



Summer Series - Setmurthy- Thanks to Dan Heppell for organising last week's event. In case you didn't find a normal map of Setmurthy confusing enough, there was the option of adding technical difficulty by opting for the map that had all the line features removed, even presenting a challenge for those who know the woods well! On the 5.1km Long course, interestingly all of the top ten ran on the modified map. Ruben Razzetti took the win in 52:26, with Angus Laird (INVOC) 2nd in 55:39, and Jamie Rennie (yes the one with the damaged shoulder) was 3rd in 60:55. The rest of the top ten was made up of Toby Heppell 4th, Simon Hunter 5th, Mike Billingham 6th, Dan Roach 7th, Keith Tonkin (BL) 8th, Karen Parker (BL) 9th (1st lady) and Niamh Hunter 10th (2nd lady). Daisy Rennie was 3rd lady.



On the 3.4km Short course far fewer opted for the modified map but interestingly, Roger Thomas, who did, took the win in 43:23. Jeff Goodwin was 2nd in 43:54 and Lily Clarkson was 3rd in 46:25. The rest of the top ten was made up of Kevin Hodgson 4th, Patrick Gorrill 5th, Tony Duncan 6th, Raymond Wren (BL) 7th, Bob Barnby 8th, Jenny Wren (BL) 9th and Deborah Goodwin 10th.

On the Orange course, Catherine Wetherfield was 1st, Ian Teasdale 2nd, Eddie Baldwin 3rd, Janice Nichols (BL) 4th and Finn and Nathaniel Atkinson were 5th, and on the Yellow course, Maisie Booth took the win, Richard Graham was 2nd, Justine Baldwin and Laila Baldwin were joint 3rd, Kate Graham was 5th, Finn Atkinson was 6th, Nathaniel Atkinson was 7th, Emily Brookes was 8th, Chris Brookes was 9th and Beatrix Gorrill was 10th. Full results are can be found at www.wcoc.co.uk under the 'Results' tab.

This week's event - Kniock Murton- Full details on the WCOC website. Please note the information re parking. Long and Short maps at the start. Yellow course runners collect your map from registration. Entries close 23:59 Tuesday (tomorrow).

Other upcoming Summer series events -Southerndale; 10/08/2023 - Uldale Fells; 17/08/2023 - Lowther Park. (NB no event 1st week in August due to S6D).

Other Local Events

Border Liners - Saturday 12th August 2023 - Eycott Hill - see BL website for information nearer the time. (Details not uploaded yet).

Lakeland Orienteering Club - Wednesday 16th August 2023 - Park Series 1 - Check LOC website for details.

Border Liners - Nunwick Hall event.



Thanks to Border Liners for their Nunwick Hall event last weekend. Several Club members took part. On the 4.3km Green course Lynne Thomas was the best Club finisher in 6th, with Roger Thomas just behind in 7th. Hannah Birkinshaw was 12th, and Emma Moody 20th. On the 3.2km Short Green course Michael Pearson was 5th, Jonathan Eaton was 7th, Liz Elliot was 8th, and Dave Fenwick was 9th.



Final report on this year's Allerdale Bike -O Series from Tony and Angela Brand-Barker - All too quickly the 2023 series has come to an end. Five more events and no rain!

The series has seen many newcomers have a go this year, some very successfully, most just simply having a good time! There were also lots of familiar faces (better not say old!). Indeed many have been supporting the series since we started way back in 2013. We made a special tenth anniversary mug as a memento in recognition of that support. Roger Jackson takes the honours for having done an amazing 48 out of the 50 events and shows no sign of giving up yet! To all of you, new or old, we thank you for turning up and supporting the series. It is always good to see new faces so why not bring along a friend next year?

50 events, over 300 riders, 1250 controls placed, and 21 different venues used.

We have to thank the different venues that have welcomed us. It has always been our policy to support local businesses and they have always made us feel very welcome. Sometimes opening up or staying open late specially to accommodate us.

We have also made many donations to local charities from the proceeds. Once we have done all our sums and paid the bills we will announce where this year's money will be going. We have received the support of a number of businesses who have donated prizes and vouchers. Our current sponsor, BikeTreds, kindly supplied vouchers for the winners this year.

Once again there were many close fought battles this year. Some to win the league or some simply to beat a friend.

The Woman's category could easily have gone any of three ways. In the end a single point gave the advantage to first timer, Astrid Gibbs.

Keeping it in the family Tom Gibbs had an emphatic win to retain his status as champion this year. Newcomer Alex Gibbs pushed him close on a couple of the events so watch out next year Tom.

