



# SLOWprint

Winter 2012 - 2013

Issue  
167

SLOW members have been busy as usual - read inside about [Portugal O Meet](#), [planning](#), [socialising](#), [Ski-O](#), [expanding families](#), [Box Hill Fell Race](#), [Mediterranean O Champs](#) and closer to home in our [local event](#) series and [CSC round](#).



Although we did not qualify for the CompassSport Cup final, there was a good turnout to the SE Round at Headley Heath

Do you recognise these well-dressed ladies without their lycras?! SLOW Dinner, Sep 2012.



### All sorts of O by the Editor

My winter has been chock-full of O. Since I took a year's break from work, starting last September, I have been able to travel during the winter months instead of working and dreaming of travelling. So after Christmas I had a long break down under to compete in New Zealand's Oceania races, Sprint the Bay and South Island Champs, squeezing in the fun and low-key Katoa-Po night relay in between. I'd never been to NZ before and the trip was super. The weather was outstanding so instead of the usual decisions on buffs and gloves, most of the pre-race preparation included sun-cream and extensive hydration. The only thermals were the naturally heated swimming pools. The races moved around a lot, so the terrain varied and we were lucky to see much of the North Island, including Auckland, Wellington and Taupo and made sure plopping mud pools, spectacular waterfalls and some city sights were squeezed in around the races. On the way to the South Island Champs, an early start allowed us to spot three whales and hundreds of dolphins off the coast of Kaikoura, plus a seal colony just off the side of the coastal road up towards the super-tough races in Blenheim and St Arnaud.



The World Cup races ensured high quality competition and a good number of familiar faces, including the five men and two women competing for Great Britain in the World Cup and plenty more in the public races. Sprint the Bay was great fun, intense and varied including a race at the "Splash Planet" water park and one on a dried up river bed which had become a labyrinth of bushes. Two sprints per day for three days was more exhausting than I'd expected, particularly in the heat, so I was glad of a few days off to eat ice-cream before racing again.

Less than a week after getting back to Stockholm, I was off to Latvia for Ski-O - see p18!





# SLOWprint

Winter 2012 - 2013

## the exec



Chair **Don McKerrrow**  
[chair@sloweb.org.uk](mailto:chair@sloweb.org.uk)



Vice-chair & Park Race co-ordinator  
**Dan Findlay-Robinson**  
[trail@sloweb.org.uk](mailto:trail@sloweb.org.uk)



Fixtures Officer  
**Andy Robinson**  
[fixtures@sloweb.org.uk](mailto:fixtures@sloweb.org.uk)



Treasurer **Angus Lund**  
[treasurer@sloweb.org.uk](mailto:treasurer@sloweb.org.uk)



Equipment Officer  
**Chris Fry**  
[equipment@sloweb.org.uk](mailto:equipment@sloweb.org.uk)



Social Officer  
**Libby Schofield**  
[social@sloweb.org.uk](mailto:social@sloweb.org.uk)



Secretary  
**Dorte Torpe Hanson**  
[secretary@sloweb.org.uk](mailto:secretary@sloweb.org.uk)



Membership (& lifts)  
**Teresa Turner**  
[membership@sloweb.org.uk](mailto:membership@sloweb.org.uk)

Club Captain  
**Pete Huzan**  
[captain@sloweb.org.uk](mailto:captain@sloweb.org.uk)



Trail Challenge co-ordinator  
**Zeb Rasool**  
[trail@sloweb.org.uk](mailto:trail@sloweb.org.uk)



Development Officer  
**Chris Robinson**  
[development@sloweb.org.uk](mailto:development@sloweb.org.uk)



Publicity Officer  
**Evan Barlow**  
[publicity@sloweb.org.uk](mailto:publicity@sloweb.org.uk)



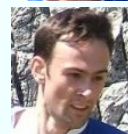
Coaching **Paul Couldridge**  
[coaching@sloweb.org.uk](mailto:coaching@sloweb.org.uk)



Online editor **Michael Balling**  
[editors@sloweb.org.uk](mailto:editors@sloweb.org.uk)



Online developer  
**Ollie O'Brien**  
[webmaster@sloweb.org.uk](mailto:webmaster@sloweb.org.uk)



Street-O co-ordinator  
**Paul Nixon**  
[streeto@sloweb.org.uk](mailto:streeto@sloweb.org.uk)



SLOWprint Editor  
**Sarah-Jane Gaffney**  
[slowprint@sloweb.org.uk](mailto:slowprint@sloweb.org.uk)





### POM & MOC 2013 by Charlie Turner

**...with contribution from Pete Huzan, our Sprint reporter at the POM (Portugal Orienteering Meet) Day Sprint at Monsanto...**

Teresa and Charlie travelled to Portugal with five others from Saxons and SYO, forming their own foreign tour club SLAXY. We entered the 4 day Portugal O Meeting and the 2 day XIV MOC Meeting, having three spare days between the two competitions. With a mix of Classic and Middle Distance races together with Urban Day and Night Sprint races and one training map, we ran on ten areas in nine days. By the end of the trip we had all improved our O skills, albeit we were probably close to O overload!



