



Hensingham - Thanks to Pete Nelson for stepping in at short notice to organise last week's event (using a new map from Jon Eaton). On the 3.6km Long Course, Dan Spencer took the win in 17:35, with Jamie Rennie 2nd in 20:08, and Simon Hunter 3rd in 21:03. The rest of the top ten was made up of Ben Goodwin 4th, Daisy Rennie 5th (1st lady), Caitlin Pearson 6th (2nd lady), Ryan Crellin 7th, Issy Sunley 8th (3rd lady), Martin Skinner 9th and Simon Woodbury 10th.

On the 2km Short course, Dan Heppell took the win in 9:03, Isaac Hunter was 2nd in 10:09, and Toby Heppell was 3rd in 11:24. The rest of the top ten was made up of George Rennie 4th, Eva Humphreys 5th (1st lady), Roger Jackson 6th, Rebecca Crellin 7th (2nd lady), Gwen Rea 8th (3rd lady), Jon Eaton 9th and Liz Elliott 10th.

This Week's Event (06/10/2022)- Silloth - Please see the details on the WCOOC website regarding parking and out of bounds areas and remember to bring a torch if you think you may still be out and about after dark. Full leg cover is recommended. There is no novice course as this is a technical area and there are no road crossings so under 16s can run either course. As usual entries are open on Racesignup and they close on Tuesday at 23:59.



Upcoming Thursday night events.

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

**URGENT HELP NEEDED - We are almost at the end of the Autumn series and are now looking ahead to the Winter series. The events up to Christmas tend to be in easier (less technical areas), and after Christmas the areas become more challenging. As you will appreciate events cannot happen without people to organise them. The list of events is printed below and volunteers to organise the vacant events are needed asap, especially the early ones. The ones before Christmas would suit less experienced or new planners, and there is lots of help available from more experienced members. If you can help, please let Mike Billinghurst know.**

		22/12/22	Elva Hill
03/11/22	High & Low Parks	05/01/23	Wood House/ Crummock
10/11/22	Bridekirk or Wood Hall (Taken)	12/01/23	Swarth Fell (Taken)
17/11/22	Longlands Lake	19/01/23	Threlkeld Com- mon (Taken)
24/11/22	Fangs Brow (permission??)	26/01/23	Sale Fell
01/12/22	Low Rigg	02/02/23	Flat Fell
08/12/22	Slate Fell	09/02/23	Setmurthy
15/12/22	Keltonfell Top	16/02/23	High Doat
		23/02/23	Scale Hill

**REMINDER RE 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 WCOOC 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)

## Home International News



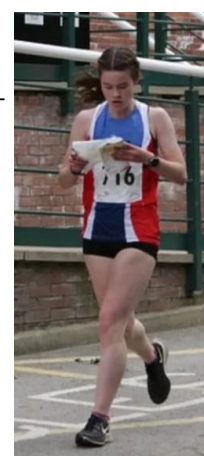
This weekend Jamie Rennie made his debut in an England shirt, running in the Veteran Home Internationals in Wales. It was a very successful weekend, with Jamie 2nd England runner in the M50 category in the individual event, and a scorer for the team which held the overnight lead with a score of 130.5, with Scotland a close second with 125 points going into the relays which interestingly used a mixed format; one class of two women and one man and another of two men and one woman.

Jamie running for England 1 had a great 1st leg in the relay to come back in 2nd to one of the Scotland teams, with his team finishing 4th overall, having been passed by two other England teams. The impressive relay results extended England's lead, with the final result, England 1st with 252.2, Scotland 2nd with 219, Wales 3rd with 133 and Ireland 4th with 127.5. Well done to Jamie and the England Team!

## Junior Home Internationals



It is a very busy time for Club members at the moment, with, next weekend, four of our juniors making the trip up to the Cairngorms for the Junior Home Internationals. Not to be outdone by dad, Daisy Rennie is joined by Club mates, Toby Heppell, Emma Crawford (who is currently still out in Germany for JEC), and Issy Sunley. Good luck to them all and the rest of the England Team!



