of England Urban League.

Photo © Rod Harrington



Caption competition



Thanks to Dan Findlay-Robinson for his 2012-relevant caption to the photo. He wins an all-expenses paid trip to Finnish Lapland, with the company of the lovely Minna Kauppi. The trip includes a husky trip to visit Santa Claus where he can choose whatever toy he likes. Watch this space for the next competition for you to be in with a chance for such an incredible prize.

'Paul thinks he's spotted Jessica Ennis, won't he be disappointed when he finds out it's Pete...'

Mickey Mouse at Midnight by David Roach

This had to be about as bonkers as it gets – it's 1.20am on a Sunday morning, and I'm waiting to start stage 2 of the French Le Bri'O tour weekend. Not just at any normal night urban race – but at Disneyland – the real live Magic Kingdom, mapped in 1:2,500 ISSOM glory!

Somehow the Fédération Française have convinced the Disneyland management to let 700 or so lycra-clad lunatics loose in their park. Yes – but on condition it's at night, and all the paying punters have gone home – meaning that the starts get put back 40 minutes, while the Disney security detail make sure the park really is empty. To cheer us up Mickey Mouse appears, also dressed ready to run (in what looks worryingly like a Chelsea home strip!), waving at the crowd.

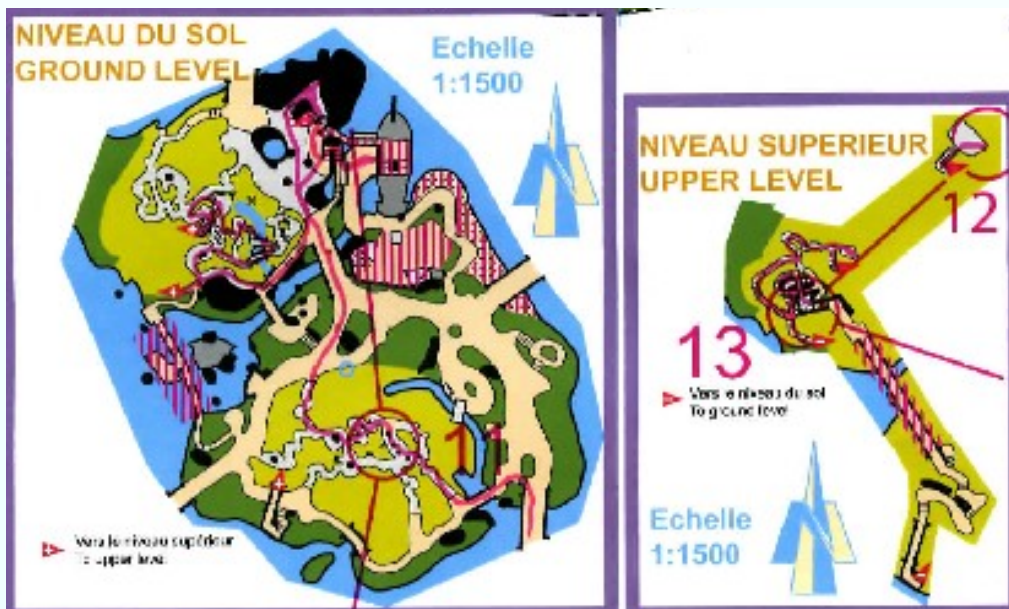
I pick up my map, and stride off to the start kite, with the strains of "Somewhere over the Rainbow" in the background making me wonder how long the course is going to be. But control 1 is on a flower bed, still outside the main gates – indeed it is on one of many flower beds, and by no means the first one I run to. Finally (these flower beds are surprisingly tricky, with only a rather meagre LCD headlight to guide me by), the route to control 5 takes me into the Magic Kingdom, through the side gate.

A steady run up Main Street, and sudden manic laughter from a Halloween pumpkin display breaks my concentration – I recheck the control description and realise that the rather prosaic IOF graphics for "covered area, NE internal wall corner" should more correctly be specified as "Sleeping Beauty Castle, NE dungeon". Anyway, I nail it, and am off to the sci-fi zone "To infinity and beyond"!



Across the map to control 9 – a good route choice leg involving some tricky stuff in Aladdin's souk, and we're into Jungle Book territory – the bleep of the SI box at control 10 drowned by the cheery background of the Col Hathi elephants' march. Disaster – a tune I then just cannot get out of my mind, meaning that much of the rest of the race is done "in the mi-li-ta-ry way".

And now it gets really serious – the caves of Pirate Island... On three levels, mapped with special "zoom" 1:1,500 extracts on the side of the map. Sorry, London CityRace boys, this makes the Barbican look like Technical Difficulty 1 stuff. Apart from a small deviation to a control not on my course (correct description - "pirate ship, port side, under walking plank"), I get through the subterranean maze steadily in low gear. But reports come in later on of grown Frenchmen emerging, bemused and muttering "*c'est impossible*", from where they started, four times over.



So off to Fantasyland – we M50's are spared the deranged green doodling on the map that turns out to be Alice in Wonderland's labyrinth, but the soundtrack

switches to “It’s a Small World”, and then control 16 involves a sneaky dog-leg to visit Tinkerbell and Peter Pan. And – after a poor route choice the wrong side of a Mary Poppins’ roundabout, and a quick trip to Thunder Mountain (well, actually the “30 minutes queue from here” sign) - it’s back up Main Street, re-entry to the real world, a further oxygen-depleted foray into those pesky flower beds, and the run in, to the backing strains of “When you Wish upon a Star”. Which, at just after 2.00am on a cold moonlit night, is about right.

And dreams do come true – 18th out of 64 (including a number of Frenchmen who are probably still somewhere under Pirate Island), my best result for years!

“Chapeau” to Disneyland, and to Hervé Quinquenel and his fellow IGN club organisers – simply one of the most memorable races I’ve done in 44 years in the game.

David Roach



Many thanks to all who contributed words, photos, ideas, inspiration and so on, including photographers Dorte Torpe-Hansen, Angus Lund, Minnie Mouse, the Roaches, the Bonafinis, those already mentioned & anyone I have left out! Thanks to Teresa Turner for production help