



Queen Elizabeth II  
1926 - 2022

**Curwen Park** - Thank you to Charlie Rennie for last week's event which, on the Long course, had the added interest of butterfly loops, so although covering the same distance, there were several different courses. On the 4.5km Long course Dan Heppell took the win in 21:11, with Simon Hunter 2nd in 22:40, and Isaac Hunter 3rd in 23:46. The rest of the top ten was made up of Emma Crawford 4th (1st lady in 24:14), Danny Winterbottom 5th, Sam McLoughlin 6th, Toby Heppell 7th, Daisy Rennie 8th (2nd lady), Steve Holmes 9th, and George Rennie 10th. Myrtle Ashworth was 3rd lady.

On the 3km Short course, Roger Jackson took the win in 22:08, with Millie McLoughlin 2nd in 23:16, and Richard Cummings 3rd in 24:01. The rest of the top ten was made up of Ian Teasdale 4th, Ann Cummings 5th, Ella Chambers 6th, Jenny Benson 7th, Roger Thomas 8th, Beatrix Gorrill 9th and Anna Hornakova (IND) 10th.

**This Week** - Event is in Cockermouth,. Full details are on the WCOC website. NB parking and start are different to previous events and NO UNACCOMPANIED UNDER 16s ON LONG COURSE, Entries are open on Racesignup and as usual close at 23:59 on Tuesday.

**Upcomng Thursday night events -**

29/09/2022 - Walkmill/Moresby

06/10/2022 - Silloth

13/10/2022 - Derwent Hill (NB information regarding AGM, following this event.)

**Other upcoming events -**



**Harter Fell Galoppen (LOC) - 25/09/2022 - NB Entries remain open on SiEntries until 23:59 this Wednesday. All details are on LOC website. NB changes to parking and distances to start but NB the availability of priority passes for those who need them.**

**Read the description of the views from the area and get those entries in!**

**ANNOUNCEMENT ABOUT AGM 2022** - This year's AGM will follow the relay event at Derwent Hill and be held at Portinscale Village Hall at 7 pm. You are welcome to attend whether or not you attend the relay event.

The relay will be a fun team event, with short courses so all can be finished in time to attend the AGM/social. Teams of 2 people will complete a 4-lap relay (2 laps each). Entries as usual on Racesignup nearer the time. Pairings will be organised by the planner. Following the event, there will be a short meeting to complete the formal business of the AGM which will be followed by a steak pie, pea and gravy meal (vegetarian cheese and onion pie available). After this the WCOC juniors will be doing a talk and presentation about their trip to Norway.

Please inform the Secretary if you have any proposals to be raised at the AGM.

There is no cost for the food but we will need to know numbers for the catering, so please let the Secretary Paul Tickner or Social Secretary Lesley Wornham know by **Thursday 6<sup>th</sup> October** if you are able to attend. [Paultickner13@gmail.com](mailto:Paultickner13@gmail.com) [Lesley.wornham@gmail.com](mailto:Lesley.wornham@gmail.com)

Ling Fell Galoppen- Thank you to Chris Pollitt (planner), Chris Emerson (organiser) and Kim and Howard Leslie (controllers),



along with the team of additional helpers for such an enjoyable Galoppen. There was some excellent results on all the courses. On the 8.4km Brown course Steve Birkinshaw took an emphatic win in 57:42. with Jamie Rennie 2nd in 65:36, and Wilf Teasdale 3rd in 66:29. Mike Harrison was 6th.

On the 6.6km Blue course, Dan Heppell took the win in 44:34, James Birkinshaw was 4th, Steve Holmes 5th, John Slater 6th, Alan Irving 7th, and Emma Crawford 2nd lady and Daisy Rennie 3rd lady.

On the 5.2km Green course, Danny Winterbottom took the win in 42:08, with Toby Heppell 2nd in 43:05, and Pete Winterbottom 3rd in 45:54. Roger Thomas was 6th, Kate Charles was 2nd lady in 8th, Roger Jackson was 9th and Ian Teasdale was 10th. Sally Heppell was 3rd lady.

On the 4.2km Short Green course, Catherine Wetherfield took the win in 46:55, Janette McHendry was 3rd, Emma Moody 4th, Hannah Birkinshaw 5th and Rebecca Crellin 8th, and on the 3.9km Light Green course George Rennie took the win in 37:14, with Kamila Winterbottom 3rd, and on the Orange Jane Waterworth was 2nd.

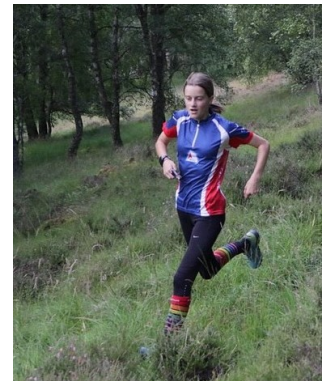
### Thank you to Sophie Crawford for her Lagganlia 2022 report.



This summer I was pleased to be selected for Lagganlia, my first training camp. We spent the first evening getting to know everyone with some games.

On the first day we went to the Moor of Alvie where we started training. After a morning session working on compass skills, we moved to a different part of the area to have a clock relay.

On our second day, we went to Roseisle where we did more compass and detailed contour work. I also worked on following a bearing more accurately without using the map as much – in fact I couldn't look at the map for the whole leg. This day was finished with a line course and a decision making race.



We started day three off with GB athlete Kirstin Maxwell who showed us some different warm up techniques. After this I concentrated on using contours more consistently and ran a course whilst coaches tried to distract me which I found funny and a bit of a challenge. We finished off with a peg relay. In the evening, Ian and Kirstin Maxwell spoke to us all about sprint races which included route choice challenges.

On the fourth day we had the knockout sprints. The heats were held at Glenmore Lodges where we had butterfly loops. We then moved to Badaguish for the semi-finals and finals (which I sadly didn't run in). After this we swam in Loch Morlich and went to Aviemore for the afternoon.

On the fifth day we went to Culbin where we used our sketch maps, which were quite successful. The afternoons race was an odds and evens relay. The terrain at Culbin was good, fairly runnable trees but with very detailed contour features that made it very easy to lose your place.

On the last day we raced in the tour champs at North Granish, which was a quite technical area and I was very glad for the geeking we had done in our coaching groups the night before. When we got back from North Granish we ran a relay around the Lagganlia centre which was very fun, and incredibly competitive.



I had a brilliant time at Lagganlia, and returned home with much better orienteering skills thanks to all the amazing coaches there. I hope to continue and be selected for Deeside, and am planning to run at selection races for Interland.

I'm very grateful for the support giving by WCOC and NWOA.

