

JK 2011 Sprint Finish at Stranmillis University College.

The JK went to Northern Ireland (NI) for the first time in 2011. It was 3 years in the planning and overall, the weekend was a great success. The weather was surprisingly good for NI - a lot of sunshine and a distinct lack of rain at times. I was unable to tell my classic joke about the American tourists who, having been in NI for a week, and everyday had rain, asked a local boy if it they 'ever had a day when it didn't rain?' His reply, 'How do I know, I'm only 10!' (Well, maybe I did tell it once or twice ;-))
There were other 'records!' being made that weekend. Jim Prowting (TVOC M65) and Pete Nicholls (GO M55) were at their $40^{\text {th }} \mathrm{JK}$. Even local NWOC members Noel Bogle (M70) and Ruth Blair (W45) were at their $34^{\text {th }}$ and $35^{\text {th }}$ respectively, JKs.
It is impossible to cover everything that happened at the JK. We have maps below of the first 3 days and top three comments from a variety of courses. Comments from the Sprint Planner and the Relay controller who mentions some of the area, mapping and scale issues that went on behind the scenes before the event came 'to the long beep' so to speak. Enjoy the coverage!

## Sprint Planner's comments:

When we first looked at the terrain of Stranmillis, we thought it was neither big enough nor complex enough to stage JK sprint. But then we thought of combining Stranmillis and Elms - which is a neighbouring area - and that would make it more suitable, as well as it bringing another advantage - the combination of two different types of terrain forcing the competitor to adapt to different challenges.
What I was trying to achieve? My inspiration was an article in CompassSport

I don't remember exactly who the author was and when it was published - I just have read that from a borrowed mag. (Don't worry readers, he subscribes now! - Ed.) It was a 'planners conundrum' or something about sprint, where the author stated that "a sprint race is not a sprint for the legs", but the planner should plan the course so that the competitors need to take multiple decisions in a split second, while maintaining high running speed, i.e. a "sprint for the mind". I tried to create courses where there are as many route choices as possible and where each control has its purpose.


Matt Crane was the winner of the Men's JK Sprint course.

Once the setting of the arena, the start, the finish and spectator controls were agreed and finalised then the real course planning work started. This also made limitations, because there was only one way connecting the two areas and the flow of the competitors had to be in the particular direction. My biggest challenge was the shear number of courses and competitors, trying to avoid overusing the same legs and controls and avoid having competitors flowing in opposite directions. I have never planned such a big event with more than 1600 competitors. As preparation, we
as a team (organiser, planner, assistant controller) had prepared the Irish sprint championships - 6 courses, approx 200 competitors: this was a big leap forward. The area in the Elms is nice and complex enough, but not very big and in addition, the buildings are on streets running East - West. To make any challenging leg it needs to be crossed either in a North South direction, or diagonally. Any long leg there would also make the choice very straightforward and degrade the use of the area.
An extra challenge, but also a privilege, was to plan WRE (World Ranking Event), with its requirement to have a maximum control load of 2 runners per minute. That meant if the control site was used by a WRE course, it could only be used by just one more course. That resulted in more control sites very close to each other, so I had to watch very closely the $15 / 30 \mathrm{~m}$ control distance rule.
I have to mention another hurdle which we as a team had to overcome that was the oversubscription of two courses and limited start time window, which resulted in the creating of two extra courses.
As the area was previously unused for orienteering, a new ISSOM map was made by an Italian mapper in the winter. This created complications with clarifying the use of different types of green which had to be resolved by a BOF mapping advisor.
Because there was no previous orienteering map, it was difficult to anticipate how the final details of offset printed map and courses would look like. This turned out to be critical and resulted in last minute reprinting of the WRE courses. I would suggest considering laser printing in the future (despite IOF guidelines) which would enable to see and fine tune the print output.
In conclusion the JK sprint 2011 was a big team effort which I am glad to have been a part of and I hope to have contributed to its overall success. Igor Stefko LVO


# - 2 (1) 4 - Sprint 

## Friday - Sprint - Stranmillis - M45 - Course 3

Quentin Harding SROC $1^{\text {st }}$ : 13:54
This race is one of a number this year between Clive, Charlie and myself where our results have been split by just seconds. It was not a clean race for any of us and demonstrates the importance of controlling one's speed. The first half of the course was in excellent terrain and warranted more care than I gave it. I should have slowed up a bit more and then opened up after control 12.
I shared the start lane with Jackie Hallett (Clive's Wife) who appeared a number of times throughout my course. Just as I left \#4, Jackie suggested that the SI unit had not beeped. I re-dibbed an action that according to my splits took 7 seconds. Fortunately this did not become significant and we both laughed this off as a foiled espionage plot.


