

BOF have laid down new guide-lines on the type of events we talk about which will need more manpower per event than we use at the moment. Don Scarrott has devised a simple questionnaire, which is enclosed in the envelope with the newsletter, and would be pleased to receive your comments on the issue. After all if you weren't at the A.G.M. you will not have been able to have your views heard! On to a sad incident which occurred at Great Wood. Duncan Taylor was running down a heathery slope when he tripped on a rock hidden in the damn stuff, fell and banged his knee on another rock and smashed his kneecap. The sort of fall many of us sustain without coming to any harm but for Duncan really bad luck. He will be in plaster for 6 weeks, but the prognosis is good. He will, however pose no threat for the winter series! It does bring to light a question of safety. We orienteer taking a risk anyway but we could eliminate, to a certain extent, one of the

problems Duncan was faced with on that cold, wet, windy Sunday when he was in an exposed

position with very little protection from the elements. He was becoming Hypothermic despite

being loaned garments from people who stopped to help. It is very easy to lose body heat so in

winter it would be wise to always have a cagoule with you and as an extra a Bum bag with hat,

gloves etc. in and best of all a Space Blanket. None of these things weigh much but would help

you if you were as unfortunate as Duncan. We hope that he makes a speedy recovery. 1992 is just around the corner and that means JK Festival! Our club has the job of doing the starts on the individual days. All helpers will have to enter through the co-ordinator, Andy Warner (who can now be contacted at his new address 4, Clowes Villas. The Green, Little Broughton. Tel. (0900 828285) so offer your services before he calls you! SAVE MONEY BY HELPING AT THE JK. ANDY WILL BE CALLING FOR ASSISTANCE IN EARLY JANUARY. SO HANG ON TO YOUR MONEY AND SAVE HALF THE FEE!!! Deadline for next edition is 10th Dec. Competition Enclosed with this month's newsletter is our competition entry form which should

be returned to our address at the top of the page by 10th Dec. Valuable prizes will be awarded to the winners so lets have lots of entries to make the effort worthwhile. Don't worr the first

prize is not an automatic committee position!

on ships.

Nov 91 Page 1 Letters to the Editors

For those of you without a good atlas, this group of islands are 700 miles south of the Canaries and 300 miles west of the African coast, off Cap Vert-Dakar, Senegal. They were discovered in the 15th century and were settled by the Portuguese who developed a sugar cane industry and slave trade. The islands gained independence in 1975 and seem to exist almost solely now on fishing, particularly shellfish, which are sent to the USA, and repair work

Porto Grande/Mindelo

Monday 23rd Sept

Arquipelago de Cabo Verde

It took 5 days to get here from Tenerife, with good winds all the way. Compared to Madeira which was beautiful, Tenerife was grot city. Very commercial, very loud discos and lager loutish British holiday-makers. Thankfully we were there at the end of the season when things were quietening down and only stayed two days. Between Madeira and Tenerife, we stopped off at the Selvagem Isles, two islands (inhabited on the larger by 3 men doing research on birdlife) really rather remote, with nothing but a lighthouse for company. Within 10 minutes of

anchoring, the men arrived & told us to push off politely. In many ways we weren't surprised because we knew

that we were not allowed to land there anyway. We decided to motor round to the south side of the smaller island knowing that the 3 chaps would not be able to follow us in their small inflatable. Landing on this island was a bit like the first moon landing. Very exciting knowing that no-one else could possibly have been there for ages. The only vegetation was a kind of low scrub (similar to heather) and the surface of sand was pitted with burrows. We couldn't decide what made these holes since we didn't see a single bird, nor any other sign of life at all. Every step you took, your foot fell into a hole. It was very difficult to walk any distance, buy really funny watching everyone stumbling around. We stayed there until early evening and then set sail for Tenerife. This group of islands, at first site, are very impressive - massive cliffs rising almost vertically out of the sea, no

vegetation to speak of, so very barren, arid appearance to the mountains. The highest point is Monte Verde at

about 750m on this island called Sao Vincente. We are going to hire an open truck (called a taxi) tomorrow and

visit a couple of the villages which are supposed to be nice. We anchored yesterday morning at about 8am and

within 15 minutes a local chap had swum out to the boat to ask if we need anything. The system here is that you

hire a boy/man for about £2-3 per day to look after you.

Louis is about 25 and is responsible for minding our dinghy whilst on the shore, providing local knowledge and helping us with immigration etc. There seemed to be a bit of bad feeling when we first landed on shore because we were pounced on by another chap called Rodriguez, which upset Louis. We assured Louis that he was out No. 1 boy and that we would employ Rodriguez as well. Just as well as it's turned out, because Louis is under our medical care on board ship at present, having undergone torture this morning (or that's what it looked like!) to try and get a fish spine out of his little finger which was three times the size of his other one. I have never seen so much poisonous muck come out of a wound before in my life. Hopefully, with a shot of penicillin & some rest, he should recover. He says the local doctor doesn't want to do anything, he'd rather wait until you're really bad and then send you to hospital which costs a fortune. Obviously, the locals here are very poor, so treatment like that is out of the question. What would have happened if we hadn't arrived, I dread to think.

Portuguese, and having left Tenerife behind, we all expected the locals to have a more Latin look at hem. I suppose because of the proximity to Africa, and it's history of slaving, we shouldn't have been surprised. The locals are extremely friendly, but poor. The beach looks like the local rubbish tip, shell dump and toilet all rolled into Nov 91 Page 3

6 Jours de Suisse 1991

Orienteering in Switzerland is a real pleasure. The terrain is very varied but generally has one thing in common - it is steep. However, the Swiss planners use the height difference to their

advantage. They walk (or bus) you to the top of the hill and then run you down. One of the

day's courses was 6.2km with 180m of climb, but the start and finish were 425m apart, vertically!

