



**Summer Series - Owsen and Burnbank** - Thanks to Mike Billingshurst for organising last week's event. On the 5.1km Long course, Charlie Rennie took the win in 32:22; with Dan Heppell 2nd in 35:11, and Jamie Rennie 3rd in 37:32. The rest of the top ten was made up of Toby Heppell 4th, Karen Parker (BL) 5th, (1st lady), Keith Tonkin (BL) 6th, Matt Stephens 7th, Dan Parker (BL) 8th, Isaac Hunter 9th, and Stuart Crawford 10th. In the women's race, Ange Jackson was 2nd and Lynne Thomas was 3rd.

On the 3km Short course, John Taylor took the win in 30:49, Martin Skinner was 2nd in 31:34, and George Rennie was 3rd in 32:12, and the rest of the top ten was made up of Ian Teasdale 4th, Roger Thomas 5th, Sue Skinner 6th, Eva Humphreys 7th, Paul Watson (BL) 8th, Carl Humphreys 9th and Alex Crawford 10th.

On the novice course Beatrix Gorrill was 1st, Patrick Gorrill was 2nd, and Chris Brookes was 3rd. Emily Brookes was 4th, Ethan McDonald 5th, Helen McDonald 6th, Hiroki Holmes 7th and Finn O'Donnell 8th. (Full results are on the website).

### **This week's event - Parish Relays - Marron Leys - Start 6pm**

As mentioned last week, this is a fun event with courses suitable for all. Teams will be allocated (although special requests will be considered), and Mike will try to balance the teams as best he can. Likely to be 3-person teams, running 3 legs, with the middle leg shorter/easier for juniors. Courses will be roughly, (1) 2km, (2) 1.2km (3) 2km. There will be gaffling (i.e not all courses will visit the same controls in the same order) so it's important to check control numbers carefully.

The routes mostly use the paths and open runs through the area. But, some controls do venture into areas with significant summer undergrowth, so lower leg cover is recommended, along with insect repellent.

PLEASE arrive in plenty time for the targeted mass start at 6PM. (Maps and instructions will be issued).

ENTRIES to Mike Harrison ASAP. [Entries by email to Mike not Racesignup and are free to Club members] - [mikeharrison@yahoo.co.uk](mailto:mikeharrison@yahoo.co.uk)

EMAIL Mike by Tuesday 23:59 AT THE LATEST. Then just turn up on Thursday and enjoy the fun!

Other upcoming Summer series' events - 06/07/2023 - Blakeley Raise; 13/07/2023 - Setmurthy; 20/07/2023 - Knock Murton; 27/07/2023 - Southerndale.

**Special information for Blakeley event** - the Easy course is longer and has more climb than usual - approximate red/long orange standard. Younger and novice juniors should be accompanied. The Easy course mostly follows paths/line features.

### **Other Local Events**

Border Liners - Saturday 15th July 2023 - Nunwick Hall, Great Salkeld - see BL website for information.

Lakeland Orienteering Club - Summer series events continue on Wednesdays - Check LOC website for details.

### **Allerdale Bike Challenge**



Last week's event took place from Mawbray so was much flatter than the week before but competitors still had to contend with the coastal wind which made things hard work when cycling into it!

Three riders managed to clear all controls, covering approximately 63km to do so - not bad for 2 hours riding whilst navigating. Several WCOC members ventured out on their bicycles and for anyone who still fancies having a go, there are still 2 events left in the series - Keswick - 05/07/23 and Kirkbride - 12/07/23.

As always entries and details via BMBO - [bmbo.org.uk](http://bmbo.org.uk)

Pre-entry required and entries close at 23:59 on the Monday before the Wednesday event.

### **Courses -**

For those new to orienteering, you may sometimes wonder what course you should enter and what the colour descriptions of courses mean. Usually for bigger national and international events courses will be described by the orienteering age class of the competitor and M for male, and W for women. Usually with a Short (S) and Long (L) option. However, there will often be colour-coded courses available, and these descriptions are used

for our Galoppen series. The British Orienteering explanation of the colour-coded courses is set out opposite. Occasionally you may get a Red course which is somewhere between Orange and Light Green. Even organisers will provide details of length of course and climb where appropriate so check these. For things like British Champs you need to enter your age class and the Long option to have a chance of becoming a British Champion. (Hope this helps!).

- **White:** easy and short; all on paths or tracks.
- **Yellow:** slightly less easy, and a little longer.
- **Orange:** not all on paths, and longer again.
- **Light green:** navigation skills needed; longer again.
- **Green:** the shortest technically difficult course.
- **Blue:** technically difficult, medium length.
- **Brown:** technically difficult and long.
- **Black:** even more so (only found infrequently).





Congratulations to Daisy Rennie on her EYOC performances over the weekend. The GB team made up of M/W16s and M/W18s took part in a sprint, a Long and then the relay. Daisy had a solid sprint and was within a minute of her W18 team-mates. On the tough long distance the British W18s all finished within 4 minutes of each other, mid-pack.



The final day was relay day and Daisy and her team-mates again had solid runs to finish 10th. Impressively the GB team finished 8th overall team out of 32 nations - a great team effort!

All results/splits can be found here - <https://eyoc2023.eu/>

There may be some GPS replays although there were issues with the GPS due to poor signal.



02 - 09 JULY 2023

Baia Mare, Romania

Competition kicks off with the Sprint on Mon 3rd July; a Sprint Relay on Tuesday (4 -legs), Middle Distance on Wednesday, (rest day Thursday), Long Distance Friday and Forest Relay Saturday - what a full on programme!

Good luck to WCOC junior Charlie Rennie who is part of the 12-strong GB team .

You can check out all the information here - <https://www.jwoc2023.ro/>

There is also some live streaming available.



## Saunders Lakeland Mountain Marathon

Next Event: 1/2 July 2023

Event Centre: Coniston



Good luck to all the WCOC members taking part in the Saunders this weekend. Fingers crossed the weather is kind for you all.



(Simon and Isaac last yr)

It would be great to have a report (or more than one ) of your Saunders' experience.

For details and results visit - [slmm.org.uk](http://slmm.org.uk)