



**Powter How Coaching event** - Apologies for the late cancellation of this event, which was due to unforeseen access issues. The plan is to reorganise it for later in the year.

**Summer Series - This Thursday - KESWICK SPRINT**



Please note the change of venue for this event which was originally set for Rannerdale. (Unfortunately, in spite of considerable course planning, NT have withdrawn consent.)

However, on a brighter note, a huge thank you to Steve Birkinshaw who has led on setting up an alternative event in Keswick on Thursday, and many thanks to all those Club members who have stepped in at short notice to make it happen.

Please read the details on the website for course lengths etc. Entries are open on Racesignup and close at 23:59 tomorrow.

**Summer series** - Fingers crossed that the rest of the Summer series will proceed without a hitch!

Upcoming events: 11/05/2023 - Latrigg Top; 18/05/2023 - Wythop/Hogg Wood/Ladies Table; 25/05/2023 - Hogs Earth (Borrowdale).

**Other Local Events**

**Border Liners** - Saturday 13th May 2023 - Cockle Hill and Butterwick Crag - A variety of courses available on an area that may be new to many. Full details are on the Border Liners website and entries are open on SiEntries. **Entries close Wed 10th May.**

**Lakeland Orienteering Club** - The Club hold a Spring series on Wednesday nights. 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.

**Warrior Orienteering** - Battleaxe events - event 2 - 03/05/2023 (**Entries close today! Some limited EOD available**) and event 3 - 31/05/2023. Details and entries on warrior-orienteering.org.uk

**British Sprint and Middle Distance Championships**

Good luck to all the Club members making the trip across the water to Northern Ireland for the British Championships at the weekend.



Saturday sees the Sprint Championships take place in Armagh, which looks to be a very attractive city. The terrain description covers everything - urban streets, campus, parkland and open grassland. Hilly in parts, with concrete, tarmac, grass and woodland - choice of footwear could be very important, especially if it

rains!



Sunday is the middle distance race in Drumkeeragh Forest, which is described as a small but varied and challenging forest; combining a mix of densely planted pine forest with poor visibility and more mature open areas which provide good running.



**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 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 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.





## Reminder - 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



The 2023 Orienteering World Cup consists of ten races divided over the World Cup rounds. Round 1 consisted of a Long distance race, Middle distance race and relay - all set in the technical forest of Ostfold in Norway. As you would expect from a World Cup event, the area provided both serious physical and navigational challenges, and the Scandinavians and the Swiss were dominant. In the men's races Norwegian Kasper Fosser took the win in both the Long and the Middle. Astonishingly, in the Long, after running a course of 15km, his

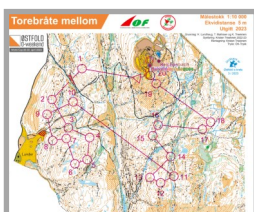


winning margin was only 3 seconds. In the Middle, he took a much more comfortable win with a margin of 16 seconds! In the women's races Sweden were dominant. On the 12km Long course, experienced Tove Alexandersson took the win from her compatriot, with a winning margin of just under a minute, but on the Middle the roles were reversed with her team-mate, Sara Hagstrom taking the win by 10 seconds. (There were 6 Swedish runners in the top ten!).

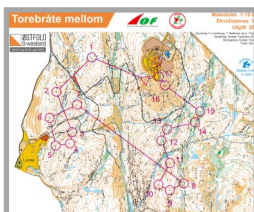
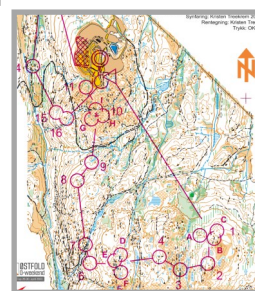
Best of the Brits were Megan Carter-Davies and Ralph Street. Meg ran consistently to finish in the top 20 in both the Long and Middle races, managing 17th in the Long and 15th in the Middle. Ralph was 27th in the Long and 34th in the Middle. WCOC members Niamh Hunter and Alastair Thomas were the youngest members of the GB squad and it was Niamh's first senior competition for GB. It is fair to say that Niamh did not have a great Long run. She lacked energy which was not good on the tough terrain, but she was pleased to get around. She enjoyed her Middle race far more and the GPS tracking showed that she had no major navigational issues. She joined 4 other British women who all finished around the 48-min mark, which was a big improvement from the Long.

Unfortunately for Alastair, it wasn't meant to be. He struggled for pace on the Long race, and after a good strong start in the Middle, at one point registering the fastest time to the first TV control, a navigational error on the long leg dropped him down the standings.

In the relays, perhaps unsurprisingly, Sweden took the win in the women's race, but only with a winning margin of 12 seconds over the Swiss team. In the men's relay Ukraine were leading after the 1st leg, but again Sweden were just too good, taking the win from Finland, again by 12 seconds.



In the men's relay- GB1 came a creditable 19th, after a good run from Ralph Street on leg 3. GB2 were well down after the first leg handover to Alastair but Al ran well, catching up 3 places which is no mean feat at this level, and the team ended up 35th.



In the women's race, a poor first leg for GB1 meant that at the 1st handover, GB2 were ahead of GB1. Niamh on 2nd leg for GB2 ran a reasonable leg but dropped a few places, but managed to stay ahead of the GB1 Team at the handover, however with Megan Carter-Davies running final leg for GB1, they caught and overtook the GB2 team, leaving the two GB women's teams to finish 67th and 68th respectively. It will have been great experience gained for Niamh and Al, and brilliant to see their hard work and commitment paying off. You can still watch the GPS trackers for all races by visiting <https://orienteering.sport/event/orienteering-world-cup-round-1-3/welcome/> (Maps on left top W's middle, bottom M's middle and on the right W's relay Leg 3 top and M's relay Leg 3 bottom).

