



Parish Relays 2022 - Thank you to Scott Ashworth who stepped in to organise this year's event which was a bit different to previous years with teams (allocated by Scott), running a standard relay, around Low and High Parks, an area which affords lovely views of Crummock Water. It was a lovely sunny evening and there was a good turn out of Club runners.

The winners were the team of Isaac Hunter, Mike Harrison and George Rennie who earn the 'prize' of planning next year's event!
Thanks to Pete Nelson for the event photos.



Club Awards - I hope everyone enjoyed this year's Summer social at Loweswater Village Hall. Thank you to Lesley for organising it, and to everyone who provided food, and helped to support the Club juniors by buying dessert. Congratulations to all those people who were recognised in the annual Club awards. Other than Galoppen, series and event winners, those recognised were, Rising Stars - Jamie Rennie and Carl Humphreys; Junior performers of the year - Joe Sunley and Daisy Rennie; Junior Team (JK Intermediate winners)-Emma and Sophie Crawford, and Daisy Rennie; Most Improved Junior - Dan Heppell; Coaches Awards -Eva Humphreys and Lily Clarkson; Chris Bland Trophy - me, Jane Hunter (thank you); Club Legend - Steve Breeze; New Planners- Isaac Hunter, Dave Phillips, Dan Roach and Chris Swanepoel; New Organiser - Helen Rennie; New Mappers- Steve Birkinshaw and Roger Thomas. Great to see so many people recognised for their achievements and for going above and beyond with their volunteering which makes this such a vibrant and successful club. Well Done all!

Upcoming Events

- 07/07/2022 - Knock Murton (WCOCC Summer series). **Entries open on Racesignup - close 23:59 Tuesday.**
- 14/07/2022 - Seatoller (WCOCC Summer Series).
- 21/07/2022 - Southerndale (WCOCC Summer Series)



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

Final pre-entry closing date for entries is 24th July, and remember offers of help for the WCOCC Day to Mike Harrison. (See Later). It makes planning so much easier if people commit to help early.

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.

The next event starts from Kirkbride on 6th July 2022. (Entries close 23:59 tonight)

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

Details and entries can be found by visiting bmbo.org.uk



Yvette Baker -

Congratulations to all the Club juniors who made the long trip down to Irchester Country Park, Northamptonshire for the Yvette Baker Trophy, which turned out to be a tough area, and thanks to Janette and Jamie for driving the minibus. It was a great team effort, with the WCOC counters confirmed below. WCOC achieved a very creditable 3rd place with 855 points, behind the winners SYO with 893 points and HH with 871 points. Well done everyone!

WCOC

Name	Class	Score
Emma Crawford	Green Girls	100
Issy Sunley	Green Girls	99
George Rennie	Orange Boys	99
Sophie Crawford	Light Green Girls	97
Lily Clarkson	Orange Girls	97
Eva Humphreys	Light Green Girls	95
Dan Heppell	Green Boys	94
Sola Holmes	Yellow Girls	92
Hiroki Holmes	Orange Boys	82



Thanks to Jamie for the event Photos.



A warm welcome to the Club to some new members, Simon Thomas, Alison Parker, Maggie Scrugham, Kyra Green and the Baldwin Family, Justine, Eddie and Laila. Looking forward to seeing you all at Club events! (If any of you would like to introduce yourselves, please feel free to send me a few paragraphs and a photo.)



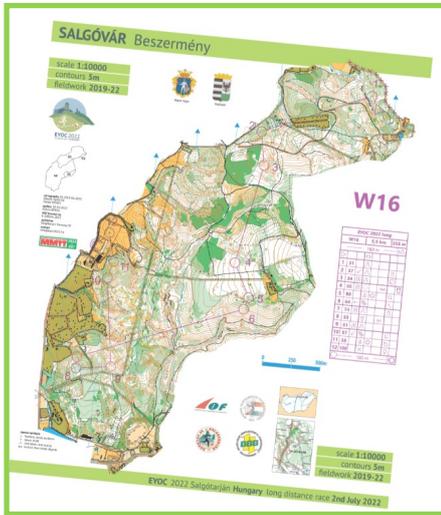
European Youth **ORIENTEERING** Championships

Congratulations to Daisy Rennie on her solid performances in her debut international competition for GB at EYOC in Hungary. Conditions were tough with the athletes having to cope with temperatures of 30 - 35°C (a bit different to your average Cumbrian temperatures).

Overall the GB team performed consistently with top ten performances in W16 Long, and the W18 and M18 relays, with other top twenty performances in the Long and Sprints.

Daisy's W16 Team ran well in the relay (with Daisy on middle leg) to finish 14th.

No doubt the experience gained will stand Daisy in good stead for future competitions. Well done!



Daisy with her GB Team mates.



Well done to all the Club members who took part in the Saunders this weekend which is a Long 2-day mountain marathon, combining navigation skills with fitness and stamina. Competitors started in Eskdale and made their way to the overnight camp (carrying all their camping gear) on the shores of Wast Water before setting off the next morning to navigate their way back again. Congratulations to father and son team of Simon and Isaac Hunter who were first overall in the Bedafell class in a total time of 5.09 hours, (taking the win by around 8 minutes)., and Scott and Myrtle Ashworth were 18th in the same class but 9th mixed pair.

Martin and Sue Skinner were first vets' mixed pair in the Harter Fell class in a total time of 6.41 hours, and Helen Rennie and partner Liz Heaton were 7th female pair on Wansfell. Steve Breeze and partner Matthew Smithson were 11th male pair on Carrock Fell.

(Official photos are awaited).

