

Planning has started for next year's calendar of events and we have confirmation that this year's cancelled Peter Palmers will be rolled over to next year with WCOOC remaining as hosts.

British Orienteering have now issued guidance confirming that Clubs are able to promote and use of permanent orienteering courses, make maps with pre-marked courses available, promote the use of Maprun and virtual orienteering courses, carry out mapping and planning for future events and carry out coaching on a one-to-one basis, as long as social distancing is maintained.

This is good news and means that we are moving in the right direction. Please remember to abide by the relevant Government Guidance and exercise safely.

* NEWS *

1. Maprun—planners needed—As you know from last week's newsletter there are now a variety of Maprun courses up and running but given that it could be quite some time before 'normal' club activities resume the Club needs volunteers to set up more courses. Those who may be interested but who don't know how to set up courses will be able to access the BOF webinar which was aired on 12th May and which it is intended will be uploaded onto the BOF website. You may also be able to get some assistance from those in the club that have already set courses (Steve Breeze, Steve Birkinshaw and The Crawfords—sorry if I've missed anyone). Routegadget2 can also be used to set up virtual courses and the BOF webinar for this is available on the BOF website. Areas need to be considered with current guidelines in mind—not too busy, relatively 'safe' and agreed by the landowner. **Anyone who is willing to set up a virtual course should contact Mike Billinghamurst who will then contact the relevant access officer. We will update as new routes become available and thank you to those who have already provided courses.**

2. Maprun—for those of you that have not already tried a Maprun course they may not be quite as good as the real thing but at least they provide an opportunity to get out and about in terrain, with map in hand. Some members have experienced glitches; for example John Slater running 104km on the 5km course at Leaps (22 seconds per km), and Isaac running to Silloth on the Mawbray course—22km in just over an hour—not bad going! Despite these slight issues as long as you don't take it too seriously they are good fun!

For those who haven't tried one yet, you need to download an app to your phone which is free MapRunF. Once done you can search for events. Go to UK and then Cumbria and then the WCOOC courses are in the 'West' section. Although, the course map does show on your phone the consensus is that it is much easier (and authentic) to have a printed map in your hand. These are accessed via the WCOOC website.

Once you have your map and have selected your course—you head to your destination. Your phone needs to be on and 'awake' and your 'location' needs to be on as the phone needs to access GPS to plot your route. When ready click 'go to start' on the App and the map will appear on your phone. Once at the start your phone will automatically register that you have started and when you arrive at the correct control your phone will 'beep'. Once you have completed the course it will automatically upload to the results which can be viewed by clicking on the 'Show Results' section on the App's home page. If the worst comes to the worst and for some reason you can't get the App to work or don't have a phone, you can still use the maps to have a run! For those on FB, I am sure that those with experience of using the App will be happy to answer questions and share their expertise. Good Luck!

3. This weekend saw the Lockdown British champs take place—10 events over the weekend and our very own Joe Sunley finishing 3rd overall and first Brit in the main competition but winning the Grand Final on Catching Features—Well Done Joeagain!!

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

Also on FB—public and members' page.

WILLING TO WIN—a bit more personal history, observations and some training ideas from Mike Pearson.



Training plans—

I told a little porkey last week - the performance analysis chart was really devised for me to discover what the weaknesses were for a couple of youngsters who asked me to help them improve their orienteering results. Some people just have that natural ability whereas others might need to be helped in one way or another and it isn't easy to know how other's brains work.

I knew my weaknesses, let me explain by boring you with a bit of history.

Why did my doctor in 1975 suggest I take up golf instead of running and tell me that if my ankle seizure / pain became insane he would prescribe some pills? Was I meant to put those pills in my shoes? Being a natural critical thinker I sought other remedies, an osteopath previously had rescued my knee cartilage problem and I eventually found a retired physio/remedial massage guy who spent a few sessions "cooking" the ankle and getting his thumbs into the ligaments, tendons etc, and I was back!

Well before then, in the late 1960's I thought I'd better learn how to use a map and compass after a scary incident on Scafell Pike when I ended up on Mickledore instead of Lingmell Col in a hailstorm probably without a compass and not having a clue where I was!).

