

THE WRITE TRACK

Newsletter of



Orienteering
Newcastle and Tyneside



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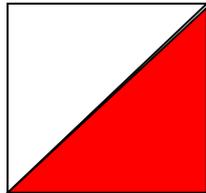
Editorial Dates

Thank you to all who have contributed to this edition. It is greatly appreciated.

Issue 2 articles by end of May for distribution at beginning of June.

Email to crosbynicola@hotmail.com or send to 29 Reedswood Crescent, Cramlington, Northumberland. NE23 6RW or hand to me at an event.

Thanks, Nicola.



Chairman's Blog

Where is the year going??? I can't believe that it's nearly the end of March already and full swing into the Orienteering. I hope everyone enjoyed their run at the Compass Sport Cup in the Lakes. I have to say that considering I don't normally run that distance (9.6km) it was most enjoyable, helped, I think, by the beautiful weather that we had. I'm sure I wouldn't be writing the same had it been the day before. I happened to stay over just down the valley on the Saturday night and the weather conditions when we arrived were something that can only be described as inclement. We arrived at around 3 p.m. to a howling windy, hail mixed with snow, followed by rain and a temperature of around 2°. I was so pleased when on the Sunday, the sun came out. Relief probably shared by the start team who were a little exposed on the hill side. Next year we're on home turf at Slaley and Fell Plantation.

Anyway - what's happening in the club at the moment?

Club night continues on a Wednesday Night at Prudhoe High School. We're averaging around 16 each week with a good mix of youth and

experience. Please come along. It's a good chance to meet up, talk over previous runs, and practise orienteering skills in a fun way. Pat has done a report that you can read in this edition.

We have the Kielder Weekend fast approaching. There are still a few spaces left for anyone that wants to come along for the full weekend. Let's hope the warm weather we've had so far carries on and we have a dry couple of days up there. Either way, it'll be a laugh and a good chance to socialise and relax on the Saturday night. By the way, the Juniors will be washing up on the Saturday Night, so come prepared.

The BBQ this year has taken on a new location and date. We've moved this for various reasons to the middle of June (17th to be precise). We're also using Leazes Park as the venue and will be having the day as a Club Relays and BBQ event. More on this nearer the time. The story behind the BBQ is that during the sprint event last year held at Leazes Park, there happened to be a large group of students having a BBQ right next to one of the controls. The smell was amazing and, contrary to rumours, I didn't stop for a bite to eat, although I was tempted. So on the back of this we thought it would make an ideal venue for our annual BBQ. Put it in your diary, 17th June.



Lots of Orienteering coming up in the next few months. I can heartily recommend the smaller events in areas like Prudhoe. Fred and Pat have been mapping Prudhoe and the area now offers a great mixture of Cross Country and Urban Orienteering.

The Summer Series I believe is being planned as I write, with the emphasis on events on a Wednesday Night finishing at a local pub somewhere to have a drink and chat afterwards. Keep checking the website as these will be updated as soon as it is finalised. It's amazing

how a finish near a pub attracts competitors. A conversation tonight with Joshua went as follows

Me:- Are you coming to the Night Owls final tomorrow in Ponteland?

Josh:- No, Dad. I'm not that good at night orienteering, so I won't bother

Me:- OK, You can borrow my good head torch though, if you want.

Josh:- No, I'll stay at home. What time will you be back?

Me:- About 9 or 10pm as we're going to the pub after for the prize giving.

Josh:- Oh! If you're going to the pub, I'll come along and do the short course and go to the pub with you after.

Amazing what an offer of going to the pub can do. Hope to see you there.

NATO now has a Facebook page. If you're on Facebook, have a look for the page and become a friend. It's only just starting out but will hopefully grow as members join. If you take any photos whilst you're out orienteering, please send them to me at boyles.pATbtinternet.com. Provided they comply with the rules, we'll put them on the Facebook page.

By the time you read this we will have had the final of the Night Owls, held at Ponteland this year. Congratulations to the winners and those that didn't quite come first (that'll be me). Orienteering is a fantastic sport that for me takes on a whole new challenge in the dark. For those that haven't tried it, it certainly improves your orienteering skills as you have to stay closely in touch with the map. As the nights are getting lighter the Night Owls are finished, but they'll be back in October or November this year.

