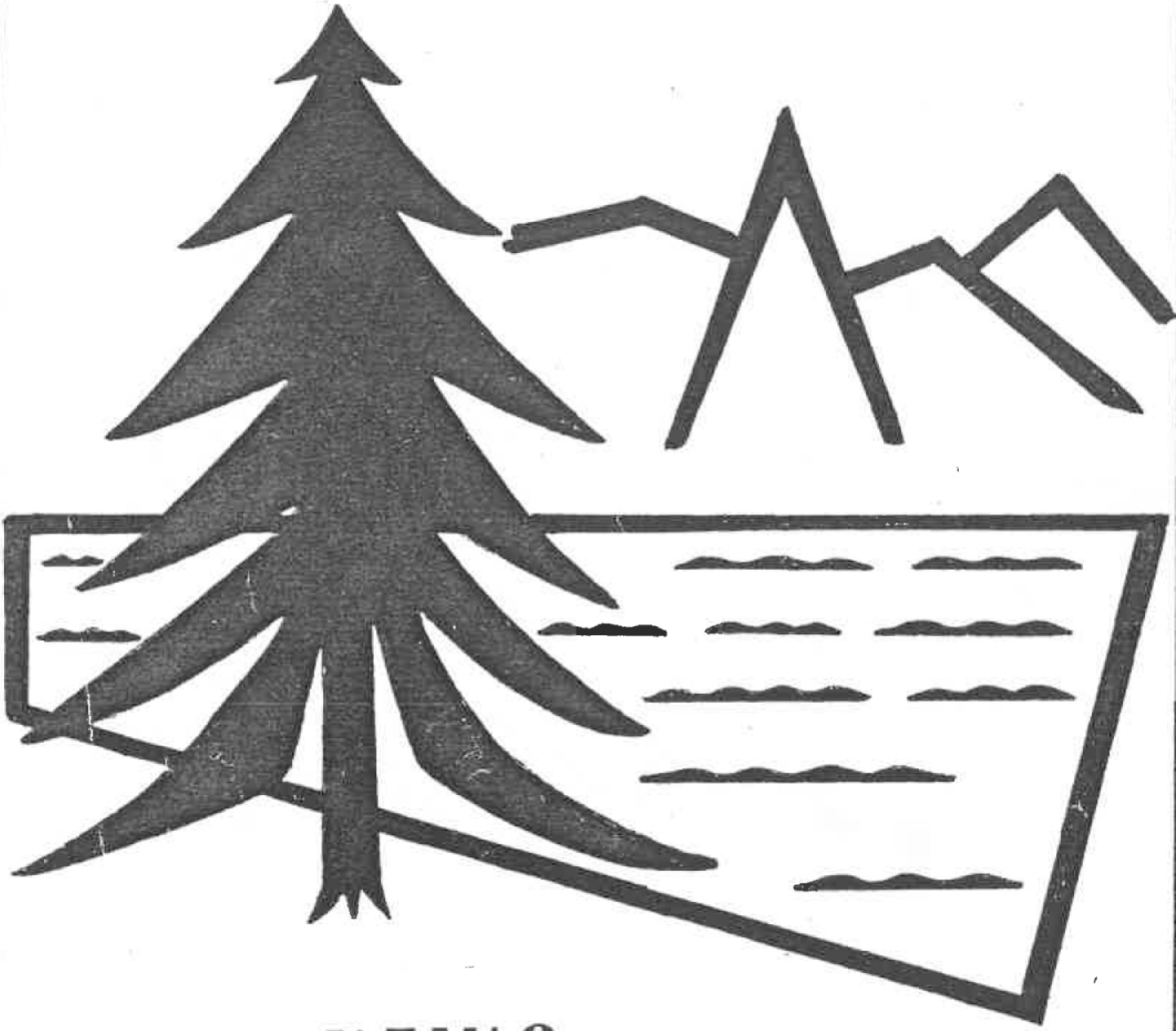
LOC



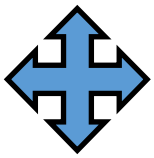
NEWS

June 2022

Lakeland Orienteering
LAKELAND OC
1970 - 2020

Snippets…

- **Yet another reminder… 16th October** is the date you all need to put in your diaries. That is CompassSport Cup Final day, with the event being held in Devilla (between Stirling and Dunfermline). More information later in the year…. With a little luck we may even organise a coach to take us all there ☺
- **The Club Birthday meal is on July 1st**… should be a great evening with a meal followed by a ceilidh. See advert elsewhere and make sure you get your order in to Judy Burge ASAP...
- Summer Evening Events are now on… Every Wednesday except for when Warrior hold their Final Battleaxe event on the 15th at Simpson Ground. Full events list on last page…
- Helpers are wanted for Days 3 and 4 of the Lakes 5-Day. It would be great to offer your services before you get that phone call asking… makes things much easier for the organisers, and the sooner you offer, the more choice of jobs you will have to choose from. Contact Gill Browne for day 3 (Dale Park) **gillbrowne55@googlemail.com**, or Rob Smith for day 4 (Grizedale) **landsendfarm@outlook.com** as soon as possible please...
- Sel Wright and his team of helpers finished off their Primary School orienteering events at Brockhole with nearly 200 runners. Penny Bridge won the overall school prize. Massive thanks to Sel and everyone else who helped out…
- **CLUB DEVELOPMENT OFFICER POST** - we (LOC) are delighted to have been awarded grants from the Orienteering Foundation and North West Orienteering Association to deliver a Family Orienteering Project. The project will actively target families of children with primary school aged children with the aim of introducing them to orienteering as an enjoyable, family friendly, health enhancing activity. We