M45 JK Sprint Podium - second place Clive Hallett BOK is missing, Quentin Harding SROC and Charlie Adams SYO enjoying being closer to the sun.

After \#7 I was fortunate to find an existing trog down through the green. If the green had been any worse then I would have lost time. I thought I had lost it at \#11. I had seen the possible routes in advance of \#10 but had not been able to see the wall to which the descriptions were referring and made two false approaches before getting there. I could feel the planner was probably smiling at my antics. Such actions usually leave you high and dry for the next control but I was lucky that the next control was relatively easy.
Competitor traffic built up after the spectator control and time was lost waiting to dib and getting along between the building and wall to 19.20 to 21 required you to go though a hedge the
majority being marked as uncrossable so decided to go round but knew this would be slower. I only took the lead two controls from the end. I saw $24(25)$ as I went in to 23(24) which made for smooth running in to the finish.
I was surprised to win with such errors but shows the merit of keeping going to the end. An excellent area, map and event. While out there appeared to be competitors everywhere and I did wince at the damage that was being done to the area through just the sheer numbers in a small area. While I have come to enjoy the sprint at the JK, I do wonder as to whether an area could support all the competitors if they all took part.

## Clive Hallett BOK $2^{\text {nd }}: 13: 59$

My strategy for sprint races is usually to look for the most obvious route and avoid the chances of running down a dead end. This though sometimes results in me missing quicker fiddlier routes.
I came out of \#7 heading towards \#8 and quickly realised there was no apparent direct route. I turned round and headed back crossing through the gate and across the car park.
I didn't see the gap in the hedge on \#20 to \#21 and ran right round it. After punching control \#23 I couldn't find the circle on the map for \#24 and wasted precious seconds looking for it.

## Charlie Adams SYO $3^{\text {rd }}: 14: 07$

Great area for a sprint, particularly the section prior to the spectator run-through. I thought the map was excellent, but do feel the older competitors should have had a 1:3,000 blow-up.
I lost small amounts of time over the first section as I struggled to keep my map reading ahead of my running. I was particularly disappointed with myself for running the long way round the building from \#6 to \#7 and then not knowing where l'd come out onto the road between \#7 and \#8. I then ran strongly through the easier parkland section of the course and was still on for a great result until the penultimate control. Here I made the mistake of getting too far ahead of myself, checking the route to the last control and running straight past the second last control in the process. Frustrating loosing it so close to the finish, but Clive at least, will be saying exactly the same....


Charlie Adams SYO finishing the JK Sprint.


Pippa Archer CLOK (above) and Sarah Rollins (below) tied for $1^{\text {st }}$ place on W21.



## JK 2011 - Individual, Day 2 <br> Saturday - Tyrone Dunes - M40L - Course 7

Bill Edwards SYO 1st : 67:23

Having lived in New Zealand for several years now, this was the first JK I'd done since 1999. Over there, the New Zealand Championships are always held over the Easter weekend, so I normally stay there for that. But this year, the very late Easter, coupled with work commitments requiring me
to be in the office (in Sheffield) by midApril, meant a change of plan. So, I had the unexpected opportunity to run the JK again, with the added bonus of the races being in Northern Ireland, returning to Slieve Croob where I'd been Irish M19 Champion way back in 1986.
Coming into the races I was reasonably fit, but l'd only been in the UK for a week and was still feeling the effects of jetlag. Also, l'd done very little orienteering and terrain running so didn't feel particularly well prepared. Looking at the start list, I could see that James Logue EPOC was the obvious competition, though recent results suggested that Richard Barrett

| Routes |  |
| :--- | :---: |
| Quentin Harding | $\sim$ |
| Clive Hallett | $\sim$ |
| Charlie Adams | $\sim$ |

Stranmillis University College and Queen's Elms Village Scale 1:4000, 2.5m Survey \& cartography by Remo Madella BOF Map no. NI-11-001 Copyright: NIOA 2011.

