



1. Maprun update—hopefully a fair number of you are enjoying the Maprun courses that are available. I have had a couple more reports from people that have noticed a few glitches or delays in the registering of controls and there seems to be an issue with some devices where two different controls are in the same place and the device won't register the 2nd visit or if you accidentally pass close to a control on your way to one. In this case the control was accidentally punched and then didn't 'beep' in the same location when the participant returned to collect it in order. However, as long as you go out aware that there may be a few issues the opportunity to orienteer in terrain is great and thanks go to all the planners. This sharing of tips/issues is helpful as it is a steep learning curve for everyone.
2. There is a junior-only lockdown event (well adults can enter but won't be included in the results); next weekend. Cheap entries £5 per person end tomorrow. This time there is even a Minecraft challenge! For information and entries visit lockdownorienteering.com.
3. Our very own Joe Sunley has been selected to 'run' for England in the lockdown virtual home international. The competition sees teams from England, Scotland, Wales and Northern-Ireland take on the multi-stage lockdown event. Joe will surely have been top of the England selector's list having won previous events. Good luck Joe!
4. NWJS—the North-West Junior Squad held their training weekend with some actual face-to-face, socially distanced coaching. WCOOC members were able to tackle courses in Whinlatter (thanks to Lynne and Christine (BL)). Feedback from participants confirmed that they had found the coaching hugely enjoyable and it was nice to get back to a bit of 'normality'.
5. The Club's July Committee Meeting is taking place this **Wednesday (8th July) at 7 pm**. All Club members are welcome to participate. If you need log-in details please contact Steve Breeze.
6. Apologies to LOC for omitting to wish them 'happy birthday' last week. Another local Club has reached it's 50-year milestone. Well done and here's to many more happy years of orienteering!



Quiz Corner

Deadline for submission of answers for Lesley's orienteering areas quiz is extended by 1 week. The answers will appear in next week's newsletter.

There's a real brainteaser later in the newsletter from Michael Billingham—can you name the country?

### SOA Puzzle 83

#### Orienteering Anagrams

Re-arrange the letters to reveal orienteering jargon.

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|---|--|
| <ol style="list-style-type: none"> <li>1. I GOT IN A VAN</li> <li>2. EMBRACING SOAPS</li> <li>3. BARON RESENTFUL</li> <li>4. ROT ONCE COLD</li> <li>5. FILTH INFLICTED YUCCA</li> <li>6. ROB GAME</li> <li>7. DOODLE OCCUR</li> <li>8. PHONIC MISHAPS</li> <li>9. REAR TIN</li> </ol> | <ol style="list-style-type: none"> <li>10. PET READOUT</li> <li>11. CORNER TOLL</li> <li>12. COURTLY NOON</li> <li>13. SMART ASST</li> <li>14. DISMANTLED DICE</li> <li>15. ACORN LEG</li> <li>16. GAS SCALE</li> <li>17. SILENT TROPIC CORDON</li> <li>18. PRAM TEAMS</li> <li>19. TRIM ACORN COPSE</li> <li>20. WOODLAND (can also be rearranged to give another orienteering term)</li> </ol> |
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Also on FB—public and members' page.

## WILLING TO WIN more words of wisdom from Mike Pearson.

(What a perfect time for us all to try the compass training!)

So you've upped the training, feeling really fit, strong, confident and ready to go for it. Watch out Brendan Foster, Seb Coe and Steve Cram on the track (this was back in the 70's - they were doing 100 miles a week training, as was my old college friend who held the Warwickshire 10k track record for a few years) I'm gunning for you!

But in those days there was no internet, no social media and no diversions from sleep, run, breakfast, work, run, eat, drink, sleep. Not easy to do today which is why athletics became professional. So bin the gaming console, avoid the mainstream media and government propaganda (reporters are just offering opinion, nothing of interest there, they are just telling me what they think I should know), get out of the habit of binge shopping (you can never get enough of the things you don't need!) and get out into the competition, nature, the fantastic beauty of forests, fells, lakes, streams, ponds, wildlife (one downside of willing to win is being unable to just stop and admire that wonderful view, the carpet of bluebells, the amazing sunlight glinting through the springtime branches, or the huge variety of autumn colours. So many times have I desired to go back there before going home but must focus.



Hang on a minute, if you are now 4 minutes faster on an orienteering course than before, but you make a 5 minute error, you're still a loser! I loved the report many years ago about the Olympic steeplechase champion (without a map) attempting to keep up with a Swedish elite orienteer on a course, and failed to keep up - not used to terrain running? One of my main rivals has always been Gareth Bryan Jones who ran for Scotland in an Olympic steeplechase event - I had to work hard to beat him in the Scottish Champs and 6 days. Bring it on!

It is a fabulous feeling to get round a course as fast as possible under complete control with great focus and concentration, with the feeling that you have spiked every control as clean as possible and chosen every best route choice. Fantastic, love orienteering- best sport in the world! Not bothered about other competitors' results, I've beaten the planner, it is only after downloading that you go and see if you have won, (or just beaten your friend, or gained silver time instead of bronze), great bonus if you have!

