



Summer Series - Owsen and Burnbank - Many thanks to John and Kate for organising this week's event. Word on the street was that it was very enjoyable, tussocky, with a decent amount of climb and a fast descent down to the finish. It was good to see Alastair Thomas back from uni, and perhaps unsurprisingly he took the win on the 5.10km Long course in 29:24. However, Dan Heppell came a strong 2nd in 31:41, and Phil Winskill was 3rd in 33:26. Making up the rest of the top ten were Charlie Rennie 4th, Jamie Rennie 5th, Jacob Tonkin 6th, Joe Hudd 7th, Simon Hunter 8th, Isaac Hunter 9th and Toby Heppell 10th. In the women's competition, Karen Parker (BL) was 1st, Emma Crawford was 2nd and Sophie Crawford was 3rd.

On the 2.7km Short course Roger Thomas took the win in 23:37, with George Rennie 2nd in 25:03, and Susan Skinner 3rd in 26:09. The rest of the top ten were Lily Clarkson 4th, Bob Barnby 5th, Paul Watson (BL) 6th, Penny Kingsland 7th, Raymond Wren (BL) 8th, Vanessa Brierley 9th, and Adrian Ledger (NATO) 10th.

On the Novice course, Wilf Clarkson took the win, with Sola Holmes 2nd, Kyra Green (IND) 3rd, Joshua Webb (IND) 4th and Jacob Webb (IND) and James Cox (IND) joint 5th. (Full results are on the website). **This week's event is at Mosser Fell (Fellbarrow and Darling Fell) and entries are open on Racesignup and close 23:59 on Tuesday.**

Other Upcoming Events

LOC Summer Series - Latter Rigg - **Entries close today - SIEntries. Limited entry on the day - Yellow and Orange only.**

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.

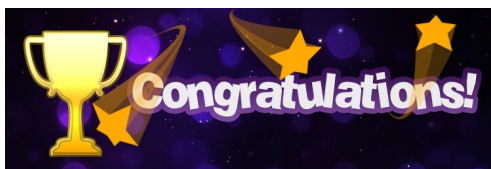


Both can be ordered with your entries or direct to the organiser - suebutterfield52@gmail.com

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



Well done to our Club juniors who have been selected to run in the Ward Junior International which takes place in Scotland in October. Those selected are : M14 Toby Heppell, W16 Daisy Rennie, W18 Emma Crawford and Issy Sunley.



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.- NEXT EVENT 8TH JUNE STARTING IN COCKERMOUTH.

It is good to see several Club members featuring on the results for the first event from Caldbeck.

Phil Blaylock almost made a clean sweep of all controls but took first place with a score of 240, with 11 seconds left and Jamie Rennie was 2nd with 230 points and only 4 seconds to spare - perfect timing! Other Club members taking part were Chris Emerson, Helen Hargreaves, Stuart Crawford, Roger Jackson, Margaret MacKenzie, Howard Leslie, Richard Goodwin, Dave Fenwick, Kim Leslie and Jonty Goodwin. You can compete on your own or as part of a pair (or team). If you are unsure what it involves hunt out one of the Club members who have taken part and they will be happy to explain all!

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

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**



WCOC member (Andy Bradlev) runs for 605 Km to get free beer. (It's amazing what some people will do for a free beer! Ed.)

And shortly before finishing the beer, gets asked to write something for the WCOC newsletter.

I could list each hill, and give a blow-by-blow account, involving all airplane sightings, cuckoos and skylarks, weather and much, much more. Instead, here are some of the questions that I have been asked, with a few observations thrown in. Good job I kept it short then.



Q. Rumour has it that you have missed at least three recent WCOC evening league events. Why?

A. I've been undertaking a continuous round of the Wainwright summits.

Q. What is that?

A. I set off and ran every day, starting from where I finished the day before, over all 214 of the summits in the Wainwright guide books.

Q. Why?

A. Seemed like a good fun thing to do.

Q. Has it been done before?

A. Yes, several people have done this. The record was broken whilst I was going round, by John Kelly. I saw his footprints. Steve Birkinshaw, broke Joss Naylor's record in 2014. A real achievement – people thought that Joss' run round was pretty near unchallengeable. Joss set the record in 1987 of just over 7 days, smashing Alan Heaton's record of just under ten days. In Joss' book he acknowledges former WCOC member Chris Bland as the first person to try to do this – though he went for a book a day. I would recommend reading Joss Naylor MBE Was Here, it's a super little book. As is Steve Birkinshaw's book, There Is No Map in Hell.