So I discovered the sport of orienteering (with Ebor) and got hooked, being very fond of maps and feeling I had a natural logical ability to navigate. (I would have liked a job at Ordnance Survey but failed) (Failure by the way is not a crime; especially in a major orienteering event - more in a later article on the mental part)

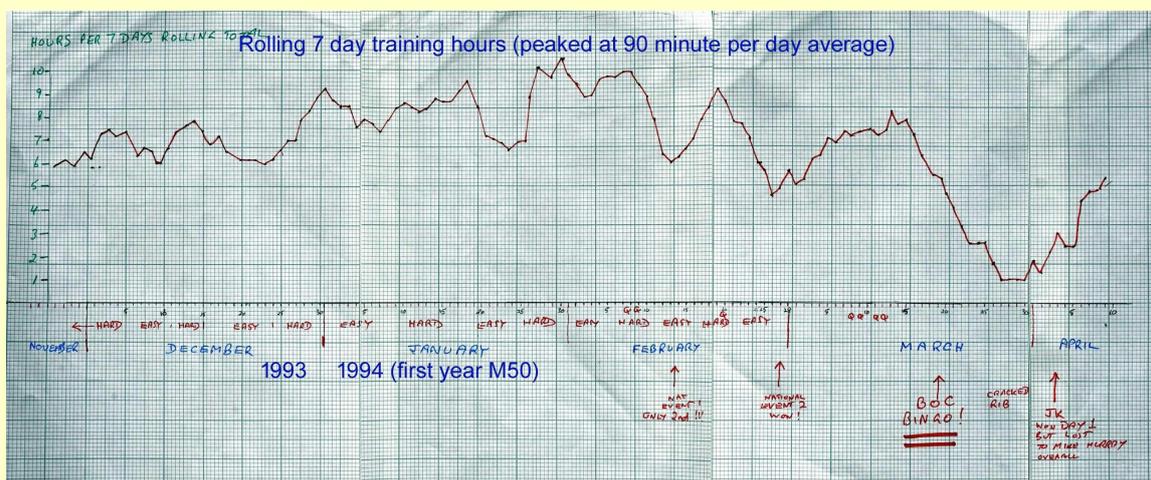
Then after moving to Keswick I needed to get fitter for the sport so joined Keswick AC, I discovered that running on the flat and uphill was fine (even beat Billy Bland once in a cross country race) but was pathetic running on rough, stony ground and downhill (one year I made 8th at the summit in the Skiddaw race but only 15th at the finish). I suffered continuous ankle injuries but carried on. My doctor wasn't any help, I had a bone spur but didn't get any encouragement to have it chopped off. I've still got it and I'm still going!

45 years later I found out why I've had a lifetime of ankle and calf strains - it transpires I don't have runners feet! I have high arches, longer than normal metatarsals and short calf muscle/achilles tendon which all leave me prone to ankle instability. This explains my regular visits to remedial massage. (I found physio not as successful). I feel lucky I've lasted this long and done what I've done.

So back to you - you've worked on your technique and need a good training plan (in a later article I might offer some compass practising ideas but I'm not an expert, no qualifications, just an enthusiastic amateur!). With Carol McNeill's advice I made a plan, stuck more or less to it, never missed a day, built up over time, distance and quality, and rarely got a cold or flu. Incidentally overtraining can weaken the immune system so it is a good idea to boost it by diet, nutrition, etc, more in a later article and by the way, laughter helps the immune system - perhaps some of you can provide some jokes for each week's newsletter?) Again, I'm not an expert but for interest my first and only training plan chart is attached - I think Bilbo (LOC) only needs 9 weeks to peak? A general fitness target, not an obsessed one, would be to train and run very fast for half your target racing time and run comfortably for twice your target racing time, but it is claimed that as an elite to get into a Scandinavian team for the world champs you need to do about 31.5mins for 10,000 metres.

I had hoped the British this year was going to be in the autumn as nowadays I'm much happier training in the warm summertime instead of the winter cold, rain and wind. So, will it be next spring?

Next week - Orienteering, Covid 19, the immune system, and will the virus be back with a vengeance next winter/spring?



SLMM Memories (Simon Hunter)

The first weekend in July (give or take) has been pencilled into my diary for most of the last 10 years with the 4th and 5th of July 2020 also booked out to the Saunders Lakeland Mountain Marathon (SLMM) before Covid came along. I know some reading this will have years more experience than me but I did my first (Karrimor International) mountain marathon (now OMM) in 1995 in the 'Range of the Awful Hand' in the Galloway hills. I think the event returns there every ten years or so and conditions have apparently always lived up to the name. In 1995, it rained, not biblically, but solidly (from memory) for at least the 72 hours up to and including the event. Waterproofs did not really help as we had to wade across belly deep streams within 30 minutes of starting. However, it was the 15 hours in a 1.5-man tent with another damp, smelly bloke, hugging a reed tussock in the bog, that was our camp site, that was the straw that nearly made me end my MM adventures. Strange how you forget things, but I started the following year having stepped up from the A to the longest 'Elite' class (no I'm still not sure why). Nice weather and a flattish camp site at that event in Kielder restored my enthusiasm for the future.