Hope to see you all at the annual Morpeth Gathering in Carlisle Park. I always look forward to the Morpeth event. I'm not sure how Adrian does it, but in the six years I've run there, I always visit a part of Morpeth, I've never visited before.

See you all around

Paul

Membership News

In the last few months we have been pleased to welcome several members to the club. We hope that Ros Kitchen, of Acomb, Martin Edney of Newcastle, Richard Purkis of Newcastle University, the Athey and Huntley families of Morpeth and Durham respectively, will enjoy their orienteering with the club.

There is a proposal, due to be put to British Orienteering's AGM in April, that from next year the structure of membership categories be simplified. In case you were not aware, part of your membership fee is set by, and goes to, the club and part to British Orienteering. That division will not change, but the proposal will do away with family membership (at least as far as BOF are concerned) and the distinction between Local and National membership, replacing them with a simple single individual membership. The rates proposed are £5 senior and £2 for the British Orienteering precept plus whatever each club decides should be its fee. The free taster year of membership will be discontinued.

Club committees and treasurers are currently assessing the impact of such a proposal if carried. This has to be taken together with proposed changes to the levy system, which those not involved in organisation of events may not even be aware of. Entry fees to races are calculated not only to cover survey, mapping, land access fees, future development and the like, but also a levy payable to British Orienteering. In recent years, this levy, calculated on entry numbers, has included a levy free assessment for the first so many entrants, scaling upwards through two or three thresholds. This levy free zone, if approved, will be removed, which will have an impact on the smaller race. Full details of these proposals can be found on the British Orienteering website <http://www.britishorienteering.org.uk>

Peter Firth

Crypt-O Competition

The answers to December's clues are:

1. Gully
2. Contour
3. Fight
4. Cave
5. Finish

New Clues

1. Father goes most of the way [4]
2. The little wood is dense and French [7]
3. Event area in the hills? [6]
4. Follow the posh lass back [3,3]
5. It makes Rosie spend whilst feeling sad [10]

Very easy and no prizes but members can check their answers if they email Richard Field (richard.field33ATgmail.com).

Club Night – Six Months In!

We have been running a weekly 'Club Night' for six months now. It looks like becoming a fixed part of the Club. At the start, one of the main worries was nobody turning up! Far from it – on the first night there were 26 people. Over the six months the average attendance has been 16. The challenge over the winter months with the cold and dark evenings was to find different activities. Yet Club Night developed a momentum which led to enjoyable and informative sessions. It is a mix of activity (training) and social life – not to be missed!

The activities have catered for all abilities and have covered both technical and physical training. Not all sessions have been active – one highlight was the "question of O" night. The school grounds can be made to offer quite a challenge and we have started to use a form of micro O to embed basic skills. One of the exercises is "Football O" which uses the sports pitch as the "forest". It may sound simple and it is a test of basic skills; however it catches people out. The reaction on discovering a mis-punch is a mixture of disbelief and annoyance.



Football Pitch O – A different challenge

Either side of the activities are periods for socialising and relaxation. The West Centre offers "coffee bar" surroundings which encourage chit-chat, mostly on orienteering subjects. It is not all chat and the younger generation especially are becoming experts at table tennis, while some members can now demonstrate their misspent youth on the new pool table.

Mainly the discussions are sport related. A most successful evening was spent examining performances at a recent event. This generated remarkable enthusiasm and honesty! Criticism of the planner was not formally minuted!



Course critique session

Fred Miller and I have been steadily mapping parts of Prudhoe. Starting with the old school and Riverside Park maps, we have surveyed a large part of the town and neighbouring areas. This has allowed races from the School as well as Introductory Events in various parts of the town. We have discovered a wealth of different terrain; some of which is extremely complex. I have enjoyed presenting some courses which require different techniques and challenge skills.



Part of Prudhoe! (1:7,500)

The light summer evening will enable a more varied set of activities in the local area. This will include distance estimation, compass work, contour interpretation, waffle run, a ribbon event and also some more sociable runs!

Club Night is now part of the Club and I would ask you to support it. Also, if there is anything you would like to see in the programme, speak up. It is after all a "Club Night". I look forward to seeing you at Club Night.



Indoor challenges

Patrick Smyth

Club Night by Aoife Lakey

Do you know what a Zigzag-o is? Well, I'd never even heard of it before I started going to Club night on a Wednesday at Prudhoe High School. We don't just take part in zigzag-o's, juniors get up to pacing, waffle runs, night owls, stretches and having juice and biscuits after a tiring run around. Club night runs from 6:30pm to 8:00pm and costs juniors a mere 50p, adults being £1.

