



Thanks to Dan Roach for organising last Thursday's event which turned into a real team effort. We wish Dan a speedy recovery from his nasty MTB accident and thank you for persevering with the organisation. Thanks to Mike Billingham for a last minute map update and to Liz Elliott and Caitlin Pearson who stepped in to help Dan with putting out and collecting of controls. No thanks to the someone who removed the Boulderfield, N end, control and threw it deep under a boulder (pic of Roger Thomas looking for the reinstated control). Results will be reported next week.



This week's event - Hensingham North

Please check the details on the website carefully. NB juniors under 16 must do the short course due to the busy roads in the area. This course crosses one busy road which **MUST** be crossed at the manned crossing point. The courses are predominantly in an urban area so care should be taking when crossing roads and young juniors should be accompanied by an adult.

Entries are open via Racesignup and close on Tuesday at 23:59.

NB - Caitlin has asked for volunteers to help at the crossing points - possibly 2 shifts - 5-6pm and 6-7pm. If you can help please let her know.

Upcoming Thursday events - 28/09/23 -Woodhall (near Cockermouth), 05/10/23 --Egremont, 12/10/23- Curwen Park, Workington.

Other Local Events



Lakeland Orienteering Club - Sun 8th Oct - Hardknott Galoppen - All details are on the LOC website. This is a new area mapped by Martin Bagness in 2021 & updated by Chris Heppenstall in 2023, which has a wealth of intricate rock & contour detail in a stunning setting. The usual range of Galoppen courses is available Yellow to Brown. Entries via SiEntries and **close at 23:59 on Wed 4th October**. Some EOD will be available on all



courses but will depend on map availability - it's a long way to go to find there is no map so entry in advance is recommended.

Border Liners- Sun 22nd Oct - Aughertree Galoppen - details to follow.

Border Liners - Long O - High Pike



Thanks to BL for organising this Long O event which proved popular with several WCOC members taking part. On the Long, 18km course Dan Heppell took the win by over 10 minutes, impressive considering he had his squad fitness tests the day before! Steve Birkinshaw was 4th, Matthew Atkinson 5th, and James Birkinshaw 6th. On the Medium 11,8km course, Toby Heppell was 2nd, Matthew Birkinshaw was 10th, Ange Jackson was 12th (2nd lady), Lynne Thomas was 15th (4th Lady) and Sally Heppell was 18th (5th lady). On the Short 7.9km course, Mike Billingham was 2nd, Jenny Evans 4th, Martin Skinner 8th, Daisy Rennie 9th, George Rennie 10th, Nick Evans 11th, Hannah Birkinshaw 12th, Sue Skinner 18th, Dave Downes 19th, Richard Cummings 20th, Ann Cummings 21st and

Emma Moody 31st. On the Very Short, 5.4km course, Howard Leslie took the win, from Roger Thomas in 2nd. Janette McHendry was 7th, Tony Duncan was 9th, Kim Leslie was 11th, Paul Tickner 12th, Jon Eaton 15th, and Liz Elliot 19th. Well done everyone! Full results are available on the BL website.

London City Race



Thanks to Simon Thomas for this write-up from the event that took place last Saturday.

A warm day saw around a thousand runners taking to the streets in SLOW's London city race, which this year moved 3 miles east from the city proper to the housing estates, docks and urban parks of Rotherhithe. The usual urban orienteering challenges were all present and correct – dead end alleys, intricate stairway configurations, multiple route choice options and yes, controls going walkies! Three WCOCers were amongst the throng, all on course 3, Jamie Rennie in 9th at 60.01, Simon Thomas 50th at 73.55 and Fred Boardman in 63rd at 78.09 for the 7.6 km (11.2 km optimal)



