

WESTWORD-O

GIDDAY WCOC!

Welcome to y'all. Hope this hasn't come as too much of a shock to you? This new look has taken a wee bit of time to suss out, and much cussin' went on as one tried to work out the delays in the programme...not helped by the fact that it's now 9th May, and the deadline date was 4th May - dunderhead here had forgotten that she was going to be in N.I. at the time, swanning around sand dunes in the sunshine rather than rattling around on her keyboard. So! Apologies to you all for the delay in getting this edition out - I shall be running out of excuses soon and, one of these days, the mag will be out on time!

Much has happened since I last sat here and stabbed away at the buttons on my keyboard. We've had the J.K., Walter's evening frolics on the fells have come to an end, the new summer series has started, we've missed goodbye to Cartmel, Lingholm, the Blodslit, to name and the British Champs too, to Big but a few. And, by the time you've received this, our Badge event at Eel Tarn will be well written into the history books too. Hey ho! Life continues apace!

However, to cheer you all up, the summer series goes on until 5th September and will include a couple of the more important club competitions i.e. The Parish Relays and, of course, The Golden Gauntlet. Even now, BL are plotting and scheming on ways in which they can wrest the precious trophy from our grasp. There were several ideas being bandied about in the front room of the hostel accommodation shared by us in Portstewart - however, since it's our turn to put it on, BL don't stand a chance! The true location will only be known to us, BL think it's going to be on Bogart Tarn - but since they don't even know where that is.....

Regrettably we have had to cancel our Gallop event scheduled for Scale Hill in June - we were unable to find anywhere to park, and have not managed to find anyone available to plan at an alternative venue at such short notice.

Nettie

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DEADLINE FOR NEXT EDTN:
SATURDAY 6th JULY

Are you entitled to be reading this edition?

If not, turn to page 2 and discover how you can rectify this oversight!

Congratulations!

To **Michael Billo** on his sensational win at the J.K. in the M40 group. Sadly, no photo to prove that he won an enormous cup - but if anyone wants to come and **clean** see it they are welcome to drop by, stagger up to the attic room and admire the trophy! B.Y.O. oxygen - the stairs are steep!

Do all club Chair's lead from the front?



Could this be a future WCOC M40 Champ???? He shows promise on the posing - now let's progress to using the real controls!

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£100,000.000 DRAW

You may already have won. The winning number has been drawn & is currently locked in Roger's safety deposit box at the Royal Cayman Bank.

All you have to do is to send a small entry fee, before the closing date of May 31st, & it could be **you** hiring Securitor to collect your cash.

Win or lose you will also be entitled to free membership of one of England's premier health & fitness clubs. This prestigious organisation boasts such facilities as a 2500m outdoor swimming pool, over 200km of unmarked trails through the glorious woodland setting of Setmurthy & a wealth of aerobic & anaerobic exercise opportunities. You will also — *it gets better by the minute* — be entitled to regular copies of that world class literary publication **Westword O** featuring regular contributions & articles by some of our senior statesmen & lounge lizards.

QUITE SIMPLY IF YOU DO NOT ENTER YOU WILL NOT WIN AND YOU WILL NOT BE ENTITLED TO THE FREE EXTRAS DESCRIBED ABOVE.
— don't risk it — somebody has to win

Rush NOW to the mailbox & send a cheque, postal order or your credit card details for £8 (or £2 for juniors) in an unmarked brown envelope to the address given below.
(offer & draw subject to conditions — send £8 to same address for details. Your home is at risk if you default)

WCOC PRIZE DRAW (membership subscriptions)
11 Coppice Brow,
CARNFORTH
Lancs
LA5 9XG

No correspondence will be entered into - the judge's decision is final. Any photographs, bars of chocolate, bottles of tomato ketchup or multi-coloured fluorescent patterned bermudas will not be returned - so don't even bother to send an s.a.e. - Good luck you all, may the most honest of you win.

Oh No!...