are now seeking to appoint a part-time Club Development Officer to deliver the project. Applicants should be enthusiastic about developing orienteering and possess the skills to translate our project into practice. For further information and to request an application pack please email Louise Dunn chair@lakelandoc.uk
- A ladies weekend has been planned - 1st-3rd July. It will be based in the Duddon valley (near Wallabarrow), and will include some river/tarn swimming in addition to the orienteering. If you know of anyone you think would be interested, or would like to help at any of the sessions, please contact: **heppenstallclaire232 'at' gmail.com**



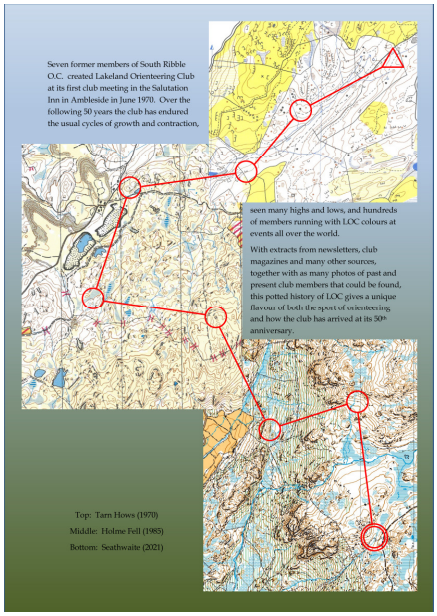
Next newsletter…

Should be out end of June/early July. Deadline for submissions is 28th June… Would be great if some of you can get some pictures from the various events coming up to go with the articles/paragraphs you are going to write… ☺

BIG NEWS!!!!

The long-awaited history book of LOC is now finished!!!

130+ pages of pictures, stories, facts and statistics for hours of bedtime reading. This should have been ready two years ago, but COVID and a massive expansion of articles, photos and information means it's only just now ready for the printers… Hopefully you will think it's worth the wait. If you would like a copy please send an email to **lakesponyboy@gmail.com**



Cost is £17.50, and can be paid via cheque, cash, vouchers or BACS

Copies will be available for collection at the LOC Party on July 1st

Lanequest Orienteering on a bike

Series of 5 Tuesdays
Details on Lanequest Website

2 hour bike orienteering events on country lanes. Starts from 5pm Tuesday

Tuesday 7th June	Kendal	**LA9 6NS**
Tuesday 14th June	Silverdale	**LA5 0RU**
Tuesday 21th June	Ulverston	**LA12 8LA**
Tuesday 28th June	Witherslack	**LA11 6RH**
Tuesday 5th July	Wilfs Staveley	**LA8 9LR**

