

Well so far nothing new to report, although I believe the PM is due to announce the plan for relaxing lock-down later this week so maybe there's some light at the end of the tunnel. British Orienteering have issued a consultation paper which can be viewed on their website and which sets out some suggestions for future events such as the virtual Maprun-type events and socially distanced physical events. I suspect whatever happens any events will require even more careful planning and risk assessments than usual but I am sure that as a Club we will be able to overcome the difficulties.

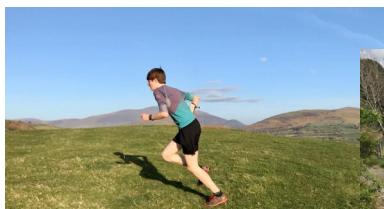
North –West Junior Squad Training Day

Despite the current lock-down, the NWJS Newbie Day went ahead over the weekend with squad members and hopeful squad members asked to undertake a training activity; posting a photo of themselves in their squad or club O tops.

Several of our junior members took part, including those hoping to join the squad, Myrtle Ashworth, Sophie Crawford, Daniel Heppell, Isaac Hunter and George Rennie.

The juniors were asked to use the Gowbarrow map (where they were due to train) to think about how they would execute each leg and to write down their route choice between 2 of the legs—a very useful exercise!

After the activity the consumption of cake was encouraged....just like the real thing!





This week's Desert (Isolation) Island Discs featuring John Slater



LAMM 2018



As a lot of us are, I was introduced to orienteering with my family. By the time I arrived Natalie, Simone and my Dad were all competing. At this time my involvement was the Wayfarer course fully supervised by Mum and usually done with another family, I definitely remember Norman Stanwix and our Mums ambling round together. For a number of reasons, the family drifted out of orienteering before I really got started, though I did a few local colour coded events when around 9 or 10 years old with success, winning Yellow and Orange courses.

When Natalie started her teaching career and introduced her school to orienteering I got back in to the sport when I was 19. I could navigate ok but was a bit overweight having been climbing and hillwalking rather than running, but since then I've never looked back. Helped by a good gang that orienteered and socialised together, both in the pub on Thursday nights and on the legendary Warrior Holidays trips...which also included quite a few pubs, but lots and lots of great days on the Scottish hills with mates...hard to beat.

I've never had much success, a few WCOC league wins and some very near misses at British Night Champs, but I've done pretty well at Mountain Marathons with plenty of class podiums and wins, the last LAMM on Harris in 2018 was a racing highlight I'll never forget.

The other aspect is the planning and organising which has always given me great satisfaction right from planning my first winter night event on Scale Hill, (1990ish). The fact that we all take turns in helping stage events and then competing shares the load and brings such diversity to the sport. My highlight being Race day Organiser for the 2012 British Champs on Dalegarth in Eskdale. What a day that was for the club, 2 years of preparation with just a few headaches, a fantastic day's weather with everything going like clockwork and 1200 happy smiling orienteers. I'm also really glad that as Club Chair in the late 90s I listened to Mike Hind who suggested an after school series of events provided by the club. His idea was that if all the teachers had to do was bring the kids along and leave the club to it they would come. We only had three schools the first year and less than 20 kids but it grew and grew and has been the lifeblood of the club since then.

It's a great sport. The obvious things being its suitability for the whole family, the combination of mental and physical tests and being in some truly special places to take part. I also really appreciate the way it teaches you self-reliance...I remember a Pete Atkinson (I think) Blea Tarn night event with a leg right across the map. Leaving one control with 3 other torches around then slowly breaking apart taking different routes, being completely alone and then spiking the next control with not another light to be seen, exhilaration and satisfaction.

Lockdown alternative training: I've taken up Zwifting, the pursuit of ever greater watts per Kg and FTP increases is addictive, and a whole new language!

Favourite event: EUOC Big Weekend, the whole thing is great fun every year. And it's always in Edinburgh, a favourite city to visit including a mandatory trip to The Vaults in Leith for malt whisky.

Favourite areas: Of WCOCs, Eel Tarn and Stony Tarn just edge out Dalegarth. Further afield I've enjoyed and had some OK runs on Creag Mhic Chailein near Oban, which is a good mix of challenging yet runnable classic Scottish terrain.

Worst Area: Ardnaskie near Taynuilt or Ard and nasty as I like to call it...never again!

Four pieces of music (how can you only pick 4 (?) so I've gone for diversity): Radiohead, The Bends (Album); The Lark Ascending, Vaughan Williams; La vie en rose, Louis Armstrong; SOS, ABBA.

Book: Isolation Shepherd(!) Iain R Thomson. A fantastic book, about the Highlands, the outdoors, a different era and also a lesson on how to cope with isolation.

Luxury item: My Sony noise cancelling headphones, the best thing I've ever listened to music on...seeing as I'll be doing a fair bit of it.



JK 2014 Sprint and John and Dave Downes at a schools' event.



Snippets from the Archive!

WCOC NEWS

MAY 1998

Editor Roger Jackson, Seaton Mill, Workington

The 'JK group' at Birnam.