Jeff Cowton, who has the unenviable task of sorting out the stats for the Galoppens, can't even help us here - but he has done the responsible thing and raised the alarm. No amount of fiddling the figures can hide the horrendous truth and after 4 events WCOC are not even winning one colour. **Get your fingers out guys** - rummage around in your darkest glory holes, dig out those vile-muddled o-shoes, don't worry about patching up your ripped o-pants but DO de-gunge your compass, it does help if you can move the twiddle-bit around to align it with north! (That's the red needle, by the way!) And if you haven't got a dibber, don't panic, we will lend you a nice blue one. I know I've said it before, and I fear that I will probably have to say it again BUT.....

RESULTS SO FAR:



	Yell	Orange	LG	Gr	Bl	Wson	Total
LOC	1212	972	830	1495	974	1503	6986
WCOC	846	673	740	1219	1076	1113	5667
BL	650	0	659	1248	1304	441	4302
WAROC	90	98	281	559	173	196	1397

It's unlikely that we will lose out to Warrior - but, hey come on! We can't allow BL to sneak in and oust us into 3rd place now can we????

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WCOC Schools League Photos





WCOC AT WORK AND PLAY IN NORTHERN IRELAND.

Photos courtesy of our very own resident photographer - Michael Mikes-eye Pearson. Many thanks for the memories! Giant's Causeway, smuggler's cave and an *I'm not going across there* bridge to name but a few!

The intrepid members of WCOC that ventured across the sea were (in no particular order), Michael B; Kim n Howard, Roger Jackson, Mike Milburn, Chris Emerson, Chris Pollitt, Margaret and John Calvert; Peter Atkinson, Michael P n me! All squigged into a minibus (Thanks Chris El). Which caused a couple of minor problems when it broke down twice on the way to the ferries! (Power steering and a puncture were to blame!) Hey ho! Holidays are made of memories, so I believe! Fabulous weather all week-end. I think we must have used up N.I.'s entire quota of summer in 4 days! Thanks to Peter A. for organising everything - ferries/accomm and relay teams - even if the wimmin were running in the (Men's) Short Open! (We didn't come last!!!!).