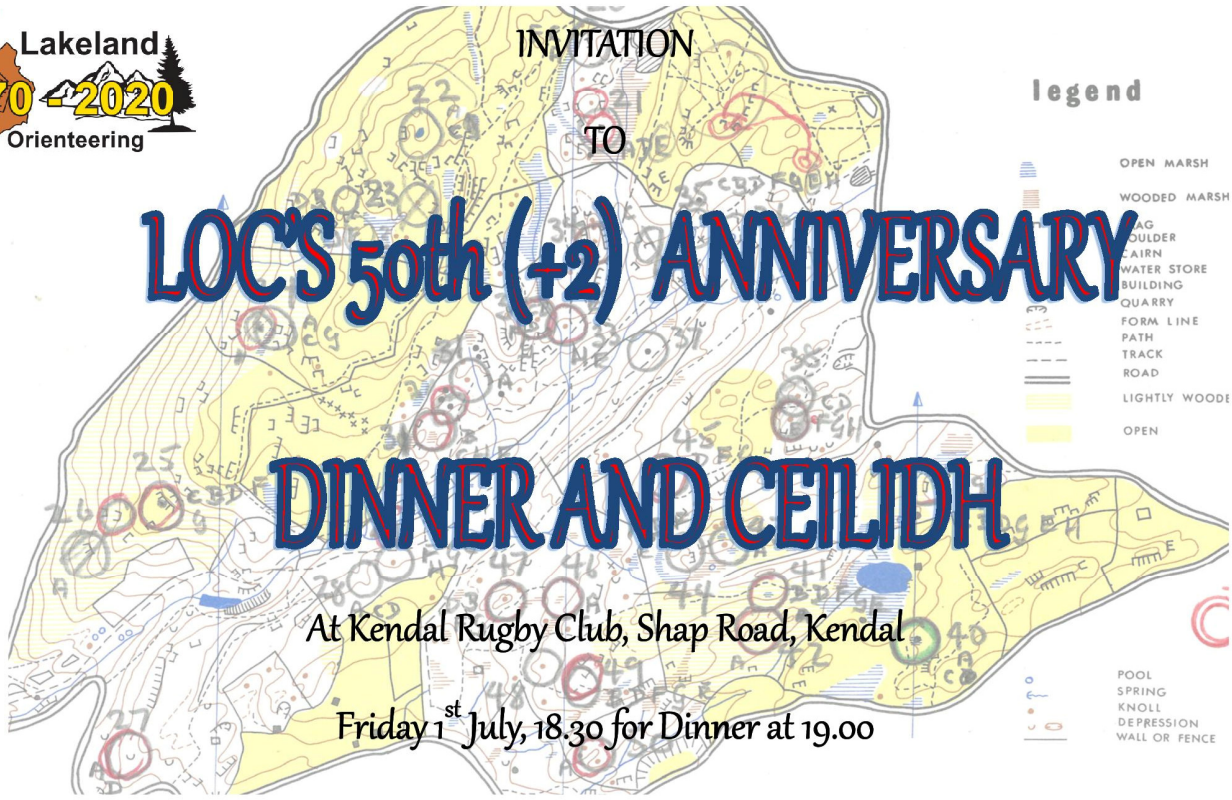
After the past two years, let's get together and CELEBRATE!

Lakeland 1970 - 2020 Orienteering

INVITATION

TO

LOC'S 50th (+2) ANNIVERSARY



DINNER AND CEILIDH

At Kendal Rugby Club, Shap Road, Kendal

Friday 1st July, 18.30 for Dinner at 19.00

WE LOOK FORWARD TO SEEING YOU ALL THERE FOR A GREAT PARTY!

DINNER

Main: EITHER Roast Lamb with rosemary and garlic OR Cheddar and creamed Leek Tartlet with spinach cream sauce (vegetarian), both served with lyonnaise potatoes and a selection of fresh vegetables

Sweet: Sticky Toffee Pudding and butterscotch sauce with ice cream or cream.

