

News

Well, nothing new to report. Hopefully everyone is staying well and you are finding lots of local activities to keep up your fitness levels.

Something a little different which you may want to try, as recommended by Natalie Burns— Post Box—O. (Well that's what I'm calling it!). You can follow the link below, to the website, put in your postcode and then the site will show you your nearest post boxes which you can then go out to find and even take photos if you like. Look at the ones Natalie has visited this week. Link: postboxes.dracos.co.uk

14.5 miles this week to walk around these postboxes in Whitehaven.



Someone else who has been busy with a lockdown project is Mike Pearson who has created a YouTube video called Lock-down Lakeland using mostly time-lapse photography. It is well worth a watch, showing some beautiful Lakeland scenery through the year and is backed by a lovely piece of music played by Mike's brother, in Spain. Enjoy!

The link is—<https://www.youtube.com/watch?v=lv6FW9zrlA4>

Information for Course Planners

For anyone who plans courses (or might do so in the future); please see the important information attached regarding Course Planning Symbol Size.

Simon has shared some information from the Coaching Conference that took place recently. A few things to think about and that you can put into practice once orienteering events resume!

Total Orienteering

A holistic overview

By Paul Murgatroyd & Mark Nixon, January 11th 2021
British Orienteering Coaching Conference



Orienteering Conference Keynote Webinar

The Webinar not only covered how Paul and Mark coach the Talent Squad at a Strategic and Tactical level but also posed some interesting questions and areas to think about for all orienteers IF you want to get better.

Below are some of the elements touched on in the tactical session covering 'Systematic Orienteering' and aligning with how elite juniors are coached, as a taster. The Webinar is available to view on the BO website (see the link below):

<https://www.britishorienteering.org.uk/coachingconference2021>

Start with a solid plan

- 1. PLAN
- 2. DIRECTION
- 3. PICTURE
- 4. DISTANCE

Selecting the best route-choice for us

- Read the map
 - Areas/lines of runability
 - Areas/lines of resistance
 - Technically challenging areas
 - Technically safe areas

Executing our route without extra distance

- A route-choice ≠ a plan
 - What is a plan?
 - Where you're going to?
 - What you're going to see?
 - How you're going to get there?
 - What is a good plan?
 - Covers the whole leg
 - Detailed at crucial moments
 - Simple at safe moments

Using mistakes to provide positive feedback

- Analysing mistakes is not negative feedback
- Separate time-loss from the technical mistake / correction
- After analysis you should have an actionable outcome
- Use positive language to describe corrections
 - Say "I will do this"
 - Avoid "I will not do that"
- Link it back to a model of "good orienteering"
 - How would you re-run this leg?
 - What would you do in similar legs in future?

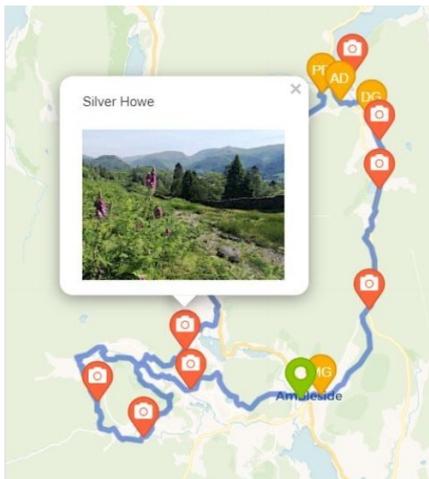
Selecting the best route-choice for us

- Read the map
 - Areas/lines of runability
 - Areas/lines of resistance
 - Technically challenging areas
 - Technically safe areas
- Identify viable route options
- Calculate estimated time
- Calculate estimated risk

Building a plan using fundamental skills

For anyone needing a bit of motivation to get out locally running or walking, take a look at the Lakeland Trails Virtual events—150km or 250km over 6 weeks. Log your progress, see the viewpoints on the classic trails and earn your event T-Shirt or forgo the T-Shirt and contribute to planting trees.

Visit the website or FB page for information. NB discount entries have already gone!



Lakeland Trails
14h · 🌐

First 50 entrants save 20% using the code on the entry page! Entry for Virtual Lakeland Trails is now OPEN. 250k or 150k, 6 weeks to complete, track your progress along all 9 Lakeland Trails routes, brand new t-shirt and access an exclusive Facebook group for entrants.
www.lakelandtrails.org

LAKELAND TRAILS VIRTUAL 250K

LAKELAND TRAILS

www.lakelandtrails.org