Step forward almost 20 years and having done the new solo 'Pillar' class the year before (alongside a few WCOC 'lads and dads'), number 1 child (Niamh) who was turning the minimum age of 14, asked if she could have a go. I spent most of the next few months, with the memory of my first event clearly in my mind, making sure she really was committed. Bedafell is the shortest class and is aimed at juniors with parents with a 1-minute handicap for every month they are under 18. That first year the event started in Torver and went over the Coniston hills with a camp site in a field at High Tillberthwaite. Apart from a damp misty start it was a nice weekend and the advantages of the SLMM (summer setting and overnight drinks) were enjoyed by several WCOC teams on a fine evening. We had a great time (or it could be that memory thing again) because Niamh asked to do the following year as well. While the weather was not as nice over the weekend, which started in Pooley Bridge with camping in Deepdale near Brothers Water, we ran well and were the first mixed team to finish the Bedafell class. I'm relatively sure year 3 wouldn't have happened if being first mixed team hadn't had a free entry as a prize. We decided to step up two classes and ran the Harter Fell class.

For those who haven't done an MM they're all similar but with little differences, although there are now less MMs being run. The classic event is either a linear or score course in pairs carrying everything needed for 2 days and a night's camping. One-day events are also run such as the Kong MM series of 4-hour events and the local 'Long O' Copeland and Allerdale chases, 'Beer' or 'Choc Trails' and SROC 'Blodsleter' are good introductions and great events in their own right.

The SLMM is always in the Lakes (or very close e.g. Howgills) in mid-summer. For your money you get a map of the area plus control descriptions (as shown), with the day 2 descriptions only given at 06:30 on the second morning. It's only in recent years that the controls have been marked on the map.

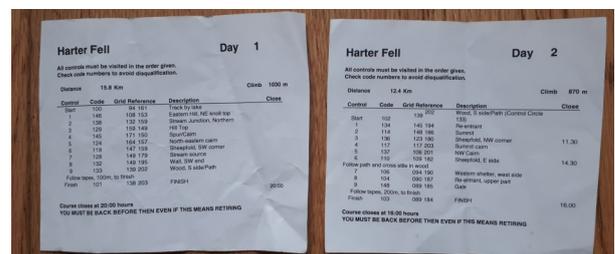
Our 3rd year was on home ground, planned by a certain Alan Irving, who I'd come 3rd with in the longest, now discontinued Scafell class some years before. The assembly was at the Leaps and the start on the shores of Ennerdale lake in glorious sunshine. Encouragement to take part included carefully packed steak pies from the butchers in Cockermouth (not quite the dehydrated food normally carried). Home turf meant that knowing where we were going wasn't an issue. (I'd had a helicopter ride from White Pike, our third control, some years before, down to Gillerthwaite. It didn't take off again after landing as the pilot had 'heard a noise he had not heard before' and given the Sea King helicopters were well beyond their original design life no one argued.) There was some rocky hard running done on that first day, but we paced ourselves well and finished strong along the side of Crummock well before the rain came, sitting in a good second place. The camp site being a tantalising distance from the Kirkstile Inn.

I was talking to Mr Irving and Roger Smith the organiser later in the evening, discussing the course, which is obligatory as you'll know, when Roger got a phone call about an injured competitor. Roger said don't worry, looking at Alan, I'm stood next to an ex-mountain team rescue member, where upon Alan looked at me and said, 'I'm stood next to a current one'. I therefore got the opportunity for an extra run back to Ling Crag to help the casualty until the rescue Team arrived. I was not ahead of the rain this time and had to decline the offer of the pub, which was a wise move as Niamh still hasn't quite forgiven me for leaving her alone. The pie was very good which did help to compensate.