Dan Heppell - report on his Summer Stockholm camp

This year I was selected for the JROS tour for M/W17s which runs in Stockholm, Sweden for 10 days. It was a great experience and offered top quality training and experience in some beautiful Swedish forest. Throughout the tour, we ran 14



different trainings, and 5 races. Of those 14 trainings, 13 were orienteering, 12 were forest, 1 was sprint in Stockholm city centre, and 1 was a forest intervals session. In total, I covered 112 miles with 12,500 feet of elevation gain. Most of this distance was acquired bashing through bilberry bushes, heather, or the odd very tangled plant that is found in most Swedish marshes. Throughout the week, my technique slowly improved as I got used to the terrain and the style of mapping. I did however make multiple very large mistakes over the course of the tour, resulting in some amusing GPS traces showing my unsuccessful attempts to find a specific little knoll in a marsh full of little knolls. The tour was reasonably intense, with trainings scheduled once or twice a day, but as I am predominantly a runner not a navigator, I found the technical side much harder as Swedish terrain is often vague and all looks very similar. I learnt some new techniques during my

time there, which proved to be very useful and I am looking forward to implementing in races over the next year. We were based out of the OK Ravinen club hut, sleeping in a rather cramped and damp basement but we just about all squashed in. The hut was surrounded by technical forest, and a few days we trained from the hut. It was also only a short bus journey from the city of Stockholm, and we made extensive use of the Swedish public transport system throughout the tour, including buses, trains, trams and ferries. As a born and bred Cumbrian, I was very surprised at the speed and efficiency of the transport system which was very useful and well used by the locals.



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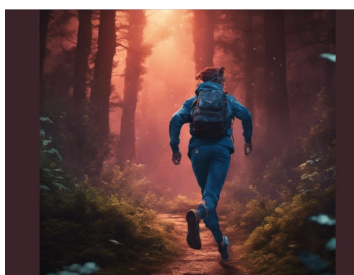
Dan's report continued-

Probably my favourite training was the first Thursday evening training, which was short on intervals of 2-4 controls in a forest near the club hut. We ran all 8 of these as a mass start, and it was really fun to race the others head to head as well as a certain Ralph Street who joined in. I was happy with my performance on this training as I finished in the top 3 consistently except for 1 rep where I made a medium mistake and got dropped by the train. I lead 2 loops from the front and came back first on 3. On the second Friday of the tour we visited Swedish theme park Gröna Lund, where I braved the least excited rides that kept me closest to the floor, but some of the juniors less fond of having their feet below their heads did the larger faster rollercoasters. It was a great outing however as there was plenty to do there, and we ended up acquiring 2 soft toy sharks now named Bread Martin and Salt (it's a long story). All the coaches were very helpful for the duration of the tour, in planning courses, hanging kites, managing 19 teenagers, cooking, and so much more. I would also like to thank all the sponsors and funders of the tour for various grants that made it possible. I would thoroughly recommend the tour to any juniors aspiring to be selected for it, but I would also warn that for any athletes who do little physical training they are likely to pick up injuries or to overtrain on the tour. It's a great chance to gain international experience in some of the best terrain in the world, and to essentially spend 2 weeks living with your friends.

Dan would like to thank the Club and other organisations for their support and help with funding.



Save the Date - British Night Champs weekend. Sat 10th and Sun 11th February.



This is what AI thinks the British Night Orienteering Championships 2024 will look like when running on the forested flanks of Derwent Water. Not too far from the truth I suppose. Save the date for a fantastic weekend of orienteering with Border Liners Orienteering Club hosting an urban sprint in Keswick on the Saturday morning and Lakeland Orienteering Club hosting an event on the fantastic Loughrigg Fell on the Sunday.

WCOC are organising the Night Champs so lots of volunteers will be needed to allow it to run smoothly - watch this space.



Edinburgh Big Weekend 2024 - Fri 26th Jan - Sun 28th Jan 2024

This year's event is designed to provide training opportunities for WOC24 which takes place in Edinburgh next year. There will be opportunities for elite training alongside public events with the emphasis this year on sprint and urban orienteering.



Details are available on the website -<https://euoc.wordpress.com/big-weekend/> And on the Edinburgh University Facebook page - always a fun weekend!

Good Luck to the all the WCOC juniors & the whole team competing for the North-West in the Junior Inter-Regional Competition which takes place this weekend at Kenfig Burrows in South Wales.



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