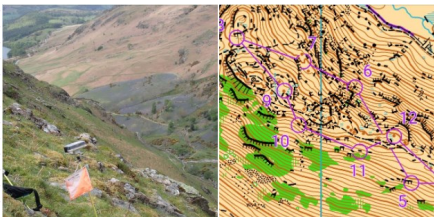




Summer Series - Thank you to Pete Nelson and Dan Heppell for this week's Rannerdale event. Looking at the Long route



it looks like it was certainly interesting. On the Long course Ruben Razzetti (BL) had an excellent run to take the win in 39:38, with Joe Hudd 2nd in 42:34, and Graham Patten (WAROC) 3rd in 42:56. The rest of the top ten was made up of Phil Winkill 4th, Simon Hunter 5th, Jamie Rennie 6th, David Wilson 7th, David Spencer 8th (good to see David returning to form), Dan Roach 9th and Mike Harrison 10th. First lady was Jasmine Girdlestone, with Ange Jackson 2nd and Alison

Love (IND) 3rd. On the Short course Daisy Rennie took the win in 23:42, with Toby Heppell just behind in 23:51, and Sophie Crawford took 3rd in 28:46. The rest of the top ten was Mike Billingham 4th, Margaret MacKenzie 5th, Roger Jackson 6th, Ian Teasdale 7th, Lily Clarkson 8th, Raymond Wren (BL) 9th and Helen Hargreaves 10th. On the Novice course, Wilf Clarkson was 1st, Sola Holmes 2nd, Kyra Green (IND) 3rd, Charlotte Mathieson 4th, and Stefie Stein 5th.

REMEMBER - THERE IS NO THURSDAY EVENT THIS WEEK. INSTEAD YOU CAN ENJOY SPRINT ORIENTEERING AROUND THE STREETS OF KESWICK AS PART OF THE MOUNTAIN FESTIVAL - ENTRIES OPEN ON RACESIGNUP AND CLOSE AT 23:59 TONIGHT. THERE'S STILL TIME TO GET THEM IN!

Other Upcoming Events

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

02/06/2022 - Mosser Fell (Summer series)

09/06/2022 - Wasdale (Summer series)

15/06/2022 - Warrior Battleaxe 2022 - Event 3 (Details at waroc.org.uk)

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 FEW MORE VOLUNTEERS ARE STILL NEEDED FOR Keswick Mountain Festival

It is this weekend and extra helpers are still needed. The Maze is being set up on the festival field at Crow Park across the weekend.

Volunteers are still needed to take down the Maze on Sunday and extra help is needed between 11-1 on both Saturday and Sunday. Please help if you can. Volunteers get access to the festival field during the day and can enjoy all that's on offer.

Offers of help to Lynne Thomas please - Lynnethomas99@yahoo.co.uk

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.- THE FIRST EVENT IS NEXT WEEK -ENTRIES CLOSE 2 DAYS BEFORE.



Allerdale Bike Challenge

26 April at 15:52 · 🌐

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. 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'! look forward to seeing you all again this year.
Tony & Angela

Allerdale Bike Challenge 2022.

A series of five events exploring the quiet lanes of North West Cumbria.

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

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.

Refreshments are available at all events. Series prizes awarded after last event. Your best 3 scores to count.



2022 Events

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

Online Entry Only

BMBO members: £9,
Day members: £10
Juniors U18: £2

Own SI card deduct £1

Closing date 2 days
before each event

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.

BIKETREKS

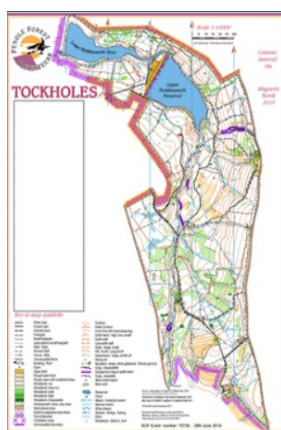
For 2022 we are teaming up with new sponsors Biketreks who have taken over Keswick Bikes. We would like to thank them for their support and also to thank Amos of Keswick Bikes for his support over the last 8 years.

The Allerdale Bike Challenge supports local charities.



Details and entries can be found on the BMBO Website.
www.bmbo.org.uk

Yvette Baker Heat Win



Well done to the WCOC junior team who travelled to Tockholes Woods (near Blackburn) to compete in the Yvette Baker Heat, and thank you to the adult helpers who accompanied them.

The WCOC Team members who scored on the day were Eva Humphreys (100), George Rennie (100), Lily Clarkson (100), Sola Holmes (100), Daniel Heppell (99), Daisy Rennie (99), Sophie Crawford (99), Isaac Hunter (98) and Emma Crawford (98). This gave the Team a total of 893 points, with LOC in 2nd with 888 and MDOC 3rd with 878. Other members of the Team were Myrtle Ashworth, Toby

Heppell, Hiroki Holmes, Lily Clarkson and Ash Boothroyd. It was a great team effort - Well done all!

The final is on Sun 3rd July 2022 at Irchester Country Park, Wellingborough, Northamptonshire.



VERY URGENT REQUEST FOR A VOLUNTEER RESULTS PROCESSOR



Please, please is there a volunteer to process the results for this Friday's Sprint Race in Keswick. The race has gaffles so the live results system cannot cope. Helen Rennie has kindly offered to drop off the download box so you can do the processing in your own time. If you can help please reply to Helen's message on FB or reply to the newsletter email and I will let Helen know.



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.