



Keltonfell Top - Thank you to Chris Emmerson for this week's event. As you may have seen Control 159 has been removed from the results due to a malfunction. On the 4.7km Long course Dan Roach took the win, with Jamie 2nd and Simon Hunter 3rd. In the female competition BL's Karen Parker was first lady in 5th, with Daisy Rennie 2nd female and Caitlin Pearson 3rd female. On the 2.9km Short course Emma Crawford continued in her winning form, with Roger Thomas 2nd, Sophie Crawford 3rd, Roger Jackson 4th, Kevin Hodgson 5th and Issy Sunley 6th, and on the Novice course Sola Holmes was 1st, Kyra Green was 2nd and Ruth Walker was 3rd.

Long (29/30) 4.70 km / 0 m / 21 controls / 30 athletes			Short (29/30) 2.90 km / 0 m / 12 controls / 26 athletes								
1	Dan Roach WCOC	31:44	13	Isaac Hunter WCOC	45:02	26	Dave Phillips WCOC	1:09:40	13	Anna Taylor-Brown WCOC	43:34
2	Jamie Rennie WCOC	33:07	14	Michael Billingham WCOC	45:36	27	Jasmine Gidestone WCOC	1:18:46	14	Phil Nichols BL	43:37
3	Simon Hunter WCOC	33:51	15	Steven Breeze WCOC	47:37	Short (29/26) 2.90 km / 0 m / 12 controls / 26 athletes			15	Penny Kingland WCOC	44:40
4	Mike Harrison WCOC	37:26	16	Caitlin Pearson WCOC	47:42	1	Emma Crawford WCOC	22:59	16	Eva Humphreys WCOC	44:41
5	Karen Parker BL	38:40	17	Pete Nelson WCOC	49:04	2	Roger Thomas WCOC	27:42	17	Sam McLoughlin WCOC	45:54
6	Daisy Rennie WCOC	41:06	18	Christopher Pollitt WCOC	49:30	3	Sophie Crawford WCOC	29:45	18	George Rennie WCOC	45:55
7	Simon Woodbury WCOC	41:28	19	Angela Jackson WCOC	51:00	4	Roger Jackson WCOC	31:09	19	Janette McHenry WCOC	46:44
8	Martin Skinner WCOC	41:58	20	Susan Skinner WCOC	52:21	5	Kevin Hodgson WCOC	31:36	20	Colin Smith WCOC	48:53
9	Dan Parker BL	42:05	21	Nicholas Moore WCOC	54:16	6	Issy Sunley WCOC	34:26	21	Ashley Ledger NATO	51:24
10	David Wilson WCOC	43:52	22	Lynne Thomas WCOC	54:55	7	Helen Rennie WCOC	35:11	22	Elizabeth Elliott WCOC	52:17
11	Chris Swanepoel WCOC	43:54	23	Carl Humphreys WCOC	59:54	8	Phil Baylock WCOC	36:40	23	Grace Weston IND	57:22
12	Stuart Crawford WCOC	44:45	24	Mike Hind WCOC	1:04:08	9	Maggie Scragham LOC	37:48	24	Malcolm Ruckledge WCOC	59:46
			25	Alexander Reed IND	1:05:13	10	Kate Charles WCOC	39:22	Novice (29/30) 2.00 km / 0 m / 11 controls / 5 athletes		
						11	Sally Heppell WCOC	40:36	1	Sola Holmes WCOC	20:52
						12	Alex Crawford WCOC	43:15	2	Kyra Green WCOC	26:41
									3	Ruth Walker WCOC	27:31
									4	Eva Holmes WCOC	27:31



Caer Mote-This week's event takes place on this interesting area which includes a Roman Fort. Entries are open on Racesignup and close as usual at 23:59 on Tuesday.



BL - High Stand- Saturday 11th December - yellow, short green and green courses. Entries close 8th December 2021 - THIS WEDNESDAY.



LOC - Turkey Race 1 - Torver Low Common -Sun 26 December 2021- Entries now open on SiEntries. Entries close 20th December 2021. Full details are available on the LOC website.

VHIs 2021

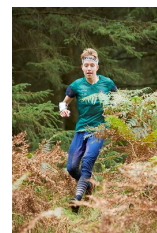
Last weekend our very own Sue Skinner headed to the Surrey forests to run for England in the Veterans' Home International hosted by South London Orienteers. Sue had a solid run in the W55 individual event coming third, with England team mate Sara Campbell in first and Scotland's Marsela McLeod in 2nd. After day one, England had an impressive lead with 162 points, with Scotland 2nd with 102 points. In the relays England extended their overall lead to finish the competition with a comfortable win with 286 points over Scotland's 200 points. Well done to Sue for playing her part in an impressive England performance!



Mapping Day news from Pete Nelson - After two successful practical days looking at mapping out on the fell, everyone was keen to follow up the deskwork side of it. We were lucky with the weather on the fell days; we were lucky again with the weather for the tech day. Ullock Village Hall was the best place to be on such a dark, rainy, December Saturday. Eight of us enjoyed a long morning of discussion and practice using Open Orienteering Mapper. Three more wanted to join us, but couldn't make it. You were missed. Thanks to Lesley Wornham for helping with the arrangements, even though she couldn't attend. I think we all have a stronger basis for going forward with OOM now.

