



Summer Series - Gravestones - Thanks to Bob Barnby for organising the finale of the Summer series which turned out to be a lovely evening for a wonder around the open fell. On the Long 4.9km course the win went to Toby Heppell on an impressive time of 33:26. Ian Cumpstey (JOK) was 2nd in 40:02 and Dan Roach took 3rd in 40:16. The rest of the top ten was made up of Chris Swanepoel 4th, David Spencer 5th, Andy Bradley 6th, Dan Parker (BL) 7th, Stuart Crawford 8th, Caitlin Pearson 9th (1st lady), and Simon Thomas 10th. Kate Charles was 2nd lady and Lynne Thomas was 3rd lady.

On the 3.8km Short course, Martin Skinner took the win in 40:57, with Roger Thomas 2nd in 43:17, and Glyn Blakey 3rd in 43:34. The rest of the top ten was made up of Nick Evans 4th, Jeff Goodwin 5th, Lily Clarkson 6th (1st lady), Raymond Wren (BL) 7th, Susan Skinner 8th (2nd lady), Margaret MacKenzie 9th (3rd lady), Richard Cummings 10th.

On the Yellow course, the honours went to Wilf Clarkson, with Dale Colclough (POTOC) 2nd, Russell Hedley 3rd, Jenna Hedley 4th, Sandra Morris 5th, and Catherine Wetherfield and Ian Teasdale joint 6th.

NO THURSDAY EVENT THIS WEEK.

Autumn series - 07/09/2023 - Workington; 14/09/2023 - Risehow Coast (Maryport); 21/09/2023 - Whitehaven; 28/09/2023 - Woodhall; 05/10/2023 - Egremont; 12/10/2023 - Curwen Park, Workington.



REMINDER - WHINLATTER GALOPPEN (& INTERLAND SELECTION RACE FOR JUNIORS) - SUNDAY 3rd SEPTEMBER.

Full range of courses Yellow to Brown so something for everybody. All courses distances confirmed on website.

Full details on WCOC website (including the Interland info). Entries via SiEntries and

CLOSE 23:59 Wed 30th August. We need those Galoppen points so get those entries in!

Janette could still do with an extra couple of marshalls so if you are able to help please contact Janette asap - janette@jossy.co.uk.

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).

Lakeland Orienteering Club - Wednesday- Park Series - Check LOC website for details.



Well done to Charlie Rennie and the rest of the GB team. Charlie had mixed fortunes, struggling somewhat on the Middle day, finishing in 33rd. In the Long event Charlie had a good run to finish 22nd, less than a minute behind



Tryner in 20th, and in the relay he has a solid run as part of a mixed team. There were some good performances overall with several top ten performances over the 3 days. In the overall results GB was 4th nation behind France, Finland and Austria and was equal on points with the Czech Republic and Germany.



Not exactly handy for folks in this part of the world but anyone wanting to enter the British Sprint Relay championships, note that entries close at midnight on 3rd September.



Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

Summer League overall results – Thanks to Pete Nelson for keeping track of the overall results. The top twenty on each course are copied below - full tables are available on the website, click on the link next to the results for Graystones.

It was another fantastic summer series. Thanks to all the organisers/planners who made the 15 events happen - they could not happen without you!

Somehow, Dan Heppell scraped up 8 races to win the Long, but closely followed by Ruben Razzetti, with new member Matthew Atkinson in 3rd. In the women's race Karen Parker (BL) took the overall win with Emma Crawford and Daisy Rennie separated by only 5 points 2nd and 3rd respectively.

On the Short course George Rennie saved the family's honour (Pete's words) by winning the Short, with Lily Clarkson 1st woman and second overall. Roger Thomas took the family honours finishing 3rd, ahead of Sue Skinner in 4th, although technically they were both 2nd! Bob Barnby was 3rd man and Janette McHendry was 3rd woman.

And Emily Brookes had a good season on the yellow to become first junior, with Wilf Clarkson 1st male. Roll on the Autumn series where I am sure there will continue to be plenty of good healthy rivalry and some scores to settle!

