



Spring Series - After a week off last week, this Thursday's event is at Hogs Earth (Borrowdale) on 21/04/2022. Entries are open on RaceSignup, and as usual they close at 23:59 tonight.

#### Other Upcoming Events

24/04/22 - Cumbrian Galoppen at Loughrigg - Lakeland Weekend Day 2 - Full  
 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 20<sup>th</sup> May to Sun 22<sup>nd</sup> 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.

#### JK News (Jan Kjellstrom International Festival of Orienteering 2022)

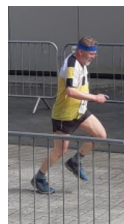
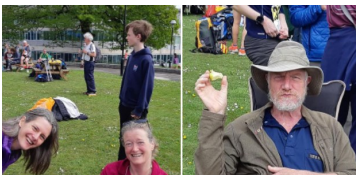
Apologies to all those that are on Facebook as you will already have seen all the news from the JK over the weekend, but not everyone is in FB and I am short of time, so I am shamelessly going to copy and paste the information and photos from FB into the newsletter.

#### Day 1 - Sprint at Swansea University

The weather was beautiful which was great for Club socialising and debriefs!

The sprint at Swansea university was fun, with a mix of university buildings, formal gardens and parkland.

There were several top ten performances. Isaac Hunter 10th M16, Joe Sunley 6th, Joe Hudd 8th M20, Bob Dredge 5th M70, Sola Holmes 4th W10, Sophie Crawford 5th W14, Daisy Rennie 4th W16, Emma Crawford 7th, Issy Sunley, 9th W18, Niamh Hunter 9th W21E, Helen Hargreaves 9th W45 and Alex Crawford W50 10th.



(See next page for more JK information).

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

Also on FB—public and members' page.

### JK Day 2 Middle

The middle distance race took place at Clydach Terrace. The terrain was relatively flat with intricate contour detail, re-entrants, spurs, marshes and ponds, with lots of heather under foot and old mining features similar to those at Kelton Fell Top.

There were top ten finishes for Toby Heppell 8th M14A, Daniel Heppell 2nd M16A, Joe Hudd 7th, Joe Sunley 9th M20E, Jonty Goodwin 3rd M20L, Alastair Thomas 8th M21E, Ben Goodwin 10th M21L, Jamie Rennie 8th M50L, Bob Dredge 4th M70L, Sola Holmes 5th W10A, Emma Crawford 7th W18E, Rosie Spencer 9th W20E, Carys Thomas 1st W20S, Helen Hargreaves 7th W45L, Janette McHendry 4th and Alex Crawford 10th W50S.



### JK Day 3 Long

Thanks to the Sunleys for bringing the Club flag to the JK Long at Pwll Du. The area provided interesting and tough terrain, with lots of heather, areas of rocky 'moonscape', marshes and big slag heaps with steep ups and downs, which provided the commentators with plenty to comment on as people slid their way down the steep, gritty hills on their way to the finish.

The individual day results can be found on the JK website but looking at the overall JK results, the Club had lots of people in the top ten - Hiroki Holmes 9th M12A, Toby Heppell 7th M14A, Dan Heppell 6th M16A, Joe Sunley 7th, Joe Hudd 8th M20E, Jonty Goodwin 3rd M20L, Alastair Thomas 9th M21E, Ben Goodwin M21L 9th, Jamie Rennie 8th and Simon Hunter 9th M50L, Alan Irving 10th M55L, Bob Dredge 6th M70L.

Sola Holmes 4th W10A, Daisy Rennie 7th W16A, Emma Crawford 8th W18, Carys Thomas 1st W20S, Alex Crawford 3rd and Janette McHendry 5th W50S.



### JK Day 4 Relays

The final day of the JK saw the relays take place at the Carwent army training camp, which provided mixed terrain between army buildings, forest and rough open, with instructions confirming that orienteers should not pick up any stray ordnance that they might come across. The long run-in and prominent spectator control provided good viewing!

On the final day of competition WCOC also had a great win on intermediate women, with the WCOcker Spaniels' team of Daisy Rennie, Sophie Crawford and Emma Crawford coming in 1st in 69:40 ahead of the SYO team who were 2 minutes behind.

There was also Club interest in the Elite races, with the EUOC Legendesses, including Niamh Hunter on 2nd leg finishing 2nd, and in the men's race, the EUOC Legend's team, including Alastair Thomas on 3rd leg, taking 3rd place.

The WCOctonauts team of George Rennie, Sola Holmes and Eva Humphreys ran really well on the Junior Relay just missing out on the podium in 4th, and there were two 6th places, one on the Intermediate Men's course, with the team of Isaac Hunter, Toby Heppell and Dan Heppell, and the other for the Senior Men's team of Jamie Rennie, Alan Irving and Simon Hunter.

Well done everyone and here's looking forward to next year's JK which takes place on home turf in the South of the County!  
(Thanks to Carl Humphreys and Joe Goodwin for extra photos).



## **Adult Improvers Coaching (From Simon Hunter - Lead Coach) Places still available**

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](mailto: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](mailto:scottlashworth@hotmail.com) Many thanks, Scott Ashworth