

EDITORIAL

Editors:- The Fowler Family, 8 Lowscales Drive, Cockermouth, 0900 825682 The J.K. and British Champs are now events of the past, but the euphoria for the winners and well placed members of the club will still be with them. Congratulations to Helen Pollington first at the J.K. and third in the British Champs. Also to Ray Nelson first in M65L and Mike Pearson second in M45L at the JK. John Calvert was third in his class at the British and caught everyone unawares so we missed the prize giving ceremony in Alnwick. It also meant that John and Margaret missed out on a slap up meal they had promised themselves. They ended up having Fish and Chips. (A full run down on the results of the British Champs, should appear in the next newsletter and a report if one of the participants will write one!)

NOW we must look to the future, for there are events coming up which are of equal importance. Perhaps not for the individual but for the club. We refer to the 4th July of course not Independence Day (for Howard and Penny De Moss who may be with us again) but the annual competition against Borderliners to decide who wins The Golden Gauntlet this year. To quote from their newsletter, "We succeeded in retaining the prize Gauntlett.due to the high turnout, especially of Juniors.". To win this coveted award we need to turn out in force - both Seniors and Juniors so keep the date free for the event and turn out in droves. It is a Thursday evening so with a 6.30 start there will be time to get to bed in reasonable time or retire to the nearest Hostelry for much needed refreshment. The Parish Relays will soon be upon us and Andy Warner and Paul Roberts have some fiendish plans for them which are being held on July 18th. Full details elsewhere in this newsletter.

Back to the Juniors who have been participating in the Cumbria Schools' Championships. Results in the Junior section. One question we have probably asked before is "What do we

actually do for the Juniors in the club?". Yes we do have the Come and Try It events (which this year are going very well) but how do we help them to improve their technical standard?. The transition from Orange to Green Colour Coded is quite a difficult one. Should we not be thinking of Light Green courses? The standard of Badge classes seems much higher than the Colour Coded courses most of our Juniors are running at the moment. We appreciate that they must keep on running because after all Orienteering is a running sport but they do need to be able to run on a more technical level. Food for thought but perhaps some of the planners for some of the Colour Coded events which are in the calendar might consider putting on a Light Green course! Other clubs seem to attract a lot of young families to their events. Is the attraction of a string course anything to do with it? Well that editorial seems to have been a Long Course and we only run Short Courses! Don't forget The Barn Dance Sat. June 22nd. at Embleton Village Hall. Cost £3.50 not as first

advertised. Tickets from Pete Atkinson 0946 813112. Also from Pete Atkinson some unclaimed maps from the J.K.: H40 L, H40/D19A 1st. leg relay. Deadline for next edition is Friday 12th July

It's a LEG'O competition (Oh Dear!). A number of members at a recent event had, knowingly and unknowingly, their photographs taken! Some of the "models" were Dave Fenwick, Sue

May 1991 question

Kysow, Sandy Burgon, Margaret Calvert, Ian Fowler, Kay Fowler, Christine Pollington and John Calvert. Put a name to each pair of legs on the front cover. May 91 Page 1

Results from the CSOA. Championships.

Please note that the age groupings relate to their school year in line with the British Schools' Championships which cater for the school orienteer as well as the club orienteer.

Georgina Bell W6 5th Catherine Jackson W6 4th W9 3rd

B-BC NEWSFLASH OC NEW MEMBERWCOC NEW MEMBERWCOC NEW MEM		
John Radford M8 6th	Chris Bland	M11 2nd
Paul Green M7 3rd	Antony Riley	M8 3rd
Richard Jackson M2 1st	Ian Fowler	M7 1st
Katy Brown W9 4th	Emma Bland	W13 1st
Rachel McGrath W7 3rd	Kay Fowler	W9 3rd

Christopher Llywelyn Brand-Barker M0.05

Already completed one Orange Course (with help from mum).

