



Scale Hill- Thanks to Graham Watson for this week's night event. On the 3.6km Long course Dan Heppell flew round to take an impressive win in 33:16. Simon Hunter was 2nd in 36:50 and Matthew Atkinson (IND) was 3rd in 37:58. Others making up the top ten were Alan Irving 4th, Herbie Ashworth 5th, Chris Naylor 6th, Simon Woodbury 7th, Steve Holmes 8th, Ben Goodwin 9th and Mike Harrison 10th. First female was Daisy Rennie, 2nd was Karen Parker (BL) and 3rd was Lynne Thomas.

On the 2.9km Short course, Harry Scott (LOC) took the win in 30:29, Emma Crawford was 2nd (first female), Toby Heppell was 3rd, Issy Sunley was 4th (2nd female), Kevin Hodgson was 5th, Roger Jackson was 6th, Sophie Crawford was 7th (3rd female), Eva Humphreys was 8th, Richard Cummings was 9th and Bob Barnby was 10th.

On the Novice course, Ruth Walker took the win, Sola Holmes was 2nd, Eve Walker was 3rd, Kyra Green was 4th, and Myrtle Ashworth was 5th. (Full results can be viewed on the website).

This week's event is at Leaps Beck. Entries are open on RaceSignup and close at 23:59 on Tuesday.

Upcoming night events-

20/01/22 - Leaps Beck

27/01/22 - Sale Fell and Hogg Wood

03/02/22- Matty Benn's

10/02/22- Setmurthy

Did you have problems with this leg? See if Simon's tip help you work out what you should have done.

WCOC Winter / Night Event – Rannerdale: The LONG leg – What was your PLAN?

The leg from 2 to 3 on the Long Course was a hard leg which caused several people problems, some taking almost an hour to make it and some never getting there. The quickest runner did it in 9 minutes!

We all chose a route and, even if we don't think about it, have a plan to get from A to B. **Your PLAN is possibly the most important part of successful orienteering.** The harder the area or trickier the leg the more critical the plan can become. These are a few parts of mine for that long leg to No3:

When to plan? – Needs to be BEFORE running off (possibly in the wrong direction for the PLAN). Yes, I might need to slow or even stop but it's worth it. The slow climb and visible bush at No2 gave me my chance to think ahead.

Which Attach Point? – Sometimes described as the 'Door or entrance into the control', it's a feature(s) that you CAN find that reduces the difficulty of finding the actual control. Mine was the **boulder** (circled in pink) on the path and another, the tree above Control No10 (at the end of the yellow arrows).

How to get to the Attach point? - High, Middle or Low?

High (Red Arrows) - The lights already high on the hill as we arrived possible encouraged that route - contouring and not losing height could well be shortest and fastest BUT was it riskier, did I need to take the risk?

Middle (Yellow Arrows) / My Plan (12min) – Drop to the Path, along it to the distinctive stream, contour to the tree by control No10, then up to the boulder on the path. While hesitant, and my final bearing from the boulder wasn't perfect, the short distance left meant I was accurate enough.

Low (Green Arrows) – Drop to the Path, down to the track and along it before a path climb. Longest option with most climb but least risk?

So why did people take almost 1 hour for little more than a 1.5km path run? No, I didn't see that low route on the night either but it good to practice.

Taking enough time to PLAN might save you time!



Galoppens

Due to the Club organising the Compass Sport Heat and 1 days of the Lakes 5 Days, we are only organising 3 Galoppens in this year's series. Planners, organisers and controllers are needed for all 3 events.

The dates and venues are:

5/6/22 - Lank Rigg (nr Egremont).

18/09/22 - Ling Fell (nr Cockermouth).

06/11/22- Latrigg and Greta Gorge (nr Keswick).

Please contact Jon Eaton asap if you can help-

membership.wcoc@gmail.com.

THE LAKELAND WARRIOR ELITE RACING WEEKEND (These events are open for local Club runners) 5-6th FEBRUARY 2022

Entries now open to local club runners via SI Entries.

Another weekend of high quality but low-key Elite racing organised by Lakes locals in association with Masterplan Adventure.

Many thanks to the usual team of specialist helpers and to LOC for use of areas and help with access – especially Carol McNeill for sorting Sunday area.

Covid / snow / acts-of-god - Check emails / website before each race – venues and details may change!

As before, these races will be very much barebones. We are all in it together, so please muck-in if you see anything that needs sorting. The emphasis of the weekend will be on quality terrain, maps and courses.

These races are part of the GB Performance / Development squads training camp, 3rd-6th Feb.

Coaches / parents / travelling companions – Can you help? Subject to space you will be able to have a run.