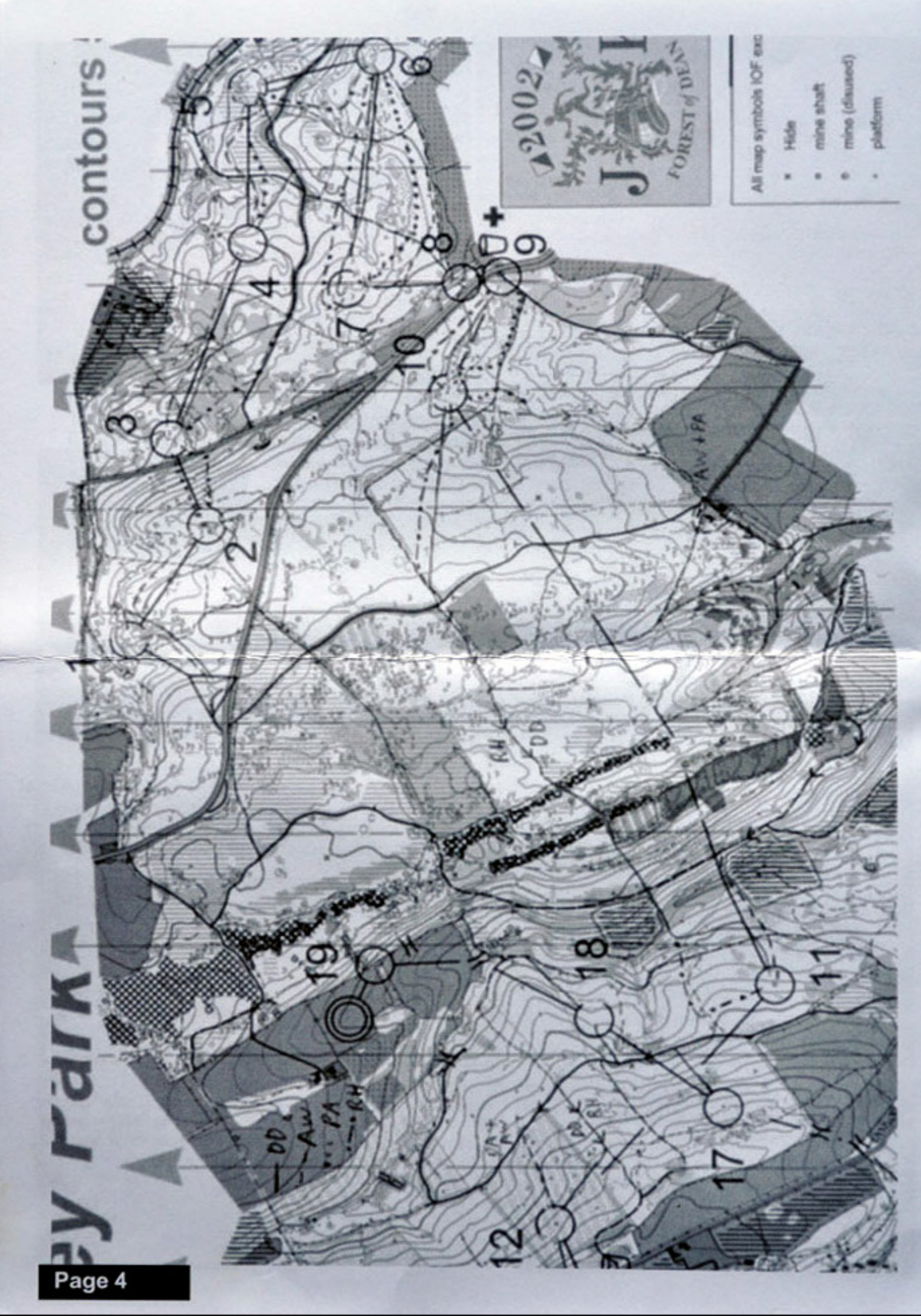
Day 1 in the sand dunes was a challenge, we all had late starts and it was rather too warm to be dashing around! Well done to M.B. and John C who were our top placed competitors with a 3rd and 4th respectively in their classes - M40 and M65.

Day 2, the relays, were very different, being held



on a country estate with a mixture of open rolling fields, and working forest/woodland. Nothing too difficult, but quite a lot of climb, especially towards the end - with an uphill finish. Viscous! Another hot n sunny day just to rub it in! Good w/end.

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Page 4

I DID IT MY WAY — M45s AT THE JK

by **Michael Billingham**

Andy and Pete went straight, while Rob went right to the track and lost time as a result. In this sort of terrain straight is usually fastest if you have the confidence not to hesitate on the way. Dave did a bit of both.

