



Whitehaven- Thanks to the Sunleys for planning and organising Thursday's event in Whitehaven. Competition was tight on the Long course, with Phil Winskill just taking the win from Charlie Rennie, with Jamie Rennie 3rd. Emma Crawford had a good run to come home in first place in the women's competition (5th overall), with Lynne Thomas 2nd and Carol Edwards (BL) 3rd. On the short course Isaac Hunter took the win, only seconds ahead of Daisy Rennie in 2nd. Dan Heppell was 3rd, Myrtle Ashworth 4th, and Sophie Crawford 5th. First senior finisher was Rebecca Crellin in 9th. (Full results below). This week's event is the final one of the Autumn series. **There is a cake stall (for junior fundraising) so please bring some change with you!**



Long 3.4km		
Pos	Name	Time
1st	Phil Winskill	18:55
2nd	Charlie Rennie	19:38
3rd	Jamie Rennie	20:47
4th	Herbie Ashworth	22:14
5th	Emma Crawford	22:21
6th	Simon Hunter	22:40
7th	Ben Goodwin	23:47
8th	Simon Woodbury	24:03
9th	Stuart Crawford	24:24
10th	Martin Skinner	25:06
11th	Carl Humphreys	26:21
12th	Phil Blaylock	26:35
13th	Lynne Thomas	27:20
14th	Ryan Crellin	27:49
15th	Carol Edwards	27:52
16th	Ann Cummings	28:23
17th	Alex Crawford	28:53
18th	Helen Rennie	29:04
19th	Steven Breeze	29:50
20th	Richard Cummings	31:17
21st	Roger Jackson	31:19
22nd	Mike Hind	32:35
23rd	Hugh Jordan	36:08
24th	Sally Heppell	41:10
25th	Jonathan Eaton	41:24
26th	Becca Muir	42:12
27th	Gerr Burgess	61:13

Short 2.4km		
Pos	Name	Time
1st	Isaac Hunter	15:12
2nd	Daisy Rennie	15:47
3rd	Dan Heppell	17:48
4th	Myrtle Ashworth	17:49
5th	Sophie Crawford	18:55
6th	Eva Humphreys	21:40
7th	Toby Heppell	22:13
8th	George Rennie	23:49
9th	Rebecca Crellin	24:04
10th	Ella-Mae Phillips	25:50
11th	Enzo Phillips	27:14
12th	Elizabeth Elliott	28:25
13th	Rafferty Phillips	28:30
14th	Abby Rutter	33:04
15th	Ruth Walker	34:20
16th	Isabel Winskill	36:30
17th	Maisy Winskill	37:18
18th	Ruth Walker	44:03
19th	Beatrice Gorrill	49:27

WCOC Events

14/10/2021 -
Maryport (Entries
open and they
close Tuesday
23:59
17/10/2021- Com-
pass Sport Cup
21/10/2021 -
AGM (see details)

Other Events - LAST CHANCE



ENTRIES CLOSE TODAY

BL Carlisle Urban
- Sat 16th Oct

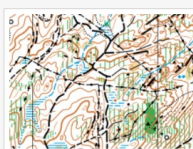
2021 - Entries are now open on
SIEnties and will close on Sun
10th October. This is a ranking
event for the North West Urban
League and will cover the scenic
areas of the cathedral, the castle
and Bitts Park.

The Orienteering Foundation



Coaching day Nov 2021

After a year off during lockdown, the Orienteering Foundation is pleased to announce support for another coaching day in the Lakes on Saturday 20th November 2021, in a similar format to previous ones (Nov 2019 and Nov 2018). We are particularly keen to promote coaching of adult orienteers, who are often under-served, but also welcome groups including juniors. Details of the day are below. Put the date in your diaries, and either sign up as an individual, or think about encouraging your club to attend as a group!



Summerhouse Knott
Source: Lakeland Orienteering Club

Date – Saturday 20th Nov 2021.

Location – Summerhouse Knott (as used for British Middle distance Championships in June 2021, [routeagadget](#)). Parking to be confirmed but may be at Lakeside and wherever it is there will be a charge.

There will be a limit of 120 individual and group participants, given the limited size of the area, and to preserve a quality coaching experience. First come, first served.

Cancellations – If the coaching day has to be cancelled for whatever reason (e.g. severe weather), those who have booked and paid will be offered refunds, or the option of keeping a place on a rescheduled coaching day. The Orienteering Foundation cannot accept liability for any other costs incurred by participants / groups in the event of cancellation (e.g. accommodation)

Refunds – No refunds will be given, but if a participant has to withdraw, their fee minus £2 admin charge will be refunded if the place is subsequently filled by another paying participant.

Organisation and planning – Derek Allison

Timing – 10am until 2.30pm when controls will be collected.

