



Spring Series

Thanks to Bob Dredge for last week's sprint event at Workington, Moorclose, which provided an excellent opportunity to practice those sprint skills before the JK sprint event in Swansea. On the Long, 3km course, Dan Heppell had an excellent run to take the win in 16:10, with Emma Crawford 2nd (1st lady) in 20:25, and Simon Hunter 3rd in 20:50. The rest of the top ten was made up of Stuart Crawford 4th, Isaac Hunter 5th, Simon Farrell 6th, Jasmine Girdlestone 7th, (2nd lady), Martin Skinner 8th, Alex Crawford 9th (3rd lady) and Carl Humphreys 10th.

On the 2km Short course, Gary Flynn (LOC) was 1st in 17:53, with Roger Jackson 2nd in 19:16 and Becky Shelford (LOC) 3rd (1st lady) in 19:27. The rest of the top ten were Hiroki Holmes 4th, Sola Holmes 5th, Kyra Green 6th, Paul Tickner 7th, Harrison Dodds 8th, Blake Dodds 9th and Gerri Burgess 10th. (Full results on the website).

NB - There is no Thursday event this week as many Club members will be making their way to Wales for the JK. Good Luck to everyone who is taking part!

The next Thursday event is at Hogs Earth (Borrowdale) on 21/04/2022. Entries are open on RaceSignup, and as usual they close at 23:59 on 19th April.

Other Upcoming Events

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 {Entries close 20th April}.

05/05/22 - Low Rigg

07/05/22 - Bampton Common (BL)

08/05/22 - Lank Rigg Galoppen - Red team member to confirm whether you can help asap.

12/05/22 - Rannerdale

18/05/2022 - Warrior - Battleaxe - Event 2 - Birkett Houses



HELP NEEDED Keswick Mountain Festival is from Fri 20th May to Sun 22nd May this year. WCOC will be joining in as last year with our regular weekly event on the Friday evening (instead of Thursday) and the Maze set up on the festival field at Crow Park across the weekend.

Help needed for Friday evening event and to put up and then manage the Maze. Volunteers get access to the festival field during the day and can enjoy all that's on offer.

Offers of help to Lynne Thomas or Steve Birkinshaw.



Hallin Fell There was a good turn out of Club members at the Borderliners event at the weekend, with several top ten finishes. On the Blue course, Steve Birkinshaw was 2nd, Dan Heppell 3rd, Simon Hunter 4th, Jamie Rennie 5th, Charlie Rennie 6th, James Birkinshaw 7th, Mike Harrison 8th, Daisy Rennie 9th (1st lady), Stuart Crawford 11th, Steve Holmes 14th, and Emma Crawford 15th. On the Green course Toby Heppell took the win, with Sophie Crawford 3rd (1st lady), Roger Jackson 6th, Ian Teasdale 11th, Bob Barnby 12th, Helen Rennie 17th, Sally Heppell 18th, and Margaret MacKenzie 19th. On the Short Green, Catherine Wetherfield took the win, with George Rennie 4th, Trevor Earthy 13th and Ros Earthy 20th. (Full results are available on the Borderliners website).

Adult Improvers Coaching (From Simon Hunter - Lead Coach)

Date: Thursday 28th April –(gap between the Spring and Summer series). Time: 17.30 until 19.00 Venue: Near Cockermouth, potentially Hoggs Wood depending on access permissions

Aimed at adult 'Improvers' with the focus on basic skills. The hope is we will be in more technically difficult terrain (TD4/5) where we can get the most benefit from practising when not in a race/event situation. Beginners are not excluded but please ask if you're interested as the coaching could potentially be less suitable.

Please confirm attendance by **Tuesday 25th April** (earlier if possible to help with organisation and as numbers may need to be limited) via email to Simon Hunter: hunters7@sky.com (There may be a small charge to cover map printing costs).

WCOC – Training and development opportunities (From Scott)

In addition to the ongoing training, development and coaching opportunities that take place within the club there are a variety of external training courses available to club members over the coming months. These courses are open to all adult members though there may be limits on numbers due to availability. If you want more information about a course – or want to check if it would be suitable for you - please contact me (see email address below).

Outdoor Emergency First Aid

A 16 hour, practical, scenario based course designed as an introduction to first aid in an outdoor or remote environment. The course is run by the British Association of Ski Patrollers (BASP) over 2 days in Brampton (near Penrith). This course is ideal for club coaches to keep their first aid qualification up to date. It is also ideal for any club member who is active outdoors and regularly comes to events. As a club we need a good number of members with relevant first aid training to ensure the safety of our events. The course is recognised by a long list of NGBs in the UK – so it may prove useful beyond orienteering.

Dates available: Sat 30 April – Sun 1 May 2022; or Wed 20 July – Thu 21 July 2022

Further dates may be made available. Please let me know if you are interested but can't make these dates.

Costs: Free (mostly funded by The Outdoor Partnership with the rest covered by WCOC)

DEE Course Planning Course

A single day course hosted by DEE in Runcorn (Cheshire). It is described as "How to plan colour-coded, urban and sprint events". This sounds like an excellent opportunity for anyone wanting to plan for the first time or develop their planning skills for bigger events. It may also prove an excellent opportunity for experienced planners to collaborate with other experienced planners.

Date: Sat 23 April 2022

Costs: Free (funded entirely by NWOA)

LOC Level C Controllers Course

A single day course hosted by LOC in Great Tower Woods, near Newby Bridge (Cumbria). This course is run by Derek Allison and is essential for any planners wanting to become a Level C Controller. It is also ideal for any planners who want to improve their planning and be a controller in a few years time.

Date: Sat 7 May 2022

Costs: Free (funded entirely by NWOA)

SPORTident -Using SiTiming

I am looking to arrange for Andrew Leaney from SPORTident to carry out some training for club members on using the software for our electronic timing and results system. This will be suitable for anyone who may want to be involved in this key aspect of event support/organisation. One session will be for the basics – suitable for those with little or no experience of using timing software. It will also be suitable for those people who would like a refresher or are less familiar with the more recent software. An additional session may be organised for those who wish to explore the more advanced features of the system. Further training looking at results 'processing' and routegadget is also planned.

Date: TBC – likely to be an evening session during the week.

Costs: Free (funded by WCOC)

Please let me know if you are interested in any of these opportunities. Let me know which course(s) with preferred dates where relevant. Email: scottlashworth@hotmail.com Many thanks, Scott Ashworth