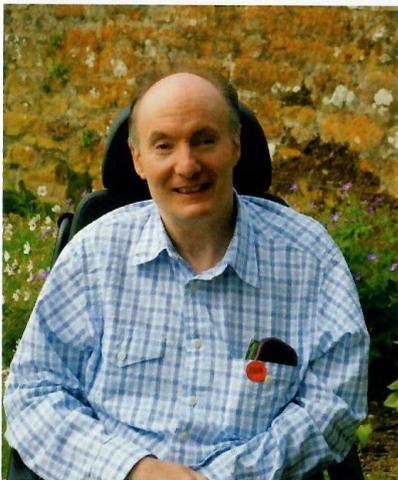


Paul Sinclair

It is with sadness that I have to report the death of Paul Sinclair, for many years an active member of Deeside Orienteering Club and a long-time friend.

I first met Paul in the 1970's when he joined ICI Mond Division from the ICI Central Instrument Research Laboratory at Bozedown, Berks. Paul had studied Physics at Oxford University, but saw the light and did a conversion course to Chemical Engineering before joining Mond. In 1982 much of Mond's Engineering Department relocated from Runcorn Heath to Brunner House, Winnington, to form part of the newly created ICI Engineering, and Paul and I found ourselves sharing an office. This was to be the start of both a technical collaboration and a long-term friendship. Although our fields of interest were different – Paul's was gaseous dispersion and mine heat transfer – we both found the other's work interesting, at times more so than our own, and we found it very useful to be able to bounce ideas off each other. We continued to share an office for many years, even after moving back to Runcorn.



Paul Sinclair
1944 - 2021

Paul had been an orienteer when he was in Berkshire, but had not taken part after moving North, and I think it was I who introduced him to Deeside. He took up the sport again with enthusiasm. As most orienteering events tend to be on a Sunday, which conflicts with church interests, Sheila's and my involvement tends to be limited, but Paul seemed to be off somewhere most Sundays, and first thing on many Monday mornings was spent with me studying his maps from the day before. Armchair orienteering is easier than the real thing!

It was Paul and his wife Sue who introduced Sheila and me to the Scottish Six days, our first one with them being Loch Lomond '89. We shared several subsequent 6 Days with them, staying in the same hotels or guest houses. We had introduced Paul and Sue to the farm in Borrowdale where we used to stay, and again we had many happy holidays together, walking the fells.

Unfortunately, in 1990 Paul was diagnosed with MS. Although initially the effects were quite mild, slowly but surely this cruel disease ate away at his physical abilities. Orienteering was one of the first things to go. Walking, even with the aid of poles, became increasingly difficult. I am glad that, with the help of his daughter Pauline and our son Ian, I was able to assist Paul in climbing Scafell Pike, although the effort of crossing the summit boulder field taxed him to the extreme, but that was his last major walk. His failing health forced him to take more and more periods off work, and eventually ICI felt they had to retire him on health grounds. He slowly became wheelchair bound and then bedridden.

On Monday 25th January he showed symptoms of Covid, and received a [positive diagnosis on Friday 29th. He was put on oxygen and antibiotics, but requested not to go into hospital. He passed away peacefully on Thursday 4th February, with Sue at his side and Pauline on the phone. May he rest in peace.

I would like to end by paying tribute to Sue. Throughout this 35 year ordeal we have witnessed her unwavering loving devotion to Paul, which is an inspiration to us all.

Peter Hills