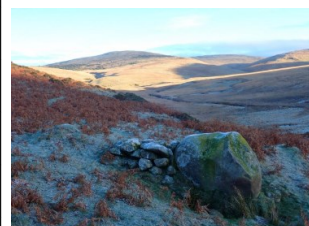




Wood House - Thank you to Simon Woodbury for last week's night event, and well done to all those that braved the atrocious conditions to take part. Returning students dominated the top of the leader board on the 4km Long course, with Alastair Thomas taking the win in 24:37, with Joe Hudd 2nd in 25:42, and Joe Sunley 3rd in 25:57. The rest of the top ten was made up of Ruben Razzetti 4th, Charlie Rennie 5th, Jamie Rennie 6th, Niamh Hunter 7th (1st lady), Dan Heppell 8th, Emma Crawford 9th (2nd lady), and James Birkinshaw 10th. Daisy Rennie was 3rd lady, in 12th overall.

On the 2.5km Short course, Caitlin Pearson took the win in 26:22, with Sophie Crawford 2nd in 26:24, and Charlie Rennie 3rd in 31:47. The rest of the top ten was made up of Kevin Hodgson 4th, Emma Graham (IND) 5th (and 3rd lady), Roger Jackson 6th, Sam McLoughlin 7th, Hannah Birkinshaw 8th, Penny Kingsland 9th, and Colin Smith 10th. (Full results are on the WCOC website).

This weeks event is at Swarth Fell. Entries are open on Racesignup and close at 23:59 on Tuesday.



Much of the terrain is fast running on short grass but there's enough bog and bracken to keep it interesting. There are 3 courses available- Long -4.4km 200m climb, Short - 3.3km 110m climb, and an Easy 1.6km 40m climb (entirely in forest roads and paths).

Remember Swarth Fell is high and exposed, and it is January so come prepared for whatever the weather may throw at you! Young, inexperienced orienteers should be accompanied. 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.

Upcoming Night Events - 19/01/2023 - Threlkeld Common; 26/01/2023 - Sale Fell; 02/02/2023 - Flat Fell; 09/02/2023 - Setmurthy.

Other Events -

WCOC:

Beer Trail - Fancying a beer and chocolate bar up on the fells after a nice run out? Well, the Beer Trail will be perfect for you! The parking is at the main Whinlatter Carpark and full details are on the WCOC website. This will be open till the end of January so plenty time to get yourself along. Big thanks to the Rennies for sorting it out again.

Northern Navigators:

Choc-O - A map memory course in the Northern Fells with some tasty treats at the end. Full details attached with this newsletter.

Keswick AC:

Treasure Hunt - their very own version of the beer trail. Starting in Braithwaite, going on to the lower Coledale Fells to find the beer and chocolate at the finish. Full details are on the Keswick AC website on the Treasure hunt page.

Border Liners:

14/01/2023 - Hackthorpe New Wood. Entries open on SiEntries with full details on the BL website.

04/02/2023 - Knipe Scar - details to follow.

LOC:

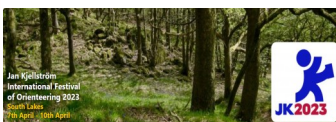
Night Series - 11/1/2023 - Great Oaks, Newby Bridge, 25/01/2023 - Dockney Parrock Colton; 01/02/2023 - Birkrigg Common, Ulverston (Details and entries in the LOC website).

05/02/2023 - Bethacar Moor, Cumbrian Galoppen. NB -This is a rearranged event. If you entered for the original date and cannot attend the new date you can select a refund via SiEntries until 14th January.