Leg time: AW 4:18 DD 4:55 PA 5:09 RH 5:31

Control 5

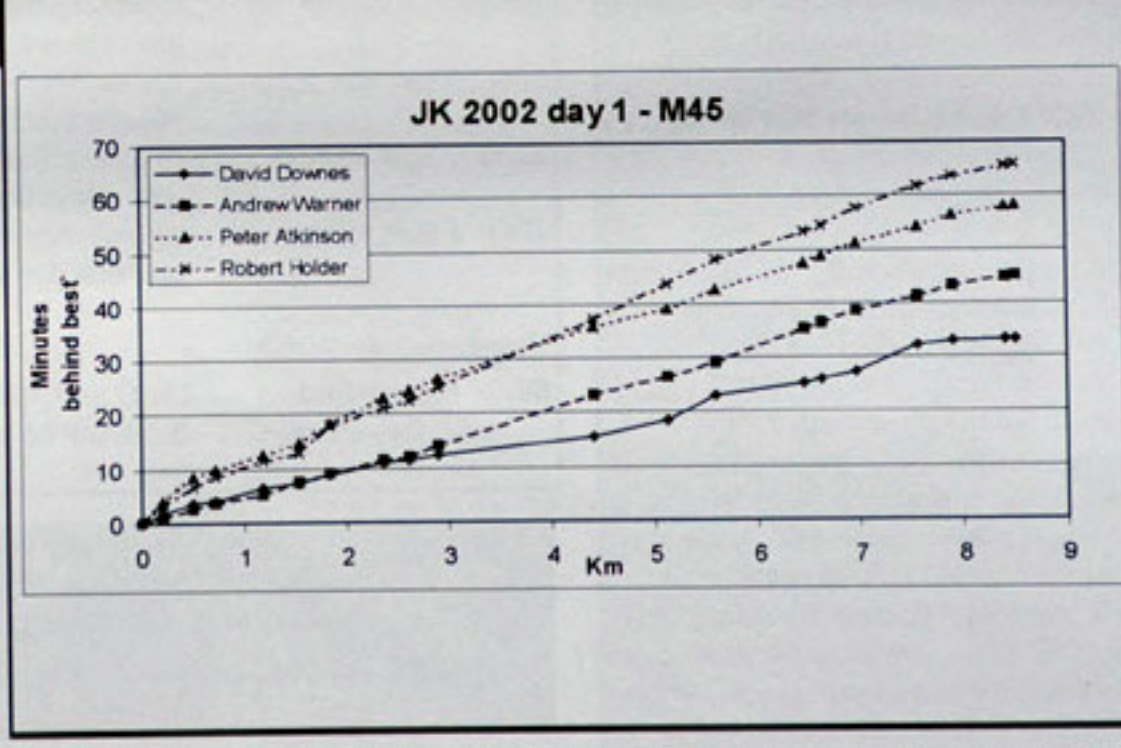
Rob and Dave again opted for the safety of the track and a solid attack point, while Pete and Andy stuck to the direct approach. This time straight was not great as Pete was slowed by the undergrowth and Andy headed off by it.

Leg time: DD 2:38 RH 3:18 AW 3:52 PA 4:15

Control 7

An innocuous looking leg on which the 4 took different routes with almost 3 minutes between fastest and slowest. Dave was most direct and fastest. Rob also went fairly straight but missed the small pit. Andy and Pete went wider. Pete clearly lost time, although his hard to see where.

Leg time: DD 4:44 AW 5:00 RH 5:47 PA 7:22



JK 2002 day 1 - M45

Minutes behind best

70
60
50
40
30
20
10
0

0 1 2 3 4 5 6 7 8 9

Km

David Downes
Andrew Warner
Peter Atkinson
Robert Holder

Thanks Michael for your wash-up of the M45's attempts at the J.K. on Day 1. This is the only contribution I have for the whole week-end! On a personal note, all I can really recall about the week-end was feeling lousy! So some bad bag had passed on their evil germs and I was not in a fit state to participate - but when you've waited 2 years for an event, a bout of louse isn't going to stand in the way! For finding us our accommodation - not the usual statics for us this year, but an enormous hostel which we shared with some intrepid members of BL. Thanks, too, for organising the relay teams. Overall, the areas used were very different to the offerings from up here and orienteering quite a challenge - particularly the mining bits!!

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Dates For Your Diary:....

May 2002:
23rd Wasdale
30th Seaton Junior
30th Southerdale

June 2002:
6th High Rigg
7-9 Coniston

13th Barf & Lord's Seat
16th Yewdale

16th Borrowdale
20th St Benedicts
20th Knock Murtan
27th Ehenish School
27th Blakeley Raise

July 2002:
4th Ling Fell
11th Parkgate
18th Holme Wood
25th Threlkeld Knotts

August 2002:
1st Lowther Park
4th to 8th inclusive

15th Fleetwith Pike
22nd Fauld's Brow
29th Fauld's Brow

September 2002:
5th Hawse End

Summer Evening Special courtesy of Dave Downes
Schools League from 15.30. Can you help?
Duncan Taylor - what can he come up with?