The coaching day is open to the following participants:

- Individuals** – Cost £12 per individual participant. This covers access fees, planned training exercises, hung controls, printed maps, and expert coaching from Derek Allison and / or other experienced coaches. Any standard from TD4 (Light Green) up to full TD5 can be catered for. All individual participants must be 18+ years of age.
- Groups** – For example clubs, schools, or junior squads. Cost £6 per group participant. This covers access fees, and supply of electronic map (OCAD) and course files (Purple Pen) to group leaders. Groups MUST supply their own coach(es), who are suitably qualified, sufficient in number, and responsible for the safety of their group. Groups will need to print their own maps, and may either use the planned courses, or modify / design their own using the same controls (please do not hang additional controls in the forest, unless by prior agreement with Derek). Group participants may be of any age that their coaches are happy to supervise. There are plans to have some TD 2/3 controls for use by groups, details to follow.

Facilities – None, please use public toilets prior to arrival. All individual and group participants should bring their own orienteering equipment (compass etc.), lunch / snacks and drinks.

First aid and safety – Derek and other coaches are qualified first aiders. Groups should also ensure they have a qualified first aider. Derek will do the risk assessment for individual coaching, and also provide a copy for group leaders to adapt to do a risk assessment for their own group.

Registration – Individual participants, and group leaders with provisional numbers of participants, MUST register in advance. At the latest by Sunday 31st October 2021, but ideally sooner. You cannot just turn up on the day. Please register in advance with Derek Allison, email dereka57@gmail.com, telephone 07980 583478.

Payment must be made in advance by Sunday 7th November 2021 at the latest. Payment details will be provided on application.

Copyright and permissions – The map files provided to group leaders are copyright Lakeland Orienteering Club, and must only be used in conjunction with this coaching day, and deleted afterwards. Moreover, access to the area is sensitive, and permission is only granted on the coaching day itself - groups and individuals must not attempt to use the area at any other time, without first seeking permission via LOC.

Sunday 21st Nov 2021 – Why not make a weekend of quality orienteering training and competing in the South Lakes? The following day there is a LOC event (Cumbrian Galoppen) at Great Tower. See Lakeland Orienteering Club website [here](#) for details.

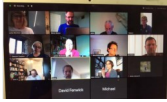
Any

WCOC members interested? Please contact Simon Hunter- hun-ers7@sky.com

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

Also on FB—public and members' page.

AGM Thursday 21st October



Look at this talented bunch of people - The WCOC committee. They will be looking for a **new chairperson** to be appointed at the AGM in October. As you can see there is no need to be an all knowing expert on orienteering as all the knowledge is right there in the committee. Could you help steer the conversation on the future of WCOC in only 6 meetings a year or are you interested in helping out to ensure the ongoing viability and growth of your Club? Send a message if you'd like to know more or need your arm twisting (chair@wcoc.co.uk). Relevant documents will be shared on the Members' Section of the WCOC website.

Details of AGM-

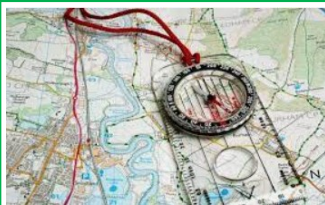
7pm at Ullock Village Hall in the hamlet of Ullock, (Just off the A5086) GR 076239. CA14 4TP. Some parking outside the village hall, otherwise park in the small car park down by the river at GR 077240. Anyone wishing to attend is asked to let Paul Tickner know by email to paultickner13@gmail.com



Spook-O - Volunteers Needed- Whinlatter 28th Oct 2021

An urgent decision is needed as to whether we can run the event this year. Due to juniors being away on training camps, others having gone off to university and holidays, there are a shortage of people to set up, and run the 7 spooky control sites, registration and cake stall. This is a great opportunity to raise funds for junior orienteering. If you can help in any way or need more information please contact Janette McHendry urgently - janette@jossy.co.uk

It would be a real shame if we are unable to do the event.



Mapping Day (from Pete Nelson) We are running the second edition of the Mapping Day on **Saturday October 23rd**, probably at Buttermere again. Four people have already signed up. As before the emphasis will be on looking at the terrain and seeing why the map looks like it does. There'll be a minimum of technology involved. We'll have an indoor session later to look at the software aspects. Contact Pete Nelson if you'd like to join in. (pete.barbara@btinternet.com)



Weekend Event -Please see the flyer in the email for the East Cheshire Urban Orienteering Weekend at Macclesfield and Knutsford on 30/31 October. The Macclesfield event is the North West Sprint Championship to which all NWOA members are eligible to compete.



Entries are now open on Fabian4 and full details are available at mdoc.org.uk

JHIs 2021 - Well done to Club juniors; Daisy Rennie, Issy Sunley and Joe Sunley on their selection to run for England in the



Junior Home Internationals which took place this weekend in Surrey. The individual race was on the spectacular and tough terrain of the Devil's Punch Bowl and Hindhead Common, and the relay was on Bramshott Common. In the individual races Joe was 4th, Daisy 5th and Issy 6th, and England led overall going into the relays. It was honours even in the relays with the girls' and boys' races both finishing with Scotland 1st, England 2nd, 3rd and 4th and Scotland 5th. Joe was in the leading England Team, coming in 2nd, Issy's team was 3rd, and Daisy's 4th. Overall England took the win. Well done everyone!