The first three days were in the Vallee de Joux in the Jura on limestone ridges. The bare

good run on the second! Running through a limestone area on one of the days, dodging around

'moon craters' and jumping over three feet wide cracks, I got a shock when I looked down one

It was a real shock initially to see everyone was black. Knowing the islands had until recently belonged to the

limestone was littered with monster depressions and cracks and shown on the map as a dot screen. The rest of the terrain with a grass covering and trees had small depressions & minor re-entrants, all accurately shown on the map. Working it all out took the first two days. I had a

Errors that involved the 'brown lines' were very costly!!

## of the cracks and couldn't see the bottom - just blackness at the thirty + feet.

The second half was in the Alps at Gurnigel. We had a camp-site on a recently foraged silage crop on a saddle between two hills. With mist and low cloud on our arrival we worried that everything was rather exposed. Double pegs required for the tent in case the wind got up! In the end they weren't required. With tents pitched and food bubbling the low cloud disappeared. Suddenly everyone was looking South; Gantrish (2145m) was visible and beckoning. We all

decided where we would spend the training day on the morrow. We had lunch on the summit -

about forty English, Scottish, Welsh, Australian and New Zealand orienteers sat precariously on

the grassy slope at the top. A bit of snow in a gully on the way down provided a snowball fight

for Sean Fenwick, Brian Whitworth and myself. In the second half there were about 2500 to 3000 competitors with only 'A' classes available although there were DN and HN (novice) course. The competition was intense with very fast mins/km by the winners. There is no doubt that it is a 'running' sport in Switzerland; the top orienteers are athletes. The terrain was steep, rough underfoot in places, very complex and extensive giving quality orienteering. It was an incredible challenge with some creditable results from the WCOC members in the party. Sean Fenwick H18 9th on Day 3 and 13th on Day 2, Dave Fenwick H45 41st on Day 4 and 43rd on Day 1, Roger Jackson M45 32nd on Day2 and 40th on Day 6.

We pulled the tent pegs out at 6am on the last day to be greeted by a brilliantly crystal clear sky.

All the way from the camp-site, on the local bus, regional train, intercity train and aircraft we

kept catching glimpses of the snow covered Alps - dozens of peaks against a clear blue sky. The

magic of those views provided the finishing touches to a quite exceptional week.

Carol Whitworth (W19), The Viaduct Hotel, Falcon Street, Workington.

Reg Minshaw (M21), 9 Moresby Parks, Whitehaven.

Simonscales Lane, Cockermouth.

Welcome to you all.

only ran on 2 or 3 days.

training.

Roger Jackson NEW MEMBERS The following have joined the club since the Septembenewsletter. Tony (M55), Alexa (W45), Clare (W11) and Kate (W10) Matthews, 19 Isel Road, Cockermouth.

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Nov 91

Gerald (M35), Alison (W35), Robert (M10), Jenny (W8) and Andrew (M6) Crawford, 39

also holds the Good Food Award for High Distinction in Cuisine, I gave myself a hard 90 minute work-out with grapefruit baked in sherry, roast pigeon a l'italienne, chocolate meringue, then some very rich cheese. My only worry was that I might peak too early. Curious Concourse. I packed my track-suit, gym shoes, long woollen stockings ("protect the front of the lower leg against damage" - Disley) and took off, over some of the worst roads in

Western Europe, for the Cumberland rendezvous at Santon Bridge Village Hall. An unusual

crowd of people milled around there: women with loud, expensive voices; and men of all-shapes

and costume - some in little woolly sailing caps, some in football stockings, and one in running

Then I saw Fred Travis, the muscular major-domo of the meet, getting everyone organised. He caught sight of me, and something clearly caused him to snigger. "Ah, you must be Gammon,"

he said. "I've been thinking about you. I've put you to run in the Junior Women's class. Junior

Women's and Novices," he added, evidently feeling a little compunction. Suddenly I heard my

name being yelled. I checked my equipment compass red ballpoint pen- and made for the road. But I was called back in a resigned, pitying tone and told to wait for the whistle. They handed me a map and a typed list of the control points. The first was "Boundary Stone." That shouldn't take too much finding, I thought. I didn't know then just how rich this part of Cumberland was .. to be continued. in boundary stones. \*

## Scottish 6 Day 1991 Southern Uplands The Scottish Orienteering Association chose six superb runnable forests for this year's event. The organisation and planning were of a very high standard and provided first class orienteering for a very large international gathering. The Swiss and Swedish will have enjoyed the distinctive

Scottish terrain and can have had no complaints about value for money.

The weather was cool and wet on a couple of days, which were perfect conditions for running. Course lengths were rather shorter than for a badge event and the height climb was moderate, giving fast mins/km. Most of the forests were sufficiently detailed to give good technical legs. Brilliant; a credit to the SOA.

A smaller band of WCOC members attended the event than in the past, even though it was just over the border. All club members started in the same 40 min block each day and finished fairly

close together which gave a friendly atmosphere to the event. The scores shown are for the best

four results from 6 with the winner on a course obtaining 1000 points. Some WCOC runners

Rhys Stanwix H21L 3421 points, Sean Fenwick H17A 3367, Roger Jackson H40L 3332, Vera

Parkins D55L 3110, John Calvert H50L 3088, Sandy Burgon H35L 3042, Penny Demoss D21L

3016, Richard Jackson H10A 3001, Margaret Calvert D45L 2737, Mike Pearson H45L 2547,

Harold Demoss H55L 2342, Catherine Jackson D11A 2139, Mary-Gay Pearson D50S 1963 and Pete Parkins H55L 1775 points. Roger Jackson

