

Night Series Results - Thanks to Pete Nelson for compiling the overall results for the night series. On the Long course, Jamie Rennie took the win, with Dan Heppell 2nd, Dan Roach 3rd, Simon Hunter 4th, James Chapman 5th, Isaac Hunter 6th, Mike Harrison 7th, Alan Irving 8th, Martin Skinner 9th and Dan Parker 10th. In the women's competition, Daisy Rennie took the win, with Karen Parker 2nd, Caitlin Pearson 3rd, Lynne Thomas 4th and Susan Skinner 5th.

On the Short course the win went to Emma Crawford, with Sophie Crawford 2nd, Roger Thomas 3rd, Toby Heppell 4th, Kevin Hodgson 5th, Roger Jackson 6th, Sam McLoughlin 7th, Issy Sunley 8th, Eva Humphreys 9th, Helen Rennie 10th, Margaret MacKenzie 11th, George Rennie 12th, Alex Crawford 13th, Sally Heppell 14th and, Deborah Goodwin 15th.

On the Novice course, Sola Holmes took the win, with Kyra Green 2nd, Lily Clarkson 3rd, Wilf Clarkson 4th, Ruth Walker 5th, Eve Walker 6th, Hiroki Holmes 7th, Abby Rutter 8th, Toby Heppell 9th and Myrtle Ashworth 10th. Full results are available on the website.

Spring Series - Reminder

This week's event is at Longlands Lake - entries are open on Race signup and close at 23:59 on Tues.



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) (venues may be subject to some tweaks).

Other Upcoming Events

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

{Entries Close 13th March}

26/03/22 - British Long Champs (British Orienteering website) **{Entries close 12th March}**

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

03/04/22 - Northern Championships - Simonside (Newcastle and Tyneside Orienteers) **{Entries Close 27th March}**



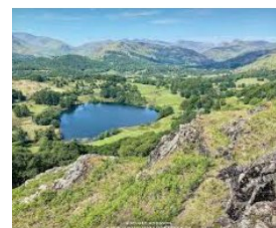
(Simonside ↑)

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)



British Middle Distance Championship Weekend



Well done to all those club members who made the long trek down to Northampton.

Saturday's event took place at Salcey Forest, and on the 8km Short Brown course Jamie Rennie took the win, and



on Blue, Alan Irving was 7th. Emma Crawford was 5th on Short Blue, and on the Green course, Daisy Rennie was 7th and Sophie Crawford was 10th.



On Sunday for the British middle distance championship there were over 750 runners who took part in the Rushmere Country Park.

The weather was chilly but bright. The greensand terrain was quite varied, many people had not orienteered in this kind of terrain before and were pleasantly surprised at the variety in a country park near to Milton Keynes. The area near to the finish needed full concentration and

some were caught out by the slightly harder controls at the end of their course.

Issy Sunley had the best result of the day, taking 2nd on W18, with Emma Crawford 4th on the same course. Alastair Thomas was 3rd on the M21, behind Will Gardner and Graham Gristwood,

Bob Dredge was 4th on M70 and Jamie Rennie was 5th on M50. Sophie Crawford was 6th on W14, and Daisy Rennie was 6th on W16. Lynne Thomas made the top ten on W50.

Talent Camp News (British Orienteering)

Between 17 and 22 February the juniors from Talent Scotland, Talent South, and Talent North converged on Grange-Over-Sands for their "Race preparation" camp in South Lakes.

The training took place in a variety of areas practicing Sprint, Middle, Long, and Relay disciplines as well as taking in the British Night Championships on Saturday evening. In

December our training was challenged by early storms Arwen and Barra. This time we experienced Storms Dudley, Eunice, and Franklin during the 6 days of the camp.

We did manage to find a weather window every day which was fortuitous.

Back in January 2019, British Orienteering began a Talent & Performance review, one of the recommendations being to increase the number of juniors aged between 16 to 18 in the Talent Pathway Programme.

This camp is the culmination of that work over the last 3 years.

As always, this camp wouldn't have happened without the support of the helpers - thanks to Will, Scarlett, Ant, Kim, Tom, Phil, Rona, and Megan.

A special mention for Cat Taylor who supported the juniors for all 6 days.

Jon Musgrave and Judy Bell – Talent Scotland; Mark Saunders and Alice Bedwell – Talent South; and Pete Tryner and Richard Tiley - Talent North.. (Great to see Club members Issy Sunley, Daisy Rennie and Emma Crawford taking part).

