



Summer Series - Thank you to Nick and Janet Evans for last week's Thursday night event at Low Rigg, which attracted over 100 runners - a great turn-out. Competition was tight on the 5.3km Long course, with Charlie Rennie taking the win in 37:29, with Phil Winskill 2nd, just 13 secs behind. Jamie Rennie took 3rd in 39:22. The rest of the top ten was made up of, James Chapman (BL) 4th, Ruben Razzetti (BL) 5th, Steve Birkinshaw 6th, Jacob Tonkin 7th, Simon Hunter 8th, Ben Goodwin 9th and Jeff Powell Davies (BL) 10th. In the women's competition Daisy Rennie was 1st, Caitlin Pearson was 2nd and Karen Parker (BL) was 3rd. On the 3.3km Short course, Natalie Hawkrigg (BL) took the win in 35:43, with Margaret MacKenzie 2nd in 36:40, and Anne Burbidge 3rd in 37:03. The rest of the top ten were Roger Thomas 4th, Roger Jackson 5th, Glyn Blakey (IND) 6th, David Crout (IND) 7th, Ella-Mae Phillips 8th, Emma Davies 9th and Susan Skinner 10th. On the Novice course, Hiroki Holmes took the win, with Nate Nellist 2nd, Sola Holmes 3rd, Kyra Green 4th and Cerys Naylor 5th. As usual full results can be seen on the WCOC website.

This week's event is at Rannerdale Knotts - entries are open on Racesignup and close at 23:59 on Tuesday. (Please read the details re parking, and terrain.

Other Upcoming Events

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). Online orders will close on May 31st



HELP NEEDED - A COUPLE MORE VOLUNTEERS ARE STILL NEEDED FOR- Keswick Mountain Festival

It 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.

Volunteers are still needed to set up the Maze on the Thursday and for any other time during the period Fri- Sun to put up and then manage the Maze (and the Friday event). 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.

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

Also on FB—public and members' page.

Do you fancy a change from foot orienteering? Well here is your chance to get on your bike with a series of orienteering events around the roads of Cumbria.

 <p>Allerdale Bike Challenge 26 April at 15:52 · 🌐</p> <p>The first event of the 2022 Allerdale Bike Challenge is just a month away and it is time to start getting your entries in. Some old haunts, some new venues and some new lanes to explore.</p> <p>We are pleased to announce that Bike Treks have agreed to take over the sponsorship of the series in 2022 now that Amos has decided to take a well earned rest. His support has been second to none over the last eight years and we wish him a happy 'retirement'!</p> <p>look forward to seeing you all again this year.</p> <p>Tony & Angela</p>	<p>2022 Events</p> <p>25th May - Oddfellows Arms, Caldbeck 8th June - 4 Play Cycles, Cockermouth 22nd June - Ennerdale Brewery, Rowrah 6th July - Inn at the Bush, Kirkbride 13th July - Mae's tea room, Uldale</p>	<p>Online Entry Only BMBO members: £9, Day members: £10 Juniors U18: £2</p> <p>Own SI card deduct £1</p> <p>Closing date 2 days before each event</p>
<p>Allerdale Bike Challenge 2022.</p> <p>A series of five events exploring the quiet lanes of North West Cumbria.</p> <p>All the routes will be on tarmac or cycleways, and will avoid the big climbs of the Lake District. The events are aimed at riders of all abilities and can be ridden solo, in pairs or small family groups on any style of bicycle</p> <p>As there is a time limit and no set route the challenge is as easy or tough as you want it to be, making it equally suitable for hardened cyclists or 'Come and try it' riders.</p> <p>Refreshments are available at all events. Series prizes awarded after last event. Your best 3 scores to count.</p> 	<p>The rules are simple: You must have a road worthy bike and wear cycle helmet. There will be twenty five checkpoints all having equal value. Checkpoints will be placed on road signs and footpath finger posts. You will have a maximum of 2 hours to visit as many checkpoints as possible. Only roads and cycleways can be used. Bridleways and footpaths are out of bounds. Electronic SI timing system will be used.</p> <p>BIKETREKS</p> <p>For 2022 we are teaming up with new sponsors Biketreks who have taken over Keswick Bikes. We would like to thank them for their support and also to thank Amos of Keswick Bikes for his support over the last 8 years.</p> <p>The Allerdale Bike Challenge supports local charities.</p>  <p>Details and entries can be found on the BMBO Website. www.bmbo.org.uk</p>	

Selection News

Congratulations to the following Club juniors who have been selected for Junior Regional Orienteering Squad (JROS) training camps over the Summer:

Toby Heppell and Sophie Crawford who will enjoy the training camp at Lagganlia and Myrtle Ashworth and Isaac Hunter who will take part in the Deeside camp. Well done all!