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TRAINING: a few comments

This year's AGH was interesting in that a number of quite

contentious issues were brought up, not least of which was that of

Training for competition in any sport involves trying to

improve physical, technical and psychological skills. Success is a

international level outperformed much stronger runners. In our own

credibility. The result is that the athletically gifted tend to be attracted into road, track and fell running, and those of lower competitive aspirations into orienteering. Nor am I convinced that

included, find their level of competence fairly quickly and stay

train as hard as they might! (I include myself in this category

since I have long neglected the technical and psychological aspects). Of the 3 factors, getting fit is probably the easiest

So perhaps it's not surprising that many orienteers do not

there. (There are factors other than than those I've mentioned which are relevant here, such as the cost of travelling to and

the multi level competitive structure actually encourages

progression through those levels. Most WCOC members, myself

entering events from a geographically awkward region).

club Rhys has become by far the best H21 simply by dramatically

question of maximising strengths and minimising weaknesses. The

prime example of this in orienteering is Carol McNeill, who

despite limited athletic ability, has for many years at

improving his running. Basically it is about getting the best out of yourself, and this I believe, is where the problem begins. The image of orienteering as a family sport which enables participation at all levels of competence is a double edged one. Hy view is that in this country at least, it has adversely affected the public perception of the sport's athletic

way of improving orienteering performance, but it is not as simple as that since it requires a great deal of committment, not so much in terms of time, but initially at least, in terms of discomfort. In conversation with other WCOC members I'm always amazed at how easily most seem to expect to get fit: one or two runs a week maybe, and what a low standard of running ability most seem quite willing to accept. For instance, how many club members can run 10 miles on the road in under 60 minutes or 10k under 36 ? I'm sure I wouldn't need a handful of fingers to count them ! Yet these are merely respectable times even in the context of local road There are a great many senior club members who would benefit considerably from running regularly, and by that I mean at least 4 or 5 times a week. If 2 of these runs are off-road at the weekend,

it only means a few of the dreaded tarmac bashes a week during

the dark winter months. Running in a group or with a friend helps to reduce the occasional tedium, and although I have done this

regularly for many years in Cockermouth, it has always been with

road or fell running friends, orienteers have never shown any

the town and I'm sure others feel much the same.

LOC 32.41

BF 22.66

BL 48.35

BL 43.88

MCOC 43.18

BL 47.88

MCOC 48.18

BL 49.38

WCOC 34.85

MCOC 39.15

MCOC 45.38

MCOC 46.85

MCDC 49.46

BL 58.46

LOC 55.22

BL 42.11

MCOC 35.18

3. Patrick Isherwood

5. Jenny Pollington

-----Colour Award-----

118\*

-----Colour Award-----

S Freestone

C Wallace +1

8. Catherine Jackson

9. Kate & Jane Rigby

18. Richard Jackson

11. Jim Arnold +2

DRANGE 2.9k

1. Paul Green

2. John Radford

3. P Freestone

4. Kay Fowler

5. Ben Durkan

P Hudson

11. Katy Brown

Helen Pollington

Christine Kenyon

Louise Heasley

18. Rebecca Wallace

12. Nicola Brown +1

BROWN 4.5k 368m

4. RJ Kenyon

interest. I would dearly like to add to my list of people I can

ring on a wet winter's evening with a view to a quick spin round

Page 9 Nov 91 West Cumberland Orienteering Club Sunday, 1.9.91 Bowness Knott CS GREEN 3.2k 198m 2.4km 70m YELLOW WCOC 59.12 1. Mike Isherwood 2. Angela Brand-Barker MCOC 63.58 BL 25.38 1. Ben Statt MCOC 32.37 DEE 64.39 2. Nicola Radford 3. Harry Ashcroft MCOC 64.41

4. John Slater

6. T Field

5. Gerard Hagan

7. Natalie Burns

8. Louise Wilson

18. Alison Statt

11. Sam Sullivan

13. Don Scarrott

15. Kate Arnold

14. David Freestone

16. Margaret Calvert

17. Chris Isherwood

18. Glynn Weston

19. Graham Hutson

28. Irene Munro

Allan Fowler

J Sewell

Lee Stott

12. Viv Fowler

9. Isabel Isherwood

-----Colour Award-----

WCOC 65.28

LOC 69.28

MCOC 69.39

LOC 76.28

BL 84.11

MCOC 85.88

MCGC 87.53

MCOC 88.21

BL 89.15

BL 92.45

MCOC 94.33

LOC 97.81

LOC 97.38

MCOC 98.89

LOC 99.29

F 1-4

F 1

Nov 91

IO.

II.

12.

23. B. Astley,

D. Moger,

29. C. Mahony.

25. C. Bland,

MCOC F 1-3,5-7

MCOC/BL 78.18

IND 59.12 BL 59.29 BLUE 5.6k 248a MCDC 74.47 WCOC 95.52 MCOC 114.57 1. Duncan Taylor LOC 183.87 2. Brian Jones MCOC 184.35 Roger Jackson MCOC 111.45 John Calvert

MCOC 119.56 Steve Sullivan MCDC 122.11 WCOC 117.23 6. Walter Harrison 1. Tony Brand-Barker MCOC 126.22 MCOC 121.12 Pete Radford 2. Chris Emerson HALO 127.52 LOC 125.24 Patrick Green 3. Ian Smith WARDC 127.55 MCOC 136.37 9. Andrew Whitehead 4. Nick Moore MCDC 127.57 **WARGC 137.53** 18. Nike Simpson 5. S Morley LOC 128.88 LOC 147.23 11. S Saith Ken Daly BL 133.53 MCOC 178.89 12. 8 Mitchell Chris Pollitt BL 179.27 BL 134.27 13. L Stephenson 8. D Mitchell -----Colour Award----------Colour Award-----14. R Stewardson LOC 146.33 LOC F 1-6,13 Steve Dobson MCOC 148.55 15. Dave Betka F 1-18 Richard Sewell WCOC 149.12 F 1-5,14 16. Howard Loughlin T Mitchell MCOC 158.38 F 1-9 17. Rob Douglas Bob Barnby WCOC 157.32 F 1 18. Susan Loughlin MCOC Sean Fenwick F 1-6 Phil Rigby F 1-8 F 1-4 MCOC Eric Bell John Starbuck F 1-4,12 AB Smith