Q. Did you break the record?

A. Not quite. I set off to complete, and enjoy, a continuous circuit with no real target. I had a vague idea that I could get round in about three weeks – basically thinking that I could do a third of what Steve did per day, in one day. I got hold of the family calendar a few months before and blocked out three and half weeks and suggested to Mel that she doesn't book/plan anything. I aimed to move at around 5 Km an hour and wanted to be out for about 5 or 6 hours a day – with some shorter and some longer days, depending upon road crossings and transport issues. I thought that I could do this for three weeks. I didn't want to put in some 10 hours plus days and leave myself too little time to recover and/or be struggling to get out of bed the next day.

John Kelly set a new record of 5 days 12 hours and 14 minutes whilst I was doing my round. Carol Morgan also went round in 6 days 12 hours ish. I didn't see them but did see the footprints of them and their groups.

I thought that with going for around three weeks the odds were that something would come along and involve an extra day.

Q. And did it?

A. Yes. Two things. Firstly, I managed to get a cold in the week before I set off. The first leg in Steve's book is credited with being 32 Km – but I have noticed on subsequent attempts that Strava was giving it as 35 Km. I thought this was bit too far for a first day and didn't want to put myself on the back foot from day one. It took Steve nearly 5 hours – and it is recognised that he ran fast on this section. I estimated I would take perhaps a good 7 hours, so I split the day into two, immediately using up one of my spare days. I ran Latrigg and High Rigg as my first day, which was quite short and really brought down the average distances and length of time running.

The other spare day went with the section from Wasdale to Hard Knott. The weather forecast was poor, so I split this into two days. It was also a huge day without the split. This was a good decision, total time for the two days was over 11 hours, which would have been a bit much.

This took my total to 23 days. But I wasn't too hung about completing in 3 weeks – I just wanted to have a nice time in the hills.

Q. Did you do any planning?

A. Quite a bit. I knocked out a rough schedule from Steve's book. I also noted the changes to his route that have crept in with other attempts – I made notes from James Gibson's tracker of his attempt, and his leg times. I studied the route and lines from the tracker of recent attempts. Though you have to be quick as they disappear fairly quickly after the attempt. I prepared maps for all the legs and re-searched from the Wainwright guides the actual tops that he used. Turns out some of them aren't on the highest point. In a few of the dodgy cases I ran round everything that might have been his top or the highest point. Transport was also worth planning. On some days I could be independent – taking the car and either walking to the start or back from the finish or using busses. I stayed in Eskdale Youth Hostel one night. Other days, we put Mel's bike in the car, and we drove to the start, I set off, Mel drove the car to the end point and then cycled home. This worked well, especially the bit about not forgetting to take the spare car keys with me. There were a couple of days where I needed dropping and picking up. There was a small crisis when the captain of the Ullswater Steamer decided that it was too windy to sail – which meant my grand plan of parking at Patterdale, taking the steamer to Howtown and running back to Patterdale went a bit Pete Tong (young people will understand this). We also redesigned one of the tyres on the car halfway up Kirkstone pass. Someone had placed a small boulder (unmapped) on the road and with a wagon coming the other way, there wasn't much wiggle room.

The car has no spare – just an optimistic can of gunge to squirt in the valve. But given that we could put the actual can through the hole on the tyre, we didn't hold out much hope of success. It's really entertaining trying to explain to someone who has no idea of the area that a post code isn't going to be useful and that Ullswater is a lake, not a town, and that we are unlikely to be able to receive calls, because there is no signal at the car and we have had to climb a hill to phone them. We didn't plan for this to happen.

Q. Did you train for it, or just turn up and hope.

A. I did train for it. Over a couple of months, I gradually built up the mileage and hill work. Building up to a few 5 hours plus days at around 5 Km per hour. A reasonable Bob Graham pace, and one which I used to do at Mountain marathons. I reckoned if I was happy with a 5-hour run, then I would manage a 7 or 8 hour day. I practiced eating and drinking at the frequency that I imagined I would use on the trip.