Many thanks to all those who have wished us well

Tony & Angela B-B

Saturday, 16th November at The Rutland Hotel Sheffield Food, Bar & Disco til 1am Cost £12.50 Deposit £5 + Postdated cheque for 1/11/91 - £7.50 Payable to Rachel Lomas, 23 Blair Athol Road, Greystones Sheffield S11 7GA (0742 670724)

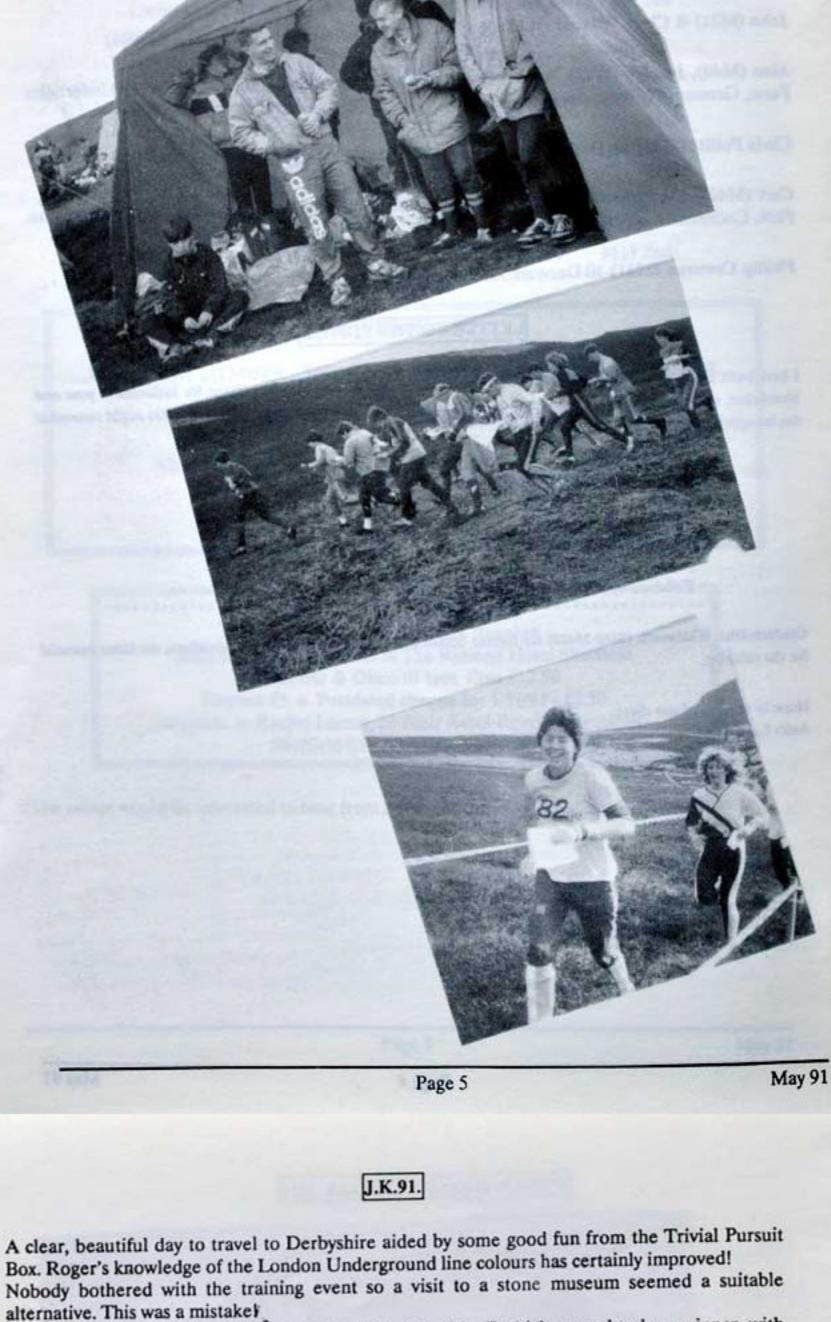
Past & Present Members Reunion

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(The editor would be interested to hear from any members who fit the above advert)

THE BRITISH CHAMPIONSHIPS

May 91



some steep climbing. By adding the two times together from Day One and Day Two, final results gave West Cumberland some notable successes. Helen Pollington - winning W10. Ray Nelson - winning M65S.

Mike Pearson-second M45L.

