



Matty Benn's- Thanks to Mike and Ange for this week's night event. On the 4.8km Long course, Jamie Rennie took the win in 36:29, with Ruben Razzetti (BL) 2nd in 37:23, and Simon Hunter 3rd in 37:49. Making up the rest of the top ten were Dan Heppell 4th, Dan Roach 5th, Steve Breeze 6th, Isaac Hunter 7th, Roger Thomas 8th, Stuart Crawford 9th and Jeff Goodwin 10th. Caitlin Pearson was first lady, with Lynne Thomas 2nd lady.

On the 3km Short course, Harry Scott (LOC) took an emphatic win in 24:13, with Sophie Crawford 2nd in 33:08 and Helen Rennie 3rd in 35:55. Making up the rest of the top ten were Roger Jackson 4th, Kevin Hodgson 5th, Richard Cummings 6th, Ann Cummings 7th, Issy Sunley 8th, Susan Skinner 9th and Eva Humphreys 10th. (Full results on website).

This week's event is at Setmurthy, which could prove to be an interesting challenge given the recent forestry work. Entries are open on RaceSignup and close at 23:59 on Tuesday.



#### Final WCOC night events-

17/02/2022 - Mawbray and 24/02/2022 (date change) High Rigg,

#### Spring Series - HELP NEEDED

Provisional dates and venues - 10/3/2022 - Longlands Lake; 17/3/2022 - Pardshaw Crag; 24/3/2022- Keswick Streets/Crow Park Sprint; 31/3/2022- Blakeley Raise; 07/4/2022 - Workington Moorclose; 21/4/2022 - Hogs Earth (Borrowdale) (venues may be subject to some tweaks).

Please let Mike Billingham know asap if you are able to organise one of these events. (Michael@micnet.plus.com)



#### Other Upcoming Events

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)

19 & 20/03/22 - Duddon Spring Weekend (sat-middle/sun-long (Entries now open - see- LOC website for details



#### Galoppens - HELP NEEDED - Organisers, Planners, and Controllers still needed. (Please help if you can).

Due to the Club organising the Compass Sport Heat and 1 day of the Lakes 5 Days, we are only organising 3 Galoppens in this year's series.

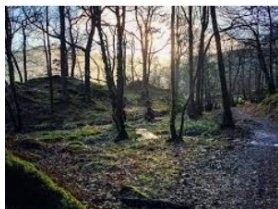
The dates and venues are:: 8/5/22 - Lank Rigg (nr Egremont), 18/09/22 - Ling Fell (nr Cockermouth), 06/11/22- Latrigg and Greta Gorge (nr Keswick).

**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-13 02 2022



Hopefully, you will all have entered by now! Please remember to bring plenty of change as we will be serving refreshments for NWJS funds - cakes, hot drinks and soup. We are always happy to fill your reusable cups if you bring your own. (Saves on our washing up as well!)



## Volunteering for the Club



You will have seen several requests for help throughout this newsletter. It goes without saying that the Club would not be able to run its extensive series of events without the help of Club members. Some terms that you may not be familiar with in connection with helping with events are: Organiser -the person who takes responsibility for the overall arrangements for the event (access, toilets, parking, volunteers etc); Planner - plans the courses; Controller - checks all is well with all aspects of the event. For larger and national events only experienced individuals can take on the main roles. You may think that you lack the skills or experience to volunteer to help but you can potentially lend a hand helping a more experienced member to learn the ropes, or try organising one of the Thursday night events (which are less formal), perhaps with a friend.

The Club also maintains 'Helper Teams' whereby members are allocated to Team Blue, Red or White. Your team captain will have your contact details and will be in touch when it is the turn of your team to provide volunteers for events.

The Club has many experienced members who are willing and able to help with advice and mentoring. If you are able to volunteer but not sure what is needed please let Jon Eaton know and he will pass coordinate and put you on touch with relevant Club members. (Jon.Eaton@outlook.com)

Lynne has become the face of Scottish Orienteering!



Scottish Orienteering updated their cover photo.  
1 February at 11:29 · 🌐

Our very own Lynne Thomas became the face of Scottish Orienteering on their FB page. Fame at last!



### Junior Funding

A Big Thankyou from the Club juniors for the continued support from members for their cake stalls and refreshments. It makes a big difference to the affordability of their training opportunities and race commitments and means that participation isn't dependent on finances, creating equality of opportunity.

## LOC/Warrior Elite Weekend

Several Club members took part in the events that were organised as an Elite Training weekend held in South Lakes.

In the Middle event (Saturday), Niamh Hunter finished 5th, and Daisy Rennie had a very creditable run to come in 13th, and in the men's race Daniel Spencer was 13th, Joe Sunley 16th, Charlie Rennie 23rd, Jamie Rennie 27th and Ben Goodwin 30th.

In the Long event (Sunday), Daniel Spence improved from the day before to finish 9th, Joe Sunley was 14th, Steve Birkinshaw was 24th and Ben Goodwin was 30th.

## BL Beacon Night Event

Well done to Steve Birkinshaw who took the win on the Blue, with Jamie Rennie 5th, Martin Skinner 7th, Mike Harrison 9th, Steve Breeze 11th and Ange Jackson 15th.

On Green, James Birkinshaw was 2nd, Nick Evans 5th, Susan Skinner 7th, Dave Downes 8th, Roger Jackson 20th, Liz Elliott 23rd, Janet Evans 25th and Malcolm Ruckledge 26th.

**NB - Entries are now open for BL Miltonrigg event - Sat 19th February. (See BL website for information).**