



changing**LIVES**:



## Heather Monro

### Orienteering

In August 2005 at the World Orienteering Championships in Japan, Heather became only the third person ever to win a World Orienteering individual medal for Great Britain. In a gruelling sprint competition requiring high running speed and lightning fast navigational decisions over extremely rough and precipitous terrain and in extreme conditions of heat and humidity Heather led the race when she finished and then faced the most agonising 15 minutes of her life waiting for her rivals to finish and her medal to be confirmed.

This was the highlight of an international career spanning 20 years, 13 British Championship titles and 8 World Championships. During that time she spent 10 years living and training in Norway and has run 120,000km (or 3 times round the world) in the roughest and most extreme terrain.

Heather grew up struggling to fit in at school in Central London; an unlikely location for pursuing an adventure sport and she was told at a young age that she would never make it. Her bronze medal in what was her last World Championship before retirement was the fulfilment of a childhood dream.

