



At the time of writing there has been no change in the Lockdown rules as they apply to orienteering, however an announcement is expected this week which might see the social distancing rules relaxed so that individuals only have to remain 1m apart. Not a huge change but at least things are moving in the right direction!

\* NEWS \*

1. There are now a whole variety of Maprun events available in Cumbria and beyond. To find events download the free MaprunF App and then search events by going to UK and then Cumbria. The County has then been divided into Keswick, North, South and West. WCOOC (West on Maprun) now have 4 Maprun courses up and running Leaps (thanks to the Crawfords) Sale Fell, Threlkeld Knotts and Mawbray. Instructions and maps are available on the WCOOC website under Members and then Navigation Exercises. Although, it is possible to do the course using the map on the App, the consensus is that it is easier and more authentic to have a hand-held map. Feedback is that for most the control registers quickly, although some have experienced a few glitches. It's maybe not quite as smooth as the real thing but still a big step forward to be out and about doing what we love.
2. Borderliners (North on Maprun) , have a variety of courses on Bampton Common and there is also a new Summer Choc-O which starts at Willdale near Bampton. Details are on the WCOOC website.
3. Thanks to Nick and Janet Evans for this information –Northern Fells Runners Easter choc-o, now repurposed as a summer sweet-o. There is nothing on their website but N & J heard about it via Eden Runners. Parking is at Longlands (NY266359) and the start marker is given as NY271361 stream junction, but they found it at more like 270360 – its in the major stream junction but is partially broken so they struggled to find it at first.

2 courses: Long 16k 1000m ascent

Short: 11k 675m The first 5 controls are the same on both courses. N& J said that they both did the short and after number 5 the short course goes back towards Longlands to the 'treasure' and the long does an extra loop. It was a nice jaunt around the northern fells on a sunny afternoon.

It is assumed Northern Fell Runners will leave it out and there were plenty of sweeties in the box when J&N did it but if anyone is making an extra special journey probably best to make contact with someone from the Northern Fells group to avoid disappointment. They have a website and FB page.

4. For those looking for a fell racing challenge Kong are running a Summer Series; with each race open for a few weeks at a time. For information and entries visit [www.kongadventures.com](http://www.kongadventures.com)
5. Also for those looking for a proper orienteering experience all is not lost. Facebook posts confirm that the OOCup ( days) is still going ahead in France from 11–15 August 2020 in and around Nantua, Ain, France. Of course, those looking to enter from the UK will still have to abide by any travel restrictions that apply and insurance cover may be an issue.
6. British Orienteering are continuing with various webinars which may be of interest—see the BOF website.
7. Finally volunteers are still needed to plan more Maprun courses— please contact Steve Breeze if you can help.

Quiz Corner

Answers to last week's map quiz—the map was Whinlatter Lord's Seat and Map A was North facing.

Answers to Niamh's dingbats were—1. Thierry Gueorgiou; 2. Daniel Hubmann; 3. Alastair Thomas

Remember to get your answers to Lesley for the orienteering areas quiz.

**The Iranian Connection—(Steve Breeze)**

I'm sure many members of the club are aware there is another WCOG in the world – Western Connecticut Orienteering Club. If you're one for a bit of internet stalking you'll see quite a few of their orienteers logging their training on Attackpoint.com and they have a website not too dissimilar to our own.



Jon Eaton our membership secretary will tell you that most years we get a random stranger joining our club – usually because they've just miss clicked the wrong club on the British Orienteering Club Menu.

Some of you may or may not be aware that there is a WCOG group on the popular run tracking website Strava – I know that 59 folk are. As the administrator I can see the full list. It's open to everyone that uses Strava to log their runs. Anyone that's a member can scroll through and be nose/

inspired/stalk through others' activities.

Included are a couple of photos I 'borrowed' from one of the group member's profiles.

You might be thinking these photos look familiar – somewhere in the Northern Fells?

If you look more closely you'll notice that in one of the pictures is actually a herd of goats. The location? Mahabad, West Azerbaijan Province, Iran. In fact, two runners from Iran have joined the WCOG group on Strava. Can anyone solve the mystery? I'm sure we all have some kind of stereo type lurking in our brains about Iran, mostly created by the media. So I appreciated scrolling through some of their activities and having my stereotypes challenged – that there in Iran were other folk enjoying a run in the fells.



I wonder what the Persian for 'fell' is?

**WILLING TO WIN (Mike Pearson)**



Orienteering is a great sport offering a wonderful physical and mental challenge which can be as competitive as you wish. But what if you want to win big?

I spent 2 decades climbing the ladder from being happy to be in the top half of a national event, to being unhappy only winning the occasional local or regional event. Why couldn't I climb to the top rung and the podium nationally?

It is obvious that being the fittest and fastest runner in your class but messing up the navigation results in "losing" and being a superbly accurate navigator but gasping for breath up the first hill would also be "failing" So what was wrong with me? Why was I losing focus, why the errors,

was it speed, technique? What did I need to work on?

So I devised and coded a spreadsheet to analyse things to see what I needed to improve, what was losing me those few seconds or minutes. I needed to learn how to lose respect for limits and restrictions! I needed to understand the weaknesses, so split the analysis to physicality, compass use, map reading technique, length/distance/fitness, and general feeling.

After all that, I needed to also think about the psychology of feeling good, being positive, not negative, the thinking process before and during an event, especially a big one, so more of that next week!

More from Mike next week and remember that articles, news etc can be sent to Jane at hunters7@sky.com.

Thanks

EVENT		Miss per K	S1 I didn't like the terrain/terrain didn't suit me S2 Not used to map; didn't like the survey/accuracy S3 Ran too fast, over-shot S4 Left it too late to read the map S5 Lacked enthusiasm/try D1 Wrong direction out of control D2 Bad compass work, too far left D3 Bad compass work, too far right D4 Should have used the compass																M1 Bad map reading M2 Bad relocation after missing control M3 Under rated the technical difficulty M4 Took too much of a chance (wing and a prayer) M5 Didn't use an attack point M6 Bad route choice M7 Did not follow initial plan M8 Did not read the control code M9 Did not read the description										
DATE		Length	S = speed D = direction M = mapreading L = length/distance G = general feeling																										
COURSE		Winners time																											
TIME																													
LEG	TIME LOST	Reason's for loss of time	S1	S2	S3	S4	S5	D1	D2	D3	D4	M1	M2	M3	M4	M5	M6	M7	M8	M9	L1	L2	L3	L4	G1	G2	G3	G4	
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L1 Didn't check features on route  
L2 Missed fine detail  
L3 Just poor mapreading  
L4 Bad distance judgement  
G1 Lacked confidence, very nervous  
G2 Tired, no aggression  
G3 Too aggressive, not enough control  
G4 Unhelpful concentration