



SLOWprint

Spring 2013

Issue
168



Club of the Year 2013



check out sloweb.org.uk & 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>

Spring Chicken by the Editor

So the orienteering season is underway and SLOW have had plenty of top results in important UK races. In my current hometown, Stockholm, which was under snow for most of winter, limiting true technical training and fast running in the forests, it feels great to be back racing in the terrain. In Britain, we may complain of having fewer technical areas but we are lucky to have a long season suitable for racing, and an ever-

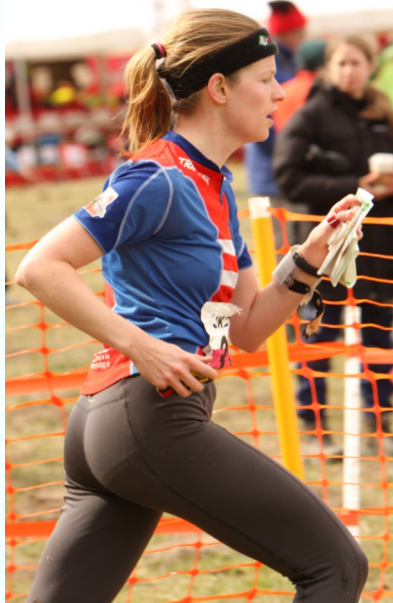
growing selection of Urban races to choose from when sick of the nettles and brambles. St Albans and Hampstead were two recent races with good SLOW turnouts.

Going from the BAOC Wednesday army events, which I find brilliant fun; well within my orienteering abilities, really fast and furious, not to mention the social gathering around the burger van; to Sweden's contour-riddled, "generic" white forest, was an interesting experience this spring. My minutes per km shot up and I don't really think that it was just the rougher terrain coupled with a few mistakes. Sometimes I think I'm still a bit of a chicken when faced with a technical map and therefore slow down unnecessarily. Really, it's the same processes we go through to find those elusive orange and white flags.

Over the last year or so I've really noticed how the mental side of orienteering has an effect. I've seen articles on how when asked about how a race went, we orienteers tend to begin with our largest error and ignore the good bits! I can relate to that. Now

I'm trying to eek out the good stuff, such as looking at particular sections of the race that went well and working out why they were successes so I can attempt to get into that way of thinking for a whole race.

See more personal reflections later on from Ralph and Paul Street or let me know what goes on in your head whilst you orienteer, train or get ready to race! Contributions of all sorts welcome: email slowprint@sloweb.org.uk



Many thanks to all who contributed words, photos, ideas, inspiration and so on, including photographers Mark Cheesman, Jon Brooke & CompassSport, Angus Liu, Wendy Carlyle, Anthony Barrable, those already mentioned & anyone I have left out! Thanks to Teresa Turner for production help



SLOWprint

Spring 2013

the exec



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



Vice-chair & Park Race co-ordinator
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
Pete Huzan
captain@sloweb.org.uk



Trail Challenge co-ordinator
Zeb Rasool
trail@sloweb.org.uk



Development Officer
Chris Robinson
development@sloweb.org.uk



Publicity Officer
Evan Barlow
publicity@sloweb.org.uk



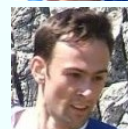
Coaching **Paul Couldridge**
coaching@sloweb.org.uk



Online editor **Michael Balling**
editors@sloweb.org.uk



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



Street-O co-ordinator
Paul Nixon
streeto@sloweb.org.uk



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



JK 2013 by Sarah-Jane Gaffney & Angus Lund

Firstly, thanks to Pete for, as usual, providing his services as club captain, including relay co-ordinator. Also to those of you who dealt with that little-loved job - transportation, erection and dismantling of the club tent!

We achieved the second highest turn-out of any club this year: 81 members ran in at least one individual competition, and five competed in the Trail-O. See later on for a few results and for some interesting personal reflection from our top elite, Ralph Street.

Day 1: Sprint at Whiteknights Campus, Reading University

Reading University hosted the sprint event on day one of the JK. The area is not as complex as some urban areas, so the focus had to be on speed and avoiding making mistakes rather than careful navigation.

SLOW got two podium placings with Sarah Brown finishing second on W60 and Di Leahey third on W55. Ralph Street narrowly missed the Men's Elite sprint podium with a fourth place finish.

Day 2: Hambleden

We were treated to largely runnable open woodland and fields broken up by steep climbs over the hills that run across the area. The sun broke through the cloud cover occasionally providing respite from a biting cold wind. Club tents lined the run in to the finish giving spectators a great view of the fast-moving competitors. The atmosphere was great, with SLOW club tops clearly in evidence.

Ralph Street won the M21E middle distance race by almost 45 seconds, which secured him the best place in the chasing start for the final day's classic. Nice to see him back at the top, particularly given that injury ruled him out of much of 2012.

Day 3: Cold Ash

Cold Ash provided an interesting change to Hambleden: a less steep area but much wetter underfoot with mapped marshy areas extending beyond their marked areas. Men's Elite was a

Helen Gardner on the run-in





Diane Leakey, Chris Robinson and Sarah Brown – veteran women's silver medallists

mighty 17.9km. The planner, Eric Harper, noted that most courses were won within their estimated winning times, with the exception of W21E, where Cat Taylor simply blew away the rest of the field with a storming run! Some of us seemed to find it a fairly simple area but others found it tough despite the network of paths, perhaps due to the patchwork of vague vegetation in varying colours that helped to conceal the contours.

