

There has been a further relaxation of the lockdown rules since last week and from today social gatherings of no more than 6 people in the outdoors are allowed. Those from different households are still required to maintain social distancing of at least 2ms. However, this perhaps allows more opportunities for meeting up with orienteering buddies for socially distanced training. Keep an eye on the guidance as it seems to change on almost a daily basis and remember to exercise safely.

*** NEWS ***

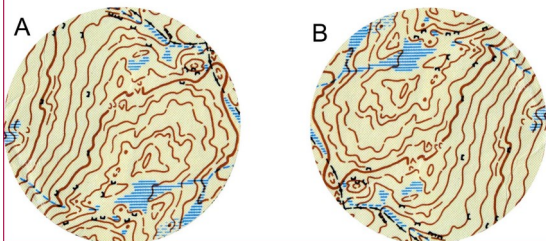
WCOOC have 4 Maprun (no controls, using a paper map and a free app on your Smart Phone) events in the planning stage. These should be available shortly -permission etc still needs to be sought for these events. Assuming there is sufficient interest, the current plan is to have one event available to try for 4 weeks. If restrictions still apply the Club will be looking for planners for further areas. It is relatively simple to do. Details will appear be on the members section of the website in due course.

There are already some local Maprun courses available—at time of writing 2 Cockermouth town courses, Keswick and Workington (Moorclose).



Quiz Corner

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



Last week's solution—Area was Blea Tarn and Map A was facing North.

Orienteering Areas -Week 8—1st June 2020



←Photo 1—A distance shot of Area 1

Photo 2—Looking into Area 2 from the parking →



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 Steve Breeze



My University days were spent in the caving club. torch on. The situa- palms. Travelling along



There must be something I like about activities with a head tions we found ourselves in still bring me out with sweaty water filled passages on your back because there was only an inch of breathing space. Swimming short 'ducks' with no air at all. One of my regular caving partners appeared in the news recently as the diver to dive the last boy out of the submerged cave in Thailand.



I certainly hadn't run anywhere until I was about thirty. After a second summer holiday mountaineering in the Alps I came back realising how much fitness was required to complete some days out in a reasonable amount of time.

This would be the perfect goal to improve my fitness. The di stances all seemed reasonable – 5km run, 20 lengths and 20km bike ride. The only trouble was I couldn't run or swim. I taught myself to front crawl, and began to attempt to run. Funnily enough Ben and Jess came along after that and so I'm still to make that return trip to the Alps.



'Portering' for a future cave rescuer

Caving in the Gouffre Berger – Vercors France

Like a certain government adviser the timeline leading me to become a regular orienteering is somewhat sketchy. I do remember being invited to a Galoppen by a friend and walking round with my walking boots diligently following my compass, having a fair amount of success in finding the controls, using control punches but having no concept whatsoever that there was actually some sort of race going on. Sometime later I returned to do a light green with a dibber and actually broke out into a run more than once. I think both events were at the Leaps.



At some point our school caretaker was a chap called Len Scott, then a member of WCOC. He would casually leave the club newsletter and fixture list on my desk.

I know I was taking children orienteering from school to events organised by Roger Jackson and Natalie Burns some time before I was a regular myself. I remember the kids being given the new-fangled 'dibber' and them being told they didn't really have a name yet. One of the kids named them 'finger dingers', a name that should have stuck.



Zinal Rothorn – Swiss Alps. Matterhorn in the background

I think the turning point to becoming a regular orienteer was chatting to Roger Jackson at a school event. He invited me to come along to a night event that was happening fairly locally to me. I took Ben along (probably about 6), wading through boggy gateways with mud going past the top of Ben's wellies whilst people raced past us. It must have been early in the series as I went on to do a fair few of the series (leaving Ben behind!).

I was a slow learner. I have a strong memory of relocating three times trying to find a control that was marked as being between two crags. Coming from a climbing background anything described as a crag would be have to be at least 6ft tall. So in my head I was looking for an apparent 'doorway' between two 6ft crags. Eventually I tripped over the control positioned between two doorstep sized crags. I also remember feeling like I was about to be run over on one occasion as a huge light came over a rise (presumably attached to a vehicle), only to discover it was attached to a teenage Charlotte Watson. A mental note to upgrade my torch was made.

As a primary school teacher I'm regularly being asked what my favourite colour, pet or dinosaur is. I find these questions almost impossible to answer. How can one colour be better than another?

Any way here goes:

Favourite WCOC area: anywhere in Eskdale

Favourite non WCOC area: technical forest in the South Lakes (so I really don't have to travel far).

Favourite event – Scottish 6 days. Socialising with club members on the campsite is as good as the orienteering.

Book: Conquistadors of the Useless by Lionel Terray – An autobiography by a French mountaineer famed for being lowered down the Eiger on a wire to rescue another suspended mountaineer that had become a tourist attraction. Highly recommended. I have a signed copy that belonged to my dad. Time for a reread.

Luxury item: Whittling knives. I once went under the pseudonym of 'The wandering whittler' to get myself a free ticket to the Solfest music festival.

Music – too hard. Currently lost in the soundtrack to the recent BBC drama – Normal People



Steve & Jess enjoying the Saunders Mountain Marathon.