Q. How did you navigate? A GPX trace?

A. I didn't follow a GPX trace. Seemed more fun to use a map and compass. I did use the OS app on my phone to confirm my location every now and again. Especially in bad weather. Crinkle Crag is entertaining in the mist. Though one night I forgot to check that I had downloaded the map tiles for the day, so was then relying on using the scale more useful to a car to confirm a summit. There is a real joy to navigating with map and compass in the cloud and it actually working. I would thoroughly recommend that people go to Cold Pike and then try to get to Hard Knott summit (the fell, not the road) the next time the weather is poor, and you have nothing better to do. It is, however, also very pleasurable to not have cloud and to be able to see where you are going. It really slows things down when the wind is blowing, the rocks are wet, and you have to work hard on the navigation. There were substantial sections where I didn't have to navigate, I have been over much of the ground in the last 40 years on various races, mountain marathons and days out.



(Detour on Lingmoor to the local attraction →)

(Bad weather ←)



(Last summit Catbells).



(Recovery food and drink)



(Free Beer!)



Q. Did you get lost?

A. I had a few moments of entertainment. I missed a crucial right hand turn on the trod up Bowfell – it was raining, blowing a gale and I was more concerned about holding on to the ground at the time. Not really lost, just temporarily not in the right place. I ended up on a bit of a detour involving the classic route of the “climbers’ traverse”. I made a similar error in 1997.

Q. Did you have good weather?

A. Mixed. Not really that good for May. Carol Morgan’s attempt at the record/ladies’ record whilst I was out there really suffered with the weather. The wind was a challenge on several days. I finished very tired at Patterdale, having battled into what seemed like a headwind for 5 hours. It was also really windy on the Skiddaw day – which was a good 40 Km anyway. I think I only wore shorts for 3 days, and a sun hat for two.

Q. What was the best hill?

A. You can’t really answer that. It’s like choosing your favourite child. And that only seems to cause trouble when I do that. I really enjoyed the bits in the more remote areas. Turns out that much of the lake district is fairly quiet, this bit is not called Scafell Pike. There’s also a lot of bluebells and skylarks. Much of the round brought back great memories of previous days out, it also went through a surprisingly large number of orienteering areas.

Q. What kit did you use?

A. Two pairs of VJ IROC shoes – one brand new, one just broken in. You can’t tell which is which now. A pair of LaSportiva trail shoes for a couple of the non-rocky / steep legs. I started off with an Inov8 rucsac, which I also used for the overnight stay at Eskdale – but this produced some classic Mountain marathon type red bits around the waist strap. This resulted in an emergency visit to Kong and a new OMM running vest/sac. Quite impressed with it. I used many thermals and T shirt combinations and various degrees of windproof – from a lightweight see through type up to an Alpkit winter windproof. I used my new OMM waterproof – and decided that it was very good for use as a waterproof for fell races, it was perhaps a little underpowered for 5 hours in rain and wind. I actually ran in my ten-year-old over trousers for the first time ever at one stage. I mostly ran in leggings – including my fleecy winter ones. Many hats and gloves. Turns out that I need some better gloves for sustained wind and rain. It appears that I also should consider a more substantial waterproof for long days out on the hill in bad weather. Though I tend not to do this – if the forecast is bad, I just go out another day, so maybe I’ll save myself a few pounds.

Q. What about eating and drinking?

A. I had a good breakfast and reckoned on eating a bar or similar after 2.5 hours and then every hour or so. I used Marathon bars (though these are a challenge when it’s cold, and someone has changed the name on the wrapper), some nice granola/chocolate bars from Aldi, and some crunchy bars in a green wrapper from Aldi. I found some Kendal Mint Cake in the bottom of the snack drawer but didn’t check the use by date. Didn’t kill me, so must have been ok, I enjoyed these. I carried about 700ml of orange squash, which was sufficient given the lack of heatwave. When I finished a run, I often started the recovery process with some lemonade, crisps and beer before driving home to eat snacks and my tea. I didn’t use any wonder products. I tried a gel once in 1994 and didn’t like it. I nearly bought some sports drinks, but somehow didn’t manage to. I kept away from Caffeine products, other than my morning brew of coffee. I didn’t stay up late and get up at 6 am most days anyway. aiming to be running by 9 am so that breakfast lasted until the first snack. When Chris Bland did his book a day for a week, he put weight on. I lost a kilogram over the three weeks. I eat pretty much way above what I normally do from just before the trip. The aim was not to get into food debt after a week or two, so I eat from day one with the third week in mind.