Well done to all those people. The prizes were presented in the Sports Hall at Chesterfield Sports Centre, an excellent Event Centre. Relays followed on the Monday back in Clumber Park, with most people participating in a Short Open class. This was a good move where one of the teams consisting of Rhys Stanwix, Dick

Warner and Mike Pearson came fourth overall in the competition. The journey home became wet but did nothing to dampen the good atmosphere that was created during the few days together. The club actually entertained a member of Lakeland "O"

Ulverston Cumbria

Rob Holder (Team Manager)

7th. April 1991

Tuesday 9th. April 1991

Yours Sincerely Kenneth Daly

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> > W.C.O.C. Wasdale

Green 4.3 k 180m 41.56 BL 1 N Elstone 28.58 48.04 WCOC Ind. 1 P & M Lambert R Douglas 33.42 49.39 BL LOU Jarvie 3 B Jones 49,150 52.10 BL WCOC 3 6 Wallace A Milburn 52.12 LOC ----colour--C Isherwood 56.20 53.50 WCOC Ind J Smith Whitehead 58.10 54.12 LOC WCOC 5 J Pollington Halsey 58.50 54.30 BL LOC 6 K + J Rigby N Curry +1 66.50 56.15 WCOC WCOC 7 K Jackson J Slater BL retired 56.45 WCOC F Jarvie 10 U Parkins 41.55 58.20 WCOCI' No 8 WUOC M O'Neil Mansergh 58.31 WCOC 12 V Fowler Orange 2.7 K 70m 59.03 WCOC 13 P Kingsland 60.32 33.00 SROC WCOC 14 M Collett 1 R McGrath 48.09 60.44 WCOC Ind S Zebrandt B .Croft 61.21 50.22 BL BL R Wallace 16 L Wilson 61.24 WCOC 54.08 BL J McGrath 17 J.Suddaby 61.26 WCOC ---colour----M Calvert 57.30 61.51 BL SROC T Taylor 19 A Jarvie 62.52 61.54 WCOC WAROC ? Whitehead 20 N Burns 62.54 61.55 BL LOC 21 S Jarvie N Widowson WCOC 72.20 ----colour----8 ? Kett 63.12 WCOC 22 S Mansergh 5k 110m. 65.16 BL 23 K Wallace 51.41 66.13 BL WCOC G Wilson 24 & Hutson 66.18 53.50 LOC Ind. M Scott S Murphy 61.45 68.30 LOC WCOC 3 A McKinley 26 V Моввор 70.37 BL WCOC 4 R Smiley 27 M Bibby **30.39** WCOC .---colour----28 C.Pollington 81.41 70.58 WCOC WCOC K Stout 29 R O'Neil 73.34 B Sparkman BL retired LOC 30 I Munro 74.11 WCOC 31 V Sullivan 8.2k 340m. Brown 78.56 LOC 32.M Cook 81.22 80.22 MDOG MDOC 1 S Priestly 33 L Sparks 82.28 81.22 LOC LOC 34 C Isherwood Snr T Brand-Barker WCOC 84.05 WCOC 82.44 35 P Sloan 86.47 85.55 WCOC BL 4 S Fenwick 36 N. Atherton 87.22 88.17 BL Ind N Coast 37 R Watson 88.23 89.15 WCOC Ind 38 R Williams 90.20 LOC 92.45 WCOC 39 T Field R Jackson WCOC 90.40 WCOC 95.51 J Starbuck 40 J Scott 90.48 96.04 R Sewell BL WCOC 41 W Amith 106-37 ± 93.13 BL MCOC 10 P Rigby 42 W Harrison 95.08 WCOC BL S Smith Retired 95.16 WCOG R Sparkman 96.42 89.56 A Brown No No 9 Devon BL 103.37 BL S Widdowson No No 4 80.21 A Yarrow 104.16 68.54 BL No No 4 J Meeks I Isherwoodi No N. 4,5,6 44.10: 112.28 SROC My Apologis to Willamison. for Wise C. Rison. ---- colour WCOC retired S Holmes 1 to 9 LOC R Feasey

CALENDAR OF EVENTS MAY TO JULY

If you have any doubts about an event then ring Rob Holder (evening events) on Keswick 75033 (note the new number) or Vi Nelson (colour coded) on Cleator Moor 810462. All evening event starts from 6.30-7.30 unless otherwise stated.

Thursday May 30th Evening event at Ponsonby Tarn (Sellafield). Planners Chris & Sue Emerson + Don McWilliams

Sunday June 2nd Badge Event at Blea Tarn Thursday June 6th Evening event at Borrowdale. Planner Chris Bland.

Thursday June 13th Evening event at Miterdale. Planner Phil Ashley Thursday June 20th Evening event at Setmurthy (Cockermouth) Planner D Fenwick

Thursday June 27th Evening event at ????? Thursday July 4th Evening event for the Golden Gauntlet?? Sunday July 7th Colour event at Comb & Masmill. Planners Pete Radford, Sandy Burgon & Frank McGrath.

