



THIS THURSDAY'S EVENT - Maryport. Parking on Marine Road. Courses - Long 5km, Short 3km and Yellow 2km. NB - the nights are drawing in , so late starters please wear hi-viz and bring a torch.

Remember to download even if you retire. Full details on WCOC website.

Entries open on Racesignup and close @ 23:59 tomorrow (Tuesday).

Other Local Events

Border Liners- 17th Sep (this Sunday) Long-O - High Pike - last chance to enter. Entries close 23:59 tomorrow (Tuesday) - full details on BL website.

Lakeland Orienteering Club - 30th Sep Sizergh Castle - Find Your Way Family Event



CLOK Regional South Gare Sept 17th (Cleveland Orienteering Klub)

CLOK's next event is a Regional on the complex sand dunes of South Gare, just west of Redcar. Details and entries can be found on the CLOK website. The original entry deadline has passed but entries remain open until Thursday 14th Sep, although an entry surcharge will be added and entry will be subject to map availability. Entries via the CLOK online system.

To whet your appetite a message from the organiser - I know it's a long way for some but it's a fabulous little aren, there will be cake for sale, and the forecast is sunny (and it's right on the beach!) - hopefully we'll see you there :-)

WCOC Peter Palmer Winners - Congratulations to all the WCOC juniors who made the long journey down to Buckingham to compete in the Peter Palmers relay at NT Stowe, and a big thank you to the drivers who transported them down there and supported them at the event.



The Club were able to enter two teams with multiple runners on the yellow courses which provided really good experience for some of our younger or less-experienced juniors.

The WCOC Wildcats team was led off by Isaac at 5am, after a solid run, Isaac returned in 3rd place, 2 minutes off the lead. Isaac handed over to Emma who maintained 3rd position behind two SYO teams. Dan had a storming run on the 3rd leg to come back to the arena in 1st. There were no slip ups from the remaining runners, Daisy, Issy and Ruben, who not only maintained 1st position but extended the lead over the SYO team in 2nd, finishing a comfortable 7 minutes ahead - a brilliant performance!

The WCOC Whippets team of Myrtle, George, Sophie, Eva, Lily and Wilf ran well , and well done to all the extra yellow runners, Ruth, Sola, Hiro and Finn.

SHIs There was an exciting weekend of competition in South Wales, with teams from England, Scotland, Ireland and Wales taking on an individual event on the Saturday and relays on the Sunday. WCOC had interest on both the England and Scotland team, with Charlie Rennie and Joe Sunley competing for England in M20 and Niamh Hunter running for Scotland on W21. Joe was 1st and Charlie 3rd on M20, and Niamh was 13th. At the end of day one, England and Scotland were tied for the overall lead so there was all to play for in the relays. After another close day of competition, when the results for the top two teams for each country were accounted for, the teams were remarkably still all square. The rules required a count back from the individual day with all runners counting and with the narrowest of margins, Scotland were victorious.

Next up - Jamie Rennie for VHIs - Forest of Dean 30th Sep and 1st Oct - Good Luck!



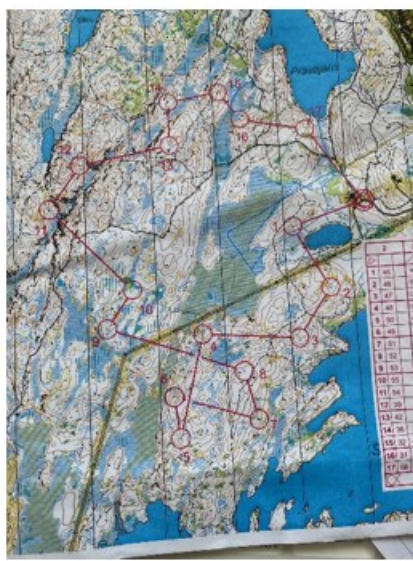
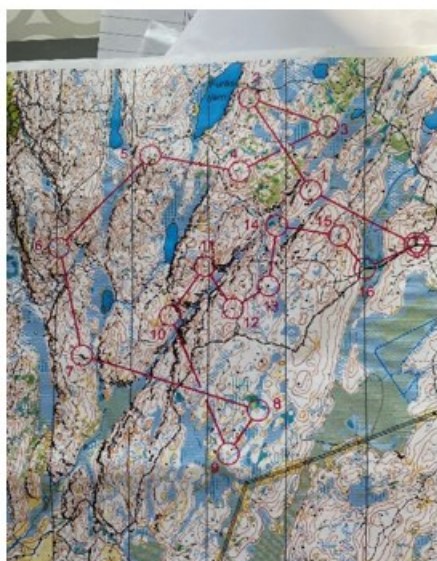
Thanks to Emma Crawford for this interesting and informative report from her Gothenburg tour 2023. It looks like a great like she had a great trip!