Coffee or Tea and mints

Full bar is also available for the whole evening.

Followed by a CEILIDH - Music and 'leading' by **STRIDING EDGE**; 'Brilliant ceilidh band, best in the Lakes'

COST: £22 ADULT, £12 JUNIOR

PLEASE RESERVE YOUR PLACES NOW BY EMAILING JUDY BURGE: burge811@btinternet.com

Please make your reservations soon as places are limited and final numbers are needed before June 16th

Please include your choice of Main Course and any Dietary Requirements you have (e.g. gluten intolerance).

PARTNERS AND FAMILY ARE MORE THAN WELCOME

PAYMENT:

Preferably by bank transfer to the LOC account: LAKELAND ORIENTEERING CLUB, Sort code: 301440, Account number: 15865368

Please mark your payment '50th Party'

Alternatively, bring your payment in tokens or cash, in an envelope labelled with your names and '50th Party' to one of the evening events and hand it to Gill Browne or Judy Burge

JK 2022 15th -18th APRIL, SOUTH WALES - THE JK IS FINALLY BACK! - By Judy Burge

It was great to be back at the JK after 2 years and to be able to enjoy a multi-day event without having to worry (well, not too much) about Covid or social distancing.
Compasspoint was there! I finally got to buy the new shoes and compass I'd wanted for 2 years.
There were food outlets!
There were club tents and socialising!
And the weather was fantastic ALL weekend!

DAY 1, SPRINT: SINGLETON PARK, SWANSEA UNIVERSITY

It all felt rather strange and unfamiliar at first; an indoor assembly area with lots of people congregating, meeting up with people I hadn't seen for ages and chatting at the start. But then I had to try to…..sprint?? That was a tall order as since injuring a knee (commonly known as old age catching up) the best I can manage is a jog. But……they say that Sprint Races are really about 'sprint for the brain' and so I just had to get the right mindset, plan ahead and have a perfect run. Easy!
The university itself has lots of buildings, bits of garden and car park and is separated from the park by a fence with very few crossing points. All started well with the first few legs being about route choice round buildings. Then we went into the park and the next few legs were easy and ……..then disaster. I managed to make EXACTLY the same mistake I'd made when I'd run there before! Which went something like; oops, I'm headed for the fence……great, there's a crossing point just to the right…..oh no! No crossing point…..just the path abutting the uncrossable fence……Rats……getting a sense of déjà vu here. So much for the perfect run. Why, oh why, didn't I do a bit of geeking or at least get out the old map……??
Steve Burge, on the other hand, had a near perfect jog and is now the proud owner of the Bronze Medal for M80 Sprint (plus a very fetching JK buff-type thing). Which is ironic since he's never sprinted anywhere apart from when the police were after him. But he didn't get his moment of glory on the podium as it never crossed his mind (or mine, I'm afraid) to look at the results to see if he had stayed in the top three.

DAY 2, CLYDACH TERRACE, NEAR MERTHYR TYDFIL, MIDDLE DISTANCE

I'd never run here before and it sounded interesting; lots of contour detail left by old mining activity and few line features apart from vague paths.
Steve had volunteered us to help (a little light road marshalling) which meant we were in pole position as far as parking was concerned….no bussing for us. Sometimes you can win!
I thoroughly enjoyed my course, having to think all the time to visualise the contours through the heather and select the optimum route to avoid too much climb. Better result than Day 1.

