

**Scale Hill -**

Thank you to Roger Thomas for last week's event. Looking at the number of people who did not complete, it seems that it was a tough challenge in the dark, wet conditions. Well done to all those that gave it a go! One person who managed to make light work of the 4km Long course was Lewis Taylor (FVO), who took the win in an impressive 33:34; almost 14 minutes ahead of his nearest rival Ian Cumpstey (JOK) who was 2nd in 47:33. First WCOC finisher was junior Toby Heppell who had an impressive run to finish 3rd in 48:06. The rest of the top ten was made up of David Spencer 4th, Steve Holmes 5th, Mike Harrison 6th, Matt Stephens 7th, Steve Breeze 8th, Graham Watson 9th and Chris Swanepoel 10th. First lady was Kate Charles, with Emma Stuart (BL) 2nd and Emily Arter 3rd.

On the 2.7km Short course, Sophie Crawford took another good win, with an impressive winning margin of over 7 minutes in a time of 33:02. Sam McLoughlin was 2nd in 40:42, and Myrtle Ashworth was 3rd in 45:45. The rest of the top ten was made up of Kevin Hodgson 4th, Eva Hunphreys 5th, Jeff Goodwin 6th, George Rennie 7th, Katy Boreham (IND) 8th, Hannah Birkinshaw 9th and Roger Jackson 10th.

There was a good turn out on the 1.5km Novice course and the winning margins show that competition was tight for the top spots. Well done to Hiroki Holmes who took the win in 11:03, with Millie McLoughlin 2nd in 11:20 and Helen Edmondson 3rd in 12:03. Jenny Benson was 4th, Mille Graham 5th, Sola Holmes 6th, Kyra Green 7th and Emily Brookes 8th.

This week sees the Finale of the night series take place at High Doat, with the added excitement of a new map from Mike Hind. All courses (including the novice) go onto the exposed top of High Doat so come prepared in the event of poor weather. All details are on the WCOC website. Entries via racesignup.co.uk and close 23:59 Tuesday. Dibbers available to hire.

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.

(Thank you to anyone who has already volunteered. There may still be some gaps so please shout up if you can help).

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:

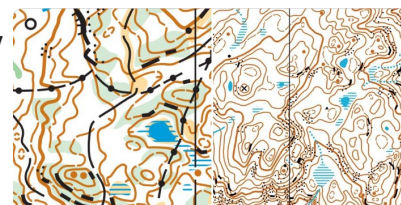
02/04/2023 - Burnbanks, Galoppen - details to follow.

LOC: See LOC website for regular Wednesday night events.

MASTERPLAN EVENTS:

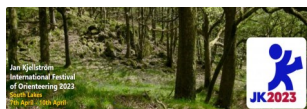
04/03/2023 - Blind Lane - together with the SROC event, this is a chance to make a double-header of a weekend in the Lakes with 2 quality events over one weekend. This event is a middle distance, organised by the same team that organised the Lakeland Warrior weekend and it provides good preparation for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

05/03/2023 - Loughrigg - Unfortunately, the SROC event has had to be cancelled but the good news is that Masterplan Adventure have managed to secure permission to run the Sunday event on Loughrigg, with a little twist to make it more interesting! For full details visit the Masterplan website (as above) or SIEntries. What's not to like -two quality days or orienteering on your doorstep. (Entries close 26th Feb 2023).

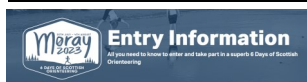


WCOC Night Series - This week sees the Finale of the 2022/23 Night Series at High Doat. Looking at the average points earned at events, there is still plenty scope for the current standings to change. On the Long will Jamie Rennie fend off the challenge of Dan Heppell, and will Emma Crawford stay ahead of Daisy Rennie? On the Short, will Sophie Crawford keep Roger Thomas in 2nd place and will Roger Jackson in 3rd fend off the challenge of George Rennie in 4th? On the novice course will Sola Holmes and Kyra Green keep the top two places? Updated tables are on the website - get those calculators out!

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. 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

Other Dates for your diary

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

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

Night orienteering success for members of the Rennie family



The Rennie family have been putting their Thursday night practice to good use, with Jamie and Daisy winning their respective classes in the LOC night terrain series.

Then all but Daisy (who was training with the British Junior Talent Squad in Oban) made the long journey South to Dorset to compete in the British Night Champs hosted by Wimborne Orienteering Club. It was well worth the trip with Jamie taking 2nd in the M50 class; and George finishing 3rd on M16.



Read the comments below from the Organiser to see what you missed. NB the comment about course lengths - Jamie's course was 9km and George's was 7.4km - that's a long way at night! Well done both.

Moors Valley is a physical forest in places and it has been 6 years since the area has hosted a "significant event", at which runners were taking 6.2min/km. For the BNOG the guidance is a winning time on M21L of 75 mins for a "top elite competitor". Last year Graham G won the M21L course running at 5.1min/k so we aimed for a course around the 14km mark. I think Linda did a great effort in making courses that tried to encourage you in the forest when we thought it wasn't too bad, and otherwise to give you longer legs around the blocks of paths. The option to get out onto a path was nearly always there, but maybe I should have cut the course lengths a little, so if you thought the courses were too long thanks for not shouting at me on the night and I hope you enjoyed getting your money's worth. Steve McKinley



Compass Sport and Relays update

WCOC spring Team events – Information from Alan Irving

All it is the time of year for entering the Compass sport cup and British champs and JK relays

First up is the compass sport cup heat on the **12th March**. This is the only full club event in the calendar and if we win the heat we can progress to the final which is in the Forest of Dean. The way the scoring works it is good to have **as many people as possible** in all classes and to score really well we need a balanced team of men and women, and the older classes make a big difference so not always our young superstars!

We are in the North East event at Beanley info here

[CompassSport Heat, Beanley – Newcastle and Tyneside Orienteers \(newcastleorienteering.org.uk\)](http://newcastleorienteering.org.uk)

We would normally have sent a coach but are limited to minibuses and own transport

Can you email cumbriaal@msn.com or text me on 07398715692 ASAP and I will submit a team entry and allot start times. Can you state if you would like a place on a minibus.

Closing date is soon – **26th February**, we may need to possibly book additional minibuses and sort out transport arrangements.

I will also need your BOF and Dibber numbers and age class

Can you also let myself for seniors and Janette McHendry for juniors, know if you intend to run in the two events below.

British Championships

[British Orienteering Championships 2023 - Home \(theboc.org.uk\)](http://theboc.org.uk)

and JK

[JK 2023 \(thejk.org.uk\)](http://thejk.org.uk)