



Swarth Fell - Thank you to Pete and Barbara Nelson for last week's event. Although it was a very windy night, thankfully the worst of the rain held off. On the 4.4km Long course Charlie Rennie took the win in 32:21, with Dan Heppell 2nd in 33:30 and Jamie Rennie 3rd in 34:24. The rest of the top ten was made up of Isaac Hunter 4th, Emma Crawford 5th (and 1st lady), Daisy Rennie 6th (2nd lady), Toby Heppell 7th, Alan Irving 8th, Simon Woodbury 9th, and Mike Harrison 10th. Kate Charles was 3rd lady.

On the 3.3km Short course, Bob Barnby took the win in 42:19, with Eva Humphreys 2nd in 43:12, and Susan Skinner 3rd in 43:16. The rest of the top ten was made up of Kevin Hodgson 4th, Roger Jackson 5th, Helen Rennie 6th, George Rennie 7th, Margaret MacKerzie 8th, Alex Crawford 9th and Richard Cummings 10th.

The 1.6km novice course stayed within the relative shelter of the woods. There was tight competition amongst the Davies family, with Alexandra Davies taking the win, only 1 second ahead of Eleanor Davies, and Paul Davies another 4 seconds back in 3rd. Chris Brookes was 4th and Emily Brookes 5th.

This week's event is at Threlkeld Common. Entries are open on Racesignup and close at 23:59 on Tuesday.

Please read the details on the website carefully. **There is no novice course as the terrain is not suitable and is described as very challenging by Steve Birkinshaw, the organiser, so please choose your course accordingly. REMEMBER: soup, hot drinks and cakes will be available to buy in the cricket pavilion.**

The area is exposed with lots of marshy areas so come prepared for whatever the weather may throw at you! 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 Events -26/01/2023 - Sale Fell; 02/02/2023 - Flat Fell; 09/02/2023 - Setmurthy; 16/02/2023 - Scale Hill

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:

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

LOC:

Night Series - 25/01/2023 - Dockney Parrock Colton; 01/02/2023 - Birkkrigg Common, Ulverston (Details and entries in the LOC website).

05/02/2023 - Bethacar Moor, Cumbrian Galoppen. NB -This is a rearranged event.

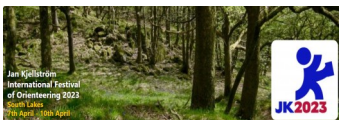
For those new to the Club, there are a series of regional events known as Galoppens, which are hosted in turn by us, Lakeland Orienteering Club and Border Liners Orienteering Club. There are a wide variety of colour-coded courses on offer to suit all abilities, and you have the chance to earn points 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. **Again, soup, hot drinks and cakes are available in the cricket pavilion after this event. Steve could do with a few extra helpers. If you can help please contact Steve at s.j.birkinshaw@incl.ac.uk (NB Club Social on Saturday too!)**

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

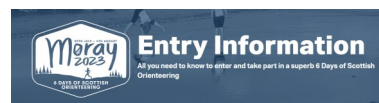
Also on FB—public and members' page.

National Events



The JK website has 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 -Last chance to enter. Entries close 21st January.



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/>



Club Social This Saturday 21st January 2023.

Please join us for a wonderful night of music and dancing at the annual Club social THIS Saturday.

Time: 7pm until 11pm. Venue: Christ Church Rooms, Cockermouth. (Address; South Street, CA13 9RU. Entrance is almost opposite post office sorting office, adjacent to the Church. Various parking options, on-street, Sullart Street Carpark and Fairfield Carpark).

Food : Please bring food for a shared buffet and your own soft or alcoholic drinks.

Entertainment : Barley Hop (a local ceilidh band with caller) who will be playing from 7.30pm until 10.30pm.

Cost: FREE for Club members and families.

Please support this event if you are able. It is a always a lovely opportunity to catch up with old friends and a great chance to meet new members. See you there, with your dancing shoes on!