Summer 2023																					
Long Course				8 Best events			Avg is average of all scores				Total is best		8 scores								
Red scores are averages added for voided courses Blue scores are organisers' points taken from max score in the league						Kenwick	Lathrig	Wythop Woods	Hogs Earth	Mosses	Threikeld Knots	Ling Fell	Owsen Fell	Blakeley	Salmurthy	Knocknurt on	Southend ale	Udale Falls	Lowther Park	Graystones	
POS	Name	Class	Club	No.	Avg	Tot.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	Dan Heppell	M18	WCOC	8	495	3959	481				500		495	483	500	500	500				
2	Ruben Razzetti	M18	WCOC	8	493	3942	490	485		500		500	494	486	500	500					
3	Matthew Atkinson	M21	WCOC	9	472	3902	500	500	481	499			472		344	471	480		500		
4	Jamie Rennie	M50	WCOC	11	478	3891	478	500	462	500	467	460	478	468	500	446	500				
5	Toby Heppell	M16	WCOC	12	444	3641	439	437	415		438	444	500	449	432	426	435				500
6	Ian Cumpstey	M45	IOK	9	433	3489	409	426	490	424	407	433		405				420			474
7	Karen Parker	W60	BL	11	426	3474	417	434	440	454	439	424	426	425	403	398		433			
8	Isaac Hunter	M16	WCOC	9	429	3468	423	437	403	420	436	462	429	392		458					
9	Jonny Goodwin	M20	EUOC	9	413	3393			438		451	431	413	337	440	325		432	451		
10	Emma Crawford	W18	WCOC	8	424	3391	455	376	424	484	366	400	424					462			
11	Daisy Rennie	W18	WCOC	11	405	3386	434	402	410	497	413	425	405		376	315	377	400			
12	Steve Holmes	M50	WCOC	10	407	3382	429	375	421	480	401	422	407	311	399	423					
13	Dan Parker	M60	BL	10	410	3365	399	414	485	416	403	410	395	375				364			443
14	Stuart Crawford	M55	WCOC	13	406	3335	429	393	397	370	395	414	406	384	412	397	427		419	431	
15	Andrew Bradley	M60	WCOC	11	396	3303		406	383	464		370	396	377	402	308	419		373	457	
16	Michael Billingham	M60	WCOC	9	408	3301			382		381		408	450		411		415	374	450	403
17	Martin Skinner	M55	WCOC	12	357	3098	412	357	372	432	396	338	357		286	278	340	432	288		
18	Howard Leslie	M60	WCOC	10	363	3019		318		439	297		363	326	439			314	374	368	393
19	Kate Charles	W50	WCOC	8	368	2942	418	359	325			348			320		356	395			421
20	Issy Sunley	W18	WCOC	8	367	2940	425			465	347	411			277		352	367	295		

Summer 2023																					
Short Course				8 Best events		Avg is average of all scores		Total is best		8 scores											
Red scores are averages added for voided courses blue scores are organisers' points taken from max score in the league																					
Pos	Name	Class	Club	No.	Avg	Tot.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	George Rennie	M16	WCOC	11	486	3956	457	500	472	460	500	497	486	491	482		500	500			
2	Lily Clarkson	W14	WCOC	9	481	3883	500		487	486		500	481		448	479	468				482
3	Roger Thomas	M60	WCOC	10	477	3870			435	477	468		477	469	496	500	482			480	489
4	Susan Skinner	W55	WCOC	13	463	3822	487	380	473	444	458		463	453	483		472	487	457	486	471
5	Bob Barnby	M70	WCOC	12	454	3758			371	473	472	460	456			449	418	459	458	483	471
6	Ian Teasdale	M60	WCOC	8	462	3694	486	411	486	479	441	459	462	471							
7	Raymond Wren	M75	BL	12	426	3578			414	460	343		425	416	442	390	445	421	497	381	473
8	Paul Watson	M65	BL	9	425	3490			335		406	432		425	433	465		433		462	435
9	Roger Jackson	M75	WCOC	10	419	3437	461	366		394	439	442	419		397	388	458				426
10	Jim Morris	M40	IND	8	419	3356			374		277	433	419					433	494	460	
11	Janette McHendry	W50	WCOC	11	396	3354	465		426	313	355	421	396	380	424		402	337	439		
12	Deborah Goodwin	W60	WCOC	8	410	3276			413		427	389		369	427	415		412	424		
13	Glyn Blakey	M55	WCOC	8	402	3218	320					437		484	282		421	468	319	487	
14	Jenny Wren	W70	BL	10	382	3120		364	406	345			382	402			366	397		401	353
15	Kevin Hodgson	M50	WCOC	7	445	3113			427	466	427				479	468	428	418			
16	Alex Crawford	W50	WCOC	7	416	2915		379	418		447	416	425				434			396	406
17	Mike Cumpstey	M75	BL	9	351	2865		353	379	301	368	298	351			312			396		
18	Jeff Goodwin	M60	WCOC	6	477	2859				454					488	462			493	478	484
19	Elizabeth Elliott	W70	WCOC	14	328	2816		256	374	334	356	327	328	372	358	302	317	251	333	317	359
20	Jonathan Eaton	M65	WCOC	8	344	2756			355		359	303	346	369					374	270	381

