



**Summer Series - Holme Wood** - Thanks to Mike Billinghurst for this week's event on the wooded slopes above the lovely Loweswater. On the 3.7km Long course the visiting Lewis Taylor (FVO) took the win in the strong time of 32:52, with the consistent Dan Heppell in 2nd in 34:43 and Jamie Rennie 3rd in 38:15. Niamh Hunter (EUOC) was 4th (1st lady) in 38:35. The rest of the top ten was made up of Joe Goodwin 5th, Simon Hunter 6th, Ian Cumpstey (BL) 7th, Sam McLoughlin 8th, Ruben Razzetti (BL) 9th and Isaac Hunter 10th. Daisy Rennie was 2nd lady and Lynne Thomas was 3rd lady.



On the 2.9km Short course Roger Thomas took the win in 32:37, with Eva Humphreys 2nd in 34:41 and Susan Skinner 3rd in 34:55. The rest of the top ten was made up of Richard Cummings 4th, Roger Jackson 5th, Sophie Crawford 6th, Lily Clarkson 7th, Raymond Wren (BL) 8th, Margaret MacKenzie 9th and Helen Rennie 10th.

On the Novice course Mille McLoughlin took the win, with Sola Holmes 2nd, Kyra Green 3rd, James Cox 4th, Joshua Webb 5th, Jacob Webb 6th and Charlotte Moore 7th.

As usual full results can be found at [www.wcoc.co.uk](http://www.wcoc.co.uk) and entries for this week's event at Sale Fell are now open on Racesignup, and close at 23:59 tomorrow.



#### Other Upcoming Events

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

30/06/2022 - Parish Relays - High and Low Parks (Start thinking about our teams).

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.**



[BORDERLINERSORIENTEERING.ORG](http://BORDERLINERSORIENTEERING.ORG)

**Penrith Urban - Saturday 2nd July 2022**

Entries open on SiEntries here. Entries close Wednesday 29th June. Event Centre is at Penrith Rugby Football Club Google - CA11 8RQ Streetmap (OS) - NY527295 What3words -...

Entries are now open and close on 29th June 2022. Some limited entries on the day - see the Border Liners website for full details.



There is a Taster Session - just turn up event taking place tomorrow night in the Memorial Gardens from 5.00 - 6.00pm. Please spread the word to anyone you know who might like to have a go!

**ORIENTEERING**  
on Tuesday 21st June  
@ Memorial Gardens  
Cockermouth  
5.00 - 6.00pm  
For more information:  
[www.wcoc.co.uk](http://www.wcoc.co.uk)

**Just turn up!**  
**Taster Session**




Twitter: You can follow @WCOC2014 and on the website [www.wcoc.co.uk](http://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](http://www.bmbo.org.uk).**



**NB - Entries Close 23:59 TONIGHT!**

**Exciting News! WCOB Club Social Thursday 30<sup>th</sup> June - Remember to let Lesley know if you are coming - (see below).**



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 (see above) 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](mailto:Lesley.wornham@gmail.com))**



**Parish Relays - Thursday 30th June (before Club social)** -For those who are unfamiliar with this event, it is a relay with teams of 3 taking on 7 courses (2 short, 2 medium and 2 long with an extra bonus course that is run after the other 6 courses are completed.) Only 2 runners from your team can be out at once and depending on entries there may be a separate junior and senior competition. Details of how to enter will follow on the Club website and don't worry about finding a team, as individual entries will be required. Watch the website (and FB) for more information.

**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 WCOB 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**