Q. Did you ever doubt you could do it?

A. Certainly. Firstly, in the weeks before hand – 3 weeks of running every day is quite intimidating. There is a lot that can go wrong, injury wise and fatigue wise. Looking at banging out three consecutive weeks of over 160 Km (100 miles in old money) per week with climb is something that was clearly going to take me into new territory. There was a day in the middle where the weather was very poor, and I finished very tired. I was worried that I might be setting off the next day on a downward spiral.

Each night I read passages from Steve’s book as part of the preparation for the next day. Reading that Clough Head was only two thirds of the way round was quite sobering, especially as there was a run of big days to come, the next three days averaged 36 Km.

I had however, also recognised that I wasn’t doing anything that a strong walker could not do, so as a contingency I had told myself that if things got a bit too tough, then I would walk everything and accept some long days of around 12 hours. (Though using Naismith’s rule for the 42 Km day with 2416 m of climb would give you around 14.5 hours)

And it is never over until the “singer sings”. Even for the last two days of 25 Km, 5 hours, there is potential for an injury or illness coming along to take the shine off the experience.

I developed a new, elevated, appreciation for the people who have done this in a week. I think doing what I did, really brought on my understanding of just how stunningly great they are. There was one particular 24-minute Kilometre which went up Seatallan, off piste, with over 300m of climb. It came after 5.5 hours, 26 Km down and another hour and a half to go. It's at moments like this when you recall that they do this whole leg, and after their seven hours, instead of stopping for a pint at the Strands, they go onto another leg of over 30 Km, 3000m of climb taking 9 hours that you feel really small. Then you realise that they didn't stop but went on for another leg – short one taking just 2 hours. Then had a 5-hour rest and did it all over again. It's quite an unimaginable feat of human achievement.

The fact that two people went round in under a week while I was doing my round, watching their traces, and seeing just how fast they moved over the ground that had taken me ten days to do was quite humbling.

Q. Did you get any injuries

A. Not really. A worrying thing appeared on one heel – looked a bit like a blister under the thick skin, but it seemed to disappear with continued use of moisturiser. Though I did note after a day or two after the round a huge, big black streak across the same area.

My feet hurt a bit after some of the long days but seemed to sort themselves out before the next morning.

I twisted my ankle on one of the long days towards the end when I was tired and coming down some rough tussocky stuff. This led to a bit of a strain appearing in the shin. I suspect that if I had had days 24 and above this might have developed into an issue. I also started to get a non-great feeling in my hip on the last couple of days as I started off. Again, I suspect that this might have developed into something more upsetting.

Q. Have you got any facts and figures?

A. Loads.....as a selection....

There are 214 summits, so that's an average of just over 9 per day. The greatest number in one day was 17. This was achieved twice – Kentmere to Howtown and on the Northern Fells, from Carrock fell to Dodd. Lowest number was 2. The first day, Latrigg and High Rigg. A day just about entirely on Orienteering ground.

I ran a total of 606 Km, this quite a bit longer than Steve's route, because I kept coming off the fell to convenient places for pickups and split some of his longer sections into two parts. Press reports of John Kelly's round suggests that he covered 515 Km. I'm quite surprised that I found nearly an extra 100km.

That's an average of 26 Km a day. My weekly total maxed out at 209 Km (My week goes from Saturday to Friday). I have never done this before. The greatest daily distance was 41.8 Km – Northern fells, good running but very, very windy. Took just over 7.5 hours. Shortest day was the first day at just 12 km.

I completed about 37,364 m of climb. This is about 4.5 times the height of Everest and way more than the climb to the start of the Owsen Fell event. Actually, its possibly somewhere near 15 years' worth of uphill walks to Thursday night starts (assuming a 50 m climb to the start and 50 events a year). An average of 1625 m per day. There were 4 days with more than 2000m of climb. There were 4 days with under 1000m of climb.