Summer 2023																							
Yellow Course						8 Best events			Avg is average of all scores					Total is best		8 scores							
Red scores are averages added for voided courses Blue scores are organisers' points taken from max score in the league									Keirwick	Lathrig	Wythop Woods	Hogs Earth	Mosses	Threikeld Knots	Ling Fell	Owsen Fell	Blakeley	Semurthy	Knocknurt on	Southend ale	Udale Falls	Lowther Park	Graystones
Pos	Name	Class	Club	No.	Avg	Tot.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
1	Ian Teasdale	M60	WCOC	7	331	2319				499					200		499	165	299	339	317		
2	Sandra Morris	W65	IND	6	360	2159						341	360					313	338	457	350		
3	Catherine Wetherfield	W55	WCOC	6	353	2119				499							499	165	299	339	317		
4	Emily Brookes	W10	IND	5	423	2117			500	373				412		378	455						
5	Chris Brookes	M40	IND	5	423	2115			499	373				412		377	454						
6	Maisie Booth	W12		4	496	1984									500	500	490	494					
7	Wilf Clarkson	M12	WCOC	4	494	1976		500				500						476			500		
8	Sola Holmes	W12	WCOC	4	458	1832	374	500	500				458										
9	Beatrix Gorrill	W12	WCOC	4	364	1457				444	200				500		313						
10	Sam Morris	W12	WCOC	3	416	1247								416					376	456			
11	Kyra Green	W12	WCOC	3	406	1219		374		439				406									
12	Aoife Neild	W10	IND	4	290	1160			435		108			290					327				
13	Joss Neild	M10	IND	4	285	1142			442		159							214	328				
14	Millie McLoughlin	W16	WCOC	2	500	1000					500								500				
15	Issie Booth	W14		2	500	1000											500	500					
16	Finn O'Donnell	M14	IND	3	324	972				399	249			324									
17	Jessica Crellin	W12	WCOC	2	476	951		451												500			
18	Isabelle Crellin	W10	WCOC	2	472	945		450												495			
19	James Johnson			2	466	931							466						466				
20	Cerys Naylor	W10	WCOC	3	309	926	454	412			61												

Next up...here comes Toby Heppell's tour report all the way from Deeside!! Thankyou to Toby for such an entertaining and thorough report.

Watch out in the upcoming weeks for more reports from our juniors' holidays...oops training camps, (and yes, I'm looking at all of you in Stockholm and Gothenberg at the moment!) Any size report is greatly appreciated to help me fill some space pretty please.

Anyway get a cup of tea and some biscuits (or not, doesn't bother me), sit back, relax and enjoy.



DEESIDE 2023 TOUR REPORT

During the 22nd to 29th July I trained at the JROS Deeside orienteering training camp. This was based at Templars' Park, Maryculter (near Aberdeen). Accommodation was camping in tents, with an indoor space including a kitchen, dining room, and general purpose room (filled with about 10 old mattresses for no apparent reason, which over the week varied from seating to assault weapons). Catering was provided by the diligent Jackie, who provided a varied menu, of course spiced up with a barbecue (which I later turned into a fire). I was the only West Cumberland member (bar Simon as a coach) selected for the camp this year, however I was accompanied by two fellow North west members (Sam and Ben from LOC and SROC respectively).



DAY 0

VENUE: TEMPLARS' PARK

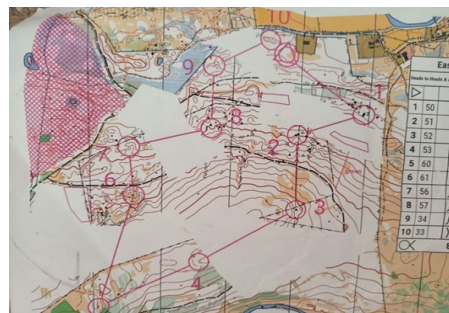
TERRAIN: CAR/FIELD

TRAINING FOCUS: ?