BAOC had moved up a level this year and would be pressing close. I knew though that to stand a chance of winning overall I would need to beat James by at least 5 minutes on Day 1, as Slieve Croob was going to play completely to his strengths and my weaknesses.
Onto the race
\#1 Fortunately there's time at the start of the leg to make an informed route choice. Left looks like too much of a gamble with the vegetation, whereas right offers a good line with an easy attack point from the bottom of the large depression. Miss the control slightly as not really tuned into the map yet. \#2 Intending to go a bit left as it looks like a better line and avoids some climb, but get forced much further left than intended by the rough vegetation. Should have just ploughed into it - just didn't expect it to be so rough. Correct relatively easily, but it's slow and I find out later that it cost me a minute. \#3 Spot a good line through the gap in the dunes about 100 m before the control. Much better.
\#4 Fairly heavy going, but not too difficult as the thickets were obvious. Legs feeling heavy worryingly early on.
\#5. Aim due north for the obvious big depression $2 / 3$ rds along the leg. Get pushed a bit to the right and come to a big depression. Fail to realise that it's not the one l'm aiming for. Manage to make it fit somehow and head up a spur the other side


The Sprint Prize-giving on Day 2 in super sunshine at Tyrella Dunes - a time to congratulate your fellow competitors. W75s pictured here.

| 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. | 18. | 19. | 20. | 21. | 22. | 23. | 24. | 25. | Finish. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 00:2712 | 00:31/5 | 00:34/ | 00:32/1 | 00:45/2 | 00:3211 | 00:18/3 | 00:46/2 | 00:35/4 | 00:42/3 | 00:3815 | 00:20130 | 00:30 | 00:28 | 00:51/2 | 00:29 | 00:21/ | 00:33 | 00:41/2 | 00:47 | 00:39/10 | 00:25/2 | 00:471/ | 00:11/2 | 00:19 | 0:13/ |
| 00:27/2 | 00:58/4 | 01:32/2 | 02:04/ | 02:49/3 | 03:21/3 | 03:39/2 | 04:25/1 | 05:00/1 | 05:421 | 06:20/2 | 06:40/3 | 07:10/3 | 07:38 | 08:29/3 | 08:587 | 09:19/3 | 09:52/3 | 10:33/3 | 11:20/3 | 11:59/3 | 12:24/3 | 13:11/3 | 13:2211 | 13:41/1 | 13:54/ |
| 00:2816 | 00:28/1 | 00:34/1 | 00:34/6 | 00:40/4 | 00:321 | 00:17/2 | 00:58/32 | 00:33/1 | 00:41/2 | 00:2811 | 00:19117 | 00:31/8 | 00:28 | 00:3912 | 00:2712 | 00:2013 | 00:33/2 | 00:46/8 | 00:49/3 | 00:40/13 | 00:25/2 | 00:52/5 | 00:21187 | 00:2218 | 00:141 |
| 00:28/6 | 00:56/2 | 01:3011 | 2:04/1 | 4/11 | 03:16/1 | 3:33/1 | 04:31/2 | 05:04/2 | 05:45/2 | 06:13/1 | 06:32/1 | 07:03/ | 07:31/ | 08:10/ | 08: | 08:57/1 | :30/1 | :16/1 | 11:05/1 | 11:45/1 | 12:10/1 | 13:0211 | 13:23/2 | 13:45/2 | 3:59 |
| 00:27/2 | 00:3 | 00:40/13 | 00:32 | 00:35/1 | 00:3314 | 00:29/103 | 00:54/12 | 00:37/12 | 00:40/1 | 00:24/2 | 00:16/2 | 00 | 00:28/3 | .41/4 | 00:28/5 | 19/1 | $33 / 2$ | :4314 | :54/8 | 00:35/2 | 00:25/2 | 00:51/4 | 00:27/98 | 00:24/19 | 00:13/5 |
| 00:27/2 | 00:57/3 | 01:37/3 | 02:09/3 | 02:44/1 | 03:17 | 03:46/3 | 04:40/4 | 05:17/4 | 05:57/3 | 06:21/3 | 06:37/2 | 07:06 | 07:34 | 08:15/2 | 08:43/2 | 09:02/2 | 09:35/2 | 10:18/2 | 11:12/2 | 11:47/2 | 12:12/2 | 13:03/2 | 13:3013 | 13:54/3 | 14:07 |

