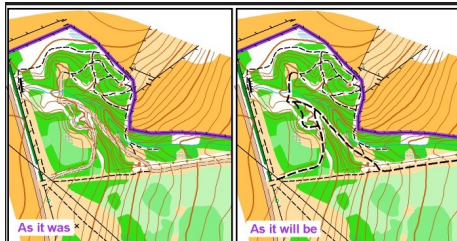




Marron Leys - Thank you to Alan Irving for last week's event at Marron Leys, feedback confirmed that it was a fun event, despite it being a bit muddy. On the 3.4km Long course, Dan Heppell took the win in 22:42; Jamie Rennie was 2nd in 24:12 and Daisy Rennie was 3rd (1st lady) in 27:09. The remainder of the top ten was made up of, David Spencer 4th, Isaac Hunter 5th, Steve Holmes 6th, Emma Crawford 7th (2nd lady), Toby Heppell 8th, Simon Hunter 9th and John Taylor 10th. Issy Sunley was 3rd lady.

On the 2.4km Short course, Sophie Crawford continued her good form from the Night series to take the win in 21:49, George Rennie was 2nd in 22:11, and Bob Barnby was 3rd in 25:05. The rest of the top ten were, Sue Skinner 4th, Patrick Gorrill 5th, Maisie and Simon Booth (IND), joint 6th, Issie Booth (IND) 8th, Ellie Booth (IND) 9th and Richard Cummings 10th.

On the novice course Mille Graham (IND) was 1st, with Beatrix Gorrill 2nd, Emily Brookes (IND) 3rd and Chris Brookes (IND) 4th.



Marron Leys has been extensively re-mapped by Pete Nelson, who made the following comments. Everyone I spoke to seemed to enjoy our overdue return to Marron Leys last Thursday. Thanks to Mr Salkeld for inviting us back, and to Alan Irving for good courses which took us to every corner of the area. The map was a major update. It used sprint symbols, as we've agreed to do for 1:4000 and 1:5000 maps. The symbols generally give a much more readable map. The exception is the unpaved path (1.4m and above) symbol in pale brown. This wasn't very visible at Longlands Lake, so I made it darker for Keltonfell Top, which seemed to work. It didn't work at Marron Leys, so I'll use an all black symbol in future. See pic. A few people commented on the dry ditches. I started putting the most obvious ones on the map. When I went back, I couldn't tell which were the ones I'd put on, and which were fainter ones I'd left off. So I left them all off in the end, for fairer navigation. A lot of the map was marked 'slow run' (60-80%) of normal running speed. Some people felt it could have been 'run' (white, 80 - 100%). They were right, for some of it. But the forest is quite variable, and it fades in and out of slow run with no clear boundaries. All left as slow run for fairness. (Thanks to Pete for his hard work and diligent mapping).

This Week's event - The Moor, Cockermouth



This week's Thursday evening event takes place around The Moor area of Cockermouth. Please note the important details on the WCOC website. Under 16s **must** run the short course, which is suitable for novices but young children must be accompanied. NB the running distances are likely to be about double the straight-line distances stated and NB the advice about the terrain. Even though it is an urban event there are some slippery mossy paths and sloping grassy areas so shoes with a good grip are recommended. Entries are open on Racesignup and close as usual on Tuesday @ 23:59.

Other upcoming Spring series events: 30/03/2023 - Grange, (Borrowdale); 13/04/2023 - Pardshaw Crag and 20/04/2023 - Maryport.

Other Events -

BORDER LINERS:

02/04/2023 - Burnbanks, Galoppen. Entries are now open on SiEntries and close on 29th March 2023. Pre-entry required apart from some limited on the day entry (subject to map availability) on Yellow and Orange. Full details on BL website.

LOC: See LOC website for regular Wednesday night events.



For those of you who are not venturing to the British Champs, you may want to attend this event that is being put on by LOC on Saturday.

All details on the LOC website. Enter by Wed 22nd March.



Come along to the beautiful Stony Hazel woods next weekend. There will be lovely woodland trails to explore and maps have been created to suit all abilities.

- 📅 Saturday 25th March
- 🕒 Start exploring between 11:00am and 1:00pm
- 📍 Stony Hazel woods (a short drive north from the A590)
- 📖 Rusland Reading Rooms LA12 8JZ
- ☕ Refreshments available

🌈 There will be white, yellow and orange courses suitable for families and help available to get you started. Whether you are total beginners or are beginning to develop your map-reading skills, there will be a trail which is just right for you.

🕒 The technical 45-min score course is navigation against the clock and provides a challenge for experienced orienteers.