Ralph started last and unfortunately made an early mistake at control six, losing around three minutes and dropping to 36th, and was left with a long and lonely run in. Despite this, he recovered to run six fastest legs over the remainder of the course – the joint highest number with winner Matthew Speake – and came home fifth. This was enough to secure him third place on the podium, an excellent result.

Anja won the W40L race by almost two minutes which was enough to overcome her Day 1 deficit and she took the W40L title by almost thirty seconds. Sarah Brown won both days in W60 and took the title by nearly four minutes.

Chris Robinson also won both days in W55S, winning overall by over eight minutes. Paul Street completed a hat-trick of podium finishes for the family finishing first on M55S to improve on his sixth at Hambleden and took the top spot by over six minutes.

JK Spot the Difference!



Lucky for Ed Catmur, he found his control at this time...



...rather than now, where Nicky Morris appears to win a valiant battle to punch!

Day 4: Relays at Hambleden

Monday saw a return to Hambleden for the mass-start relays, and SLOW runners secured another medal. Di Leahey joined in the successful weekend that Sarah Brown and Chris Robinson were enjoying to take silver together in the Women's Veterans Relay (see smiling photo earlier on).

We were on a different part of the map, round the corner from the first forest race, but the terrain was, of course, similar, with lush rolling hills and valleys. Spectating was fun as we were based in a valley which acted as a nice funnel for the run-in, plus gave views of runners cascading down the hillside to the spectator control and then contouring along to go out of sight for the final loop.

The Men's JK Trophy relay team of Ed Catmur, Jev Petrovs and Ralph Street came sixth. This is the best result that SLOW has achieved in the top men's relay class, at least as far as anyone can remember! The Women's JK Trophy team of Helen Gardner, Anja Stratford and Sarah-Jane Gaffney had solid runs and achieved 12th place.



SLOWprint

Spring 2013

JK 2013 results

Special mentions to SLOW members with top 10s in their races at the JK:

Day 1 Sprint

Sarah Brown **2nd** W60
Colin Dutkiewicz 6th M40
Abi Weeds 6th W21E
Diane Leakey **3rd** W55
Libby Schofield 6th Novice
Ralph Street 4th M21E
Ling Sang Liu 8th MOpen
Don McKerrow 9th M60
Joanne West 5th WOpen
Nicki Adams 10th W35
Katie McInnes 9th WOpen
Michael May **1st** Novice

Day 2 Hambledon

Ralph Street **1st** M21E
Aiden Ellmers 10th M21S
Chris Robinson **1st** W55S
Anne May **3rd** W60S
Owen Lindsell 7th M35S
Anja Stratford **2nd** W40L
Carys Morgan 6th W35L
Paul Street 5th M55S
Alan Leakey 9th M60S
Alison Ingleby 5th W21S
David May 9th M65L
Nicola Morris 8th W35S
Sarah Brown **1st** W60L
Colin Dutkiewicz 9th M40L

Day 3 Cold Ash

Anne May **2nd** W60S
Sarah Brown **1st** W60L
Ralph Street 5th M21E
Paul Street **1st** M55S
Charlie Turner 9th M60L
Alan Leakey 7th M60S
Sarah Dutkiewicz 5th W16B
David May 7th M65L
Diane Leakey 9th W55L
Alison Ingleby 6th W21S
Carys Morgan 10th W35L
Nicola Morris 8th W35S
Anja Stratford **1st** W40L
Chris Robinson **1st** W55S

Overall:

Chris Robinson **1st** W55S
Ralph Street **3rd** M21E
Aiden Ellmers 10th M21S
Edward Wicks 9th M35S
Paul Street **1st** M55S
Alan Leakey 7th M60S
David May 7th M65L
Alison Ingleby **3rd** W21S

Anja Stratford **1st** W40L
Carys Morgan 10th W35L
Nicola Morris 8th W35S
Sarah Brown **1st** W60L
Anne May **2nd** W60S
Charlie Turner 10th M60L
Joanne West 4th WOpen
Diane Leakey 9th W55L