thinking I'm heading up the spur on the straight line. Suddenly it makes no sense. There's a fence far too close. Stop and spend a while surveying the landscape. Eventually realise what I've done and curse. Easy enough to correct, but I've probably lost 2.5 minutes - a very big mistake by my standards.
\#6 After that, deliberately slow down and go for the easy route along the fence while my mind clears; easy enough with the big depression in front of the control. \#7 Looks nasty on the straight line, but I spot that there's a path route to the left, which works well. \#8-10 Have to treat these legs with care. 10-14 Had spotted earlier that this was the section of the course where it would be possible to run harder. Attempt to do so, but there's very little in the tank.
\#11 Have to be a bit careful to 11 as it looks bingo-ey, but use the tried and trusted technique of scanning the area of the control from a long way back and hoping to spot someone disappear into a depression. Someone disappears. Result!
\#15 Heading into more vague terrain so slow down a little and navigate carefully, reading all the detail. Everything fits nicely.
\#16. Decide to skirt the large depression and head for the fence crossing to the left. Fine, but the route turns to custard soon after. Can see where I need to go but just can't get there. Get tangled up in vegetation and have to bail out.
\#17. Wimp out and go round rather than down and up as I'm really starting to feel bad. Some young 21E takes a lot of time out of me.
\#18. Had spotted that this was a dangerous leg, so take it very carefully after the bottom of the depression and read the knolls into the control. Good. \#19. Had originally intended to go right and retrace my route 1-2, but there's a burnt area heading up the spur onto the hill, so go for that instead. Then relatively easy, but careful dropping into the control at the end.
\#20 Easy enough, but get badly caught in vegetation going over the ridge near the beginning of the leg. \#21 Rough. Even walked a few steps at one stage. Why am I so tired?
\#22. After that, I opt for a route where the running is good.
\#26 Tricky little legs requiring full concentration. But l'm going so slowly that it's not really too difficult. Again almost walking through the rough ground approaching
26. On finishing, I'm fairly disappointed and assume l'm going to end up some way down. Spiked almost every control, but 2 rough orienteering errors, one very big. And physically, I was really suffering, which was probably the jetlag - it was a real struggle on an area I would normally have felt good on. Felt like I should have
run several minutes quicker.
I was very surprised to end up winning, but I knew that I needed to be much further ahead of James. I was duly proved right the following day - James showed his fell running class and ran away from us all. But by Monday I was finally feeling good and went on to enjoy the rest of the trip to Ireland and the UK. Congratulations to NIOA for a superb weekend. With their limited manpower the organisation was very impressive, and the combination of a great set of areas, good courses, and such untypical weather made for a very memorable weekend.

## Richard Barrett SBOC $2^{\text {nd }}: 68: 26$

In the weeks leading up to the JK my fitness improved and I was enjoying my orienteering. My previous best result at the JK was 2nd in M35 (2008 in SEOA) and so there was only one way to improve upon it in my second season an M40 and that was to aim for a win. With just over a week to go I picked up a cold that hung on throughout the JK. However,
I was still confident after a good sprint race at Stranmillis University. I knew James was going to be strong on the open hillside of Slieve Croob and so my plan was to push hard from the start at Tyrella and hope that recent experience of sand dune terrain (Welsh Champs w/e in March) would be to my benefit. \#1: I didn't like the look of the undergrowth heading south west from the main track and so opted for the minor path, gate and large depression before taking in the first of what felt like many a steep climb! \#2: I had hoped to pick up on the undergrowth in the middle of the leg but it was burnt off - lost contact with the map and relocated off the edge of the large thicket area, then up another steep hill. I had to run the next leg hard to make up for the time loss.
\#3 - \#4: An easy leg I thought. My attack point was the furthest small thicket on the fence but I changed my mind and cut across a fast burnt area heading too far north - kicked myself and pushed even harder to make up for the mistake.
\#5 - \#9: Really felt good and in control 'keep it going' I shouted to myself (and
anybody close enough to hear me). \#10: Minor wobble as I missed the narrow path; used the thickets to relocate. \#11 Not sure that the small depression was in the right place but saw it early and pushed the pace again.
\# 16: Silly mistake as I passed close to the control and circled the feature at \#15, lost a little confidence and opted to take the path to the gate in the fence, then up and over to 16.
\#17: Getting really tired and start to lose time on the climbs.
\#17 - \#20: In control but fatigue getting worse by the minute - blisters on both feet brought on by the steep climbs and descents.
\#21: Toughest part of the course, reduced to a walk in the deep heather and fell into overgrown holes and ditches. Told myself to 'get a grip'!

\#Finish: Nearly there, minor mistake approaching \#23 as I misread the light green. Careful use of minor tracks then stumble through broken ground and heather to \#26. Glad to finish and happy with my run less for the mistake at \#4. When I saw the results I was pleased but knew JK Day 2 - M40L - Course 7 | 1. Bill Edwards 67:23 |  |
| :--- | :--- |
| SYO |  | | 1. Bill Edwards 67:23 |  |
| :--- | :--- | :--- |
| SYO |  | 2. Richard Barrett 68.26 | SBOC |
| :--- |
| 3. James Logue 68.46 |

that I had probably run too hard; I needed to recover but BOF AGM duties called and so it was back to Belfast. A good pasta meal helped that night but I really needed more rest before the challenge of Slieve Croob at a difficult to read scale of $1: 15,000$. Overall, the weekend was superb and I thought NIOA did a great job. The memories that stand out for me are the arena's for the Sprint and Relay, and the beaming smiles of the winning BAOC Women's Trophy relay team as they ran into the finish together.

