



Night Series - Longlands Lake Thank you to the Crawfords for organising the latest event in the Night series. On the 2.8km Long course, only 1 second separated 1st and 2nd, with Jamie Rennie taking the win in 17:27, from Dan Heppell 2nd in 17:28. Toby Heppell was 3rd in 19:15. The remainder of the top ten was made up of Isaac Hunter 4th, Chris Naylor 5th, Steve Holmes 6th, Daisy Rennie 7th (1st lady), Simon Woodbury 8th, Mike Harrison 9th and Alexander Reed 10th. Eva Humphreys was 2nd lady.

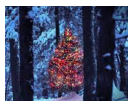
On the 1.7km Short course, George Rennie was 1st in 13:47, Simon Farrell (IND) was 2nd in 15:58 and Sue Skinner was 3rd (1st lady) in 17:08. The rest of the top ten was Kevin Hodgson 4th, Mille McLoughlin 5th, Bob Barnby 6th, Malcolm Ruckledge 7th, Jenny Benson 8th, Helen Edmondson (IND) 9th and Penny Kingsland 10th.

It was good to see a good number on the Novice course this week. Matthew Farrell (IND) took the win in 15:29, with Russell Hardy 2nd in 16:02 and Lily Hardy 3rd in 16:04. Beatrix Gorrill was 4th, Hiroki Holmes was 5th, Sola Holmes was 6th, Kyra Green (IND) was 7th, Sophia Rennie (IND) was 8th, and Lauren Barnett (IND), Aaron Rennie (IND), David Barnett and Charlotte Rennie were all joint 9th. Full results can be found on the WCOC website.

This week's event is at Fangs Brow, an area of rough, open fellside, with some faster running in enclosed fields. The area is a bit higher, and potentially more exposed than the recent events so please ensure that you dress appropriately for the weather. Young, inexperienced orienteers should be accompanied. It is another ideal event for those new to orienteering or night orienteering. All details are on the WCOC website under Events. Remember you will need a good headtorch.

Other Events -

26/11/22 - Chrimb-O- See Poster on page 2 for details.



27/11/22 - Last chance to enter - Copeland Chase -Long-O- Uldale Fells - Entries are open on SiEntries, and close on **Mon 21st November 2022**. There are three score courses available, 3 hours, 2 hours and a 1-hour course which will be on an odds and evens basis. Start Times 10:00 - 11:30 am. Refreshments will be available after the event. NB the important rules re carrying kit.

10/12/22 - Carlisle Parks (BL) (Details to Follow).

11/12/22 - Bethacar Moor, Galoppen. Details on LOC (Lakeland Orienteering Club) website . Entries open on SiEntries and close on **7th December 2022**. The race is also an Interland Selection Race - NB the short brown and short blue courses are only available for those juniors running the selection race.



Gelt Woods - Border Liners - Thank you to Border Liners for running the event at Gelt Woods yesterday. Several Club members attended. On the 4.1km Green course Simon Hunter took the win in 42:13, with Jamie Rennie 2nd in 43:46. Alan Irving was 5th, Isaac Hunter was 7th, Daisy Rennie was 9th (2nd Lady), Howard Leslie was 11th, Ian Teasdale was 18th, and Paul Tickner was 26th and on the Short Green course, Kim Leslie was 2nd.



27th-29th January 2023

A great weekend of orienteering in the beautiful city of Edinburgh.

Entries are now open on SiEntries
https://www.sientries.co.uk/event.php?event_id=10672



Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

A great weekend of orienteering in South Lakes.

3 • 4TH DECEMBER 2022



UK Elite Orienteering League is in South Lakeland.

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Masterplan Adventure invites you to the 6th Lakeland Warrior weekend, comprising top-quality middle distance orienteering in the challenging terrain of the Lake District, using lidar-remapped and partly new areas.

The fast but technical Great Tower hosts Saturday, previously used for British Night Champs, JWOC Terrain Time Trial and Euromeeeting. Sunday is rougher and tougher at Grizedale/Graythwaite on a newly expanded map.

Both races are World Ranking Events so good runs will both improve your start position in future WREs and give Great Britain crucial points in the international rankings which could lead to more World Cup spots next season. Your country needs you.

The Lakeland Warrior is proudly sponsored by Kong Running, based in Keswick, who are offering the following vouchers £30, £20, £10 for the top 3, £15 for first Juniors and an overall prize of £40.

Enter by 27th November on SIEntries.

CHRIMB-O Christmas Orienteering

26th November, 11am - 1pm



Whinlatter
Visitor
Centre

Whinlatter

Family/Adult - £5
Junior - £3

Pre-entry preferred -
www.wcoc.co.uk

Entry on the day subject to
map availability - CASH ONLY

Two easy courses along paths, suitable for
families and beginners - 1.8k and 2.7k

Successful finishers entered into a draw for a
Christmas Tree, donated by Forestry England

Each entry gets one map and one entry into the prize draw



West Cumberland Orienteering Club

For more details, and to pre-enter please visit our web site
www.wcoc.co.uk



Chrimb-O -Please spread the word about next weekend's Club Chrimb-O event.

The event coincides with the first weekend of Whinlatter's Christmas trees going on sale and one lucky person will win a tree donated by Forestry England.

The event is open to all. Please see the details on the poster opposite and spread the word. Pre-entry is recommended and details are set out on the Events page on the WCOC website. Some entry on the day may be available subject to availability but payment is by cash only.

Funds raised are for junior activities. (If you are able to help please let Janette know).



British Schools' Orienteering Championships



Thank you to Scott and Lindsey Ashworth for taking a strong team of Club members from Cockermouth School to the British Schools' Orienteering Championships which were hosted by South Yorkshire Orienteers at Graves Park, near Sheffield.

Our juniors gave strong performances to come 2nd overall, an exceptional result considering that there were several classes with no Cockermouth runners. The overall winners were High Storrs, from Sheffield, with 16 points, whereas Cockermouth had 21 points, putting them well ahead of the team in 3rd, The Perse Upper School, with 65 points.

In the Girls' competition, there were no entries for years 7-9, and 11. In the Girls' Year 10 class, Myrtle Ashworth took the win, Sophie Crawford was 2nd, Eva Humphreys was 5th, and Mille McLoughlin was 7th. In the Girls' Year 12 class, Daisy Rennie was 2nd, and in the Girls' Year 13 class, Emma Crawford was 1st, and Issy Sunley was 5th. The team of Myrtle, Sophie and Eva were 1st Year 10 Team, and Emma and Issy were 1st Year 13 Team.

In the Boys' competition, there were no entries for years 7 or 12. In the Boys' Year 8 Class, Hiroki Holmes was 23rd, and in the Boys' Year 9 Class Toby Heppell took the win. In the Year 10 Class, Isaac Hunter was 3rd, with George Rennie 9th, and in the Boys' Year 11 Class, Dan Heppell took the win, with Danny Winterbottom 7th. In the Boys' Year 13 Class, Sam McLoughlin was 10th. Isaac and George were 3rd Year 10 Team. It was a great team effort. Well done all!