The following day we were second in the chasing start (everyone within 45 minutes of the leader sets off in time order chasing those ahead) and we headed straight up Melbreak. We met Matt and Phil Vokes imitating headless chickens on the top of the south summit looking everywhere for their and our control that it turned out had been moved (it was found in a wheelie bin in Lorton!?!). The third pair on our course caught us while we were also double checking but we didn't lose as much time as the Vokes brothers and good route choice meant we regained our second place over the rest of the run round the Loweswater fells. We were still looking over our shoulders going through the cruel finishing controls over the top of Knock Murton (thanks Alan - it may have looked good to see people running down but it's not a nice climb at the best of times), but we shouldn't have worried as we had just about the fastest time of the day on our course. It was a great couple of days, thanks to Alan and the SLMM team but mainly my partner. She did dump me after SLMM number 3 but that was only because EYOC got in the way, honest. Yes, my next partner also dumped me after the next year following a mid-event 'rescue' but that's another story.

Have a go next year as it is supposed to be local again somewhere in the north west lakes. It will be fun even if it rains!



Allerdale Bike Challenge—Lockdown Challenge. (Courtesy of Angela and Tony Brand-Barker)

Fancy a new challenge your bike? WCOG a go at the third and an anytime challenge lovely weather and no cut off times or enter a prize draw for need to email an-
allenge@gmail.com by from the map that the wentwater. For full map please visit the www.facebook.com/189033208107219/

| Allerdale Bike 'Lockdown' Challenge 2020 | |
|--|---|
| A gentle ride of about 20km to suit all of the family. Helmets should be worn. | |
| Start and Finish Kat's Kitchen or Keswick Bikes. No Time limit. | |
| Visit all of the checkpoints and answer the questions. All answers are numbers. | |
| A pen or pencil is needed. Maybe even a calculator! You could photograph controls and work it out over a coffee at Kat's! | |
| When you have got all of the answers add all the numbers together and email the grand total to: allerdalebikechallenge@gmail.com Do NOT post your answers on Facebook! All correct answers will put in a prize draw. Closing date: 15th July | |
| 1 | Decorative seat outside theatre. How many wooden seats are there? |
| 2 | Memorial stone for RDM but what is the missing number? 1734 |
| 3 | How many minutes will the Centenary Stone Walk take? |
| 4 | How many miles will I have to travel to catch my supper? |
| 5 | How many stars? |
| 6 | How many miles is it to Nonlister? |
| 7 | How many miles is it from Keswick to Rosthwaite? |
| 8 | When was the Caravan and Motorhome Club established? |
| 9 | How many letters are on any one of the green passing place signs? |
| 10 | What is the sum of all of the distances on this sign? |
| 11 | If you head West from here how far is the furthest named destination? |
| 12 | What century was this pub built in? |
| 13 | What is the weight limit ahead? |
| 14 | What cycle route number are you on? |
| 15 | If A=1, B=2, C=3 etc what is the value of the object you can hire here? |
| 16 | How many vertical rods support this bridge? |
| Total score = sum of all the answers | |



what about orienteering on members are invited to have final Lockdown challenge. It's so you can choose a day with enjoy the views as there are penalty points. If you want to some goodies, then you will swer to: allerdalebikechal-15th July 2020. You can see course is a circuit of Der-information and to access the ABC Facebook page—<https://Allerdale-Bike-Challenge->

JROS Calendar: Sept 2020 – 2021

16-month Calendar to thrill and motivate through the end of 2020 and all of 2021.
 A4 – opens to A3 – spiral bound
 Large boxes for each day to write in. Major events noted in 2021

Printed by www.BMLprint.co.uk
 Delivery to any postal address you supply;
UK - £8 (Europe £13, World £14)

All profits to JROS (www.jros.org.uk)

The Junior Regional Orienteering Squads oversee 4 Summer Junior Tours, Hawkshead Autumn Training Weekend

and JIRCs Junior Inter-Regional O Competition.

Pay with payment cards via PayPal at the CompassSport Website:

<http://compasssport.co.uk/index.php/compasssport-shop-mainmenu-38>

OR

To save the PayPal fees (53p for £8) BACS to:-
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 And e-mail delivery address(es) to NickBarrable@Hotmail.com

Deadline for ordering:
 Monday 10th August 1200hrs.



Sold in aid of JROS and supported by



Catching Features—WCOG—style

Thanks to Joe Goodwin for developing the WCOG Catching Features runner—for information on accessing him ask Joe!



And Finally

1. Answers to Lesley's photo quiz to be with her by the end of next weekend (midnight Sunday).
2. Anyone who is using Maprun and can give any pointers as to the best way to utilise your phone—please get in touch.
3. Articles/news etc are very welcome—email to hunters7@sky.com.
4. Remember - Education is Important but Orienteering is Importanter!