For those new to the Club, there are a series of regional events known as Galoppens, which are hosted in turn by us, Lakeland Orienteering Club and Border Liners Orienteering Club. There are a wide variety of colour-coded courses on offer to suit all abilities, and you have the chance to earn points for your Club towards the overall competition title and to compete for the overall course win. Full details can be found on the LOC website. **Entries close: 23:59 Wed 1st February.**

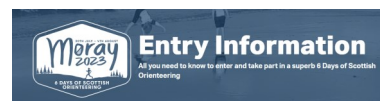
Club Chase - NB New Date 21/01/2023 -Entries open on Racesignup - FREE to WCOC members. This is a handicap event, with start times allocated, with the aim of everyone finishing close to 12 noon. You enter your chosen course, your start time will be allocated a few days before, and the first person to finish is the winner, no matter what course they run! Courses -Yellow to Brown available. Location- Threlkeld Common. **Entries close - Wed 18th January.** (Thanks to Hannah and Steve Birkinshaw). Full details on WCOC Website.

National Events



The JK website has gone live and entries are now open. The JK Days 2 and 3 are being used as selection events for junior and seniors and are IOF Ranking events. Entry fees increase nearer the event - 1st cut off 5th February, 2nd cut-off is 26th February and entries close on **Sunday 12th March**. 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

NB Change to Entry Fee Information - Entries have opened for next year's Scottish 6 Days (Very Early Bird discount until **31 January 2023** - save up to 15% then Early Bird discount until 31 March 2023 - save up to 7%). Looking at the list of areas, it's sure to be a good one. Lossie Forest, Darnaway, Roseisle, Forres (sprint), Culbin. For more information visit - scottish6days.com



Other Dates for your diary

- 18th February 2023 - British Night Championships - Dorset - Entries open.
- 26th February 2023 - Northern Championships - Near Sheffield. (Visit SYO website for full details).
- 25th & 26th March 2023 - British Long Distance and Forest Relay Championships - South Central - Entries are open.
- 6th and 7th May 2023 - British Sprints and Middle Championships - Northern Ireland - Entries are open.

Edinburgh Big Weekend - 27th-29th January 2023



A great weekend of orienteering in the beautiful city of Edinburgh. With WOC 2024 just around the corner they are guaranteed to be top quality events with some newly mapped areas so make sure to get yourself entered!

Entries are now open on SiEntries. **Entries close 21st January.**

https://www.sientries.co.uk/event.php?event_id=10672

and provisional details are on the website at <https://euoc.wordpress.com/big-weekend/>

New for 2023 - Big Weekend Bobble Hats! These are now available to order.



Galoppen Success - Well done to all those Club members who took part in the Galoppens during 2022. WCOC retained the Borrowdale Trophy with a total score of 10,014, with LOC in 2nd with 7060, BL 3rd with 6374 and WAROC 4th with 1176. Impressively WCOC also had 7 out of the possible 10 course winners (see below), so especially well done to all the winners, and those who

	WCOC	LOC	BL	WAROC
Brown	1990	1334	1858	375
Blue	2320	854	1592	98
Green	2252	1583	1392	604
S Green	1792	2010	1143	0
L Green	787	394	98	0
Orange	395	492	97	99
Yellow	478	393	194	0
Total	10014	7060	6374	1176

contributed to an impressive points tally. Full results are available on the Galoppen website which can be accessed on the this link : <https://cumbriangaloppen.co.uk/2022>

Cumbrian Galoppen 2022 Course Winners				
	Winning Man		Winning Woman	
Brown	Steve Birkinshaw	WCOC	Karen Parker	BL
Blue	Daniel Heppell	WCOC	Emma Crawford	WCOC
Green	Roger Thomas	WCOC	Sophie Crawford	WCOC
S Green	David Lloyd	LOC	Catherine Wetherfield	WCOC
L Green	George Rennie	WCOC	No award	
Orange	Quinn Thompson	LOC	No award	
Yellow	No award		No award	

Well done all for a great team effort, and thanks to all those who volunteered to organise and help at events.

Volunteers are needed for this year's events: 12th March - High Rigg; 21st May - provisionally Eskdale; 3rd September - provisionally - Harrop Tarn. The organisation of the High Rigg event is **urgent**. Please contact Mike Billinghurst if you can take on any of the key roles.

NB - currently the use of some great areas is compromised by the lack of access officers, e.g. Eskdale, Harrop Tarn. If you have time to spare and could take on this role please contact Mike and he will explain what is needed.