



Camerton- Thank you to Caitlin Pearson for this week's night event at Camerton. On the 4.2km long course, Dan Roach took the win in 24:36, with James Chapman (BL) 2nd and Dan Heppell 3rd. First female was Daisy Rennie in 10th, with Ange Jackson 2nd and Pip Conlon 3rd. On the 2.7km short course, Emma Crawford took the win, with Roger Jackson 2nd, Kevin Hodgson 3rd, Sophie Crawford 4th, Toby Heppell 5th and Ella-Mae Phillips 6th, and on the novice course Sola Holmes was 1st, with Kyra Green 2nd, (Full results below).

Long (32/32)

4.20 km / 0 m / 16 controls / 32 athletes

| | | | | | |
|----|-----------------|-------|----|---------------------|-------|
| 1 | Dan Roach | 24:36 | 13 | Stuart Crawford | 32:27 |
| 2 | James Chapman | 25:08 | 14 | Callum Coldwell | 33:30 |
| 3 | Dan Heppell | 26:43 | 15 | Simon Woodbury | 33:37 |
| 4 | Simon Hunter | 26:45 | 16 | Nicholas Moore | 37:26 |
| 5 | Isaac Hunter | 28:36 | 17 | Steven Breeze | 37:31 |
| 6 | Jamie Rennie | 28:37 | 18 | Mike Harrison | 38:33 |
| 7 | Herbie Ashworth | 28:45 | 19 | Christopher Pollitt | 38:59 |
| 8 | Alan Irving | 29:35 | 20 | Alexander Reed | 41:46 |
| 9 | Chris Swanepoel | 30:09 | 21 | Angela Jackson | 42:07 |
| 10 | Daisy Rennie | 31:24 | 22 | Chris Emerson | 42:53 |
| 11 | Andrew Bradley | 32:00 | 23 | Pip Conlon | 48:44 |
| 12 | Steve Holmes | 32:20 | 24 | Carl Humphreys | 49:00 |

Short (22/22)

2.70 km / 0 m / 12 controls / 22 athletes

| | | | | | |
|----|-------------------|-------|----|-----------------|-------|
| 1 | Emma Crawford | 19:55 | 14 | Penny Kingsland | 33:30 |
| 2 | Roger Jackson | 21:54 | 15 | Janette McHenry | 33:58 |
| 3 | Kevin Hodgson | 23:04 | 16 | Myrtle Ashworth | 34:40 |
| 4 | Sophie Crawford | 23:38 | 17 | Rachel Swift | 34:42 |
| 5 | Toby Heppell | 25:21 | 18 | Issy Sunley | 35:08 |
| 6 | Ella-Mae Phillips | 25:41 | 19 | Colin Smith | 36:40 |
| 7 | Sam McLoughlin | 28:23 | 20 | Sally Heppell | 44:38 |
| 8 | George Rennie | 28:27 | 21 | Simon Phillips | 45:08 |
| 9 | Enzo Phillips | 28:55 | 22 | Kate Golby | 49:52 |
| 10 | Helen Rennie | 28:57 | | | |
| 11 | Eva Humphreys | 30:23 | | | |
| 12 | Phil Nichols | 31:47 | | | |
| 13 | Rafferty Phillips | 33:03 | | | |

Novice (2/2)

2.00 km / 0 m / 10 controls / 2 athletes

| | | |
|---|-------------|-------|
| 1 | Sola Holmes | 25:56 |
| 2 | Kyra Green | 26:06 |

Next Event -Keltontop Fell. Entries open on Racesignup and close 23:59 on Tuesday. See note below from

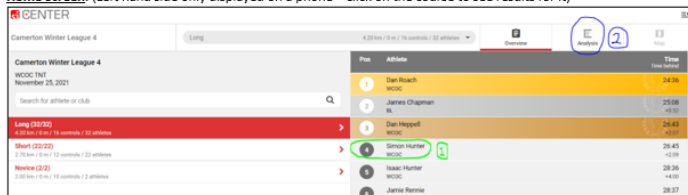
Looking forward to Chris Emerson's event on Keltontop Fell this Thursday. It could be spectacular up there on a fine night! The map uses the same sprint symbols as Bleach Green, and we found there that the pale brown used for wide path or track doesn't show up well in torchlight. Beware! We'll have the same on Ann and Richard Cumming's event at Stoneywath, on the other side of the road later in the month. See extract covering bits of both maps.

**Live Results – A Guide to Viewing Results**

The club has been trialling a new results system over the past three WCOC Thursday evening events partly due to technical problems with the old system. The system has the advantage that it uploads the results immediately so that can be viewed at the event, and if there's a signal, straight to the website.

Below is a brief overview of what the system can display in case you've not discovered the built-in features (Note: Computer and Phone display slightly differently but basically the same)..

