



Summer Series - Knock Murton



Thanks to Jon Eaton for organising last week's event. On the 4.6km Long course, Dan Heppell took an emphatic win in 29:56, with Matthew Atkinson 2nd in 34:16, and Isaac Hunter 3rd in 36:11. The remainder of the top ten was made up of Simon Hunter 4th, Jamie Rennie 5th, Toby Heppell 6th, Steve Holmes 7th, David Spencer 8th, Andy Bradley 9th and Dan Roach 10th. In the women's competition, Daisy Rennie took the win, with Kate Charles 2nd and Issy Sunley 3rd.

On the 3km Short course, George Rennie took the win in 29:54, with Roger Thomas 2nd in 32:37, and Lily Clarkson 3rd in 32:59. The remainder of the top ten was made up of Sue Skinner 4th, Eva Humphreys 5th, Bob Barnby 6th, Carl Humphreys 7th, Raymond Wren (BL) 9th, and Richard Cummings 10th.

On the Yellow course, Issie Booth took the in win with Ian Teasdale and Catherine Wetherfield joint 2nd, Maisie Booth 4th, Emily Brookes 5th, Chris Brookes 6th, Katie Graham 7th and the Connor family 8th. Full results are can be found at www.wcoc.co.uk under the 'Results' tab.

This week's event - Southerndale- Full details on the WCOC website. Please note the information re parking and walk to registration, and note the warning on the Long and Short courses regarding the stream crossing. The start/finish for the Yellow is close to registration and 1km from registration for other courses. Whistles compulsory and cagoules may be if weather is poor. Entries close 23:59 Tuesday (tomorrow).

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

Help Needed

Message from Mike Billingham re the Autumn series. Please let Michael know asap if you can help - Time to get organised for the autumn series. This will be an informal series of 6 events in urban and park settings. Ideal for inexperienced and new planners to progress/start planning. The series is below. Please let me know if you are willing to plan one of these. For the first and third events the exact location will be agreed after discussion with the mappers concerned.

Date	Area	Planner
07/09/23	Workington (urban)	
14/09/23	Risehow Coast (Maryport)	
21/09/23	Whitehaven	
28/09/23	Woodhall	
05/10/23	Egremont	Pete Nelson
12/10/23	Curwen Park	

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.

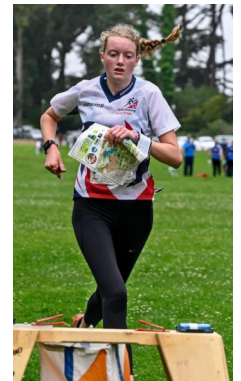
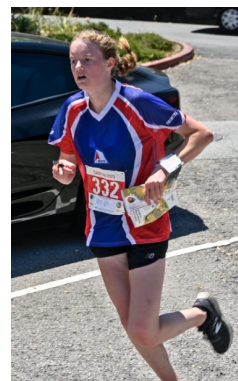
Cal-O-Fest



Emma Crawford has been busy slightly further out west than we usually go for club events. It started last week with a warm-up in Central Park with her Dad to beat the jet lag, and then moved over to San Francisco to take part in the first 2 days of the 10-event Cal-O-Fest on her own. No training-in-the-rain required here.



These were the Urban Park sprint & middle events, both in the shadow of the Golden Gate bridge. Fantastic 1st places were secured on both days in the F18 category, but a necessity to be a beach-bum near LA with some cousins precluded taking part in any further events towards Lake Tahoe.



No news has been received yet as to whether she did a shirt swap with anyone from the other WCOC in West Connecticut.

Good luck to all the WCOC members taking part in the S6D in the lovely forests of the Moray Firth; Darnaway, Culbin and Roseisle. Let's hope the sun is shining and the midges aren't biting!

There will be no newsletter next week. Remember there is no Thursday event.



New members_ Last but certainly not least a warm welcome to all our recent new members. We look forward to meeting you all at future events. Hello to-Matthew Atkinson, Flora Bellester, Kirsty Hewitson, Helen and Ethan McDonald, Jim and Sam Morris, Finn O'Donnell, Justine, Eddy and Connor Baldwin, Gerald, Megan and Tammy Connor and Stephen, Katie and Richard Graham.