Well done to all of the category winners this year. League results will appear here: <https://1drv.ms/x/s!AspM5jEt0EhyhAM8QwRxTXCA-FNI>

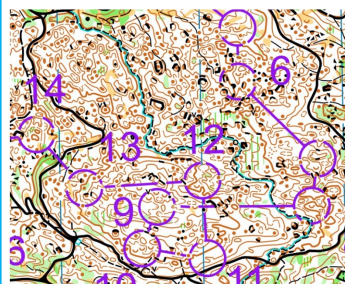
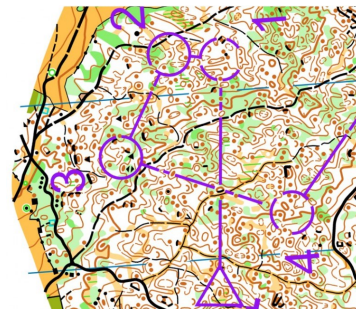
A final thanks to all of you, the riders, our venue hosts and sponsors. You have all contributed to making it a successful series and we look forward to welcoming you all again next year.

Ed -Well done to all the WCOC members who took part and a massive thank you to Tony and Angela for the time, effort and perseverance required to make the series happen!



World Orienteering Championships 2023

Very well done to Alastair Thomas on his second selection for WOC. Al's week started off with a successful middle distance qualification race, meaning that he would take his place alongside GB team-mate Ralph Street in the final later in the week. As would be expected of the World Championships the courses were technically difficult, in challenging terrain. The description on World of O says it all - The WOC 2023 Middle courses challenged the runners in many different ways, like a good Middle distance course should do. The courses started with extremely technical terrain with very low visibility where it was difficult to even move straight through the forest (see the first leg for the men above). After a longer route choice leg, the courses moved into more runnable technical terrain – but still very tricky. And finally the last part was more runnable and physically demanding, interspersed with tricky controls to spice it up.



(To the left is an extract from the faster, tricky part of the course.)

Al had a good solid run, finishing in 34th, a significant improvement from his relative qualification placing. Ralph Street finished 29th. In the women's race Megan Carter-Davies again showed her class to come home in 12th, and Grace Malloy was 28th. Meg's result was even more impressive when you consider she had also run the long-

distance race the day before and came home 7th in that. Other GB results were - Long distance - Cecilie Anderson 30th, Jo Shepherd 31st, Peter Bray 37th and Joshua Dudley 39th; and the forest relay GB women came home 8th and the men 17th.



The TV coverage of the event was good with the use of camera runners (it is incredibly impressive how they manage to keep up over the terrain whilst filming), drones and TV controls. As a GB fan, the relay was frustrating - both Will Gardner and Grace Malloy set off at a good pace on the 1st leg and were up with or close to the leaders. Sadly whilst being closely followed by a camera, Will had to turn back to a control he had just been at - no idea why, maybe his punch had not registered or he dropped something but that lost him significant ground, with him handing over to Joshua Dudley in 13th. Ralph was 12th on his leg, making up places to finish in 17th.

Again in the women's race Grace Malloy was keeping good pace with the leaders, until the long leg where Sweden went it alone with their route choice to the right of the line, which gained them a significant margin over the rest of the field including the GB team. Grace still came home in a creditable 10th place, handing over to Cecilie Anderson but there was too much time to make up to challenge for the podium. Meg had another superb run on the last leg, having the 3rd fastest leg time and making up 4 places to bring the women home in 8th. Perhaps unsurprisingly the results were dominated by Switzerland and Sweden, with Norway and Finland in the mix. Roll on next year's sprint World championships which takes place a bit closer to home in Edinburgh - better get the accommodation booked!

British Orienteering Survey - We know that as a Club we have had some access issues recently. Please visit British Orienteering which is working with other organisations to raise awareness of issues we, as a sport, face. The link to the survey is available via the article on the BO website. (britishorienteering.org.uk)

(This article appears on BO website) Extending access rights and opportunities in England

We all recognise that one of the biggest challenges our sport faces in the next decade is that of access to the countryside. Specifically, we are finding that we face increased restrictions, and at times exclusion, because we are an "organised sport" whereas we see the general public (and their dogs) roaming freely around the same areas without restrictions.

British Orienteering is a member of the Outdoor Industries Association and are working with them to be part of a small group of likeminded sports/activities (UK Active, the BMC, British Canoeing and Ramblers,) with the view of raising the awareness to politicians and decision makers of the challenges we face as a sport.

The British Mountaineering Council (BMC) have sent this survey. Can I suggest that members, if they feel it appropriate, to use this as an opportunity to: Raise the profile of orienteering (with the BMC and whoever the final report goes to) and

Raise the awareness of the difficulties we are facing in terms of access for "organised sport" vs general public/dogs.

Thank you