Huge egg shaped boulders at the edge of the road with Monsanto above



POM Day 1: Teresa and Don

The POM, with about 1600 entrants, was held close to the border with Spain, approximately midway between Lisbon and Porto. Other SLOWies at the event were Carys M, Don McK, Heather W, James L, Pete H and Ralph S. The first two days were at Idanha-A-Nova which had much rock detail on a mixed open/wooded area, with generally little climb. Fast running was

possible but catching features could be easily missed, making for difficult relocation. The areas for the last two days were at Cidral and this had generally runnable vegetation,



Monsanto - some of the boulders were houses!

complicated crags and a huge number of massive egg shaped boulders. One of my controls was Pillar Boulder, 6 metres, West side and another was Cave, which in reality was the underbelly of two side-by-side egg shaped boulders. Most of us found that the map detail and frequent changes of direction made map contact a real challenge.

The assembly and finish areas were the same for both of the two pairs of days and one, where we finished in the centre of a

small town, was reused for a third time for a night sprint race.

The XIV MOC (Mediterranean Orienteering Championships) event was held at Osso da Baleia on forested sand dunes about 130k south of Porto and was very much a continuation of the POM, but with a slightly smaller entry. Although the forest had a grid network of paths, low visibility meant courses were almost entirely run with a focus on reading contours and taking accurate bearings and pacing.

These main events of the POM and XIV MOC had a really good atmosphere, with colourful flags, commentary in English as well as Portuguese, good food in a large marquee with seating, a heated crèche and sports massages at 2 Euros a session! All this encouraged people to stay around the finish.

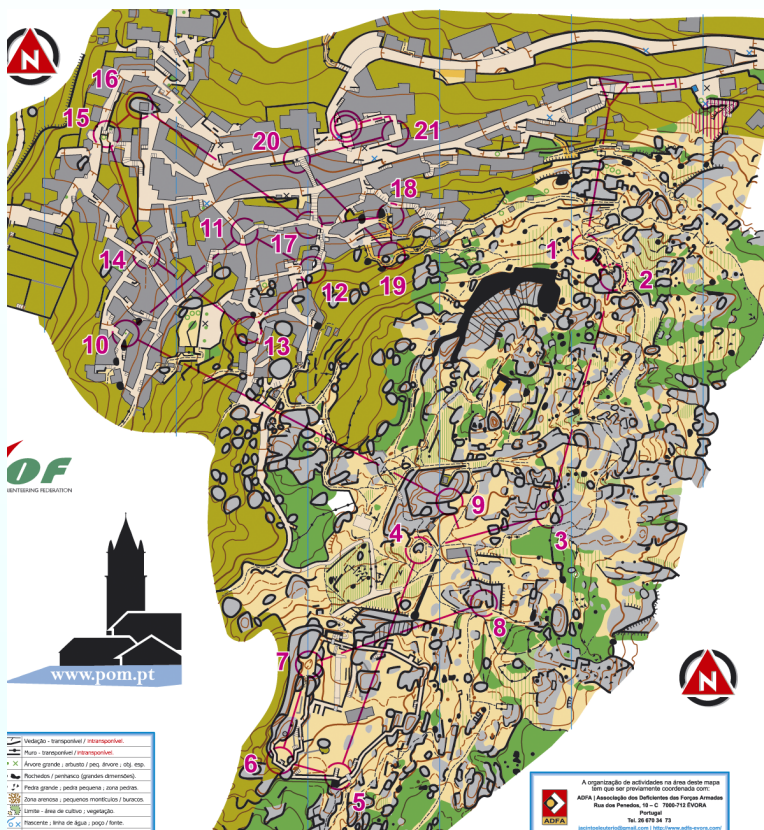
Our results had highs and lows on most days. One of my lows was searching on



Monsanto - some of the boulders were pig stys



Day 3 of the POM for control 138 but I was way off target and found control 178, where I managed to relocate. The following day my route took me through the same complicated area, at right angles to my previous route and this time I needed 178 and I knew exactly where to look. Some runners lost a lot of time at this control! My real high was achieving 2nd Place on the M60 at the XIV MOC event where on Day 2, Middle Distance, I seemed to get just about everything right - something that has not happened very often in my 40+ years of orienteering. Teresa's low was on one of the Night Sprint races where with an underpowered headtorch, she misjudged some cobbled steps and crashed to the ground. A new headtorch is now on the shopping list!



