



Well here we are starting Week 6 of lock-down and currently no end in sight. Hopefully you are all managing to keep well and active and are keeping in touch with family and friends via phones, social media and maybe letters!

There are still various opportunities for virtual O. Having completed the weekend Sprint-O competition, I can vouch for the fact that it is just as frustrating and annoying as the real thing! There are competitions coming up in Poland and Thailand. Check them out if you are missing your orienteering fix. You can find links to the events on Urban Orienteering (Facebook). And now just for laughs.....

#### EXPERTS SAY

that running can help you live longer.



@runnersbe



[www.orienteering-world.net](http://www.orienteering-world.net)

#### WHAT NORMAL PEOPLE THINK OF WHEN THEY HEAR "GREEN AREA":



And some alternative lock-down O activities



Plenty of things to keep you busy—baking, crafting, sewing and modelling.

#### WHAT ORIENTEERS THINK OF:



#### Other Activities

British Orienteering are running a Spring Photo Competition—the theme 'Celebrating the Sport of Orienteering' - visit the website for details—CLOSING DATE—**FRIDAY 1st MAY**

There's a new MapRunF version (4.8.7) - which I think is meant to make the setting of virtual courses easier.

Brian Ward in FB is running a Lockdown Urban Map Quiz—features urban maps with features such as cathedrals, castles, campuses and suburban—all you have to do is identify the area from the maps—easy!

British Orienteering has Club Matters Free Online Workshops—various topics available to view.

On Twitter—British Orienteering—#findacontrol - can you identify the correct control from the photo?

Polish Championships (online) - [Onlineorienteeringcup.pl](http://Onlineorienteeringcup.pl)

Route to O-Season 2020 continues—[news.worldofo.com](http://news.worldofo.com) (see if you can plot the quickest route)

Let's Go Thailand—virtual O - 13th May to 13th June—[orien.asia/letsgothailand/](http://orien.asia/letsgothailand/)

Twitter: You can follow @WCOC2014 and on the website-[www.wcoc.co.uk](http://www.wcoc.co.uk)

Also on FB—public and members' page.



## This week's Desert (Isolation) Island Discs featuring Liz Elliott



Most of you are too young to remember Sports Night with Coleman which was on telly on a Wednesday night back in the 60's. There was an appeal on the programme for 'big girls' as GB women's athletics were short of field event athletes. My elder sister decided I met the criteria and submitted my name. They got thousands and ran trials round the country to see if any had potential. Those on the shortlist were invited to Crystal Palace for coaching weekends. That has nothing to do with orienteering but it did add shot putting to my athletics events and fuelled my competitive spirit for sport. My championships as a result rather more for shot putting than orienteering.

At that stage I was working for the meteorological office a job I got on leaving school on the basis that weather is outdoor so maybe the work would be. But it turned out that I was working shifts as weather is 24 hours a day and I was always on shift when I wanted to be at an athletics event so a change was needed. However, it was time well spent as a knowledge of the weather has often come in use since.

So, I joined the Army and was commissioned in 1970. A career which lasted until 1987 when I was persuaded to do join MOD. Orienteering was considered training rather than a sport so I was more than happy to be on map reading exercises and orienteering as well as all the other sport on offer. When the WAAA asked the army if I could be posted to London to get more athletics coaching, I flatly refused and said I wanted to go to the Outer Hebrides. Within a week I was in Derry with the Military Police (it was not long after bloody Sunday). My next posting was to the Hebrides and I had two amazing years in the Uists. It was Sea Canoeing, fishing, shooting, sport and a little work. Kent, Germany and Northern Ireland again followed, all offered opportunities for sport as well as interesting and often challenging work. In the early 80's I was lucky enough to get a staff job in Hong Kong where I was the HK women's shot-put champion and orienteering champion! The Command in Hong Kong also had responsibility for the Army in Nepal so duty visits to Nepal were on the agenda. I was not complaining.



On my return to a Regimental Post in UK there was lots of opportunity to take teams orienteering and much fun was had, by this time I had a bolthole in Kendal and joined LOC. I cannot remember ever winning anything but I do remember the name Carol McNeil always featured.

It was then another staff job in London before I was persuaded to give MOD a go. The London based work was very exciting and demanding but with no time for sport. However, there was time to dabble in horses which still take up much of my time today- that is another story. I then retired from that in 2003 and moved to Silloth, I became the shipping agent at the port to keep some money coming in but by this time I had resorted to an electric bicycle to get to work as my hip had given up. A new hip in

2014 then gave me a new lease of life having done no sport for about 20 years. A snowy night event on Sale fell was my first event for years and I was rehooked. I now always look forward to Thursday evenings and it is not just the orienteering, it is the fells, the people, the challenge and more. You never lose that competitive spirit so I cannot wait to get going again. Stand by Richard Goodwin and Jeanette and those I strive to keep up with!!

A piece of music: the regimental march of the WRAC: Sweet Lass of Richmond Hill

My favourite orienteering area: Silloth Golf Course as I can still walk there every day on lockdown

Book: I always fall asleep before I get round to picking up a book.





### This Week's British Champion—Steve Birkinshaw

My first taste of success at the British Orienteering Champs was in 1977 when I was 3rd in M10 at Cannock Chase. I won a nice prize presented by the Minister of Sport. It took another 11 years before I made the podium again with another 3rd place at Holme Fell in 1988 in M20. This time the prize was even better as I won my first Chris Bland trophy. I finally won my first British Champ in 2003, it was the British Night Champ at Duke's House Wood near Hexham. I ran M21E, although I was a M35. My results at night are a bit random as my technique is not great. I was lucky in the first half of the course and managed to not make any mistakes. I then caught someone up and we went round the second half together working as a team. I finally won a daytime British Champs in 2004 in M35. I cannot remember the name of the area but it was somewhere north of Newcastle. I'd had a few years off orienteering focusing more on Adventure Racing and Fell Racing. I was really fit and knew if I had a clean run I would probably win and I did so by about 7 minutes. Since then I have only competed in three British Champ events and in two of those I decided I wanted to really test myself and ran the M21E classic course.



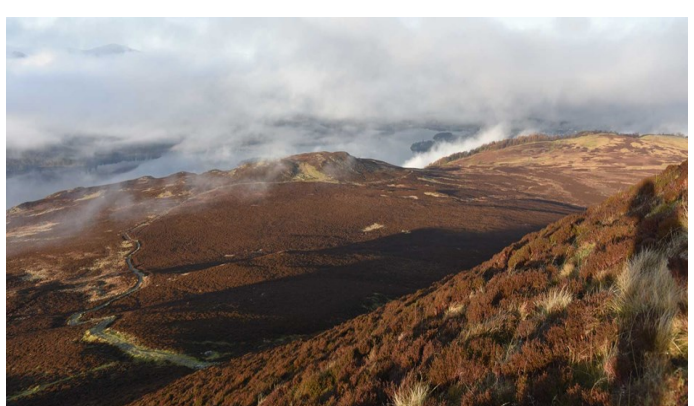
### Continuing Lesley's lockdown photo quiz

Orienteering Areas. Week 3. 27 April.

Photo 1. On the ground in Area 1.



Photo 2. In Area 2.



Hope you're all saving your answers.

Slight correction on last week's—photo 1 (week 2) needs to be flipped horizontally to show the correct view—good luck!