



# KNOW YOUR CLASS LEADER

This is a regular section in CompassSport designed to put a face on the people who are regularly at the top of their class. All too often, the class leaders are the faceless wonders who nobody knows about! It can take many years of orienteering before putting names to faces. With few events having prize-givings and people not wanting to wait around for them, CompassSport will attempt to speed up this process! Over the coming issues we will be looking at all sorts of interesting characters and talented folk who regularly feature at the top of the results. Through acknowledging and learning from their success, I hope you will be inspired and motivated to go out and improve yourselves!

This Issue brings us two top orienteers, the W45L JK Silver Medallist from 2006 and reigning BOC Long Champion from SOC. At the time of writing she leads the British W40L rankings as a second year 45. A quiet and shy sort of person when you first meet her, she is focused and devastating in the forest, and rarely leaves the dizzy heights of the podium. Arthur Boyt (KERNO) is not just a star in the forest but also with the media, due to his somewhat unorthodox eating style. Some call him Mr. Roadkill and has written a cookbook on how to get the most out of the aforementioned cuisine alternative. Hedgehog sandwich anyone? Current leader of the British M65L rankings, he was third at the British Champs and was third overall at the JK last year after winning the first day.

## Jane Morgan

Age: 46 (W45)

Clubs: Southampton OC (Formerly LUOC, AIRE and Reading OC)

Home Town: Brockenhurst, New Forest  
Achievements: British Champion as W12 (1972 - Forest of Dean - my 1<sup>st</sup> major race), W17 (1977, Cannock Chase - I think I beat Christine Whalley, & 1978, Tentsmuir - I think Vicky Thornton (nee Mason) was 2<sup>nd</sup>), W19 (1982), W40 (2003), W45 (2006). JK Champion W40 (2003), W45 (2005). I can't remember winning as a Junior. French 5-days W40 (2003). Run in various senior and veteran Home Internationals (Won W40 in 2006, W45 in 2005!) plus Interlands (won 2006).

I took up fell running whilst at Leeds University. Won Yorkshire 3-Peaks Race in 1982. Lots of KIMMs. I was introduced to the KIMM in 1979 when I ran with my Dad. Best results came in 1981 with Mark Elsegood - 4<sup>th</sup> overall/1<sup>st</sup> Mixed on A. Have won Female category in various classes with Vicky Thornton, Liz Jackson (nee Dunn), Jean Cory-Wright (nee Ramsden), Angela Carson and other



Jane at the GO Waggoners Wells Regional Event

mixed class victories.

My favourite fell/O race is the Lake District Mountain Trial.

I have also run a few London Marathons and other road races. (Bests from the 1980s: Marathon - 3.14, 10 miles - 65mins, 10km - 38mins.)

Taken part in the 3-peaks Yacht Race, Scottish Islands Yacht Race and Universal Race, partnering Jean Cory-Wright mostly in the running sections. Part of an all-girls sponsored team which competed in the Tasmanian Yacht Race. Represented Hampshire & Somerset athletics as a junior-high jumper and Somerset U19 netball!

### **When and why did you start orienteering?**

In 1972 because my family started.

**Why do you orienteer?** I love running, competing, maps, meeting up with friends.

### **What do you do when you are not?**

Mum to two boys: Tim (9) and Jamie (8). Enjoy watching them play football, rugby matches. Work as a

dentist. Sailing.

**What is your favourite area?** New Forest and running on the fells in the Lake District.

**What training do you do?** When I was younger I enjoyed competing in a variety of events, particularly the Mountain Marathons, and perhaps never concentrated quite enough on the orienteering as I never quite made a World Champs team which had been a major aim then. Now with less time (juggling family, work, etc.), my training is more focused towards orienteering. I enjoy training with a goal of winning my age class, being selected for the English Team, etc.

I train twice weekly with my running club, Hardley Runners, which has some good veteran runners - either intervals, hills or tempo. Longish run at the weekend or O-race or odd cross-country/road race. I started doing gym work from September when a local hotel sponsored me by allowing free membership of their gym and spa (good for recovery!).

**What advice would you give people below you in the results to get up to the top?** Do preparation and be confident.

**Have you ever had a coach?** Martin Hyman was my first coach when I was 16 years old. He transformed the physical training of the National Squad in those days and introduced me to structured training - his weekly '3-minute intervals' session is still something I do. He always encouraged me to continue participating in all sports whilst I was still at school though, which I still think is important for Juniors to consider today.