F 1-3 Dave Heffernan LIGHT GREEN 3.5k 198m F 1-6,12 Tony Pennick F 4,11-13 Rob Holder 1. Catherine Isherwood LOC 68.18 LOC F 1-6,11 Jim Young BL 72.12 2. K Wallace MCOC Bob Astley WCOC 85.12 3. lan Fowler F 1-5 LOC Francis Livens LOC 92.51 4. Stuart Jones -----Colour Award-----MCOC 182.59 5. J Brown +1 LOC 188.18 6. S Hodgson MCOC 133.81 RED 3.8k 148e 7. Sue Emerson W 9418 retd Ceri Green MCOC Mike Green F 1 MCCC Glenys Kett

Page 11 NOVEMBER 3RD. 1991. GRE:T .700D -Green 3-Ik, Light Green, TCOC. I. R. Warner, 41-19.

180m climb. 2. G. Vaun. 44-39. 3. G. Wilson, 45-08. T. Price. 50-07. 5. P.Radford. WCOC, 53-28. IND,

35-33. N/c. I. K.Wallace, 39-54. 2. V. Powler, 5I-09. 3, I, Powler, 53-22. 4. F. Yarrow, 53-29. 5. A. Tonkin -I. 6. 1, Simpson, 54-I8. 54-I2. 6. H. Renkin, 7. P. Whitehead. 54-38, IND, 59-5I. 7. A. Theakston. D. Preestone. 60-40. 8. C. Theakston, 9. P. Edge. 9. R. RIchmond, 6I-4I. IND. IQ. L. Wilson. 56-30. IQ. J. Roeclich, 6I-47. 56-36. HI. R. Dlingworth, IND, WCOC, 62-03. II. K. Fowler, 56-42. I2. A. Bell. 63904. I2. R. Sweeney, 57-36. 66-20. D. D. Weatherly, WCOC, I3. L. Davis, I4. M. Inchmore. 59-23. WCOC, 67-28. IO. E. Newton, I. 59-37. 15. J, Cowton 70-38. 15. J. Underwood. 16. N. Burns 17. S. Adams, 60-00. 70-53. TCOC. I6. G, Kett. 6I-25. I7. P. Under good, 71-82, N/c. 63-OI. IS. A. Jarvie, T8. A. Riley, 75-03. 19. P. Oakley, 63-43. LOC, 82-31. 19. M. Wallbridge, 63-49. 20. C. Sparkman 20. N. Widdowson, LOC. 100-05. 21. A. Kitchin. 64-4I. award 22. J; Dominy, 66-06 23. K. Arnold. 66-29 5k. 300m Climb. 24. M. Winn 25. R. Nelson, 66-59. JCOC, 7I-06. IND. 1. D. Tyers. 74-00. 67-34. 26. G. Kitchin, 2. J. Walker, 67-57. 27, B.Ely. 3. A. Rowland, IND, 69-24. P. Kingsland, WCOC, 87-IO. IND. Blanshard 70-23. D. Scarrott. 101-42. DOK, Baglee. . Colow award 70-4I. 115-16. 3I. C. Wales. 6. G, Morley, 70-45. ? Poot, IND, RTD. 7. V. Johnson, WCOC. 70-56. JCOC, 33. D, Bell LOC. 71-35. 34. 3, Jones, 74-17. 35. A, Stott, rellow I.9k. 36. A, Powler, 74-26. WCOC, I, E. Riley, WCOC. 21-49. ZIAN 74-54. 37. M. Adams, 22-II. 2. T. Freestone. BL. 38. C, Whitworth, 75-0I.

24-0I.

27-35.

27-35.

32-09.

33-26.

39-27.

40-34.

41-59.

43-00.

43-57.

49-38.

.49-0ر

51 31.

55-04.

55-I2.

56-49.

57-13.

6I-28.

62-05.

69-20.

70-19. 70-30.

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BL, 55-03.

TCOC.

WCOC.

2/06.

WCOC,

WCOC,

3. C. Jackson,

4. J. Riley.

a. J. Davis,

D. Creighton,

8. S. Freestone,

9. C. Wallace,

IO. J, AStley,

II. A, sharples,

I2. R. Crawford,

I3. K. Astley.

I4. G, Crawford,

Is, E, Nichol+I,

I6. J. Crawford,

Tall. E. Morley,

18. R. Birgin,

19. T. Cowton +2, 20. J. Smith,

21. F&P. Jarvie,

22. R. Stones,

24. M, UNderwood+I, BL.

23, C. Morley,

25. J. Arnold.

26. T. Roelick,

27. L. Arnold.

K. theakston+I,

39. B, Sparkman,

42. A. Whitworth,

44, A. Heppenstall.

40. A. Seddon,

4I. B. Rabone

45. I, Monro,

43. 1. Butt.

75-39.

76-I2.

79-43.

89-23.

92-16.

93-06.

Nov 91

LOC, Missed 7,8,

IND.

HL.

BOF.