Lakeland Warrior Weekend

There was Club interest in this WAROC double-header which involved a middle distance on the Saturday and a chasing start on the Sunday. It was an exceptionally strong field, with several GB elite orienteers taking part. In the middle distance Alastair Thomas finished 4th behind Ben Mitchell (1st), Graham Gristwood (2nd) and Alasdair McLeod (3rd). Dan Spencer finished day 1 in 9th. The Sunday chasing start really shook things up, with Alasdair McLeod leapfrogging up to 1st. Dan performed strongly to jump up to 5th, with Alastair slipping to 12th.



NWJS Christmas Training - Traditionally December sees the NWJS Christmas event take place in the South Lakes, with a Christmas dinner served on the Saturday night. Sadly, the effects of Storm Arwen led to a late cancellation from the usual YHA venue but thanks to a great team effort all was not lost, with the overnight stay moving to the Priestley Centre (an outdoor centre owned by Birmingham University) at Torver. Reading the history of the place it was a very apt location for our adventurous young orienteers. The full history which is well worth a read can be found via this link <https://www.birmingham.ac.uk/facilities/ramond-priestley-centre/history.aspx>

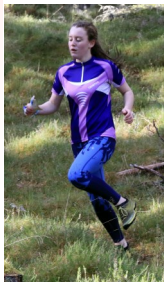
Here is the extract about the legacy of orienteering at the Centre-**Orienteering**

The PE Department first heard about Orienteering from a group of Norwegian students who came to study Engineering shortly after the war. Max Madders recalls that compasses at that time were "*cheap and reasonably accurate to 50*" as they were left over as army surplus. Courses were duly laid out around the shore of the lake and the surrounding woods, marking checkpoints with pieces of nylon cord. The courses began and finished at the lakeside marquee and were run in the evenings, with competitors running in pairs. Madders states that they took "*about an hour to complete the course, except for those who went wildly astray and were never seen again*". (A good example of the English tendency for hyperbole). On a few occasions, courses were laid zig-zagging across the lake so that canoes could be used. Madders recalls that "*there was one occasion when a courting couple on the lake shore were deeply disturbed, and infuriated, by the inexplicable arrival of young people in pairs at five minute intervals. In those days orienteering was a totally unknown sport to courting couples and the general public alike*".



Thanks to all the coaches and helpers for giving our junior orienteers such a fun weekend. The photo is of the Club's NWJS members dressed up for their Christmas dinner. Well done to Dan Heppell who was awarded most improved male orienteer, Isaac Hunter received his NWJS O Top as a reward for his performances over the last 12 months. Daisy Rennie and Joe Sunley won the well deserved awards for the most successful orienteers of the year based on their results, and strong performances in Championship races. Well done all!

Isaac Hunter reports on Lagganlia Camp



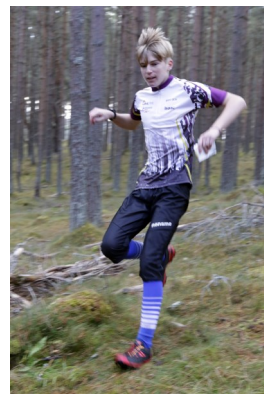
Lagganlia is an exclusive camp for top year m/w14 and m/w16. They use a multiple of different things to select who goes on it this includes races that year and squad suggestions. This year I was selected along with Daniel Heppell and Myrtle Ashworth from WCOC and north-west junior squad. There were 20 other athletes selected for Lagganlia this year from all over England and Scotland. Normally Lagganlia would be held at Lagganlia Outdoor Education Centre near Aviemore. Due to it being delayed from the second week of the summer holidays to October because of Covid it was moved to Badaguish, this did not affect the training but was a different place to where it's normally held.



Some of the areas we trained in included Rose Isle and Culbin. There were map memory exercises and compass only exercises but for the most part we were mainly training by being coached and shadowed. There were two days that were unlike the rest. The first, the Wednesday, was a knock-out sprint. A great experience for everyone because I don't think anyone had done one before. We had three rounds, the first to decide heats in the Badaguish grounds and the last two, semi-final and final, were in Glenmore Lodge. The last day was at North Granish and was the tour championship, the men's course was 5km and women's course was 4km. It was in very technical terrain and a great experience, made to feel like a real event it was fun and good practice.

Lagganlia this year was an amazing experience for my first orienteering camp. Thanks to all the great coaches, it was an enjoyable and informative experience, learning about all the things I need to improve on. All the coaches were very good at teaching and informing me on how to improve and helping me improve. The other athletes there were an amazing incentive to keep going and keep improving. They were also great friends that I'm sure I'll keep for the rest of my time orienteering. All of this was supported by the insanely nice and complex areas which help keep training at a maximum by truly bringing out the best in everyone's orienteering. All together this was an amazing camp and I hope to go on more in the future and continue to grow as an orienteer. I would also recommend it to the younger athletes that have yet had a chance to go.

Thank you for your support on helping me and the other two athletes go on the amazing camp.



Dates for your diary (more details to follow)

- Festive fundraiser for junior fundraising on 19th December. Starting at Cockermouth School with one course entirely in the school grounds and a longer urban around Cockermouth. Refreshments after.
- Hopefully the usual New Year's Day event at Mawbray
- JK Entries now open. Full details - . <https://www.thejk.org.uk/>