Personally I love the fact that more often than not we work together in teams; making new friends and having a lot of fun in the process. We're not always outdoors, Everyone learns about orienteering too, We look at map symbols, route choice and more. There is even a pool table, football table and table tennis in the hall.

Anyway you must be wondering what a zigzag-o is. Then I'll explain. There are twenty or so controls placed in different areas on a football pitch, for example there are controls in the goal, the corner of the 6-yard box and on the penalty spot. You are given a laminated map of the football pitch with controls 1 to 7. You go to those controls in order and write down, on your piece of paper, the control's number. I think zigzag-o teaches you to get the right control, when there are lots crammed together.

You don't have to be in NATO to come to club night, anyone is welcome and there are plenty of things for Adults to do as well, so come along!

Night Owls

After a sunny spring day a group of hard core runners gathered in Ponteland to celebrate the last rites of Winter with the final race of the Night Owls series. The race is a handicap format with runners starting at intervals based on their average speed over the whole series of 11 races. The aim to have close head to head racing. The start (with 3 people off at the same time - a default time for the real laggards!) was obviously too much head to head with some obvious errors as people (who shall remain nameless) sped off in completely the wrong direction.

Nicola Tilt came home first with a good few minutes lead over the chasing pack after probably her best run of the year - to win the last bottle of Night Owl Chardonnay (I'll need to think of a new prize next year). Adrian managed a fine run just not being able to catch Paul although his

time did lift him up to third place in the series overall. Celebrations in the car park were cut short as everyone repaired to the local hostelry for proper celebrations and the prize giving.

First Lady - Nicola Tilt

First Veteran - Adrian Barnes

First Junior and Joint First Overall - Richard Purkis

First Senior and Joint First Overall - Patrick Smyth

Patrick Smyth



Harvester Relay – Club Trip?

The Harvester Relay is an overnight orienteering relay competition for teams of 7 or 5 runners. While this year the event is not so easily accessible from Tyneside (Hampshire), I already have several expressions of interest and some firm commitments.



Hopefully we can find enough people to make up at least one team which hopefully will feature in the handicap class. This is an ideal opportunity for NATO members to get away together, socialise and indulge their passion for orienteering!!

For those that have not heard of it. The Harvester starts during the night and continues into the day. It is centred around an assembly area and (free!!) campsite. The area (Bordon Heath) will present a different type of area for those interested – Surrey heath land interspersed with old military remains and occupied barracks.

While teams have to have people willing to run at night, NATO has a selection of willing madmen. Please do not be shy in coming forward! If you have any questions please approach either Patrick Smyth or Adrian Barnes. So if you are also interested/committed please let me know.

Patrick Smyth 01661 843880
(patrickmysmyth@tlineone.net)

Disciplined Orienteering

If I learned anything at CLOK's Acorn event, held at Arncliffe Wood, it was actually an entirely new method of finding the controls, which I had not come across before. I did not have the best of runs, mainly making one extremely poor route choice where I descended the slope instead of climbing it, resulting in 15 minutes wasted and me finishing 5/5. I had travelled up with the Durham Uni club and one of their members, Peter Bray, who is pushing for national selection, got some coaching afterwards, so I listened in, thinking that whatever he's learning must be good advice. The coach asked him whether he was doing 'Disciplined Orienteering' for each leg. Back in the South East I was a member of the South East Junior Squad but I didn't go to their training sessions. I reckon if I had gone I would have picked up something similar, but I hadn't so what I was hearing was completely new to me. From what I picked up, Disciplined Orienteering consisted of five steps to be done in order for each leg. You may do them without thinking, but if they are done methodically, pinpointing where you went wrong is much easier as you may have forgotten one of the steps, so here they are:

1. **Supersize the control:** look at the control circle and see if one side of the circle is easier to approach from than the others
2. **Choose Attack Point:** pick an attack point to approach the circle from the side you have selected.
3. **Compass Bearing:** take a compass bearing to make sure you hit your attack point. Obviously if you chose to run along a path to your attack point, this step can be left out.
4. **Use Attack Point:** navigate to the circle from your attack point
5. **Map reading:** Once inside the circle use other features you may not have noticed to help zone in on the control.