Brian Bullen coached me whilst I was at Leeds University. Brian was a top orienteer and so helped with all aspects of orienteering training. Today, our coach at the running club advises me on how to get the most out of my more limited sessions. A coach at any level always acts as a great motivator. Never say no to any advice offered.

**What do you think is the single most important factor in people messing up**



Jane at the British Short Championships 2006

**at an O race?** For me it is always lack of concentration and not looking at the map enough. Actually, reading the map has become more difficult over the past few years and have settled on the 'one contact lens' idea. As I still prefer to mainly run W40, I do wish they would make all W40 races use a 1:10,000 scale. I know others agree!

**What is your favourite discipline?** All. Enjoy 'head – head' running on 1<sup>st</sup> leg at relays. Would like to do more Sprint O.

**How many races do you do in a year?** Not many late Summer/Autumn. Most weeks leading up to BOC and JK. Usually a multi-day event in the summer e.g. Lakes, French 5-days.

**Thumb Compass or Base plate?** Base plate.

**Shoes?** Yes – PB Walshes, Twister.

**Nylon or lycra – which do you prefer to win in?** Lycra

**Your favourite drink?** Tea, champagne.

**What is your favourite O top?** New Craft O-tops.

**How many countries have you O'ed in?** Most European and Australia.

**What motivates you?** Beating old rivals (Vicky Thornton – MDOC) and new ones, Lesley Ross (OD).

**The somewhat strange questions - no looking anything up!**

**How much is a copy of The Daily Mail?** 35p

**How much is a trip to the cinema on a Saturday night?** £5

**Who won the last Celebrity Big Brother?** Chantelle

**Who is the EasyJet CEO/Boss?** Don't know.

**Can you name all the Magic Roundabout characters?** Yes!

**Who is the shadow chancellor?** Not sure

**How many members of the EU are there now?** 20+

## Arthur Boyt

Age: 67 (M65 – born 3/9/39 - the day war broke out.)

Clubs: Happy Herts (1982 - 95), TVOC (1995 - 98), DEVON (1999), KERNO (2000 - )

Watford born and bred, now Davidstow, Cornwall.

Achievements: Athletics at school (Watford Grammar)

Mile: At 15 years - 5min 15s, 16 - 4min 58.7s, 17 - 4min 44.4, 18 - 4.30.8

18 - Herts Schools AAA Champs 2<sup>nd</sup> (Two years later this race was won by Keith Henderson WIM)

880yds; 18 - 2min 00.6s

1500m Steeplechase, 18 - 4<sup>th</sup> in LAC Schools meeting at White City.

I was Senior Athletics Champion at school based on a pentathlon.

Cross country; Herts Schools AAA

Champs, 17 - 5<sup>th</sup>, 18 - 1<sup>st</sup>

Marathon London, 1984, 2hrs 48min 55s (behind David Rosen, Dick Agar and John Pearce).

Cycling: I have done some pretty long cycle trips, but not competitively: Lands End to John O' Groats (via the Lizard, Cape Wrath and Dunnet Head) taking in the Snowdon, Scafell Pike and Ben Nevis summits, 1260 miles in 11 days and 11 hrs (climbed Snowdon and cycled 125 miles in the same day); across America, New Orleans to Winnipeg (184 miles on



Arthur at last year's JK Relays at Bramham.

one day); across Canada in three stages, Prince Rupert to Calgary, Calgary to Winnipeg and Ontario to Winnipeg; Cairo to Karnak, 600 miles; Oslo to Hook of Holland, taking in the World Vets and Swedish O-Ringen. I have cycled 235 miles in one day (without luggage).

Orienteering: I have won the British Championships a few times (when my rivals have had an off-day), but the JK only once (2005). I have been British Night Champion more often, but only when Peter Bennet had forgotten his compass or went playing table tennis instead.

I occasionally hit the top of the Ranking list but with the likes of Ivor Noot and Dick Amour about, and now Barrie Speake and Brian Morris, it doesn't often happen.

I won a heat in the World Veterans Championships in Hungary a few years

back and was 2<sup>nd</sup> in a heat last year in Austria. My ambition is to win a World Masters title even if it means I have got to stay alive to 100!

