



Rocket League - Moorclose- Thanks to Janette McKendry and Joe Sunley for organising some excellent sprint courses around Moorclose, an area that provides classic sprint challenges, with plenty of route choices, made even more interesting with the addition of the virtual barriers - hopefully nobody was caught out! On the 3.95km Long course, the in-form Dan Heppell took the win in 19:56. Daisy Rennie had an excellent run to take 2nd (1st lady) in 21:24, and Simon Hunter was 3rd in 21:28. The rest of the top ten was made up of Phil Winskill 4th, Jamie Rennie 5th, Ben Breeze 6th, Isaac Hunter 7th, Sophie Crawford 8th (2nd lady), Steve Holmes 9th and Stuart Crawford 10th. Eva Humphreys was 3rd lady.

On the 3.15km Short course, not to be outdone by brother Dan, Toby Heppell took an emphatic win in 16:35, George Rennie was 2nd in 21:29, and Helen Hargreaves was 3rd (1st lady) in 21:38. The rest of the top ten was made up of Martin Skinner 4th, Roger Thomas 5th, Howard Leslie 6th, Sue Skinner 7th (2nd lady), Patrick Gorrill 8th, Ian Teasdale 9th and Isabel Winskill 10th (3rd lady), and on the 1.4km Easy course, Freya Rowland took the win, with Bea Gorrill 2nd, Remy Hutton 3rd, Cerys Naylor 4th, Rob Stein 5th and Stefie Stein 6th (sure you can take your dad next time Stefie!).

THIS WEEK - **There is no Thursday event this week** as people get ready for the JK over the Easter weekend. Hopefully all this sprint practice will pay off for those running at Loughborough University on Friday!



Next week's event moves to Hensingham, Whitehaven. Entry via Racesignup. Entries close 23:59 on Tuesday 2nd April. Please see the event details on the WCOC website. Entries are open on Racesignup and close 23:59 Tuesday 2nd April.

The other upcoming events in the Rocket League are:

11th April - Vulcans Park, Workington; 18th April - Cockermouth, All Saints; and 25th April - Keswick, Crow Park.

Other Events:

LOC -Spring series- see LOC website

3 events, Wed 10 April, the Helm; Wed 1 May, Latter Rigg and Wed 8 May, Subberthwaite

Also, dates for your diaries - Sat 18 May and Sun 19th May - National Weekend - Holme Fell (Long) and Colonel's Drive (Middle)

Warrior Events-Battleaxe events - Wednesdays 24th April, 15th May and 29th May (Details available LOC website).

BL - Sat 20th April (day before Honister Galoppen) - Hallin Fell, Ullswater.

Sun 5th May 2024 - Gowbarrow (Galoppen)

Sat 15th May 2024 - Alston Urban



For anyone who fancies mixing trail running with a bit of navigation, you may want to check out the new Wild Fox Trails event. The launch event takes place on 25th May near Ambleside. The event centre will be at Rydal Hall. There are various entry classes and course lengths. Discounted entries apply until the end of April.

All information is available on the event website - →





The countdown to the World Orienteering Championships has begun, and this year's event is even more exciting than usual because it takes place in the beautiful city of Edinburgh. This year's WOC is exclusively a sprint event. As with previous events, it is anticipated that the events will be televised online but why not go one better and take a trip up to Edinburgh to watch the racing live.



12-16 July 2024

109 Days 10 Hours 36 Minutes 35 Seconds

WOC Tour

Warmup race: grass open hill terrain (Holyrood Park: 15:00 – 17:00)

Urban sprint race (Leith: 11:30–13:30*)

Indoor and urban campus race (Kings Buildings: 10:30–13:30)

Urban and campus middle race (Riccarton Campus: 15:30–17:30*)

Urban long race (Central Edinburgh: 10:30–12:30)

Urban sprint race (Wester Hailes: 11:15–13:15*)

In addition to the WOC races themselves there is an extensive programme of spectator races for all ages and abilities, including urban sprint, middle and long races (see the WOC Tour table). These are planned to take place after the WOC races so will not interfere with the enjoyment of your spectating. All the details can be found on the website link below and entries for the spectator races are now open.

<https://www.woc2024.org/>



Galoppen News - REMINDER - HELP NEEDED - WCOC Galoppen - Sunday 21st April at Honister - Mike Billnghurst is organising this event and it is the Red team's turn to provide the helpers to cover the various roles (teams can be viewed on the website in the Members' section but you should have received an email from Mike). Mike still needs more help to allow the event to go ahead, so if you are free and have not already let Mike know that you can help, please do so asap. The more helpers there are, the easier it is to allow those helpers who want to run to do so. Mike has particularly asked whether there is anyone willing to volunteer to provide a shuttle service for those who may struggle with the walk to and from the start. Mileage will be reimbursed at 45p/mile. Entries are open on SiEntries and close 23:59 17th April.

Update in GBR team selection policies

If you are interested in representing GBR, please read on!

The Foot O selection policies have been updated. Now included are the availability forms for athletes, which you should use to declare your interest in being selected for GBR teams at international competitions this summer.

Note that the process to select the World University Orienteering Championships (WUOC) team is different to the others, with different deadlines, so please read that part of the policy carefully if you are interested in racing for GBR at WUOC.

www.britishorienteering.org.uk/Selection



Junior Sprint Selection Races – Friday 12 April 2024

British Orienteering is organising a junior selection race to select the GBR teams for EYOC (16/18) and JWOC (18/20). Here are all the details:

- Venue: University of York
- Date: Friday 12 April, the evening before British Orienteering Long Distance Championships.
- Junior selection race with all 16/18/20 age athletes welcome. Entry is open to all juniors, regardless of membership or not of the GBR L3 Talent or L4 Development squads.
- Junior start times 1700-1900.
- Opportunity for those travelling with juniors (i.e. parents) to have an informal run 1900-1930.



Entries

To enter, please [visit this link](#).

This site also contains further details of the race.

This is one of the five primary selection races to select the EYOC and JWOC teams. More details in the British Orienteering selection policy (here <https://www.britishorienteering.org.uk/Selection>)

Entries for the junior selection races is via the link on the BOF website, and as previously reported juniors do not have to be part of the GB Talent or Development squads to take part.

Best of luck!

To all Club members taking part in the JK over the weekend. Enjoy your runs!

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

Also on FB—public and members' page.