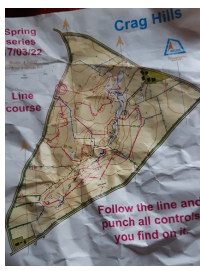




Spring Series

Thanks to Mike Billingham for this week's event at Eaglesfield Craggs, where there was the added bonus of a tricky line course. This type of course challenges runners to follow the line course on the map but the controls are not marked, and runners are not told how many controls there are to find. As a result straying off the path could result in controls being missed, and runners would not know until they reached download! (Talk about frustrating!)



Winner on the Long (line) course was Dan Heppell who covered the course in 23:24, Emma Crawford was 2nd, less than 30 seconds behind in 23:51, and Jamie Rennie was 3rd in 27:24. The rest of the top ten was David Wilkinson 4th, Jacob Tonkin 5th, Martin Skinner 6th, Mike Harrison 7th, Ruben Razzetti 8th, Pete Nelson 9th and Caitlin Pearson 10th (and 2nd lady), with Sophie Crawford 3rd lady.

On the Short (standard course), Roger Thomas took the win in 19:36, with Roger Jackson 2nd in 20:00, and George Rennie 3rd in 22:08. The rest of the top ten were Ella-Mae Phillips 4th, Emma Davies 5th, Grace Weston 6th, Alison Parker 7th, Margaret MacKenzie 8th, Louise Stubbings 9th and Sola Holmes 10th. Full results can be found on the Club website.

This week's event is in Keswick Streets and Crow Park, and as usual entries are open on Racesignup and close at 23:59 on Tuesday. Please note that unaccompanied juniors (under 16s) must run the short course.



Other Upcoming Events

- 02/04/22 - Northern Champs weekend - Shaftoe Craggs (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) **{Entries close 4th April}**
- 09/04/22 - Hallin Fell (BL) - Entries are now open on SIEntries **{Entries close 4th April}**
- 23/04/22 - National event at Blakeholme -Lakeland Weekend Day 1 **{Entries close 17th April}**
- 24/04/22 - Cumbrian Galoppen at Loughrigg - Lakeland Weekend Day 2



British Long Distance Championships and Relays



Good luck to all those Club members who are making the long trip down to Hampshire this weekend to compete in the Long Distance championships and relays. Saturday sees the Long event take place

at Golden Valley and Cognor Woods, which is described as a varied area ranging from relatively flat semi-wooded heathland to steep slopes with chestnut coppice and pine plantations, and on Sunday the relay race uses the same area but expands into Lynchmere Commons and Iron Hill.

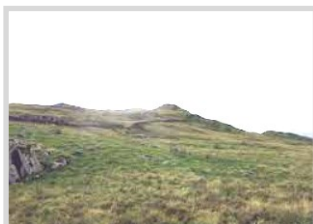


Good luck everyone!



Duddon Spring weekend-

Thanks to LOC for organising two days of orienteering in the Duddon Valley.



Saturday was the long distance event at Caw. On the 10km Brown course, Steve Birkinshaw was 2nd, Charlie Rennie was 5th, and Jamie Rennie was 7th. On the 6.7km Blue course, Dan Heppell was 3rd, James Birkinshaw was 6th, Alan Irving was 7th and John Slater was 9th. Caitlin Pearson was 4th lady and Emma Crawford was 6th lady. On the 4.8km Green course, Mike Billingham took the win, with Roger Thomas 3rd, Lynne Thomas 6th, and Simon Hunter 7th. On the 3.7km Short Green course, Catherine Wetherfield was 2nd, and on the 3.6km Light Green course it was a one, two for WCOC, with Toby Heppell taking the win and Sophie Crawford coming in 2nd. Hannah Birkinshaw also made the top ten finishing 8th.



Sunday was the middle distance event at Mesopotamia. Top Club finishers on the 4.2km Long course were Alan Irving in 20th, Isaac Hunter in 23rd, Emma Crawford in 26th, Issy Sunley in 27th, Daisy Rennie in 28th, and Caitlin Pearson in 31st. On the 3.1km Medium course, Roger Thomas was top Club finisher in 4th, with Lynne Thomas 13th. On the 2km Short course it was another one, two for WCOC with Toby Heppell again taking the win, and Sophie Crawford 2nd, George Rennie also made the top twenty finishing in 13th. (Full results are available on the LOC website).

Thanks to LOC for organising a double-bill of Lakeland orienteering, and thanks to all those who supported the NWJS by buying refreshments. A total of almost £450 was made over the two days to be used for future junior activities.



The British Sprint Relay Championships will be at Leeds Beckett University on Saturday 11 June and the British Sprint Championships will be at Leeds University on Sunday 12 June 2022.



A ZOOM Master Class with Martin Bagness and elite Orienteers. Final Chance.

This will take place on **Tuesday 22nd 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 (crlmcneill@gmail.com) and she will send the zoom link and tell you how to pay.

GB athletes comment on their performances at recent British Middle Distance. Alastair Thomas (Edinburgh University Orienteering Club),



says:

"It was really nice to be back at a big event, my first British Champs race since 2019! The terrain was quite easy but I tried to run too fast and got caught out quite a few times, however, it's always nice to get on the podium! More please :)" (Good to see Al featuring on BOF website).

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.