From the 25th August – 4th September, I was in Gothenburg, Sweden for the JROS self-help training camp. After a warm up jog (sprint) through Copenhagen Airport to catch my connecting flight, I arrived at the Savedalens AIK club hut, which is to the east of Gothenburg. This camp was very independent, we had to plan our own training, put out controls ourselves and cook our own meals, the coaches Mark and Alice were there mainly to help and advise us. That evening, we either went for a run/swim or shopping trip. We made a rota where we had groups of 4 people to make dinner every night, and the first group made us the classic orienteering weekend dinner of spag bol.



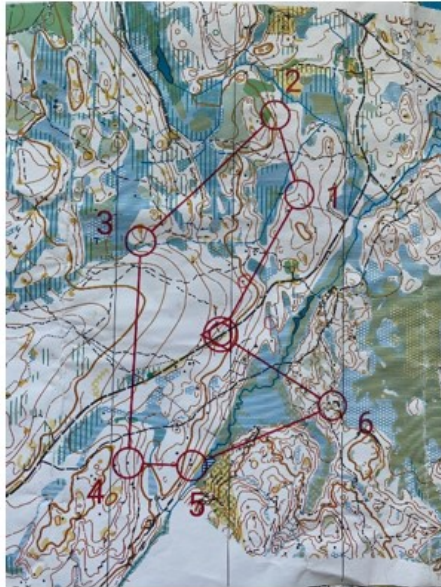
Day 1

The first day of training, we woke up to pouring rain but we had decided last night that we would do two loops, the starts both about 1km from the hut. I finished the first loop completely soaked, having spent the last hour getting quite lost. We then dried off a bit and had lunch, before going out on the Swedish terrain. The weather was so horrible that afternoon, the only thing to do was sit in the sauna, play cards and plan tomorrow's courses.



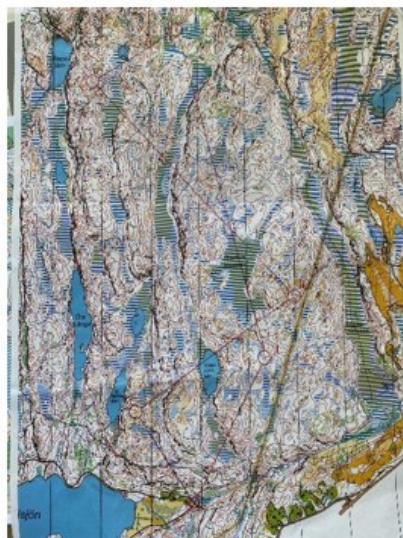
Day 2

Today's plan was to jog 'about 2km', according to Mark, to the start and we had 4 short loops planned from here. 3.7km later, we reached the start. We then all put out one control and I did two loops, fell in the river and decided I'd had enough. We collected our controls and jogged back, slower this time because we knew how far it actually was. Part of the forest today was very similar to Lake District forest, just without the brambles! That afternoon it was much nicer weather, so we got the bus into Gothenburg, got some ice cream and walked around for a while before getting the bus back and swimming in the lake near the hut. It was my group's turn to cook tonight, and we made jacket potatoes with enough baked beans to feed 16 hungry juniors (about 12 tins).



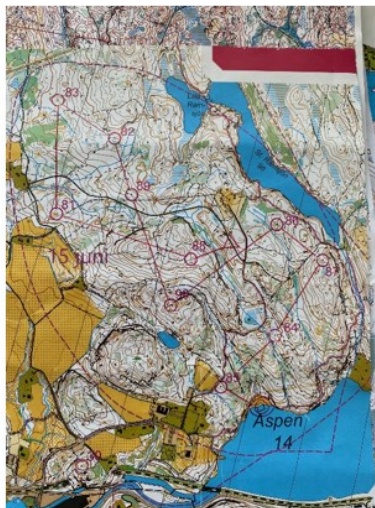
Day 3

The aim of today was to practise long legs, we got the bus and then it was a short walk to the start where we left our bags and ran the ~6km course with only 5 controls! Once we made it back it was another walk to a lake where we ate lunch and watched some of the boys jump off the 12m diving platform. After lunch, some of us walked back to the bus stop, collecting a few controls on the way, while everyone else ran a couple more long legs before coming back. For dinner that night, we had fajitas and waffles with biscoff and nutella which was definitely the best meal we ate there!



