



Bowness Knott



Thanks to John Slater for the event at Bowness Knott. Traditional Lake District weather came out to celebrate [#worldorienteeringday](#). No less than 7 orienteering clubs were represented with orienteers aged from over 70 to under 10. Tough forest and granite under foot offered up a great navigational and physical challenge. Winners on the Long course were Daniel Spencer and Emma Crawford and on the Short course Joe Wright (MAROC) and Daisy Rennie. Full results below.

This week's event is at Latrigg Top—entries close Tuesday 23:59.

Long

5.1km 170m

Pos	Name	Time
1st	Daniel Spencer	40:02
2nd	Ben Breeze	43:02
3rd	Mike Harrison	43:36
4th	Jamie Rennie	43:59
5th	Joe Sunley	46:11
6th=	Simon Hunter	46:53
6th=	Ian Cumpstey	46:53
8th	Keith Tonkin	48:50
9th	Jacob Tonkin	49:15
10th	Simon Woodbury	49:19
11th	Dan Heppell	50:54
12th	Ben Goodwin	51:31
13th	Danny Winterbottom	52:09
14th	Steven Breeze	53:15
15th	Jeff Goodwin	57:18
16th	Sam Holding	58:14
17th	Ryan Crellin	59:15
18th	Stuart Crawford	60:01
19th	Pete Nelson	60:35
20th	Emma Crawford	60:50
21st	Richard Cummings	64:42
22nd	Ange Jackson	64:55
23rd	Susan Skinner	65:12
24th	Nicholas Moore	69:10
25th	Jasmine Girdlestone	72:35
26th	Brian Johnson	76:15
27th	Jonty Goodwin	77:07
28th	Alex Crawford	79:31
29th	Helen Rennie	82:40
30th	Ann Cummings	83:06
31st	Janette McHendry	97:13
32nd	Kamila Winterbottom	102:52

Short

3.4km 100m

Pos	Name	Time
1st	Joseph Wright	21:27
2nd	Daisy Rennie	32:32
3rd	Roger Thomas	34:56
4th	Isaac Hunter	35:14
5th	Sophie Crawford	35:48
6th	Carl Humphreys	35:53
7th	Eva Humphreys	37:15
8th	Raymond Wren	38:00
9th	Roger Jackson	38:03
10th	Steve Holmes	38:50
11th	Colin Smith	40:20
12th	Christine Kiddier	41:02
13th	Anna Taylor-Brown	41:04
14th	Penny Kingsland	44:20
15th	Philip Nichols	45:14
16th	Deborah Goodwin	47:58
17th	Rebecca Crellin	50:11
18th	Elizabeth Elliott	51:33
19th	Toby Heppell	51:57
20th	Adrian Ledger	53:19
21st	Malcolm Ruckledge	56:43
22nd	David Fenwick	59:41

Upcoming Events

- 27/05/2021-Latrigg Top
- 02/06/2021—Newton Fell (LOC)
- 03/06/2021 –Mosser Fell
- 04/06/2021—BO junior selection race –Keswick
- 05/06/2021—British Middle Champs
- 06/06/2021—Northern Champs
- 10/06/2021—Buttermere
- 12/06/2021—Alston Urban (BL—entries open soon).

Junior Selection Race—Pre-runners

In case you missed it on FB, Lynne Thomas is looking for some pre-runners for the Keswick Sprint Selection Race, Friday 4th June, 5.30pm. There are 4 courses to be tested M16, W16, M18/20, W18/20, all ~3km. She needs you to be finished before the main field starts at 6pm but you can run any of the courses regardless of age/ gender. Get on touch with Lynne if you are ingterested.

