

Exciting News—You have probably already seen the announcement from British Orienteering but in case you haven't orienteering is allowed to re-start from 1st August 2020 which I'm sure everyone will be very happy about.

Further guidance is expected very soon so we will have to wait a little longer to find out exactly what events can run and what special measures will need to be implemented



1. The Crawford family have been busy again and have set up a new Maprun in Cockermouth (Cocker Banks). The start and finish are in Harris Park and there are long, short and novice courses. Maps are available to print on the WCOOC website. (Thanks for your efforts Crawford family).

2. For those of you who are having trouble using Maprun there is a FB page 'Maprun' and a forum page whereby you can pose questions to the Maprun community at large. This can be accessed at: <http://maprunners.weebly.com/forum.html> If you do discover any gems of information please share!

Quiz Corner—The wait is over! Here are the first set of answers to Lesley's photo quiz. The final ones will appear next week! (You have another week to ponder Mike's world area quiz—answers next week!).

Orienteering Areas Week 1 13 April

Photo 1. A distance shot of Area 1. **Answer. High Rigg**

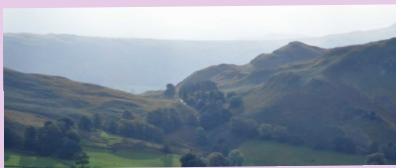
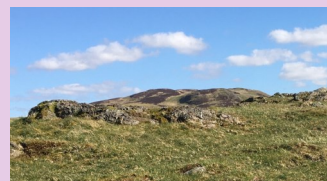


Photo 2. A distance shot of Area 2. **Answer Binsey**



Orienteering Areas. Week 2. 20 April.

Photo 1. A distance shot of Area 1. **Answer Setmurthy**

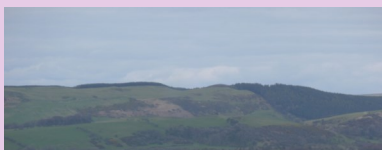


Photo 2. On the ground in Area 2. **Answer Dalegarth**

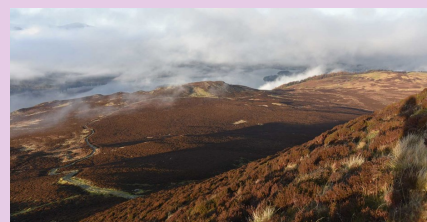


Orienteering Areas. Week 3. 27 April.

Photo 1. On the ground in Area 1. **Answer Whinlatter**



Photo 2. In Area 2. **Answer Bleaberry Fell**



Orienteering Areas. Week 4. 4 May.

Photo 1 On the ground in Area 1. **Answer Holme Wood**

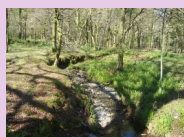
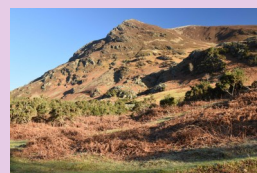


Photo 2. On the ground in Area 2. **Answer Rannerdale**

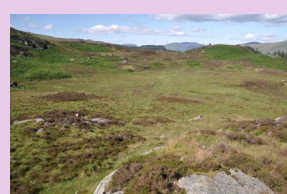


Orienteering Areas. Week 5. 11 May.

Photo 1 A distance shot of Area 1. **Answer Caer Mote**



Photo 2. On the ground in Area 2. **Answer Harrop Tarn**



Orienteering Areas. Week 6. 18 May.

Photo 1 A distance shot of Area 1. **Answer Crag Hill, Eaglesfield**

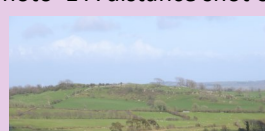
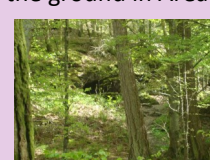


Photo 2. On the ground in Area 2. **Answer Scale Hill**

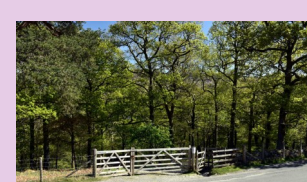


Orienteering Areas. Week 7. 25 May.

Photo 1 A mid distance shot of Area 1. **Answer Mosser Fell**



Photo 2. Looking into Area 2 from where we park. **Answer Brandlehow/Hawse End**



Orienteering Areas. Week 8 1 June.

Photo 1 Looking into Area 1. **Answer Mosser – Lorton side**

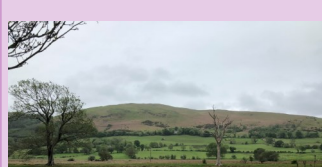
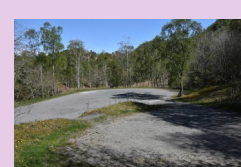


Photo 2. Looking into Area 2 from where we park. **Answer Bowderstone/Jaws**



Orienteering Areas. Week 9 8 June.