JK Trail O by the Editor

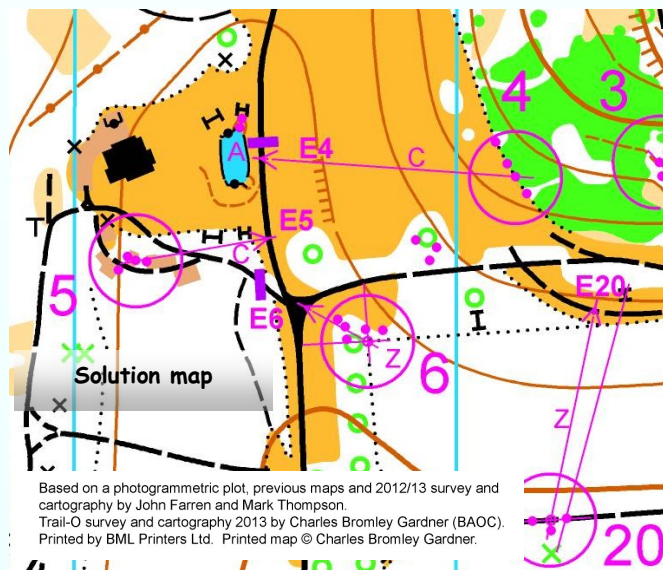
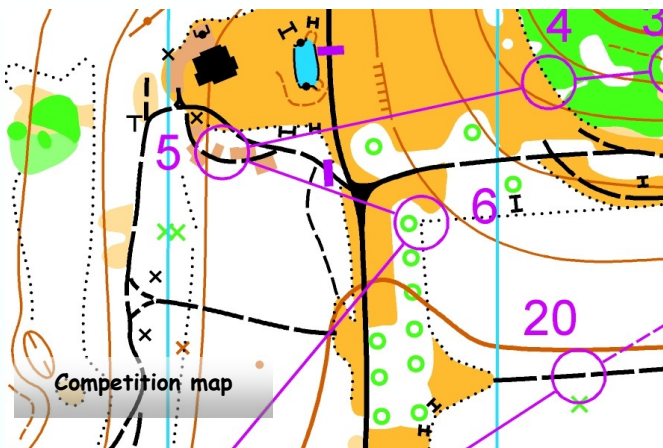
The map extracts here show just a small taster of the Trail O courses on offer at the JK. The Trail O was held over two days: at Whiteknights, on the sprint Foot O day, then at Hambledon on day two, which I've looked at here in part. Scores over both days were combined to give overall results. These maps are from the Elite course; there was also a novice course on offer. The courses shown were planned by Charles Bromley-Gardner and Anne Braggins organised "on the day", with Dick Keighley controlling and responsible overall.

Trail O isn't a big sport. In fact, given that it involves little physical effort, some might argue that it isn't even a sport at all...but then we hear that about Foot O from some people too!

Therefore, I'll assume that most of you haven't tried it and explain a few basics:

Competitors must stay on the paths. They reach viewing points along the paths (marked with numbers) where they punch their believed solution.

This means they look into the terrain at, say, five flags, and chose which flag represents the control marked on their map. In some cases, "none of the above" applies. It often is the case that the solution is obtained from an angle other than the viewing point - we'll come back to this. Maps are very detailed and it is possible to have several flags in one re-entrant/depression etc, but only one flag truly in the centre of the circle.



Number 4



According to the control descriptions, we have four flags to choose from (marked A, B, C and D, where A is the left-most visible in the terrain). We want the control on the edge of the vegetation boundary and it's best visible from the east (as the last column shows).

The solution map extract shows, with purple dots, the actual locations of all the flags in the terrain. The purple arrow shows the correct flag.

We walked along the path from the east when coming from number 3, so I looked at the flags in the terrain as I walked past because it was much nearer than the viewing point (down by the water feature at the end of the arrow). You could make out where the white bits within the green were and these had a flag on them, thank goodness. This ruled out those two flags & provided handy guidelines. Then using relative distances, it was possible to work out that the flag slightly nearer to the southern white patch was in the centre of the circle.

Number 5

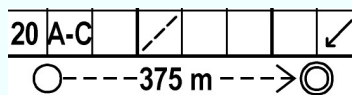


This eastern edge of the car-park looks easy on the map but from the solid black path (you were not allowed up the path right next to the controls - this would be too easy) it was quite vague and you had to focus on the "edge" not the corner, middle etc...as there were flags on these!

Number 6



Looks incredibly simple to a foot orienteer but it was quite sneaky as the detail in the control circle could be distracting. The outside corner of a veg boundary was the description...but there were lots of different vegetation types going on here, plus at this 1:4000 scale, individual lime trees plus their canopies were mapped and a veg boundary is defined as the edge of a canopy and not at the outer tree trunks. You had to look at the flags from the north and from the west and hopefully figure out that actually, none of them was on the veg boundary that we wanted; this was therefore a "Z" control, ie, none of the above.



Number 20

Last control at the end of a time pressurised course for many. I was actually running at this point, trying to make sure I didn't lose a point by being back after the maximum time allowed for the course. This is not a good thing as trail-O requires focus and stability, not feelings of panic! I got this control right but had already blown number 19 by rushing and punching before noticing the planner's trick. John Kewley, JK 2013 gold medallist, also felt he was running out of time and got number 20 wrong. The controls were more visible from the path leading south than they were from the northern viewing point. From the viewing point, all flags appeared to be on the path with one directly opposite a wood pile.



SLOWprint

Spring 2013

However, when viewed from the west, you could see that the flag that looked correct was not on the path but closer to the wood pile, in the terrain. This was therefore another Z control.

Personally, I thought that the Hambledon course was not an easy one but it was interesting, challenging and varied. I was annoyed at myself for rushing the latter half of the course and dropping a few points. I came 4th on both days and overall, missing the bronze medal by 1 point and 1 second (there are timed controls that act as tie-breakers as otherwise several competitors would have exactly the same score). Other SLOW participants were Pete Huzan, who was placed 10th, Heather Walton who came 17th and Chris Robinson who was 21st on day 1 only and Richard Weston who was 10th on the novice course.

My JK by Ralph Street

The Reasons:

The JK this year meant a lot to me for several different reasons. It was my first big competition back in Britain since I moved to Sweden last summer, this meant it would provide a really good indication on how my technique and fitness had changed. The JK was also selection races for the World Championships and so it was important for me to get some good results. Finally, the JK was my first race back in South London colours after spending three years running for Sheffield University.

