



Thanks to Caitlin Pearson for organising last Thursday's Whitehaven event and to those who took on marshalling duties. On the Long 3.2km course, Jamie Rennie took the win in 19:39, closely followed by Daisy Rennie in 2nd (1st lady) in 21:14, and Keith Tonkin (BL) was 3rd in 21:49. The remainder of the top ten was made up of Stuart Crawford 4th, Helen Rennie 5th (2nd lady), Ryan Crellin and Lynne Thomas joint 6th (LT was 3rd lady), Richard Cummings 8th, Steven Breeze 9th and Aaron Rennie (BAOC) 10th.

On the 2.1km Short course, George Rennie completed an impressive set of results for the Rennie family, taking the win in 20:46, just 9 seconds ahead of Sophie Crawford in 2nd, with Christine Kiddier (BL) 3rd in 23:03. The remainder of the top ten was made up of Jon Eaton 4th, David Barnett (IND) 5th, Paul Tickner 6th, Gerri Burgess 7th, Nancy Powell Davies (BL) 8th, Ian Teasdale 9th and Catherine Wetherfield 10th.

Maryport results - Top tens from last week, Long: Jamie Rennie 1st, Stuart Crawford 2nd, Daisy Rennie 3rd, Caitlin Pearson 4th, Mike Billingham 5th, Dan Parker (BL) 6th, George Rennie 7th, Helen Rennie 8th, Chris Emerson 9th, Ann Cummings 10th. Short: Sue Skinner 1st, Roger Thomas 2nd, Julie Ferris-North (BL) 3rd, Kay Billingham 4th, Roger Jackson 5th, Jon Eaton 6th, Jim Morris 7th, Paul Tickner 8th, Sam Savage (IND) 9th, Leena Madden (IND) 10th. Yellow: Emily Brookes (IND) 1st, Hiro Holmes 2nd, Chris Brookes (IND) 3rd, Finn O'Donnell (IND) 4th, Sandra Morris (IND) 5th, Catherine Wetherfield and Ian Teasdale joint 6th and Sam Morris 8th. As ever full results are available on the WCOC website.

#### **This week's event - Woodhall (near Cockermouth)**



This week's event is in the lovely, compact area of the Woodhall Estate just outside of Cockermouth. It is an ideal area for everyone but is especially good for those new to orienteering, juniors and families.

Courses are on runnable fields but full leg cover is recommended due to the amount of nettles and thistles, and late starters should bring a head torch. Please check the details on the website carefully, and only used marked crossing points which may be different to previous events.

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

Other upcoming Thursday events - 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.

#### **Sad News**

I am sorry to have to report the sad passing of one-time WCOC member Tony Pennick who passed away unexpectedly in his sleep on Saturday 16th of September. Tony was a Committee member and I am sure will have been well-known to several members. If any of you have memories of Tony and photos that I can include in next week's newsletter I would be grateful to receive them. I am sure members will join me in passing on condolences to Tony's wife, Judy and Tony's family.



## JIRCs

This weekend saw the Junior Inter-Regional Championships take place in South Wales. The competition brings together all the English junior regional orienteering squads, Wales, Northern Ireland and Scotland to compete in the individual event on the Saturday and the relays on Sunday.

Lots of WCOC juniors were competing for the North-West Junior Squad, namely, Lily, Sophie, Myrtle, Eva, Toby, Isaac, George, Emma, Issy, Daisy and Dan. It was great to see Emma and Issy making the long trip from Edinburgh University to support the squad.



The individual event took place at Kenfig Burrows, described as an area of complex sand dunes, with runnable wooded areas and seasonal marshes. (Map opposite).

On the Saturday, Isaac had a strong run on M16, taking 2nd place behind the Scottish squad, Toby was 15th, and George 24th. On M18 Dan was 8th. On W14, Lily was 10th, and on W16 Myrtle was 13th, Eva was 15th and Sophie was 21st. On W18 Laura Brown from LOC took the win for NWOA, Emma was 4th, Daisy 7th and Issy was 12th.

After day 1, NWOA was lying in 4th place behind, Scotland, Yorkshire and the South-West.



On Sunday the action turned to the relay event at Llantrisant Forest, a steep working forest, with many pits, knolls, and charcoal burning platforms - a challenging relay area!

Due to the age and availability of runners, some of the squad ran in an ad hoc team. In the men's competition there were solid runs, with the 3 NWOA teams finishing in 12th, 14th and 16th. In the women's competition, the NW team which included Myrtle and Lily took 4th, after a storming run from Laura Brown on last leg. Overall both men's and women's teams finished 5th overall in the relays which was also the overall finishing position for the NWOA, behind Scotland 1st, Yorkshire 2nd, South-West 3rd and South-East 4th.

Well done to all the squad runners for giving it your all and for achieving a very creditable 5th place.

Thank  
You

And a very special thanks to Lynne Thomas for all the advance organising, captaining and driving (800 miles round trip; 15 hours, 2 minibuses), along with the other drivers/supporters, Janette, Simon and Scott. The geographical location of the events necessitated a Friday evening departure with 2 nights spent sleeping on hall floors, and 7am starts both days. It was a great experience for the juniors taking part which wouldn't be possible without the help and commitment of the adult helpers. A great team effort!

Derwent Valley Orienteers ► Orienteering UK  
7 September at 17:22 · 🌐

Those who struggle to see map, terrain or both may find this interesting! 🤔👀



DERWENTVALLEYORIENTEERS.ORG.UK

What vision corrections do older orienteers use? | Derwent Valley Orienteers

For anyone over 40 who struggles with eyesight challenges whilst orienteering, Kez Latham, an orienteer and professor of Optommatry at West Anglia University is undertaking a survey to find out what methods you use to correct your vision. The link to the survey is <https://derwentvalleyorienteers.org.uk/2023/07/19/what-vision-corrections-do-older-orienteers-use/>

It is estimated to take 5 -15 minutes to complete.



Good luck to Jamie Rennie who runs for England in the Veteran Home Internationals in the Forest of Dean this weekend.

GOOD  
LUCK

Twitter: You can follow @WCOC2014 and on the website-[www.wcoc.co.uk](http://www.wcoc.co.uk)

Also on FB—public and members' page.