

Spring Series

Thanks to Caitlin Pearson who organised the first in the Spring Series at Longlands Lake. On the 4.2km Long course, Jamie Rennie took the win in an impressive time of 18:04, with Dan Heppell only 23 seconds behind in 2nd. Emma Crawford and Dave Wilson were joint 3rd in 20:50. The rest of the top ten were, Simon Woodbury 5th, Jeff Goodwin 6th, Ryan Crellin 7th, Phil Blaylock 8th, Martin Skinner 9th and Sophie Crawford 10th, and 3rd in the women's competition was Issy Sunley.

On the 2.3km Short course, Eva Humphreys took the win in 15:48, with George Rennie 2nd in 18:43 and Anna Taylor-Brown 3rd in 19:33. The rest of the top ten were Colin Smith 4th, Deborah Goodwin 5th, Paul Tickner 6th, Penny Kingsland 7th, Beatrix Gorrill 8th, Elizabeth Elliott 9th and Matthew Farrell (IND) 10th. (Full results are on the Club website).

**NB the change of venue for this week's event which is at Clint's Crag, Eaglesfield ( make sure you check the grid reference)- entries are open on Race signup and close at 23:59 on Tues.**

Dates and venues for the rest of the Spring series are - 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

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

03/04/22 - Northern Championships - Simonside - now at Dukeshouse Wood near Hexham (Newcastle and Tyneside Orienteers) **{Entries Close 27th March}**

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

09/04/22 - Hallin Fell (BL) - Entries are now open on SIEntries **{Closing Date - Mon 4th April}**

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

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



You will all aware of the position taken by International Olympic Committee which has been fully supported by the IOF and British Orienteering with regard to athletes from Russia and Belarus.

If you look at the world rankings, you'll see that there are a number of Ukrainian orienteers ranked around about the UK orienteers. Oleksandr Kratov, who has been on the podium alongside Thierry Georgiou at the World Middle Distance Championships (right in the photo), recently posted footage of his old flat being bombed on Instagram.

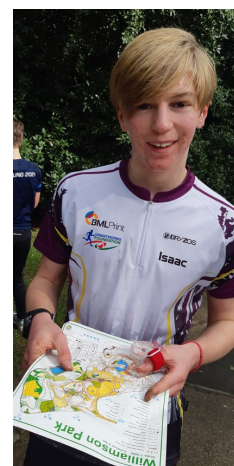
It's a long way to the other side of Europe, but we have friends and role models out there, so let's try and do what we can to support and remember them in this time of need. The link to DEC appeal is below.

[https://www.dec.org.uk/?gclid=Cj0KCQjwz7uRBhDRARIsAFqjulkfm4c1opyUPuqOvhtJSzKVwwW2MUUI5nx-gJz8APbKu4xK1mfJCRIaAi0kEALw\\_wcB](https://www.dec.org.uk/?gclid=Cj0KCQjwz7uRBhDRARIsAFqjulkfm4c1opyUPuqOvhtJSzKVwwW2MUUI5nx-gJz8APbKu4xK1mfJCRIaAi0kEALw_wcB)

### North-west Junior Squad Training

At the weekend, several Club juniors travelled down to Lancaster to take part in specific sprint training with other members of the Squad.

The morning involved the juniors completing several sprint courses around the scenic Williamson Park and in the afternoon the action moved across the road to the Cumbria campus of Lancaster University where the juniors ran courses to simulate the knock out sprint format. To add to the challenge several adult helpers were stationed around the course with the aim of trying to distract the juniors from their runs, the aim being to recreate the types of challenges that the juniors could face whilst running an urban sprint. The distractions included someone singing 'Bare Necessities', and someone else looking for their lost dog. The juniors will certainly be well prepared for the upcoming sprint selection races and championships. Thanks to all the coaches and helpers for their hard work.



### A ZOOM Master Class with Martin Bagness and elite Orienteers.

This will take place on **Tuesday 22<sup>nd</sup> March at 7.30pm** for

about 1 hour – it will be a summary of skills and their application needed for the up and coming races (British Champs and JK for a start). Last year 40 – 60 from the NW joined in those brilliant pandemic o-zooms. This will be another chance to listen to the wisdom & expertise of the elites. Just how do they do it all so fast?

It will cost £3 seniors £2 juniors. Apply to Carol (crlmceill at gmail.com) and she will send the zoom link and tell you how to pay.

### Reminder-

**To those of you attending the Duddon weekend please support the NWJS who will be providing a cake stall, hot and cold drinks and soup to raise money for junior funds.**

**WE NEED  
YOUR HELP**

### **Help needed - WCOC Schools Orienteering League**

Starting Wednesday 23rd March in schools and small areas around west Cumberland. We have 7 Wednesday schools events for these Year 5 and 6 juniors between Easter and mid June. In pre-covid times we usually had about 100 juniors orienteering at each event.

A few helpers on Wednesday afternoons (2-5pm) are needed. Perfect for orienteers who are retired and older juniors needing enrichment!

**If you can help or need more information please talk to Lynne Thomas.**