

**Pardshaw Crag-**

Thanks to Jonty and Debra for last week's event. I am reliably informed that it was a lovely area, with entertaining courses. The Ribbon course (which is shown here) provided a whole new level of challenge for those brave enough to take it on. For those who do not know, the idea is that you simply have to navigate along the ribbon to find the controls, which are not shown on the map. On the Ribbon course Charlie Rennie took the win in 22:23; with Isaac Hunter 2nd in 26:02, and John Slater 3rd in 26:35. The rest of the top ten was made up of Daisy Rennie 4th (1st lady), Alan Irving 5th, David Spencer 6th, Chris Pollitt 7th, Kate Charles 8th (2nd lady), Issy

Sunley 9th (3rd lady) and Colin Smith 10th.

On the 2.1km short course, Jamie Rennie took the win in 17:39, with George Rennie 2nd in 20:34, and Kate Skinner 3rd in 21:46. The rest of the top ten was made up of Lily Clarkson 4th, Patrick Gorrill 5th, Susan Skinner 6th, Mike Harrison 7th, Roger Jackson 8th, Helen Rennie 9th and Christine and Wilf Clarkson 10th, and on the novice course, Beatrix Gorrill took the win, with Joss Neild was 2nd.



Maryport - This week's event (and the last event in the Spring series) is at Maryport. Please read the details on the website carefully. Juniors may enter all courses. NB full leg cover is recommended as both the Short and Long courses are almost entirely off road and you may encounter some brambles. The Long course has one manned compulsory road crossing. You MUST follow the instructions of the marshall who is there to keep you safe. Entries are open on Racesignup and close at 23:59 on Tuesday.

Coaching Session - 27th April 2023 (From Simon Hunter)

There is no formal Thursday evening event on Thursday 27th April but you have a potential option if you want to keep active, and improve your orienteering technique:

We aim to hold a coaching session on Thursday evening on the week between the Spring and Summer series suitable for all abilities.

The plan is to practice some of the basic skills supported by short training exercises. A small range of short courses from low to higher technical difficulty will be available to suit all (~Yellow, Orange and Short Green).

Location - Powter How, CA12 5SQ

Time - 17:30 to ~19:00

Cost - Free

Register - via Racesignup

Any question contact WCOC Lead Coach.

Summer series - 04/05/2023 - Rannerdale Knots; 11/05/2023 - Latrigg Top; 18/05/2023 - Wythop/Hogg Wood/Ladies Table; 25/05/2023 - Hogs Earth (Borrowdale). Reminder that as of last week there were still several Summer series events without planners. Please contact Steve Birkinshaw if you can help. It would be a real shame if events have to be cancelled due to lack of planners.

Other Local Events

Border Liners - Saturday 22nd April 2023 - Brampton Urban (part of North-West Urban League). Details on BL website. Entries open on SiEntries & close on **Weds 19th April 2023**.

Saturday 13th May 2023 - Bampton Common East - Entries not yet open.

Lakeland Orienteering Club - The Club hold a Spring series on Wednesday nights. 26th April - Orrest Head; 10th May - Birkrigg. Full details and entries on LOC website.

Sunday 14th May - Tarn Hows Galoppen. Full range of colour-coded courses available. Details are on the LOC website. Entries are open on SiEntries and close on **10th May**. Get those entries in! WCOC are currently trailing LOC in the race for the Borrowdale Trophy which is awarded to the Club with the highest points tally at the end of the series. More in depth scoring and details to the rest of the league can be found by visiting <https://cumbriangaloppen.co.uk>

BL	LOC	WCOC
953	1055	1042
678	989	1210
961	1143	1208
865	1169	1042
196	679	99
197	99	291
99	295	99
3949	5429	4991

Warrior Orienteering - Battleaxe events - event 2 - 03/05/2023, and event 3 - 31/05/2023. Details and entries on warrior-orienteering.org.uk

Message from Steve Breeze - I'm not sure how many members are aware that WCOC have taken on the job of organising the British Night Orienteering Champs in 2024. It'll be great to have the event on our doorstep and a chance for all our expert night orienteers to test their skills. The event will be held at Whinlatter forest on the 10th of February 2024. At present I have agreed to organise the event and Mike Billingham has agreed to plan the courses. Deborah Goodwin is going to keep an eye on our finances and has already done some organising spade work. Pete Nelson has already put in some hours checking the mapping. Alan Irving has agreed to look after the sportident equipment/results etc. I'm sure as a club we can make a great success of the event. I would love to have from anyone that would be a willing volunteer. Particularly at this point in time someone that will take the lead on organising teams for starts/prizes/enquiries/First aid-casualty rescue plan/entries.

Thankfully having the event at Whinlatter means that parking and toilets will not be the headache it could be.



More JK News

After the brief resume of the Sprint event in last week's newsletter; here are the highlights from the remaining days of the JK followed by extra bonus content courtesy of Roger Thomas.