Help is needed to set up and tidy up at the end of the night. (Please just come along to and lend a hand.)

Torver Beck results - Well done to those Club members who attended the LOC Night Event at Torver Beck on Saturday. On the Blue course, Dan Heppell was top Club performer finishing 3rd, with Ruben Razzetti 4th, Charlie Rennie 5th, Jamie Rennie 7th and Isaac Hunter 9th.

On the Green course Daisy Rennie was top Club performer, finishing in 5th, with Simon Hunter 6th, Emma Crawford 7th, and Issy Sunley 8th.

The event was used as a training event for the Northern Talent Squad who based themselves at Great Tower, training in areas such as Simpson Ground.

Please see request for JK helpers attached to your newsletter mailing!



Tribute paid to fell running legend who has died aged 98 (Image: Supplied)

Tribute paid to fell running legend Bill Teasdale who has died aged 98

I am sure many of you will know or know of this local fell running legend who has sadly passed away at the grand age of 98. Here is the article that appeared in the Times and Star this week. Condolences to the Teasdale family and thanks to Steve Breeze for passing on the information.

Bill Teasdale, of Caldbeck, was a genuine sporting hero, and in his day was as close as a 1950s local character might ever come to being a real celebrity.

With his passing, the curtain is finally drawn on what can be regarded as a golden era of Cumbrian sporting history, a time when more than 10,000 people would enthusiastically attend local sports meetings such as those at Grasmere, Ambleside and, formerly, Keswick.

It was appropriate that when Teasdale ran into the arena to win at Grasmere Sports, the band struck up the tune 'See the Conquering Hero Comes.'

The same rousing melody is to be played when Bill Teasdale's coffin enters the Eden Valley Crematorium, near Temple Sowerby, at a humanist service for him on Monday, January 23 at 2pm.

Bill Teasdale was certainly special in his field, but he was down to earth and hefted to the fells in and around Caldbeck.

He was of true, Cumbrian **farming** stock and while small in stature he was in some respects larger than life, a fascinating character with a wide range of interests, and he remained physically fit and active until his mid-90s.

READ NEXT: Nightclub-style fitness class business continues to grow

Born at Todcrofts Farm, Caldbeck, on October 29, 1924, he was rooted in the countryside back o' Skidda' and was one of eight children born to his parents, George and Annie.

Bill is the last of the eight – having been predeceased by Joe, John, Annie, Margaret, Jean, Grace and Hilda.

Today he is survived by seven nieces and nephews and their families.

He never married, preferring an independent lifestyle as he became a fell runner of note and a man with a wide range of other interests, the latter mainly related to the land, farming, history, wildlife and geology.

He did not move far in terms of where he chose to live his life and, after Todcrofts, it was not until the late Sixties that he moved house for the first and last time – and then it was only a couple of hundred yards up the road.

His achievements in running are well documented and to provide some key elements of his amazing record, he won the Grasmere senior guides race 11 times – the last when he was 42 – and won at Keswick on 12 occasions, 10 times in a row.

Bill's trainer for many years was Bobby Thirwall, a window cleaner from Windebrowe Avenue, Keswick, and one of Bobby's key tasks, before a sports meeting, was to place Bill's false teeth in a little tin box where they were kept safe until Bill had run his race.

I always appreciated the description that one writer gave of Bill Teasdale MBE and who likened him – in his white running vest and shorts – to a little white handkerchief fluttering down the fell on his rapid, daredevil descent, leaving everyone and everything else in his wake.



Charity Event organised by Caitlin Irving

I am sure you will all have been amazed by the recent feats of the Marathon Man, Gary McKee who ran a marathon a day during 2022, and who raised over £1 million for Hospice at Home and MacMillan Cancer Support. Caitlin has organised a charity fundraiser on 4th February 2023, where the great man himself will speak about his exploits. See the details on the flyer and contact Caitlin if you would like to attend.



Anything to report? Please reply to your newsletter email with any news, stories, events etc. (Ed. Jane Hunter).