

## Richard Barrett reviews how he won the Inter-Services

My first mistake was route choice from no. 5 to 6, halfway through the leg I expected to see the small path leading towards the double parking area, it is clear on the map but not so obvious on the ground. I was forced further to the right to pick up the track that passes the settlement and on arriving in the circle could not see the control at the end of the shallow gully; passed my 1 minute man (Alan Velecky) on this leg but he then beat me into no. 7 by using the track option rather than running direct.



Slightly hesitant heading down to No. 10 trying to make the ground detail fit the map and ignored runners going into the first woodland 100m short; perhaps they were going for a control on another course.

Slow over the last 50 metres into no. 11 as the earth-bank was not clear from the tree and I was then unsure that I was at the right tree! Lost a little confidence and went direct to no. 12 for the short leg but should have used the track.

Missed the small track over the spur and struggled through the heather on route to no. 14; was passed by Richard Robinson of NOC but stayed in touch and passed him as he dropped off the footpath too early for no. 17. The lead then alternates between us until he passes me again leaving no. 19; held up slightly at 20 waiting for the punch as Richard pulls away across the marsh heading for 21.

A very satisfying run for me given that two months were spent away from normal training and orienteering. I certainly did not expect to be in the running for the IS individual title this year and look forward to the challenge of the Veteran Home International in Scotland and the Inter Corps and Army Individual champs at Colchester.

Many thanks to John Rye, Chris Sanderson and Paul McClellan for the organisation and admin. I'll write an article for the Navigator for consideration by the editors (Ed - Richard, don't worry I'll use your email!).

**Last year's runner up Calvin Routledge explains how he lost the Inter-Services this year on the last throw of his dice:**

Instead of having operations as an excuse, it was an injury (combined with a lack of motivation) that stopped me training properly for my final ever Inter-Services event (unless the organisers bring the event into mid-October this year (prior to my discharge date)).

I had managed to run on average 3 days a week for about 30-40 minutes between July and November so was not in too bad shape but would be under pressure at around the hour mark. I knew that the Richard and John would whip me on fitness (especially in the New Forest) so it would need a perfect technical run to get anywhere near a top 3 position and especially if I was to have a chance of winning the event for the first time.

I set off thinking – '**CONCENTRATE!**'. Despite this, it was a lack of concentration, along with some awful route choice at important points during the race that lost any slim chance of being up the field challenging for a podium position. The plot was soon lost despite having a great confidence boosting start (fastest to number one with a steady and controlled leg despite the 1:15000 scale confusing early doors).

At number 4 I rushed straight towards the circle close to number 4, instead of taking a little bit of time to come down the spur and was that 'headless chicken' for a vital minute. This, combined with other basic mistakes that stand out on the graph and the obvious lack of stamina made the race rather tortuous over the last 20/25 minutes. I would have had to be on top form to match Richard, but, alas, it was not to be.

