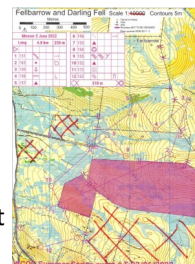


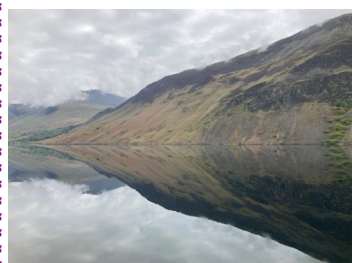


Summer Series - Mosser Fell—Many thanks to Caitlin Pearson and David Wilson for organising this week's event. Sounds as though there were various planning challenges but these were overcome to provide a good run out. On the 4.8km Long course Charlie Rennie took the win in 34:54, with Dan Heppell 2nd in 35:07



and Steve Birkinshaw 35:09. The rest of the top ten was Ruben Razzetti (BL) 4th, Graham Patten (WAROC) 5th, James Williams (EPOC) 6th, Phil Winskill 7th, Jonty Goodwin 7th, Niamh Hunter 8th (1st lady), Dan Roach 9th and Isaac Hunter 10th. Karen Parker (BL) was 2nd lady and Daisy Rennie was 3rd lady. On the 3km Short course Simon Hunter took the win in 28:01, Steve Holmes was 2nd in 31:42, and Roger Thomas was 3rd in 33:25. The rest of the top ten were George Rennie 4th, Eva Humphreys 5th, Ian Teasdale 6th, Susan Skinner 7th, Richard Cummings 8th, Paul Watson (BL) 9th and Darren Baker (DEE) 10th. Grace Weston (IND) was 3rd lady. (Full results on the WCOC website as usual).

Wasdale this week!



This Thursday sees the long awaited return to the glorious West Water. Courses planned by Roger Thomas (with help from Arkle). See what Roger has to say about it below. As usual entries open on Racesignup and close Tuesday at 23:59. Get those entries in!



Wow' its been 3 years since we had an event at this iconic gem of an area on the shores of West Water. A smorgasbord of bumps, lumps, marshes, rock and crags awaits you. Well worth the trip down the coast for the stunning location and views. Courses to cater for everyone from a 'full on' 5km middle distance style course taking you to all corners, to a shorter but still technical 3.2km and an easier course for the kids and beginners. Come and take the challenge, followed by a paddle in the Lake after your course (or maybe during?!)

Other Upcoming Events

15/06/2022 - Warrior Battleaxe 2022 - Event 3 (Details at waroc.org.uk) Entries via SiEntries. No entries on the day. Courses suitable for all.

16/06/2022 - Holme Wood (WCOC Summer series)

23/06/2022 - Sale Fell (WCOC Summer series)

30/06/2022 - Parish Relays - High and Low Parks

02/07/2022 - Penrith Urban - BL - Details on website.

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



Next closing date for entries is 30th June, and remember offers of help for the WCOC Day to Mike Harrison. (See Later). It makes planning so much easier if people commit to help early.

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

Also on FB—public and members' page.



Good Luck to all those Club members heading to Leeds next weekend for the British Sprint and Sprint Relay Championships. Saturday sees the relay take place at Leeds Beckett University and Sunday is the individual event at Leeds University.

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. ENTRIES CLOSE 23:59 TO-NIGHT (MON).

 <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 Biketrek 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**