After analysing my route, I only did Disciplined Orienteering on 2 controls and it was no surprise that I didn't do any of the steps on the control I wasted 15 minutes on. The aim of this is take the steps methodically so that sooner or later it becomes natural and hopefully 15 minute mistakes, or longer, become a thing of the past.

Richard Purkis

British Trail Orienteering Championships 2012.

These Championships were held on the weekend of the 17th & 18th March. at Newborough on Anglesey. There was a strong guest entry of 27, mainly from Norway and Sweden

It was a three competition format. On the Saturday Morning there was the Trail O equivalent of Sprint. Nine controls in an area 400 x 200 metres with 30 minutes to make the decisions. There was only one kite at each control site, and you had to decide if it was in the correct position A answer or incorrect Z answer. I was able to determine 6 correct answers. This left me in = 41st place. (Not good).

Things went from bad to worse with the Middle race 14 controls; I only managed 9 correct answers taking 25 seconds on the timed control. This left me in 32nd position. (Getting better).

There was a demonstration night competition which I was not able to take part in.

The Sunday was the championship proper: 21 controls and 2 timed controls. I fared much better, getting a total of 18 correct answers leaving me in 21st position and the 3rd British competitor behind Ian Ditchfield (MV) on 20 and Christine Roberts (Ebor) on 19. I was also the First in the Paralympic class.



In the total for 3 events I finished in 31st place with a total of 33 controls; this, when you think of the Swedish competitor with 44 correct out of 46, was not exactly brilliant.

I now wait with bated breath to see if I am selected to represent Great Britain in the European Championships in Sweden in May and the World Championships in Scotland in June.

I would like to thank John Kewley and his helpers from MDOC, DEE, and Eryri for putting on an excellent weekends Trail Orienteering.

Those of you who are travelling and/or competing at the JK are more than welcome to try out Trail O over the JK weekend.

John Crosby

OMM Report

The OMM (Original Mountain Marathon) is a two-day event which takes place annually in the last weekend of October. This year the OMM was located in central Scotland, between Loch Tay and Loch Earn. It is organised along similar lines to orienteering, in that controls are visited in a predetermined order in the case of linear courses, or, in the case of score courses, the objective is to collect as many points as possible within a fixed period of time. Competitors run/walk as pairs rather than individually. You carry all your kit, including tent, sleeping bags, food and stove and are self-sufficient for the two days. Attempting to carry as small and light a pack as possible whilst meeting the mandatory kit requirements is an art form exemplified by some elite competitors who manage to squeeze everything into impossibly small rucksacks.



My partner Paul Gaines (BL) and I opted to enter the medium score course: six hours on Saturday, and five hours on Sunday. Saturday started ominously in the mist and rain, as we were handed an A2 sized map of the area.

To plan our route we used a piece of string, cut to represent a length we thought we could run comfortably at for six hours, which we snaked between various controls on the map, trying to pick a route which would bag the most points. We opted for a route which would hopefully allow us time to hit a couple of high score controls on Creag Uchdag (an 879m Corbett) located above the overnight camp at the end of Loch Lednock Reservoir. So the route was decided, and we headed up hill at a steady pace, fully clad in waterproofs. Considering the poor weather, things went well until the fourth control, located at the end of a stream gully. It had been raining for most of the week before, so there were many unmarked streams on the map. The scale on the map – 1:40,000 – and the poor visibility made it really difficult to locate precisely where we were on the map. We had a quick hunt around the area and decided to give up on it fairly quickly, as it was only worth ten points. As the day progressed, we seemed to be doing well, with the main navigational decisions being whether to go over or around higher ground, and we passed swiftly through the control circles. My favoured approach to staying fuelled was to consume an energy gel and a snack sized bar approximately every hour. I had a water bottle strapped to my rucksack which I could drink from on the move,

and was easy to detach and refill at streams. I'd also drop a salt tablet into the drink in an attempt to stave off cramp. Nonetheless fatigue inevitably sets in, and it was cold, especially getting up onto the summit of Creag Uchdag where the wind and rain were particularly bad. At least one of the competitors on the elite course retired with hypothermia. There was a good fast descent from the summit down to the overnight camp, but the event organisers had cruelly put a final compulsory control up on a hill on the other side of the valley. We got to the finish with six minutes to spare and were delighted to find we were in third place at the end of Day One.