**When did I start orienteering?** In my early years my father would take the family on long country walks with an OS map and we usually got lost and found ourselves trespassing. In my teens I did the trespassing without the need for the OS and discovered how much breaking of wildlife laws goes on on private shooting estates. My twin brother and I did cross country and athletics at school but gave it up for our religious persuasion. Eighteen years later I got kicked out of the religion and went back to competitive sport. I first heard about orienteering after running the Middle Thames Ramblers Chiltern Marathon in 1978 which involved 25 miles on roads and across country using a photocopied 1:50,000 OS map and a sheet of instructions; I came 3<sup>rd</sup> behind David Rosen. He told me about the Karrimor which I did that year (Peebles) after Gerry Charnley had fixed me up with a partner (John Hancock); we came 61<sup>st</sup> on the A course. I did the Karrimor in 1979 (Rhinogs) with a partner I found at the event the night before (Mark Lyne - now SOS); we were 3<sup>rd</sup> on the B. I got a copy of CompassSport and went to my first 'O' event which was the Concorde Chase on 10<sup>th</sup> Feb 1980. I arrived at the start in shorts knowing nothing of BOF full-body-cover rules and was peremptorily told, 'You can't run like that'. I said, 'Er, well, I am going to take my anorak off'. 'You can't run like that, full body cover!'

I dashed back to the carpark, pawned my watch to buy a pair of long bottoms (too big for me) and dashed back to the start almost in tears. I did M35 and found it more difficult than I had imagined with controls hidden behind bushes and in pits. However, I was 69/106 and half a minute off silver standard. I had caught the bug. However, I managed to break my leg skiing that Easter and was only just running again by the Karrimor in Arran in October where Gerry Charnley again found me a partner, the infamous Klaus Armstrong-Braun; I had to slide down the hills on my bottom and, believe it or not, we won the handicap on the C course.

**Why did I start orienteering?** I guess it was the excitement and success that I experienced there (without the unrelenting pressure of a cross-country race) that maintained my interest despite other claimants to my energy such as hang-gliding, gliding, canoeing, skiing, ice-skating, cycling, rock-climbing and horse-riding.

**Why do I orienteer?** Because I have found no better way of getting regular exercise with such a variety of venues, meeting such a bunch of nice people, taking on a new challenge at every event, enjoying the thrill of crashing through the



undergrowth like a stag or plunging into bogs like a wild boar, getting to places I should never otherwise visit, not only in Britain, but all around the world and sometimes finding my efforts crowned with success.

**What do you do when you are not?** You can't be serious. OK, I'll try. Counting birds for forthcoming atlases of the breeding and wintering birds of Cornwall, working on our self-catering cottage, keeping the house from falling down and the rain from coming in, family history research, cycle touring - with my wife, Sue, on our tandem, sea kayaking, beekeeping, campaigning to stop the killing of wild birds, writing a book on roadkill, and lately, giving interviews and posing for cameras and tv while skinning, cooking or eating badger or some other unfortunate beast.

**What is your favourite area?** Whippendell Woods near Watford. I grew up in those woods and know them like the back of my hand. But seriously, any area where there are no paths, brambles or nettles, and where there is plenty of contour detail; an area which cannot be spoilt by poor planning.

**What has been the biggest turning point in your O life?** My first relay race at a British or JK when I tried to keep up with the leaders on the first leg and found myself in front. I was not there for long and was soon left behind, but it told me I could outrun even the best (like Chris James in those days) if I got it right. I reasoned that if I could do it for a few legs I could do it for every leg. It gave me an idea of how fast I had to go, how much I had to concentrate and how I had to be aware of what was going on around me without being distracted by it. The experience moved my aspirations up by an order of magnitude.

**What is your most memorable O race?** I have had many races I shall not forget for reasons like: sprained ankle, pulled muscle, headtorch went out or, ran off the map. I once went to Ireland (Gortin 1989), ran up a class and won by 20 mins. But that did not happen on the mainland! I do remember one event in which the surge of triumph is as palpable today as it was in 1996. It was the 3<sup>rd</sup> and last day of the Shamrock O-Ringen at Inchigeelagh in W Cork (if you have never been to a Shamrock you've been missing something: super country, super areas, super maps and wonderful people running the events), I was 3½ mins down on Fausto Tettamanti the Swiss champion at the chasing start. I had to get it right and not waste time. Suddenly I saw him ahead and thought, 'Ah, there he is, I'm catching up.' But looking at my map I realised he was going the wrong way! I was careful not to shout, 'Oy! This way.' That slip cost him 18 mins but he still came in a clear second. However,