Roger Jackson will pit our wits on this fun area. Junior Coaching Event. Suitable for 8-12 yr olds. See to Carol McNeill, Oxen Park, Ulverston LA12 6HG. E-mail: carol@mcneill.freeserve.co.uk For Details.

Parish Relays planned by Mike B and Duncan
Get your teams sorted and prepared for some fun! Gallopens Event. 01229 582852 Sheila Hobson for details or www.lakesland-orienteering.org.uk (LOC). Fathers' Day special hosted by the NT. C. 9th June. Schools League from 15.30. Can you help?
John Slater throws down the glove on this one. Last of the Schools League series. Can you help?
O or Walter's back again - he really likes this area!

Howard & Kim will be exacting their revenge! Tony Pennick's putting years of expertise behind this. Chris Emerson II come up with summit cunning!

Golden Gauntlet - be there! And if you're a BL reading this, it's really at Bogart Tarn! Jane Hornsby's today, which is quite a responsibility for such a needle night!

Oo-er! The Nelsons are bound to have a tease here. **Lakes 5 Day.** There will be no evening event this week. WCOC are responsible for **Day 2 (5th)**. Help Needed! Contact Mike Billo if you have not already done so and are able and willing to help. Cheers! Steve Wright, he of the long legs and mean speed. Please start us at the top! BL are in the mood to reciprocate with an event of their own. Best they're not flouting the G.G.I. Again? Another BL offering - perhaps they'll be cunning and use the same courses?

Liz C and Alison S are hosting this finale and, hopefully, there will be some prize giving apres! Should be a good fast run.

Club Answerphone: 01768 895539.

INFORMATION ON OUR LOCAL EVENTS SHOULD BE AVAILABLE THE WEDNESDAY EVENING BEFORE THE EVENT.

WEBSITE: www.lakes-o.freeserve.co.uk

The Parish Relays: Are scheduled for Thursday, 13th June. Please contact either Michael B or Duncan T. and let them know if you are entering a team by the 8th June, if possible. They need to have an indication as to how many maps are required for overprinting! By the by, Parish = geographical/Post Codes vicinities! Michael - 016973 22898 or michael@billos.freeserve.co.uk Duncan - 016973 61262 or duncan@seaville.freeserve.co.uk I believe that Michael's doing the planning, and Duncan's setting out the controls. Should be a cunning and hugely fun event. Suggest you get your teams together soonest! I've been let off lending a helping hand (not sure what the boys are trying to tell me), so if anyone nearby is looking for a runner.....Nettie

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J. K. 2002

M21L	79 Entries	56 Counted
49 Alistair Hornsby		
M40L	123 Ent	100 Counted
1 Michael Billingham		
59 Howard Leslie		
M45L	184 Ent	160 Count
56 Dave Downes		
107 Andy Warner		
134 Rob Holder		
147 Peter Atkinson		
M50L	180 Ent	157 Count
96 Bob Barnby		
M55L	128 Ent	116 Count
32 Roger Jackson		
M65L	67 Ent	58 Count
19 John Calvert		
W21L	46 Ent	41 Count
33 Jane Hornsby		
39 Emma Bland		
W35L	42 Ent	33 Count
27 Kim Leslie		
W45L	88 Ent	71 Count
36 Nettie		
W55L	66 Ent	53 Count
37 Margaret Calvert		
W60L	44 Ent	39 Count
34 Marguerite Pennell		

RELAYS:

Men's Short: 66 Teams 60 Count
49 Bob B/Roger J/Andy W
56 Peter A/John C/Rob H

Men's 120+: 88 Teams 79 Count
12 Michael B/Dave D/Howard L

Women's 120+: 36 Teams 35 Count
28 Kim L/Nettie/Margaret C

Apologies if I missed anyone out - the 56 page results booklet is mind boggling to read when trying to find names/clubs in a hurry! Thanks to Kim and Howard for the loan!