DAY 3, PWLL DU, NEAR BLAENAVON, LONG

I seem to remember running the British Champs and Relays here in 2007 (immediately after Steve and I got married in Abergavenny) and thought that it was a nice, runnable area. The event details even told us that it was a runnable area. But either my legs have got shorter (or feebler) or the heather has grown a heck of a lot because this time I found it really tough.
Things didn't start too well when I sank in an unmapped bog near the start then made a huge, really embarrassing, where on earth am I? I don't understand the map, shall I just retire? type of mistake. After that, I decided I might as well just walk round the rest of the course but, having decided to stick to the paths as much as possible to avoid the deep heather, my pace gradually picked up again. This meant doing 2 sides of a triangle on one of the long legs……not at all what I would usually do as I have a terrible tendency to go straight through thick or thin (dark green not always excluded) and have the scars to prove it. Judging by the whinging from others (ok, it was Steve) about horrendous bog and heather, it appears that 'round' was the right choice.
So, despite very nearly giving up, I managed to scrape a top 10 overall result! Which just goes to show that if you are struggling then so are many others…….

DAY 4, CAERWENT NEAR NEWPORT, RELAYS

I'd never run here before but it sounded like an excellent relay area: a former naval base for explosives storage/manufacture which is now used for army training. There were lots of derelict buildings hidden behind blast protection banks, roads, old railway lines, woods and runnable (yes, really) grassland.
Derek Fryer worked his usual magic (ably assisted by daughter Ali) to somehow produce competitive teams despite all the last minute changes. Sadly, W165 + team mate, Maggie Scrogham, felt unwell and tested positive for Covid on the morning of the relay but, thanks to Ellie Osborne who stepped in at the last minute, we still had a team; Judy Burge, Ellie Osborne, Christine Robinson.

I hadn't done a mass start for years so had to concentrate hard on my own course to avoid being distracted by everyone on the other gaffles. The pack left me after the first few controls but it still felt like a head to head race because of the number of other runners, the open terrain and the spectator control (where I was very careful not to fall off the stile in full view of everybody). A very enjoyable relay.
Thanks to team mates Ellie Osborne and Christine Robinson we had a solid result; 7th out of 16 but were beaten by LOC's W165 A team of Charlie Somers Cocks, Louise Dunn and Lindsey Bayles who came fourth.
Relays really are a fun event and there was a great atmosphere with club members cheering each other on. The sunshine certainly helped! It was great to see Jamie Osborn, James Heppenstall, and Quinn Thompson (*left)* getting on the podium for 3rd place in the M/W 12- relay. Thanks very much to Derek for co-ordinating the relay teams.
The Welsh OA did a fantastic job putting on 4 high profile events when the Welsh clubs have so few members. It was a great weekend of orienteering and I'm looking forward to next year's JK already!

SPRINGTIME IN THE LAKES - by Roger Smith

"Let's not bother with the JK. It's a long way to go. The weather is always bad at Easter. The car park fields will be awful and I don't like relays. What's more, there is a terrific weekend in South Lakes the following weekend." So we didn't go to South Wales, and the Lakes Weekend was great. I had some brilliant runs and nearly wiped the board with my results. Read on.

Blakeholme - Green course for M70s.

Now, Blakeholme is subtle. That means, it is often a challenge to find the small marsh, or small knoll, or gently rounded small hill that you are looking for, so I set off determined to be careful. The first leg was a contour across a fairly bland hillside (well there were some subtle marshes, knolls and hills) I went deliberately carefully and slowly. AND THERE WAS THE CONTROL!! Just where I wanted it. But I was probably overcautious and took 2 minutes longer than I could have.

The following few controls turned up where I was expecting them until I got to number 8. Or, until I didn't get to number 8. There were no features on the ground that matched those on the map. Blast. I should have read the map more carefully. But, hang on. There's a control over to my left, about 100m away. That can't be mine. Well, it could be, I suppose. IT WAS !!. Another couple of minutes lost. But I'm still doing well.

I got to number 11, no problems. Keep going. I'm having a good run. Only two controls left. Nearly there. Number 12 is just up here. I seem to have been going a long time. It's tough underfoot for an old bloke. Don't do that!! Stop thinking about unnecessary things and concentrate. But where is the stream. And where are the crags. And why have I climbed steeply up onto open ground. OH MUCKLE FLUGGA! (My new swear word). I'm lost.

I got to 12 eventually, having lost a good 5 minutes. And then all was well.

How did I do? Well, I came 7th out of 23 in M70. But, if I take off the time that I lost on controls 1, 8 and 12 I would have been in second place and only 30 seconds behind the winner.