Photo 1 Looking into Area 1. **Answer Mosser – Lorton side**

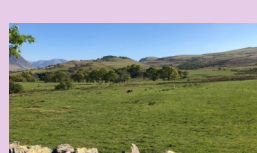
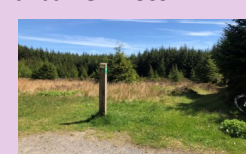


Photo 2. Looking into Area 2 from where we park. **Answer Whinlatter, Tarbarrel Moss**



Orienteering Areas. Week 10 15 June.

Photo 1 Looking into Area 1. **Answer Leaps**



Photo 2. Looking into Area 2. **Answer Fangs Brow**



The race of my LIFE! part 1 - preparation

So I'm here again, ready to compete in the next British Champs, I was lucky to win last year, so I'll see if I can win again without needing the luck. I've worked hard on the training, in the last few local events I've been focussing on technique - particularly the compass straight lining and sharp direction change because this year it is my favourite terrain, sand dunes with probably very few line features, so contours and compass important.



Before setting off for the start, I need to sort my head out, one idea is to imagine myself in a box, say a telephone box or space suit, nothing outside will distract me. I might wear headphones with non music, just a soundscape (I used to have a bad habit during a race of the humming the latest song or musical melody going round and round in the brain). I might sit quietly, or lay down, closing my eyes and try to meditate (not easy for me to with a high metabolism) relax all the muscles, from toes and fingers to head, empty the brain, then think, I have a wall of security around me, I'll keep things simple, no negative thoughts, I feel good, I feel free, I'm motivated, I've been looking forward to this, I'm not afraid to make a mistake, I'll be quick to rectify and dismiss any slip-up by immediately forgetting it, concentrate, my mind is clear, I will focus and dare to be on the offensive, I dare to be bold, I will detect any loss of concentration by using a trigger word to get me back on track, for example MAP, MAP, MAP. My favourite 3 words to repeat to myself are AWARENESS, UNDERSTANDING and CONTROL. So yesterday's gone, tomorrow is unknowable, all I have is now.

It's time to go, but please allow me another digression, for I have often wondered why (another great word) I seem to have an inbuilt talent for navigating, as do the regular names who always seem to crop up at or near the top.

Is it nature or nurture?, is it IQ?, is it good teaching? (who teaches the teacher?) is it genetics? could my grandmother have had certain genes to father then me? (spoiler alert - Grandma Annie Pearson Votes for women! was one of the original suffragettes and got locked up in jail for obstructing the police! - who polices the police? who judges the judges? different laws for the plebs and the ruling elite? So father seemed to be a good thinker he had a series of books called "Thinker's Library", authors such as Bertrand Russell, Ernst Haeckel, HG Wells, Nietzsche, Huxley Gibbon, and Lin Yu Tang. I've delved into some of them during lock-down and I think I understand why I appear to be as nutty as a fruit cake (I prefer mad professor!). According to Lin I appear to be a Taoist not a Confucious, associated with the recluse, the retirement to the mountains, the worship of rural life, the cultivation of the spirit, the prolongation of man's life and the banishment of all worldly cares and worrying (but I do care and worry). I'm labelled with an old and roguish wisdom of self protection, the wisdom of stupidity, the strength of weakness, the advantage of lying low and the importance of camouflage, and never be the first of the world simply because you are exposed to attack and will eventually fall (perhaps this is happening to the current exceptional empire?) Exceptionally bad? So perhaps this explains my reputation of cycling to as many events as possible and returning home quickly without socialising - but in reality I can't hang about cos I really do suffer from the cold badly and am AWARE that "It's not dark yet but it's getting there"! - a great song by Bob Dylan who should be president! Thank you club for recognising me as the most eco friendly member!



Lastly, before jogging off the the the start, another diversion connected with being concerned about the planet - 2 books which made a big impression on me when I was young were "Silent Spring" by Rachel Carson and "Small is Beautiful" by Schumacher - things are getting worse, it is estimated that

in some areas 75% of insects have disappeared (rarely get any bug splats on the windscreen nowadays) and 90% of large fish in the ocean? too many species vanishing, onwards to the 6th mass extinction?

Now for the race, I've just been called up to the minus 4 mins box - I'm being born again! but a slight delay until next week.

Results for Class M60L

Length 6.8km, 220m climb, 18 controls (course 19)

1	Michael Pearson	WCOC	56:53	8.4 m/km
2	Gareth Bryan-Jones	EVO	64:04	9.4
3	Brian Shaw	SYO	65:23	9.6
4	Richard Collins	SROC	66:01	9.7
5	Jack Hutchison	SOC	66:50	9.8
6	Austin Farr	POTOC	70:05	10.3
	--- Championship time ---		71:06	
7	Michael Wood	EPOC	71:48	10.6