Day 3 - Sprint				
M21E				
P02		2,0 km		190
---- 45 m ---->△				
▷		Π		□
1 64				○
2 69		≡		□
3 79		∧		
4 72		∧		
5 84		≡		└
6 83		└		└
7 80		○		
8 78		∧		
9 73		≡		└
10 50		↑		
11 45		■		∇
12 56	←	■		└
13 57		■	■	└
14 41	↑	■		∇
15 34		↗		└
16 32		■		○
17 52	↙	■		└
18 55	↘	≡		○
19 58		↑		
20 43		■		○
21 100	←	■		└
○---- 45 m ---->◎				

www.cordes.net 8.5.1 RGB Image

The sprint races for the POM and the XIV MOC made use of the older parts of historic towns and villages, running on narrow cobbled streets, climbing steep steps and navigating along tiny twisting alleys. We did one Day Sprint and two Night Sprint races. The real highlight of the POM was the Day Sprint race at Monsanto, this being an ancient village

built around massive boulders with a castle on top. It has been known as the most Portuguese village in Portugal! The race was amazing (best ever sprint?). There are a couple of headcam videos on Youtube that show the map (1:3000) and terrain (search for orienteering Monsanto). The race went straight into the open rocky areas above the village (if you could find the way!), then the castle and finally down into the village streets. There were good results from Ralph (10th on M21E), James (12th), Don (5th), Teresa (7th), and Martin won Easy Long! The super elite winners at Monsanto and overall POM winners were Thierry Gueorgiou & Simone Niggli, two of the best orienteers of all time. POM is now seen as a good season opener for many of the elite and has one of the strongest fields in the world; the weather is even nice at times.

There was a tricky trail orienteering event on day 2 with 88 competitors. Heather came 5th with 13/18, followed by Pete in 11th with 12/18, then Thierry Gueorgiou in 13th with 11/18. It was quite foggy so difficult to see the many controls at times! There are opportunities to do trail-o at the JK and British Champs this year.

Driving to and from the events was all easy with miles of almost empty roads and near deserted autoroutes. The après O included lots of sightseeing in Coimbra city where its university is Portugal's equivalent of Oxbridge, seeing some wonderful Roman remains and generally lapping up Portuguese atmosphere.

### POM Results:

Charlie Turner (13th), Teresa Turner (10th), Don McKerrow (18th just behind Charlie), Carys Morgan (7th), Martin Double (11th), Ralph Street (2nd M21E), James Lyne, Heather Walton (22nd) & Pete Huzan (50th).

James & Pete were running M21 elite (there was also a super elite for slightly better

Steep open sided steps up to the top of an open castle wall



Teresa at the Night event during XIV MOC



runners). The day 3 middle distance race was a World Ranking Event, so after that James is now 1783rd & Pete is 2044th in the world. Ralph got 2 good scores in Portugal which will put him about 200th if he can get 2 similar scores later in the year (JK?).

### XIV MOC results:

Charlie (2nd), Ralph Street (4th) Long Day, no run Middle D, Teresa (10th).

*Congratulations to our report author **Charlie Turner** for his silver medal position on M60 in XIV MOC!*





### Congratulations!

Congratulations to Evan and Hazel Barlow on the birth of their daughter Hazel, pictured here with big brother Desmond. Forward-thinking Dad says that the "2022 W10 team continues to grow, with our Hazel, born 12/12/12, and Ruth's baby not long after".



Iris Christine Landrigan was born at 9.12am on Thursday, 27th December 2012 at St George's Hospital, Tooting weighing 9lb exactly (4.1kg). Proud daddy and mummy are Sam Landrigan and Ruth King (both SLOW). Iris is thriving and is already 11lb 7oz at five weeks old. She is a niece for Nicola and James Morris and a cousin for Joseph and Caroline Morris (all of SLOW).

### Upcoming events

<p>Tue 12 March 2013</p> <p><b>Highbury &amp; Islington</b></p> <p><i>Street-O</i></p>	<p>Tue 9 April 2013</p> <p><b>Bethnal Green</b></p> <p><i>Street-O</i></p>	<p>Tue 7 May 2013</p> <p><b>Greenwich</b></p> <p><i>Street-O</i></p>
<p>Sunday 2 June</p> <p><b>Surrey Hills Trail Challenge</b></p>	<p>Saturday 21 September</p> <p><b>Ultrasprint (LOK)</b></p>	<p>Sunday 22 September</p> <p><b>The 6th London City Race</b></p>

### BOC planning by Phil Marsland

*It's rare that the club gets the chance to get involved in what is meant to be the pinnacle of UK orienteering. **Phil Marsland** is this year's planner, together with **Matthias Mahr**. He notes that a challenge in writing about BOC for SLOWprint is that it could be that most of the most interesting comments will have to wait for the final details, so as to be available to all, and thereby not put SLOW runners at an advantage (or indeed to risk their disqualification!)*

