



**Summer Series - KESWICK SPRINT.** Another big thank you to Steve Birkinshaw, Alan Irving and several other club members who stepped in at short notice to make this event happen. On the 3.4km Long course, competition was tight with the top 4 all within a minute of each other. Matthew Atkinson (IND) took the win in 18:40, with Phil Winskill 2nd in 19:26, and Sam Stead 3rd in 19:33. The rest of the top ten was made up of Ruben Razzetti 4th, Dan Heppell 5th, Jamie Rennie 6th, David Wilson 7th, Emma Crawford 8th (1st lady), Emma Stuart (BL) 9th (2nd lady), and Wilf Teasdale 10th. Daisy Rennie was 3rd lady.



On the 2km Short course, Lily Clarkson took the win in 18:56, with Susan Skinner 2nd in 20:10 and Ian Teasdale 3rd in 20:13. The rest of the top ten was made up of Jim Morris (IND) 4th, Sam Morris (IND) 5th, Janette McHendry 6th, Michael Pearson 7th, Flora Ballester (IND) 8th, Roger Jackson 9th, and George Rennie 10th. On the novice course, Wilf Clarkson took the win, with Cerys Naylor 2nd and Jessica Crellin 3rd. Isabelle Crellin was 4th, Anne Stockley 5th, and Sola Holmes and Kyra Green were joint 6th.

**Summer series - This week's event takes place at Latrigg Top**, mainly fast running, hilly, open grassland, with some areas of gorse. All details are on the WCOC website. Please park considerately and car share where possible. Entries are open on Racesignup and close at 23:59 tomorrow.

Upcoming Summer series events: 18/05/2023 - Wythop/Hogg Wood/Ladies Table; 25/05/2023 - Hogs Earth (Borrowdale); 01/06/2023 - Mosser Fell; 08/06/2023 - Threlkeld Knots; 15/06/2023 - Ling Fell; 22/06/2023 - Owsen and Burnbank.

#### 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 high-points tally at the end of the series.

**Warrior Orienteering** - Battleaxe events - event 3 - Chapel House/Whitstone Fell - 31/05/2023. Details and entries on warrior-orienteering.org.uk

#### **Good News! Allerdale Bike Challenge is back!**

The entries for this year's ABC have been late opening due to problems with the BMBO website, but finally we can announce that the system will be up and running and ready to receive your entries after the weekend.

Once again we have five events to test your navigational and physical ability... or you can simply poodle around and enjoy the views. Whatever takes your fancy.

31st May - Allonby exact location to be confirmed.

14th June - Mae's Tea Room, Uldale

21st June - Lowther Arms, Mawbray

5th July - Biketreks, Keswick

12th July - Inn at the Bush, Kirkbride



Note that it is not the usual 2-week format. The usual rules apply - that is 2 hours to find as many of the 25 controls as possible.

The first event is on 31st May. Unfortunately, our chosen venue has been double booked so we are likely to run from a car park in Allonby exact location to be confirmed.

Full details of times and locations etc can be found on the BMBO.org.uk website as always.

Last year we raised over £400 for local charities. Let's beat that this year! (Angela & Tony Brand-Barker)



Thank you to everyone who has come forward to fill the key roles for the British Night Champs which WCOC are organising. All key roles are now full.

However an event of this size will need all Club members to take an active part in volunteering in the run up to the event and on the night so keep any eye out for further requests for help nearer the time.





### Reminder - Dalegarth Galoppen - Sunday 21st May 2023

The preliminary details have now been added to the Club website and more details can be accessed via SiEntries ([https://www.sientries.co.uk/event.php?elid=Y&event\\_id=11747](https://www.sientries.co.uk/event.php?elid=Y&event_id=11747)) for this event in Eskdale. Entries close **Wed 17th May 2023**.



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.

### British Sprint and Middle Distance Championships Weekend

A small but select group of Club members made the trip across the Irish Sea to take part in the British Championships, with the Saturday sprint taking place in Armagh City and the middle-distance at Drumkeeragh Wood.



The sprint consisted of a qualifier and a final, although for several courses due to low numbers, all runners ran in the final.

As can be seen from the map, the area provided a good, complex area for sprint orienteering with plenty of route choice. In



the qualifiers there were some top runs from WCOC members, with Joe Sunley 1st on M20, Jamie Rennie 2nd on M50, and Emma Crawford 2nd, Isabel Sunley 4th and Daisy Rennie 6th on W18. Optimism was high for some good results going into the finals, and I am

pleased to say that WCOC did not disappoint! Joe maintained his winning form to take the win on M20A, and on W18A, it was a great WCOC, 1,2,3, with only seconds separating the 3 WCOC girls. Daisy came out on top, with Emma 2nd and Issy 3rd. Jamie maintained his strong form to take the podium in 2nd and Bob Dredge took the podium in 3rd on M70A. Alex Crawford just missed out on the podium finishing in 4th.



Sunday saw the action move to the small but interesting Drumkeeragh Wood for the middle-distance event. Could WCOC members repeat their success from the sprints? The answer was 'yes'.

Joe Sunley had another great run to take the win on the M20 course, making him double-British Champ, and Daisy Rennie did the same to take the win on W18, meaning that she also did



the double! Amazing achievement for both! Jamie Rennie maintained his good form to finish 2nd on M50, and Issy Sunley made the podium again in 3rd on W18. Well done to all WCOC members who made the journey, and took part and special congratulations to our new British Champions!



### More WCOC members on the news on British Orienteering - Charlie Rennie enjoying his pre-JWOC training camp



British Orienteering  
16 h · 🌐

Some of our juniors have spent some time in Romania and have taken part in the Electro Sistem Cup over the weekend.

This is in preparation for the Junior World Championships later this year.

in Romania.

Hope your preparation is going well!