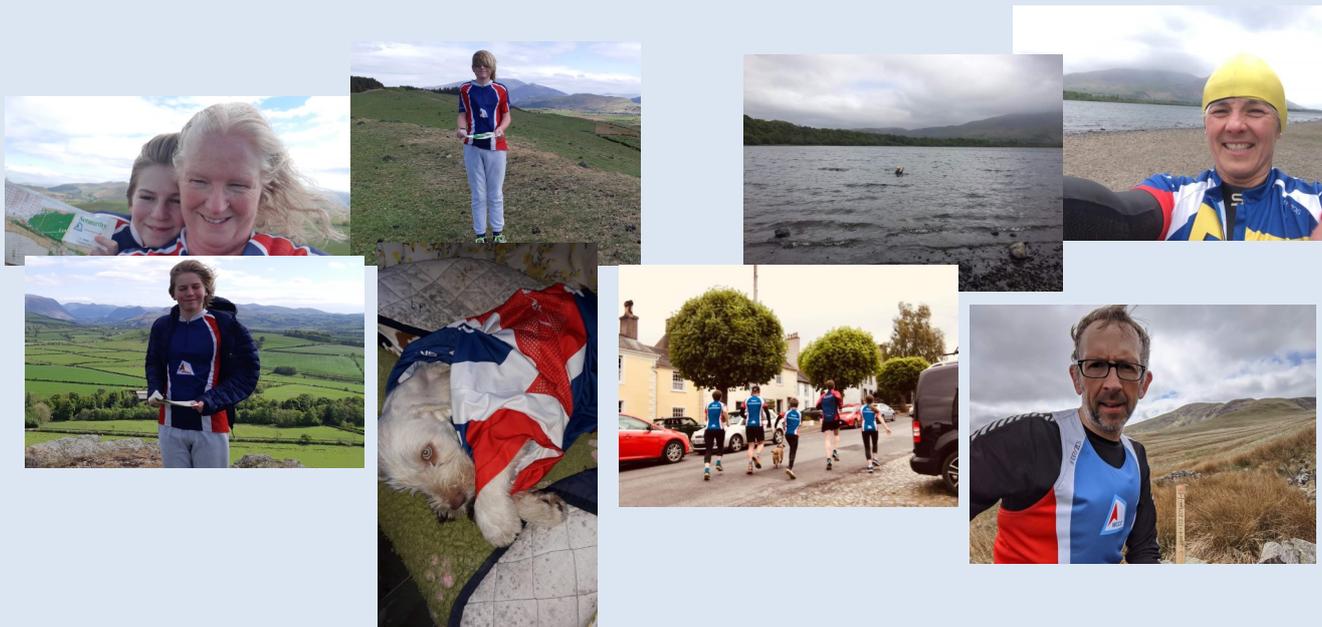




I'm sure that most of you will have seen the PM's announcement yesterday on a partial relaxation of the lockdown rules. Good news for orienteers is that from Wednesday you can go out and exercise as much as you want but still need to maintain social distancing. As far as I know the advice from Mountain Rescue remains that people should be staying off the fells but no doubt they will release further statements in due course. The virus has not gone away and so please keep an eye on Government guidance and exercise responsibly.

May Club Activities

Well a few hardy souls took part in lockdown activities wearing their Club tops—a bit of orienteering, running, retrieving stakes and swimming! Oh and welcome to our newest member, Hesta (Liz's new addition), proudly sporting her Club top!



OK—listen up folks. There may have been some confusion over the 'official' club day as the idea is that it should coincide with the weekend we would have been doing our double-header at Dalegarth. This might explain why there weren't many participants this last weekend!

So the May Club Day(s) will be this coming weekend! Looking forward to receiving your photos of lock-down activities in Club tops.

Virtual—O—(Thanks to Niamh Hunter for this).

Something to ease the boredom slightly during this time of lockdown.

A course has been planned around the centre of Carlisle and the aim is to find the controls using google street view.

At each control I have found words or numbers and then written some of those down and you have to fill in what I have missed out.

