



NEWS

Well nothing new to report but there is some light at the end of the tunnel with the vaccine roll out ahead of schedule and the publication of a likely 'road map' out of lockdown which may loosen the restrictions around outdoor exercise and allow a return to some grass roots sports so fingers crossed this may allow some orienteering activity in the not too distant future. Watch this space!



In the meantime one Club member is currently taking part in the Catching Features WOC21, which is using areas from the Czech Republic. Mike Billingham is competing against over 250 individuals from around the World in a Long, Middle, Sprint and Relay. It will be interesting to see whether such virtual events continue in the future once the usual real events resume.

For those who use Catching Features Mike has developed some new local courses –more on that next week!



Correction—Thought it was better to avoid being embroiled in an international incident! Last week, I mistakenly reported that the IOF had agreed to increase the finishing time of the women's long event. This is not the case. However, following on from a survey of the women's international elite community, the IOF Foot-O Athletes' Commission, has recommended the change.

This week's podcast focusses on injuries in orienteering and hopefully on how to avoid them.

Something that is often overlooked is the importance of strength and conditioning to performance and injury prevention. The NWJS now holds a weekly session via Zoom to help juniors improve their core strength and there are many online routines available for those who are interested.

For those of you who may be newer to the sport, this website Better Orienteering—<https://betterorienteering.org>, has tips for improving your orienteering.



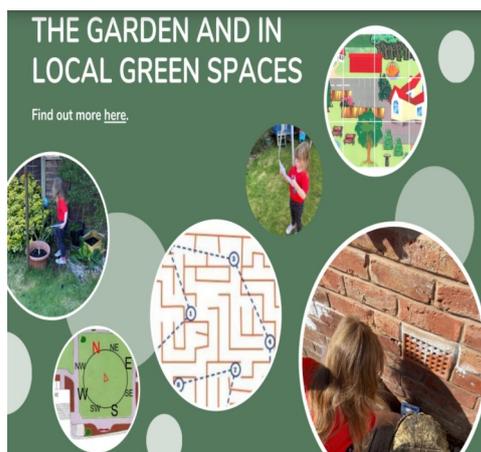
The Run In

14 February at 16:04 · 🌐

Slightly different take on our latest podcast, we dive into all things Orienteering injuries with Frida Forshallen. From shin splits to stress fractures, take a listen!

#sportsinjuries #physio #orienteering

And finally.....just some stuff from BOF that might be of interest.



British Orienteering

19 February at 16:30 · 🌐

Orienteering is a great way to stay active locally in the area where you live and within the government COVID-19 restrictions.

British Orienteering want you to have fun, and continue to find ways to staying active. Check out these free orienteering activities and fun challenges to do at home, in the garden or in local green spaces.

Find out more here: <https://bit.ly/3pulqoQ>

#UnitingTheMovement #ThisGirlCan #ChildrensMentalHealthWeek #ThisGirlCan #ThisGirlCanUK Activities For Kids Change4Life Your School Games Youth Sport Trust

Refunds for Events— If you are in credit to 'Race Signup' for events that you entered and were then cancelled and you require a refund please contact Deborah Goodwin, the Club's treasurer by email.