Day 2 High Dam - Middle Distance

The 2nd day of the JK took place on this classic Lakeland area; offering a mix of complex open, semi-open and wooded areas with plenty of contour and rock features and marsh. There were several strong top-ten performances from WCOC members.

The only elite course winner on the day was Charlie Rennie who took an excellent win on M20E. Joe Hudd (EUOC) was 5th and Joe Sunley was 7th.

The closest non-winner of the day was Alastair Thomas who missed out on the win on the very competitive M21E course by only 4 seconds - bad luck Al!

The Club did have other winners, with Maisy Winskill on W14B, and Isabel Winskill on W18S.

Others in the top ten were Hiroki Holmes 5th on M14B, Ruben Razzetti 6th on M18E, Sam McLoughlin 8th on M20L, Ben Goodwin 3rd and Louis Morris 9th on M21L, Scott Ashworth 4th on M45S, Jamie Rennie 7th on M50L, Steve Birkinshaw 8th on M55L, Richard Cummings 10th on M60S, Sola Holmes 6th on W12B, Daisy Rennie 4th, and Isabel Sunley 5th on W18E, Catherine Wetherfield 6th on W55S, Kim Leslie 2nd on W60S, Lesley Wornham 7th on W65S, Liz Elliott 9th on W70L, and Niamh Hunter (EUOC) 8th on W21E.

Day 3 - Bigland - Long Distance

Another classic Lakeland area with the shorter courses almost entirely in the woods, whilst the longer courses used a mix of open detailed terrain and woods. This is a physically tough area with some steep slopes, crags and rocks underfoot, and as a result there were several retirees. However, those who did make it round put in some strong performances, and again we had several members in the top ten. Most impressive performance of the day must go to Tony Duncan who took the win on M80.

On M16A, Isaac Hunter was 6th, on M18E Ruben Razzetti was 4th, and Dan Heppell was 8th. On M18L Matthew Birkinshaw was 9th, on M20E Charlie Rennie was 3rd and Joe Sunley was 5th, and on M20L, James Birkinshaw took the win, and Sam McLoughlin was 6th. On M21L Ben Goodwin was 3rd, and on M50L Jamie Rennie was 5th. On M55L Simon Hunter was 7th and on M60S Richard Cummings was 6th. On M70L Bob Dredge was 9th.

On W18E Daisy Rennie was 7th, and on W21L Caitlin Pearson was 8th. On W55L Sue Skinner was 7th. Overall despite some strong all-round performances only Charlie Rennie made it onto the podium, finishing 2nd on M20E.

Day 4 - Dale Park - Relays



After 3 days of lovely sunny weather, relay day dawned with heavy rain, a muddy parking field and a muddy walk up to the spectators' hill, but thankfully the rain subsided and stayed at bay for most of the event. The planners appeared to have a somewhat cruel sense of humour with the run from the start to the start kite up a steep, rough hill - great for the spectators but not so good for the runners! Due to various injuries and

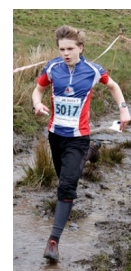
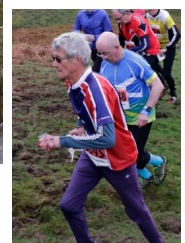
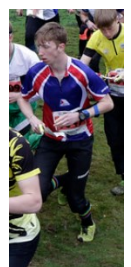
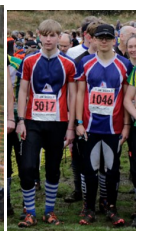
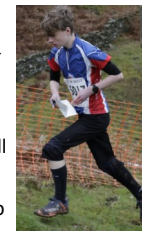


illness, last minute changes had to be made to various relay teams. Especially well done to those Club members who turned up not expecting to run and then stepped in at the last minute to make up the gaps in teams. A special mention also to the junior relay team of Lily Clarkson and Beatrix Gorrill, who ran the relay with only 2 people. Lily ran strongly to hand over to Bea who was taking on her first relay ever (brave girl), and when she returned to the pen, she handed back to Lily who went out for a second leg - great work girls!

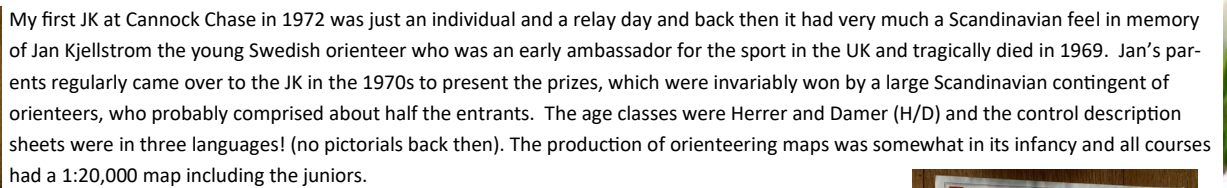
As ever the relays provided some exciting running, and some very public mistakes with several runners taking a direct line to the finish, missing the last control. Later runners were shouted at to return up the hill to rectify their mistake but several of the JK Women's trophy leaders were caught out, which meant that although Niamh returned from her final leg for EUOC in 2nd place, due to a leg 1 mis-punch, her efforts were in vain.