Yvette Baker Heat—Brun Valley Forest Park—Burnley

A team of 9 juniors (and accompanying adults) travelled to Burnley at the weekend to take part in the regional heat of the Yvette Baker competition. There were only 2 Teams entered, us and the host Club, Pendle Forest Orienteers. (Who unbeknown to us are classed as a small club and therefore are in the YB Shield, whereas we are in the YB Trophy!) We had a relatively young team, with some who had not experienced an event like this before. It was a great team effort and WCOC took, 1st and 2nd on Green, with Daisy Rennie and Dan Heppell, 1st and 2nd on Light Green with Isaac Hunter and Myrtle Ashworth, with George Rennie 3rd and Toby Heppell 4th and on Orange, Ash Boothroyd was 1st with Eva Humphreys 2nd and Hiroki Holmes 5th., so had we been competing in the same competition we would have pipped PFO by 4 points! As it was both us and PFO earned places in the final which takes place on 4th July at the Westonbirt National Arboretum. Great job

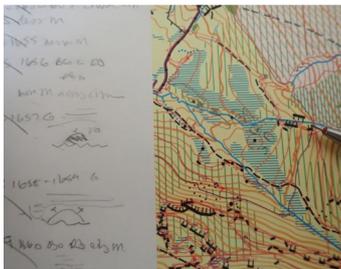
WCOC juniors!



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

Also on FB—public and members' page.

Club Mapping Day courtesy of Pete Nelson



Thanks to all the people who responded to last week's note about the mapping day. There were a number who wanted to come, but have other commitments. Pete will do another session in the autumn when things aren't so busy. Four people will be joining him on 3rd July. That's enough to go ahead with, but it would be great if Pete could get a couple more. Remember, this session is about looking at the terrain, and seeing what goes on a map. All outside, and no computers involved. And it's not just for mappers, but for anyone who wants to understand O-maps a bit more. Contact Pete Nelson if interested (pete.barbara@btinternet.com).



**The Keswick Bikes
ALLERDALE BIKE
CHALLENGE 2021**



The first event of the Allerdale Bike challenge took place from Brigham this week and was blessed with a beautiful sunny evening. 71 riders took part and there were several WCOC members on the results. The next event is at Allonby on 2 June 2021—entries close the Monday before. For more information and to enter visit—[Calendar of Events](#) -

BMBO— bmbo.org.uk or email AllerdaleBikeChallenge@gmail.com

Andy and Mel Bradley Land's End to John O'Groats'

Spotted this on CFR's FB page, WCOC member Andy Bradley and his wife Mel have set off on the gruelling challenge to raise money for Cancer Research. If you would like to donate the link is: <https://www.justgiving.com/fundraising/Melanie-Bradley3>



CFR - Cumberland Fell Runners

19 May at 18:33 · 🌐

Tomorrow, two of our longest serving and valued CFR members, begin the classic 'Lands End to John O' Groats' cycle journey. We'll update news of their progress and well-being regularly on this page.

As they journey northwards, they're hoping to build upon their fundraising for Cancer Research. The total raised so far stands at £1,210. If you'd like to donate and give Andy and Mel a much needed boost then you can donate here:



A Couple of Consultations you may like to respond to.



British Orienteering

19h · 🌐

Have you read and registered your feedback yet on British Orienteering's New Strategy - Thriving Clubs for a New Generation?

The plan can be found here: <http://ow.ly/fgRD50ExXPE>

Have your say! Please forward your views and comments to insight@britishorienteering.org.uk

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If you haven't already filled this in please do. It doesn't take very long and it's important even if you just want to say that you think the status quo is about right.

WE NEED YOUR HELP!!

We have made a survey to find out views on equalising winning times in long races, which we need as many people as possible (all genders, all levels of orienteering, all ages) to fill out. Link is below, so please, please fill it in!!

Survey Link: <https://forms.gle/9yYxrwQZEjLHVgC9>

^^ Pls fill in!! ^^

Thanks for any help! Any questions send them my

STRATEGIC THEMES

Bringing together learning from orienteers, external research and Board experience, British Orienteering has developed four strategic themes that will guide us to deliver **THRIVING CLUBS FOR A NEW GENERATION**.

British Orienteering believes that if we change perceptions about orienteering, increase accessibility and deliver engaging experiences, more people will become hooked on the sport.

Once engaged, clear pathways to progress in competition or volunteering will enable people to enjoy the sport for life, whilst stronger foundations and club support will secure orienteering's future.

 **Change the perception**

 **Create engaging experiences**

 **Strengthen lifelong pathways**

 **Provide foundations for success**



Episode 41 - Gender Equality in Orienteering

Listen to this episode from The Run In on Spotify. Will and Katherine are joined by...