



**Setmurthy** - Thank you to Daisy and Jamie Rennie for last week's night event. This event was the first Setmurthy event since the significant changes caused by felling, and thanks to Mike Billingham for updating the map. On the Long 5.5km course, new member Ruben Razzetti took the win in 33:48, with Steve Birkinshaw 2nd in 35:44, and Chris Naylor 3rd in 42:38. The rest of the top ten was made up of David Spencer 4th, Ian Cumpstey (JOK) 5th, Dan Parker (BL) 6th, David Wilson 7th, Steve Breeze 8th, Alan Irving 9th, and Karen Parker (BL) 10th (and 1st lady). Caitlin Pearson was 2nd lady and Ange Jackson was 3rd lady.



On 2.8km Short course Sam McLoughlin took the win in 24:09, with Steve Holmes 2nd in 26:02, and Jeff Goodwin 3rd in 27:54. The rest of the top ten was made up of Roger Thomas 4th, Susan Skinner 5th (1st lady), Roger Jackson 6th, Margaret MacKenzie 7th (2nd lady), Urszula Bronkowska 8th (3rd lady), Kate Skinner (MV) 9th and Kevin Hodgson 10th, and on the novice course the win went to Millie McLoughlin, with Wilf Clarkson in 2nd, Beatrix Gorrell 3rd, Patrick Gorrell 4th, Jenny Benson 5th, Millie Graham 6th, Hiroki Holmes 7th, Sola Holmes 8th, and Kyra Green 9th.



**This week's event is at Scale Hill. Entries are open on Racesignup and close at 23:59 Tuesday. (Some members head to a pub after events for a debrief and refreshments. Ask the organiser on the night if you would like to join them - all welcome).**

Full details of the event are on the website. Three courses, Long and Medium (a mixture of open fell and woodland) and the novice course entirely in the woods. As ever come prepared for the conditions and bring a good headtorch.

**Upcoming Night Events** - the finale of the night events- 23/02/2023 - High Doat

**Spring Series - URGENT** - This is a 2nd call for planners for the Spring series. As you can see below, so far there is only one organiser confirmed. If you enjoy your Thursday night events and are able to organise (or help someone else organise an event) then please get in touch with Mike Billingham asap.

Date	Venue	Format/courses	Organiser/Planner
09/03/23	Allonby	sprint	
16/03/23	Marron Leys		
23/03/23	Cockermouth Moor	sprint	
30/03/23	Grange (Borrowdale)	contour only?	Caitlin Pearson
06/04/23	no event - JK		
13/04/23	Pardshaw Crag	line event?	
20/04/23	Maryport	sprint	

#### Other Events -

##### WCOC:

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

(High Rigg→)



##### BORDER LINERS:

02/04/2023 - Burnbanks, Galoppen - details to follow.

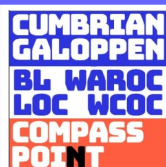
**LOC:** See LOC website for regular Wednesday night events.

##### MASTERPLAN EVENTS:

04/03/2023 - Blind Lane - together with the SROC event, this is a chance to make a double-header of a weekend in the Lakes with 2 quality events over one weekend. This event is a middle distance, organised by the same team that organised the Lakeland Warrior weekend and it provides good preparation for the JK. For details, entries etc -<http://www.masterplanadventure.uk/>

##### SROC:

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



19 Mar	High Rigg	WCOC
02 Apr	Burnbanks	BL
14 May	Tarn Hows	LOC
21 May	Eskdale (tbc)	WCOC
18 Jun	Binsey	BL
03 Sept	Harrop Tarn or Uldale (tbc)	WCOC
08 Oct	Hard Knott	LOC
22 Oct	Aughertree	BL
05 Nov	Roanhead	LOC

#### Dates for your diaries

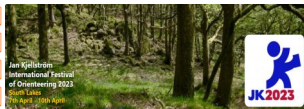
Here are the provisional dates and venues for the 2023 series of Galoppens. Please especially note the events being organised by WCOC and look out for requests to help. (These events can only go ahead if teams are available to help with parking, the start, finish and download and a myriad of other tasks). Full results and upcoming events can be found on the Galoppen website.

**Galoppen Website** <https://cumbriangaloppen.co.uk/>

Twitter: You can follow @WCOC2014 and on the website-[www.wcoc.co.uk](http://www.wcoc.co.uk)

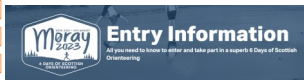
Also on FB—public and members' page.





## National Events

JK 2023 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](http://thejk.org.uk). Watch out for information about the relays. (JK tops and buffs are available. See the lovely design below, with the lakes and fells depicted very stylishly. All profits from sales go to the North West Junior Squad which provides the most excellent coaching and development opportunities for many of our Club juniors as well as those from further afield. Sizing, prices etc are all on the JK 2023 website, along with details of how to order. Pre-order deadline is **26th Feb 2023** but note orders can be taken at the JK events and will be posted out. **(Don't forget the request for JK helpers.)**



Scottish 6 Days - Moray. Normal entries close **30th June 2023**. For details - [scottish6days.com](http://scottish6days.com)

## Other Dates for your diary

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). Further details soon.



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.

## Border Liners - Coombs Wood - Several Club members visited this small area of tricky woodland nestled adjacent to the River



Eden between Carlisle and Penrith, with the 4.5km Green course proving especially popular.

In a reverse of the Thursday night Long course result, Steve Birkinshaw took the win, with Ruben Razzetti having to settle for 2nd in this occasion. James Birkinshaw was 4th, Jamie Rennie 6th, Isaac Hunter 10th, Daisy Rennie 16th, Matthew Birkinshaw 22nd, , George Rennie 27th, Howard Leslie 30th, Hannah Birkinshaw 31st, and Simon Thomas 33rd.



On the 2.6km Short Green course, Emma Moody was 7th, Lesley Wornham was 16th, and Dave Fenwick was 24th



For anyone new to orienteering or looking to improve look out for opportunities to attend coaching sessions which happen from time to time.

Most WCOC events provide a novice course, and you will always find Club members willing to provide help and advice at events. There is no better way to learn than to practice on the ground but if you want to do a bit of extra home work there are various resources available on the British Orienteering website and the link below has coaching videos and exercises which you can access for free. <https://betterorienteering.org/> Good luck!