

**Maryport**

Thanks to David Spencer for organising last week's Maryport event. On the 4km Long course Charlie Rennie took the win in 22:16, with Dan Heppell 2nd in 24:07, and Jamie Rennie 3rd in 25:01. The rest of the top ten was made up of Joe Sunley 4th, Jonty Goodwin 5th, Isaac Hunter 6th, Simon Hunter 7th, Toby Heppell 8th, Daisy Rennie 9th (1st lady) and, Caitlin Pearson 10th (2nd lady). Emma Crawford was 3rd lady in 12th.

On the 2.5km Short course, Patrick Gorrill took the win in 18:45, George Rennie was 2nd in 22:37, and Sophie Crawford was 3rd in 22:59. The remainder of the top ten was made up of Susan Skinner 4th, Raymond Wren (BL) 5th, Ann Cummings 6th, Roger Jackson 7th, Mike Harrison 8th, Richard Cummings 9th and Jenny Wren (BL) 10th. On the 1.4km Novice course, Sola Holmes took the win, with Emily Brookes 2nd, Chris Brookes 3rd, Beatrix Gorrill 4th, Kyra Green 5th, Joss Neild 6th, Jack Ferris 7th and Aoife Neild 8th.

**REMEMBER NO EVENT THIS WEEK BUT THERE IS THE OPPORTUNITY TO ATTEND A COACHING SESSION - SEE BELOW:**

**Coaching Session - 27th April 2023 (From Simon Hunter) - Entry is free via Racesignup.**

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.

**Overall Spring series results**

Pete Nelson has kindly collated the 'unofficial' final standings for the Spring Series -

**Top ten on the Long:**

1	Charlie Rennie	M20	WCOC
2	Dan Heppell	M18	WCOC
3	Jamie Rennie	M50	WCOC
4	Daisy Rennie	W18	WCOC
5	David Spencer	M50	WCOC
6	Isaac Hunter	M16	WCOC
7	Simon Hunter	M55	WCOC
8	Emma Crawford	W18	WCOC
9	Alan Irving	M55	WCOC
10	Stuart Crawford	M55	WCOC

**Top ten on the Short:**

1	Sophie Crawford	W16	WCOC
2	George Rennie	M16	WCOC
3	Patrick Gorrill	M40	WCOC
4	Susan Skinner	W55	WCOC
5	Lily Clarkson	W14	WCOC
6	Richard Cummings	M60	WCOC
7	Roger Jackson	M75	WCOC
8	Ann Cummings	W60	WCOC
9	Mike Harrison	M50	WCOC
10	Vanessa Brierley	W55	WCOC

**Novice**

1	Beatrix Gorrill	W12	WCOC
2	Millie Graham	W14	IND
3	Joss Neild	M10	IND
4	Emily Brookes	W10	IND
5	Chris Brookes	M40	IND
6	Wilf Clarkson	M12	WCOC
6	Sola Holmes	W12	WCOC
8	Kyra Green	W12	WCOC
9	Cerys Naylor	W10	WCOC
10	Jack Ferris		
11	Aoife Neild	W10	IND

Full results are available on the WCOC Members' Facebook Page.

**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). **A big thank you to all the volunteers who have agreed to plan events for the Summer series. There is only one gap left in the programme which is Hawse End on 24/08/23 - any takers please?**

**Other Local Events**

**Border Liners** - 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 Si Entries 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>

**Warrior Orienteering** - Battleaxe events - event 2 - 03/05/2023, and event 3 - 31/05/2023. Details and entries on [warrior-orienteering.org.uk](http://warrior-orienteering.org.uk)

**Important 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 Billinghurst 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 hear 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.

Twitter: You can follow @WCOC2014 and on the website [www.wcoc.co.uk](http://www.wcoc.co.uk)

Also on FB—public and members' page.



great  
job!

Yvette Baker Heat News- Well done to the WCOC juniors who attended the YB Heat in Phillips Park near Manchester today. The team was somewhat depleted due to a clash with a selection race in Scotland, and this increased the pressure on those taking part. Any mistakes



could have risked the team failing to make the final but all was well with the WCOC juniors taking the win by 1 point from the MDOC team. Scorers were Isaac Hunter, Isabel Sunley, Lily Clarkson and Ruth Walker who all took wins on their courses, earning 100 points each. Daisy and George Rennie, and Charlotte Hewitson were 2nd on their respective courses, earning 99 points each, and Hiroki and Sola Holmes both earned 98 points on their courses. This gave an overall total score of 893 points, with MDOC 2nd with 892 points and DEE 3rd with 676 points. Congratulations on a great team performance!

The final takes place on Sunday 9th July in Sandall Beat Wood near Doncaster. (Thanks to all the adult helpers/drivers who enabled the juniors to take part),

We need

YOU!



### Eskdale Galoppen - Sunday 21st May 2023

The preliminary details have now been added to the Club website for this event in Eskdale. Entries will be via Si Entries and will open shortly.

This is a WCOC event and so we will need plenty of volunteers to help on the day. The event is allocated to the Blue team but anyone can offer to help.

If you are intending to go to the event and can help



please get in touch with the organiser, Helen Rennie -

hrennie32@gmail.com. It is possible to help and run, and the more people that help the shorter the individual shifts will be. It makes the organiser's life much less stressful if help is in place in good time, so please let Helen know asap if you can assist.

### World Cup Orienteering Round 1

For anyone interested in following the progress of Alastair and Niamh (and the rest of the GB team) in Norway later this week, there is the possibility of following things with Live TV coverage for a fee, and live tracking and results are available on this link: <https://orienteering.sport/event/orienteering-world-cup-round-1-3/welcome/>

The timetable is here:



There will be live TV production during all races. The Broadcast will be shown in Norwegian, Swedish, Finnish, French and Czech National TV, and also worldwide via <https://tv.orienteering.sport/> with English commentary.  
Broadcast schedule:

27 April - Long Distance 13:30-17:30 CEST  
29 April - Middle Distance 15:30-19:00 CEST  
30 April - Relay 13:00-17:00 CEST

Live results and tracking will be available here on IOF Live pages.

Good luck both!