The Scottish Orienteering Association put on a very fine JK. The two areas Creag Vinean and Craig a Barns were first class 'O' terrain, and provided excellent technical courses. Most of us had stories to tell about the mistakes we made.

The accommodation, in four six-berth caravans, made all the difference. We had comfortable beds to sleep in! ... and hot showers. Luxury. The club group was forty strong. In fact the club tent was extremely crowded at times. JK98 will go down as one of the most memorable. One of the best features of the SOA organisation was the grouping of runners from the same club, giving them similar start times. This allowed for sharing of transport to the venue, and for company to the start. Devil's forest for the relays provided a most pleasant conclusion to the weekend.

Over the years we have been lucky with injuries. However, caravan number one sustained two! Uni Parkins hurt her foot at the training event, and was rewarded with crutches, while Cliff Ford split his knee open on Day 2, and is still limping. Hard luck.

The J.K. Some personal notes in conclusion.

Penrith, Kendal, Lancaster, Wild Thing, Stockport, You Make My Heart Sing, Chesterfield, You Make Everything Groovy, Sports Centre - Event Centre: Milling people, strange faces, familiar faces. Birches! Strange rock, familiar fear; adapt or fall. Rough grit, ultra friction - much happiness. Soft gentle sun, hazy falling Edges. Chatsworth at even tide and Matlock in the dark. Educated guess-work, clutching at straws. A familiar van in a pub car park. Light, warmth, smiling faces, food, beer? Waterloo Sunset's fine.

A solitary alarm, just one - thank God. A crowded kitchen, uncoordinated movement. Red soup in the morning - orienteers warning - Paul's about! Excitement, anticipation, butterflies - still crazy after all these years. Clumber, a first sighting: Big trees, spot the contour, speed and lots of it. 10 1/2 K. still 3K. left and I'm bored. Not enough speed therefore not enough interest. My knee's a bit painful. Finish - less than average. Study faces, some are beaming, must be good. Froggatt bound. Get lost in Chesterfield (I am tired!) but find Froggatt I like the Edges, so easy to get at. Disenchantment, a bad run, knee really painful. Our walking, talking guide book introduces us to some classic Froggatt rock. Getting to grip with the grit. Jam the hands, feel the pain. Howard climbs, I climb - Rhys solo's. Howard finishes, I finish - drop Rhys a rope - just in case. Climbing refreshes the parts but the knee is knackered. Matlock at even tide, candy floss and Kiss me Quick hats. A familiar pub, light, warmth, smiling faces. Food, must have food. Matlock - Pizzeria, chippy, Pizzeria, Chinese. Mon's Sodium Glutamatum yum yum! A big, big cake: they've been together now for 40 years and it don't seem a day too long.....

Morning - a soft whisper of raindrops on the canal. Industrious Victorians have left their calling cards in this rather beautiful valley. The knee hurts. Shining Cliff - a magical name. Optimism, pessimism, submission. The knee wins. How can you laugh, when you know I'm down. Accept new role. Team cheer-leader. Mike is grinning. 4 minutes out of Gareth Bryan Jones, only Mike Murray to come. Helen Pollington flies down the finish tapes and is cheered all the way. Likewise Ray Nelson. Helen's time goes up. Yes! by 33 seconds, Ray's time goes up. Yes! by 73 seconds. Mike Murray's time goes up. Damn, just 19 seconds! The club is buzzing. Its what the JK. is all about.

Chesterfield, feeling groovy. Collective attempt to raise roof. Poor Mike Murray, you would never have thought he had won. The market square, the boys' are back in town - that's entertainment. Food: must have food. 20 people in search of a curry. Great atmosphere 20 tired, happy, full people.

Sweeping, cleaning, tidying. A return to Clumber. An all out assault on the short open relay. Wicked run out, nasty tufts. Heightened anticipation. Dick is 13th, 4 minutes down. Mike Pearson galloping through and up to 4th. Rhys is off still 4 minutes down. Can he do it? up to 3rd. 2nd in sight. Can he? No he can't, by just 6 seconds. Relays within relays. Big embarrassment for Roger. Oh dear, and all on video. Watch out - Janets About! All safely home. In depth interview with team manager. That's it, another JK. over and done. A great weekend, shame about the knee. Homeward bound; first Chesterfield now Leeds, I'm lost again. The long and winding road. OD on travelling Triv. Think about work - it really is over.

Andy Warner

JK 1991—Clumber Park

Continuing Lesley's lockdown photo quiz—Orienteering Areas. Week 4 04 May .

Photo 1. On the ground in Area 1.



Photo 2. On the ground in Area



News

1. Sad news to pass on regarding the death of a former Club member—Peter Colley. Perhaps only a few will remember him but he was responsible for the first set of bobble hats that the club bought. He was a former Planning Officer with Allerdale, competed regularly and was on the WCOC committee. He had been ill in care for some time and passed away peacefully in the early hours of this morning; his 87th birthday. Our thoughts are with his family at this sad time.
2. Our next Club day is next weekend! Looking forward to seeing lots more photos of lock-down activities wearing your Club tops. For those not on social media feel free to email them to me.