All competitors must follow British Orienteering's [Participant Code of Conduct](#).

Fitness to Attend – of course, competitors must not attend the event if they have been advised to self-isolate / quarantine.

Coronavirus precautions – We will take measures to enable everyone to follow BO and Boris Covid rules and guidelines – whatever they are. We will not be policing every situation and it is up to everyone to take individual responsibility.

Punching – SI (probably Air)

Map bags – All maps on pretext paper, bring a map case if its wet and muddy.

First aid – hopefully at the finishes but please DIY if at all possible, to avoid unnecessary contact. Companions will be asked to take injured people to hospital if needed. Competitors take part at their own risk and are responsible for their own safety. Local Accident and Emergency – Westmorland General Hospital (01539 732288) Burton Road, Kendal, LA9 7RG. Or Barrow Infirmary.

Planner/Organiser – Martin Bagness.

Sat 5th Feb pm Holme Fell

Parking / assembly / finish – Hodge Close quarry. GRNY316016. Limited space - please arrange to fill cars for the last 2km up the lane, leaving empty cars elsewhere, eg in carpark at junction with main A593.

Start times – 12.30 – 13.30. M/W alternate minutes. Travelling companions and club runners punching start 12.10 - 12.30. Start 15 mins.

Courses – Middle. W21E 3.9 km, M21E 4.6km, 6% climb. Club runners enter either.

Terrain – open, semi-wooded, wooded, knobs and damp patches, fast but hilly.

Map – 1:7,500. Open fell – pg base, Dave Peel, 2000. Wooded area – lidar Martin Bagness 2022.

Sun 6th Feb am Rusland Heights

Parking – roadside and laybys between SD341880 and SD342888

Assembly / Start / Finish – SD342883

Format – starts from 11.00, W/M/W/M at minute intervals (not chasing, no gaffles). Travelling companions and

Courses – W21E 8.1km, M21E 9.7km Club runners enter either of these or 5km option.

Terrain – wooded, semi-wooded, open fell. Rusland Heights is the fell area between Rusland Beeches (UKOL Middle 2020) and High Dam (elite race dec 2021). The courses will also go into Rusland Beeches.

Map notes – 1:7,500. Lidar survey 2020 and 2022.

NIGHT TRAINING Sat 5th

This is an option, probably using a course from the 3rd / 4th training camp. Full markers / SI / results possible but only if someone offers to hang and run start / finish. Otherwise DIY.

(NB - There is also a North West Night League event on at Penrith Beacon on Saturday 5th February hosted by BL. More details on BL website).



club runners punching start 10.45 - 11.00

Galoppens 2021 (For those who do not know, the word Galoppen is derived from the Norwegian word meaning 'gallop' which has been popularly mistranslated by the British as 'ranking list'. The Cumbrian Galoppens are a series of events for the 4 local clubs in Cumbria (us, LOC, BL and WAROC). Clubs take turns to organise events which have colour coded courses ranging from the hardest, Brown to the easiest Yellow (or occasionally White). Points are awarded for the best finishers on each course, with the overall scores determining which Club wins the Borrowdale trophy.



In 2021, WCOC have retained the Cup.

The points earned by each Club can be seen to the right.

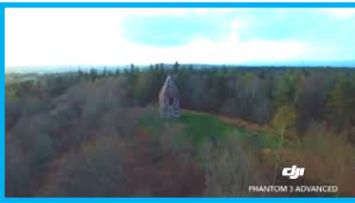
Steve Breeze has kindly set up a new web page where you can access results including the overall results. You should take a look, as the list of Club members who have earned Galoppen points will highlight the importance to the Club of as many Club members as possible taking part, and it is noteworthy that the Club has several overall course winners. Well done everybody!

Here is the link to the new website. Thanks Steve.

<https://cumbriangaloppen.wordpress.com/>

	WCOC	LOC	BL	WAROC
Brown	1896	1326	1538	284
Blue	1842	1612	1724	0
Green	1882	1421	1686	446
S Green	1660	1545	1302	198
L Green	1463	479	98	0
Orange	1265	389	387	0
Yellow	676	687	96	0
Total	10684	7459	6831	928

More Galoppen News:



The first event of the 2022 season was hosted by Bod-erliners at the Beacon, near Penrith. It was a real treat to have the facilities of the Golf Club available, including options for lunch, especially after battling through the tricky Beacon terrain. On the 7.9km Brown course, top Club performer was Charlie Rennie who finished 3rd,