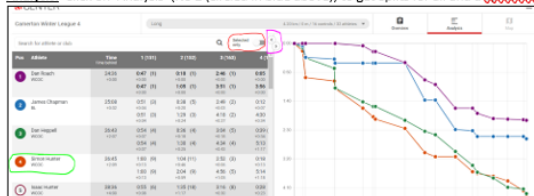
Home Screen: (Left hand side only displayed on a phone – click on the course to see results for it)



Individual Breakdown: Click on an individual (e.g. No 1 circled in green above) to get an individual's splits etc

| Control | Split Time | Behind | Behind (%) | Total Time | Behind | Behind (%) |
|---------|------------|--------|------------|------------|--------|------------|
| 1 (175) | 1:05 (5) | +0:13 | 27.7% | 1:05 (5) | +0:13 | 27.7% |
| 2 (175) | 1:04 (11) | +0:48 | 255.6% | 2:09 (16) | +0:59 | 90.8% |
| 3 (148) | 2:52 (3) | +0:06 | 3.6% | 4:56 (5) | +1:05 | 28.1% |

Analysis: Click on 'Analysis' (No 2 circled in blue above) to get Splits for all and a Splits overview style graphical display.



Click on an individual (e.g. circled in green) to add or remove from the graph.

The arrows circled in the pink let you expand each side (table or graph).

Selected Only

| Pos | Athlete | Time | 1 (175) | 2 (175) | 3 (148) | 4 (175) |
|-----|--------------|-------|----------|-----------|----------|----------|
| 1 | Simon Hunter | 28:45 | 1:05 (5) | 1:54 (11) | 2:52 (3) | 0:18 (2) |
| 2 | Isaac Hunter | 28:36 | 0:55 (3) | 1:35 (16) | 3:16 (8) | 0:39 (7) |

The 'Selected Only' switch (circled in red) means only those runners selected (do it before turning it on) are displayed, allowing you to just view you and your arch-rival or any individuals you wish!

Binsey (Border Liners) Thank you to BL for this week-



end's event at Binsey, which unusually started from the Ireby side, providing new routes on this well known area. Although the sun

was shining it was bitterly cold and windy on top, adding to the challenge. On the 8.8km Brown course it was a one, two for WCOC, with Steve Birkinshaw taking the win in 66:

13, Simon Hunter 2nd, and Ian Cumpstey 5th. On the 6.9km Blue course, Isaac Hunter had a good run to take the win in 61:41, over 10 minutes ahead of the rest of the field. Ange Jackson was 6th. On the 4.8km Green course James Birkinshaw took the win by 9 minutes, Nick Evans was 4th and Ian Teasdale was 6th and on the 2.4km Orange course Hannah Birkinshaw was 2nd.



Success at British Night Championships

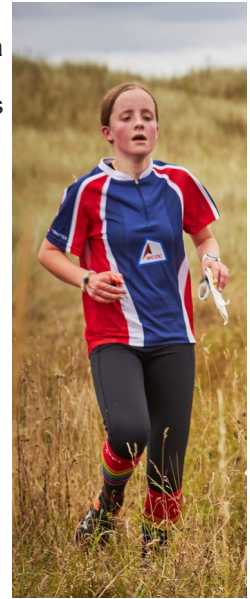


A handful of Club members made the long journey down to Cleeve Hill in Gloucestershire to compete in the British Night Championships, which took place on a complex area of open fell, with the added challenge of knee high snow in places. Undaunted by the conditions Daisy Rennie and Sue Skinner had excellent runs to take the wins in W16 and W55L to become British Night Champions - well done both!

Someone who thoroughly enjoyed the event was Dave Downes who said, 'It was a particularly fantastic event



- up high, snow on the ground, zero degrees wind, running on short grass on the tops with lots of quarrying type well contoured features (with controls in) The best open area orienteering I have ever 'danced in the forest' in. Wow!!'



Dan Heppell report on Hawkshead Camp



This year I went to the Hawkshead training weekend in South Lakes. It's an opportunity for M/W16s from all over the UK to train in some of the Lake's best terrain, and this year it certainly lived up to its reputation for me. We arrived on the Friday night, settling into YHA Hawkshead, our accommodation for the weekend. I was sharing a room with other members of the NWJS, and other than a few card games and failed attempts to find snacks, nothing much happened that night. Saturday was when things really got going... Up early and out early: to my least favourite area in the entire lake district, Summerhouse Knotts. The first and only time I had been there previously was when I did the British Middle Champs previously that year, and it hadn't ended well. This time however I found the area much more manageable, and went on multiple courses including Talk-O, a race pace course, and a few control picks.

In the afternoon it was off to Tarn Hows, an area that I had never been to before, and on arrival the weather was less than encouraging to say the least. It turned out to be a very technical area of open fell, covered in bracken and bog. The views were great though. More training there, then back to the youth hostel to prepare for one of the most chaotic races I have ever done: a 1.2k sprint course around the youth hostel grounds, on a 1:1500 map with 30 controls. Butterfly loops, two maps, hundreds of controls- oh and it was night. Fairly easy to see why the mis-punch rate turned out to be 50% of the entire field. Taking it slow and careful I finished with a time of about 13 min. The Sunday was a bit less confusing, despite it being the Galoppen at Great Tower and my 24 minute mistake.

All in all, it was a great weekend and I really enjoyed it. (Thanks Dan...great to hear all about your Camp and good to hear that you got so much out of it!).

Reminders

- Reminder that CSC payments need to be made as per email from Deborah Goodwin.
- Message from Helen Rennie - The stock of loan/hire dibbers is getting very low, if anyone has one that they are no longer using, please can you return it at an event, to an active Club member or send an email/message and someone may be able to collect.