You don't need to be in street view all the time, you may go back to

satellite view in between controls. It is not intended that you move through the streets to find your way to the next control. You should consult the map and then move your person to the location where you think the control is on street view/satellite view and then using street view to look around—find the missing words/numbers. The clues are found by going to the Google Form below and the link to street view is included below. The PDF Map and this information will also be sent out via email with the newsletter—good luck! (Correct answers will be published in due course).

Google Form with the questions:

<https://forms.gle/AkjrCJbjmTZYknkn8>

Link to street view:

<https://www.google.com/maps/place/Carlisle/@54.8964234,-2.9347318,1532m/data=!3m1!1e3!4m5!3m4!1s0x487ce1df3eee6b0f:0x5c0a43b6ba15682d!8m2!3d54.892473!4d-2.932931>

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

Also on FB—public and members' page.



This week's Desert (Isolation) Island Discs featuring Kate Charles



Unlike many in the club, I did not orienteer as a child (getting my excuses in early J). My dad loved maps tho, and we used to navigate all round the UK on our touring bikes using the pink 1:50,000 Landranger series, staying at Youth Hostels, so I was good at reading those. But I don't think Dad could use a compass, or really interpret contours, as he famously got lost in the mist on Yr Elen fell race and had to be rescued (fortunately by the organisers, before the mountain rescue was called out). I'm not sure my mum really believes in maps, preferring to rely on instinct or asking passers-by Although to her credit, she did get us all up and down the British Three Peaks one summer holiday, with every summit in mist, when I was 8 and my brother just 6. Maybe it was the trail of pear drops she would leave on notable boulders or cairns just to make sure we would find our way back!

I didn't really start orienteering until I went to university, unless you count the couple of Eryri events I drove myself to as a sixth-former, confidently entered Blue and spent the next 3 hours thrashing about in brashings, boulders and trees, rarely finding any controls at all.

At Glasgow Uni I did join GUOC and regularly attended Tuesday evening training sessions with the likes of Dickie Davies, Alisdair Thin and Dave Robertson. Even then I was fit but technically rubbish. I went along to a few events and ran W21S, to give me some chance of getting back before the Sports Union mini-bus left for home. I remember waiting for my stub to be stapled up on the string and running in a Rohan two-coloured windproof smock (a copy of which appeared in the recent Rohan memorabilia magazine).... Also my cheap red bramble bashers which only retired last year. If only my body had lasted that well....

I also became a member of the Ladies Scottish Climbing Club (via family connections) and soon gave up orienteering at weekends in favour of trips to the Highlands to climb big mountains and backpacking trips into the wilderness with some legendary women. I moved to Edinburgh for my PhD and I don't think I did any orienteering, but did meet quite a few orienteers on my lunchtime runs from Kings Buildings, including Paul Caban, Lorna Boyd (now Eades), and Jane Ackland (although I don't think she was Ackland then). I joined Carnethy HRC and enjoyed their 'journey runs', 4-5 hours slow runs of exploration, often led by the likes of Bill Gauld, JBF and Andy and Hilary Spencely of LAMM fame. I continued climbing Munros and Corbetts with the LSCC, with my limited navigation expertise often valued by the elder members, still carrying one-inch maps and unable to read them without glasses. I was 20 years younger than most of the members! I famously led a drunken but very happy 'last-munro' party off Ben More in Mull in the thick mist.

That was it for orienteering for a few years until I moved to West Cumbria around 1999, and some more years later started dating an orienteer. I tagged along to events and rapidly became frustrated at my inability to navigate despite being able to run faster than most people up hills. This frustration continued for a couple of years, and was only increased by the large quantity of 'junior training' events that were being organised by the club, but nothing suitable for the likes of me. After attending one of the LOC technical training sessions, and realising that there were other adults in the club who would equally like some technical training, I got in touch with Lecky and arranged a few sessions of technical training for adults, the first of which was at Miterdale. I learnt an awful lot from these and, inspired by my progress, I later signed up with Lecky and had 10 months of virtual coaching, consisting of weekly Skype calls and post event analysis. I bought a GPS watch, learned to use QuickRoute and became a bit of an O-nerd. I had wanted to see how good I could be if I really focussed myself properly on Orienteering. This was around my first year in W45 and I came good, winning the UKOL W45 and getting a top 10 placing in a JK long event (tho not 10th overall) in South Wales. I finished the season winning the Galoppen Blue First Lady. I could write a whole separate article on what I did to become good, but suffice it to say that I had to dedicate myself to orienteering and not wear myself out running and biking on the Saturday before an event!

