

Covid—19 Update

You may have seen that the CPS (Crown Prosecution Service) have published their advice to the police on enforcing the lock-down regulations.

The advice now is that driving to a location to exercise is not prohibited as long as the exercise you are undertaking is longer than the drive.

The advice remains that inessential journeys should be avoided, whilst out and about you should stay 2m apart from others and mountain rescue advice remains that people should not be out on the fells.

Focus on Club British Champions

Roger Thomas.



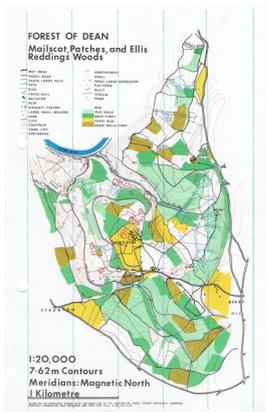
I started orienteering in 1970 with the family at Ranmore Common in Surrey. Mum, Dad plus 4 kids set off on the 4.3km 'Wayfarers' Course. We took a long time, partly because my little brother was only 3, but mainly because about half way round we passed the car park so we stopped for a picnic lunch and then finished the course in the afternoon.

Dad, Sue and myself quickly decided that this was slacking and so my competitive orienteering career started, with my first solo course completed in early 1971 at Bookham Common in Surrey. We joined Southern Navigators orienteering club and were soon travelling further afield to North Wales, North York Moors and the Lake District to compete.

On 22nd October 1972 I ran in my first British Championships in the Forest of Dean. This was the first year of the new look age classes of M/W12, M/W14, etc. I was entered on M12 with a start time of 11.58 and bib number 191. The course was 2.2km long with 350 feet of climb. The map scale was 1:20,000 with 7.62m contour interval (!) and the control description sheet had an oddity of stating that the 'Blue register slightly out on the map'.

These were still the days of master maps, even for championships, so after starting I had to copy down the course and of course you carried a control card which had to be pin punched at each control to verify you had been there. I vaguely recollect that there were some steep hills and I wasn't very fast up them (nothing changed there then!), but I had a clean run in a time of 27.00 minutes. My main rival had started 9 minutes after me and came in to the finish about 9 minutes after me. Times had to be all manually calculated and pin punches checked before your control card stub was hung up on a 'washing line' to show the results. Neil was 27.12.

I was first. British Champion at age 12.



And so ensued a very long and steady decline over the next 48 years from that early pinnacle. I have orienteered in many countries with many clubs, but have never emulated the success of 1972, but have enjoyed every minute of competing, planning, organising and controlling and really hope that it wont be many more weeks before we are allowed back in to the forest and onto the fell to enjoy this great sport.

Table with columns: Place, Name, Club, Time to Control, Final Time. Includes results for Class M 12 and Class M 14.



This week's desert island discs' contribution from
Tony Duncan



I was introduced to orienteering in 1968 whilst working as an instructor at Outward Bound Ullswater. We were using a black and white hand drawn map of doubtful accuracy which of course matched my navigation. Previously I had lived in Hoylake for 25 years and regularly walked and rode bikes on areas that are now used for orienteering. During those formative years I sailed, played golf and was a member of the Royal Marine Reserves . I completed a commando course in Norway in 1968 and still have my original green beret.

However I managed to escape from a thoroughly monotonous office job in Liverpool to become an O B instructor in 1968. I worked for 10 very happy and fulfilling years with Outward Bound firstly at Ullswater then Eskdale where I became Chief Instructor. Our 3 children were all Cumbrian born but we then moved to Staffordshire when I became Assistant Bursar at Denstone College. It was here that the families orienteering voyage took off. I was encouraged to take Claire and Jonathan to some junior coaching days run by Walton Chasers O. C led by the legendary Peter Palmer (founder member of WCH) . Peter was the first national orienteering coach and an inspirational man. Orienteering dominated our family life for many years to come , none of us ever, in our wildest dreams, predicted the level of success awaiting us. When I think back Hilary and I seemed to be on the road almost every weekend taking the family to events up and down the country. This led to Claire, Jonathan and Bruce making it to regional squads and then Jonathan and Bruce to the GB Junior squads and Jonathan then to the Senior squad and to the 1997 World Championships in Norway. He competed every year for GB until 2008. He won a Bronze medal in 2003 and a Gold in 2008 both in the WOC Relay.

Orienteering is such a wonderful family sport and we as a family were able to all compete at our own levels / age groups always striving to beat known rivals. Hilary was such a proud Mum and popular GB team supporter , but sadly succumbed to cancer at the end of 2003. She was a very popular PE teacher in Uttoxeter. She introduced orienteering to her middle school and they achieved considerable success in the Midland Schools Championships for many years. I had been working for Staffordshire Outdoors but decided to retire and move to our house in Keswick in 2004. I did however keep my hand in by doing freelance instructing with Cumbria Outdoors for the next 6 years.