An early decision was whether or not to include Blackheath in addition to Winterfold for the longer courses. This would add variety of terrain and minimise the need for looping of the longer courses, but would make for a very long (~3.5km) walk to the start, and quite a lengthy (~800m) dead run in the middle as competitors transitioned from Blackheath to Winterfold. Whilst Blackheath was nice to check out last May (see a note on timings below), we found that we were able to get even an elongated Men's Elite course (see a note on course lengths below also) into just Winterfold with minimal looping, so we took the option to stay just in Winterfold for the individual event.



Visiting the area a year in advance turned out to be unusually valuable, given that the race is scheduled for the first week of May. The challenge is that within two to three weeks of this date, the bracken shoots up so much that the terrain, especially in Blackheath as it turns out, is hard to discern in a few places, and hard to run through (especially for early starters) in even more. Given the desire to have answers to fundamental questions like which forest etc sooner rather than later, this made getting out there a full year in advance unusually important.

The course planning guidelines scale off the Elite course distance, which is determined by optimal times. Given that we had the 2005 World Cup races to go by, we were able to take a reasonable stab at this, albeit with a sense that we



# SLOWprint

Winter 2012 - 2013

may have erred on the long side. Test running the course proved our hypothesis in this respect. The good news is that we didn't have to re-plan many courses, since in most cases we were just able to "trade down" a course to the next class, and so on.

We got a good map done by an experienced mapper, nice and early (as close as possible to the time of year of the event of course, as noted above).

Matthias had a very good idea for several of the long legs very quickly (no clues on this point I'm afraid!), and slotting in shorter legs around these quickly gave us some good first shots at courses. Again, probably just re-stating best practice but good to have done it this way.

There are a few challenges to the area, including some roads on which traffic can be fast moving. This is complicated by stretches of these roads having high, steep banks, often on both sides of the road. We think we've minimised the danger that this could create, but competitors will need to exercise caution when crossing the roads, especially if they find themselves a long way off the optimal route!

As with many areas, there is the challenge of ongoing felling, compounded here in some parts by extensive mountain biking altering and indeed creating paths. We've had to avoid some bits as a result.

Matthias has managed to create quite an atmosphere of theatre, especially for the Elite courses. I probably can't say too much just yet about how this has been achieved, but suffice it to say that this event should have above average spectator appeal.

Sorry no map extracts for obvious reasons, at least none that are up to date anyway!

*Best of luck with the continued work on the event (**Charlie Turner** on permissions and organiser **Andy Robinson** among those currently hard at work). Please do get in touch with Andy if you would like to offer your services in any kind of helping role.*



### Ceremony of the Keys by Libby Schofield



17/05/2013

An illustrious group of 15 braved the cold weather to attend the Ceremony of Keys at the Tower of London. We prepared for the event with a hearty dinner and few ales at nearby Liberty Bounds Pub.

At 9.30pm we were escorted into the Tower of London and given the history of the Ceremony of the Keys, how it started and why it still continues by one of the Yeoman Warders.

Interestingly there are over 400

people who live on site at the Tower, and a curfew in effect from 9.30-10.30 every night to ensure the Ceremony takes place. Legend has it that it has only been late once - due to bombing in the Second World War. As we huddled in the cold the Ceremony began, following traditions hundreds of years old, participants are those who are currently in the Armed Forces. I found it a fascinating insight into the Ceremony, the uniforms and history of the Tower!

An excerpt below from Wikipedia outlining the ceremony:

At exactly 9.53pm, the Chief Yeoman Warder, dressed in Tudor Watchcoat, meets the military escort, made up of members of the Tower of London Guard. Together, the Chief Yeoman Warder and the Yeoman Warder 'Watchman' secure the main gates of the Tower. Upon their return down



Water Lane, the party is halted by the sentry and challenged to identify themselves:

Sentry: "Who comes there?"

Chief Warder: "The keys."

Sentry: "Whose keys?"

Chief Warder: "Queen Elizabeth's keys." (identifying the keys as being those of the current British monarch)

Sentry: "Pass Queen Elizabeth's Keys. All's well."



Following this, the party makes its way through the Bloody Tower Archway into the fortress, where they halt at the bottom of the Broadwalk Steps. On the top of the Stairs, under the command of their officer, the Tower Guard present arms and the Chief Warder raises his hat, proclaiming: Chief Warder: "God preserve Queen Elizabeth."

Sentry: "Amen!"

He then takes the keys to the Queen's House for safekeeping, while the Last Post is sounded.

