



Happy Valentine's Day to all lovers of orienteering!



Setmurthy - Thanks to Jamie Rennie for last week's night event in Setmurthy. On the 4.4km long course Charlie Rennie took the win in 32:40, with Dan Roach 2nd in 33:57, and Jeff Powell-Davies (BL) 3rd in 37:31. Making up the rest of the top ten were Dan Heppell 4th, Ruben Razzetti (BL) 5th, Isaac Hunter 6th, Simon Hunter 7th, Mike Harrison 8th, Martin Skinner 9th, and Keith Tonkin (BL) 10th. In the women's competition Caitlin Pearson was 1st lady in 14th, with Ange Jackson 2nd lady and Jasmine Girdlestone 3rd lady.

On the 2.7km Short course Emma Crawford took the win in 26:24, with Toby Heppell 2nd in 27:15 and Sophie Crawford 3rd in 29:03. The rest of the top ten were Isabel Berry (BL) 4th, Sam McLoughlin 5th, George Rennie 6th, Kevin Hodgson 7th, Susan Skinner 8th, Roger Jackson 9th and Simon Farrell (IND) 10th, and on the novice course, Wilf Clarkson took the win, with Sola Holmes 2nd, Kyra Green 3rd and Liliy Clarkson 4th. (Full results on WCOC website).

This week's event is at Mawbray -Thursday 17th Feb . Entries are open on RaceSignup and close at 23:59 on Tuesday.

Final Night event is 24/02/2022 at High Rigg and good luck to all those making the trip to Ilkley Moor for the British Night Championships at the weekend!

Spring Series - HELP NEEDED - Reminder

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

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



Other Upcoming Events

19/02/22 - Miltonrigg (BL)

05/03/22 - Talkin Tarn (BL)

06/03/22 - British Middle Champs (British Orienteering website)

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

26/03/22- British Long Champs (British Orienteering website)



Galoppens - HELP NEEDED - Organiser for Lank Rigg

Thank you to everyone who has volunteered so far. I am pleased to report that all the required positions for the Galoppens are now full **EXCEPT** for an Organiser for Lank Rigg which is the first of our Galoppens on 8/5/22. If you are able to take on this role please contact Jon Eaton as soon as possible. Thank you. (jon.eaton@outlook.com).

Compass Sport Cup Heat-13 02 2022.



Thank you and well done to everyone for putting on such a good event on Sunday, especially given the poor weather. Thank you to all the volunteers, especially those who took the lead roles, Scott Ashworth (organiser), Andy Bradley (planner), and Dan and Karen Parker (controllers), Liz for trailing back and



forth with the caravan, and thank you to all those who helped with the refreshments and those who supported the NWJS by buying cakes, soup and drinks.

The result of the event was very close and WCOC just missed out on the win by 4 points to LOC. Well done to everyone who took part and especially those runners who counted on the day, Sophie Crawford, Toby Heppell, Howard Leslie, Simon Hunter, Charlie Rennie, Pete Nelson, Jamie Rennie, Steve Birkinshaw, Hannah Birkinshaw, Emma Crawford, Isaac Hunter, Lynne Thomas, Roger Thomas, Bob Barnby, John Slater, Michael Billinghamurst, Angela Jackson, Sam Stead, Issy Sunley, Dan Heppell, Caitlin Pearson, Mike Harrison, Susan Skinner, Jasmine Girdlestone, and Enzo Phillips.



Allerdale Bike Challenge (ABC) is here! Well not quite, but the advance warning will give you plenty of time to get out on your bike so that you are well practised on time for the events. For those of you who fancy an orienteering challenge with a difference, Tony and Angela have confirmed this year's events in the ABC series which is an orienteering event on bicycles. The events are on roads, and involve competitors cycling to collect as many controls as they can in 2 hours. All details can be found on the BMBO website.

Dates and venues - 25/5/2022 - Caldbeck; 08/06/2022 - Cockermouth; 22/06/2022 - Rowrah; 06/07/2022 - Kirkbride, and 13/07/22 - Uldale.

Spring Coaching 2022 - Please see below details of opportunities to take part in coaching organised by LOC.

All applications should go through Carol McNeil (LOC) ([01229 861507/crlmcneill@gmail.com](mailto:01229_861507/crlmcneill@gmail.com)) and you will be sent final details and how to pay.

LOC days with Carol and LOC coaches. 1000 – 1300 - £6/£3 - limited space for other NW club members
Saturday February 19th – Roanhead (by Barrow in Furness). tech levels 4 & 5 (not beginners) – navigating in sand dunes – how to do it better.

Two full days with Martin Bagness for LOC and NWOA Clubs 1000 – 1530 £12/£6 (not to be missed – learn from a 'master')

Saturday 26th February –Finsthwaite based. TBC

Sunday 27th February – Rusland Heights and Hall Brow Wood.

Plus one or two ZOOM sessions to help prepare for the upcoming races – these will be announced separately.

Lakes 5 Days Merchandise -

Reminder that there are some lovely O tops and buffs available for the Lakes 5 Days with proceeds going towards the NWJS activities. Online orders close on 31st May 2022. To order and view , costs etc visit: <https://www.lakes5.org.uk/2022/merchandise>



And Finally - Welcome to new members Jack Gilbert, and Mike and Gill Hardy. We look forward to meeting you all at upcoming events, and if you would like to pen a few words to introduce yourselves to the Club then please do by replying to your newsletter email.