



Buttermere



Thank you to Bob Dredge for last week's event at Buttermere. Despite the wet weather, almost 90 hardy orienteers turned up to run. The full results are below but winner on the Long course were Aidan Smith (SYO), only seconds ahead of Dan Spencer and Steve Birkinshaw; and Niamh Hunter who was first lady. On the Short course, Anna Murgatroyd (OUOC) took the win, with Isaac Hunter and Sophie Crawford in 2nd and 3rd. On the Novice course, Sola Holmes took the win from Ruth and Eve Walker in 2nd and 3rd. Thanks also to the road-crossing marshalls on the night.

Full results -

Long

Table with 3 columns: Pos, Name, Time. Lists results for Long course (5.2km 250m) from 1st to 22nd place.

Short

Table with 3 columns: Pos, Name, Time. Lists results for Short course (2.8km 150m) from 1st to 22nd place.

Table with 3 columns: Pos, Name, Time. Lists results for Novice course (2.6km 90m) from 1st to 34th place.

Upcoming Events

- 16/06/2021—Allerdale Bike Challenge—Keswick
17/06/2021—Knock Murton. (Entries close midnight on Tuesday).
24/06/2021—Lodore
27/06/2021—Sale Fell Galop-pen
01/07/2021—Parish Relays—



The Keswick Bikes ALLERDALE BIKE CHALLENGE 2021



16/06/2021—This Wednesday

This week the action takes place in and around Keswick. 2 hours to collect as many controls as you can. Entries

close tonight. No entries on the day.

Enter on www.bmbo.org.uk
Email: AllerdaleBikeChallenge@gmail.com

Tuesday Night Training (TNT) (news from Alex)



It's been great to have some new juniors joining our Tuesday evening junior fitness training. Welcome to Katrina, Richard and Ruth!

Last Tuesday was a gentle recovery run up Slate Fell with some fun running games before our descent. We looked at maps of recent events and talked about the different scales used on them, and what colours are used for different types of features.

Anyone interested in joining please contact Simon Hunter

(hunters7@sky.com).

Selection News

It has been a very exciting few days waiting for the selection news to appear on British Orienteering 's website. Congratulations go to Alastair Thomas and Joe Sunley

Alastair—



Al, who is a member of the GB senior squad has been selected to run the Middle –distance event at the World Orienteering Championships which are due to take place in the Czech Republic between 03—09 July 2021. This is his first year running as a senior which makes his selection all the more impressive. For those wanting to follow the action , details can be found on www.woc2021.cz and the middle races (qualifier and final) happen on Tuesday 6th July. Al was keen to pass on his thanks to the Club for all the support he has had over the years.

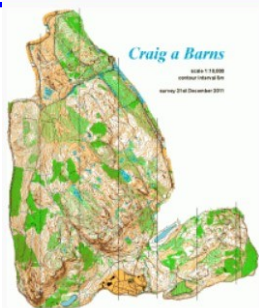
Joe—



Joe has been selected to make his debut appearance for the GB Team in the European Youth Orienteering Championships which are due to take place in Vilnius, Lithuania from 20-22 August 2021., as an M18. The event consists of a Long distance, relay and sprint, so it will be a busy 3 days! To follow the action visit– www.eyoc2021.lt

Joe is also a reserve for the Junior World Orienteering Championships which are due to be held in Turkey from 05—10 September 2021.

Good luck to both of you!



Scottish Championships—Craig a Barns—13th June 2021

After the news of his WOC selection, Al ended the week on a high, winning the M21E Scottish Championships 2021., in impressive style, in a winning time of 68:14, over 5 mins ahead of Scott Fraser in 2nd and Alasdair Pedley in 3rd.



Thank You from 1st Cockermouth Scouts—Following on from British Orienteering's Volunteers' Week and this week's Coaching Week it was very apt for Steve Breeze to receive the 'thank you' below from the Scouts—well done to everyone involved.

Just writing to thank you for the support WCOG have given us recently. Simon Hunter ran a Zoom session for the scouts, introducing orienteering and building on map and compass work we had been doing with the Scouts. Last week, also with the help of your club members Lynne and Simon. We were able to put on a small event at Powter Howe for our Explorers section and on Friday for our Scouts section. On Friday we had 26 scouts take part and enjoying themselves. Dan Heppell helped us enormously with and represented WCOG well and did a good job as an explorer too. Thanks again, it has been appreciated. Steve Hardy
On behalf of 1st Cockermouth Scouts

And Finally—

- Welcome to the Club to new member Frankie Williams (M16), look forward to seeing you at events!
- Sale Fell Galoppen Entries are now open on SiEntries and it is White Team to help so please get in touch with Scott Ashworth to lend your assistance.