



**Summer Series - Uldale Fells** - Thanks to Simon Thomas for organising last week's Thursday evening event. On the 5.1km course, Dan Heppell took the win in 33:26, with Ruben Razzetti 2nd in 35:34, and Steve Birkinshaw 3rd in 37:03. The rest of the top ten was made up of James Birkinshaw 4th, Michael Osborne (LOC) 5th, Karen Parker (BL) 6th (1st lady), Jonty Goodwin 7th, Ian Cumpstey (BL) 8th, Jamie Osborne (LOC) 9th and Toby Heppell 10th. 2nd lady was Ruth Walker and 3rd lady was Ange Jackson.

On the 3.7km Short course John Ferris -Worth (BL) took the win in 40:41, Ellie Todhunter (SROC) was 2nd in 40:53 and Raymond Wren (BL) was 3rd in 41:18. The remainder of the top ten was made up of Jim Morris 4th, Ann Cummings 5th, Jeff Goodwin 6th, Bob Barnby 7th, Glyn Blakey 8th, Paul Watson (BL) 9th, Sue Skinner 10th.

On the Yellow course, Millie McLoughlin took the win, Maisie Todhunter was 2nd, Leena Madden was 3rd, James Johnson 4th, Jenny Benson 5th, Sam Morris 6th, Sandra Morris 7th, Joss Nield 8th, Aoife Nield 9th and Ian Teasdale. 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 - Lowther Park.** Full details on the WCOC website. Please note the important information about the possible presence of timber lorries and the need for access. Park sensibly and follow any instructions. Full leg cover recommended. Keep off the log stacks and comply with the out of bounds instruction. You must sign in before you run. Entries open on Racesignup and close 23:59 Tuesday (tomorrow).

Other upcoming Summer series events - 24/08/2023 - Graystones, Autumn series starts - 07/09/2023 - Workington.

**Help Needed - Reminder**

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 Mike 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 2nd September 2023 - Swindale North - details on BL website. Entries open on SiEntries and close Wed 30th August 2023. Courses available - Blue, Green, Short Green and Novice. (You can make it a double-header with the Galoppen the following day - see below).

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.



Border Liners - Eycott Hill event

Thanks to Border Liners for last week's event. Several Club members took part in the event. On the Green course, Ruben Razzetti took the win, with James Birkinshaw 2nd, and Steve Birkinshaw 3rd. Others in the top ten were Matthew Birkinshaw 7th, Simon Thomas 12th, and Howard Leslie 16th. On the Short Green course Nick Evans took the win, Janet Evans was 8th, Kim Leslie 11th, Jon Eaton 12th, and Liz Elliot 15th. On the Very Short Green course Catherine Wetherfield and Ian Teasdale were joint 2nd.

**WHAT NORMAL PEOPLE THINK OF WHEN THEY HEAR "GREEN AREA":**



**WHAT ORIENTEERS THINK OF:**



Congratulations to GB's Ralph Street on his impressive first place in the Sprint event at the recent World Cup event in Czechia.

