



Summer Series - Southerndale - Thanks to Martin Skinner for organising the most recent Thursday evening event. On the 4.9km Long course, Jamie Rennie took the win in 34:14, with Charlie Rennie 2nd in 34:55, and Matthew Atkinson 3rd in 37:44. The remainder of the top ten was made up of Stuart Crawford 4th, David Spencer 5th, Alan Irving 6th, Mike Billingham 7th, Daisy Rennie 8th (1st lady), Kristian Groom (SYO) 9th, Kate Charles 10th (2nd lady) and Issy Sunley was 3rd lady, in 12th.

On the 2.7km Short course, George Rennie took the win in 30:32, Lily Clarkson was 2nd in 35:27, and Bob Barnby was 3rd in 36:55. The rest of the top ten were, Sophie Crawford in 4th, Jim Morris 5th, Glyn Blakey 6th, Raymon Wren (BL) 7th, Kevin Hodgson 8th, Richard Cummings 9th and Paul Morris (IND) 10th.

On the Yellow course, Issie Booth took the win with Maisie Booth 2nd, Wilf Clarkson 3rd, Laurie Finney 4th, Freya Finney 5th, Sandra Morris 6th, Ros Earthy 7th, Joss Neild 8th, Xanny Finney 9th and Ian Teasdale and Catherine Wetherfeild joint 10th. Full results can be found at www.wcoc.co.uk under the 'Results' tab. Normal Thursday night service resumes this week.

This week's event - Uldale Fells - Full details on the WCOC website. Please note the information re parking and park considerately. You must sign in before you run. The start is 1km from registration. The Yellow course has a bit more climb than usual and a taped section across open fell. Whistles compulsory and cagoules may be if weather is poor. Entries close 23:59 Tuesday (tomorrow).

Other upcoming Summer series events - 17/08/2023 - Lowther Park and 24/08/2023 - Graystones.

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. **Entries close - Wed 9th August via SiEntries. Courses - Green 4.2km, Short Green 3.2km, Very Short Green 3.2km, and Yellow 1.9km.**

Saturday 2nd September 2023 - Swindale North - details to follow.

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

WCOC - Sunday 3rd September - Whinlatter Galoppen - Entries open on SiEntries and close on Wed 30th August. Usual full range of courses Yellow to Brown. Also a junior selection race for Interland 2024. Look out for requests for help.



Scottish 6 Days Photos (Wendy Carlyle) (see later for report)



Thanks to Daisy Rennie for this report from her recent performances at EYOC.

From the 23rd of June to the 25th of June, I competed in the European Youth Orienteering Championships in Velingrad, Bulgaria. I flew out with the rest of the GB team on the 20th of June from London Stansted Airport. Our flight was delayed so we arrived at Sofia airport very late and actually got to the hotel at around 3am on the 21st! We were then allowed to sleep in, and we had a chill day after a long day of travel. We did some training for the long distance in a relevant forest later in the day – I did a map walk and then a longer course with some long legs. It was good to get a feel for the mapping and the type of terrain I would come across in the forest. On the 22nd, the day before the first race, we did some sprint training in the morning and then we went to the long model event in the afternoon. This helped me to prepare myself for the events and boosted my confidence going into the weekend.



(The GB team taken after the sprint race.)

The next day was the Sprint race, held in the town center of Velingrad. My start was very late, so I had a lot of time in quarantine, but I played games and read my book to pass the time. The sprint race was my worst run of the competition, but I still learned a lot and had a fun experience. I made a small mistake at number 7 and then my race really unraveled, and I was struggling to pick routes and I was very scrappy. It was my first international race with GPS tracking though so that was very exciting! It was an amazing atmosphere at the competition as well. Later that day, we went to the opening ceremony of EYOC. We had a big flag to wave, and all the countries walked down in a procession. We then watched the prizegiving for the sprint and we also watched numerous dance performances.

The following day was the Long race. I had an early start this time, so I didn't have much time to spend in the quarantine. I really enjoyed my race in the Long. I made no big mistakes, only a couple of small height errors which was easy to do on the steep hills. I had a really fun time on the course, and I was very happy with my execution of the race.

