



Hogg Wood and Wythop Valley - Thanks to Ian Teasdale for planning last week's event. Hopefully no-one was too frightened by the strange collection of archery targets in the dark woods! On the Long course, perhaps unsurprisingly, GB Squad member, Alastair Thomas (EUOC), took an emphatic win, finishing in 26:35, Jamie Rennie was 2nd in 33:53 and Dan Roach was 3rd in 34:28. The rest of the top ten was made up of Alan Irving 4th, Mike Harrison 5th, Rubem Razzetti (BL) 6th, Ben Goodwin 7th, Isaac Hunter 8th, Samuel Drinkwater (MDOC) 9th and Steve Holmes 10th. In the women's competition, Daisy Rennie was 1st lady, Karen Parker was 2nd and Lynne Thomas was 3rd.

On the Short course, Toby Heppell continued his good form with another win, in 28:56, Emma Crawford was 2nd in 33:16, and Kevin Hodgson was 3rd in 35:32. The rest of the top ten were, Eva Humphreys 4th, Sophie Crawford 5th, Bob Barnby 6th, Alison Love (IND) and Isabel Berry (BL) equal 7th, Roger Jackson 9th, and Helen Rennie 10th. On the Novice course Sola Holmes was 1st, Kyra Green 2nd, and Matthew Farrell was 3rd. (Full results are on the website).

This week's night event is at Matty Benn's and entries are open on RaceSignup and close at 23:59 on Tuesday.

Upcoming events:

10/02/22 - Setmurthy (Night)

13/02/22 - Hawse End CompassSport Cup Heat (see more info later)

17/02/2022 - Mawbray

Other Upcoming Events

05/02/22 - Elite Weekend Race Training - WAROC (Details were included in last week's newsletter)

05/02/22 - North West Night League - Penrith Beacon - Details on Border Liners website

09/02/22 - Night Event - Great Tower (LOC)

16/02/22 - Night Event - Bethacar (LOC)

19/02/22 - Miltonrigg (BL)

05/03/22 - Talkin Tarn (BL)

Thanks to Steve Breeze for the information about the Lakes 5 Day Fees opposite. Also check out the lovely merchandise with proceeds going to the NWJS.

Last day for cheaper entry to Lakes 5 event in the summer is today.

Fees per day

Payment date	Senior	Junior/Student
Up to 31st January	£17	£6
1st Feb - 30th April	£18	£7
1st May - 30th June	£19	£8
1st July - 24th July	£21	£8



Galoppens - HELP STILL NEEDED. IT WOULD BE A REAL SHAME IF EVENTS HAVE TO BE CANCELLED.

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. Please note the date change for Lank Rigg.

The dates and venues are:: 8/5/22 - 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.

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

Also on FB—public and members' page.

Compass Sport Cup Heat - Hawes End 13th February 2022



This is the premier Club competition in the country and everyone can take part and contribute to the overall score. This year we have the home advantage of hosting the event on one of WCOCC's own areas.



You may also remember that last year the Club finished 3rd in the final - our best result ever! No pressure! More info below. **PLEASE GET YOUR ENTRIES TO SCOTT BY 4TH FEBRUARY WHICH IS ONLY A FEW DAYS AWAY.**

Dear member,

WCOCC are hosting the CompassSport Cup qualification event this year in the beautiful stunning woodland around Hawse End, Borrowdale. For some newer club members this will be a great first opportunity to run on this excellent terrain and all club members will benefit from well planned courses, an updated map and tough competition against our local 'rivals'.

For the benefit of those new to the format of this event: We want as many runners as possible to enter. Our top scoring competitors across all classes count to our overall club score. Other clubs from the North West will also be competing. If WCOCC win - we proceed to the final.

As this is a qualifying event for a club competition, entries are made by the club rather than individually. If you would like to compete then we need the following information for each person entering:

Name

BOF Age Class

SI-Card Number (dibber)

Please email entries (and any questions) to: scottlashworth@hotmail.com

CLOSING DATE FOR ENTRIES FRIDAY 4th FEBRUARY 22:00hrs

Payment: Entry fees are: Adults £14 Juniors/students £5 (details on how to pay will follow)

Final details are available on the club website. Start times will be allocated and published after entries close. See the club website for further updates.

Payment Details-Bank transfer is fine, so it's bank 01-09-54 and account 07602286 'West Cumberland Orienteering Club'. If people can't do bank transfer cheque on the day is much easier than cash. Can folk put name and CSC as reference.

Refreshments will be served to raise money for junior activities Please let Scott know if you can help with the event on the day and let me know if you are not running on the day but are able to help with refreshments.

Winter League Standings - Thanks to Pete Nelson for providing the current Winter league standings which can be viewed in full on FB or on the Club website.

Long - current leader is Simon Hunter, with Jamie Rennie 2nd, Dan Roach 3rd, Dan Heppell 4th (and 1st junior), James Chapman 5th, Isaac Hunter 6th, Mike Harrison 7th, Martin Skinner 8th, Dan Parker 9th.

Daisy Hunter is 10th and 1st lady, with Karen Parker 11th (2nd lady) and Caitlin Pearson 18th (3rd lady).

Short - current leader is Emma Crawford, with Roger Thomas 2nd, Kevin Hodgson 3rd, Roger Jackson 4th, Sophie Crawford 5th, Issy Sunley 6th, Eva Humphreys 7th, Margaret MacKenzie 8th, Toby Heppell 9th and Helen Rennie 10th, and on the Nov-ice course, Sola Holmes is leading, with Kyra Green in 2nd, Ruth Walker in 3rd, Eve Walker in 5th and Lily Clarkson 5th. There's still all to play for!

SPRING SERIES - Event details are being finalised. Watch this space as volunteers will be needed to plan these events. More information next week.