LOC,

SEATON NR. WORKINGTON 16-1-92 CAROL WHITWORTH BLEA TARN CHRIS EMERSON 30-1-82 COCKERMOUTH COUN WEBB TELEPHONE 8 - 2 - 92 GREAT BROUGHTON TONY BRAND BARKER GR 158211. 19 - 2 - 82 ANDREW WARNER SCALE HILL 30 - 2 - 82 PHIL ASHLEY CLEATOR MOOR 27 - 2 - 92 ROGER JACKSON FLIMBY WOODS WHITEHAVEN (NORTH) 8 - 3 - 92 PETER ATKINSON Christmas present problems? Contact Joyce Hemingway, for a selection of club gear: Sweatshirts, T-shirts, Ron Hill running trousers etc., 13. East Avenue, High Harrington (0946 833109). Page 15 JUNIOR SECTION record! "I'm too sexy" JUNIOR TRAINING Natalie Burns organised a pair of excellent Saturday afternoon training I'm too fit for the relay far too fir for the relay sessions for the Yellow standard juniors on recent weekends. The choosen forest,

WINTER LEAGUE FIXTURES SEASON 1991--92

Venue.

LING FELL

MASMILL

Planner/s

CXRIS BLAND

ROB HOLDER

JOHN SLATER

& NATALIE BURNS

WALTER HARRISON

DON MEWILLIAM

ROGER JACKSON

BOB BARNBY

DUNCAN TAYLOR

RHYS STANWIX

Date.

7 - 11 - 91

14-11-91

21-11-Pt

28 -11 - 91

5 - 12-91

12-12-81

SAT

19-12-91

SPECIAL

NON LEAGUE SPECIAL

HON CENGUE

2 . 1 . 02

9 - 1 - 92

## Setmurthy, proved absolutely ideal for

the sessions. A group of sixteen ran a simple yellow course and after a few minutes "breather" ran it in reverse. This was followed by a line event where they had to punch and mark on the map the position of the

controls. String was laid out to take them through the tricky path system! Finally a star relay in pairs brought the afternoon to a close. The teams selected which controls they would collect & who was to be responsible for each one. Concentration and decision making was much in evidence.

Another pair of sessions is planned for later. The children gain valuable experience, meeting and getting to know other club members. The better and more experienced show how it is done; all learn that running hard is the key! After about 7km they are all ready for a

quiet evening.

produced letter, sorry.

improve.

and tell others the news.

wilds, by Clive Gammon.

Anon

I'm an athlete, you know what I mean and I do my little run in the forest yeah, in the forest, in the forest, yeah I'm too fit for this course.

duo are making their singing debut at the Xmas do!

Filling in diaries and writing postcards and letters seems to be a problem for all of us. I think the watch system means that you end up so tired when you're not on watch that all you do is sleep, cat and sail. It isn't until you reach port that you find any real time to catch up, so correspondence will be spasmodic to say the least.

We are now down to 11 crew on board, having left 4 people behind in Tenerife. The result is that we now have only 5 in each watch team and when one of the five is 'mother' i.e. cook all day/night, we are a bit short handed on watch. Any sail changes are therefore kept until the watch change, which means there's at least 8 or 9 of us. We pick up more crew in Cape Town, to bring us up to 18 I think, to go across the Southern Ocean. Some good sailors

There's a mixed bunch of crew, mostly very nice, and we get on well. There's only one chap, the older bloke called

Geoff, who's going all the way round, who really isn't a full shilling. After 3 weeks he's not sure how to put his

safety harness on at night! He smokes like a chimney and flicks ash everywhere, much to everyone's annoyance

and seems oblivious to everyone's comments. The skipper has now had a private word so let's hope things

as well, thank goodness, because although I'm learning, we need some good skills from Cape Town onwards.

There's a good black market trade for money, provided you have cash, so value for money isn't a problem. A good

post office, so hopefully these letters will be fairly swift and I've seen a photocopier in a shop, hence the mass

back from the beach though it's much nicer, although how much cleaner I don't know.

had Roast Beef, roast pots, carrots and peas followed by Spicy Apple Crumble & Custard. It turned out better than at home. Some people are really struggling with the cooking but since we all take turns, I'm sure they'll improve.

tan before much longer because otherwise we'll fry. Well, bye for now folks. It's 18 days sailing to get to Tristan

de Cunha and when we get there, I think their post goes via South Africa, so it may be a while before anyone hears

from me. I hope if you have been honoured with this one, you will be good enough to see who else I've sent it to

Can't say I'm missing you lot. Lots of love & hugs PS Forgot to mention the Whales off Madeira, dolphins regularly alongside the boat, dozens of turtles off the

weeks of sun, surf. mountains like Cumbria has never seen, Albatross, dolphins but no big whales yet. They've just finished breeding here so are all off out to sea again. Hopefully we should bump into a few! Not wishing I was there! Nov 91 Page 4

THOSE WERE THE DAYS As mentioned in the last newsletter there was an article in the Readers' Digest which featured a novices account of an event in West Cumberland. We print this now and the second part next month (it is a long article!). The article appeared in 1969!

It's easy for a novice to get disorientated when he goes orienteering in the West Cumberland

rewarding experience". It sounds more like an LSD trip than an athletic event. But it clearly has its attractions. In

control. Be Prepared. To make things easier, you are allowed certain aids. Organizers tell you to bring a red ballpoint pen, thick plastic envelope and a compass. They provide you with a large-scale map of the area, a check-in card and a type written list briefly describing control points such as "Bend in the Track" or "Boundary Stone" The plastic envelope is to protect your map against rain, mud and, I suspect, bloodstains.

What have you got on this week-end?" I enquired. "There's one on in West Cumberland," he said enthusiastically. "A lot of the lads will be going up for that. It's bound to be great fun!" "Right you are, then," I replied. The last time I had run competitively was 25 years previously in the Swansea Grammar School cross country run (during which I had been apprehended while thumbing a ride from a lorry). Moreover, my

calories come from? Food. Lots of good, rich food was the answer. At dinner in my overnight training camp, which not only happened to be half-way on my car journey to Cumberland but Nov 91 Page 6

Camped in the drizzle below the Loch Sloy dam, some of us Comfortable in our tent, Rhys and I munched our way through a mountain of cus-cus (I haven't grown feathers or beak yet) followed by syrup sponge and custard. As we did, we watched the lights of the late A class teams as they wound their way down the

enough on day 1 to deserve their Standard Certificates but who were denied by the miserly distribution of controls and points available on day 2. I suppose that by next year, as always, all the negative memories will have faded and I shall be back full of optimism as usual. My only hope is that this year's courses will not establish a dangerous precedent and that future events will actually be enjoyed, if only in retrospect, by the majority of the competitors.

usually possible for all the bunches to reunite occasionally by missing out various loops. Andy Warner's AGM comment that the club fares less well than it should at the highest levels of competition is probably true.