Many thanks to Pete H for his suggestion for a club social - please contact me if you have any other ideas. Thanks to Dorte for her photos.



# SLOWprint

## Winter 2012 - 2013

### Welcome New Members!

2013 has seen stacks of new members and associate members, so welcome to all (and welcome back to any who are re-joining):

**Simeon Arthur, Richard Barman, Christopher Beasant, Lucca Blumenstein, Harriet Boughton, Chris Brammer, Stever Clelland, Martin Double, Aiden Ellmers, Rhiannon Fadeyibi, Duncan Grassie, Kasper Hjorteberg, Laura Hurley, Michael Krajewski, Sam Landrigan, Remo Madella, Ludovic Maillard, Stephen Middleton, Neil Mitchell, Jon Moore, Julie Murphy, Josh Owen, John Owens, Jorgen Rennemo, Holly Saxon, John and Connor Scott, Chantal ShalhoubTej Sood, Richard Stanhope, Kelly Thomson, Lucille Turner, Mark Turner, Katharina Uberschar, Ben Unsworth, Gavin Ward, Barry Weatherstone & Roger Wilson**

*Ed: A few of these names I recognise from around the orienteering globe, including...*

**Remo Madella** from Italy who is here mapping - you might recognise him from the last issue of SLOWprint as he came 3rd in the Trail-O at the OOCup in Slovenia. He is an experienced mapper and Trail-O competitor as well as enjoying Foot-O. Driving to an event one morning in Scotland, we noticed a familiar face and a distinctive O-kite to our left - it was Remo hitch-hiking in slight desperation, as his bus, due some time ago, hadn't turned up. Luckily, we had plenty of space in the car and we all made it to our starts :)

**Duncan Grassie** AROS (the Edinburgh Uni alumni club). At present working in Romania but moving to London in August. Another face who turns up all over the place! Duncan ran at the 2012 South African Big 5 O (see SLOWprint issue 165), the North American Champs in October 2012 and the pre-Oceania races in New Zealand at New Year - and that's just where our paths crossed! He claims that he works hard in between, but we know he's clearly an O-fanatic at heart.

check out [sloweb.org.uk](http://sloweb.org.uk) & [www.facebook.com/groups/slowmembership](https://www.facebook.com/groups/slowmembership) 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>



### 32nd Box Hill Fell Race by Andy Robinson

Since I first organised this in 1993 I've been wishing for snowy conditions. Now, at the 21st time of asking, success, and judging from the comments on the day and emails and photos since all you runners enjoyed it as least as much as I did. There had been some pressure to cancel - from the car parking angle of all places! But we resisted and with help from Neil at the Sports & Social Club we prevailed. Snowy conditions are hardest on the marshals who have to stand in them for long periods. So the runners owe all of them a big thank you, especially as this year we had to have more marshals, firstly to cope with the car parking and then to direct you through the mass of sledgers and snowboarders on the final descent. They all deserve naming - from SLOW there was Mike M, Chris, Angus, Vince, Mike G, Mike E, Linda, Nigel, Don, Charlie and Teresa - those last three responding to a late call in case of parking problems and then there was also Rebecca, Hugh and two more whose names I never asked directing you on that last descent. Absolutely wonderful the way some people just appear and help out when they see something needs doing.



Now for the races. Great run from Harold Wyber to take the top spot. He's been close for some years now and last year came second. Four minutes slower this year was no surprise in those conditions and certainly more than good enough. He was chased hard the whole way by Mike Fanning running for Borrowdale (but recently moved south). Mike was top veteran and that must be the best veteran placing for some time (ever?). Third was Ben Stevens from Oxford University Orienteering Club; Ben was a mere two minutes slower than last year when he was 4th.

In the other age classes Alan Cherry was again top U23, but slipped 4 places from 3rd (6.5 minutes slower). Paul Jeggo claimed top super-vet, only 2.5 minutes slower than last year when he was 2nd in this category. And the evergreen Geoff Newton was (yet again) top M60 - how many times is that. There were no runners over 70 - so it looks like Peter White kept to his intention of retiring once he'd finished last - well he was 81 last year.



### Box Hill ctd

Among the ladies Victoria Basquill repeated Harold's feat of moving up from second place - and she was only 2.5 minutes slower than last year. This placed her well clear of the battle for second where Ruth Holmes just pipped Julie Rayfield. This made Ruth the first non-veteran on the podium for a couple of years. Katherine Harvey was again first super-vet (7.5 minutes slower) and there were no ladies over 60. Nicola Hanson came off the better from the two U23s entered.

Now the team result. Our new results wizard (thank you, Angus) calculated them by adding the four best times on the day. I've always done in by adding positions as shown below. It made no difference to the winners as Serpentine were well clear, but second and third are the other way round to that announced on the day. There weren't that many complete teams with many regulars unable to get out 4 runners, despite having enough on the start list. e.g. SLOW - 10 entered, 2 ran. So well done to Incline Accelerators (*9th position*).

