



WCOC Autumn Series Events

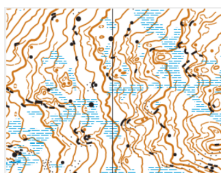


This week is the first event of the Autumn series and is taking place in Keswick on **FRI-DAY** to tie in with the Keswick Mountain Festival. This will be a mass start event at 6:30 pm.

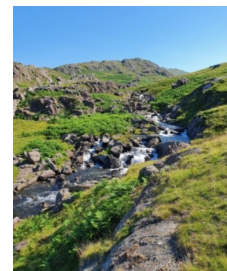
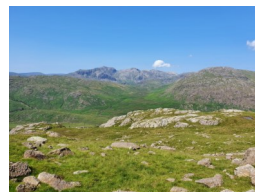
Entries will open this evening and will remain open until all maps are allocated so please don't delay! Check entries section of website for further details.

Provisional Autumn series events - 16/09.2021 - High and Low Park; 23/09/2021 - Silloth Dunes; 30/09/2021- Derwent Hill; 07/10/2021 - Whitehaven.

Other Local Events



19/09/2021 - Troutal Fell & Seathwaite Tarn (LOC Galoppen). Entries now open. This is a new area mapped by Martin Bagness, which is fast open fell with intricate contour and rock detail. Full details can be found at:



<https://www.lakeland-orienteeing.org.uk/events/galoppen-troutal-fell> and entries are now open via SiEntries.

26/09/2021 - Bampton Common and Helton Fell - Long-O (BL). Provisional courses are Long 18.5km, Medium 12.5km, Short 7.7km and Very Short 4.9km. Full details can be found here:



<https://borderlinersorienteeing.org/2021/09/06/bl-long-o-26th-september-2021/>



Entries open on SiEntries and they close -**19th Sep 2021.**

British Orienteering Championships 2021

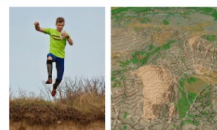
Don't forget the British Long Distance weekend.

First Entries Close 12th September 2021, and final entries close 26th September 2021, but this is subject to map and start time availability, so better not to risk it.

British Long Distance Championships Weekend Braunton Burrows, near Barnstaple, Devon

2nd Oct - British Long Distance Championships
3rd Oct - National Middle Race

2021



www.theboc.org.uk

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

Also on FB—public and members' page.



URGENT - Please help if you can.

Saturday 11th and Sunday 12th September, Keswick Mountain Festival. WCOC will be running an orienteering Maze with added excitement this year on the form of a Dual (knockout competition) each day. We need helpers at the maze on each day, especially around the time of the Dual which will be approx 2pm. Contact Ja-

mie Rennie or Lynne Thomas. Contact lynnethomas99@yahoo.co.uk

Transport Co-ordinator - Now that the NWJS Squad training weekends are running again and various junior competitions are taking place it would be helpful to have a transport coordinator to check who is attending events, how people are getting there, allocating lifts and/or booking minibuses and drivers where needed. It is not too onerous, with training and/or events about once a month, and you will get plenty of help and guidance. Anyone willing to take on this role please let me know by replying to the newsletter email.

Border Liners - Swindale

Thanks to Border Liners for an enjoyable event at Swindale which was also used as a NWJS training run. On the 6.7km Blue course Steve Birkinshaw took the win, with others in the top ten were Charlie Rennie 5th, Phillip Winskill 6th, Jamie Rennie 7th and Ian Cumpstey 10th and Dan Heppell was 11th. In the women's competition, Issy Sunley was 2nd and Emma Crawford 3rd.

On the 4.7km Green course BL member, Ruban Razzetti took the win, with Isaac Hunter 2nd., James Birkinshaw 4th, Danny Winterbottom 6th, Roger Thomas 8th and, Myrtle Ashworth 15th.

On the 3.5km Short Green course, Emma Moody took the win, with Eva Humphreys 2nd, Sophie Crawford 3rd, Malcolm Ruckledge 6th, George Rennie 11th and Liz Elliott 12th, and on the 2.5km Orange course, Hannah Birkinshaw was 4th and Hiroki Holmes 10th.

Here's a report from Emma Crawford and Issy Sunley about their Deeside Training Camp.

Deeside/Speyside Report

This year, we were selected to go to Scotland for the JROS Deeside training camp but because of lockdown it was situated in the Speyside area and only three days instead of the full week.

The first day was at Uath Lochans, we started in the car park with some getting to know each other exercises which included throwing eggs to each other while walking in circles. We then walked to the base for the morning and after warming up together we split into groups of three and slowly ran a line course where everyone took different routes and discussed the best route choices after each leg. After this, we had to match up contours on the map to the contours in real life. We then did a short course before lunch and that was when the rain started! We spent lunch in tents in the car park hiding from it. In the afternoon, we were in a new part of the forest where we looked at the contours on the ground and drew it on the map, which was a challenge but a good learning experience. To end the day's training, we finished with a peg relay which we ended up running together.

Day two was at Culbin in even worse weather than the day before, we were sheltering in the tents until we went for a warm up, then did two short slow courses focusing on route choice. After lunch, we decided the weather was too bad and spent the afternoon in a barn discussing route choices on elite courses and playing some fun games of charades.

Day three and the final day was at Coulmony with some short courses focusing on compass bearings, then after lunch we did one more short course before moving to the final area and doing an individual clock relay with self-chosen handicapped starts. Finally, we had a prize giving where Issy won second place in the relay.

We also had some social gatherings that week and the next week at the Scottish 6 Days events which were very fun.

These days of training really benefitted our performances in orienteering and we have learnt new skills that will help us achieve better results in the future.