

#### Week 20 22 05 2023 West Cumberland Orienteering Club

Summer Series - Wythop/Hogg Wood/Ladies Table- Summer series - Thanks to Ian Teasdale for organising last week's event, and well done in managing the last minute changes to the courses resulting from access issues. Hopefully everyone still enjoyed a slightly less challenging event. On the 4.62km course, Ruben Razzetti had a great run to take the win in 31:10, with Matthew Atkinson (IND) 2nd in 34:08, and Steve Birkinshaw 3rd in 34:12. The rest of the top ten was made up of James Chapman (BL) 4th, Jamie Rennie 5th, Karen Parker (BL) 6th (1st woman), Chris Swanepoel 7th, Jonty Goodwin 8th, Ian Cumpstey (BL) 9th, and Robert Simpson 10th. 2nd woman was Emma Crawford and Daisy Rennie was 3rd woman.

On the 2.97km Short course, Patrick Gorrill took the win in 30:54, Lily Clarkson was 2nd in 32:50 and Sue Skinner and Bob Barnby were joint 3rd in 35:08. The remainder of the top ten were George Rennie 5th, Carol Edwards (BL) 6th, Julie Ferris-Worth (BL) 7th, John Ferris-Worth (BL) 8th, Raymond Wren (BL) 9th and Christine Kiddier (BL) 10th.

On the novice course Sola Holmes took the win, with Beatrix Gorrill 2nd, Kyra Green 3rd, Hiroki Holmes 4th, Finn O'Donnell 5th, Emily Brookes 6th and Chris Brookes 7th. (As ever full results can be found on the WCOC website).

This week's event - Hogs Earth (Borrowdale) - Parking is at the NT carpark at Surprise View. Parking is tight so please park considerately and car share if possible. Thanks to Charlie Rennie - early starts available from 3pm. Area is described as, lovely runnable, technical Lake District Scandi -style skog! Entries open on Racesignup and close 23:59 Tuesday.

Upcoming Summer series events: 25/05/2023 - Mosser Fell; 08/06/2023 - Threlkeld Knotts; 15/06/2023 - Ling Fell 22/06/2023 - Owsen and Burnbank.

### Other Local Events

WCOC Galoppen - Border Liners - Sunday 18th June 2023 - Binsey Galoppen.

Lakeland Orienteering Club. Spring series events on Weds - 24th May, Newton Fell. Check LOC website for details.

Warrior Orienteering - Battleaxe events - event 3 - Chapel House/Whitestone Fell - 31/05/2023. Details and entries on warrior-orienteering.org.uk . NB there will be a BBQ, cake stall and drinks available to raise funds for the NWJS - please support if you are attending.

## Good News! Allerdale Bike Challenge is back!

The first event on 31st May is fast approaching. There is no entry on the day. You MUST pre-enter by 29th May 2023. The event is on roads so any bike is suitable. Dibbers can be hired.

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.

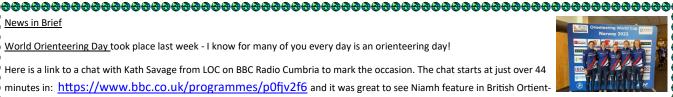
The first event is on 31st May. Unfortunately, our chosen venue has been double booked so we are likely to run from a car park in Allonby exact location to be confirmed. Full details of times and locations etc can be found on the BMBO.org.uk website as always.

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

# News in Brief

World Orienteering Day took place last week - I know for many of you every day is an orienteering day!

Here is a link to a chat with Kath Savage from LOC on BBC Radio Cumbria to mark the occasion. The chat starts at just over 44 minutes in: https://www.bbc.co.uk/programmes/p0fjv2f6 and it was great to see Niamh feature in British Ortienteering's promotion of the day.

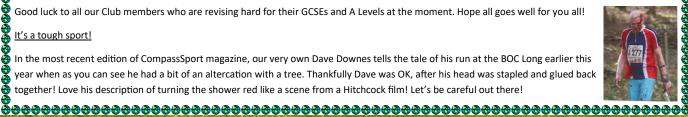


# Exam Season

Good luck to all our Club members who are revising hard for their GCSEs and A Levels at the moment. Hope all goes well for you all!

## It's a tough sport!

In the most recent edition of CompassSport magazine, our very own Dave Downes tells the tale of his run at the BOC Long earlier this year when as you can see he had a bit of an altercation with a tree. Thankfully Dave was OK, after his head was stapled and glued back together! Love his description of turning the shower red like a scene from a Hitchcock film! Let's be careful out there!



Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

# Dalegarth (Eskdale) Galoppen Thank you to all those involved in organising such a great event yesterday. Special thanks to Ann and Richard Cummings for planning the courses, controller Roger Thomas and organiser Helen Rennie, and thanks to the big team of volunteers for doing all the jobs that helped the event run so smoothly. Also many thanks to Janette for organising the cake stall and your support which saw us nearly completely sell out of cakes! The funds raised help to support our juniors with opportunities to benefit from coaching, attend training camps and compete in national and international Turning to the results, there were some good performances on the day. On the 7.6km Brown course, there was a 1, 2 for WCOC, with Ruben Razzetti taking the win in 54:01, and Dan Heppell less than a minute behind in 2nd in s time of 54:57. The win was even more impressive as the WCOC duo saw off the challenge of the visiting EUOC elites! Steve Birkinshaw also made the top ten in 6th, and Jamie Rennie was 9th. Isaac Hunter and Phil Winskill made the top 20 in 15th and 18th respectively. Daisy Rennie was 4th woman and Isabel Sunley was 5th woman. On the 6.4km Blue course, LOC took the win but there were four WCOC in the top ten. Simon Hunter was 2nd, Toby Heppell 3rd, Alan Irving 8th and Mike Billinghurst 9th. Others making the top twenty were Bob Dredge 12th, Martin Skinner 18th, Caitlin Pearson 19th (6th woman) and Howard Leslie 20th. On the 3.9km Green course, the win went to LOC, but George Rennie took 2nd, Eva Humphreys 5th, Lynne Thomas 11th, Sue Skinner 14th, Ian Teasdale 17th and Margaret MacKenzie 20th. On the Short Green there was a great top ten presence from the WCOC women, with Catherine Wetherfield 4th, Kim Leslie 5th, Janette McHendry 6th and Liz Elliott 9th. It was good to see Mike Pearson back out there in 14th, and Gwen Rea was 16th. On the Light Green course, Jenny Brand was 2nd, and on Orange, Sola Holmes was 2nd and Jane Hunter was 5th, and Beatrix Gorrill was 5th on the Yellow course. Well done all. (Full results are on the WCOC website). As well as completing his course, Mike Pearson was again busy with his camera, and for some; there was even time for a dip in the river and a spot of construction work!