After a lengthy car journey with Sam, Ben and Simon (who kindly offered to drive us and thus spare us from the chaos of rail strikes), we arrived at the site via a track in much need of repair. The site was fairly large, consisting of a few fields, buildings, and wooded areas.

The first competitive activities were of the infamous team building variety. (This was preceded by throwing and (hopefully) catching raw eggs around a circle to 'get to know people') For the week we were divided into four highly competitive teams, imaginatively named 1, 2, 3 and 4. (Later changed to Simon's Angels, Basically France, Fish and Chips, and Headless Sheep). The team building exercises featured a sack race, and an egg and spoon race (both relays).

After food, we then did a Micro race, which is orienteering but in an incredibly small area. (about a 500m course, although I ended up running over a kilometre due to my navigational prowess). With a map scale of 1:Variable, different controls on the same feature, and a 30 second penalty for each mispunch, this truly was a highly competitive event. With a time of 10.09 I was just behind the winning time of 5.15, and definitely not last out of the boys.



DAY 1

VENUE: EASTER CLUNE

TERRAIN: TECHY FOREST

TRAINING FOCUS: PLAN

Parking was in what I believe I referred to as 'some random geezer's driveway', although it was later clarified that we did in fact have permission from the kind gentleman. The day featured a pleasant amount of technicality, but not so much that anyone was bent over the map muttering profanities. Underfoot was a mix of heather and rock, but still reasonably runnable. Training was based around the plan aspect today, involving what makes a good plan, and that it is in fact important to have a plan and not just run off and hope for the best. Upon pausing for lunch, someone discovered a lizard, which did however not feature on the menu but was released back into the woods. We concluded training that day with a Heads to Heads race, in which we raced as pairs, with a map whited out for every other control so that one of the pair had the map for half the controls, and the other of the pair had the map for the rest of the controls.

The evening featured some map geeking for Culbin (the area used for Days 4 and 5 of the S6D this year). I think it was during this that I was first jokingly referred to as 'the project', after suggesting that a great plan would be to take a bearing for a leg of about a kilometre and then just hit the control. (And also suggesting 'get good at navigation' in the goal setting part.) Rich T then suggested that (coach) Tommy's project for the week was to fix my navigation. This later became a running joke throughout the week.

DAY 2

VENUE: BALMEDIE

TERRAIN: SAND DUNES

TRAINING FOCUS: PICTURE

We began the day with a map walk, following a line on the map through the terrain whilst matching features on the map to the terrain. I then went and did a few exercises with coach Tommy Heap shadowing me, evaluating my navigation skills (or rather lack thereof). After accidentally missing a control, and then thoroughly failing at the next one, it became evident that there was some work to do. After a day of training, it was time to test my newfound ability to at least somewhat navigate in the mini-mass start ultra gaffle, devised by none other than tour manager Iain himself. I successfully managed to complete this without any major mistakes (despite sometimes having to stop entirely just to work out where on the map the next control was), leaving the day as a success.

After the training we also ran up and ran/rolled/jumped/fell down a very big sand dune, to great amusement and hilarity.

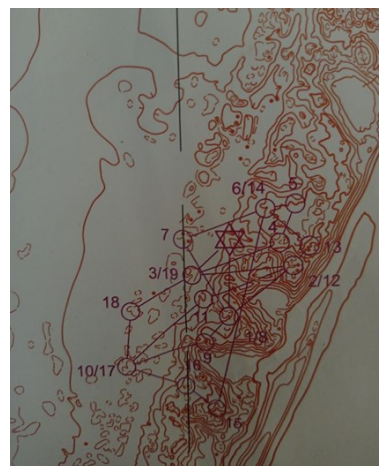
The evening's talk was on tech tac phys psych, being thus:

Technical: Navigation

Tactical: Route choice, map geeking etc.

Physical: Running training, strength and conditioning etc

Psychological: Pre race routine, pressure etc

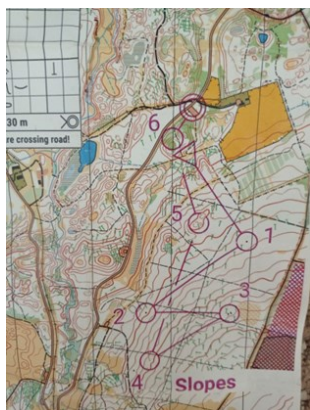


DAY 3

VENUE: GLEN DYE (EAST) / ELRICK HILL

TERRAIN: TECHY FOREST / BRACKEN MANIA

TRAINING FOCUS: DIRECTION



I started off the day with a few short courses, practising skills learnt yesterday, and most of all ensuring that I actually had a plan before leaving the previous control. After starting to think I was really nailing the nav, I moved onto a slopes exercise. This entailed a course entirely consisting of legs going diagonally across a slope. This was of course in the vague part of the area, leaving not much to go on other than a bearing. After a few slightly shoddy bearings and an accidental front-flip over a fallen tree, I started to nail them, proving that I knew how a compass worked.