However, there were no such problems for the WCOC junior teams who ended the JK weekend with some excellent results.

On the Women's Short, the Dream Team of Daisy Rennie, Issy Sunley and Emma Crawford repeated their success from the British to take the win in emphatic style. Also taking the top spot on the podium in the Men's Short was the WCOC Melbreak team of Dan Heppell, Wilf Teasdale and Ruben Razzetti, with Ruben starting the final leg in 2nd, and having a great run to finish 1st. Also finishing on the podium was the intermediate men's team - WCOC Wildcats - made up of Isaac Hunter, George Rennie and Toby Heppell. Well done everyone on some excellent results!



The JK started a day early for me this year on the Thursday; hanging controls in Great Tower Wood to provide some training for the FSK O club from Norway, who the NWJS were hosting in return for their junior squad biannual trips to Norway. It brought back memories of JKs of yore, where the event started with a training day on Good Friday followed by Individuals and Relays.



The photograph shows a topographic map of Sherbrook Valley, Vermont. A yellow highlight is placed on a mountain peak in the upper left quadrant. The map features a grid of contour lines, a network of roads, and a river. A legend in the bottom left corner defines symbols for roads, trails, and water. A scale bar in the bottom center indicates distances in miles and kilometers. The title block in the bottom right corner provides publication information.

Legend:

- ROADS
- TRAILS
- WATER

Scale: 0 1 2 Miles / 0 2 4 Kilometers

Title Block:

SHERBROOK VALLEY

Published by the Vermont Department of Transportation
 1998 Edition
 1:25,000 Scale
 1:25,000 Scale

But back to this year and after an enjoyable day in the sunshine at Great Tower it was down to the serious business of starting 4 days of competitive races with the Sprint at Lancaster University. Now I never was a sprinter, but I enjoy giving the sunshine access to the ageing knees, and the concentration required to get around and through all the buildings at the fastest shuffle pace I can muster. The WCOC M60's mafia was led by a real runner; Mr Bradley and I was also well beaten by Mr Evans, who was gracious enough to concede that he had nicked my miracle cure of ample application of ibuprofen gel and deep heat to the knees to speed him round! After an early run its time to sit around in osphere, cheering in Junior to a winning position on M21E only to see it slip away by seconds.

the sunshine soaking up the friendly atmosphere, cheering in Junior to a winning position on M21E only to see it slip away by seconds.

Now a Middle distance race on a technical Lake District area like High Dam should be about as good as it gets for me; not too much distance and plenty of technical controls, where the tortoise can beat the hare. And so it was, up to Control 9 when I went AWOL around some parallel ridges and marshes and had to relocate off Control 4. Still topping the WCOC M60 mafia list for the race was satisfying, even though Mr Bradley claimed his Control 9 AWOL was bigger than mine! The most stressful part of the day though was again waiting nervously for news of Junior who came in winning but was again pipped to a JK Title by a few seconds.

And so to the classic that is Big Land, a very apt name for that steep rocky slope we would all have to contend with. Its one of my favourite areas and I have fond memories of taking on its challenges going back to the early 1990s where I won a Police Orienteering Championships and got selected for a European Police Champs in Finland...but's that's another story. The M60 was the longest course from the Red start so I anticipated it might be a bit contrived to fit the distance in. A lot of out of bounds and two dead running legs in the first half of the course rather confirmed this. However the rocky slopes in the second half didn't disappoint and it was very satisfying to nail every control... but still not enough to beat Mr Bradley today.

Monday dawned grey and murky, with one's mood not improved by the earliest start of the weekend and arriving at a muddy arena to find a start run-out up the face of the Eiger. Still the usual WCOC chit chat and cheering of runners out and in soon brightened the day. I wont dwell on my own struggles to reach the start kite other than to wish I had read the rules to see if there is anything that says you must visit the start kite. The best route from changeover to the first Control was to head east out of the field via the last control and not climb the hill to the start kite!! Anyway some well planned courses made for great racing and spectating and it was great to see the WCOC juniors triumphing yet again in 2023, emulating their predecessors from my first JK in 1972.

Roger Thomas

PS. The only slight grumble about this years JK is from Arkle, who was left sunbathing on her own in the car parks and would much preferred to have been seeking hugs (and sandwiches) in the assembly areas from club members.

Editor's Note. A gimmer is a one year old female sheep, but the author assures me he has always used it as a pejorative term for a grumpy old man.

Selection News -Congratulations to our members who have been selected to run for GB in several international competitions.

At senior level Niamh Hunter and Alastair Thomas have been selected to compete in the World Cup 1 taking place in Norway 27 - 30 April.

Charlie Rennie's great selection performances have been rewarded with selection for JWOC in Romania 1-9 July and JEC in Belgium 26-28 August.

And Emma Crawford has been selected for EYOC in Bulgaria 22-25 June, with Daisy Rennie as reserve. Well done everyone and commiserations to those who have missed out on this occasion.