📖 Full details and information on how to sign up are on the LOC website: <https://www.lakeland-orienteeing.org.uk/events>

👤 Please enter online by Wednesday 22nd if possible https://www.sientries.co.uk/event.php?event_id=11457
- there will also be some entry on the day available.

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

Also on FB—public and members' page.

High Rigg Galoppen.

A huge thank you to event planner, Bob Barnby, Controller, Steve Birkinshaw, and Organisers, Anne Burbidge and Liz Elliot and all the other many and varied helpers for putting on such an enjoyable and well-received event, and thanks to Mike Pearson for some great photos.

Thank you also to those that helped with and supported the cake stall.

There were some strong results today, with lots of Club members in the top ten (or just outside) on most courses.

Brown				
9.1km 380m				
Pos	Name	Club	Age Class	Time
3rd	Daniel Heppell	WCOC	M18	63:45
5th	Charlie Rennie	WCOC	M20	66:34
6th	Jamie Rennie	WCOC	M50	68:23
7th	Ruben Razzetti	WCOC	M18	68:59
16th	Simon Hunter	WCOC	M55	84:45
19th	Jacob Tonkin	WCOC	M21	87:49
28th	Sam McLoughlin	WCOC	M20	96:37
32nd	Isabel Sunley	WCOC	W18	100:47
34th	Caitlin Pearson	WCOC	W35	108:32
35th	Simon Thomas	WCOC	M40	113:23
39th	David Crout	WCOC	M55	130:55
40th	Glyn Blakey	WCOC	M55	131:56

Blue				
6.9km 340m				
Pos	Name	Club	Age Class	Time
2nd	Isaac Hunter	WCOC	M16	53:19
3rd=	Toby Heppell	WCOC	M16	55:46
5th	James Birkinshaw	WCOC	M20	57:57
7th	Daisy Rennie	WCOC	W18	60:42
11th	David Spencer	WCOC	M50	63:07
14th	Alan Irving	WCOC	M55	65:41
22nd	Howard Leslie	WCOC	M60	73:51
23rd	Ryan Crellin	WCOC	M35	73:52
25th	Emma Crawford	WCOC	W18	74:29
27th	Steve Holmes	WCOC	M50	75:30
30th	Martin Skinner	WCOC	M55	78:28
32nd	David Downes	WCOC	M65	79:23
33rd	Chris Pollitt	WCOC	M60	79:58
40th	Helen Rennie	WCOC	W50	86:10
43rd	Ange Jackson	WCOC	W45	87:06
52nd	Sally Heppell	WCOC	W45	107:11

Green				
4.7km 210m				
Pos	Name	Club	Age Class	Time
9th	Sophie Crawford	WCOC	W16	45:23
10th	Michael Billingham	WCOC	M60	45:38
11th	John Taylor	WCOC	M60	48:49
14th	Roger Thomas	WCOC	M60	51:16
15th	Lynne Thomas	WCOC	W50	52:22
17th	Myrtle Ashworth	WCOC	W16	53:45
19th	Eva Humphreys	WCOC	W16	55:01
23rd	Matthew Birkinshaw	WCOC	M18	56:10
24th	Scott Ashworth	WCOC	M45	56:18
28th	Ian Teasdale	WCOC	M60	58:18
33rd	Richard Cummings	WCOC	M60	59:47
36th	Susan Skinner	WCOC	W55	60:54
40th	Kate Charles	WCOC	W50	61:56
42nd	George Rennie	WCOC	M16	62:08
48th	Alex Crawford	WCOC	W50	65:51
53rd	Pete Nelson	WCOC	M65	68:16
64th	Rebecca Crellin	WCOC	W35	77:49
67th	Deborah Goodwin	WCOC	W60	92:08

Short Green				
3.1km 110m				
Pos	Name	Club	Age Class	Time
1st	Lily Clarkson	WCOC	W14	33:45
5th	Catherine Wetherfield	WCOC	W55	45:45
7th	Janette McHendry	WCOC	W50	49:34
8th	Emma Moody	WCOC	W50	52:35
10th	Jonathan Eaton	WCOC	M65	57:29
17th	Malcolm Ruckledge	WCOC	M80	64:23

Orange				
3.2km 90m				
Pos	Name	Club	Age Class	Time
1st	Millie McLoughlin	WCOC	W16	42:52
5th	Jenny Benson	WCOC	W55	51:15
6th	Anne Stockley	WCOC	W45	97:34

Yellow				
2.6km 80m				
Pos	Name	Club	Age Class	Time
1st	Wilf Clarkson	WCOC	M10	28:16

Well done everyone!

Full results are on the WCOC website.