The Approach:

At the start of the orienteering year, normally October/November, I take the time to plan my training for the year ahead. This is not in great detail but more of an overview; putting the races I want to run into a calendar and seeing how they fit together. I decide which races I want and need to run well in and what kind of training will help me to succeed in them. The general rule is that you can "peak" for a maximum of three periods in a year but this varies between different people. This also doesn't mean that you either don't care about the races in different periods or that you won't run well in them. It simply means that you won't be in the best possible shape for them. The plan this year is to focus on the World Championships, TioMila and the JK.

For my physical preparation for the JK I didn't do anything particularly special, just kept up with my regular training and turned some of the intervals into shorter, faster, sessions. A few weeks before the JK I ran a 3km test in 8.35; the aim of this was to give me confidence in my physical shape and allow me to focus on my navigation in the races rather than on my running speed.

I did not do a lot of specific technical preparation for the JK; as fantastic as Sweden is, it is not relevant to Southern England. I was however doing plenty of orienteering and thinking about the right way to be orienteering so I felt quite ready. I thought that even though it could be difficult to adjust to the lack of snow, the fact that Southern England is my home terrain would get me through just fine.

The mental preparation is what I focussed quite a lot on. I planned courses and routes on all the different JK maps to think about what challenges I would be facing and what techniques I would use in certain situations. I looked at the options of long legs and what I thought would be the best routes on them. Finally, I looked at what I thought would be the hardest possible legs that could be set so that in the race I would identify these legs easily and would be careful in my orienteering.

The Races:

The sprint race was my main focus for the weekend because it was the only chance I would get to be selected for the World Championships Sprint. (*Ed: the British Sprint Champs is the other race used for selecting WOC Sprint runners, but Ralph ran the Swedish Sprint Champs, held on the same day*). This race did not go so well, I was rushing my orienteering and predictably made a big mistake. My running speed was good though and this carried me into 4th place. I was really unhappy with myself afterwards, I had made a bad mistake and it had cost me the result I wanted.

I was really looking forward to the middle race, partly as a way to wash away the disappointment of the sprint, and partly because I knew the terrain would suit me. I had been warned that sometimes it can be difficult transferring to the Swedish forests and style of mapping to the British one so I started slowly (in my mind) to make sure I hit the first couple of controls and gained some confidence. After these, and a little miss on the 3rd control, I



JK day two by Jon Brooke



SLOWprint

Spring 2013

just went as fast as I felt I could just about navigate at. When I finished I was disappointed with myself because I had missed what I thought was an easy control and I had also got a route choice wrong. However, on closer reflection I had a really good race and I was pleased.

In the elite classes for day three, the start list is the reverse of the results of the day before and this meant that I had last start for the long race. I was quite nervous before the start, I was expecting the race to be quite long and I wasn't sure how I would hold up physically. I decided I would start a bit conservatively and then pick up the pace later. This plan was abandoned after a big mistake at the 6th control. I knew that in order to get a good result I would really have to push myself for the rest of the course. I ran quite well but made a couple of mistakes. However, other people had also had problems and so I ended up with 4th place and 3rd overall.

The relays provided a really nice end to the weekend for me. After spending three years doing them with Sheffield University, I was really keen to succeed with South London. I ran the last leg and was set off right in the thick of things. I ran well only making a bad route choice near the end without which we might have been able to get past Nottinghamshire and into 5th place. However, I think the team were still happy with a 6th place finish and it is certainly the best finish at the JK for a long time. Some room for improvement next year?

The Analysis:

It is always important to learn from your experiences in orienteering in order to make good progress. From this JK I have learnt that I can not just turn up at a sprint race that I am focussing on and expect to perform well without doing a decent amount of sprint training. I learnt that in Southern England my fitness is alright to push hard for a 90 plus minute race from very early on. I now know that when taking on energy supplements during a long race that I really need to focus on my navigation afterwards otherwise I am at risk of making mistakes. From a results point of view I achieved my aim of getting selected to go to Finland and try out for the British World Championships Team so I am happy with that.

Welcome New Members!

Eric Börjeskog, Steven Clelland, Diane Goodwin, Allan Lansdowne, Jon Moore, Katie Pipe, Peter Preston, Gasan Sulaiman, Paul Todd and members of Coombes Girls' School have joined SLOW since the last issue of SLOWprint went out.

South Africa WRE by Paul Couldridge & Dorte Torpe Hansen

South Africa's first world ranking event (of 2013) and we were there.

