

**High Doat -**

Thank you to Bob Barnby for the finale of the night event series. On the night, on the 4.3km Long course, Joe Sunley took the win in 36:55, with Dan Heppell 2nd in 38:09, and Steve Birkinshaw 3rd in 39:48. The rest of the top ten was made up of Jamie Rennie 4th, Simon Hunter 5th, Toby Heppell 6th, Emma Crawford 7th (1st lady), David Spencer 8th, Chris Swanepoel 9th and Ian Cumpstey (JOK) 10th. Daisy Rennie was 2nd lady and Karen Parker (BL) was 3rd lady.

On the 2.6km Short course Lily Charkson took the win in 40:50, with Roger Thomas 2nd in 42:22, and George Rennie 3rd in 42:34. The rest of the top ten was made up of Jeff Goodwin 4th, Sue Skinner 5th, Katy Boreham (IND) 6th, Hannah Birkinshaw 7th, Roger Jackson 8th, Andrew Bell (BL) 9th, and Ian Teasdale 10th, and on the novice course Jim Morris took the win, with Sam Morris (IND) 2nd, and Julie Ferris-Worth (BL) was 3rd.

Being the last event of the night series, the final overall standings were decided - thanks again to Pete Nelson for collating the points and producing the overall league. On the Long course, Jamie Rennie took the win, managing to fight off the challenge from Dan Heppell in 2nd. Mike Harrison was 3rd, Isaac Hunter 4th, Toby Heppell 5th, Emma Crawford 6th (1st lady), Daisy Rennie 7th (2nd lady), Ian Cumpstey 8th, Ruben Razzetti 9th and Alan Irving 10th. Karen Parker was 3rd lady.

On the Short, Sophie Crawford (with an impressive 7 wins in the series) took top spot, with Roger Thomas in 2nd, and Roger Jackson 3rd. The remainder of the top ten were George Rennie in 4th, Bob Barnby 5th, Sue Skinner 6th (2nd lady), Lily Clarkson 7th (3rd lady), Kevin Hodgson 8th, Helen Rennie 9th and Katy Boreham 10th.

On the Novice course, it was the battle of the Holmes' siblings, with Hiroki just taking the win from sister Sola in 2nd. Kyra Holmes was 3rd, Emily Brookes 4th, Chris Brookes 5th, Wilf Clarkson 6th, Beatrix Gorrill 7th. Millie McLoughlin 8th, Isabelle Crellin 9th and Jessica Crellin 10th.

Impressively there were 95 different runners over the series on both the Long and Short courses, so a big thank you to all the organisers, who put time and effort into making the events happen. (The full Leagues are available on FB and the website).

**Spring Series** -No event this week. 09/03/2023 - Allonby; 16/03/2023 - Marron Leys; 23/03/2023 - Cockermouth Moor; 30/03/2023 - Grange, Borrowdale; 13/04/2023 - Pardshaw Crag; 20/04/2023

The Spring series offers a great opportunity for those new to orienteering to give it a go on safe areas, with easier navigation. As always, entries will be via Racesignup and will close the Tuesday night before the event.

**Other Events -****WCOC:**

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

(High Rigg→)

**BORDER LINERS:**

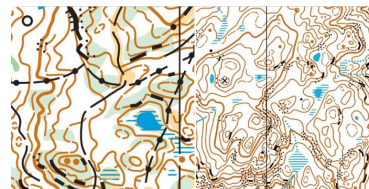
02/04/2023 - Burnbanks, Galoppen - details to follow.

**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 week-end 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 -tonight).



**Scottish Night Champs** -There was plenty of Club interest in the Scottish Night Champs which took place on the Balmoral Estate, a challenging area at any time, but especially at night. Roger Thomas took the win on M60. On the men's open and women's open courses, Dan Spencer and Niamh Hunter were 4th on their respective courses and Carys Thomas was 3rd on W20. (Dan and Niamh also took part in the Ballater sprint event, with Dan finishing 6th and Niamh 10th). Full results on MAR website.





## Northern Championships -



The Northern champs took place on the stunning area of Burbage, in the Northern Peak District, an area of predominantly open moorland with small areas of woodland and intricate rock and contour detail, providing a significant technical and physical challenge. The Club came back with three new Northern Champs, with Jamie Rennie taking the win on M50, Joe Sunley taking the win on

M20, and Ruben Razzetti on M18. Other Club members earned podium places. Charlie Rennie was 2nd to Joe on M20, Simon Hunter was 2nd on M55, Emma Crawford was 2nd, Issy Sunley 3rd and Daisy Rennie 4th on W18, and Isaac Hunter was 2nd on M16. Well done everyone on an impressive set of results!



See below for the maps (yes plural) for course 4. Interestingly, once runners got to control 12, they could switch to a blown up map (1:2000) of the boulder field for controls 13 - 17, before switching back to the main map for the remainder of the course. There were mixed reviews of the usefulness of the inset, with one suggestion being that if it had covered a larger area, it would have provided more options in terms of attack points. See what you think.



## Compass Sport and Relays update - **LAST CHANCE FOR COMPASS SPORT CUP - Entries close tonight!**

### 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 **12<sup>th</sup> 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](mailto: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 – **26<sup>th</sup> 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)