BOC CONT.

M55L	74km	? Counted
1	60:05	8.1 m/km
6	Mike P	70:50 9.6 m/km
8	Ray Wren	72:15 9.8 m/km
13	Roger J	79:29 10.7 m/km
M65L	5.8km	17 Counted
1	53:31	9.8 m/km
4	John C	59:02 10.2 m/km
W35L	7.4km	? Counted
1	72:33	9.8 m/km
11	Kim Leslie	98:06 13.3 m/km
W45L	5.8km	41 Counted
1	49:12	8.5 m/km
18	Nettie	70:24 12.1 m/km
W55L	4.9km	16 Counted
9	Karen B	60:40 12.4 m/km
16	Margaret C	70:03 14.3 m/km
RELAYS: <p>M50 An Ooops! John C/Roger J/Mike P (9 Teams) M40 6 Michael B/Chris P/Howard L Short Open (41 Teams) 35 Arthur E/Peter A/Mike M. 22 Kim L/Margaret C/Nettie M.</p>		
CARTMEL 17th March		
Yellow	2.1km 50m	42 Entries
7	Graham Hemmingsway	
8	Christopher Hemmingsway	
Orange	2.7km 85m	15 Entries
No WCOC entries		
Light Green	4.0km 145m	19 Entries
11	John James Bacon	
Green	4.55km 220m	55 Ent
9	John Calvert	
10	Dave Fenwick	
11	Kim Leslie	
13	Annette Milburn	
31	Joyce Hemmingsway	
35	Ray Nelson	
37	Tony Pennick	
43	Margaret Calvert	
Blue	6.1km 330m	24 Ent
4	Paul Fussell	
10	Dave Downes	
17	Roger Jackson	
Brown	7.35km 410m	17 Ent
1	Michael Billingham	
5	Howard Leslie	
10	Bob Barnby	
10	Peter Hemmingsway	

Quite a pleasant day and venue really, with a fragmented map. Woodland interspersed with fields - the latter meant long taped routes in places which was nice in a way - you could switch off the o-brain, but it did mean you had to run that little bit harder for up to 1km!

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Warrior Holidays Spring Series 2002

Another successful year for Walter's Spring Fell Series. Up to 32 runners attempted the short courses, and 62 the long courses at various times during the 8-week period. Some big names in Fell Running were to be seen, and WCOC and BL were also very much in evidence - and didn't embarrass themselves too much, either! Well done to Walter for organising and to all those who participated. A brief resumé of the final results follows. Sorry I couldn't fit in more, but space seems to be at a premium these days, what with all the other events taking place!

Short Course:

Champion: **Joe Richardson V60 (5)**
Veteran: **Tony B-B V40 (2nd) (4)**
Lady (LV50): **Jenny Wren (6th) (5)**
3 Roger Jackson V55 (6)
5 Jeff Goodwin (5)
8 Barbara Nelson LV40 (5)
9 Duncan Taylor V40 (3)
10 Janet Sutcliffe LV65 (4)
11 Colin Southall V50 (4)
14 Jane Hornsby LV40 (3)
18 Kim Leslie L (3)

Long Course:

Champion: **Kenny Denwood (6)**
Veteran: **Mark Yearseley (2nd) (5)**
Lady: (LV40) **Lindsay Buck (21st) (7)**
3 Michael Billingham (4)
8 Alistair Hornsby (6)
8 Chris Emerson (4)
9 Dave Downes (6)
10 Alan Jenkinson (5)
11 Steve Steele (4)
12 Ray Wren (5)
14 Walter Harrison (6)
16 Howard Leslie (4)
17 Chris Pollitt (6)
18 Mark Harbron (5)
20 Trevelyan Beyer (3)

The best of 4 races counted. The numbers in brackets indicates the number of runners completed. I will mention a name to watch - J16. Ricky Lightfoot. He ran 2 short races, won 1 and a close 2nd in the other (4 seconds down on Joe Richardson!).

