



High Rigg - Thanks to Dan Roach for last week's exciting and challenging conclusion to the Night Series at High Rigg. Overall results will be confirmed next week, but on the night, Dan Heppell had a great run to take the win on the 4.5km Long course in 40:06, with Steve Birkinshaw 2nd in 44:37 and Simon Hunter 3rd in 45:44. The rest of the top ten were made up of Jamie Rennie 4th, Chris Naylor 5th, James Chapman (BL) 6th, David Wilson 7th, Mike Harrison 8th, Jonty Goodwin 9th and Andrew Bradley 10th. In the women's competition, Daisy Rennie was first female in 12th, with Jasmine Girdlestone 2nd lady and Ange Jackson 3rd lady.

On the 3.10km Short course, Emma Crawford took an impressive win in 36:25, almost 7 minutes ahead of the rest of the field. Sam McLoughlin was 2nd in 43:06, and Susan Skinner was 3rd in 46:17. The rest of the top ten was made up of Sophie Crawford 4th, Eva Humphreys 5th, Roger Jackson 6th, Isaac Hunter 7th, Toby Heppell 8th, George Rennie 9th and Christine Kiddier (BL) 10th. As ever full results can be viewed on the WCOC website.

Reminder - There is no Thursday evening event this week. Next event is the first of the Spring series on 10/03/2022 at Longlands Lake.

#### Spring Series - Reminder

The Spring Series is a great opportunity for novice orienteers to have a go. The evenings will be light enough that a head torch should not be needed (at least for early starters), and several of the events are on relatively easy terrain and in contained areas which are great for novices to get to grips with map reading and compass skills in a safe way.



Dates and venues are - 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 - Workington Moorclose; 21/4/2022 - Hogs Earth (Borrowdale)

#### Other Upcoming Events

06/03/22 - British Middle Champs (British Orienteering website). Good luck to all our Club members taking part at the weekend.

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)

02/04/22 - Northern Champs weekend - Shaftoe Craggs (Northern Navigators), and

03/04/22 - Northern Championships - Simonside (Newcastle and Tyneside Orienteers)



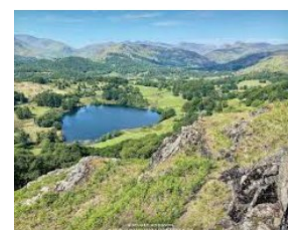
(Simonside ↑)

06/04/22 - The Helm (Spring Series -Event 1) (LOC)

09/04/22 - Hallin Fell (BL)

23/04/22 - National event at Blakeholme -Lakeland Weekend Day 1

24/04/22 - Cumbrian Galoppen at Loughrigg - Lakeland Weekend Day 2 (Loughrigg)



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

Also on FB—public and members' page.



### Thoughts to Ukraine

I am sure you will all want to join in sending our thoughts to the people of Ukraine, and to our fellow orienteers in that country. It seems unbelievable that ordinary Ukrainians are being urged to take up arms against the Rus-



sian aggressors. Both countries are members of the IOF, which has this week suspended membership of its Russian member due to the conflict in Ukraine, and is to consider taking the same measure against Belarus, depending on their involvement in the campaign.

Some may ask why the sporting world should be involved but the IOF President Leho Haldna explained– We want to express our solidarity with the Ukrainian Orienteering Federation and our support of all orienteering athletes in Ukraine. The Council decisions are taken to uphold the IOF values which are at the core of our sport and we believe that the situation requires of us to make these extraordinary decisions in the support of peace.

As a community let's do what we can to lend our support to the people of Ukraine and let's hope that sanity and peace can be restored!

### Selection News - (Correction)

Belated congratulations to Daisy Rennie (W16) and Toby Heppell (M14) who were selected to run for England in the Inter-land Competition. Sadly the event has been cancelled for this year but it is still a big achievement to be selected, and we are sure that Daisy, Toby and several other Club juniors will have many more opportunities to vie for selection in the coming months. ***Apologies to Sophie Crawford who was also selected but was omitted from last week's item.***

### British University Orienteering Championships 2022

It was great to see so many of our WCOC students enthusiastically supporting their respective universities in the University Championships which took place in Sheffield. Names spotted on the results included, Alastair Thomas (who won the individual men's A event), Dan Spencer, Joe Hudd, Joe Sunley, Zac Hudd, Joe Goodwin and Jonty Goodwin, and Niamh Hunter (who was 4th on the women's A event). Edinburgh University dominated the relays taking 1st, 2nd and 3rd in the women's race and 1st and 4th in the men's meaning that Edinburgh took the overall win.



### Worldle

For anyone who has come across the internet sensation that is Wordle, you may like this version which as you can see provides a silhouette of a country with 6 guesses allowed. Each time you guess it tells you how close you are and

which direction the correct country is in. Enjoy!

<https://worldle.teuteuf.fr/>

### **International Orienteering Federation**

Should winning times be the same for women and men at major events in Foot Orienteering - or remain different?

Please share your thoughts in the survey for all orienteers as described in this article: <https://orienteering.sport/gender-equality-at-iof-events.../>

**Please consider answering this survey on winning times.**

Welcome to new member Joshua Kane. We look forward to meeting you at upcoming events.



Happy St David's Day.