Planners Annette Milburn and Walter Harrison.

to another planner to try tame the map!

4. S Maguire

7. V Fowler

8. B Steel

9. K Brown

10. A Smith

RED 4.8km

1. R Holden

BROWN 7.9km

1. R Stanwix

5. L Snowball

6. R Sewell 7. J Lagoe

2. I Smith

3. K Daly

4. C Webb

2. C MacAllister BL

A Maguire

St B

Hare

WCOC

on the day.

Sunday 12th.Jan 1992 WCOC/LOC Local Colour Coded Event at Snows. Turn off the A590 at Haverthwaite cross roads GR 340842

DALEGARTH EAST COLOUR CODED EVENT : OCTOBER 6th 1991 thanks to Don for stepping in as controller at short notice.

Page 12								Nov 91		
_			Dog			Dobson	LOC	Retd	.01	
						Daly	LOC	Retd		
						Crutchley	LOC	110.06		
	_					Sullivan	WCOC	108.43		
	Fussell	WCOC	119.32			Pollitt	WCOC	107.12		
	Ashcroft	DEE	118.14			Holder Davis	WCOC	104.19		
	Colour					O'Neil	WCOC	101.33		
	Barnby	WCOC	95.07			Colour A				
	Lagoe	LOC	86.58			Loughlin	WCOC	97.41		
	Sewell	BL	86.06			Emerson	WCOC	97.29		
	Snowball	LOC	82.48			Weller	SERVE T	94.20		
	Webb	WCOC	73.31			Scott	WCOC	92.19		
	Daly	LOC	69.28			Livens	LOC	90.43		
	Smith	LOC	67.29	9.		Radford	WCOC	89.32		
. R	Stanuix	WCOC	63.48			Starbuck	WCOC	89.26		
						Whitworth	BL	87.46		
ROWN	7.9km					Hemmingway	WCOC	87.43		
						Douglas	WCOC	87.31		
				4.		Whitworth	BL	86.53		
				3.		Harrison	WCOC	82.48		
		-		2.		Whitworth	BL	69.18		
. c	MacAllister	BL	117.59	1.		Jackson	WCOC	66.55		
	Holden	Averd	70.09	California (						
	3		440	BLU		6.3km				
ED	4.8km				В					
		-				Mittan Hutson	SUFFOK	Retd.		
F	Steel	LOC	Retd	100						
0. A	Smith	WCOC	92.30			Scott	WCOC	142.48		
	Brown	WCOC	66.55	16.	B	Croft	WCOC	112.29		
	Steel	LOC	58.48			obley/Fisher	HAVOC	104.55		
	Colour					Bell	WCOC	99.15		
. V					-	Burns	WCOC			

8. R Barnby ----- Colour Award 9. H Ashcroft 10. P Fussell Brown, 60-23. BL, I. R. Stanwix, 62-I2. JCOC, 2. D. Jones,

320m olimb. Blue. 6k. B. hit orth. H. Leslie. TCOC, 69-I4. 3. R. Warner. A. Warner, BL. 70-24. 4. C. Emmerson P. Rigby. WCOC, 71-30. 5. R. Jackson. Nº Elstone. WCOC. 72-15. 6,. J. Arnold, ? TILLIAMS. 72-48. 7. R. Sewell. C. Somers -Cocks, WCOC L. Scott, 8. P. Green, LOC. 78-0I. G. Walkmen, LOC, 9. J. Starbuck, LOC, B. Drinkwater, IO. L.Snowball 79-4I. J. Slater, TCOC II. N. Moore, WCOC. WAROC. IZ. R. Kenyon, BL. J. Laverack, WOOD, 13. D. Sanderson. I3. C, Pollitt, WAROC, 85-48. WAROC. I4. A Whitehead, I4. J. Crummet, CFR. 87-48. colow WCOC 15. B. Barnby, 15. R. Harden, 83-59. quark LOC. I6. S, Pollington, I6. F. Livens, WCOC. 92-33. M7. R. Lloyd. BL. 93-46. IS. T. Michol. 94-34. LOC. 2-5k. 19. R. Peasey, Orange. LOC. 97-I2. 20. B. Jones, I. C. Jackson, WCOC, 2I. H. Hyde,

95-33. TAROC, 39-57. 2. A. Dawson, 22. R. Richardson, K. Kear, 4I-II. 4I-57. 24. J. THeakston, 99-3I. S. Richmond+I. IND, 41-59. 100-01. 6. N. Radford. 42-57. 100-10. 26. D. Whitworth, 7. S. Fuller, 45-IQ. 27. A. Theakstone. 105-41. 8. A. Burgin. 46-38. WCOC TO8-30. 9. A. Morley. 46-38. 125-17. LOC, IQ. R. Fuller, 46-53. IND. A. Heppenstall LOC. BI-B . 48-09. II. M. Golden, 131-37. I2. K. Mitchell, IND 132-25. D. L. Hemsley, RTD. I4. K. Brown. 57-II. WCOC. 60-09. 15. H. Burgin. WCOJ. I6. P. Newton. 6I-20. 17. R. Libyd, 62-54. 63-IO. IB. P. Stott,

Planner/controllers thoughts of the day= Thanks, thanks, thanks and thanks all round. To all our helpers, to all who braved the elements to compete and to the Keswick Mountain Rescue Team, Best wishes to Duncan Taylor who broke his leg up on the high fell. Special thanks ----to Brian& Liz Martland for amost professional handling of the emergency and summoning of the Mountain Rescue Team, to Duncan for being a good patient,

" That linear marsh down to the Platform was a raging torrent ". Congratulations to Uni+ Peter Ser putting on a Light green course.