WCOC SUMMER SERIES

Scale Hill	2nd May, 2002
Long Course:	
1	Michael Billingham 38:28
2	Chris Emerson 41:47
3	Steve Wright 42:16
4	Andrew Bradley 42:27
5	John Slater 43:44
6	Roger Jackson 45:38
7	Tony B-B 47:05

Scale Hill Long Course Cont...	
8	Walter Harrison 47:54
9	Howard Leslie 48:33
10	Chris Pollitt 48:38
11	Jeff Goodwin 50:02
12	Dave Downes 51:17
13	Nick Moore 54:49
14	Alan Jenkinson 55:46
15	Syd Thomas 59:36
16	Malcolm Ruckledge 75:14

Short Course:

1	Nettie Milburn 41:50
2	Duncan Taylor 43:06
3	Bar McDonald 46:18
4	Barbara Nelson 47:37
5	Kim Leslie 48:28
6	Pam Thomlinson 51:08
7	Louise Wilson 52:50
8	Colin Smith 53:36
9	Susan Jackson 54:24
10	Natalie Burns 55:58
11	Penny Kingsland 66:38
12	Tony Pennick 81:37

Novice Course:

1	Chris B-B 32:16
2	Brett Molloy 32:20
3	Angela Ruckledge 38:48
4	Gavin Moore 43:23
5	Katrina Hemmingsway 50:50
6	Taylor Family 54:35
7	Graham Hemmingsway 55:21
8	Christopher Hemmingsway 59:30

First of the series, glorious weather and Andy Warner ensured some fast times, keeping mostly to the open fell and using part of the common. Valuable seconds were lost to some as they failed to read their maps, and ran straight to the car to finish - well, we always finished there in the winter! Very cunning! The gauntlets have been chucked in, let's see how the series unfolds!

Bleaberry Long Course Cont...

19	Alan Jenkinson 52:35
20	Colin Smith 54:50
21	Jenny Wren 59:19
22	Ian Smillie 69:48
23	Malcolm Ruckledge 71:20

Short Course:

1	Pete Nelson 35:53
2	Michael Noblett 36:41
3	Syd Thomas 40:42
4	Steve Holliday 41:06
5	Nettie Milburn 44:09
6	Joanna Smith 44:14
7	Paul Thomlinson 45:23
8	Barbara Nelson 46:20
9	Penny Kingsland 51:45
10	Daniel Smith 54:10
11	Susan Jackson 55:21
12	Natalie Burns 57:26
13	John Bacon 60:50
14	Val Sullivan 61:30

Novice Course:

-1	Chris B-B 12:07
-1	John Howarth 12:07
3	Paul Holdsworth 14:42
4	Gill Todd 20:06
5	Charlotte Crosby 27:48

Another good turn-out. Overcast, but warm - and a big climb up the hill to the start! Thanks Jeff, probably not the easiest of areas to plan on - dominated by an enormous bog! Once you'd got past control #2, most of the climb was over but the low heather made running quite tiring. Didn't like the vertical descent to the finish, especially didn't like it when that whippet snapper Michael Noblett came flying past me at a rate of knots. Where did he come from??? (Perhaps he'd tripped over the last control?). Ah well, when he gets to my age and weight, he'll have learnt to treat his body with respect and know better than to hurtle down these slopes!

The Schools Events

that Natalie and Roger are so heavily involved in are proving to be an enormous success. So much so, that I really haven't the space to put some photos, but I hope to have squeezed some results and round-up information on previous pages. An extra event or two have had to be laid on to allow schools that were not able to participate in the original dates to catch up with the leagues! Who said competition in schools was dead?! It is not unusual for 100 pupils to be on the start line - some know exactly what they're doing and tackle the course with precision, others think they do and end up dashing round the courses checking out every control that they spot, willy nilly! It's a joy to watch. Wish I had all that energy! I wonder when O will be compulsory? Nettie

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