One innovation this year was to accept entries online - a decision taken by the SLOW committee to drag me into the 21st century. 96% of runners entered this way and it meant the race filled up quicker than ever before - nearly six weeks before race day. We knew it would also increase the no-show percentage, and we don't like people to miss out on filling up the NT's limit of 250 runners - so we accept a number well over that. Although only 199 started I think many of the "shortfall" of 51 can be put down to travel conditions on the day. The other innovation was not to send out race numbers. This was to give us control of knowing who had actually started and was successful in that respect.

We'll be looking at 18th January next year if the local XC races follow the usual pattern.

*Andy Robinson, Race Organiser*



### Box Hill SLOW & "usually SLOW" results

Position	Name	Club	Age Group	Time
1	Harold Wyber	Serpentine AC	M	54:19
19	Dan Findlay-Robinson	SLOW	M	1:02:27
58	Ed Shattock	Incline Accelerators	M	1:08:27
141	Elinzano Jeggi	Incline Accelerators	M	1:35:06
171	Dominic Leung	Incline Accelerators	M	1:33:17
172	Harriet Cawley	Incline Accelerators	F	1:33:17
188	Rachael Holmes	SLOW	F	1:45:41
190	Dominic Joyner	Incline Accelerators	M	1:52:13
191	Linda Byrne	Incline Accelerators	F	1:52:47

### SLOW Autumn Series 2012 final results

Congratulations to the winners of SLOW's first Autumn Series. Three of the categories were decided at the final race, with all three winners taking the top spot at that event. The winners, who all receive series mugs with map excerpts from the event areas, are:

Men's Open – **Jev Petrovs**

Women's Open – **Abi Weeds**

Men's Vets – **Pete Huzan**

Women's Vets – **Dorte Torpe Hansen**

Men's Super-Plus Vets – **Andy Robinson**

Women's Super-Plus Vets – **Teresa Turner**

Open Junior – **Jamie Lund**

See p20 for SLOW's Night league and Spring Handicap Series over five events



### European Ski-O Champs, Madona, Latvia by the Editor

A small band of Brits who had spent just enough time in Scandinavia to be relatively competent on x-country skis (compared to the average Brit?!) made their way to Latvia to compete for Great Britain in the European Championships in Ski-Orienteering. I have lived in Sweden for four years now and have had in my life two good seasons on skis plus a couple of weekends during winters which haven't been snowy in Stockholm (not guaranteed by any means, although go north a few hours and you can rely on decent snow). This winter, as you may have read earlier on, I spent mostly in sunny New Zealand. This might work for Swedish Tove Alexandersson, who can impressively achieve medals in both disciplines within weeks of one another, but I cannot claim to have felt particularly prepared for this challenge! Nevertheless, feeling hugely excited, I bought new skis before heading out (again - not something I would advise...) with an aim to completing the sprint and middle distance races and gaining some much-needed experience against the best in the world on this self-funded trip. I successfully achieved my goals, although there were moments during the middle when I thought the finish line might never appear :) It was possibly the hardest event I have ever done in my life, thanks to tough snow conditions that even the top people said were challenging, to my lack of training (strong running legs do not compensate fully for a feeble upper body!) and to the afore-mentioned new skis; very much a psychological challenge as well as physical. This makes me want to go back and have another stab at the event! Then, there are the masters - also held in Madona (JWOC & EYOC were also held that week).



For those of you who have never tried it, Ski-O uses an almost-normal orienteering map with a green path network indicating width/condition of track, a bit like MTBO. You are allowed off the tracks usually, but this tends to be worth it only for small short-cuts. Ski technique and smooth execution of a good route choice are more important than the navigation we're used to in Foot-O. Indeed, sometimes the terrain off the tracks can be simplified to aid legibility of the path network. All controls are on paths.



Other competitors were Emily Benham (the best Brit there - she has worked hard in recent months training with the Norwegian Ski-O team), Nick Barrable, Donald McCarthy and Ian Cumpstey (the men had a relay team and completed all legs so were 9th nation and beat one of the Swedish teams - who mispunched!)

It was a good experience for us all and team spirits remained high. We'll see what the future holds for British Ski-O!



# SLOWprint

## Winter 2012 - 2013

### CompassSport Cup SE Round Headley Heath 17 Feb



### SLOW Night-O Series by Angus Lund

Congratulations to the winners of the inaugural SLOW Night-O Series. The final race to decide the 2012-13 series was held on Wimbledon Common. The final results (see online for full results) showed that it was a very close competition with five points separating the top three places. First place winners received lanterns as trophies; second place received candles.