## James Logue EPOC $3^{\text {rd }}:$ 68:46

The first JK on home turf for me and I was anxious to do well, although l'd never run at Tyrella before I knew it'd be technical and was keen to limit any time loss I might incur before Day 3 which I knew would suit me much more.
\#1: Got as close as possible on the small path then up to the top of the dune, slight panic as I tried to make sense of the
detail then cut back to the control. \#2: Crossed the first depression and ridge then found myself in the small marsh from there tried to cut out climb on the next ridge and saw the control site from where I crossed it.
\#3: Feeling more confident now so promptly set off down the wrong spur and hit the fence, then followed the fence before dropping into control circle just out of sight of the control.
\#4: First chance to run without having to stop regularly.
\#5: Head back to small march on compass after rounding fist hill, from there the large spur to the control was obvious.
\#6: Fast along fence the round large thicket, checked out number 15 as I passed.
\#7: Out of 6 on compass, hit fence junction and stopped, couldn't find it anywhere on the map hidden among thicket and contour lines, eventually sorted myself out but decided to take a safe route for rest of the leg.
\#8 - \#15: All fairly straightforward after leaving \#9 in the wrong direction, lots of good running in this section of the race, getting hot and thirsty though.
\#16: Very hesitant after fence, expected to hit a path but didn't, sorted it out at second fence.
\#18 - \#20: Kept things simple trying to follow obvious lines, reading the map a lot better but getting very hot.
\#21: This looked easy so just ran without thinking, found another control, convinced myself it was in a re-entrant then after a trip into the thickets returned to the control which was actually a knoll and then off to the right place.
\#Finish: After the mistake at \#21 I was much more hesitant and tired in the heat, lots of stops to check the map but no mistakes, looking at the splits it looks like everyone was suffering by now.
A tough day in the dunes both physically and mentally, I was glad to finish without too much time lost to Bill and hoped I could get it back on day 3


# JK 2011 - Individual, Day 3 <br> Sunday - Slieve Croob - W45L - Course 18 

|  | JK Day 3-W45L - Course 18 | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | Finish. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1. Lesley Ross 52:40 | 02:46/4 | 05:15/9 | 05:58/5 | 01:35/7 | 01:48/2 | 06:39/44 | 04:38/1 | 02:17/2 | 02:14/2 | 04:43/3 | 04:18/8 | 05:28/16 | 01:09/6 | 02:00/7 | 01:18/6 | 00:34/13 |
|  | OD | 02:46/4 | 08:01/3 | 13:59/4 | 15:34/4 | 17:22/3 | 24:01/2 | 28:39/1 | 30:56/1 | 33:10/1 | 37:53/1 | 42:11/1 | 47:39/1 | 48:48/1 | 50:48/1 | 52:06/1 | 52:40/1 |
|  | 2. Marsela McLeod 54.41 | 03:02/8 | 05:18/11 | 06:02/8 | 01:39/12 | 01:56/5 | 06:44/5 | 05:23/3 | 03:17/12 | 02:37/10 | 05:32/11 | 03:56/2 | 04:28/4 | 01:13/10 | 01:54/2 | 01:19/7 | 00:31/3 |
|  | Invoc | 03:02/8 | 08:20/8 | 14:22/7 | 16:01/7 | 17:57/6 | 24:41/5 | 30:04/3 | 33:21/2 | 35:58/2 | 41:30/5 | 45:26/3 | 49:54/2 | 51:07/2 | 53:01/2 | 54:20/2 | 54:51/2 |
| 1 | 3. Jane Ackland 55.00 | 02:33/2 | 07:39/37 | 05:23/1 | 02:30/49 | 01:41/1 | 06:51/6 | 05:27/5 | 02:09/1 | 02:19/4 | 04:47/4 | 03:41/1 | 05:01/9 | 01:22/19 | 01:52/1 | 01:12/2 | 00:33/10 |
| ) ( 区 | INT | 02:33/2 | 10:12/21 | 15:35/13 | 18:05/14 | 19:46/12 | 26:37/8 | 32:04/5 | 34:13/5 | 36:32/4 | 41:19/3 | 45:00/2 | 50:01/3 | 51:23/3 | 53:15/3 | 54:27/3 | 55:00/3 |



Lesley Ross OD $1^{\text {st }}$ : 52:40
Had a good run, I lost a bit of time at \#2 by stopping too early and \#3 being slightly off to the left. After that I made myself concentrate a bit harder and hit all the remaining controls with a small mistake at number \#12 when I again stopped too early from not reading the contours properly. Happy with my race although as always think I could probably have pushed myself to run that bit harder.