I ran/walked for a total of 118 hours. This is remarkably close to Steve's moving time. I was moving way slower than him on the first few sections, and then started to move faster than him after a few days. Just shows that a couple of lagers, a slap-up meal, and a good night's kip is an advantage over not having any lagers, an inability to eat properly and no sleep. The longest time out was just short of 8 hours. Wasdale to Eskdale Youth Hostel. Ironically, I set off late that day, to avoid the worst of the weather, and to avoid getting to the youth hostel before it opened at 5 pm. Oh, how I laughed as 5 pm passed and I was many Km and hills away from Eskdale, in the driving rain and cloud. Arrived at about 7 pm, just in time for tea. Weather and navigation had slowed me down. It was 32Km with 2400m of climb – and I reckoned on 6.5 hours. This was also the day with the most climb per Km. The least climb per day was the run from Dodd bus stop to Whinlatter Visitor centre – 17 km on the roads to Binsey and back to the Pheasant reduced the average. People have been known to express disappointment at the Binsey out and back.

Fastest day was the first day. Good track running and little climb. Slowest was actually Rosthwaite to Honister – 24 Km with 1826 m of climb, with a mighty out and back to Kirk Fell, amongst some other big climbs. This was perhaps the first big test – you look at Kirkfell, after quite some time out already and know that you have to go up it and return to the same spot about 45 minutes later.

Q. Did you use any pacers?

A. No. I couldn't face the co-ordination of planning this, especially as things evolved as I went along. I am quite happy on my own, and in some ways, it enhances the mountain experience. My daughter, Jenn, joined me at Tilberthwaite for a leg on her day off, and for the last day. Mel, tried to join me on the Lord's Seat ridge, but it all went quite wrong and we passed like ships in the night. On a perfectly clear day, which was quite some achievement. There was also a welcoming party on the top of Catbells from members of Cumberland Fell Runners, who joined for the last couple of Km back to Keswick.

Q. And the free beer?

A. The gentleman in "The Round" – bar next to the moot hall, brings everyone who has done the Bob Graham, or the Wainwrights round a free beer. Very nice of him. However, it then started pouring down, and everyone piled into The Round and ordered a drink, which for simplicity of paying and as way of saying thanks to those who had turned up, Mrs Bradley rushed to the till to settle account..... It was however a great way to end the run, in good company and in the pub.

Q. You use strava?

A. I do, all the routes are on my strava account, with no restrictions on who can see them. You can download the GPX files – but do watch out for the odd error and perhaps not the best lines. It was great getting comments as I went round, and people started to suspect what was happening.

Q. What's next?

A. A couple of fell races, if I have recovered and can get a bit of speed back in my legs. Don't think that a Joss Naylor Challenge will happen this year looking at the calendar. But I might squeeze in another long day somewhere.

Q. Will you do it again, to beat your time?

A. No. I was never really after a time. I was after a fun thing to do, with a bit of a challenge. There are many other things to do. I know that I am very lucky to have the time and the fitness to have the opportunity to do this. Thoroughly enjoyed it, and I'll enjoy whatever it is I do next.

(Ed. Thanks to Andy for this entertaining account. If anyone else is undertaking any navigational challenges or taking part in any orienteering events in other parts of the world then we would always be pleased to hear about your adventures so please get in touch!)



CLUB DEVELOPMENT OFFICER POST - LAKELAND ORIENTEERING CLUB

Lakeland Orienteering Club are delighted to have been awarded grants from the Orienteering Foundation and North West Orienteering Association to deliver a Family Orienteering Project.

The project will actively target families of children with primary school aged children with the aim of introducing them to orienteering as an enjoyable, family friendly, health enhancing activity.

We are now seeking to appoint a part-time Club Development Officer to deliver the project. Applicants should be enthusiastic about developing orienteering and possess the skills to translate our project into practice.

For further information and to request an application pack please email Louise Dunn chair@lakelandoc.uk



Parish Relays - 30th June - Loweswater

As per the previous request, anyone willing to plan this event (or if there is more than one person to work as a team to do so), please contact Mike

Billinghurst asap.

Scottish Championships



Well done to Niamh Hunter and Alastair Thomas who were both 2nd in the individual event on Saturday and were part of their respective winning teams in the relays on the Sunday, winning very impressive cups!

