



Hope everyone is well and that you have managed to enjoy some outside activity a little further afield. Mountain Rescue have confirmed that their advice remains that people should be staying off the high fells for now. Keep checking Government guidance and exercise responsibly. Hopefully, Club members will have the opportunity to undertake some virtual outdoor events soon. Watch this space!

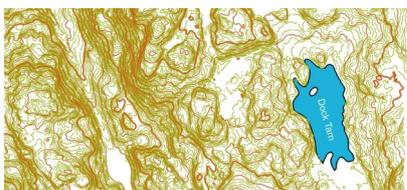
May Club Activities

Well 'Club' day didn't really happen, maybe we have all gone soft and the damp weather on Sunday put people off! We were very excited on Saturday to head up to Whinlatter for a change of scene. Thankfully, off the beaten track it was very quiet and Liz has been busy making her own range of WCOOC sourdough bread—looking forward to sampling that at the next Club social!



* NEWS *

1. We have a new Virtual O 'World' Champion. Joe Sunley topped the podium in the World Orienteering Day Lock Down competition that saw 1800 from around the world entering. The competition involved 5 tasks, a Catching Features course, including areas from different continents, a street – O around London, a fiendish Maze, Spot the Difference and Trail-O—well done Joe!
2. **URGENT!** The next Lock Down event is a Club team event. 7 stages over 4 days (21st May—24th May) ; with 7 in a senior team, 5 in a junior team. Entry £7 pp (senior) £4 pp (junior M/W16-). **Entries Close Midnight Tomorrow—** Can we get a Team together?? (I'm in but hopeless, and Isaac will do it but reluctantly!) **PLEASE RESPOND URGENTLY IF WANTING TO TAKE PART. (You don't need to have Catching Features for this).**
3. As you may already know, Whinlatter carparks have reopened (not the café or play areas) and so you can now exercise up there.
4. Some NT carparks may already be reopen with the majority open by 21st May. (The busiest may require pre-booking and those servicing NT properties will not be open). Normal charging rules apply.
5. Pete Nelson has passed on the following message—The mapping course was conceived as a time-filler for these lockdown weeks. However, most people seem to be finding that lockdown is busier (and sunnier!) than they expected, so not many have kept up with their homework. There's no time limit. It's there as a resource for the future. We've done a lot of theory and desktop drawing practice. We're at the stage where I can give new mappers a contour-only map and ask them to draw an O-map of Dock Tarn using just LiDAR and aerial photos. There's a prize for the first completed (desktop only) map. There's also a prize for the best presented one. I'm waiting until Christmas to award that, to give people a chance to catch up. We're ready to start talking about real mapping fieldwork now, just as restrictions on exercise are loosening up.



Twitter: You can follow @WCOOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

This week's Desert (Isolation) Island Discs featuring Anne Burbidge



(Scottish 6 Days)

Prior to joining WCOI I had been orienteering twice – or should I say - I ran around at an orienteering event not really knowing what I was supposed to be doing. The first occasion in the late 90s was in Ecclesall Woods, Sheffield. At registration we were very dismissive of the course lengths, so we entered a long course – otherwise why bother? When we saw the map utter confusion! We quickly thought better of it and changed course. After that experience I decided it was better if I stuck with what I knew best – walking, mountain-biking, and rock-climbing.

Some years later I was tempted back to an event on Baildon Moor just north of Bradford. Still somewhat clueless, I ran around with a friend on the moorland tracks, occasionally finding the right control. At the time I thought it was fun – but maybe not again.

Fast forward to 2009. I changed job and moved near Cockermouth. I had never been there before but the coffee shops looked nice and it was in a good location to access to the hills and the lake district crags. A few weeks after moving in I spotted some small flyers in town. 'Orient8 training sessions for all...'. With some apprehension I went along to Stainburn School to see what it was all about. The sessions were great fun as many of you will recall and combined circuit training and technical coaching. So, it had taken a few years, but I finally started to get the hang of it - and I am now a little bit addicted thanks to the club members who ran those evening sessions.

Thankfully, the weather so far during the lockdown has been warm and dry so I have been out walking and cycling for my period of exercise. Occasionally I will time myself around my newly devised Plumbland CV19 10km. As and when the weather breaks, I will be back indoors doing a few staircase hills - but more likely looking for anything to do other than serious exercise.