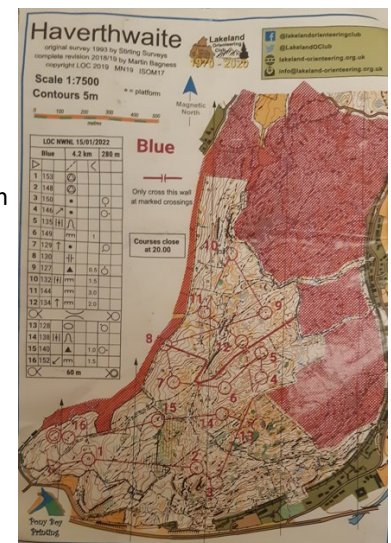
with Jamie Rennie 4th, Simon Hunter 6th, Steve Birkinshaw 7th and Chris Naylor 8th. On the 5.7km Dan Heppell continued his strong form to take the win, with Isaac Hunter 3rd, Alan Irving 4th and James Birkinshaw 6th. On the 4km Green course, Toby Heppell was the top Club finisher in 4th, with Sue Skinner 7th, Sophie Crawford 9th and Roger Thomas 10th. On the 3.3km Short Green, Kim Leslie was 2nd, and Malcolm Ruckledge was 10th. On Light Green, Ash Boothroyd was 2nd, George Rennie was 3rd, Hannah Birkinshaw was 4th and Elizabeth Woodcock was 5th. (Full results can be found on the BL website and on Steve's new website where you will find all things Galoppen). Well done everyone and thanks to our friends at BL for organising the event.

Haverthwaite Heights (Night Event)

Several keen Club members, (including juniors who used the event to train for the upcoming British Night Championships), travelled down to the LOC event to make a double-header on Saturday. Haverthwaite Heights is typical, complex Lakeland terrain - not easy in the dark!

On the 4.2km Blue course, Herbie Ashworth was top Club finisher in 2nd, Jamie Rennie 10th, Alan Irving 14th, Simon Hunter 17th and Mike Harrison 19th.

On the 3.5km Green course, Roger Thomas was 2nd, Isaac Hunter 3rd and Dave Downes 12th, and on Orange, Myrtle Ashworth was 1st, George Rennie 2nd, Sophie Crawford 3rd and Eva Humphreys was 4th.



Well Done Joe Sunley!



Congratulations to Joe for his win in the M18 class of the UK Orienteering League.

The table of winners of each age class

Name	Class	Club	Score	Name	Class	Club	Score
Adam Methven	M16	BKO	378	Jocie Hilton	W16	SN	384
Joe Sunley	M18	WCOC	324	Rachel Duckworth	W18	DVO	347
Peter Molloy	M20	FVO	344	Mairi Eades	W20	EUOC	393
Ben Mitchell	M21	SBOC	392	Louise Adams	W21	EUOC	277
Andrew Biffen	M35	KERNO	317	Kirsten Strain	W35	AROS	400
Will Hensman	M40	FVO	392	Heidi Lloyd	W40	TVOC	384
Joyon Medlock	M45	WSX	369	Sarah Rollins	W45	SN	398
Martin Ward	M50	SYO	397	Jenny Peel	W50	SYO	392
Clive Hallett	M55	BOK	383	Elizabeth Jackson	W55	DEE	370
Mark Saunders	M60	BOK	387	Alice Bedwell	W60	BOK	396
Philip Eeles	M65	SOC	387	Janet Rosen	W65	HH	396
Peter Gorvett	M70	SYO	378	Rosalind Taunton	W70	NGOC	378
Jim Prowling	M75	TVOC	393	Sheila Carey	W75	OD	388
Trevor Simpson	M80	OD	389	Jenny Thompson	W80	TVOC	399
John Thompson	M85	TVOC	399	Alison Sloman	W85	HOC	299

Welcome to New Members

Jenny Benson, Millie McLoughlin, Sam McLoughlin, Philippa Conlon, Patrick Gorrill, Nicola Gorrill, Beatrix Gorrill,

Alexander Reed, Iona Golby, Fiona Williams. (If any of you would like to provide a few introductory paragraphs to introduce yourselves to the rest of the Club please reply to the newsletter email). Hope to meet you all at upcoming events.

...and finally...this may be of interest to you.

Lee Procter shared a link to the group: Fell Running UK.

New virtual orienteering challenge, from Staveley, Lake District. Map costs just £1 (which goes to mountain rescue). No other entry fee.

Choose either the 2-hour or 3-hour course. See how many of the 30 checkpoints you can visit. Loads of decisions to make and route choices to mull over!

Get maps from [The Forge](#). Should be good fun!

SLMM.ORG.UK
Staveley Virtual Score Course - Saunders Lakeland Mountain Marathon - SLMM