more memorable still was the British championships at Simonside in 2004 - you remember, where the toilets got blown over into the sea of mud. I did the Trail-O first and, being short of time, ran the 2.5km to get there, did the Trail-O and then ran back. I set out running the 3.5km to the Foot-O and half way there found I had no dibber. As I turned with a howl of rage, my knee gave way. I hobbled back through the mud and set out again knowing I would be late for my start. I arrived 5mins late, and having run about 7 miles, I was more than warmed up, I was exhausted and a psychological wreck. I was kindly allowed a dibbing start, and set off but could not find the start kite. Back to the start and finally off into the woods. Once settled in, I enjoyed the course and the battle with the wind. The prize giving was cancelled and it was not till I got onto the internet back



Arthur Boyt on the left with Dick Amour, planning the OMM 2007 Short Score options, and finishing 20<sup>th</sup> overall.

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home that I found I had won by 3mins. Who says you have to be psychologically prepared for an event?

**What training do you do?** Not much nowadays. Usually only once a week plus a race in the winter and perhaps twice in the summer. I may go out for a long run across Bodmin Moor for a couple of hours, or I will join the ladies training run in the evening for a 4 or 5 mile run, generally fairly easy. I prefer the latter because we retire to someone's home or a nearby inn and have a good nosh up. As the ladies have small stomachs and are watching their weight, I get to eat a good supply of leftovers. I used to train a lot more and cycle 40 miles a day to and from work, but now that I am retired I am too busy for such innocent pleasures and have to force myself to drop what I am doing and go for a run. I believe in doing plenty of stretching and warming up before competing and always go through a regimen of stretches to get the old body ready for violent exercise. I am amazed how few people warm up before an event, I find the old red blood corpuscles need a good stir before I can get moving. Stretching, warming up and easing up when a muscle starts to be painful, helps prevent injury.

**What advice would you give people below you in the results to get up to the top?** I don't mind giving advice as long as people don't carry it too far and start beating me. First of all you must eat the right things; after all we are often told: you are what you eat. I am not talking about high-energy stuff, extra proteins and vitamin supplements and suchlike, but a balanced diet of the right sort of animals that are at home in the woods and on the moors. Rabbits are OK but they do not have the staying power of the brown or, better still, the mountain hare. While I do not approve of killing these lovely beasts they are available as roadkill in parts of the country, although the latter is not often found by the road in the Home Counties. The fox, which is readily available as roadkill, even in London, would be excellent if you can find a way to make it taste less like diesel oil. I suppose the ideal would be a foxhound as they have a lot of stamina, and with the ban on their use for hunting there must be a number that are redundant at the moment (they taste very good by the way). As for actually orienteering, there are some hints I could give. 1. The fitter and faster you are the better. This not only gets you round quicker, but by not going eyeballs-out you are still moving quickly and the brain has oxygen to work with, you can still think. 2. Having confidence in where you are and where you are going. This is obtained by putting all your navigational skills into use, such as: taking a bearing carefully, checking it regularly, especially when starting a track or path run; pace-counting, to know how far you have gone and how much farther to go; aiming off to save dashing to and fro when you reach the line feature on which the control is placed, but which you cannot see. 3. Go by more than one feature on the map. Maps can be wrong, extra paths, new rootstocks, pathetic contour information can all throw you if you are depending on one feature alone. 4. Overcome distraction, especially if it is young and beautiful. 5. Above all keep going longer than your rivals! I am only at the top because many better than me have fallen by the wayside: Andrew Phillipson and Pete Livesey have gone where the good runners go, Norman Harris has a pacemaker, Terry Harper and Trevor Bridle new hips, Keith Henderson bad knees and Ivor Noot (Know Your Class Leader, Feb 2006) is now fighting cancer, I am sure you all join me in wishing him all the best.

**Have you ever had a coach?** No, but I used to drive them. If young people are to succeed early in their careers, they need a coach to help them realise their full potential. Preferably, a coach needs

to be or have been successful to pass it on to others, like that Mr Hemsted who has been coach for us all in past issues of this magazine.

**What do you think is the single most important factor in people messing up at an O race?** Going faster than they can navigate.

**What is your favourite discipline?** I love the excitement of the first leg of relays. The tension and banter at the start, the challenge of running head to head against younger people, the need to be focussed despite the distractions, and the fun of coming in before people better than me who can't handle the stress. I also enjoy the classic distance as I seem to have more stamina than the other old fogies in my class.