Congratulations to Uni+ Peter Ser putting on a Light green course.

There of conditions on the days it was a winner.

There to Vini+ Peter who ence again overcome many obstacles to run a good event vinites to Uni+ Peter who ence again overcome many obstacles to run a good event

coast of Tenerife and now thousands of flying fish who all try to commit suicide on the deck at night. I have given up trying to save their lives. The most exciting though was 15 minutes after swimming in the ocean we saw a shark about 10 feet away from the boat - eek!

The whole thing started in Sweden, way back in 1918, and at the present moment it is easily Sweden's most popular outdoor sport, apart from the one that the Swedes make all the films about. Orienteering reached Britain in 1963- and me some five years later, when, with only a little gulping, I telephoned Gerald Charnley, secretary of the British Orienteering Federation.

Soon the solution hit me. When you exert energy, what do you use up? Calories. Where do

number of entries to the Mountain Marathon is revealed at last: employ a set of planners so incompetent that noone will want to enter next year's event. Before even considering the usual requirements of route choice etc, the courses have to be reasonable for the large majority of the competitors in each class. This year, particularly for the E and A classes, in view of the spectacular retiral rate and the number of benighted teams, the courses were clearly not reasonable. Heavens knows what

night have happened had the weather not been so kind. A very experienced E class runner remarked to me that more realistic courses would have been achieved by getting a monkey to throw

gave a reasonable spread of controls and choice of routes,

obvious which way you had to go get the big points.

including the novelty of 2 alternative campsites, it was fairly

spaghetti hoops at the map.

On paper my pairing with Rhys looked like the ultimate headless chicken combination. In reality it turned out to be .... well, pretty much the same actually ! My normally reliable judgement of time taken to cover ground let us down on day 1 when we made a ridiculous 7k loop to pick up a meagre 10 point control. We subsequently had insufficient time to reach the 30 pointer we originally meant to visit, then lost all but 2 of the 10 points as time penalties. were wishing it would break and wash us straight into the sea.

Most WCOC teams were in the Score class and although day 1

The faster runners will probably cover 8 or 9 miles while the slower ones may do 5 to 7. Because of the route taken it's and it is noticeable that the successful orienteers are mainly older members who have continued to do well as they progress through the age categories, and who presumably already have some

Thanks to Rhys for controlling, and Tony B-B, Natalie Burns, John Slater and Ken Daly for help Peter Atkinson Nov 91 Page 10

> 37.51 8. S Smith 39.37 9. M Bibby 40.03 10. M Calvert 42.00 11. V Sullivan 46.20 ----- Colour Award -47.10 12. A Whitworth

Leave clothing One remark at the finish summed up the conditions on the day perfectly,

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Thank you all for coming. Thanks to all my helpers and a special One point regarding the ruin near the end of the Yellow, Orange and Light Green Courses. A few competitors punched at the adjacent crossing point, where there was an "Outdoor Centre" permanent course punch. This was, I agree, confusing, but the real control could be seen from the crossing point. No one has been disqualified, but remember to be careful in the future to read the control description. You may not be so lucky next time. Howard Loughlin YELLOW 1.3km LIGHT GREEN 3.3km 1. N Radford 15.35 1. T Graham 39.24 17.55 2. R Jackson WCOC 2. J Hemingway 49.51 M Connor 19.21 Hare 3. H Pollington+1 WCOC P Webb WCOC 19.35 4. S Emerson 69.21 5. C Woodhead Hare 21.45 ----- Colour 6. A Ferguson & 5. J Radford 69.50 E Robson 23.42 Hare 6. B Durkan 89.50 7. K Hanson + 1 25.02 7. W Smith 107.00 ----- Colour Award 8. M Matthews 25.31 9. D&L Steel 31.47 GREEN 4.2km 10. J Pollington 32.00 11. D Mackey Hare 32.48 1. M Charnley 60.12 12. C Stewart Hare 36.32 2. T Pennick Hare 66.05 13. S Howarth 50.59 R Nelson 67.24 V Fussell 68.59 S Hodgeson 72.05 ORANGE 2.6km J Slater 75.29 A Brindle 77.20 1. P Szuster 79.27 2. M Fussell

86.42 87.37 99.14

76-33. 79-42.

83-07. 87-2I. 88-44. 94-53. Cal. 99-40. awark

TO BE ARMANGED TELEPHONE STREET EVENT. 07687 74498 GR 190301 OPEN FELL EVENT WYTHOP CHURCH TELEPHONE STREETAFIELD 07487 75033 ESKDALE ROAD COMPLEX FELL EVENT STREET EVENT 0900 823668 STREET & FIELD. 0900 822420 OPEN FELL & FOREST EVENT LANTHWAITE GATE TELEPHONE STREET EVENT 07687 75033 TELEPHONE (NEW AREA)

TELEPHONE TELEPHONE 0900 602083

WHITEHAVEN (SOUTH) OPEN FELL & FLAT FELL & DENT FOREST EVENT TELEPHONE :-STREET EVENT EGREMONT 0946 823117. MITERDALE WOODLAND AREA VILLAGE HALL CLUB CHRISTMAS PARTY & ANNUAL PRIZEGIVING - BARN DANCE. WORKINGTON (NORTH) STREET EVENT TO BE ARRANGED KESWICK SALE FELL

Park gr.