My four music tracks are a selection through the ages:

Downtown, Petula Clark. Early days at home with mum - being forced to listen to Radio Two.
Radar Love, Golden Earring. At school, my first 7" single.
Down in the Tube Station at Midnight, The Jam. University days in London.



Cam Crag
Ridge 2016



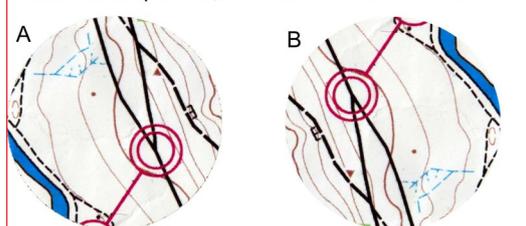
Club Chase



Calpe, Spain 2005

Quiz Time

Name the map/area, and which one is set to north?



Last week's answer—Area—
Bleaberry Fell and Map B was
orientated North.

Orienteering Areas Week 6 18 May 2020

1. Distance Shot of Area 1



2. On the ground in Area 2



And last but certainly not least—well done to Roger on his British Orienteering Silva Volunteer of the Year Award



British Orienteering are pleased to announce the penultimate winner in the Volunteer Awards for 2019. Today we are proud to announce the winner for The SILVA Award. This year's winner is **Roger Jackson, West Cumberland Orienteers (WCOC)**.

In 1983 SILVA (Sweden) AB decided to mark the fiftieth anniversary of the first Silva compass by establishing an annual award within each IOF member Federation. The awards were to enable Federations to honour those who have contributed in a special way to the development of orienteering. With the assistance of SILVA (UK) Ltd this was interpreted, within the UK, as being a person or persons who have made a very significant contribution to orienteering over a period of years, with an emphasis on 'field' activities rather than committee work. Indeed, nominees may not be active or retiring members of the British Orienteering Board, nor part- or full-time employees of the Federation.

In a close contest, Roger Jackson came out on top for his years of service spanning over 40 years taking on roles across the clubs committee, map production, at events and also regionally with the NWOA. Roger decided to take a step back in 2019 and his true impact was felt

with 14 different people stepping in to take on the work Roger previously did.

Some of Roger's highlights over the years include:

Pioneering the development of the WCOC evening orienteering event series, 1987 – 2019. Roger was the initiator and driving force of setting up a weekly series of orienteering events on a Thursday evening, enabling often up to 100 competitors to attend a race each week. Until 2019, Roger was involved with this hugely time-consuming task each week by:

Printing maps for all the weekly events (Roger will be continuing with this role).

Looking after all the WCOC equipment, ensuring it was repaired and since 1998 that the SI computerised equipment was fully charged and re-programmed.

Downloading individual results after each event and uploading the race result for each event onto the WCOC website.

Frequently planning evening events (with 3 courses), producing maps, putting out controls and registering entries. Where Roger did not plan a course, he was instrumental in coaching novices in the skills needed to plan a course and would also print courses supplied by other people.

In 1993, Roger was instrumental in setting up Cumbrian Galoppen series of 10/12 regional orienteering competitions between 5 Lake District clubs. Each competition had a planner designing 6/7 different levels of courses, and over the 27 years since its initiation has seen 70,000 competitors taking part. Roger also used his technical expertise to set up the Lakes 'o' website which promoted the Galoppen series and other inter-Lake District events such as Cumbria Schools Competition.

To capture some of the other areas Roger has impacted on include, extensive mapping, coaching all ages and abilities leading on to some individuals achieving international honours, supporting the Cumbrian School Orienteering Association for 35 years including securing funding for the West Cumbrian Schools League and providing an excellent orienteering experience for all involved.

Roger added: *"I hope I have been successful over the decades in being able to facilitate and help other club members to promote the sport and the club, keeping the 'WCOC' cogs turning."*

England Development Manager Peter Brooke, added:

"Across the country, there is a tremendous amount of hard work and effort done by clubs and volunteers to make orienteering happen and reading through Roger's achievements, he certainly is a deserving winner of this award."

"Volunteers are the life blood of sport and this is no different within orienteering. The dedication not only by Roger over 40 years, but echoed by hundreds in clubs across the country will never be underestimated and on behalf of British Orienteering I'd like to thank everyone for their efforts."

Also some Club interest in the University Club of the Year—Edinburgh University (EUOC) with ex/current Club members—Niamh Hunter, Alastair Thomas, Daniel Spencer and Ben Breeze current members of EUOC