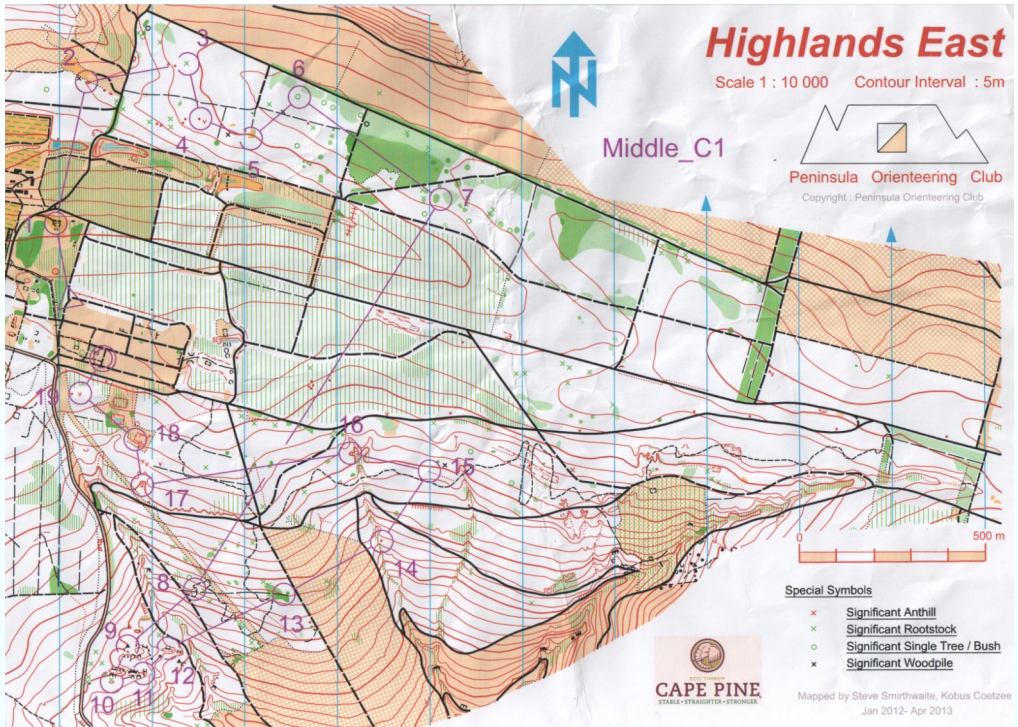
Our holiday to South Africa was planned long before we knew that we would be able to include a whole weekend of orienteering in Grabouw east of Cape Town.

Saturday was a sprint (the world ranking event). It was held at the Oak Valley Wine Estate. It was a mix of fields of vines, buildings and wooded areas. It was fast and even if there were no really tricky bits that would catch you out, it still required a fair bit of orienteering.



With courses of around 2 km the race was always going to be short so each second really did count. After a little wobble at the 1st control which was mostly down to getting into the map, it was a true sprint to the finish trying to catch each minute man in front. The rules for a world ranking sprint race are a bit funny. There were only 15 people competing in it but we still had to start a minute apart. Dorte won the course of the veteran women's and so was for that

day, potentially the best W45 in the whole continent of Africa. WOW. I managed to pick up third place 45 seconds down on the winner Michael Crone. South Africa is not a force in World Orienteering yet but they have some very good juniors who would give our best a run for their money in the longer events.



Both the middle on Saturday afternoon and the long on Sunday morning were in Highlands Forest. Turning off from the N2 from Cape Town you drive through the apple orchard of South Africa and the home of Appletiser before you get to a vast area of forest plantations. When the tar road ended we still had quite a drive up into the mountains along the gravel road. We were greeted by a family of baboons crossing the road in front of us.

The map for this area was fantastic. White forest and very accurate made for a beautiful run on mostly pine needle floor. Unfortunately the 2nd compass of

the day didn't work either so I had to do the middle without taking a bearing which made things quite hard. It's definitely a skill that we rely on a lot and one that could do with a bit of training. Dorte decided to spend the afternoon as a budding David Bailey leaving me to slog it out with all the youngsters on a very well-planned course.

The long event on the Sunday was again a great course if very physical after the previous days exploits. Dorte managed to win again, beating her good friend Kathy by just 3 seconds. I fared better than the middle with a compass borrowed from a very friendly South African orienteer.

I was amazed by the welcome that we got from the locals. They didn't just say hello when you passed them in the car park but you got a full conversation about all and sundry. Orienteering is quite a small sport in South Africa and it was good to see a high quality event in a good area. And, of course it was great seeing old friends and meeting new orienteers at the other end of the globe.



Control 4: English Capital - south west edge

by Colin and Sarah Dutkiewicz

The start triangle was marked roughly on Cape Town in sunny South Africa. After 30 years of orienteering once a month on familiar maps we headed towards control one which was enthusiastically located at Heathrow border control. We had a bit of a time finding that (6 months in fact for Sarah) but finally punched the control to enter the UK.

Colin with daughters Sarah (middle) and Odette



The second control was located roughly Fulham direction - a tiny little spot quite easily found to begin our stay in London. The third control miraculously appeared even before I looked for it thanks to Vince, Dorte and Paul letting me tag along to the butterfly controls of JK'12 in Scotland.

A few other controls have raced by since then, south side of capital (SEOA champs);

west side of Reading (JK); side of hill in Lake District (British champs); edge of Peak District (British champs); northern Germany (WMOC) all on the learning curve of British Orienteering! We moved the one misplaced control from Fulham to Putney.

The water tables have come and gone but we haven't started helping out yet as we used to plan, organise, run clubs, run national federations etc. so we need a bit of a break! But of course we will give back in due (black) course. Thanks Andy, Pete and others for understanding.

The finish line is pretty far away (M90) so we won't worry about that any time soon. So we will continue to race with enthusiasm for our new club and its friendly welcoming members. So thank you to all who have helped us navigate our way around and look forward to getting more involved in the club!