GR. 184291.

GR 224245

NEAR WYTHOP MILL

FELL EVENT

STREET EVENT

WOODLAND 0900 602083 TELEPHONE 0946 813112 PRIZE GIVING TELEPHONE:- NOS HOLDER 07887 75033 Nov 91

STREET EVENT.

New words for the current top twenty I'm too fit by Right said Roger my team, my team are going to drop me.

I'm too fit for my 'O'shoes so very fit for my 'O' shoes so fit I just can't lose I'm too fit for Eycott Hill too fit for Eycott Hill Faulds Brow and Silverhill I'm too fit for your event far too fit for your event no way I'm taking part

I'm an athlete, you know what I mean and I do my little run in the forest yeah, in the forest, in the forest, yeah and I do my little run in the forest I'm too fit for my head-lights too fit for my head-lights on all the Thursday nights I'm too fit for the map too fit for the map do you think it could be a trap?

I stretch my little legs at the pre-start Richard and Roger Jackson Editor's note: Rumour has it that the

\*\*\*\*\*\*\*\*\*COLOUR AND BADGE AWARDS\*\*\*\*\*\*\* **ORANGE** Kay and Ian Fowler M11 Bronze, Silver and Gold Ian Fowler W13 Silver Kay Fowler Congratulations to you both.

Nov 91 Page 2 one. Thousands of broken Conch shells which they crack open and then discard and tons of glass. Once you get

Food is also very important, so there hasn't been much chance of losing weight so far. I was cook yesterday and we The suntan is coming along nicely, but it's getting very hot, so we have to be careful. It's good to try to get a good

Not long ago, gaily enough, I had said I would try it. Orienteering that is. Theoretically, orienteering is simple. It is car rallying on foot, as John Disley puts it in his standard work, "Orienteering", but with one individual being the driver, navigator and power plant as well. "A new and fascinating sport," Disley enthuses. "Guided by a map and directed by a compass, the competitor is cocooned in an aura of utter concentration as he makes his way across country. The mind rationalises the body's progress, resulting in a complete and

KIMM 91 : ARROCHAR So Karrimor's master plan to reduce the ever increasing

kind of training schedule. Those senior club members who are not satisfied with their orienteering would do well to examine their training schedules and use the winter months to lay a sound base of fitness on which to build during the season. So if at some time in the coming year you should overtake me at an event, you may be as grateful for this article as I will be regretful ! Colin Webb Dates for your diary!

Controller Bob Barnby.

Boxing Day and New Years Day Charity Events in aid of West Cumbria Hospice at Home.

Starts 10.30 to 11.00. Liquid lunch at The Wheatsheaf, Embleton.

Boxing Day Setmurthy, Embleton side.

New Years Day, Beck Wythop.

String, Short and Novelty Long Courses.

superb for the planning, did not help either on the day! The lake though was warm. So it's over

360m. climb. 68-3I.

Sailing has been fabulous so far not more than 30 knots of wind but usually about 20 but we're expecting big waves between here and OZ. We leave in the morning after 2 glorious

Britain, some 2,000 orienteers venture forth most week-ends of the year. And even old ladies can compete. The organisers choose a rough tract of ground, preferably with plenty of features such as streams, hills, forests and rock outcrops. They plot a course round it, with a number of control checkpoints situated en route. Competitors start at one-minute intervals, and the winner is the man who completes the course in the shortest time, having checked in at every

research showed that such events tend to be won by top-class British athletes like Chris Brasher and Gordon Pirie. Clearly, with a couple of days to go, I was going to have to develop a crash training routine.

mountain side above the dam. Second overnight and in with a chance, we couldn't believe the 2nd day's course. Basically, to get many points you had to almost entirely reverse Saturday's route, which we duly did, following the same elephant tracks we had blazed 24 hours

earlier.At least our early start time bought us a little peace

and quiet. Our only real error was to underestimate ourselves: we bottled out of collecting several controls we could easily have

reached and finished with time (30 minutes) and energy to spare.

Peter Atkinson also made an excellent first attempt at the event.

However, the folk I felt most sorry for were those who had done

that of the Hemingway brothers who were 9th or 10th and Dick Warner and Howard Leslie who were about 20th. Walter Harrison and

There were several good performances by club members, notably

In the end this pushed us down to 4th.

Colin Webb Nov 91 Page 8 Host of the local running clubs have at least one organised evening run each week and would almost certainly welcome you along whether or not you were a member. For instance, a group run

takes place every Wednesday at 6.30 from outside the old Grammar

stays together for a while before splitting into smaller bunches.

School in Cockermouth. Depending on numbers, the group usually

Sunday Dec. 1st Scale Hill colour coded event. Parking GR 159207 (Lanthwaite Green)

and follow signs to "Black Beck Caravan Park. Registration open 9.30. Last start 12.00. Courses Yellow to Brown. No dogs allowed on the courses. Organiser: Jim Fryer (0229 839705). ........... **Bowness Knott Planner's Comments** Oh dear! The theory was simple - look at the last results for a colour coded event on Bowness Knott and tone length and climb down accordingly. It was not to be! The weather - which was

105-44. 107-57. 108-36. 110-16. III-0I. 129-18. 130-36. I43-5I. 36-14. 2m

48-26. Cal 51-32. Cal

to John Harrison, Jack King, Phillip Casson who gave up their run to assist and fetch help for Duncan. A. whiteheld who stepped to help and

72-51. 23. K. Nichol. 74-49. 24. B, Stott, 75-53. 25, H, Stuart, 77-54. 26. P. Freestone,

31. M. Mahony, 32. N. Richmond. S, Mitchell. 63-IO. 19, H, Mackenzie, 20. B. Wallace, 63-33. 64-42. 2I. E. Bodecott, 22. N. Mitchell. 68-22.

Nov 91