



The Moor, Cockermouth. Thanks to the Crawford family for last week's Cockermouth event. Sadly one of the controls was removed (although I understand that it was retrieved) but the results therefore are formatted excluding legs 8-9 and 9-10. On the Long course Dan Heppell took the win in 17:32, with Sam McLoughlin 2nd in 18:40, and Simon Hunter 3rd in 18:47. In 4th place and first lady was Niamh Hunter in a time of 19:04. Chris Naylor was 5th, Jamie Rennie 6th, Charlie Rennie 7th, Wilf Teasdale 8th, Andy Bradley 9th and Daisy Rennie 10th (2nd lady), with Emma Crawford 11th (3rd lady). On the Short course, Toby Heppell took a good win in a time of 13:05, with Isaac Hunter 2nd in 14:03 and George Rennie 3rd in 15:56. The rest of the top ten was made up of Lily Clarkson 4th, Ruth Walker 5th, Sue Skinner 6th, Eva Humphreys 7th, Christine and Wilf Clarkson 8th, Alice Jackson 9th and Paul Tickner 10th.

This Week's event - The Moor, Cockermouth

The event takes place on an area of low fell and woodland with lots of contour detail, rocks and marsh. There is a novice course which will follow paths, fences and walls.

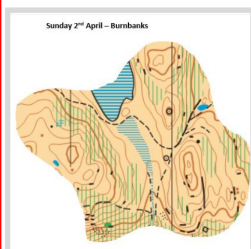
Entries are open on Racesignup and close as usual on Tuesday @ 23:59.

Other upcoming Spring series events: 3/04/2023 - Pardshaw Crag and 20/04/2023 - Maryport.

Other Events -

BORDER LINERS:

02/04/2023 - Burnbanks, Galoppen.



In case you have missed this coming so soon after the High Rigg event. The next Galoppen is THIS WEEKEND. There are only 22 people from WCOC entered so far. **ENTRIES CLOSE ON WEDNESDAY 23:59.**

Pre-entry required apart from some limited on the day entry (subject to map availability) on Yellow and Orange. Full details on BL website.

There are the usual range of course available Brown - Yellow.

Yellow and orange courses are suitable for novices and less experienced juniors. The area is open fell with plenty of marshes, crags and contour detail. If the weather is good, you can catch some lovely views. If wanting to take part as a group there is the option to enter one person, with extra maps available for £1 per person.

For anyone doing Short Green, there is an option to do a Very Short Green which is the Short Green, with some controls cut out. You can decide on the run!

LAKELAND ORIENTEERING CLUB: See LOC website for regular Wednesday night events.

14/05/2023 - Tarn Hows Galoppen - Details to follow.

Snippets from British Orienteering

Virtual orienteering proves popular as over 14,000 runs logged on MapRun in 2022

Virtual orienteering shows no sign of slowing down across the UK with over 14,000 runs logged on MapRun in 2022.

The overall average showed that the split between males and females was 66%-37%, however in the age group W/M 35 and 45, this closed to 57% male/ 43% female. We have produced an infographic demonstrating participation statistics and feedback which is available to [view here](#).

The most active user in 2022 in the UK was David Game from Essex Stragglers (SOS) who managed 45 events across the year! Here's what he had to say:

"I lost some fitness, so I set myself a challenge of taking part in 100 events in 2022, MapRuns made this very achievable and I completed the challenge in August. I thoroughly enjoy exploring new areas with MapRun and can even manage one or two when away on holiday."

Congratulations to the other names on the leader board - are there any from your club? You can see their thoughts on MapRun there too!

Virtual courses are a fantastic way to explore a new area, practice your skills and challenge yourself, at a time to suit. The courses are live 24/7 simply download the free apps available (MapRun6/UsynligO), find a course near you and head to the start.



A Reminder -

I hope that members find the newsletter informative and useful. I am always happy to hear from members with information about events, photos etc so please do get in touch if you have an article or story you would like to share. Just reply to the newsletter email. Thanks

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

Also on FB—public and members' page.

British Championship Success



This weekend saw the Long distance and relay British Championships take place in the South of the country, and a small but talented group of Club members took part.

The individual race took place on Saturday at Cold Ash (near Newbury), an area of mixed deciduous and coniferous woodland.

Top Club performer of the day was Joe Sunley who was 2nd on the M20E course. Joe had an excellent run and was only 24 seconds off the first-place runner. Niamh Hunter running for EUOC also made the podium in the W21E class, coming 3rd, less than a minute behind the 2nd-place runner.

There were several members who achieved top ten results; Isaac Hunter was 10th on M16A; Dan Heppell was 8th on M18E; Joe Hudd was 4th, and Charlie Rennie 7th on M20E; Jamie Rennie was 4th on M50L; Roger Thomas was 4th on M60S; Emma Crawford was 6th, and Daisy Rennie 8th on W18E; Sally Heppell was 3rd on W45S, and Janette McHendry was 7th on W50S.



On Sunday the attention turned to the relays which took place at Hambleton, described as typical fast run-able Chilterns woodland consisting of two major valleys. The Club was able to field some strong relay combinations and the results did not disappoint.

On the W18 course, the WCOC Dream Team, consisting of Daisy Rennie on 1st leg, Issy Sunley on 2nd leg and Emma Crawford on 3rd leg had excellent runs to take them to the win, a little over 2 minutes ahead of the SYO team in 2nd.

On the M18 course, the WCOC Wildcats, consisting of Isaac Hunter on 1st leg, Dan Heppell on 2nd leg and Ruben Razzetti on 3rd leg. The team were in the mix after the first leg, but Dan had a great run to come back in the lead, but with MAROC chasing hard and only 46 seconds behind in 2nd. Ruben took over and kept his cool, managing to extend the lead to over a minute at the finish.

There was also a podium place for the M50 team, WCOC Yan, consisting of Jamie Rennie, Alan Irving and Simon Hunter who all had solid runs to take 3rd place, only 2 seconds behind the SYO team in 2nd.

There was also Club interest in the Premier relays, with Niamh Hunter running 1st leg for the EUOC Legendesses, who held the lead throughout, and took the win with an impressive winning margin of almost 10 minutes.

Joe Sunley ran last leg for EUOC, his team finishing just off the podium in 4th in the men's premier class and Joe Hudd and Dan Spencer ran on the EUOC team that finished 5th in the same class. Well done to everyone who made the long trek south - it was well worth it!