Thoughts from our Chairman

Can somebody tell me why it is that southern clubs are much slower at getting their results up on line than northern clubs? This may be an over-generalisation but I often notice results of many northern events on the BOF website but no results for the one I'm looking for from the south. On the way back from the Southern Champs on Penhale we were trying to find the results. I had to wait till the next day to find out I came second – a mere 21 minutes behind the winner. But the results of the LOC Graythwaite event at the same time were already up. For reasons not clear to me we then spent an hour or so researching the longest wars in history; fascinating but not what we started looking on the internet for. For those interested, there are three candidates:

- The Hundred years war between the English and the French lasted 116 years from 1337 to 1453 and most think is the longest.

- But a peace treaty between the Netherlands and the Isles of Scilly was only signed in 1986 some 335 years after war was declared near the end of the English civil war in 1651. This war was entirely bloodless and you may therefore think it doesn't count as much of a war.

- Which brings us to the longest by far; the 2249 year war between Rome and Carthage. The war started in 264BC and the peace treaty was signed in 1985. Clearly the longest; by nearly as far as I was beaten at Penhale. Not much of a war after 146BC though, as that was when Carthage was completely destroyed. You wonder who there was to sign the peace treaty.

If Kernow had got their results up on the day I would know none of this, and you would have been spared it too!



On the JK run-in
By Angus Liu



Team O by Paul Street

As you drive to your next race you may notice that your club's name is painted on the roads. Will you run better because someone is cheering on SLOW?

Oh what nonsense! Does a club really have a role in competition as well as organisation? Surely in O, clubs are to organise a sport for individuals, not for supporting a team sport?

Maybe if you're a veteran you've got to see the sport as being just the individual challenge, typically in a forest. You'd happily attend a race at which you and your age group are the only competitors.

Long ago when orienteers were younger (see below) it was a bit different. Clubs more often travelled and stayed together. And team events, especially relays, were a prominent feature of the calendar. As well as the big ones, the spring had lots of small-scale ones - I digress to mention that for a couple of years many in the south-east were won by London Orienteering Klubb's Keyes brothers performing with a succession of various others as "Never Mind the B*LOKS" (younger and overseas readers might need to look up the Sex Pistols on Wikipedia.) The JK Relays were on Easter Sunday. The Harvester Relay was a big and popular race, our attempt to make a major race like TioMila or Jukola in Scandinavia.

A recent thread on the Nopesport Forum is about the sport's changing demographics. (Like many such discussions it tends to blur into the topic of falling off of numbers - not in the physical sense of code numbers falling off controls, although that has caused voiding of major event courses, but in the sense of fewer people going to events.) The thread was started by one of SLOW's best ("The Loofa"), with a comparison of attendance at the Midlands Champs this year and that of thirty years ago, held on the same area. Total attendance was down more than half, but perhaps more interestingly runners in the 19-34 classes went from more than one in three of the total to less than one in twelve. And the proportion of those over 50 has grown from less than one in ten to more than one in two.

Of course orienteering had always been a good sport for older people. But are these new demographics the result of natural changes in the world as a whole, or has orienteering itself played a part in the change, little by little, year by year. Perhaps we older orienteers have gradually inclined the sport to suit older folk and

so made it less attractive to younger folk? It might be many small things. We put the finish remote from assembly so as not to compromise the courses, but doing so sacrifices a good assembly. We're less keen on team events. They're awkward, we're not competitive, we need shorter courses etc - if there's a team event clubs don't do entries, and often (SE Score/FROLICS) people enter and take part as individuals and the scoring is an optional extra. The south-east summer team series called "FROLICS" was once teams of 8 with 6 to count (club may have multiple teams), but was changed to one team per club, with teams of unlimited size.

As another of our finest ("Arnold") says in the Forum thread, the social side is important to 21s.

So three cheers for SLOW, our officers and newer members too, for being one club that is stepping out from the national trend:

SEOA Middle Distance Oxshott Heath 7 April 2013

Well done to winners **Ed Catmur** (M20-40) and **Teresa Turner** (W65+).

Other ranked runners include **Charlotte Turner** and **Sarah-Jane Gaffney** who were second and third respectively in W20-40, and **Di Leahey** who was third in W55-60. A total of 41 SLOW members turned out in total for the event run by Southern Navigators, which combined both the South East and South Central Orienteering Association's middle distance championships on the southern section of the new map first used for the 2012 OK Nuts.

For those of you who didn't make it, the day was warm and sunny and the terrain hilly and quite green in parts. Many legs had decisions to be taken on whether to utilise the complex path network or to go straight, which could result in saving time or in snagging one's SLOW top in a thorny thicket.



SJ showing off bronze medal with SE 1st place Ruth Holmes (photo by Anthony Barrable)

British Sprint and Middle Weekend

With contributions from various club members

Paul Street reports...

This weekend (20th - 21st April) was a "double header" of British Championship races: the Sprints on Saturday and the Middles on Sunday. When I was working (which was not so long ago) and young (which was a long time ago), I invariably ran better on the Sunday than the Saturday of such a weekend. Maybe I needed a day to properly switch my mind from work to orienteering. These days it's the reverse: the second day is harder. It might be about needing time for recovery, or perhaps I'm just relatively better at the shorter sprint format that is the first day. Anyway, I was not alone amongst the SLOW contingent in the East Midlands this weekend in doing less well as time went on.



17 of SLOW ran at the Sprints, with our largest contingent being in the Women's Open. (See more on the Sprint later on).