Later that day, we went to the Friendship party which was also in Velingrad town center. There was very loud music and even a mosh pit so it wasn't that enjoyable but I still had a fun time with my teammates.

On the last day of EYOC, we had the relay competition. Because of my result in the long, I was able to be in the GB W18 team, as one of us had to go in a mixed team because there was 4 of us. I was on 2nd



(Relay team of me, Iris and Alice.)

leg in a team with Iris Macmillan and Alice Kemsley. I had another good run, and the terrain was amazing and really visible which made it so fun for orienteering. Our team was 10th overall so we were happy with that. We then travelled to Sofia airport and flew back to England. I had a really fun time at EYOC and enjoyed myself a lot, both in the races and the rest of the time. I gained some more international experience and learnt a lot which I can take onto the selection races next year and hopefully another international competition



Junior Summer Camps/Tours

There is no rest for our juniors during the summer holidays, with several camps and tours organised by JROS. Toby attended the Deeside camp. Isaac and Myrtle are off to Czechia, Emma has been selected for Gothenburg and Daisy, Dan and Ruben are all off to Stockholm. Exciting times for our juniors - have fun!

Home Internationals

The home internationals take place annually and see the home nations of England, Scotland, Wales and Northern Ireland compete against each other.

Selections have been confirmed for the JHIs and VHIs and WCOC have interest in both competitions.

The VHIs take place in the Forest of Dean from 30th Sep - 1st Oct, and WCOC's Jamie Rennie has been selected to run the M50 class.

The JHIs take place in the Birmingham area from 6th - 8th October. WCOC juniors selected are Isaac on M16, Ruben on M18 (with Dan as reserve), and Daisy on W18 (with Emma as reserve).

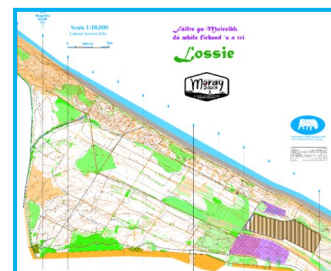
Good luck to everyone!



Scottish 6 Days 2023

It was great to see so many Club members taking part with just over 50 WCOC members there, and a few others running for other Clubs, including EUOC and SHUOC. Competition took part on some of the best orienteering areas in the UK.

Competition kicked off in Lossie Forest with a Long distance event which proved to be challenging. The longer courses started in the complex dunes, with exceptionally busy contour detail before moving into the forest, whereas the shorter courses headed straight into the forest. The area proved to be difficult, with several paths on the ground that were not on the map (and vice versa), and

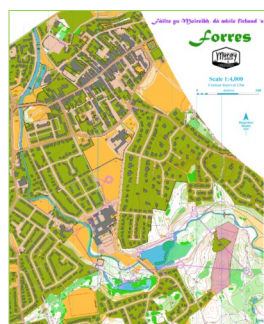


indistinct rides.

Day 2 saw the action move to Darnaway for a Middle Distance event including the World Ranking elite races.

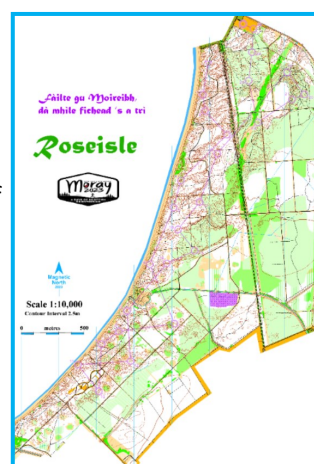
This area, in contrast to Day 1, had less intricate contour details, with the features generally being more distinct on the ground. Most people managed to get around in the dry but the prize-giving for the WRE proved to be a soggy affair, but it was only right to wait to give Niamh a cheer for her 2nd place finish!