The category winners are:

- Men's Open - Ed Catmur (*2nd from left*)
- Women's Open - Jayne Sales (*2nd from right*)
- Men's Veterans - Andy Robinson (*left*)
- Women's Veterans - Fran Kenden (*right*)



The series has been successful with 57 competitors in total, and may be expanded to five races for 2013-14. Many thanks to the coordinator of the series, Don McKerrow (pictured centre) and to each of the individual event organisers and planners; **Don McKerrow, Paul Couldridge, James Lyne & Dan Findlay-Robinson.**

### The SLOW Spring Series 2013 by Angus Lund

SLOW's 2013 Spring Series kicked off in style on 20 January at the SE Championships, hosted by DFOK at Westerham. The second event was TVOC's Chiltern Challenge at Christmas Common on 10 February, followed by the Ace of Herts at Burnham Beeches and Egypt Wood two weeks later, with the final two events at two week intervals after that.

Every SLOW member has a chance to win this competition, as the Spring Series is run on a handicap basis within the same age classes used for the Autumn Series. Handicaps are based broadly on national ranking points, but we do accommodate those without a ranking. Prizes will be awarded on one of the JK days.

The club's social officer has carefully selected pubs to meet at after each event, listed online. These provide a great opportunity to meet up with other club members, discuss runs and analyse route choices over lunch and a drink. All the events have been added to the Hot Picks calendar.

Four of the five events are part of the South East League club competition and the SE Galoppen individual league, so SLOW competitors will also earn points for the club and themselves in those competitions. Entries should be made through Fabian4.





# **SLOWprint**

**Winter 2012 - 2013**

## **AGM minutes**

**Pizza Express, East Putney - Monday 19 November 2011 at 19.30-23.05**

Present: Don McKerrow (Chairman), Dorte Torpe Hansen (Minutes), Vince Roper, Ollie O'Brien, Paul Whiston, Paul Couldridge, James Lyne, Ruth King, Sam Landrigan, Teresa Turner, Charlie Turner, Angus Lund, Jayne Sales, Ali Ingleby, Pete Huzan, Chris Wroe, Evan Barlow, Ian Griffith, Richard Jones, Zeb Rasool, Andy Robinson, Dan Finlay-Robinson

Apologies: Ian Webb, Paul Nixon, Gordon Parker, Mike Murray, Chris R, Chris F, Ed Catmur

Don welcomed everyone.

### **MINUTES OF MEETING AND ACTIONS ARISING**

The minutes of the 2011 meeting were approved and no matters arising.

### **CHANGES TO THE CONSTITUTION**

Suggestion to amend section 2.1.3 to remove the restriction on the number of committee members, reflecting the growing size and complexity of the club's operations, removing "Up to 12..." so that it simply reads "Committee Members shall be appointed as required..."

This was unanimously agreed.

To amend section 5.2 to acknowledge the difficulty that requiring multiple signatories presents and new technology to simply "Satisfactory safeguards should be approved by the AGM."

This was agreed.

The satisfactory safeguards agreed:

1. Duplicate bank statements to be sent directly to a member of the committee or the chairman of the club for internal audit.
2. Approval of any amount over £500 by either the chairman or the vice-chairman. This approval should be copied/sent to the person auditing the bank statements.

### **CHAIRMAN'S REPORT (Don McKerrow)**

It has been another very good year. The key highlights:

1. We now have something happening every Tuesday
2. London City Race has gone from strength to strength
3. The club is now the biggest ever (at least in the last 10 years)

We have managed to reduce the bank balance to the benefit of the club

Don thinks the only bad thing is that he is still chairman. Volunteers for this position are accepted!

### **FIXTURES/MAPPING REPORT (Andy Robinson)**

Andy's full report records all the good volunteers who has been organising and planning to put on good and popular events. A big thank you to everyone!



# SLOWprint

Winter 2012 - 2013

(See Andy's full report (*Ed: online*) for more details on fixtures and mapping.)

The event close to London are the most popular.

There will be better advertising of the next seasons series (the spring series). All will have pubs for socializing.

The challenge is getting new volunteers. It was suggested to do a club night with introduction to organizing. Zeb will write an article for SLOWprint. Andy to include a short description of the job when he asks for volunteers.

All agreed that it was good that the club has 2 good 'legs' to stand on: London/urban events and forest events. We should focus on areas inside the M25 to attract people into the sport.

## **TREASURER'S REPORT (Angus Lund)**

Angus had prepared a more comprehensive report than in the past. The highlights are: event entries are up and we had a loss this year.

The change in the event levy from BOF means that small events (street O) will lose money, but bigger events like City of London Race will make up for it. It is estimated we will end up a bit better off across the year and our type of events.

