



Spring Series - Thanks to Dan Roach for planning last week's event at Hogs Earth, Borrowdale. To make life even more difficult than usual, the Long course utilised a contour-only map. Steve Birkinshaw took the win, covering the 3.3km course in 26:34, with Joe Sunley less than a minute behind in 2nd in 27:04, and Dan Heppell 3rd in 27:20.

The rest of the top ten were Charlie Rennie 4th, Ben Goodwin 5th, Simon Hunter 6th, Jamie Rennie 7th, Jeff Powell Davies (BL) 8th, Jacob Tonkin 9th, and Keith Tonkin (BL) 10th. First female was Daisy Rennie, with Emma Crawford 2nd and Jasmine Girdlestone 3rd.

On the 2.5km Short course the win went to Sam McLoughlin in 28:39, with Herbie Ashworth 2nd in 33:25 and Roger Jackson 3rd in 43:14. The rest of the top ten were Susan Skinner 4th (1st female), Carys Thomas 5th (2nd female), George Rennie 6th, Pip Conlon 7th (3rd female), Margaret MacKenzie 8th, Ailie Tonkin 9th and Helen Rennie 10th. As ever, full results are available on the website.

NB - there is no Thursday event this week, but adults can take part in coaching - see details on pg 3.

Other Upcoming Events

05/05/22 - Low Rigg (Summer series)

07/05/22 - Bampton Common (BL) (Entries close - 4th May 2022- Details on BL website).

08/05/22 - Lank Rigg Galoppen - Entries now open on SiEntries - courses suitable for all abilities. See details on WCOC website - closing date Monday 2nd May - **Get those entries in!**

12/05/22 - Rannerdale (Summer series)

18/05/2022 - Warrior - Battleaxe - Event 2 - Birkett Houses - see details at www.warrior-orienteeing.org.uk

20/5/2022 - Keswick (Summer series)

26/05/2022 - Owsen and Burnbank (Summer series)



Remember Lakes 5 Days - 7th - 12th August 2022.

First entry date (for cheapest entries ends 30th April), and also see the details re the merchandising which is to raise funds for the NWJS.

They are providing event branded clothing of a technical top and a Buff.



Both can be ordered with your entries or direct to the organiser - suebutterfield52@gmail.com

Orders will close on 31st May and will be available for collection on day 1. You may be able to order items at the event to be posted to you later.

All profit goes towards NWJS funds so thank you to everyone who purchases. (Details - www.lakes5.org.uk).



HELP NEEDED - MORE VOLUNTEERS ARE NEEDED FOR- 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.

Lakes Weekend

Many Club members took the opportunity to enjoy 2 days orienteering on complex, physically challenging Lakeland terrain, with the SROC middle-distance event at Blakeholme on the Saturday and the LOC Galoppen at Loughrigg on the Sunday. The events attracted a strong field with several senior GB Internationals making an appearance.

Blakeholme results

On the 5km Black course, Joe Sunley was 19th and Joe Hudd was 25th. On the 4.3km Brown course, Charlie Rennie showed good form to take 2nd, Jamie Rennie was 7th, Simon Hunter was 9th, Alan Irving was 26th and Scott Ashworth was 42nd.

On the Blue course, Dan Heppell continued his good form to take 4th, Mike Billingham was 7th, Martin Skinner was 18th, Isaac Hunter was 24th, Emma Crawford was 37th, Stuart Crawford was 44th, Dave Downes was 67th and Ann Cummings was 77th.

On the 3km Green course, Daisy Rennie had a good run to take 2nd, Roger Thomas was 6th, Sophie Crawford was 12th, Myrtle Ashworth was 29th, Susan Skinner was 30th, Helen Rennie was 69th, Alex Crawford was 76th, Eva Humphreys was 84th, Sally Heppell was 87th and Carl Humphreys was 102nd, and on the 2.8km Short Green course, Malcolm Ruckledge was 36th. On the 2.4km Light Green course, George Rennie was 6th.

Loughrigg results

On the 7.9km Brown course, Steve Brkinshaw was top Club finisher in 12th, with Jamie Rennie 20th, Joe Hudd 23rd, Simon Hunter 28th, Mike Harrison 50th and Steve Breeze 54th.

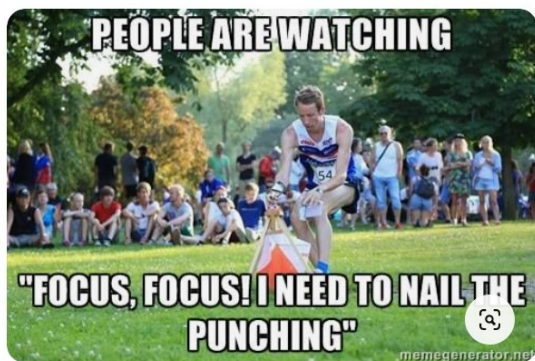
On the 6.3km Blue course, Dan Heppell had a great run to take the win, with Isaac Hunter 6th, Steve Holmes 7th, Alan Irving 9th, James Birkinshaw 10th, Wilf Teasdale 18th, Martin Skinner 22nd, Nick Evans 31st, Emma Crawford 41st, Howard Leslie 51st, Stuart Crawford 62nd, Caitlin Pearson 73rd, Dave Downes 74th and Ange Jackson 83rd.

On the 4.4km Green course, Daisy Rennie had another good run to take 6th, with Roger Thomas 15th, Sophie Crawford 22nd, Susan Skinner 25th, Eva Humphreys 29th, Anne Burbidge 44th, Sally Heppell 50th, Carl Humphreys 72nd, Tony Duncan 74th and Helen Rennie 91st.

On the 3.8km Short Green course, Kim Leslie was 18th, Malcolm Ruckledge was 32nd, Paul Tickner 41st and Janette McHendry 46th.

On the 3.7km Light Green course, George Rennie was 8th, and Lily Clarkson was 14th, and on the yellow course Wilf Clarkson was 2nd.

(Thank you to everyone that supported the NWJS by buying refreshments on both days. A very healthy total of almost £760 was raised. Your continued support is very much appreciated!).



Have you ever wondered what non-orienteers make of this sport when they see you out and about looking for your controls?

A little something from Bob Dredge following his event at Moorclose-

I was a bit nervous about control safety at the Moorclose evening sprint. I needn't have worried because when I was collecting in controls I was chased by two

young lads who told me in no uncertain terms that I couldn't move them as there was a race on. When I explained that it was over, they asked me what was wrong with all the runners' ears. Think about it.



Adult Improvers Coaching (From Simon Hunter - Lead Coach) Places still available- last chance!

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