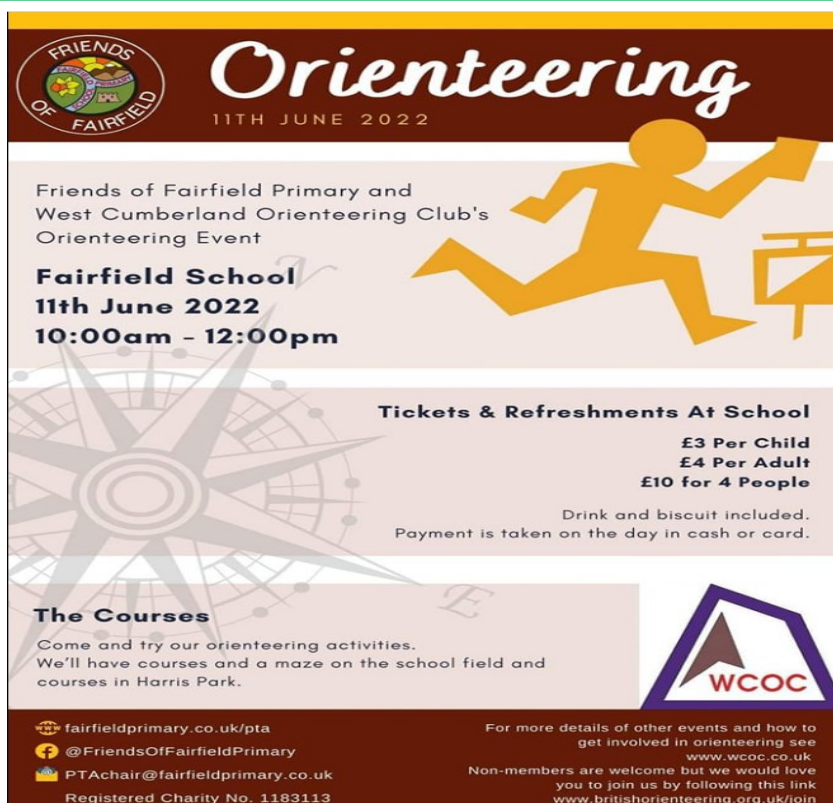
A message from Rob Stein -

On Saturday I am organising a junior taster orienteering event with Fairfield Primary School PTA. The format is very similar to previous years with a short course around the school field along with a maze and two slightly longer courses in Harris Park.

I appreciate many of you will be at the sprint relay championships or competing in the Ennerdale Horse-shoe but please feel free to come down and run if you are free.

I have a few kind volunteers to support the organisation but if anyone else is also willing and free please drop me a message.

Cheers,
Rob



FRIENDS OF FAIRFIELD

Orienteering

11TH JUNE 2022

Friends of Fairfield Primary and West Cumberland Orienteering Club's Orienteering Event

Fairfield School
11th June 2022
10:00am - 12:00pm

Tickets & Refreshments At School

£3 Per Child
£4 Per Adult
£10 for 4 People

Drink and biscuit included.
Payment is taken on the day in cash or card.

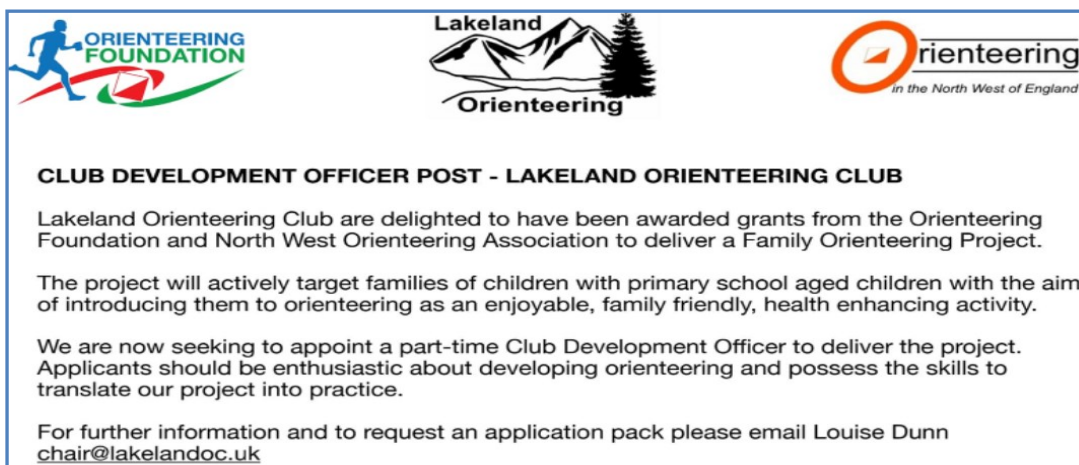
The Courses

Come and try our orienteering activities. We'll have courses and a maze on the school field and courses in Harris Park.

WCOC

fairfieldprimary.co.uk/pta
[@FriendsOfFairfieldPrimary](https://www.facebook.com/FriendsOfFairfieldPrimary)
PTAchair@fairfieldprimary.co.uk
Registered Charity No. 1183113

For more details of other events and how to get involved in orienteering see www.wcoc.co.uk
Non-members are welcome but we would love you to join us by following this link www.britishorienteering.org.uk/join



ORIENTEERING FOUNDATION

Lakeland Orienteering

Orienteering
in the North West of England

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

Volunteer Week

In what is officially Volunteers' Week, it is worth saying a big thank you to everyone in the Club who gives their time freely to make this such a vibrant, successful and friendly Club to be part of.

There is always more help needed so if you have some free time and would like to get more involved or you feel like taking the next step, maybe organising a Thursday night event get in touch. There are plenty people who are willing to support and mentor new volunteers.

(And don't forget it is all hands on deck for WCOC's Lakes 5 Days Event).



THANK YOU!

You are at the heart and soul of Orienteering.
Thank you for all you do.

#VolunteersWeek #MonthofCommunity

VOLUNTEERS WEEK
1-7 June

VOLUNTEERS' WEEK
A time to say thanks

British Orienteering