On the kit front: We have stock of running tops not yet sold. The club is subsidising the new jackets.

No change was agreed for membership fees for 2014.

## **MEMBERSHIP REPORT (Teresa Turner)**

Our membership is up again this year – it is the most members we have had in the last 10 years.

BOF is changing the membership structure to Junior and Senior. SLOW has adopted the same structure. Family memberships will no longer exist. This means that membership numbers will fall for 2013 because non-active family members are not likely to renew to an individual membership.

10 years ago we decided to focus on M/W 21 and this has worked well. Do we need a new goal? If there is anyone in the club who has demands or ideas, make sure the committee know about it and we will add events.

## **DEVELOPMENT REPORT (Chris Robinson)**

The number of juniors in the club is low.

We were runners up to Club of the Year. This year we have done even more and better, so we should enter again. Chris R to organise what we enter and involve Angus and Evan to write.

## **COACHING (Paul Couldridge)**

About 80 different people have participated in the Tuesdays and some regulars.

In 2013 there will be a club weekend on March 16 and 17.

Next year Paul will coordinate the Tuesday coaching and ask for help from other club coaches. If anyone would like to become a coach, please contact Paul.

## **SOCIAL (Libby Schofield)**

Anniversary dinner was a great success and will become an annual dinner. Over the year there has



# SLOWprint

Winter 2012 - 2013

been lots of different events non-O, pubs after events and of course Kate's tea party.

2013 promises to be just as action packed.

## **CAPTAIN'S REPORT (Pete Huzan)**

Highlights of the year:

Good results in the UK relay league. Women won, with special mention of Helen Gardner who went to every race. Men were 6<sup>th</sup> overall. With Paul C, Ian W and Vince showing great dedication.

(At) most relay events SLOW has a massive presence and all are welcome at all levels. At JK for example we had 13 teams.

SN relay won by Paul C, Chris W, Michael Balling

2<sup>nd</sup> place in the Harvester for the men's team, womens also 2<sup>nd</sup> overall and winners of Handicap.

In the Frolics SLOW was equal first.

Won the Northdowns way with a margin of only 2 min!

JK and British will both be local and we are expecting to set a team at the Harvester. We expect an exciting 2013.

Please remember that the club subsidised relay participation 100%.

## **PUBLICITY (Evan Barlow)**

If anyone has feedback on current publicity or ideas for other types of publicity they are very welcome.

## **WEB (Ollie O'Brien)**

11% more people have visited the webpage. Facebook is driving the link to slowweb – not the BOF website.

## **ELECTION OF OFFICERS**

Changes to the committee:

Ruth King has retired as women's captain. This post is still vacant. Pete will handle the role till replacement is found.

Online editor/web: Ollie will do less. A number of people can now edit website. Michael Balling will be assistant webmaster.

Trail Challenge coordinator: Zeb Rasool elected

(Ed: The full list of the committee is on page 3 of SLOWprint and online.)

## **AOB**

String courses are not at all events. Andy to explore with SEOA about something for kids.

*Many thanks to all who contributed words, photos, ideas, inspiration and so on, including photographers Libby Schofield, Angus Lund, Mark Chapman/CompassSport, Charlie Turner, those already mentioned & anyone I have left out! Thanks to Teresa Turner for production help*

### And lastly...

We always see in SLOWprint at least one mention of SLOW members who have contributed to the sport in ways other than taking part as competitors. A huge thank you to all of you who map, organise, plan and otherwise take care of the behind-the-scenes areas of orienteering.

In particular, the [CompassSport Cup](#) South-East round organiser, [Nigel Saker](#), and planner, [Vince Joyce](#), thanked the SLOW helpers who assisted them at the event and made the event go smoothly and made their jobs easier.

Thanks [Michael Balling](#) and [Zeb Rasool](#) for taking on new positions within the SLOW committee. Do get in touch with committee members if you fancy a post. Lack of a specific vacancy does not mean that there isn't something to do - joint positions can free up valuable time for existing committee members or allow people to stand down after a long stint. [Don McKerrow](#) is happy to hear from anyone wishing to stand for [Chairman](#), for instance, and [Pete Huzan](#) is currently covering the [Women's Captain](#) role.



Michael



Pete

Thanks to [Ruth King](#) who recently stepped down as [Women's Captain](#) and to [Ollie O'Brien](#) who has done a brilliant job on our website and is now reducing the work he does on it as Michael learns the ropes. [Angus Lund](#) has been contributing heaps of content to keep the website news up to date.

Contributions to SLOWprint are always welcome - feel free to email the editor at [slowprint@sloweb.org.uk](mailto:slowprint@sloweb.org.uk) even if an email hasn't yet gone out. It's good to hear what you would like to see more of in your newsletter too - but better if you send a nice example article with your suggestion :)