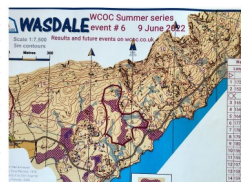




Summer Series - Wast Water - many thanks to Roger Thomas (with help from Carys and Arkle) for last week's event. See



Roger's report below:

"Well it wasn't quite the warm sunny evening we have come to expect from visiting Wasdale, but at least one competitor had a paddle in Wast Water after their run! If its any consolation it was at least mainly dry during the event, unlike the soaking we got putting out the controls in the afternoon. Hope you all enjoyed the challenge of some route choice and finer navigation amongst the rocks. There was plenty of discussion about 13-14 on the Long and which was the best route. Understandably several chose the road run, but straight was probably one or two minutes quicker. The bracken slightly compromised the courses which combined with the wet rock meant for a tough challenge. The event should have been scheduled for one or two weeks ago. Well done to Joe Hudd and Dan Heppell for beating 50minutes on the Long and thank you to everyone for making the effort to make the long trip. Also thanks to Carys for running registration, plus putting out and taking in controls."

On the 5km Long course, Joe Hudd took the win in 43:50, with Dan Heppell 2nd in 47:03, and Richard Jackson 3rd in 52:26; the rest of the top ten was made up of David Spencer 4th, John Slater 5th, Jonty Goodwin 6th, Jamie Rennie 6th, Toby Heppell 8th, John Taylor 9th, and Steve Breeze 10th. In the women's competition, first woman was Emma Crawford, with Lynne Thomas 2nd.

On the 3.2km Short course, Issy Sunley took the win in 37:39, with Sophie Crawford 2nd in 39:38, and Roger Jackson 3rd in 45:01. The rest of the top ten was made up of Richard Cummings 4th, Eva Humphreys 5th, Susan Skinner 6th, Margaret MacKenzie 7th, Anne Burbidge 8th, Kate Charles 9th and Deborah Goodwin 10th, and 3rd male was George Rennie in 11th.

This week's event is at Holme Wood at Loweswater, and entries are open on Racesignup, and close at 23:59 on Tuesday as usual.

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.

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.

07/07/2022 - Knock Murton (WCOC Summer series).

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.

Club Kit



Does anyone have any unwanted Club tops (or other Club kit) that is languishing in the back of a cupboard and never sees the light of day? We are asking anyone with unwanted kit (especially junior tops) to donate them back to the Club so that they can be used by current members.

Reusing old kit is great from an environmental perspective and from the perspective of saving money, especially when juniors tend to grow out of things so quickly. (Please ensure that the kit is clean and in reasonable condition).

Spare/unwanted kit can be given to Jamie Rennie at a Thursday night event, the upcoming social or otherwise contact Jamie who will liaise with you over drop off/collection.

(jamie.rennie@btinternet.com).

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.- NEXT EVENT - 22nd JUNE STARTING AT ENNERDALE BREWERY, ROWRAH. Details can be found at Allerdale Bike Challenge Facebook page and on the BMBO website at - www.bmbo.org.uk.

This week's event started in Cockermouth, and it was good to see several Club members taking part again. Best Club finisher was Jamie Rennie who came in 3rd, with 217, with others high up the results being, Chris Emerson in 5th with 208 points, and Mike Billinghurst and Phil Blaylock in joint 11th, with 190 points

Exciting News! WCOC Club Social Thursday 30th June



After 2 ½ years, the Club is finally able to hold a club social – with club awards, socialising, and maybe even some fun and games.

Loweswater Village Hall has been booked for the event which will take place after the Parish Relays. The Club will cover the cost of the venue, soft drinks and tea and coffee.

Please can everyone bring a savoury dish to share – sandwiches, quiche, salads, sausage rolls, pizza etc. (Food can be dropped off in the hall from



4.30 pm – on your way to the Parish relays), and if you want anything other than the drinks that are provided please bring your own.

The Juniors will provide delicious cakes and desserts as part of their fundraising – please support generously.

If you fancy preparing a quiz - it doesn't have to be orienteering themed then please do.



Please email Lesley if you can come, so we have an idea of numbers attending, confirm what you will bring and if you are providing a quiz. (Lesley.wornham@gmail.com)



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.

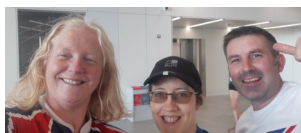
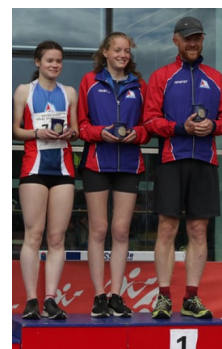
I look forward to hearing from you. From **Mike Harrison**

British Sprint Championships Weekend 2022

Well done to the select group of Club members who attended the British Sprint Championships.

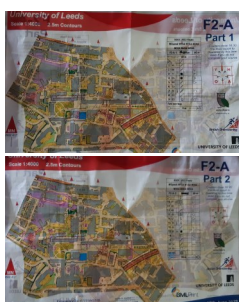


Saturday was the Mixed Sprint Relay at Leeds Beckett University, and the Club took the win in the Ad Hoc event, with the team, WCOC Yan, made up of Emma Crawford, Issy Sunley and Jamie Rennie. Well done!



Unfortunately despite some strong running, our junior teams were unable to capitalise with mispunches putting them out of the running. In the very competitive Vet class, the WCOC Tyan team of Helen Rennie, Alex Crawford and Stuart Crawford were top Club finishers in 14th, and the WCOC Methera team of Janette McHendry, Jane Hunter and Carl Humphreys were 26th.

In the Elite race, the EUOC Team of Pasta Please, including club members, Niamh Hunter and Joe Sunley, came a very creditable 4th in what was a very strong field.



On Sunday, the competition moved to Leeds University for the individual sprint race, which resulted in several podium performances. On W14A Sophie Crawford was 2nd, with Daisy Rennie 2nd on W16A, and on W18A Emma Crawford was 3rd, with Issy Sunley 5th.

On M16A, Dan Heppell was 3rd and Isaac Hunter 7th, and in the M14B George Rennie was 1st, with Jamie Rennie taking 2nd on M50A

Joe Sunley was 5th on M20A, and Joe Hudd won the B Final. Niamh Hunter ran well to make the top ten in the WOpen. Well done everyone!

