

Junior Report 2015-16

There have been loads of fantastic successes this year for the juniors of WCOC. Everything from international competitions to regional wins, our juniors have travelled far and wide to represent the club, England and even Great Britain.

Here's just a sample of what we've been up to in the last year...

September 2015 – JIRCS

The Junior Inter-Regional Champs were held in the West Midlands with the individual day in Cannock Chase. Some classic fast running southern courses might not be quite what the club juniors are used to but everyone coped and performed well. West Cumberland had lots of juniors representing the North West who came second overall, and although we lost to Scotland (who are a country really!) this was a good experience for everyone involved.

October 2015 – Junior Home Internationals

Alastair and I were lucky enough to be selected to represent England at the Junior Home Internationals held in Northern Ireland. This was a tough but fun event based at Martello Tower army base with both days' courses run on the sand dunes just next to the camp. Despite losing again to Scotland both England and WCOC can remain positive that West Cumberland juniors will surely be key to beating Scotland in the future. After all we are making up a large percentage of the team now!

November 2015 – British Schools



Cocker-mouth School won the British Schools Championships for the first time ever! This might not be strictly a WCOC success, but everyone who counted in the team was a member of West Cumberland. Here's a breakdown of some of the best results: Gold for the Y13 girls' team of Katie, Jenn and Kate (winning their age group for an incredible 6th year running!); Gold for the Y9 girls' team of Rosie, Lily and Issy; and Silver for the Y11 boys' team of Alastair, Daniel and Joe; individual Golds for Alastair (Y11) and Rosie (Y9); Silver for Niamh (Y10) and Bronzes for Katie (Y13), Joe (Y10) and Daniel (Y11).

March 2016 – Interland and the JK

Niamh, Rosie and I were lucky enough to attend this fun international competition to represent England - here's an extract from my report (you can read the rest in the Juniors section of the website):

The Interland 2016 event itself was held around 20km north of Antwerp, just outside the town of Brasschaat on military land around an airfield. The area was mainly flat with lots of intricate detail, and because of lots of rain large areas were underwater. It also had lots of

paths and open forest that meant the race was very quick through the terrain. Although I was nervous at the start, I was feeling well-prepared and had a good race. The key to success for me was using my compass consistently and using paths where possible because they were much quicker than trying to run through the terrain. I didn't make any significant mistakes and kept my running speed high throughout the race. Because of this I ended up winning my course, with a Belgian runner just behind me in second, followed by another England runner in my age group, Zac Hudd (soon to join WCOC), who was just 3 minutes behind me in third.

JK 2016



WCOC was well represented by the juniors who went to the JK. This year's event was the 50th anniversary and was hosted by Yorkshire. While it obviously wasn't quite as good as the Lakes JK, it was still a fantastic international competition. The club juniors enjoyed successes in both the individual and relay. There were some fantastic results included Golds for our junior relay teams on W48- (Caitlin, Rosie and Niamh) and M48- (Ben, Daniel and Alastair), Golds for

Alastair (M16) and Jenny (W18L) and Bronzes for Niamh (W16) and Daniel (M16) overall individual, and Silver for Alastair (M16) at the sprint.

April 2016 – Northern Champs

This year's northern champs were near Whitby with lots of the club juniors travelling the width of the country to compete. The planner set a series of long tough courses, but the walk to the start was definitely one of the hardest parts. Caitlin, Niamh and Alastair all won their respective classes. Obviously this was celebrated with some amazing fish and chips.

June 2016 – Sprint and Middle

The British Sprint Champs were held in the Olympic park with the Olympic stadium giving an impressive backdrop to an interesting event. An impressive number of club members made the 600+ mile round journey to compete here. A biblical-style rainstorm made the final a bit more fun than expected, but other than that it was generally a very nice event (apart from around 60 people who were disqualified for jumping over 1 meter wide flowerbeds). The website at the time said: Congratulations to Sprint Champions Alastair (M16) and Caitlin (W14), with Daniel 2nd (M16), Rosie 5th (W14) and top 10 positions for Wilf (M12) and Carys (W14).

Summer 2016

West Cumberland juniors were really busy this summer - going to at least 5 different countries all over Europe to represent the club as well as a selection of JROS and British Orienteering camps. Alastair and I went to O-France in southern France (thanks Roger!) in challenging rocky terrain and hot weather. Lots of the club's juniors went to the Welsh 5-day event (Croeso) in South Wales with podium places for Rosie Spencer (3rd W14) and Wilf Teasdale (2nd M12). Alastair and I were lucky enough to attend the British Orienteering Talent camp that was based at Swansea University and overlapped with Croeso. As well as this we were

selected by the North West to go to the JROS Deeside camp (which is held every summer), a great experience which proved useful considering the JIRCS this year were in the same area. Rosie was selected to go to another JROS camp for upper age M and W14s at Lagganlia which she enjoyed lots.

And the highlight of any summer, the North-West Junior Squad tour to Norway. Made even better this year by the fact that the World Orienteering Champs were only an hour's drive away so there were plenty of high quality spectator races to compete in as well as training at the local clubs "hut" and of course marsh football!

September 2016 – Peter Palmers

This year West Cumberland had enough juniors to take two teams and won the overall "Peter Palmer" trophy for the first time ever! As well as this, the other team came third in the "Joan George" trophy (the competition for teams with a combined "orienteering age" of less than 90). This is described in more detail in the Junior Team Captain's Report.

NWJS membership

We currently have a very high number of juniors in the North West Junior Squad. Sadly this is Katie Lowles last year as she's currently top year 18. However this year we have been fortunate enough to see an increase in this number. Current squad members are now:

Katie Lowles, Caitlin Irving, Niamh Hunter, Rosie Spencer, Carys Thomas, Lily Reagan, Jess Breeze, Daniel Spencer, Alastair Thomas, Ben Breeze, Ben Goodwin, Henry Teasdale, Louis Morris, Joe Goodwin, Jonty Goodwin, Herbie Ashworth and Joe Sunley.

As well as this the Hudds (Zac and Joe) have moved to West Cumberland this school year and will next year become members of WCOC and the North West Junior Squad. This will bring our total number of juniors in the squad up to 18, and we hope that our strong coaching and schools orienteering team will continue to produce new recruits for the squad in the future.

British Orienteering Talent Squad

As well as the regional squad, juniors of age class M and W16 and above can be selected to join the British Talent Squad, the next level of junior development. Last year Alastair was lucky/good enough to be invited to join the squad and has now been in the squad one year. He has now represented GB at EYOC (in Poland) and JEC (in Scotland) - well done Alastair! As well as this, due to this year's talent camp, Niamh Hunter, Zac Hudd and Daniel Spencer (me) have been invited to join the squad.

Thank you

A huge thank you to WCOC for continuing to help and support us on lots of these amazing experiences, with excellent coaching, great events for us to practise at *every week*, and also with grants towards some of our costs. Also many thanks to our parents who take us all round the country to allow us to compete at as many good orienteering events as we can.

By Daniel Spencer, WCOC Junior Representative, October 2016