



Elva Hill -

Thanks to Mike Billingham for last week's Thursday night event at Elva Hill (which I think is a newly mapped area).

There has been a delay with the results so these will be included next week.

Upcoming Events

- 14/07/2021—Last ABC Bike Challenge (see below)
- 15/07/2021—Owsen & Burnbank (Entries close Tuesday 23:59)
- 22/07/2021—Low Rigg
- 29/07/2021—Holme Wood
- 05/08/2021—No event (Scottish Six Days)



Provisional Entries Open

Although this is a British Championships it is open to all, no matter your standard. 2 days of competition, and I am sure the Club will be hoping to field some relay teams on the Saturday. This is a mixed sprint relay, with Elite Teams consisting of 4 runners (at least 2 women) and other teams consisting of 3 runners (at least 1 woman). There is also the chance to enter an ad hoc team which doesn't have to comply with the usual age class rules—watch out for further announcements.



Allerdale Bike Challenge
8 July at 20:27 · 🌐

All too soon we have reached the final event of the 2021 ABC series. It seems like only yesterday that we all met up in the layby outside Brigham for the first event. Since then, the sun has continued to shine on us so we must be due a wet one for the final round! Do not let that put you off though as we are once again returning to our favourite venue in Uldale. Mae's tea room has once again opened up specially for us and will have a selection of fine fare on offer to refresh you after your hard ride. Did I say hard? You know this area well enough by now to know that this is the hilly one and this year's course will not disappoint. Join us after your ride for food drink and a good natter about what could have been if only...!

Being the last in the series this is also prize giving night. Remember that it is your best three events to count so if you have only done two you need to make sure you enter this one. On the other hand if you already have three can you improve that score?

As always entries close at midnight on Monday. Visit www.bmbo.org.uk for details and entries.

Look forward to seeing
Tony & Angela

URGENT—Entries Close at Midnight tonight.
Last chance for this year's series!



British Orienteering
8 July at 19:30 · 🌐

Go Orienteering: Your time, your pace, your adventure. Whether it's a walk with the family, exploring an area whilst on holiday away or something to do on a staycation, Orienteering is the challenge you are looking for. Start planning your summer here: <http://ow.ly/VF150FrDa>

[Netmums](http://www.netmums.com) [Mumsnet](http://www.mumsnet.com) [Influencers Mums](http://www.influencersmums.com) [N Kids](http://www.nkids.com) [UKStaycation.org](http://www.ukstaycation.org) [StaycationUK](http://www.staycationuk.com) [UK Getaways](http://www.ukgetaways.com) and [Staycations](http://www.staycations.com) [Stunning Staycations](http://www.stunningstaycations.com) - [UK Holidays & Experiences](http://www.ukholidays.com) [UK Staycations](http://www.ukstaycations.com) [Outdoor Staycations](http://www.outdoorstaycations.com) [Day Out With The Kids](http://www.dayoutwiththekids.com) [Family days](http://www.familydays.com). Tried & tested.



Check out this new resource on the British Orienteering website. On holiday? Looking for opportunities to orienteer in a new area, see what's available.

Twitter: You can follow @WCOOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.



Angle Tarn Pikes Galoppen -Thank you to Border Liners for a great event on Sunday. The sun shone, there were lovely views and the courses were suitably challenging. There were many strong performances from Club members. On the Brown—Steve Birkinshaw was only beaten, by GB Elite orienteer Chris Smithard, with Steve completing the 8km course in 65:10. Joe Sunley also had a strong run to finish 6th in 73:08,. Other Club members earning good Galoppen points, Simon Hunter (11th) and Jamie Rennie (12th). Niamh Hunter was 3rd female in 14th, and Caitlin Pearson was 4th female.



On the 5.8km Blue course, Dan Heppell had another impressive run to take the win in 56:18, ahead of Wilf Teasdale in 59:32. Others in the top ten were, Howard Leslie (5th), Alan Irving (6th) , Steve Holmes (7th) and Martin Skinner (10th). The best placed WCOG females were Lynne Thomas (32nd) and Ange Jackson (35th).

On the 3.7km Green course, WCOG made up 6 places in the top ten. Isaac Hunter took 2nd, just ahead of Daisy Rennie in 3rd. James Birkinshaw was 4th, Ian Teasdale 5th, Richard Cummings 6th and Susan Skinner 9th, and 2nd senior female. Other Galoppen counters were Ann Cummings 14th and Anne Burbidge 15th. On the 3.1km Short Green course, top Club finisher was Mike Pearson in 5th, with Emma Moody 10th and Elizabeth Elliot 13th.

On Light Green Sophie Crawford took a convincing win, almost 20 minutes quicker than the 2nd place finisher and Glenda Moore, returning after a period away from orienteering was 4th, and on Orange, Hannah Birkinshaw was 2nd, with Hiroki Holmes 3rd. (Full results on BL website and thanks to Solway orienteers for their lovely photos).



WOC 2021 Well what an exciting week of competition, with some strong results from the GB Team. In the Sprint Final GB's Alice Leake finished in an impressive 4th place, then the Mixed Sprint Team of Alice Leake, Ralph Street, Peter Hodkinson and Megan Carter-Davies finished 6th behind a

dominant Swedish Team who led comfortably from start to finish, with the other teams being Norway (2nd), Switzerland (3rd), Denmark (4th) and Czech Republic (5th). Our own Alastair Thomas ran strongly in the Middle Qualifier but was a little off the pace, and just missed out on Final qualification, finishing 16th, with the first 15 to qualify for the Final. Still a very creditable performance for his first WOC. Well done!

The final events saw strong performances from the GB women, with the team of Grace Malloy, Jo Shepherd and Megan Carter-Davies finishing 7th in the Relay and Megan having a great run on the tough long-distance course to finish 6th. Well done Team GB!

Full results, maps, photos and videos showing the interesting terrain faced by the competitors can be found on www.woc2021.cz



WOC 2021 Middle Qual.	
Men C	3,9 km 265 m
100 m	
1	62 ← mm 1.5
2	63 ↑ mm 1.5
3	64 ↑ mm 2
4	35 ↑ mm 1.5
5	36 ↑ mm 2.5
6	61 ↑ mm 1.5
7	70 ↑ mm 1
8	58 ← mm 1
9	51 ← mm 1
10	41 ← mm 1
11	42 ↑ mm 1.5
12	60 ↓ mm 1
13	65 ↑ mm 1
14	45 ↑ mm 1
15	97 ↑ mm 1
16	100 ← mm 1

Men C
course: Martin Janata

WOC 2021
QUALIFICATION
MIDDLE DISTANCE
6. 7. 2021

SCALE 1:10 000
EQUIDISTANCE 5M

WOC 2021
QUALIFICATION
MIDDLE DISTANCE
6. 7. 2021

WOC 2021
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MIDDLE DISTANCE
6. 7. 2021