That's the best position that I haven't achieved for a long time. BRILLIANT.

Loughrigg – Green course for M70s

Loughrigg is fast open hill. If I go slowly, I will lose time. If I run too hard my brain will stop working (Yes, even more than normal). I shall be cunning and skilfully select the perfect running pace. (I have tried this trick before and, often, it doesn't seem to work.)

Don't rush the first leg. It's basically a long contouring leg. Big re-entrant, scree, crag, big marshy re-entrant and there's the control. That was the plan. Then I thought "why am I following these people up this hill instead of navigating my own route? Well, at least I know where I am. 1 minute lost.

I was switched on now. No distractions. Well not for a few controls. The features on the map were all clear on the ground, the sun was shining.

I got to control 5 without problems and left it in the right direction. But suddenly, there was a tarn where no tarn should be. Perhaps the mapper forgot to put it on the map? But it's quite big. It can't be "THAT TARN" because I am nowhere near there. I blooming well am. OH MUCKLE FLUGGA! Another couple of minutes lost.

Not enough brain oxygen. Slow down a bit.

And then there was control 8. A look at the map told me this was a re-entrant. But there was no kite in the re-entrant. Check the control description. Ah, a crag. But there is no kite on any of these crags and I'm right in the circle. Check the control description again. **8m crag**. I'm standing on top of the only 8m crag around here. MUCKLE SNAB! Another 2 minutes lost.

So, how did I do today? The results suggest that, in M70, I came 3rd out of 17, but if I deduct the lost time of 5 minutes, I WOULD HAVE WON !!!!!!!!!!!!.

That is definitely the best result that I have never achieved.

A very successful weekend.

Roger - finishing his 'winning' run at Loughrigg...

I was inspired by the blank page in the LOC newsletter to write something about my recent attempt at orienteering. It was at the SROC event at Blake Holme, day one of the Springtime in Lakeland weekend.

Having travelled up from Devon, I was keen to get to grips with this traditional broadleaved woodland and had selected Short Green as a course which might be suited to my current state. Injury and lack of incentive had contributed to an absence from orienteering of a year or two, so I thought that at least I could walk around the course and rely on my innate sense of place to find the controls. I was ok to the first control, it was just beyond a marsh which I could not miss. Unlike many of the other marshes shown on the map which I may say were in many cases quite dry. How is one to distinguish marsh from ordinary terrain if the so called marsh is not in fact wet?

Indeed. The next few controls were a joy and as I negotiated them I began to recall memorable nights at LOC meetings and events in the past.

I remembered the occasion at the Masons Arms where we met upstairs and some of us at the back, including Jim Young, might light up a small cigar as the business of the meeting dragged on. And that occasion when, and I think I may have reluctantly been persuaded to be chairman at the time, I suggested that Charles Daly would be giving us a talk next time on the relevance of the silicon chip to the future of orienteering, and Charles, bless him, responded by saying that he would be handing them out (silicon chips) to everyone as they left the meeting.

My thoughts went to the wonderful evening event on Claife, when Vic Midgely organised his relay, where two members of a team of three were always out in the forest and the third member waited to see which one came back first to hand over the baton. Very exciting! (I don't get out much)

But the most memorable event in my personal LOC history was when we drove over the Pennines to the Harvester Trophy at Catterick. We called in at the Black Lion in Richmond for a few pints as essential preparation for the night event ordeal to come, and then tried to settle down in the massive tent to await being woken by the previous competitor but one (try to stay awake). The organisers had had to demolish a section of dry stone wall to fit in the change-over area, where incoming runner hands over to the next runner. Well, the LOC team were sadly so far behind the pace that by the time our seventh and last runner, the inimitable Eric Bell, arrived near the finish, the wall had been rebuilt, by the over enthusiastic team of dry stone wallers, and Eric could not run in to acclaim from his teammates but had to be assisted over the rebuilt wall.