Parking:- Whinlatter Visitors Centre. Note that there may be a car parking charge. Thursday July 11th Evening event at Matty Ben's Bridge. Planner Don Scarrott. Thursday July 18th Evening event for the Parish Relays. Thursday July 25th Evening event at Blakely Raise. Planner Walter Harrison. Sunday Aug 4th Colour event at Setmurthy. Planners M Bibby & P Colley.

> Parish Relays 18th July 1991 Fanfare For The Parish Stone

Fanfare

Venue: Sale Fell and Wythop Woods. Parking: Signposted from road between Wythop Mill and Pheasant Inn.

Format: A Norwegian, Team, Mass start, relay for teams of three. A team orientated event using Norwegian maps to give the position of the controls to be visited. The technical standard should provide legs of yellow through to blue standard.

Parking :- GR.165313

Eligibility: For the Parish Stone or Junior Awards, teams must be drawn from either the same parish or from the following more general areas: Workington, Whitehaven, Cleator Moor, Egremont, Gosforth, Cockermouth, Keswick. The Junior award will only be awarded to teams including at least one "Junior" M/W 15-. Other "ad hoc" teams can compete but are not eligible for awards.

Start: MASS START AT 6.15. Please note the start could be thirty minutes from parking or it might only be five minutes.

Now what you must do is get your team together and tell us as soon as possible so we can prepare maps. Contacts:- Paul Roberts on Cockermouth 824570 or Andy Warner at Thursday night events.

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ORIENTEERING WEEKEND We boarded the school bus at ten thirty in the morning and set off. It took about twenty

JUNIOR SECTION

minutes to get to Whinlatter. When we got there we went in a room in the centre and Mr Whitworth told us what we were going to do that day. We were set three tasks to do in the morning and three in the afternoon.

First we all went around a course in groups of five or six and we walked round looking at things on the map. When we got back to the centre we copied down a control and went to find it then you came back, copied down another one and went to find it. We did this four times and then went around them all.

When everyone had done that we did a cross country course. When we came back we were starving so we had our lunch. That afternoon we did a score event. A score is where each marker is worth a certain amount of points and you have to get as many as possible in a certain time. Then we did another cross country course. Finally we did a mystery course where you got five markers on the map and when you get to a

marker there is a bit of map on it showing you where the next marker is. We all then went back to the centre to get anything you had left there. We all got into the bus and went to Keswick. We went to a house and put our sleeping bags on the floor. We watched a bit of TV and then went to the chip shop for tea. At about 8.30 we went on a street event around Keswick where you had to find things like house

numbers. We had an hour to do it in. When we came back to the house we watched some more TV and then we went to bed but we didn't get to sleep until twelve thirty. We woke up at about eight and after breakfast we went to Harrop Tarn for a colour coded

event. It was snowing when we got there so we waited for it to stop. When we had finished we went to the mini bus for some lunch. We waited for everyone to finish then came home in the bus.

I enjoyed my weekend and I would like to go again.

John Radford

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(Eds note:- The weekend was organised by Cumbria Schools OA and was open to school children from schools affiliated to the CSOA. In all about 25 youngsters from across the county attended. Thanks must go to CSOA and the adults from WCOC and BL, who helped to make it a very successful weekend.) COLOUR AWARDS COLOUR AWARDS

YELLOW Stuart Siddons & John Reid

ORANGE Anne & Susan Maguire Edward Johnson Congratulations to you all. Page 2

MEMBERSHIP NEWS

May 91

Welcome to the following new members:-

Phil Way (M21) 2 Cold Springs Court, Penrith (0768 890639)

John (M21) & Clare Wooton (W21) 36 Challoner Street, Cockermouth (0900 825904)

Alan (M40), Jocelyn (W45), Antony (M13), Elsie (W11), & Josephine Riley (W10) Underhelm Farm, Grasmere (Grasmere 298)

Chris Pollitt (M21) 32 The Crofts, St Bees (0946 823303)

Ceri (M40), Christine (W40), Gareth (M13) and Paul Green (M11) Kerrycrag, 4 Broughton Park, Cockermouth (0900 822811)

Phillip Cowman (M21) 10 Derwent Avenue, Seaton

LETTER TO THE EDITOR

Late afternoon Greystoke Forest

Newsletter, as we would like to extend an invitation to all WCOC members, especially those who might remember the inaugural event. Details are as follows:-Date Sat 21st June

I have been asked by our Committee to send you details of our 21st Anniversary Event for inclusion in your next

Followed by A Social (venue to be decided) Contact:-Dick Whitworth (0228 35420) for further details and passing on details about numbers; the latter essential

Original black & white

Hope to see lots of you there. Anita Laird

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for the catering.