Marsela McLeod INVOC $2^{\text {nd }}: 54: 41$

My plan was to try and keep it clean. I knew from experience that if I could have two reasonable runs I would get a good result. I was a bit nervous but not too bad. Heels raw from the day before but pleased with my new multi focal contact lenses. First competitive outing JK Day
2. This as much as anything gave me the confidence to
orienteer well
Start - \#1

Took my time trying to get into the map. First thoughts that it wasn't as stony as it looked on the way to the start, my hill fitness wasn't great but I could read the map without the magnifier. I planned to keep moving as best I could.
\#2 A bit hesitant and got confused half way - loads of people milling around and I could see a stream on the ground but not on the map. Eventually spotted it but still a bit unsure till I got the control.
\#3 Hesitated in the main marsh before the control as I hadn't seen the contour line.
\#6 Shame there was no trees. Looked up, worked out where the control was and went as hard as I could, struggled to run uphill.
\#7 Again looked up picked my line and went.
\#8 A bit tired on this leg.
\#10 Went round picking up small marsh at wall then climbed on a bearing
\#11 Straight, could see the knoll easily \#13 to end = burn up.
I knew I wasn't quick enough before I had my result. Too many niggles before the weekend to do the training required. But delighted with second overall.

## Jane Ackland INT $3^{\text {rd }}: 55: 00$

\#1 was straightforward if a bit vertical. I was pleased to find it and to note that the marsh was runnable \#2 was my biggest error. I was distracted by a control much earlier on the leg, then couldn't work out how far l'd come, confused by a stream on the ground that I couldn't initially see on the map. Having found it on the map, it was easy to sort myself out. I found \#3 pretty easily following the marshes. At \#4 । initially got on the thicketty knoll too near the fence, again failing to spot a stream on the map. \#5-\#9 were OK; just checking out large contour and rock features. I was, like many people, confused by the extra crossing point(s) on the fence between \#6 and \#7 as they weren't all marked on the map. \#10 was a huge slog up and over the hill; maybe there was a better route to be had? On \#12 I was mystified by the unmarked drinks station (marked as such for elites, I gather) but the edge of the marsh, then the line of cliffs made the leg easy. After that the course was pretty much a downhill fell race. Definitely my favourite type of terrain as short cropped grass and marshes aren't so punishing for those of us who are vertically challenged. Having completely messed up \#2, I didn't expect to do particularly well.


The British Army OC team were indeed 'The Best' on the Women's Trophy. I-to-r Julia Blomquist, Sarah Rollins, Becky Hoare. This wasBAOCsfirst win, denying defendingchampionsSYO their $12^{\text {th }}$ win.

## Table of Glory


$@=$ won JK Sprint last year)
W10 Jenny Baklid

| W10 | Jenny Baklid | Konnerud IL |
| :--- | :--- | ---: |
| W12 | Fiona Bunn@ | TVOC |
| W14 | Aimee Morse | OD |
| W16 | Katherine Hall | SYO |
| W18 | Charlotte Watson | WCOC |
| W20 | Mairead Rocke | SYO |
| W21 $=$ Sarah Rollins@ | BAOC |  |
|  | Pippa Archer | CLOK |
| W35 | Helen Pearce | HH |
| W40 | Jenny Peel@ | SYO |
| W45 | Lesley Ross | OD |
| W50 | Jane Morgan@ | SOC |
| W55 | Diane Leakey | SLOW |
| W60 | Hilary Palmer@ | NOC |
| W65 | Sheila Carey | OD |
| W70 | Vicky Crawford | WIM |
| W75 | Alison Sloman | HOC |
| W80 | Anne Donnell@ | BOK |
|  |  |  |

JK Winners (* $=$ won both Days $2+3$,
$@=$ won last year)
$@=$ won last year)
W10A Jenny Baklid*
W10A Jenny Baklid*
W10B Nora Holmgård*
W12A Fiona Bunn*@
Konnerud IL - NOR