So you are fit and know the basics of map and compass work but need to speed up the application? Taking an age linking map to compass and direction? A couple of ideas for you.

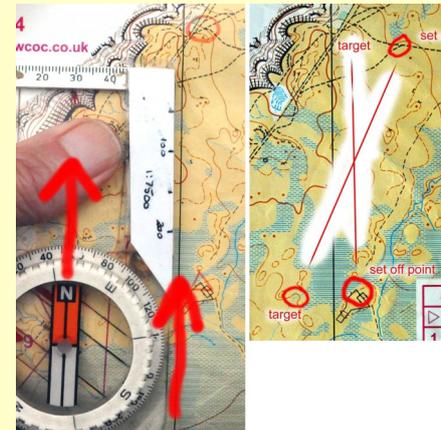
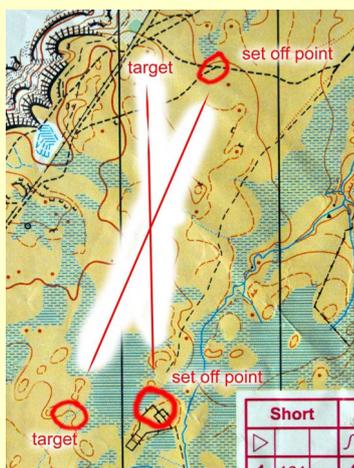
Get down to a local football or cricket pitch with a map and compass. Drop the map upside down on the ground, do interval training, sprint a lap round the pitch, pick up the map, find the start triangle, use the compass to set the map, rotate yourself to face the direction you need to go, throw away the map, race round again, pick up the map and repeat from control 1 to 2 etc (or have a selection of maps to pick at random). Time yourself, get faster, use a partner to ensure your direction for each leg is correct and calculate a total time of stoppage.

2nd idea - On a lot of our maps it should be easy to get round a course without a compass which is a good way of improving concentration, but if the competition area is particularly complex with few line features and poor visibility, especially in a forest, the compass becomes important and it's good to develop the skill of knowing when to check it and how often, hopefully without slowing down. Learn to ignore map and terrain features that have no relevance on your journey - although if you mess up it might be useful to recall what you have passed. (Thierry said he doesn't always know where he is but he knows where he is going!) So it is simple - correct direction and distance to a target feature, say an attack point, or if it is a control, be more careful.

Before a major foggy event I would try to hone the compass practice, for example I'd go up to the fellside behind Walla Crag (pic) with a map and compass, pretend it was very foggy and not look far ahead or sideways. I would run a long distance from a known point to a target feature pace counting, just looking on the ground for the next few metres, double step pace counting and every little while, say 20-30 double paces, glance at the needle on the compass to ensure it is parallel with the map north lines. (I use a baseplate compass but never rotate the housing - waste of time, so a thumb compass would be the same). Don't forget to keep the map and compass horizontal to ensure the needle is free to wobble! When I get to where I think the target feature is I could see how accurate I was. Have I drifted? Is the pace counting scale good? Was I deflected by an obstruction but failed to compensate? Make repetition the master of your skill, avoid, banish or change bad practice! There is a difference between education and learning! (Does the education secretary know that!). Many good orienteers don't need to do any of that, but I like to do it and blame not honing the technique before the Swedish O-Ring last year for my utter failure (but good learning, came back and smashed the Scottish 6 (only needed 4) days! I hate not knowing where I am or where I am going. The worst thing of all is to do a 180!!!

An interesting discussion in the pub after a hard session was, how many miles do we have in our bodies before it packs up! Does ultra running/training make one retire early and lead to ill health and a short life? When young we are invincible so couldn't care less but there is a risk in overdoing it. In the old days there was a very strange time when a few elite orienteers in Scandinavia, and Britain (Mike Wells-Cole?), suddenly died in their sleep. I think it was when they continued training hard through a cold or flu, and their heart got consumed by some sort of gunk/ inflammation. So in this strange time I would advise not to train with a dodgy health problem like a virus. Just say to yourself if I have a week off, no problem, when I start again it will only take a couple of weeks to get back to my original fitness (I found that 2 weeks off took double the time - 4 weeks - to get back to "peak").

So the immune system is very important, overtraining lowers it. Long term you are what you eat, or as I prefer to say, you are what you have eaten the last 24 hours, the last 7 days, the last 12 months, the body is a miracle, (like a leaf!) and keeps renewing bits and pieces so a quality diet helps to maintain things and junk food will eventually give you a slap. More to come in next week's thrilling episode!



## Janet and Nick Evans – our Orienteering Journey



We have joined WCOC in the twilight of our orienteering careers so some of you might be interested in our journey to this point.

Janet grew up in Liverpool and Nick in North Warwickshire. We were both keen on many sports from a young age, although neither of us came across orienteering. We met in 1981 at Nottingham University where Janet studied Biology and Nick Mining Engineering. Although we were aware of the university orienteering club we didn't join, possibly because we thought they were an odd bunch.