At the campsite, we were wet, cold and tired. We had run about 20 miles on rough ground with a decent amount of climbing. Paul had brought along a second-hand tent, picked up from eBay and asked me to look at the instructions (note to self, get familiar with the tent before the event). Some time later we were in our sleeping bags brewing up, and eating noodles, with a fine dessert of malt loaf and custard. I usually sleep like a log, but not that night. Some of the balloons which formed part of my light weight sleeping mattress popped during the night, leaving little insulation between myself and the ground. The alarm on my watch was also tormenting us by continually going off. The workings of a Casio can be surprisingly perplexing when you're dog tired. The morning should have bought some respite. We had to rise early, as we were in the chasing start at seven o'clock. We were awoken by the traditional piper, and managed to brew a pot of water for tea, before Paul announced there was only a small amount of fuel left in the gas canister. Now, the rules are that you need to complete the event with some fuel left in case of an emergency. The question was, should we risk using the last of the fuel, to cook up or porridge, but risk being disqualified if we were kit checked at the end, or go without breakfast. Seeing as we'd done well on Day One, and could possibly pull off a repeat performance for Day Two, we'd be really gutted if we were disqualified at the end; but how could we possibly run for five hours with no breakfast? We laid out all our food supplies in the middle of the tent. Now, I have a sweet tooth, but confectionery and energy gels do not appeal to me for breakfast. I mixed some milk powder with water, in order to make some kind of muesli with the porridge oats, but I retched when I tried it. Disgusted, I stormed out of the tent, only to walk knee deep into a bog. Somebody with a megaphone then announced it was 7 o'clock; our tent was still up and we weren't packed – how could this happen? Fortunately, there were

My greatest triumph or my worst defeat?

enough gasps of horror from other competitors, that the announcer quickly retracted his error, it was only six o'clock. We still had an hour left to get ready and be at the start.

The route choice on Day Two seemed fairly logical to us. There was an outlying high scoring control, which seemed a good one to get. From there it was quite a distance to the finish, so we plotted a route that would allow us to pick off as many controls on the way as we could. The weather started to clear up as the morning passed by, but I kept my waterproofs on as it was still cold. I was fine for the first couple of hours but then started to noticeably struggle with Paul getting ahead of me, and having to slow down and wait for me to catch up. Paul gallantly took my rucksack, as we would both move more quickly this way. My brain started to re-engage and I took a closer look at the map, as Paul ploughed on fully laden. We were about one and a half hours from the end, when I noticed that there was a good 20 point control up the side of Ben Chonzie, which we weren't planning to get. I discussed this with Paul and we both agreed it was a high risk strategy to try and get it. We would lose two points for every minute past the five hours we were late. We decided to go for it. I was starting to feel better so took my bag back from Paul, and we started the ascent. The control was easy to find. We now had about 50 minutes to run to the finish at Comrie (about 6 miles down hill). We ran hell for leather down the side of the mountain. The last three miles were up and down on a track. It was really starting to get hot, and I was sweating in my waterproofs, but weren't risk losing time by stopping to take them off. I was really struggling, and Paul once again volunteered to take my bag. We got to the finish eight minutes over the five hours. Although we were in eighth position for Day Two we managed fourth place overall, and were extremely pleased. Going for the 20 point control effectively gave us four points, as we lost 16 points as a penalty. If we hadn't gone for it, we would have come joint fifth, so it was worth the risk. Oh, and we were kit checked thoroughly at the finish: the official was satisfied that we had some fuel left.

It was our first OMM and the second mountain marathon we'd taken part in together. The whole experience was fantastic. At the time it hurts, but the event really challenges the mind, body and spirit, and leaves some great memories and stories to tell. We're looking forward to OMM 2012, and now I just need to get as fit as Paul!

Frank Shillitoe

Having twice won my short age class at the October Odyssey, I was looking forward to the 2011 competition. Admittedly the first time I won I was last on both days, but the other two entrants were different on each day. On my second success I was the only entry! Perhaps this year I could win by actually beating somebody?

Training started early in the year with regular outing with my two dogs to the Rising Sun Country Park. The intensity of the runs was not too high, since I discovered my old dog did not run as fast as I wanted to. She also pretends to be deaf and would vanish into the forest for twenty minutes at a time. The occasional run with just my younger dog was a much more taxing experience. Particularly when he caught a rabbit and another time a pigeon.

