



Sale Fell- Thank you to Andy Bradley for last week's night event. On the Long 4.9km course, Charlie Rennie took the win in 36:39; with Jamie Rennie 2nd in 38:06, and Jacob Tomkin 3rd in 40:41. The rest of the top ten was made up of Steve Birkinshaw 4th, Matthew Atkinson (IND) 5th, Mike Harrison 6th, Karen Parker (BL) 6th (1st Lady), Ian Cumpstey (JOK) 8th, Wilf Teasdale 9th, and Chris Swanepoel 10th. Emma Crawford was 2nd lady and Daisy Rennie was 3rd lady.



On the 3.6km Short course, Lily Clarkson took the win in 43:51, with Sophie Crawford 2nd in 44:01, and George Rennie 3rd in 45:40. The rest of the top ten was made up of Kevin Hodgson 4th, Roger Jackson 5th, James Margeson (IND) 6th, Katy Boreham (IND) 7th, Richard Cummings 8th, Ann Cummings 9th and Ian Teasdale 10th.

On the Novice course, Wilf Clarkson took the win, with Helen Edmondson 2nd, Andrew Butcher 3rd, and Debs White and Charlotte Dyer joint 4th.

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



Terrain is open fell, and generally fast running. There are the usual Long, Short and Easy courses available. As ever, remember to 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 - 09/02/2023 - Setmurthy; 16/02/2023 - Scale Hill; 23/02/2023 - High Doat.

Other Events -

WCOC:

Beer Trail - Thank you so much to the Rennies for planning and setting up the trail, and for keeping the stash well stocked. The trail has now officially closed but it may be a day or two before the controls are taken in but you should check before you go if you are making a special trip and there is no longer a stash!

19/03/2023 - High Rigg, Galoppen - details to follow.

Border Liners:

04/02/2023 - Knipe Scar (Night Event) - A chance to do two events in one weekend! Available courses, Orange, Green and Blue. The event forms part of the North West Night League. Entries are open on SiEntries and close on **Wednesday 1st February**. Refreshments will be available after the event. See BL website for full details.

LOC:

05/02/2023 - Bethacar Moor, Cumbrian Galoppen. NB -This is a rearranged event. Last chance to enter!

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.**

SROC:

05/03/2023 - Whitbarrow Scar - save the date but details not yet confirmed. See SROC website.



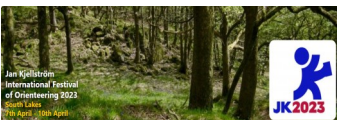
New Club Tops Now Available!

Many thanks to Jon Eaton for organising and coordinating the ordering and supply of the new Club tops (and for attending the Club chase to enable delivery of pre-ordered tops). Anyone who would like a top and who is unsure of the sizing and style should contact Simon Hunter who will arrange for you to view and try the tops. (Email - Lead Coach under 'contacts' on the website). For orders contact - Jon Eaton. (Email Membership sec under contacts on Club website).

There are 2 styles available: Trail shirt and Mesh shirt. Cost for Trail: For adults - £30; adult sizes bought for juniors (18 and below, still at school) - £24 (with Club subsidy); child sizes (140, 150 and 160) - £20.

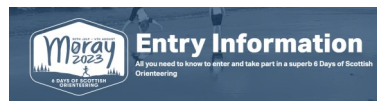
The Mesh shirts are £2 less than the Trail shirt for each age/size option.

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. Closing date - 5th February 2023.

26th February 2023 - Northern Championships - Near Sheffield. (Visit SYO website for full details). Closing date - 19th February 2023.

25th & 26th March 2023 - British Long Distance and Forest Relay Championships - South Central - Entries are open and close 12th March 2023.

6th and 7th May 2023 - British Sprints and Middle Championships - Northern Ireland - Entries are open and close on 11th April 2023.

SAVE THE DATE - Sun 12th March 2023- CompassSport Heat, Beanley (NATO) (North-East).

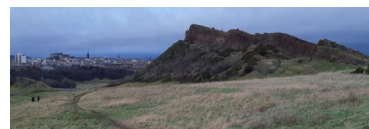
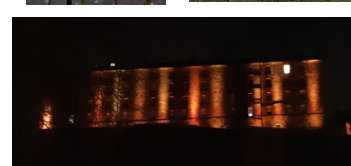
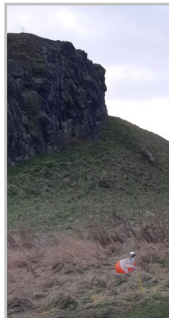
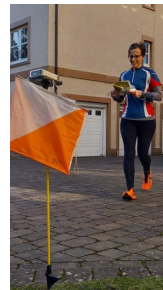
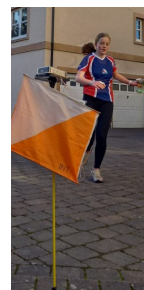
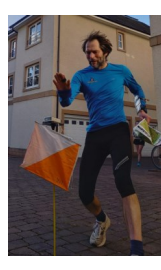
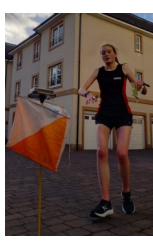
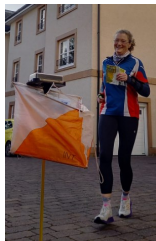


The CompassSport Cup is the premier Club competition. It is a whole Club competition where all Club members can come together to earn points for the Club, and this year's heat takes place in the North-East so it is not too far to travel. All entries will be made by the Club captain and it is intended that transport (probably by minibus) will be provided by the Club. It is a very good, social event so please save the date and keep an eye out for more information on the coming weeks.

Edinburgh Big Weekend

It was great to see so many Club members up in Edinburgh this weekend for the EUOC Big Weekend and to see lots of Club students involved in organising and helping throughout the weekend. The weekend kicked off on Friday, with the Fight with the Night Event from Stewart Melville College, including the lovely Dean Village, an interesting multi-level area, next to the Water of Leith. The under 16s were treated to an interesting and challenging course around the college grounds.

Saturday was the urban event, which involved a mix of parkland, intricate housing estates and even a large pond, and Sunday was the classic event on the Seat, providing a full range of colour-coded courses and an optional mass start on Blue and Brown on what was an exceptionally windy day. There was also a Trail-O event at Pollock Halls which provided great entertainment, for at least three Club members!



A selection of photos from the urban, Trail-O, Classic and Fight with the Night. Thank you EUOC for a great event!