



Summer Series - Graystones - 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 WCOOC 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 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.

GB team-mate Euan finishing in 18th. There

British Orienteering

One week left to register your spot at this year's British Sprint Relay Championships!

Join your fellow orienteers at Brunel University in London for an intense and challenging relay event open for all.

Secure your place today via this link: <https://tinyurl.com/25xn5k6x>

British Orienteering
Sprint Relay Championships 2023

SUNDAY 17 SEPTEMBER 2023
Brunel University London

ENTRIES CLOSE AT MIDNIGHT 3 SEPTEMBER

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.



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

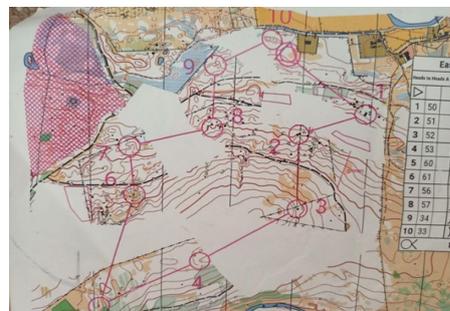
TERRAIN: CAR/FIELD

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.

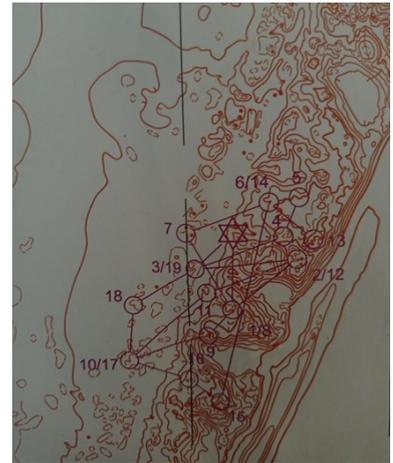
The evening's talk was on tech tac phys psych, being thus:

Technical: Navigation

Tactical: Route choice, map geeking etc.

Physical: Running training, strength and conditioning etc

Psychological: Pre race routine, pressure etc

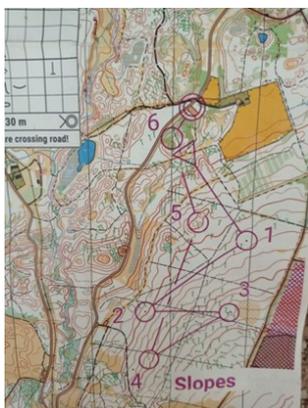


DAY 3

VENUE: GLEN DYE (EAST) / ELRICK HILL

TERRAIN: TECHY FOREST / BRACKEN MANIA

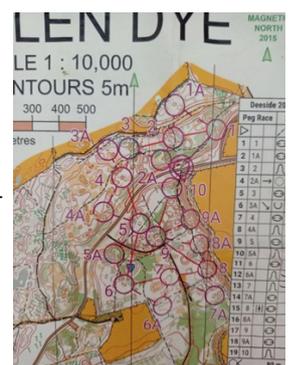
TRAINING FOCUS: DIRECTION



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.