The afternoon's competitive feature was this time a peg race. This entails a course where there are an unknown number of pegs attached to each main control. However, if you are one of the first to a control and get a peg, there is an extra control (with no pegs) that you must visit, for example if you got a peg at 3 you would run 3, 3a, 4. If you didn't get a peg at 3 you would just go straight from 3 to 4. Paul (lead coach) decided to start the race off by throwing all the maps in the

air and yelling go. After fighting for a map on the floor I sprinted off down the trail, determined to keep with the pack. This worked reasonably well, with no large mistakes until 5a and 6 where I became utterly confused in the green. This dropped me behind, meaning I unfortunately gained no more pegs for the rest of course.

This evening's activity was night O at Elrick Hill, something I had been looking forward to. I started in the twilight at about 10.15, and had a good start up the hill through some heather, hitting the controls spot on, until I reached number 3, and the true nature of the area was revealed in the form of 8ft high bracken, so dense that it was a fight to move. Despite this, I pushed on through the swiftly darkening night, but was caught by the train at 6. We then proceeded to mess it up drastically, eventually having to abandon the searching of bracken filled re-entrants to relocate on the path. After finally finding the control, the train continued, making a mess of 7. I then lost the train at 8 due to stopping to tie my laces, but as a result flew round the rest of the course without the distraction of the train. All in all an amazingly fun evening.



REST DAY

VENUE: TEMPLARS' PARK / STONEHAVEN

TERRAIN: MIXED

TRAINING FOCUS: SPRINT

We began the rest day with a sprint race, all sporting our Deeside tour vests. Before racing, coach Ben Gostick led a group warm up, involving A skips, B skips, and surprisingly enough C skips, amongst other things. I then did my own usual warm up to be thoroughly prepared for the race. After the sprint, we had an Iain led strength and conditioning 'taster session'. (I dread to think what the full thing would be like). We then had a session on training plans, the part of the week I felt most competent in (other than perhaps the bracken swimming night O on open fell).

For the afternoon's entertainment we headed to Stonehaven outdoor heated pool. Which sounded great, until I got a mouthful and eyeful of salt. Despite this, it was still enjoyable, thanks to various balls and floats.

The evening's entertainment came in the form of a barbecue, later turned into a firepit by myself and Sam.

DAY 4

VENUE: BIRSEMORE

TERRAIN: FOREST (With added rocks and hill)

TRAINING FOCUS: EVERYTHING

The area ranged from reminding me of Norway in places, to ankle breaking rocks hidden under bracken. The training focus of today was to bring everything together from the week, as it was the last day of training. Most of my navigation was pretty good, perhaps due to feeling at home with the hill, and I successfully managed to not injure myself by jumping off the crags. A cool down with Finn and Iain featured to finish off the day of training, and then we headed back to Templars' Park to write postcards to ourselves. These were to be delivered during the winter training season to motivate ourselves to train more in the bad weather.

DAY 5

VENUE: GLEN DYE (WEST)

TERRAIN: TECHY FOREST

TRAINING FOCUS: TOUR CHAMPS

I had a decent start to the race, but managed to mess up 5 quite badly due to a very vague map and a shoddy bearing. 13 I took the blue route, taking 25 minutes, however Finlay did the red route in 21 minutes, so that would probably have been better but my route was still pretty fast. On 14 I was distracted by a shirtless Iain wandering around with a radio and a lunchbox, and messed that up a bit. Overall not the best result but would have been pretty decent without the mistakes on 5 and 14.

Overall, the tour was great fun and I came out of it a better orienteer than I went in, however with lots of stuff to work on before the race season next year. A massive thank you to all the people involved for making the tour possible, notably:

Iain Embrey - Tour manager

Paul Pruzina - Lead coach

Richard Tiley - Group coach

Tommy Heap - Group coach

Jackie Dakin - Chief chef

and also all the other coaches, landowners, and mappers. Also thank you to Simon Hunter for the lift.

