



Hope everyone is keeping healthy and active and that you have had an eggcellent Easter.

It's reminded me of what 'normal' Easter used to be like before JK!



Focus on Club British Champions

This week highlights the depth of talent the Club has across the age categories!

Caitlin Irving



Caitlin has an impressive array of British titles, starting in 2015, when she won the British middle when W12; the following year having moved up to W14 she won the sprint championships and after missing out in 2017; she returned in 2018 at W16 to win the British Night Champs and in 2019, she completed a hat-trick of British wins in the Sprint, Middle and Mixed Sprint Relay. She has also been the British Schools Champion in her age class in 2016, 2017 and 2018.

Caitlin said, 'Personally, my favourite championship win was the combination of the British Sprints and Middle Championships in the same weekend. I worked hard all of last year so it was a great end to the season after podiuming in all of the selection races last year! I was even more over the moon because in the middles I raced the same course as the 18s and 20s and I had the quickest time out of everyone which was great. I can remember joking around before I raced with my parents saying that I could 'do the double' so it was an amazing feeling actually doing it! I can remember at first after the race my parents didn't even think I'd won... but then they announced it over the loudspeaker and we were all ecstatic.'

The course for the middles consisted of old mine works which made for some intricate short legs followed by fast opening running where every tiny mistake would be penalised. This meant that it was extra important to keep on top of my compass and pick out the main features to simplify the trickier legs.'

Bob Dredge



Bob's one moment of glory (his words) was a British Sprint title in 2017; winning the M65 title by just short of 45 seconds from Steve Whitehead. Bob was a member of Walton Chasers at the time. The event took place at Campbell Park, Milton Keynes; which was an area of interesting parkland including features such as sculptures and a maze.

In 2018 Bob missed out on a middle title by only 2 seconds – he's still not over that one!

Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

Niamh Hunter



As a top year 18, Niamh ran up to W20 at the British Night Champs at Merthyr Mawr in 2018; taking the win by almost 6 minutes on complex sandy dunes and in the same year she won the British Middle Champs at Stockhill near Wells in fast forest terrain, not only taking the W18 title but also being awarded the W20 cup for being the fastest on the course.

In 2019, in her first year as a W20, Niamh retained her British Night Champs title at the Muir of Dinnet; in classic Scottish terrain; proving that the WCOC night series helps in getting the club British champions.

This week's Desert (Isolation) Island Discs featuring Debra Goodwin



I love all music... and Orienteering, so lots of fun thinking about this.

I first tried Orienteering at school, I was on an outward bound trip to the Cheviots. It wasn't well presented and we were wearing walking boots... compared to exploring rural Northumberland from my doorstep near Alston and from my cousins home Bakethin Farmhouse, pre Kielder Water, (it was flooded) it seemed tame at the time so I forgot all about it.

Pre family I competed in Endurance Horse Riding, following a mapped course on horseback as fast as possible. I had a super little horse who turned out to be talented and we quickly made it to Team GB Elite squad and our first and as family arrived only competition abroad in France. Eros, he was quite a character and sadly passed away at the age of 30 last year. The photo is of us riding in the 'Red Dragon' 100 mile race ride from Builth Wells in the lovely Welsh hills there. We won a fabulous bronze Dragon belt buckle. My dream was to ride in the Tevis Cup in California, not to be though as family came along, then I rediscovered proper Orienteering when Joe and Jonty were at Paddle School.



My first track is Lust for Life by Iggy Pop, it was a favourite long before Trainspotting. As a student I had a 'Ligger' pass for the Tube TV music show which meant I could go every week, saw loads of fab bands, U2, Motorhead, Robert Plant the list is endless

but Iggy Pop stood out as an amazing performer, so 'Lust for Life' takes me back to fun times in Newcastle where I was a student.

Favourite areas is a tricky one, there's so many to choose from, I'm lucky to have Orienteered in Scandinavia a few times and every area has been amazing, generally complex, varied and very beautiful, they are all my favourites!, but of the rest I'm going to choose 2...

Firstly Swiss O week 2019, day 2. The start was a 90 minute walk and ascent from assembly and high up next to a snow field. The course was

intricate contours and rock features initially, then fast downhill running through scenic Alpine pastures with beautiful flowers. We were staying in a little apartment up a valley joined by my cousin Jan who is a Cardiology Nurse in Lausanne (currently recovering from C19).

After the run we all swam in Lac Lauenen, a glacial melt lake up the valley to cool off, then had beer and ate Rostli in the little Inn opposite our digs, watching the sun set over the Alps. It's a memory that makes me think of my second



piece of music Perfect Day, by Lou Reed. My third piece of music is Bron-yr-Aur, an instrumental piece by Led Zeppelin. A lot of us had been looking forward to the Welsh 6 days, Bron-yr-Aur was written at a Welsh hill cottage with the same name. I saw Led Zeppelin play at Knebworth in 1979.... rode down there on my Triumph Bonneville!!!! So for my final piece of music a more recent item... I'm Alive by Beth Ditto. Love this. In January and February I had been trying to get back to a semblance of fitness after a bad ankle sprain in the Autumn and was going out for runs in the dark after work with Beth Ditto for company, really helped to keep me going and made those cold dark runs fun. My more local favourite area?... Eaglesfield Craggs. Really enjoyed the recent night event there, loved being able to cycle to the event in the dark and it's a little area that can be deceptively tricky. Lockdown fitness routine? I'm cycling, it's something Richard and I can do together. My Luxury? If I promise not to try to escape I'd like a sea kayak to explore the Hebridean style rocky coastline with sandy coves that I'm imagining. Book? The Martian by Andy Weir. The hero is so optimistic and full of ingenuity, the story seems weirdly plausible too. A triumph of hope!!



A Welcome to Caitlin Pearson

I've been orienteering for a long time as my Mum and I used to go to local events near Middlesbrough when I was a child. We never really got the hang of it and didn't progress past the orange course. I had the dubious honour of being W12 NE score champion after sprinting for the finish with my map upside down and having to knock on someone's door to find my way back. Needless to say I had a hefty minus score and was the only competitor!

I gave up on the sport after that but rediscovered it in my mid-twenties when I lived in Cardiff. I was a keen fell runner and loved the challenge of combining that with map reading. My second attempt has been more successful and I'm slowly improving, especially since joining WCOC. It's such a friendly club with so many events it would be difficult not to get hooked!

Lock—Down Activities

There are loads of online resources, with Scottish Orienteering Association posting a daily quiz/activity; Route to O and information on mapping your house/garden . (Well done the Crawfords for incorporating an Easter Egg hunt into their home—O event!).

Thanks to Lesley Wornham we will be posting weekly photos of local areas from unusual angles. The first two are below. You can send your notes to Lesley by email/message or keep a note of your answers and submit them at the end. (Email – lesley.wornham@gmail.com).



Photo 1—a distance shot of area 1



Photo 2—a distance shot of area 2



Thanks to Sophie Crawford for another fun quiz.

Can you name the 4 areas from the clues?

(I'll try to remember to give you the answers next week!)

Good luck to everyone for another week in lock-down and thanks to those who have contributed content for the newsletter— couldn't do it without you all!