More technical training consisted of three and a half days of the Scottish 6 Days. Due to various circumstances it is a long time since I have completed all six days. The half day arose due to being completely outwitted by the planner; the first four controls were spot on, then not reading the map I managed to cross a waist high earth bank without noticing it and spent over half an hour matching the area I was in to the area round the control. Once I finally realised my mistake (I was about 1km from where I should have been) I decided to retire. Still, on walking back I had a pleasant chat with a Norwegian lady who had also retired. She was on W60S and having only done a yellow course before, was finding it difficult. At download I was able to reassure a worried controller that there was no problem with my course, rather the problem was with me.

When it came to entering the October Odyssey I saw that the M70L course was Green and the M70S was Very Short Green, rather shorter than I would have liked. Since I wished to again show my mastery of the short course at the October Odyssey I chose to enter the Very Short Green. Anticipation was high since both days were on areas new to me.

Having read widely on how to improve one's Orienteering I knew that mental preparation is all important. However standing at the start at Edges Green on Day 1, thoughts of technique were wiped out by the view to the south of The

Wall striding along the top of the Great Whin Sill. I was overwhelmed by the feeling of being in the badlands north of the wall and out of the protection of Imperial Rome. At least that is my excuse for being a bit off in getting to the first control. Still I beat my sister who had started several minutes before me. After that the controls appeared where I expected. I hesitated slightly with the penultimate control. It was a crag on the top of a small pointy hill. I could see the hill in the distance but where was the crag? I hesitated checked for other hills in the area. On reaching the hill I discovered the crag in a gully on top of the hill. At the finish I told the controller that I thought the penultimate control was bit misleading. She carefully pointed out to me that if I had looked properly at the map I would have seen the gully on the top of the hill clearly marked. All in all a pleasant and almost error free run.

It was with pleasure that I contemplated the results that evening on the internet. I was second and ahead of the other M70s'. Then the horror struck me. First was a W80. Surely some mistake? A quick check of the split time showed I had been beaten on the two controls over which I had made technical errors. Then horror of horrors, I had also been beaten on the slightly up hill run to the finish! I blame it on my old dog not going fast enough up hill in training!

What was I to do? Abandon Day 2? Enter on the day in disguise under an assumed name? My Scottish upbringing kicked in. Having pre-entered I could not throw away the entry fee. Standing at the start at Cottonshope on Day Two I looked at the wide track running up hill through the forest. I was convinced that the first control would be past the top of the track and that the people at the start would be able to observe my slow progress up the track. Also, how was I to make up the 3 minutes to gain overall top place on Very Short Green? It was with relief that I discovered, on starting, that the first control involved me hiding immediately in the forest. The rest of the course was fairly uneventful apart from my first encounter with a malfunctioning SI control and, due to not reading the map or control description properly, being surprised by one control being in a small marsh rather than on a vegetation boundary. I assessed the time lost by technical errors as about the same as on Day 1 but felt I had gone slightly slower. I also for once did not have the controller pityingly pointing out my mistakes to me.

You can imagine my surprise in the evening to find I had finished first, 20 minutes ahead of the second place runner. I know that I am happier with forests which was half the course as they favour my slow running technique. What in this case caused such a difference I have no idea.

Two things happened the following week. I received a certificate for winning the M70S course. Secondly I received my copy of Compass Sport, in which I discovered that Eileen Bedwell of CLOK had come third in the World Masters Championship. It was she who had beat me on Day 1. I now have a dilemma, should I proudly and in a posh frame prominently display the certificate on the living room wall, along side my previous two trophies, as being beaten by a world champion is no disgrace? Or instead hack the CLOK website to delete the October Odyssey results and prevent my humiliation being available to the whole world?

p.s On last checking the CLOK website the link to the results was not working; it was not me honest.

Alastair Macgregor M70

Countdown

At the Festive Frolic at Plessey Woods one of the courses was "Countdown". Basically a score event where the object was to find a NINE letter word in the twelve letters scattered round the Country Park. Now getting the twelve letters below was easy -finding the hidden word less so. The hints given were that the word had something loosely to do with orienteering and that Midlanders had more chance of getting it right. Aoife Lakey was the only one who worked it out without extra heavy hints -can you get it?

7	8	9	10	11	12
R	H	T	M	Q	D
1	2	3	4	5	6
A	E	I	U	L	N

Andy Clarke