After brief periods away from Nottingham we both moved back there and married in 1985. At this time Janet was playing Hockey and Squash and Nick was mainly (road, XC and fell) running, having given up rugby due to too many injuries. It was Janet who decided we should give orienteering a try, possibly the result of a conversation with Barry Elkington (OD), who also worked for IBM. Our first event was at Walesby Forest in October 1987. This was a Nottingham OC event and Walesby would be classed as a very 'easy' area, even by East Midlands standards. Janet got round an orange course and Nick a red,

although probably well down the results. Things snowballed from there and we joined NOC, which was a thriving club with a strong nucleus of younger members. We soon became part of the NOC results processing team, which would gather on a Sunday evening to check pin-punch control cards and produce paper results for the day's event. That led to organising events and Janet even took on the role of club chairman; yes, no chairpeople in those days.

In those halcyon days pre-children, we attended every event we possibly could all over the country. Our first BOC was at Holme Fell in 1988, where Nick was out for a long time on M21B, and our first JK was in 1989 at Longleat and Stourhead. We also entered the first Rock & Run MM in 1988, with different partners, and completed the Saunders MM together that year. Since then Nick has completed in many KIMM, OMM and LAMMs, with best results of 2<sup>nd</sup> in a SLMM Bowfell class and 6<sup>th</sup> in a KIMM A class.

Daughters Laura and Jenny arrived in 1990 and 1993, respectively, and we became very much an orienteering family. When we look back on the efforts involved in getting to events with young children, split starts, camping, etc we are amazed we and they put up with it. Our most vivid memories are of wet days at events and wet nights in tents. A couple that stand out are the Lakes 5 Day in 1994, which was a very wet week. We were camped near Bouth and Jenny was toddling but falling over so often we ran out of dry clothes. Another was the night before a Swindale event when we were camped near Pooley Bridge with Jenny still in a travel cot. It was a wild night and Nick spent much of it holding the tent down. Incredibly, our plan was for Janet to take the two girls to the event and for Nick to go off to run the Mountain Trial. Needless to say, we binned that plan, but to even consider it makes us wince now!

The girls grew up assuming that everyone went orienteering every weekend but once they realised this wasn't the case, they were already hooked. They made many orienteering friends themselves and soon they were dictating what events we went to, often based on which were Interland and other selection races. The East Midlands Junior Squad was also a very active group and our girls looked forward to the many weekends away organised by Hilary Palmer, Pauline Olivant and Val Johnson. Janet subsequently became very involved with the squad. Nick kept well away because he didn't have the patience to cope with a minibus full of youngsters.

Both our girls still orienteer very occasionally but they are now very active runners, cyclists and triathletes.

We've tried to think of our most memorable and favourite events but both our powers of recall are fading fast! Janet has always had a soft spot for Creag Mhic Chailein near Oban and Nick has fond memories of Penhale Sands, mainly because it was where he finished 7<sup>th</sup> in M40 at a BOC. The common theme is that Janet prefers more technical areas that are still runnable but Nick much prefers open fells. We attended every Scottish 6-Day from 1989 until 2007 but then discovered the joys of overseas multi-day events, where the weather was much better and you didn't have to thrash through head-high bracken and rough Scottish forests! Our first venture abroad was the French 5-Day in 2007 and we then ran the supporter races at JWOC 2009 in Primiero and WOC 2010 in Trondheim. We really like the Italian Dolomites and have been back to multi-day events in Italy and France. However, our favourite country for orienteering is probably Slovenia and we have been to the OO Cup twice and also the Slovenia Easter events. It's such a friendly and beautiful country with some great terrain. In fact, some of the wooded limestone areas are the most difficult we have ever encountered. We initially scoffed at the short course lengths but soon realised why. At one of our first events in Slovenia it was a wet day and, as we parked, the Scandinavian commentator was interviewing the Swedish lady who had just finished on Janet's W50 course. He introduced her as a former world champion and asked her what she thought of the area. She described it as possibly the most difficult she had ever run on so it's no surprise we were both out for some time.

We're not sure when we first discovered urban orienteering but it was fairly early and we loved it. It still required lots of quick thinking but it also allowed us to run. We visited many UK towns and cities, some for the first time, as we clocked up many urban races in the likes of Oxford, Cambridge, York, Ripon, Carlisle and Nottingham. This then expanded to weekends in Barcelona, Florence and Seville for races there. However, our highlight has to be the Venice City Race, which we have been to twice, thankfully avoiding the years of the floods. It's a great venue for a weekend away and an incredible setting for a city race.

So why are we now members of WCOC? In 2006 we were able to buy a house in Berrier, near Greystoke. Since then we have spent as much time here as possible and, when we retired in 2018, we sold up in Southwell, near Nottingham, and moved up to our house here. We've therefore been coming to WCOC, LOC and BL events regularly for the past 13 years so many of the people and places are very familiar to us. It's good for us now to give something back which is why we try to help as often as possible.



Thanks to Mike Billingham for this tricky quiz—can you identify the country from these map extracts?

(Answers in a couple of weeks!)



**WHICH COUNTRIES ARE THESE MAPS FROM?**