Lank Rigg Galoppen



Well done to all the team who helped with a variety of tasks to allow the event to run smoothly and successfully and thank you to all those that helped with and supported the cake stall.

There was a great set of WCOG results. On the 9.5km Brown course, Charlie Rennie took the win, with Jamie Rennie 3rd, Joe Hudd 4th, Simon Hunter 5th, Ben Goodwin 7th, and Phil Winskill 10th. Jasmine Girdlestone was 1st lady.

On the 7.2km Blue course Dan Heppell took the win, with Steve Holmes 4th, Helen Hargreaves 8th (2nd lady), Daisy Rennie 9th (3rd lady) and Jeff Goodwin 10th.

On the 5.3km Green course, Isaac Hunter took the win, with Mike Billingham 2nd, Toby Heppell 4th, Sophie Crawford 5th (1st lady), and Phil Blaylock 8th.

On the 2.9km Short Green course, Catherine Wetherfield was 2nd, Janette McHendry 3rd and Kim Leslie 5th. George Rennie also took the win on the Light Green course. (Full results on WCOG website).

Border Liners - Bampton Common Event

Several Club members took part on the BL event on Saturday. On the Blue course Steve Birkinshaw took the win, with Jamie Rennie 3rd, and James Birkinshaw 7th. On Green Roger Thomas was 3rd, and Ian Teasdale 6th, and on Short Green Catherine Wetherfield was 3rd, and Hannah Birkinshaw was 5th.



PLEASE DO NOT IGNORE THIS REQUEST FOR HELP FROM MIKE HARRISON

LAKES 5 DAY

Every 4 years the North West Orienteering Association holds a 5 day international orienteering competition in Cumbria – the Lakes 5 Days (<https://www.lakes5.org.uk/>). Last time there were around 2000 competitors. This year WCOC are organising Day 2 of the event, on **Monday 8th August** at Threlkeld (Parking / Assembly at Hilltop Farm in St Johns in the Vale, NY316229).

This event is too big for any one of our three organising teams to do on its own. Everyone is needed to make the event a success and to allow those who want to have a run as well as help to do so. Bob Barnby is planning the courses. Apart from that the key tasks are:

Setting up the assembly area, road signage, etc. mainly on the day before, Sunday 7th August (times can be arranged around the Day 1 event at High Pike)

Setting up and manning the start

Manning the finish and download

Car parking and general marshalling (crossing the B5322, etc.)

Control collecting

Please would you email me at miketharrison@yahoo.co.uk to let me know that you are available to help, and state any preference for the type of job you would like to do. In particular I'm looking for 'Team Leaders' for the above key tasks. It's really important that we get lots of helpers to spread the load, make sure those who want a run can have one, and play our part in showcasing Cumbrian orienteering.

I look forward to hearing from you.

From **Mike Harrison**

Parish Relays - Volunteer Needed to Plan

This Is the annual event where teams of 3 take on several short-ish courses in a relay, where only 2 runners can be out at once. When a team completes the usual 6 courses (2 short, 2 medium and 2 long), they can then complete the bonus course. First team to finish all the courses (senior and junior) takes the title.

Usually the winners of the senior relay have the honour of planning the following year but this year they are unable to do so. Is there anyone out there who is willing to take on the role?

The event is due to take place at Loweswater on 30th June and there will (hopefully) be a Club social in the Village Hall after. (More on that later).

Mike Billingham is very happy to advise on the format, help preparing maps and other tasks in advance but is unavailable on the day itself. It is always a very fun event with lots of frantic change-overs, and it would be a real shame if it is unable to happen because there is no-one to plan it.

If you are able to help as an individual or with the help of one or two others please contact Mike Billingham as soon as you can. (michael@micnet.plus.com). Thank you.



.....and Finally -

GOOD LUCK to all the Club Juniors competing in the Yvette Baker Heat this weekend !