**How many races do you do in a year?** 58 last year.

**What do you think of Trail Orienteering?** Trail Orienteering is terrific. I find it an intensely challenging competition involving control identification by map interpretation, feature recognition and spatial calculation and in which fit and disabled, young and old, and male and female can compete on equal terms. I have done it at home and abroad and have planned two British Championships. I was 2<sup>nd</sup> in the BTOC in N Ireland in 2003, planned by the infallible Alan Gartside. Trail-O has one big drawback, very few planners and controllers know how to get it right. It is fraught with argument at the root of which lies an inadequate map. It needs a specially made map with at least 2.5m contours, preferably 1.25m. A 1:5000 map with a 5m contour is a waste of space.

**Thumb Compass or Base plate?** I use a base-plate compass now. I had a thumb compass once, but smashed it. I noticed world-class orienteers preferred base-plate compasses so went back to one.

**Nylon or lycra - which do you prefer to win in?** I like to have two or three layers of old trousers between me and the nettles; this looks a little unfashionable under

lycra and people ask me if I am suffering from varicose veins. Where nettles and brambles are not in evidence, I do wear lycra, but it distracts the ladies I meet as I go round. Some even swoon away, while others bump into a tree or break a leg against a rock, all of which delays me while I attend to them. So for winning I have to stay with nylon.

**What shoes do you orienteer in?** Whatever is comfortable, has good grip and is on special offer. I am using Adidas Swoop at the moment, orange and black with rubber studs. They are quite tough, but each weighs 1lb when wet! I prefer spikes for the best grip, but they are increasingly hard to get. I always cut down the back of the heel of new shoes to stop getting Achilles tendonitis; heel tabs are a wicked fashion accessory.

**Your favourite drink?** A pint of pineapple squash diluted with tonic water at the end of a ten-mile run.

**What is your favourite O top?** My England shirt.

**Who are your O idols?** Norman Harris was the first chap I set my sights on. Then I encountered Terry Harper, always at the top in my class. I vowed I'd beat him one day and promised to treat the club to champagne when I got him. It came about quicker than I expected when I returned a faster time than him in a relay in the JK in '84 (he had won both individual days). I have to admit to having long-admired the best lady by far in her time, Carol McNeill. Never competing against her, I have not had the opportunity to knock her off that perch as I have with my peers. May she long stay there.

**How many countries have you O'ed in?** 23 or 24: England, Scotland, Wales, Cornwall (does that count? - the locals think so), Ireland (N & S), Spain, Italy, Belgium, Holland, Germany, Austria, Denmark, Norway, Sweden, Finland, Lithuania, Russia, Hungary, Czechoslovakia, USA, Canada, Australia, Tasmania

**What changes would you like to see in Orienteering?** 1. A shorter contour

interval for all maps. The OS has a 5m contour for 1:25,000 where you don't navigate by the contours, we use a 5m contour with 1:10000 maps where we do try and navigate by the contours. To have merely the same amount of landform information per inch of map as the OS we should be using 2m contours. Also, form lines obscure the visual impression given by the crowding or spacing of the contours. With more contours and no form lines the hills and valleys stands up in 3-D and you can run through the shapes on the ground that are displayed so clearly in your hand.

2. The names of planner, organiser and controller should be on every map for every event. It is so easy with OCAD and it gives credit where credit is due.

**The Extra Questions.**

**How much is a copy of The Daily Mail?** Costs me nothing, I pick one out of a bin when I want one. It may be a day or two old, but it is still news to me!

**How much is a trip to the cinema on a Saturday night?** £5?

**Who is the EasyJet CEO/Boss?** Dunno, it is the stewardesses names I try to remember.

**Can you name all the Magic Roundabout characters?** No, never heard of them.

**Who is the shadow chancellor?** Young chap, er, dunno.

**What is a Buff?** A devotee of some activity, occupation or pursuit in which he is not actually engaged. A firebuff follows the fire engines but is not a fire-fighter. I am a cemetery buff, I love the excitement of reading the names and epitaphs of the occupants of the graves - not a lot of humour to be found though. If my plan to take up residence, post mortem, in the Natural History Museum does not come off, I shall no longer be a buff, I shall be a fully paid up member.

# Too Many Old Bags Around the House?

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