



### Event News

There was no Club event this week but several club members were involved in the LOC/WAROC events at Rusland Beeches and Graythwaite which were used as training for the North West Junior Squad and the latest events in the UK Elite Orienteering League. (Full results are available on the LOC website).

Rusland Beeches—is described as a area of Lakeland woodland which is steep and rocky, with numerous crags.

Due to the degree of difficulty the Club's younger juniors were advised to run the 3km, very short course. Danny Winterbottom and Myrtle Ashworth had particularly good runs; with Danny taking the win in 37:44, just 4 seconds ahead of Myrtle. Isaac Hunter also had a solid run after some problems with the first control, finishing 4th.

On the 4.5km short course, Emma Crawford was the best placed club junior, coming in 3rd in 62:31, with Daisy Rennie 6th and Dan Huppell just outside the top ten in 11th.

On the 5.2km long course, Herbie Ashworth had a solid run to take 4th.

Elite Race - The afternoon saw the elite orienteers tackle a middle distance; and in the 5.2km men's race Alastair Thomas lived up to his pre-race billing as the favourite to take the win in 34:32, beating Graham Gristwood by over a 11/2 minutes. It was an impressive win, given the line-up of senior elite men in the field, including, Alasdair McLeod, Peter Hodgkinson, and Chris Smithard. Joe Hudd also had a good run to finish 11th.

In the women's 4.5km race LOC's Sarah Jones took the win in 36:32, from Laura King in 2nd and Cecilie Anderson in 3rd. The Club's Niamh Hunter, who is nursing an injury had a steady run, with solid navigation to finish 7th.

Graythwaite Estate—This is another area of well managed woodland in South Lakes, with the event describing it as an area of steep slopes, rocky, uneven terrain and crags—a great orienteering area!

Elite Race— Sunday saw the elite orienteers take on a long course, with the men's course being 10.85km and the women's 7.19km; a true test of strength and stamina.

In the men's race, Alastair Thomas proved that he can also compete well over the longer distance, but in a reversal of the previous day's results GG took the win in 91:25, with Alastair 2nd in 96:08. Joe Hudd again ran well to take 9th and Zac had a better run to finish 11th, just ahead of another familiar club name, Lewis Taylor.

In the women's race Cecilie Anderson took the win, with Grace Malloy 2nd and Laura King 3rd. Niamh Hunter was glad to make it round, finishing 5th.

### Upcoming Events -



1. BL—24.10.2020— Binsey—Entries are open on Si entries—Blue 5.5km, Green 3.8km, Short Green 2.7km and Orange 2.3km. **Closing Date 21 October or earlier if entries are full.** (Details on BL website)

2. LOC—24.10.2020—Stony Hazel—middle distance—Entries are open on Si entries—available courses, blue, green, short green and orange. **Closing Date 20 October or earlier if entries are full.** (Details on LOC website). **Pre-entry only for BOTH events.**



**Next Event— Keswick —15 10 2020—Remember pre-entry only by the Wednesday before the event.**

**AGM—22nd October by Zoom**

Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.



## News from Ennerdale

Thanks to Pete Nelson, it is great to see that some permanent courses are up and running again at Ennerdale and have now officially gone 'live' on the Wild Ennerdale website.



### **Orienteering in Ennerdale**

We have four Orienteering courses in Ennerdale at present. There are two at Bleach Green at the west end of the lake, and two starting from the main car park at Bowness Knott. All the older courses from Bowness Knott and Gillerthwaite are currently suspended due to harvesting and will be refurbished in due course.

You can download the maps free, from the links on this page.

All the orienteering markers have some letters in the top left corner, which are shown on the map. There are also letters in the bottom right corner, which you can write down in the boxes on the map to show you've been round.

An alternative way of doing it is to use the [iOrienteering](#) app on your smartphone.

- [Download the app](#) before you go (the mobile phone signal isn't very good in the valley), and print off the maps.
- When you're ready to go, use the 'load an event' and 'scan setup QR code' buttons in the app to scan the QR code on the map (you don't need a separate QR code reader).
- Then find the marker and QR code at the Start. Use the 'scan start code' button to start the clock.
- Navigate your way round the course, scanning each checkpoint and the Finish.
- At the end you have the option to upload your results to the [iOrienteering](#) website so you can see how you've done.

### **Parking.**

There are two sets of courses available in the valley starting from our two car parks at Bowness Knott and Bleach Green. In addition the Bowness Knott courses include a second start point near Ennerdale YHA. Please note only customers of the YHA or Low Gillerthwaite Field Centre may drive up the valley beyond Bowness Knott. Cars must be left in accommodation parking.



### **Course Suitability.**

Our orienteering courses are suitable for all skill levels, from beginners to fit and expert navigators. The easy courses stay on paths and forest roads which can sometimes be uneven. The harder courses cross rough terrain which may include steep slopes, scree and will be difficult to navigate through.

### **Join a Club**

If you have enjoyed orienteering in Ennerdale you might want to join the [West Cumberland Orienteering Club](#). The club organises regular Thursday evening events throughout the year. There are courses to suit all abilities, usually including an easy course suitable for novices. The club has an extensive junior programme with a large and very active team.



# WE NEED YOUR HELP

### New Secretary Needed -

As mentioned in a previous newsletter, after many years in the role of Club secretary, Lesley Wornham is stepping down at the upcoming AGM.

We are still looking for a new secretary so if you have a little spare time and would be interested in volunteering for your Club please contact Lesley asap. I have reattached the description of the role.

#### Secretary WCOC (role description)

- Book venue, send out agenda and take minutes at 6 committee meetings a year
- Book venue and refreshments, agenda and minutes for annual AGM
- Dealing with general correspondence and replying to email queries or forwarding (very few)
- Send out 95 Christmas cards on behalf of WCOC