I had been involved with The British Schools Exploring Society (now called British Exploring) since 1984. I led 4 six week expeditions to Arctic regions, twice to Arctic Norway, once to Svalbard in 2002 when we had a visitation by a polar bear and cub to our base camp an exciting and worrying experience, and finally to West Greenland in 2007.

In retirement I guess that it is easy to hide away and do very little but that is not my thing. I joined WCOC in 2004 . I have never had a dedicated coach but kept my fitness and skills levels (the few that I have) up by regularly competing . Over the years I must have reaped a few wins, if my coffee mug collection is anything to go by. I competed in 6 KIMMs , including Elite in 1978 and 2nd vet in C class in 1995. I completed the Bob Graham round in 1978 and am member No 100.(both Jonathan and Bruce have completed the B G , Jonathan 6th fastest 14 hrs 59 mins and Bruce as part of The Epic Tri) I was selected to run for England in the Veteran Home Internationals in 2003 ,3rd BOC M75 2018, 2nd in M75 at Lakes 5 days 2018 and 3rd M75 at Scottish 6 days 2019. Podium positions seem to have arrived in the twilight of my orienteering!

Other than orienteering I am Seniors Captain at Keswick Golf Club, badminton player, sea kayaker, fell walker, cyclist, ukulele player (all the right notes but not necessarily in the right order) , spoon maker, Chairman of Keswick lecture Society and a Rotarian. I began running in the Park Runs 2 years ago . Whinlatter is my run of choice, I have to concentrate too hard to keep count of the number of laps round Fitz Park !! We are extremely lucky to be living in The Lake District during the Covid19 lockdown so that our daily exercise is not hampered by crowds . We are either walking or cycling every day . The garden has never looked so tidy nor has my car and I am now doing 2 months to the gallon!!

My favourite areas, Kilnsey and most Deeside areas. As far as music is concerned please could I have" The Long and Winding Road" by The Beatles , " Do You Hear The People Sing "from Les Miserable and a track from Runrigg a Skye folk group. A book," Space Below My Feet "by Gwen Moffat, it is a book that inspired me when I started in Outward Bound. Living on a desert island I would have to have my sea kayak so that I could explore (just like Deborah, I would not escape!!). I would be very happy if I was marooned on one of the islands off Arisaig. It is such a magical area with lots of islands to explore, good fishing as long as I could be one step ahead of the seals and otters and the sun shone all the time.



Scottish 6 2019



Family O 1997



A warm welcome to Carl, Joanne, Eva and Emilia Humphreys (& Bertie the dog)

Eva was first introduced to Orienteering at Primary School by her teacher Mr (David) Spencer. It was a sport she really enjoyed and was soon asking to go along to the Thursday evening events organised by the club. That was a couple of years ago and since then Eva and myself have become quite hooked!

Eva became a member a year ago and would go along to the events while I tagged along as an over-protective parent, running along with her. In the past year Eva came 2nd (Primary Girl) in the West Cumbria Schools' Orienteering League and helped her then School (St Bridgets CofE) win the team competition. She was also really pleased to be the 1st Female in the Novice Courses for the Summer 2019 and Winter 2019/20 WCOC League.

Eva had recently started going to the Tuesday evening junior training sessions and is looking forward to when she can start this again.

Personally I was finding it more and more difficult not to try and help (but in most cases hinder) Eva out on the courses, so thought it was about time I joined myself.

My first 'Solo' course was the Club Chase at the beginning of the year. I had been entered into the Light green course and quickly realise I hadn't had quite enough experience with the symbols and map reading, spending

most of my time walking up and down a fence line looking for a control that was actually on a rock face!! I didn't complete the course, but learned many lessons.

Eva and I have both really enjoyed and appreciated the training sessions that have been organised for beginners and improvers, and would like to think my skills have developed from them.

My wife Joanne and youngest daughter Emilia as well as our dog Bertie like to come along to events to support whenever possible and we are actively encouraging Emilia to participate, although she is not yet convinced!

On behalf of us all, we would like to thank everyone for the warm welcome to the club and hope to see you all in the not too distant future.

Take care and Stay Safe. Humphreys Family x



Lock—Down Activities

The next two photos of orienteering areas for your to identify. You can send your answers to Lesley by email/message or keep a note of your answers and submit them at the end. (Email –lesley.wornham@gmail.com).

Week 2 -



Distance shot of area 1



On the ground in area 2

Answers from Sophie's quiz -
Week 1—Sale Fell, The Hay or Watch Hill, Slatefell and Fang's Brow
Week 2—Leap's Beck, Flat Fell, Crow Park and Vulcan's Park.

STOP PRESS - Next Club Day Sunday 17th May—get planning those lock-down activities in Club tops!

And finally—
Lock-down orienteering competition—visit—
lockdownorienteering.wordpress.com
Weekend of 24-26th April.
Deadline for entries—23.59 Tuesday 21st April—numbers limited to 700.