W12B Mille Stag Kils OK - SWE
TVOC
W12B Mille Stagg
W14A Caoimhe O' Boyle
BOK
CNOC
W14B Jenny Bradley*
W16A Megan Carter-Davie W16A Megan Carter-
W16B Katie Mitchell W18E Charlotte Watson*@
W18L Deirdre Ryan
W18S Helen Elkington
W20E Mairead Rocke@
W20L Alison Fryer
W20S Malin Bengtsson
W21E Tess Hill
W21L Fiona Berrow
W21S Ruth Shedden
W21V Kelly Candy
W35L Helen Pearce W35S Cath Williams*
W4OL Jenny Peel
W40S Isa Heggedal
W45L Lesley Ross*
W45S Tove Heimdal
W50L Vicky Thornton
W50S Frances Hoare
W55L Alison Simmons
W55S Stella Lewsley*
W60L Helen Gardner
W60S Anne May*@
W65L Katharina Mo Berge* Freidig - NOR
W65S Shirley Moss*
W70L Vicky Crawford
W70S Gunvor Alice Granath* Nynäsham WIM
W70S Gunvor Alice Granath* Nynäshamns OK
W75 Mary Fogo
$\begin{array}{lll}\text { W80 } & \text { Anne Donnell* } & \text { BOK } \\ \text { W85 } & \text { Jean Velecky*@ } & \text { SOC }\end{array}$

| M10A | David Bunn | TVOC |
| :---: | :---: | :---: |
| M10B | David Molloy | FVO |
| M12A | Callum Hunter | ECKO |
| M12B | Cian May* | 3ROC |
| M14A | Simon Hector* | Snätringe SK |
| M14B | Jack Leitch* | SO |
| M16A | Aidan Smith*@ | SYO |
| M16B | Joe Cherry | AYROC |
| M18E | Jonathan Crickmore | SO |
| M18L | Dieter Marinus | Trol-BEL |
| M18S | Guy Ross | OD |
| M20E | Matthew Halliday* | OD |
| M20L | Adam Bradbury | SYO |
| M20S | Theophil Rickter | TU Dresden |
| M21E | Hector Haines | EUOC |
| M21L | Chris Mitchell | PFO |
| M21S | Andrew Dalgleish | ESOC |
| M21V | Ben Swarbrick* | COBOC |
| M35L | David LøVer | Modum O-Lag |
| M35S | Brian Fletcher | QO |
| M40L | James Logue@ | EPOC |
| M40S | Nick Howlett | LOC |
| M45L | Charlie Adams*@ | SYO |
| M45S | Lars Holmgård | Kils OK - SWE |
| M50L | Jonathan Emberton | EPOC |
| M50S | Mike Pedley*@ | EPOC |
| M55L | Rob Parkinson | DEVON |
| M55S | Magne Vollen | OSI - NOR |
| M60L | Steve Whitehead | EBOR |
| M60S | Bill Marlow | POW |
| M65L | Jim Prowting | TVOC |
| M65S | Clive Allen* | SN |
| M70L | Aage Thorjussen | OK Skeidi - NOR |
| M70S | Mike Hardy* | CLOK |
| M75L | Andrew Gregory*@ | MDOC |
| M75S | Arne Christian Scheie* | Østmarka OK - NOR |
| M80 | Bob Stewardson* | LOC |

## Relay Winners

| JK Trophy | INT | Anthony Squire/Oleg Chepelin/Murray Strain |
| :---: | :---: | :---: |
| Women's Trophy | BAOC | Becky Hoare/Julia Blomquist/Sarah Rollins |
| Men's Short | SO | Jonathan Crickmore/Kenny Leitch/Alan Velecky |
| Women's Short | HH | Helen Pearce/Natalia Pereverzina/Bryony Harding |
| M120+ | SYO^ | Martin Ward/Charlie Adams/Bill Edwards |
| W120+ | INT^\% | Heather Hartman/Jane Ackland/Mary Ross |
| M165+ | GO^ | Peter Nicholls/Mark Smith/James Crawford |
| W165+ | LOC | Judy Burge/Carol McNeill/Helena Burrows |
| M48- | SYO^ | Zac Field/Michael Adams/Aidan Smith |
| W48- | SYO | Cari Littler/Louise Adams/Katherine Hall |
| M/W40- | LVO | Frazer Howe/Eoghan Knight/Paul Pruzina |
| Mini Relay | DVO | Joe Uprichard/Sarah Duckworth/Louis Forshaw-Perring |
| Mixed AdHoc | Sarum | Sophie Davie/Declan Gray/Ben Chesters |

Next year's JK will be held in Scotland in the Perth area - Easter weekend as usual. Current venues and subject to final agreements: Livingstone Village and West Lothian College, Dunalastair in Highland Perthshire and Craig a Barns. Relays at Newtyle Hill, near Dunkeld.

PS. World Police and Fire Games 2013 based in Belfast, Northern Ireland will include Orienteering. Provisional timetable is Wed 24 July Evening Sprint, Thurs $=$ Middle, Fri $=$ Long, Sat $=$ travel to the Scottish 6 Days! All serving and retired fire and police officers (including law enforcement officers with powers of arrest such as customs, immigration and prison officers) should put this in their diaries now!

