



Whitehaven, Kells - 08/09/22

I am sure that you will all be pleased to know that Thursday night orienteering resumes this week in Whitehaven.

The Thursday events for the next few weeks tend to be in areas with easier running, terrain and navigation so they are perfect for novices, and those wanting to give orienteering a try for the first time. Please read the details on the website carefully as sometimes

due to the urban nature of the area there is a restriction on unaccompanied juniors running the long course. NB this week unaccompanied under-16s can only run the short course. Please take caution when entering the parking area.

15/09/22 - Curwen Park (Workington) - *PLANNER NEEDED URGENTLY PLEASE.*

22/09/22 - Cockermouth

29/09/22 - Walkmill/Moresby

06/10/22 - Silloth

13/10/22 - Derwent Hill

Other Upcoming Events -

10/09/2022 - Watermillock Common (BL) - Courses- Green 4.2km, 225 climb, Short Green 2.1km, 105m climb, and Yellow 1.9km, 95m climb. Entries on SIEntries - **Entries Close - Wed 7th September.** For more details visit https://borderlinersorienteering.org/event_2022_watermillock/

18/09/2022 - Ling Fell Cumbrian Galoppen - get those entries in. All details on Club website. Entries via SIEntries. Courses suitable for all abilities - Yellow, Orange, Light Green, Short Green, Green, Blue and Brown. **Entries Close- Sunday 11th September.**

HELP NEEDED - LIZ ELLIOT HAS ASKED WHETHER ANYONE CAN TOW THE CARAVAN TO THE LING FELL GALOPPEN. PLEASE CONTACT LIZ URGENTLY IF YOU CAN HELP.

25/09/2022 - Harter Fell Galoppen (LOC) - All information is on the LOC website and entries are open now on SIEntries and close on **Monday 19th September at 23:59.**



BL - Bampton Common - Long O - Results



Several Club members enjoyed a lovely run out on Bampton Common, thanks to Dan and Karen Parker from BL. On the 17.4km Long course, Jamie Rennie finished 3rd in just over 3 hours, and on the 12.3km Medium course, Stuart Crawford had an error-free run to finish in 2nd in 148 minutes, with Nick Evans 4th and Colin Valentine 5th. On the 7.7km Short course, Helen Rennie was 5th, Sally Heppell 6th, Ian Teasdale 9th and Janet Evans 23rd. On the 5km Very Short course Howard Leslie took the win in 55:10, with Tony Duncan 4th, Paul Tickner 8th, Kim Leslie 10th and Liz Elliot 13th and on the 4km Super Short course, Lesley Wornham was 3rd, Jane Hunter was 5th and Dave Fenwick was 7th. Thanks to BL for a very enjoyable event, made all the better by the fine weather and the tea and cake for afters. (Credit to Solway orienteers for the photo).

Fellrunning Success

Fellrunning can provide a great training ground for orienteers and WCOC has (and has had) many talented fell runners in their ranks.

It was a busy week for some Club members who took to the fells in the races organised by the local agricultural shows.

Keswick Show -

On Bank Holiday Monday, this fell race took in Stile End and Barrow , and provided a tough challenge, especially on a very warm day. Niamh Hunter took it on for the first time and had a strong run to finish as 3rd lady.

Ennerdale Show -

Then on the following Wednesday Niamh was joined by Simon and Isaac to take on the race up and down Knock Murton, (a fell they all know well from regular Thursday night events). On this occasion Niamh took the win in the ladies' competition (Only 3 seconds off the record) and Isaac was second in the U17s race.

Loweswater Show -

Finally on Sunday the three of them took on the steep difficult ascent and descent of Dodd , and on this occasion they were all rewarded with a prize, Niamh first lady, Isaac first U17 and Simon 1st Vet 50.



(I'm always happy to hear from members with details of events and races they have enjoyed.)



GOOD
LUCK

Peter Palmer Relays - Wishing our WCOC junior teams the very best of luck in the Peter Palmer relay competition which takes place this weekend in Sutton Park near Birmingham. It is not the easiest event, with the first runners setting off in the dark but our juniors have shown that they are more

than a match for the challenge, having won it several times on previous occasions, including when it took place at Sutton Park in 2017 - a good omen perhaps!



And Finally - Calling on the Club juniors -

Many of our juniors have taken part in training camps over the Summer and a large contingent of Club members enjoyed a fantastic trip to Norway with the NWJS. It would be great to feature some stories/experiences from these adventures in the newsletter. Short reports with some photos would be great. Thank you.