



Spook-O - Whinlatter 28th Oct 2021 - If you have a few minutes to spare you can still help with this week's Spook-O. Carved pumpkins and scary bakes can be given to Janette McHendry. Please contact at - janette@jossy.co.uk, and please spread the word. Entries can be done via Racesignup but people can also just come along on the night. Sure there must be lots of you that can produce a better pumpkin than this effort of mine....can you guess what it is?



WCOCC Events

- 28/10/2021- Spook-O
- 04/11/2021 - Slate Fell
- 07/11/2021 - Whinlatter Galoppen (CANCELLED)
- 11/11/2021 - Bleach Green
- 18/11/2021 - Powter How

BL -Eycott Hill- 6th November 2021 - Entries open on SiEntries and close on **2nd November 2021**. More details can be found on the BL website.

LOC Cumbrian Galoppen- Great Tower - 21st November 2021

Entries now open on SiEntries & they close on **17th November**. More details can be found on the LOC website.

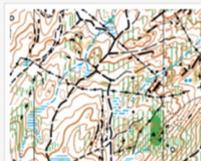
Any WCOCC members who would like to attend please contact Simon Hunter- hunters7@sky.com. Here is the link for information-<https://www.orienteeringfoundation.org.uk/coaching-day-nov-2021>.

Entries close 7th November 2021



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



Autumn League Results -

Thanks to Pete Nelson for keeping track of the overall

scores. It's not a formal league as some juniors were unable to run some of the long courses due to road crossings. On the Long course, Simon Hunter came out top with 1490 points, with Dan Roach 2nd (1481) and Jamie Rennie 3rd (1473). In the women's competition Emma Crawford was first with 1377, Caitlin Pearson 2nd (1357), and Daisy Rennie 3rd (1353).

On the Short course, Sophie Crawford took the win, with 1491, Eva Humphreys was 2nd (1396), Toby Heppell was 3rd (1337), George Rennie was 4th (1283), Ella-Mae Phillips was 5th (1246) and Rafterty Phillips was 6th (1177). Best placed seniors were Liz Elliot in 9th and Ian Teasdale in 10th.

Mapping Day (from Pete Nelson)



The second club mapping day was held at Buttermere on Saturday 23rd October. Despite a rather miserable weather forecast, six of us had a good session on the fell. We looked at different mapping styles, and how to choose what goes on to a map. We then went up the valley a bit and did some mapping on a steep, complicated bit of hillside. It was great to get a mixture of new and established mappers together to share techniques, experience, and opinions.



Badaguish Review (By Daisy Rennie) - On the 23rd-26th July, I went to the British Orienteering Talent Camp centered around Stirling. It was great experience, I learnt lots and had loads of fun 😊

On Friday, we met at Stirling University Track and ran a 3km time trial. The coaches taught us effective ways to warm up and warm down and how we could use our 3km time to help us with our training. I ran 13:28 which I was very happy with. Then later on, we had a zoom call where we discussed periodization, training plans and effective training.

On Saturday, we went to Auchingarrich forest near Crieff. I did a few compass bearing courses and then we did a few corridor courses. We each had a partner and one of the coaches shadowed us on the course. It was great to get into such a technical area and work on some areas I needed to focus on. Later on, we had another zoom call where we talked about that day's training and how to learn from it.

On Sunday, in the morning, we went to Dundurn forest near Loch Earn. I did a map memory course and a talk-o course. Again, we each had a partner and one of the coaches shadowed us on the course. Last time I was in Dundurn, I was very navigationally in-experienced, so it was good to go back a few years later and see how much I have improved! After lunch, we went to MacRosty Park in Crieff where we practiced sprint training. We did a practice sprint course to work on pre-race routines and race situations. After, we worked on stretching and post-race routines. Later on, we had another zoom call where we talked about that day's training and how to learn from it.

On Monday morning, we went to Polmaise Wood, a bit closer to Stirling and did a course with a mass start. The map was from 8 years ago so it was definitely a challenge, but it was fun to do a course with the pressure of a mass start and practice race conditions.

Overall, it was a very fun weekend and I hope that I can get to do more training camps like that in the future! Thank-you for helping me to get to Stirling with the grant



News in Brief

- AGM - following the AGM, the Club now has a new Chair in Scott Ashworth. I am sure that members will want to welcome Scott to the role and thank the outgoing Chair, Steve Breeze, for all his hard work in the role, and especially for steering the Club through the difficult periods of lockdown. It is a testament to the hard work of Steve and other Committee and Club members that the Club has survived this time and even gained some new members - well done and thank you Steve.
- Whinlatter Galoppen - sadly the decision has been taken that this event should be cancelled, as there were no volunteers to organise it. Events such as Galoppens need Club members to take on the organisation and without these willing helpers it is just not possible to put on events. If you have some spare time and can help in the future please do get involved, and if you are unsure what is needed, then check with any committee member who will be pleased to fill you in.