So I did enjoy a few years of being 'good' and that experience means that at least my auto-pilot is better than it was, but I can still make lots of mistakes, especially now as I have become rusty due to injuries and general busy-ness with life, work and looking after aged relatives.

My favourite areas are open ones, preferably rough and wild, so I have to say Eel Tarn and Stoney Tarn (not just because John likes them too!). It's great to be surrounded by mountains and glorious Lakeland scenery. My Favourite Event? Well, obviously the ones I did best at – so my Best Ever Result (and the only time I think I ever achieved 'flow' while orienteering), was a Middle Distance at Summer House Knott at a LOC 'double weekend' in 2014. I remember complaining to Lecky afterwards that I'd lost 3 seconds at number 2 to someone called 'Elizabeth Campbell' I had a few good Middles that year. I think it was because I knew that I didn't have time to think too much and worry about route choice, and I was fit enough to run more or less flat out the whole way round. And controls come quickly in middles, providing much needed reassurance to those who lack confidence in their navigational ability.



My alternative training plan during Lockdown has been to do loads of yoga, pilates and stretching to try to sort out my aching body and sciatica problem which is preventing me from enjoying my running at the moment. I have to say that my body is more flexible, balanced and mobile as a result, but I have not yet found a way to stop the sciatica coming back when I run. I am now working on hip strength for my weak left side.

My four favourite pieces of music; hmm well, two of them are already entered into my Funeral Order of service; Nimrod from Elgar's Enigma Variations (the middle contemplative music) and 'Going Home', the theme from Local Hero (also my favourite film) as the 'going out' music. I also love 'Chasing Cars' from Snow Patrol and 'Distant Sun' from Crowded House.

Choosing a book to take is more difficult. I don't read a lot these days, except on holiday where I will read autobiographies of sports people (in a quest to find that magic tip that will make me a better athlete). I have enjoyed Kelly Holmes, Nicole Cooke and Chrissie Wellington's books. They didn't make me go any faster but all contained useful lessons of how to cope with adversity and injury. The two books I read over and over again when I was a child were 'Survival for Young people' by Anthony Greenbank, and 'Mountaincraft and Leadership' by Eric Langmuir. My next 'most-read' book (before the age of Google) is probably 'Sports Injuries' by Vivian Grisogono J

And finally, my luxury item is definitely an infinite supply of Carmex for my poor cracked lips.



Puzzle Page

Thanks to Sophie Crawford for another picture quiz—can you name the WCOC areas?



Continuing Lesley's lockdown photo quiz—Orienteering Areas. Week 5 11 May .

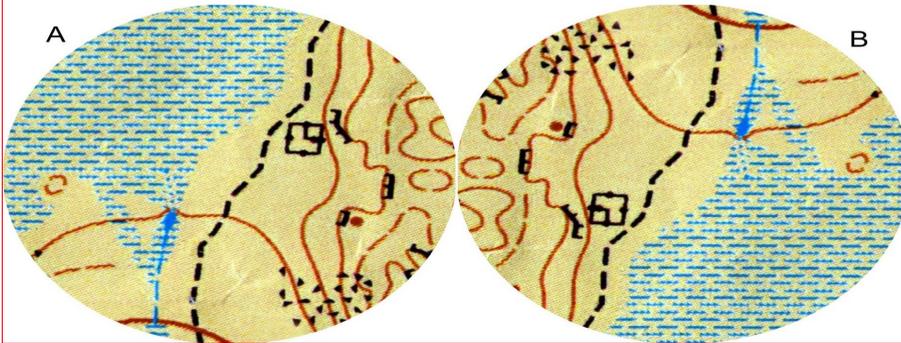
Photo 1. A distance shot of Area 1.



Photo 2. On the ground in Area 2



Name the map and which one is set to north?



A little brain teaser from Mike Pearson—answer next week.

That's all for this week. Don't forget Club Weekend next weekend. Looking forward to seeing all your photos of lockdown activities. Stay safe!