Day 3 moved to the gorgeous Roseisle for another Long distance event. The sun shone, the assembly and run in provided a lovely grassy area for socialising and the walk to the start was short! Again, the area provided much complex, contour detail on the strip of dunes running along the seaward side of the map before moving into the forest. Several people seemed to get caught out on the Green area shortly before the finish. This was a wonderfully warm and sunny day and so it was no

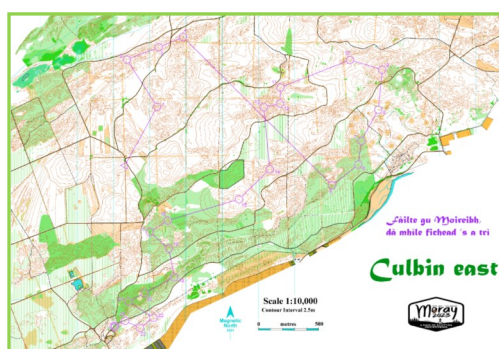


surprise to see various gangs of orienteers cooling off in the sea after the event!

Wednesday was the 'rest' day but for those who wanted yet more orienteering, EUOC organised a sprint event around Forres. Other rest day activities included visiting a walled garden, walks in the area, cycling and swimming in the River Findhorn.

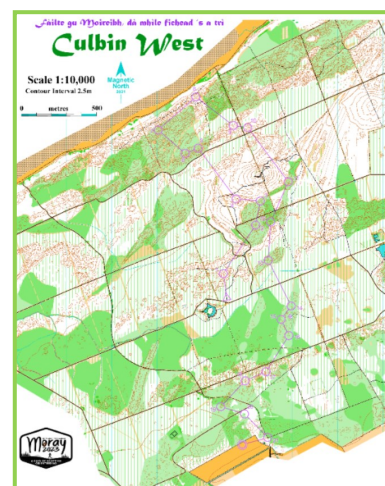


Days 4 and 5 were two days of competition in Culbin forest, day 4 was the Long (East) and day 5 the Middle distance (West).



Day 4 started off wet but luckily by the time we were running the rain had subsided. Culbin East provided largely good running in the open areas, with sandy paths, and areas of new plantation making for good going.

By contrast Day 5 had many more green areas and extensive heather cover, making the going tough.



In terms of the results the Club had many good performances and several members who finished just off the podium in the overall results. In W21E Niamh Hunter had consistent runs all week, coming 2nd on the first four days. (In the W/M21E all days counted towards the overall title so there was no chance to drop a poor day as there was in the other classes). Going into the final day Niamh was 34 seconds down on the current leader Helen Bridle. Niamh was off 2 minutes ahead of Helen and so it was a nervous wait at the finish line as Niamh came home in a good time of 37:18. The target time of 2:34 passed, giving Niamh the overall win by 46 seconds! Graham Gristwood took the overall M21E title.

Another WCOC member to finish on the top step of the podium in the overall results was Carys Thomas on the W20S course. Carys took 4 wins and a 2nd to give her an emphatic win over the rest of the field - well done both!` (continued over)

Several Club members had strong performances across the week and Isaac took the win on M16 on the first day at Lossie.

Top performers overall; some just missing out on a podium spot, were Mike Billingham 4th on M60L, Jame Rennie 4th on M50L, Steve Birkinshaw 4th on M35L, and Joe Sunley 4th on M20L.

Others finishing in the top ten, Issy Sunley 5th and Daisy Rennie 9th on W18L, Isaac Hunter 8th on M16, Ruben Razzeti 9th on M18L, and Simon Hunter 9th on M50L.

In the Forres sprint there were 7 finishers in the top ten; MV - Jamie Rennie 5th, MJ - George Rennie 9th, WO - Daisy Rennie 6th and Emma Crawford 8th, WV - Alex Crawford and Helen Rennie joint 9th (and no they didn't go around together!), and WYJ - Sola Holmes 10th. Well done everyone on a great week in Scotland!

Thank you to all the WCOC helpers at the Day 5 event. (It is worth remembering that at big national events, there is often a box on the entry system that you can tick to confirm your willingness to help at the event).

See below a selection of photos from the week.



No S6Ds next year but remember Croeso '24 and WOC in Edinburgh next year!