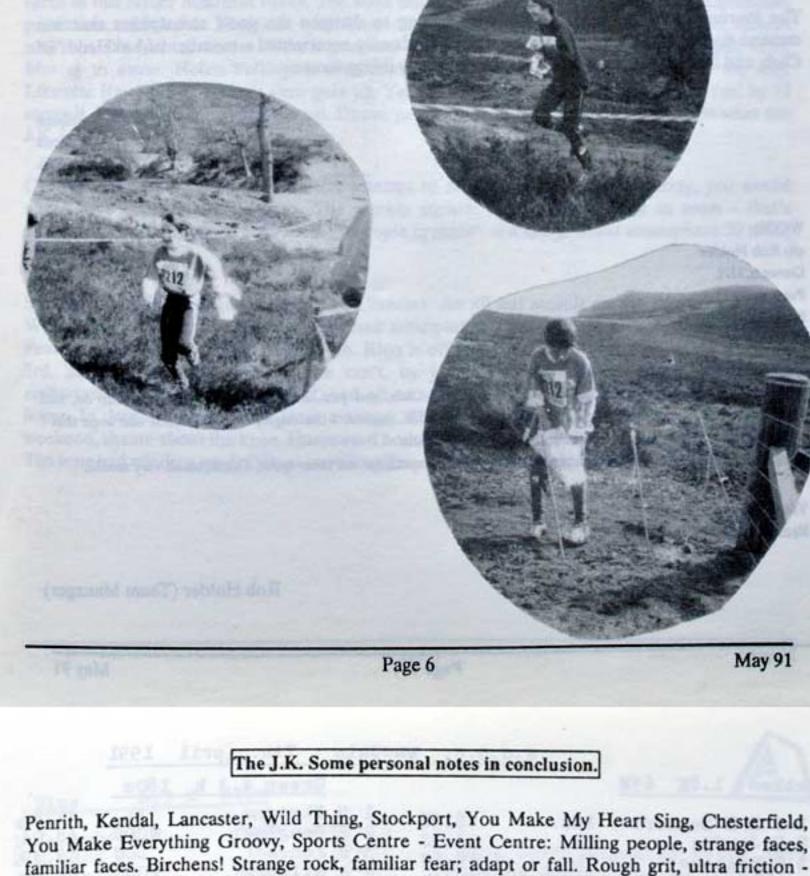
Time

Type

Venue

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dark. Educated guess-work, clutching at straws. A familiar van in a pub car park. Light, warmth, smiling faces, food, beer' Waterloo Sunset's fine.

much happiness. Soft gentle sun, hazy falling Edges. Chatsworth at eventide and Matlock in the

in the morning - orienteers warning - Paul's about! Excitement, anticipation, butterflies - still crazy after all these years. Clumber, a first sighting: Big trees, spot the contour, speed and lots of it. 10 1/2 K. still 3K. left and I'm bored. Not enough speed therefore not enough interest. My knee's a bit painful. Finish - less than average. Study faces, some are beaming, must be good. Froggatt bound. Get lost in Chesterfield (I am tired!) but find Froggatt I like the Edges, so easy to get at. Disenchantment, a bad run, knee really painful. Our walking, talking guide book introduces us to some classic Froggatt rock. Getting to grip with the grit. Jam the hands, feel the pain. Howard climbs, I climb - Rhys solo's. Howard finishes, I finish - drop Rhys a rope - just in

floss and Kiss me Quick hats. A familiar pub, light, warmth, smiling faces. Food, must have food. Matlock - Pizzeria, chippy, Pizzeria, Chinese. Mono Sodium Glutamatum yum yum! A big, big cake: they've been together now for 40 years and it don't seem a day too long....... Morning - a soft whisper of raindrops on the canal. Industrious Victorians have left their calling cards in this rather beautiful valley. The knee hurts. Shining Cliff - a magical name. Optimism, pessimism, submission. The knee wins. How can you laugh, when you know I'm down. Accept new role. Team cheer-leader. Mike is grinning. 4 minutes out of Gareth Bryan Jones, only Mike Murray to come. Helen Pollington flies down the finish tapes and is cheered all the way. Likewise Ray Nelson. Helen's time goes up. Yes! by 33 seconds, Ray's time goes up. Yes! by 73 seconds. Mike Murray's time goes up. Damn, just 19 seconds! The club is buzzing. Its what the J.K. is all about.