At the risk of being called a braggart, I must mention my personal triumphant moment when I'd cycled to Witherslack Woods and found myself waiting to start with Brian Barden (one of the founders of LOC and a talented runner, almost a four minute miler). Brian started a few minutes ahead of me, and I thought I wouldn't see him again but imagine my surprise and joy to see him as I approached the fourth control. He was clearly rattled to have been caught and as we ran towards the next control he put the afterburners on and left me behind. But I cherished that moment and the look of horror on his face.

But back to the Short Green course at Blake Holme. I'm leaving control 6 and thinking of my route to Control 7. I see Alan Heppenstall ahead and decide to head off to the left to follow a marsh/stream towards the control. Big mistake. I wandered around for the next ten minutes and felt increasingly lost until I happened upon Control 8, and then knew how to get back to control 7. This is just a typical way in which I as an average orienteer spend quite a bit of my time orienteering. I was pleased to encounter a young lad, clearly lost, and was able to set him right towards his next control. I was reminded of that time in a night event in the dark forests of the North York Moors when I was momentarily lost and as a last resort asked a fellow competitor if he knew where he was. Yes, he said and shot off without helping me in any way.

I'm on the run in now, controls 9, 10 and 11 very findable and so I set off towards the final control. Somehow I found myself to be on a steep side slope thinking that I would encounter the final control at any moment. But no! I was way too low and eventually came to a wall which I climbed over and then had the painful and exhausting climb back up the hill until I could hear sounds of finishers discussing their runs and climbed back over the wall to go through the finish the wrong way and try to find the last control. A feeling of being totally useless, not for the first time.

Just as in golf, where the memory of one sublime shot will bring you back again and again to play mediocre stuff, so in orienteering, where the joy of moving through delightful woods, finding controls and comparing results with others makes it for me the best sport going. Thank you LOC for giving me all those years of joy, possibly not over yet.

Rob Forster (soon to be M80)

Bob at Bigland when he was a 'young' (er) man...

ORIENTEERING BEFORE DIBBERS; A BEGINNERS GUIDE TO 70s STYLE ORIENTEERING

For the Retro Event, Sunday 12th June, Birkrigg Common (see LOC website for details)

What to expect……if you're not as ancient as me and have never heard of Master Maps or Control Cards……..

You need to go to Registration and PAY (yes, actual money…..or LOC tokens). It's £4 for adults and £2 for juniors. You will be given a BLANK MAP (70s ish era map) with no course or descriptions on it.

CHOOSE YOUR COURSE from the list of Today's Courses then tell the Registration person who will give you a CONTROL DESCRIPTION SHEET for your course (in English…..none of those new fangled symbols) and a CONTROL CARD with your name and course on.

Work out what to do with all the bits you've been given……pin the Control Card to your front (other ways of securing the control card are available e.g. elastic wrist loop) and pin the Descriptions to your sleeve (or front). Safety pins provided. Simple

Go to the START with your map and a Red Pen. The start official will write your start time on both parts of your control card.

Start at the time you're given (no SI box to punch) and go to the MASTER MAPS. Copy your chosen course onto your map (it pays to copy carefully) with your Red Pen (spare pens provided). Then off you go….

At each control PUNCH your control card in the correct box with the PIN PUNCH provided.

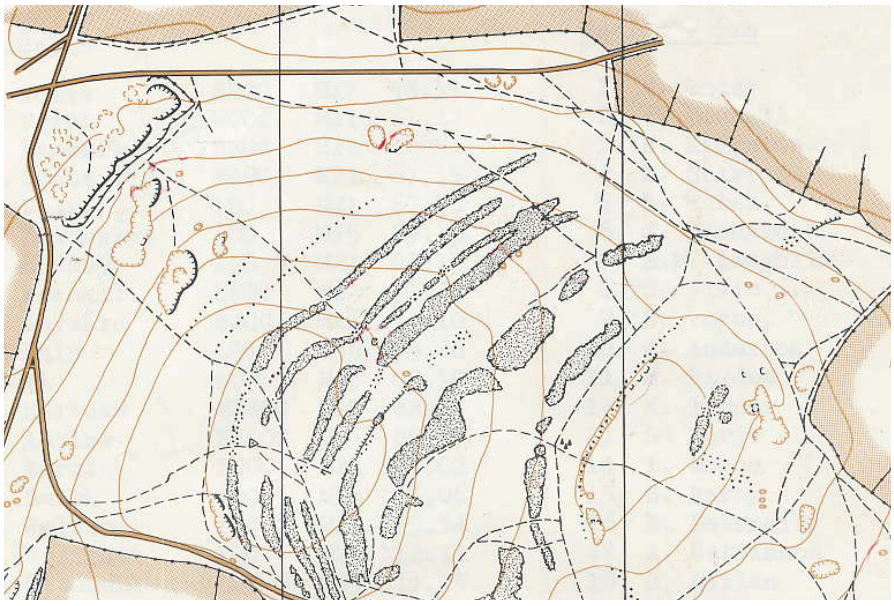
Sounds a bit complicated but it's actually very easy.

