



Summer Series - Keswick Sprint - Thanks to Steve Birkinshaw who planned the Keswick sprint race as part of the Keswick Mountain Festival - what a great way to attract local interest!

On the 2.4km Long course honours went to Jamie Rennie who took the win in 16:55, with Wilf Teasdale 2nd in 17:13 and Dan Heppell 3rd in 17:36. The rest of the top ten was made up of Jeff Powell Davies (BL) 4th, Louise Adams (EUOC) (1st lady) 5th, Dan Roach 6th, Matt Stephens 7th, Nick Evans 8th, Daisy Rennie 9th (2nd lady) and Brian Ward (HALO) 10th. Isabel Berry (BL) was 3rd lady.

On the 1.6km Short course, Isabel Winskill took the win in 16:49, with Ella-Mae Phillips 2nd in 16:54 and Emma Davies 3rd in 16:57. The rest of the top ten was made up of Rafferty Philips 4th, George Rennie 5th, Scarlett Stone (IND) and Lily Clarkson joint 6th, Amanda Ward 8th (HALO), Ashton Harner 9th (IND), and Maisy Doran 10th (IND). As always full results can be found on the Club website.

**Things return to normal this week with the usual Thursday event at Owsen and Burnbank. Entries are now open on Racesignup.**

#### Other Upcoming Events

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](http://www.lakes5.org.uk)). Online orders will close on May 31st



A big thank you to everyone who helped at the Keswick Mountain Festival over the weekend. What a brilliant setting for the World maze!

Hopefully it was enjoyed by plenty of people!



**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 THIS WEEK -ENTRIES CLOSE 2 DAYS BEFORE.**

 <p><b>Allerdale Bike Challenge</b> 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 &amp; Angela</p>	<p><b>2022 Events</b></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><b>Online Entry Only</b> 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><b>Allerdale Bike Challenge 2022.</b></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><b>The rules are simple:</b> 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><b>BIKETREKS</b></p> <p>For 2022 we are teaming up with new sponsors Biketeks 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. <a href="http://www.bmbo.org.uk">www.bmbo.org.uk</a></p>

**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](mailto: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 Billinghurst 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 Billinghurst as soon as you can. ([michael@micnet.plus.com](mailto:michael@micnet.plus.com)). Thank you.