



Scale Hill



Thanks to Joe Sunley for planning this week's event at Scale Hill, which provided interesting courses and the added excitement of the King of the Mountains and Sprint competition. The honours on the Long course went to Daniel Spencer and Niamh Hunter and on the Short course, Ruben Razzetti took the win, with Daisy Rennie first female and on the novice course, Stefie Stein and Charlotte Mathieson took joint honours, with Stanley Bardsley in 3rd. Full results below.

Long

5km 175m

Table with 3 columns: Pos, Name, Time. Lists results for the Long course (5km 175m) from 1st to 24th place.

Table with 3 columns: Pos, Name, Time. Continues results for the Long course from 25th to 49th place.

Short

3.6km 160m

Table with 3 columns: Pos, Name, Time. Lists results for the Short course (3.6km 160m) from 1st to 23rd place.

Table with 3 columns: Pos, Name, Time. Continues results for the Short course from 25th to 35th place.

Easy

2.6km 75m

Table with 3 columns: Pos, Name, Time. Lists results for the Easy course (2.6km 75m) from 1st to 3rd place.



Hi everyone, the results for the sprint and mountain legs are:

- Men: KoM: 1st Jacob Tonkin, 2nd Herbie Ashworth, 3rd Daniel Spencer. KoS: 1st Jeff Goodwin, 2nd Herbie Ashworth = Daniel Spencer. Women: QoM: 1st Niamh Hunter, 2nd Caitlin Pearson, 3rd Karen Parker. QoS: 1st Niamh Hunter, 2nd Alex Crawford, 3rd Karen Parker.



Thanks to Joe for a great event, as the series progresses I will provide overall standings for the league.

Thanks to Herbie for this. Look out for details of the relevant legs at registration.

Upcoming Events

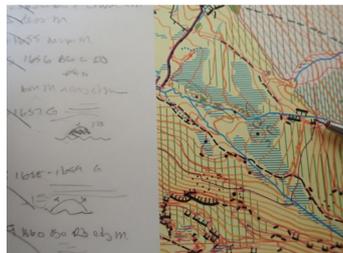
- 20/05/2021—Bowness Knott (as usual entries via Race Signup—Close Tuesday 23:59). 27/05/2021-Latrigg Top 03/06/2021—Mosser Fell 04/06/2021—BO junior selection race—Keswick 05/06/2021—British Middle Champs

Border Liners—Gowbarrow



Several WCOC members attended the event at Gowbarrow. There were 6 finishers in the top ten on Green, with Steve Birkinshaw taking the win by 8 minutes. Jamie Rennie was 5th, Ian Cumpstey 6th, James Birkinshaw 7th, Martin Skinner 8th and Howard Leslie 10th. Susan Skinner was first lady, with Elizabeth Woodcock 5th lady and Anna Taylor-Brown 7th. On Short Green, top club performer was Mike Pearson in 3rd, with Deborah Goodwin 4th, Hannah Birkinshaw 6th, Kim Leslie 8th and Rafferty Phillips, Enzo Phillips, Malcolm Ruckledge and Hiroki Holmes in 11th to 14th places respectively.

### Club Mapping Day courtesy of Pete Nelson



If you're a mapper, aspiring mapper, or just want to improve your orienteering by understanding maps a bit more, come along to our club mapping day. Expect a walk in the terrain, with a discussion of what goes on to a map, and why. Then a bit of real mapping, on terrain never before mapped for orienteering. No computers involved - just bring a pencil. There isn't a 'right' way to make a map, so expect arguments if more than one mapper turns up!

Provisionally Saturday 3rd July, all outside. We can vary the date, time, and contents to suit you.

Contact Pete Nelson if interested (pete.barbara@btinternet.com ).

### Junior Training



This week the juniors took part in a slightly different training event—an orienteering biathlon. The event involved the juniors running short orienteering courses around Harris Park interspersed with the shooting of Nerf guns, with penalty loops for those who could not hit the target.

Looks like a lot of fun!



Challenging Disability Through Outdoor Adventure

### An Appeal from Tony Duncan for a great organisation which has struggled due to Covid.

On May 26th I shall be taking part in a sponsored event in aid of The Calvert Trust. 6 geriatric members of Keswick Rotary will be climbing the 5 summits in one day that residential groups at the centre are named after. Dodd, Skiddaw, Latrigg, Grisedale Pike and Barf and then canoeing Bassenthwaite back to Calvert. We are taking Calvert Bear ( the centre's mascot) along with us. Bear Grylls has pledged his support and has sent an encouraging message " An epic challenge that will help so many people.. I admire all those embarking on this adventure so much"

WCOC have supported The Calvert Trust in the past and I expect that many members will be familiar with the outstanding work that they do at the centre. I would be most grateful if any members are able to support this venture.

You can sponsor via; <https://uk.virginmoneygiving.com/Team/TheCalvertBearChallenge>

### And Finally -

- **Please Respond**—Members should all have received an email from Mike Billingham re the possibility of organising the Lakes 5 Day (August 2022) and British Night Championships 2024). **Please respond to him by 22nd May.**
- Entries close for the first Allerdale Bike Challenge tonight.