# JK 2011 - Relay, Day 4 <br> JK RELAY - THE CONTROLLER'S VIEW by Andy Lewsley BL 

When the major events list was sent out to Grade A controllers over two years ago asking for volunteers the idea of working with NIOA on the JK relays seemed quite appealing. I applied and was given the job. At this point no area had been identified but a suggestion was the large wooded parkland area in Belfast. After looking at existing maps and discussing some of the planning issues with Harold White (the co-ordinator) this area was dropped in favour of Tyrella a sand dune area near Newcastle (Co. Down). At this point the Dunes were only going to be used for the relay.
I eventually managed to get across to Ireland to look at the area in August 2010 and had a 2 hour run around the area on a Friday afternoon, I did not realise how important the timing was at this stage. I thought the area was fantastic if rather physical, virtually no line features and amazingly complex dunes in a very compact area with lots of potential arena areas. The old map of the area was also pretty good at $1: 10000$ with 2.5 m contours. Shortly after my visit it was decided for a variety of reasons to use the area for day 2 of the JK as well. I have to say I was not happy. This could have caused many problems but mainly the time pressure on clearing the area and then setting up for the relay in just over 24 hours was a major concern. This soon turned into a minor irritation compared to the major issue that was to threaten


SYO girls l-to-r Jo Stevenson, Rachel Elder and Mairead Rocke finish in second behind BAOC.
the whole event. A professional re survey of the Dunes was commissioned from Stirling Surveys and D.O.L.M. The resulting map drawn at $1: 10000$ with 2.5 m contours was excellent. Unfortunately the line thickness used was for a 1:15000 map (a fairly standard mapping feature). The rules state the map must conform to IOSM which means the contours had to be enlarged by $25 \%$. The map suddenly became unreadable as the contours 'stuck together'. The Day 2 controller thought that the best scale to use would be 1:10000 for the senior classes and 1:7500 for older veterans and younger juniors, I said because of the mixed age ranges in the relays I would prefer 1:7500 for all classes. Major Events Committee disagreed (having never seen the map or visiting the area), 1:15000 for the seniors (except the elite who get $1: 10000$ ) and 1:10000 for the rest.
Stalemate ensued. The event organisers, planners and controllers all felt the event would be spoilt for the majority if the map and scale issues were not resolved in our favour and I certainly was on the point of resigning. NIOA agreed to get a second re survey with 5 m contours so the map conformed to ISOM and Map Group and Major Events agreed to allow the use of $1: 10000$ for all competitors. I was still deeply unhappy, my job as controller is to ensure that the competition is fair (and I always try to ensure that it will be enjoyable); I did not think it could be either of these for the majority of competitors. By mid December we had the new map and I was starting to get some draft courses from the planner Philip. The course looked OK and I had only minor comments to make. Suddenly in early February Major events acting chair Dave Peel contacted Harold to say that 1:7500 would be permitted for older classes and younger juniors and for all classes in the
relays. Delight and relief. Next problem, getting onto the area to check control sites. The area is a live firing range with firing Monday to Friday lunch time and 3 weekends in 4. Only 3 available weekends between February and Easter and I had to be escorted onto and off the area by a named person (normally Philip). I managed a weekend towards the end of February and a Saturday before Coombs Wood in March. Fortunately I had a very good assistant controller in John McCullough of 3ROC in Dublin. During those 3 days I managed to visit every control site at least once, most twice and about 50\% 3 times. The map was good but we did get some areas redrawn and the planner got most of his pegs in the correct place and had thought carefully about directions of approach etc. On my visit in March another issue had just occurred, the army had managed to burn the vegetation off a big swath of the range after firing tracer shells. It did not affect the area except it made the running much easier.
The actual course controlling was very easy; Philip is a very experienced and good planner.
I only had to make suggestions about some of his junior courses to avoid possible mispunching. The feedback on the day was excellent, the way Philip had managed to use 3 very different types of terrain, the dunes, a 'ghost' village and a golf course was commented on by many, as was the very challenging first leg on many courses. The organiser Wilson had produced a fantastic arena and the sun shone. We got good head to head races with small winning margins that hit the recommended times and had the winners of the men's open and women's open on the run in at the same time. By 4.00 pm the event site was just about clear, all the controls were collected and two years work was finished.
From an insiders point of view I think NIOA managed to set new standards in event organisation, despite very limited manpower they were keen to innovate and achieved large amounts of external funding. From a competitors point of view it was great (and the weather certainly helped).
Will I do it again? Probably, but I think I will take a year off, I did find some of it very stressful.