happy, full people. Sweeping, cleaning, tidying. A return to Clumber. An all out assault on the short open relay. Wicked run out, nasty tussocks. Heightened anticipation. Dick is 13th. 4 minutes down. Mike Pearson galloping through and up to 4th. Rhys is off still 4 minutes down. Can he do it? up to 3rd. 2nd in sight. Can he? No he can't, by just 6 seconds. Relays within relays. Big embarrassment for Roger. Oh dear, and all on video. Watch out - Janets About! All safely home. In depth interview with team manager. That's it, another J.K. over and done. A great

weekend, shame about the knee. Homeward bound; first Chesterfield now Leeds, I'm lost again.

The long and winding road. OD on travelling Triv. Think about work - it really is over.

60.39

70.45

73.04

74.42

76.21

76.24

79.54

82.12

82.53

83.43

105.43

entertainment. Food: must have food. 20 people in search of a curry. Great atmosphere 20 tired,

Andy Warner May 91 Page 8

> I made early planning trips during freezing donditions in bright February sunshine, when this area is

86.35 86.36 weather on the day . 87.35 89.49 95.37

It's a pity we

couldn't do most of the later work, so special thanks to:-Dave Fenwick for helpful advice, assistance on the finish and collect ing controls. Vi. Nelson for registration, & results Ray Nelson for putting out controls and running the start, & collecting

at its most beautiful, when the

John Calvert for controlling and manning the start. Margaret Calvert for help on the Tony Pennick for producing control

Points.) and of course to you who came and competed, particularly those who made complementary remarks. Chris Emerson planner

mentioned for rallying round. Dave Fenwick Controller

A real team effort at short

notice. Thanks to all afore-

6.5 k 240m

SROC

WCOC

WCOC

LOC

LOC

LOC

LOC

WAROC

WCOC

DEvon

BL

BL

WAROC

WCOC

WCOC

LOC

SROC

BL

BL

LOC

LOC

Blue

2 H Wood

R

11 P Way

3 L Scott

8 S Smith

10 C Pollitt

12 J Sewall

14 S Booth

13 A Suddaby

15 A Whitehead

17 A Pennick

18 J Young

20 A Laird

16 S Chobrzynski

19 L Millington

S Wallace

S Pollington

J Lambert

S Sullivan

Booth

J Laverack

M Isherwood

Stewardson

---colour-

109.06 109.44

111.56

120.34 WCOC retired P O'Neil No 9 not punch 98.15

controls. start.

descriptions.

exquisite----

Peter Atkinson for collecting controls Sue, my wife for Registration and uncomplainingly looking after me while I devote time to Orienteering, (thats worth a million "Brownie

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Many club members in an outdoor centre, "The Wharfshed" which proved to be a winner, with plenty of hot water, good showers and, although bunk dormitory style, a comfortable bed. Competition commenced the next day on Clumber Park, a flat area basically which was compensated for by increased course lengths. By contrast the second day on Shining Cliff had

Club, and his letter printed below sums up the way things went :-

Dear Rob I would like to thank West Cumberland Orienteering Club, and you in particular, for accepting me on, and organising such a wonderful weekend away at this years J.K. festival. I thoroughly enjoyed myself and hope that I will soon find another opportunity to socialise with your club. West Cumberland O.C. did exceptionally well, both in competition and team spirit. Thankyou all very much.

WCOC

Keswick

c/o Rob Holder

Derwent Hill Portinscale

Yellow 1.8K 65M

2 I Smith 6 N Moore

11 J Calvert 12 R Holder 13 I Smillie 15 M Atherton 16 J Richards

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A solitary alarm, just one - thank God. A crowded kitchen, uncoordinated movement. Red soup

case. Climbing refreshes the parts but the knee is knackered. Matlock at eventide, candy Chesterfield, feeling groovy. Collective attempt to raise roof. Poor Mike Murray, you would never have thought he had won. The market square, the boys' are back in town - that's

winter sun shines showing every detail of the Screes across the deep blue of Wastwater, with snow high in the gullies, the views are

weren't blessed with the same The unexpected arrival of a call into hospital, coupled with the J.K. over Easter, meant that I