



Summer Series - Sale Fell - Thanks to Ian Teasdale for this week's event. On the Long 5.12 km course Alastair Thomas



took a convincing win in 34:26, with Dan Heppell 2nd in 39:02 and Graham Patten (WAROC) 3rd in 39:04. The rest of the top ten was made up of Ruben Razzetti (BL) 4th, Charlie Rennie 5th, Ben Goodwin 6th, Jamie Rennie 7th, Simon Hunter 8th, Simon Woodbury 9th and Chris Swanepoel 10th. In the women's competition Niamh Hunter was 1st lady, with Louise Adams (EUOC) 2nd and Emma Crawford 3rd.

On the 3.2km Short course, Jeff Goodwin took the win in 36:54. with Roger Thomas 2nd in 38:04 and Roger Jackson 3rd in 38:38. The remainder of the top ten was made up of Sue Skinner 4th, Sophie Crawford 5th, George Rennie 6th, Richard Cummings 7th, Tony Duncan 8th, Eva Humphreys 9th and Raymond Wren (BL) 10th, and on the novice course, Wilf Clarkson was 1st, with Zara Eastwood (IND) 2nd, Shaiann White 3rd and Michael Pearson 4th.

As usual full results can be found at [www.wcoc.co.uk](http://www.wcoc.co.uk).



**Parish Relays** - This week's event is the Parish Relay at Low and High Parks near Loweswater (and Crummock). There is no need to find people for your team. **Anyone wanting to take part please check the details on the WCOC website and let Scott Ashworth know this evening. He will then allocate the teams.**

## Upcoming Events

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

02/07/2022 - Penrith Urban - BL - Details on website.. **(This event has been postponed to Wed 10th August 2022)**

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

14/07/2022 - Seatoller (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.



There is a very busy period coming up for Club members. Good luck to our talented junior team who are competing in the final of the Yvette Baker Trophy at Irchester Country Park, Northamptonshire.

Good luck to several Club members who are competing in the Saunders Mountain

Marathon which starts from Eskdale on Saturday.



And last but certainly not least - Good luck to Daisy Rennie who is travelling to Hungary to compete for the GB Team in the European Youth Orienteering Championships which runs from 2nd July to 4th July, and includes a Long Distance, Sprint and Relay. The event brings together over 30 countries to compete in one of the premier junior international competitions, and we are sure Daisy will give it her all and enjoy a fantastic experience!



**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.**



Good to see several Club members featuring in the results for the latest event which started at Rowrah. Jamie Rennie came in 2nd with 227 points, closely followed by Phil Blaylock in 3rd with 220 points. Mike Harrison and John Slater were joint 6th, and Chris Emerson was 8th.



**The next event starts from Kirkbride on 6th July 2022.**

**The Final event starts from Uldale on 13th July 2022.**

**Details and entries can be found by visiting [bmbo.org.uk](http://bmbo.org.uk)**



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

**The social is open to all Club members and you are welcome to come even if not doing the Parish Relays**

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.



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))



### **LAKES 5 DAY -PLEASE GET THOSE OFFERS OF HELP TO MIKE ASAP**

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**