## New Club O Tops for 2022

The Club plans to place an order for new O Tops opting to return to Trimtex following a number expressing a preference. The aim is to place an order by mid October so that the new tops should arrive for Christmas. The main Trimtex model being ordered is their Trail Shirt (the model replacing the old Club model) but there is also an option of a full Mesh Top (links to both below):

<https://trimtex.eu/en/products/men/orienteering/shirts/trail-shirt-men%27s/VL21-0348-19.html#start=1>

<https://trimtex.eu/en/products/men/orienteering/shirts/basic-mesh-o-shirt/VL21-0353-19.html#start=1>

Examples of the new styles (in Fredrikstad Skiklubb colours) are being modelled by juniors at Thursday events and will also be available to view at the October social. The design will be similar to the previous WCOC Trimtex O top (as illustrated below) with prices TBC but similar to those previously set by the Club.

More details and an order form should follow soon.

## Message from Scott Ashworth re JK 2023 (which is in the lakes)

JK23! The region are urgently trying to recruit a Safety Officer to oversee this key role across all 4 days of the event. If anyone is interested let me know. Also wanted: Non SI kit coordinator. Further details available from Scott

## Spook-O 2022 - Thursday 27th October (Half-term week).

It's the time of year again for Spook-O. As usual the event will be held at Whinlatter, and as well as a very fun and popular event, it is a great fundraiser for ongoing junior activities.

We have 7 sites that need to be dressed and manned. Please ask your juniors (or anyone else) if they would like to do a Spooky Control, and scare people in the forest. Let Janette know asap if you can help (email [janette@jossy.co.uk](mailto:janette@jossy.co.uk)), and which site you would prefer. Even if you cannot be there (or cannot stay all evening) but can provide props, carved pumpkins, spooky cakes, or any other help then please do get in touch. (Many hands make light work.).

**Come and Try - Orienteering for beginners to improvers, ideal for families**



**Date & Time - Saturday 15th of October, Starts at 2pm.  
Venue - Bridekirk**

**Come and try orienteering in fields just outside Cocker-  
mouth - the area is grassy with some small craggy out-  
crops and areas of trees but it could be muddy in places if  
wet. Courses will be planned for beginners including those  
new to orienteering and for those who have tried before in  
school or the park.**

**Some slightly more difficult courses will be available for those who want a bit more of a challenge.**

**Equipment needed - Shoes to run or walk in fields + a waterproof coat and warm clothes (in case of  
poor weather). All Orienteering equipment will be provided.**

**Coaching will be available.**

**Parking - TBC Cost- FREE**

**Entries - Entries on the Day (Just turn up), but if you know you are coming then it would be helpful if  
you would let us know.**

**Additional info - to follow or email the WCOC Lead Coach (email address on the WCOC Website Con-  
tact page) or Message via the FB page.**

**Uni (Vera) Parkins**

Thanks to Mike Pearson (and to Mike Hind who shared the news on FB) for passing on the sad news about a former stalwart of WCOC Uni Parkins who passed away recently.

Uni ran the Borrowdale Youth Hostel at Longthwaite for many years.

On doing a Google search it was clear that Vera (Uni) had some impressive orienteering results, including becoming British Champion in March 2004. Below is the extract from the Times and Star at the time, and you will note that Mike Pearson also took the British Championship in the same event.

West Cumberland orienteers travelled to Rothbury last weekend to take part in the British Championships.

On the exposed, open fellside of Simonside Hills they were battered with high winds and heavy rain. A brief break in the rain meant that some had a dry-ish run.

Three British champions came home. Mike Pearson (M60) and Vera Parkins (W70) both ran clear at the top of their class with excellent performances. (Time and Star March 2004).

Vera also took the Northern Champs win in W70 in 2003, and the British Orienteering site showed results for her up to 2012, so Vera (Uni) was clearly a very active lady.

Graham Watson shared some memories of Uni- 'I think the last time I saw Uni at an event was an evening at Threlkeld Knots that I organised a long while ago now. She said she wasn't getting to events but was able to get up the road to this one. I saw her and Pete once or twice when out for a lunchtime walk from the office at Threlkeld - I used to drop their newsletter of at the house back in the day.' RIP Uni.

**PARKINS. Uni (Vera). —** Passed away peacefully, on Friday, 16th September, adored wife of Pete, cherished mother of Zoe, Ailie and Della, mother-in-law of Norman, John and Peter, and the best nana ever to Megs, Jacob, Dee, Evie, Cairns and Esther. Aged 90 years. Such a huge loss, she will be remembered and loved forever by family and friends. The funeral service and interment will take place at St Andrew's Church, Borrowdale, on Friday, 30th September, at 1pm.