Sunday saw most of us running the middle races at Stanton Moor near Matlock in Derbyshire. It was a very different mental challenge as expected, emphasising fine navigation and map interpretation rather than route choice. The



fields spread much more. In my class for example, in the sprint heat only one person took longer than winner + 50%, but in the middle nearly half were outside that mark (including me, but not including Andy Robinson). All courses started into a complex quarried area, where many of us lost time, and emerged via the spectator control for later simpler legs on moorland.

SLOW results to note include: Helen Gardner running Women's Open improved on her 12th in the Sprint to come 5th. Alan Leakey (M60) improved from mis-punch to 19th, and Colin Dutkiewicz (M40) moved from 9th to 8th. Matthias Mahr was a consistent 6th both days.



SLOW Gold at British Sprints by Michael Balling

This year's British Sprint Orienteering Championships were hosted at one of the Centre of British Sporting Excellence, Loughborough University. A reasonable SLOW contingent made the journey up the M1 to attend what proved to be a well-run event held in the first true day of (seemingly endlessly delayed) British summer.

During the morning prologues, courses darted between the the faculty building area, providing some interesting route choice options and a reasonable navigational challenge. Whilst sprinting through this labyrinth, the gaffled nature of the



SLOWprint

Spring 2013

parallel prologue course necessitated additional focus in the control circle to avoid mispunching. Once the final control was punched, eyes were glued to the live results (providing by local wifi) to see which final (A,B or C) the time was good enough for.

Following a short break for lunch at the campus cafeteria, for most SLOW members it was time to watch the Elite finals, and to cheer on our very own Helen Gardner. The Finals map presented a significantly different challenge to the fast morning conditions. The student housing built on campus contained a significant number of uncrossable fences and walls, dead-ends, and hidden nocks and cranies which required permanent high concentration and excellent high-speed map reading. In the elite final, Helen's fantastic effort ensured a 12th place. There were even better things to come for the seniors: both Diane Leakey and Sarah Brown crowned themselves as British Sprint Champions for their respective age classes, whereas David May won his B-final, with Vince Roper third on the second tier as well, 3 seconds off the win.

Overall a fantastic event, well organised in an area that allowed for both core elements of Sprint orienteering: high speed and high complexity. With some excellent SLOW results to match, I'm already looking forward to next year already!

Some thoughts on the W21 races & weekend in general from S-J:

It was a nice surprise to see so many SLOW members at the event, in part due to a few last minute entries plus holding the combined Elite and Age Class races instead of separating them as was done a few years back. I optimistically began the sprint, looking forward to some urban orienteering for the first time in a while and thinking I'd shaken off the virus which arrived hours before the JK a few weeks before. I found dead legs and sore muscles awaited me in the fast and technically simple (relative to many British sprint events) qualifier. I didn't manage to ignore this and let smooth flow make up for lack of speed, so no A-final qualification...but really, with the quality of the women at the event, top 6 was always going to be a challenge and I admire those who made it (I'm talking about you again, Helen G!) I decided then to run a clean B-final, and managed this on a few controls (!!)

royally screwed up a leg (13-14 on W21E) through oxygen debt and leaving my focus behind in the car-park. Well done planners for providing a technically more difficult final! The students eating barbeques in the unexpectedly delightful summery temperatures certainly had good views of the orienteers zig-zagging around their somewhat homogenous accommodation blocks and those of us scratching their heads and running around in circles...

The middle distance race was really fun. Whilst the sprint was held on a fairly generic area (nice enough, particularly the final, but I think that in the UK we are treated to so many urban events that it is taking more and more "exotic" a map to really impress!) the middle distance area was pretty special. The first few legs were mind-blowingly complex and I felt like I virtually walked them in order to understand the contours and clamber over the vegetation, then finally got to stretch my legs to cross over into the mining area, full of dramatic, steep ravines and rock (see photos of Matthias Mahr below, taken by Wendy Carlyle). This was hardly any easier. Finally, the third section of the race was fast and furious, over flatter terrain with variable vegetation and little to get in the way of your feet. I had a fair run, with no glaring errors but rather some minutes of wastage through hesitation smattered through the whole race, but given that I started relatively early, I managed to come into the finish in the lead. The commentator announced me in as having a "good run" and compared the next few incoming runners to my time - trying to look nonchalant as though this happens all the time was pointless as



this made me hugely excited.

Other things I noted about the weekend included continuing excellent services from "Taxi Roper". Vince, in usual helpful style, made the drive up and down (both days!) giving lifts to a few other SLOW members. Cheers Vince!

Ian strikes a manly pose on the run-in

Photos by Wendy Carlyle



A marathon weekend for SLOW members

Well done to our SLOW members who completed marathons this April.

Ed Catmur won the Great Welsh Marathon in Llanelli in a time of 2:36:45, seven minutes in front of the second placed runner. Probably a nice treat for Ed, who'd expected to be running at London but ended up entering the Welsh late once his London entry appeared to go astray!

In London, four SLOW members finished within five minutes of each other:

- Ben Roberts, 2:57:06
- Evan Barlow, 2:59:14
- Dan Findlay-Robinson, 2:59:50
- Tom Cochrane, 3:00:09

An honorable mention should go to SLOW affiliate member Harold Wyber (LOK) who came 79th overall in the London Marathon with a time of 2:35:36.

