



Grange, Borrowdale - Thanks to Caitlin Pearson for last Thursday's event. It sounds as though the area proved to be quite challenging, resulting in several runners cutting short their course. On the 4.5km Long course, Charlie Rennie took the win in emphatic style, in a time of 40:33, with Ruben Razzetti 2nd in 45:47, and Dan Heppell 3rd in 47:36. The remainder of the top ten was made up of Steve Birkinshaw 4th, James Birkinshaw 5th, David Spencer 6th, Chris Naylor 7th, Keith Tonkin (BL) 8th, Toby Heppell 9th and James Chapman (BL) 10th. In the women's race Daisy Rennie was 1st, Issy Sunley 2nd and Emma Stuart 3rd.



On the 2.8km Short course, the win went to George Rennie in a time of 41:21, with Sophie Crawford 2nd (1st lady) in 43:18, and Callum Coldwell 3rd. The rest of the top ten was made up of visiting Hollywood star Jeff Goldblum (aka Jeff Goodwin) 4th (as you can see there is photographic evidence), Roger Thomas 5th, Patrick Gorrill 6th, Ian Teasdale 7th, Kevin Hodgson 8th, Raymond Wren (BL) 9th and Margaret MacKenzie 10th (2nd lady). Susan Skinner was 3rd lady.

On the novice course Wilf Clarkson was 1st, Beatrix Gorrill 2nd and Cerys Naylor 3rd. Full results are on the website.

NO THURSDAY EVENT THIS WEEK DUE TO JK.

Other upcoming Spring series events: 13/04/2023 - Pardshaw Crag and 20/04/2023 - Maryport.

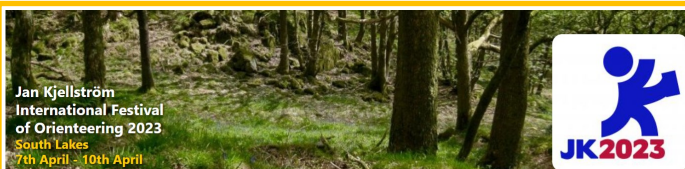
Burnbanks Galoppen - Thanks to Border Liners for today's well organised Galoppen, set on an interesting area of open, runnable fell above Haweswater, which provided interesting navigation, with lots of areas of rock and marsh, and some lovely views over the reservoir. Full results are on the BL website - WCOC results are below.

On the 9.1km Brown course, Jamie Rennie was nest placed in 6th, with Chris Swanepoel 14th, Andy Bradley 21st and Steve Breeze 32nd.

On the 6.2km Blue course, Charlie Rennie took his 2nd emphatic win of the week, with a winning margin of 4 minutes, Simon Hunter was 3rd, Toby Heppell 5th, Daisy Rennie 7th (1st lady), Stuart Crawford and Martin Skinner were joint 13th, Howard Leslie 25th and Ryan Crellin 28th, Chris Emerson 36th, Ray Johnstone 59th and Isabel Sunley 60th.

On the popular 4.1km Green course, George Rennie had a good run to take the win, with Isaac Hunter 7th, Sophie Crawford 8th, Roger Thomas 12th, Sue Skinner 13th, Pete Nelson 21st, Ian Teasdale 22nd, Anne Burbidge 24th, Ann Cummings 26th, Lynne Thomas 27th, Richard Cummings 29th, Helen Rennie 32nd, Nick Evans 33rd, Deborah Goodwin 45th, Janette McHendry 54th, Carl Humphreys 70th, Rebecca Crellin 72nd, Paul Tickner 76th, Eva Humphreys 80th, and Jon Eaton 83rd.

On the 3km Short Green course, Catherine Wetherfield was 4th, Kim Leslie 9th, Liz Elliott 19th and Malcolm Ruckledge 22nd, and Jane Hunter was 6th on the Very Short Green course.



Well this year's JK is almost upon us. Good luck to all those Club members taking part and especially those whose JK runs could lead to selection for GB teams or training camps.

If you have ordered JK merchandise it will be available for collection at the event. There will also be a small stock available for purchase and you can still place orders for tops and buffs. All profits go to the NWJS. Please also support the NWJS cake stall! Enjoy!



Marooned without a Compass Day 2023

November 6, 2023 in the World

November 06, 2023 is Marooned without a Compass Day. Hopefully on Marooned without a Compass Day nobody is destined to the same fate as many pirates and seamen in history were. Being marooned without a compass means to be lost and abandoned on a lonely island with no chance to find your way back.

If you are not a pirate you can celebrate Marooned without a Compass Day by going to a place where you have not been before, switch of your Smartphone and try to feel what it is like to be marooned. If you rather prefer some company, then meet your friends and family and take turns asking each other what you would take with you on a deserted island. This popular thoughts game discovers a lot about the people around you.

On searching for an orienteering-related April fools, I came across this! As far as I can tell it is a real thing - a date for your diaries!

Maybe we should have a feature for the newsletter.

A photo of your favourite place to be marooned!

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