



Night Series - Low Rigg- Thank you to Chris Emerson for organising the latest event in the Night series. On the 4.2km Long course, Ruben Razzetti (BL) took an emphatic win in 32:36; Chris Naylor was 2nd in 38:51; and Jamie Rennie was 3rd in 39:38. The rest of the top ten was made up of Jacob Tomkin 4th, James Chapman (BL) 5th, Alan Irving 6th, Steve Birkinshaw 7th, Simon Hunter 8th, Isaac Hunter 9th and Mike Harrison 10th. First lady was Daisy Rennie in 11th, Karen Parker (BL) was 2nd lady and Emma Stuart (BL) was 3rd lady.

On the 3km Short course, Sophie Crawford continued her good form to take the win in 37:25; Keith Tonkin (BL) was 2nd in 39:07 and Callum Coldwell (IND) was 3rd in 41:59. The rest of the top ten was made up of Roger Thomas 4th, Lily Clarkson 5th, George Rennie 6th, Roger Jackson 7th, Bob Barnby 8th, Adam and Alice Jackson 9th, and Helen Rennie 10th.

On the novice course, Isabel Winskill took the win, with Flora Ballester (KAC) 2nd, Chris and Emily Brookes (IND) joint 3rd, Sola Holmes 5th, Kyra Green (IND) 6th, Isabelle Crellin 7th, Jessica Crellin 8th and Anne Stockley (HH) 9th.



This week's event is at Slate Fell, a lovely area of open fellside, very close to Cockermouth, with plenty of interesting features to keep you on your toes. It's due to be a full moon and the forecast looks promising. Remember temperatures are dropping so dress appropriately. 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. You can borrow dibbers by completing the request box on your entry.

Entries are open on Racesignup and close at 23:59 on Tuesday.

Upcoming Night Events - 15/12/2022 - Keltonfell Top; 22/12/2022 - Elva Hill

Other Events -

10/12/22 - Carlisle Parks (BL). Bitts Park - Level D 'Sprint-style'. Entries via SiEntries. **Close this Wednesday at 23:59.** Courses - 5.1km Green, 2.9km Short Green and 2.1km Yellow, with 17 controls - great for beginners! All details are on Border Liners website.

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.

18/12/22 - Latrigg and Greta Gorge Galoppen. Full details are on the WCOC website. NB Entries are via SI Entries and close on **Thursday 15th December.** (Limited entry on the day ONLY for Yellow and Orange courses). The landowner has asked that runners pay an additional fee which will be donated to the Calvert Trust (a local charity, providing opportunities to those with disabilities to enjoy a range of outdoor activities). Suggested donation £1 per adult, 50p per junior. (For more information <http://www.calvert-trust.org.uk>)

LOC - have a series of three turkey races - 26/12/22 - Eggerslack Woods; 28/12/22 - Burnt Woods and Green Hows; 30/12/22 - Birkrigg. See LOC website for details.



27th-29th January 2023

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

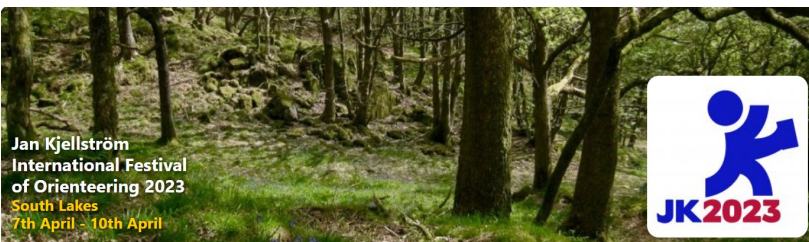
Entries are now open on SiEntries
https://www.sientries.co.uk/event.php?event_id=10672



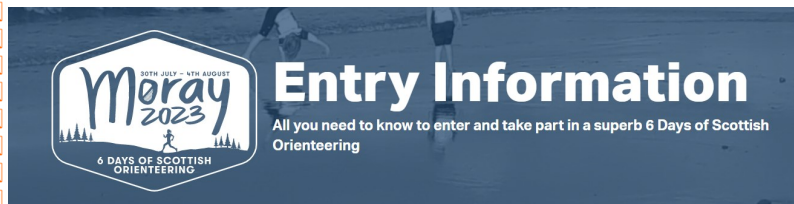
Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

National Events



The JK website has done live and it is hoped that entries will open sometime this month. It is a 'local' JK. Day 1 - Lancaster University (sprint); Day 2 - High Dam; Day 3 - Bigland; and Day 4 - Dale Park (Relays). For more info visit - thejk.org.uk



Entries have opened for next year's Scottish 6 Days (Early Bird discount until 31st March 2023). Looking at the list of areas, it's sure to be a good one. Lossie Forest, Darnaway, Ro-seisle, Forres (sprint), Culbin. For more information visit - scottish6days.com

In other news-

Review of GB Talent Squads - it is so heartening to see so many of the Club's past and present juniors present in GB's talent pathway.

In the GB Development Squad we currently have 4 athletes, Niamh Hunter, Joe Hudd, Joe Sunley and Alastair Thomas.

And in the Talent North Squad, we have 5 athletes, Emma Crawford, Daniel Heppell, Isaac Hunter, Daisy Ren-nie and Isabel Sunley. Well done all!

Lakeland Warrior Weekend



Well done to the 'Club' runners who took part in this double-header over the weekend which also formed part of the training for the GB Development Squad resulting in a high level of competition.

Saturday was a middle distance event at Great Tower. Top Club performer was Niamh Hunter who finished 2nd behind Megan Carter-Davies. Dan Spencer had a good top ten run coming in 8th and both Joe Sunley and Joe Hudd made the top ten, in 18th

and 20th respectively.

The Sunday was a middle distance at Grizedale Tarn (partly on a new map).

Niamh was again best Club performer, finishing in 7th, Joe Hudd was 18th and Dan was 22nd.