The Finish Team then do a load of mental arithmetic (what's that?) and attempt to work out everyone's times. The Results will be displayed on a 'WASHING LINE' (the 'stubs' of the control cards, with times on them, are stapled in order on a string). Not very high tech but it's easy to see how everybody has done and who is leading.

If it rains…..then the map is in danger or turning into papier mache so ……bring a PLASTIC BAG along (spares will be provided). As well as a RED PEN.

We look forward to seeing you there whether you're new to orienteering or taking a trip down memory lane.

This is part of the map you will be using… don't worry - the courses will be sympathetically planned to allow for differences in mapping standards, and a couple of maps will be available to copy down some key changes which are relevant to your course.



Upcoming Fixtures....

Full details on all events are on the LOC website

Next Club Meeting…

Will be held on Tuesday 12th July - via Zoom. Meetings are **open to ALL club members**, and it would be marvellous to see members old and new at it. A code should be sent to everyone on the Googlegroup...

Wednesday 8th June 2022
Newton Fell, High Newton - Summer Evening event 2 (of 5)
Yet again, a great area for brilliant views. And some nice orienteering to boot!

Sunday 12th June 2022
Birkrigg, Ulverston - Special Retro event
Old style event with the emphasis on fun. If you are 'new' to the sport (within the last 20 years!), come and see how it was done in the old days. For those of a slightly older vintage, come and remember what things were like, and whether all the modern elements of our sport have actually improved things… Starts for 10.30-12.00. Parking next to the crossroads on the way out of Ulverston - GR 280747. Costs £4 and £2. Full range of courses (Yellow-Brown).

Wednesday 15th June 2022
Battleaxe Event 3 (of 3)
No more details yet, and the only information given is 'Newby Bridge'. Hopefully more information will be available soon. A slightly different format this year, with three events only (one each month), and all three counting to the overall score. 'Proper' linear courses this year, NOT Score, and a Long, Short and Yellow option available. Keep looking at the LOC or WAROC website for further information.

Wednesday 22nd June
Subberthwaite, Gawthwaite - Summer Evening Event 3 (of 5)
Another open area, another set of great views, another great way to spend a Wednesday evening in June.

Wednesday 29th June
Stickle Pike, Broughton - Summer Evening Event 4 (of 5)
More open fell orienteering (are you sensing a theme here!).

Wednesday 5th July
Kentmere Crag Quarter - Summer Evening Event 5 (of 5)
Last of our Summer events, and once again some open fell. It's a little harder to get to, and that road up the Kentmere valley sometimes seems to go on for ever, but once you get there it really is worth it!

August 7-12 - Lakes 5-Day
Swindale, Threlkeld, Dale Park, Grizedale and Helsington Barrows. Entries are still open, and some great areas are being used with a real variety of terrain to suit almost everyone! **www.lakes5.org.uk**

WCOC Evening Events

Quick reminder that our Cumbrian neighbours have an evening event every week... All the details of where are when are on… **www.wcoc.co.uk** There are some really cracking areas they go to, and all very friendly and informal.

Also… don't forget SROC have regular events throughout the year - www.sroc.org

www.lakeland-orienteering.org.uk