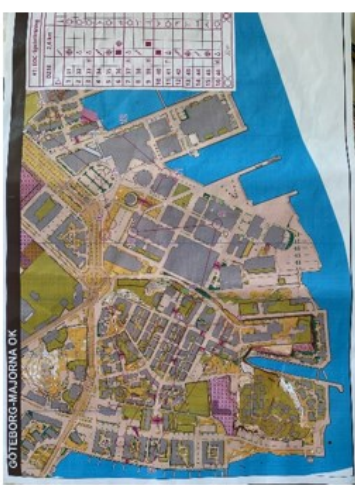
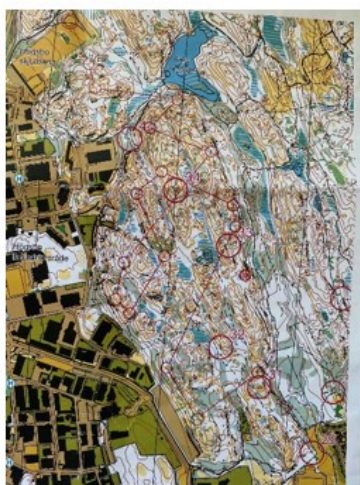
Day 4

There were permanent controls out in a lot of places near the hut, so today we got the bus again and walked in to a different forest and did a middle style course using the permanent controls, meaning no one had to go early to put the controls out for us. This was probably my favourite forest, the course was amazing and the forest was so runnable and lovely. Conveniently, the finish was right next to some diving boards so we went for a swim here before getting the bus back to the hut. Tonight was the Savedalens AIK club training night, so we went out and did some terrain intervals with them. We ran laps of a small path in the forest, running hard for 2, 3, 4, 4, 3, 2, 2, 3 minutes with 1 minute rest between each interval. This was really really fun, it was so cool to train with the local people and not even be at the back!



Day 5

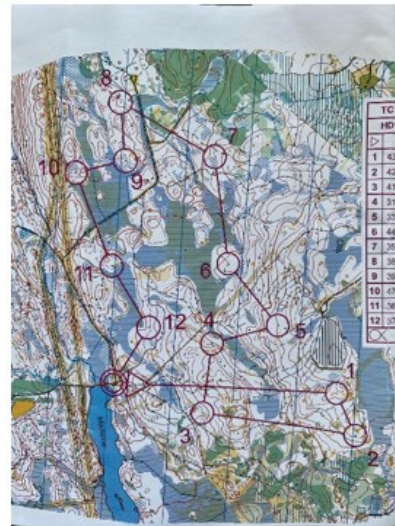
JWOC middle 2008 was held in a forest near the centre of Gothenburg, so that was where we got the bus to this morning, sending a couple of people early to put controls out for us. This was really cool to be able to run the actual JWOC course, but unfortunately for me, it was a lot harder than I was expecting. I got very lost, relocated, tried to find a different control and got even more lost! Eventually, I found where I was and managed to do a few controls in a row before giving up because I had been out for ages. I'm still not entirely sure what went wrong but it was still a pretty cool experience and I'm just glad that wasn't the real JWOC! We then spent the rest of the day in the city, we went to the botanical gardens and then to a park where we saw seals and a moose!! I didn't see a moose when we went to Norway last year so I was very excited to actually see one this time! Finally, we went to a pre-EOC sprint training which was amazing, and slightly terrifying as Lina Strand (elite Swedish orienteer) started 1 minute after me, but I managed to stay ahead of her for 3 controls.



(ignore the big circles, they weren't used)

Day 6

After 5 days of training, today was our 'rest day'. We started off at a lake where we swam but it was absolutely freezing, then it started raining so we got back on the tram and went into Gothenburg, and into an aquarium where we waited out the rain while looking at some fish, sharks and model boats. After this, we went back to the hut and ate dinner (more fajitas) and then went out to do some night-o. I went out with a few other people, we weren't taking it very seriously and we jogged round a few controls, got very lost, found where we were again and then one of the faster boys caught us up and we ran after him for a few controls before heading back, finding a lot of frogs on the way.



Day 7

Our bus and tram tickets also included the ferries out to the islands so today we did orienteering on the archipelago which was very cool, despite the maps not being very accurate. I only did a few controls of this course because I got very confused with fences and paths not being on the map, so after this I jogged down to see if anyone swam out to do the optional controls on the island. They did, but the water was only waist height so it wasn't quite as impressive as we expected. We then got the boat to another island where we did some actual swimming, played a bit of volleyball and then got the ferry, tram and bus back to the hut.



Day 8

Today was the Gothenburg middle championships, which we entered. This morning I woke up with a very bad cold though, so I only jogged around this because I was not feeling good at all. It was still really good fun, the forest was so nice and even going slowly I made quite a few mistakes. After the race, we went back, swam in the lake, then ate Swedish meatballs (just like in ikea) for dinner!!



Day 9

For our last proper day in Sweden, there was a relay event that we were entered in. I was running second leg (the shortest one) on the second team because I was still not very well, but when my first leg runner came in 2:30 in the lead, I had to actually run despite my cold! I made a few little mistakes on the course but managed to have a good enough run to come back in first still, with a 2:15 lead!! Unfortunately, our last leg runner didn't have a great run so we didn't win overall but I am very very happy with my run! After the relay, some people had a flight home that night and the rest of us went out for pizza which was delicious.



After a much less stressful flight home, my cold is getting better and I am not quite so exhausted anymore. This was an amazing trip and I'm so glad I went, both the training and the social side were incredible and a massive thank you to Mark and Alice for helping with food, lifts and everything else!

