



Hope- fully every- one is keeping well and still managing to enjoy the ability to leave the house in this lovely period of fine weather we have been having.

Thank you to all those who have provided content for the newsletter— couldn't do it without you!

A Welcome to New Member—Phil Blaylock (pictured on the Tourmalet).



I joined WCOOC last autumn after a couple of friends encouraged me to give orienteering a go. I'm a keen runner and it sounded like an interesting new challenge. Before joining, I'd no orienteering experience as such, but did have a bit of a reputation for my poor nav skills! That didn't deter me though - I started rock climbing because I had a fear of heights, and you'll never get better if you don't practise.

I really enjoy the buzz of finding the controls and when I first got home to discover the delights of Winsplits and Routegadget, that was me hooked! I've still got lots to learn (although the nav is slowing improving) and can't wait until we're able to get out again. When not orienteering, I'm in charge of Lakeland Trails (so the last few weeks have been interesting) and I also love cycling (hopefully plans to travel from the north to south of France this summer will go ahead!). Life's not all about exercise though, so I offset that by baking cakes and cooking for friends.

Ever fancied learning how to map an area but didn't have time....well you have now!



While we can't get out on to the fells and forests for mapping, Pete Nelson is doing some mapping training by e-mail. It's in the form of a series of modules, currently concentrating on indoor stuff (for obvious reasons). We've got six people signed up. If you want to join in, tell Pete. If you're one of the six already in the group, and you haven't received anything recently (we're up to module 3) then check your junk or spam folder. Some people's computers have decided it's 'junk' (I'm not sensitive - I don't care. Honest).Pete (pete.barbara@btinternet.com)



Jeff Goodwin's Desert Island Discs Choices -

I asked Jeff to tell me how he got into orienteering, favourite event and area,

alternative training plan and then 4 pieces of music, favourite book and luxury item to take to his desert island. His answers follow. Thanks Jeff.

At 36 my debut Orienteering event was at the 1999 World Championship in Inverness. My brother in law Steve Holmes was competing for Hong Kong so the whole family travelled up to give support. I'd never tried orienteering before so Steve kitted me out in some spare O kit, I looked like a seasoned pro but with absolutely no idea. I set off on my first course like a gazelle and miss punched all but three controls. How I managed to find the finish is a mystery but I was hooked.

My first song is Bat out of Hell by Meatloaf. I first experienced the album in 1978 while on a Scout/Guide coach holiday to Switzerland. It boomed out of the "Cassette player" every hour until we could sing along to every word.

My favourite area is Eel Tarn Eskdale. When I returned triumphant from the World Champs I looked up my local orienteering club using a new invention called the internet. WCOOC had an event at Eel tarn organised by Chris Pollitt. I hiked up to the start where Chris welcomed me to the club. Resplendent in my new World Champs O top Chris recommended the long course with a critical piece of advice to head south in an emergency. Two and a half hours later I decided this was a good option, I was still hooked. My second song is Comfortably Numb by Pink Floyd. I first heard this song in the common room of Workington Sixth Form. Me and some friends decided to buy a used van from a local chicken shop to drive to London's Earl Court to see "The Wall" tour. We eagerly hit the road in our new wheels only to be overcome with the intense smell of roast chicken which took several showers to rinse off.

My favourite event was the Asia Pacific in Hong Kong. I ran well in this strange dense terrain. In the relays I ran with Steve and his Swiss friend Joerg who were both residents of Hong Kong. I came back propping up the table, Steve pulled us back to mid table but Joerg used all of his Swiss genes to surge to the winning post. We were triumphant but instantly disqualified as I was not a resident, as if I influenced the result.

My third song is Killing in the Name by Rage Against the Machine. A hard hitting rock band with revolutionary political views and probably the most gifted rock guitarist.

My alternative Lock Down training plan is basically Curcuit training at home. Jogging on the spot to warm up then star jumps followed by a quick jog up and down stairs, repeat with alternative exercises.

My last song is One Day like This by Elbow. With lyrics "One day like this a year'd see me right" & "Holy cow, I love your eyes" how can you not love it.

My luxury item would be an old iPod with a lifetime of my music classics.

The book I would take with me would be The Hitchhiker's Guide to the Galaxy, it tells you what to do in any eventuality.

Thinking caps on—UK Elite O League have organised a mapping competition with prizes for best overall map, most fun-looking area, neatest map, best neighbourhood map and best house/garden map. Details—ukeliteoleague.org.uk/2020-2/

Twitter: You can follow @WCOOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

See more fun and games on p.2