Jayne Sales headed back from the British Sprint Champs to support SLOW runners as well as other friends and her sister, Cat. There were no doubt other SLOW members, not at the British Middle Champs, who were there to watch and support.

Awards 2013

The AGM was held, as usual, on the evening of the sprint race and was well-attended by SLOW members who proudly collected the British Orienteering Club of the Year 2013 award.

Not only this, but our own Ollie O'Brien was awarded the Bonington Trophy for the best contribution to mapping and was highly commended in his nomination for the Walsh Trophy for 2012 (awarded for the best urban or sprint map drawn to ISSOM specification).

The Bonington trophy was donated to British Orienteering by its honorary President, Sir Chris Bonington, the world famous mountaineer. It consists of a piece of rock collected from the summit of Mount Everest on Chris's 1985 expedition, mounted on a wooden plinth. Awarded to mappers each year starting from 1986, with no award given in 1992, Ollie is the first member of the South East Orienteering Association to win the trophy.





Recipe Corner starring Chef Tom Cochrane

Tom's veggie chilli (that bears a striking resemblance to Wilf's legendary veggie chilli)

When I first took my then-fiancée Emma to an orienteering event, it was the wettest, coldest, most miserable Scottish 6-days in living memory. Seasoned orienteers were reduced to shivering, gibbering wrecks. The one positive that Emma took away from the week was the delicious Wilf's chilli after the race each day. It is possible that without this saving grace the wedding three months later might not have happened. That's how good this chilli is.

After a bit of trial and error I think this recipe does it justice. It freezes really well so make big batches.

Important ingredients

(this makes a batch of 4 or 5 portions with pittas or spuds)

Lentils (50g per person or thereabouts, orange or green ones)

A turnip or swede

3 or 4 carrots

An onion

A pepper

Chilli(es)

1-2 tsp cumin seeds

Can of tomatoes, can of kidney beans

Some combination of chilli powder/cayenne pepper/paprika (1-3 tsp total depending on how you like it)

Optional extras

1 or 2 sweet potatoes (use at the same time as the turnip/swede)

$\frac{1}{2}$ tsp turmeric (use at the same time as the cumin seeds)

$\frac{1}{2}$ tsp caraway seeds (throw in with the liquid)

1-2 tsp thyme (throw in with the liquid)

Instructions

Chop the turnip/swede, carrots and onion into hearty chunks and soften (with a sploosh of cooking oil) over a medium heat for 20-odd minutes if you have the time, less if you don't. Stir every few minutes.

Turn the heat up a bit and throw in the finely chopped chilli(es) and roughly chopped pepper for a couple of minutes.

Throw in the cumin seeds for a few seconds until you catch the smell of them (plus turmeric if you're using it).

Add the tomatoes and kidney beans, plus about an extra can of water (rinse out the cans into the pot).

Add the lentils, spices and any extra herbs, and bring to the boil.

When it is boiling, turn down the heat and let it simmer for 25 minutes if you're in a rush or a good 40 minutes if you're not. Check every now and again in case it needs more water - the lentils will absorb a lot.

Serve with warm pittas or baked potatoes, plenty of grated cheese and a splash of sweet chilli sauce.

For a more authentic experience, eat it in a freezing cold field after an hour-long run. For a more enjoyable experience, eat it in your kitchen with a cold beer.

St Albans Urban Race 28 April 2013



Di Leakey on left (photo by Simon Errington)

Well done to [Di Leakey](#) for winning Women's Super Vets at the St Albans Urban event, to [Frej Burger](#) on her 3rd place in Women's Young Junior Class (despite still only being a W6!), to [Jayne Sales](#) on her 3rd place on Women's Open and to [Colin Dutkiewicz](#) on

his 3rd place in the Men's Veteran class. Top 10 places were also achieved by [James Lyne](#) and [Ollie O'Brien](#) in 7th and 10th respectively on Men's Open, by [Anja Lund](#) who came 8th on Women's Young Junior, [Chris Robinson](#) who was 4th on Women's Super Vets, and [Harold Wyber](#) came 4th on Men's Open.





SLOWprint

Spring 2013

Upcoming events

Tuesday 7 May 2013 Greenwich <i>Street-O</i>	Tuesday 14 May 2013 Bushy Park <i>Trail Challenge</i>	Sunday 2 June Surrey Hills Trail <i>Challenge</i>
Tuesday 25 June Ham Lands <i>Trail Challenge</i>	Saturday 21 September Ultrasprint (LOK)	Sunday 22 September The 6th London City <i>Race</i>

Not so local but with strong links to SLOW is the charity fundraiser Taunton Urban Event. Jim Mallinson (SLOW member & QO local member) is finishing off the mapping of the area and Mike Murray is making the trophy. Dave Holmes is the late father of former SLOW women's captain, Rachael, and SN member Ruth.



THE DAVE HOLMES TAUNT-O

TAUNTON Urban Event

Saturday 6th July 2013

in memory of Dave Holmes

All money raised will go to Cancer Research UK

www.quantockorienteers.co.uk

10km, 6km, 3km and an Under 16s course

Starts: 2.00pm – 3.00pm

entries via www.fabian4.co.uk.

After the event there will be food and drinks

(included in entry fee) and the

awarding of the Dave Holmes

trophy. Make a weekend of it

with the Moonraker Relays

(SARUM) the next day.

