

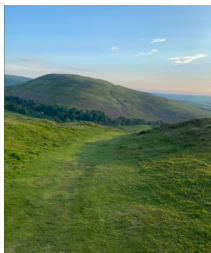


Summer Series - Hogs Earth (Borrowdale) - Thanks to Bob Barnby for planning and organisation last week's event at Hogs Earth. On the 4.6km Long course, Charlie Rennie took an emphatic win in 36:20, with Ruben Razzetti 2nd in 40:29, and Matthew Birkinshaw 3rd in 41:21. The rest of the top ten was made up of Steve Birkinshaw 4th, Toby Heppell 5th, Ben Breeze 6th, Tim Beale (SN) 7th, Jamie Rennie 8th, Jacob Tonkin 9th and David Spencer 10th. In the women's race, Karen Parker (BL) took the win in 58:22, with Hannah Birkinshaw 2nd in 71:44 and Susie Bone 3rd in 79:07.

On the 2.5km Short course Caitlin Pearson took the win in 33:39, with Jeff Goodwin 2nd in 36:54 (1st male), and Sue Skinner 3rd (2nd woman) in 38:44. The rest of the top ten was made up of Jasmine Girdlestone 4th (3rd woman in 39:06), Lily Clarkson 5th, Owain Rice (BL) 6th (2nd male), Julie Ferris-Worth (BL) 7th, John Ferris-Worth (BL) 8th (3rd male), Simon Tulley 9th and Howard Leslie 10th.

On the Easy course, Wilf Clarkson took the win, with Owen Naylor 2nd and Clare Crout 3rd. Rowana Hedley was 4th, Jenna Hedley 5th, Joss Neild 6th and Aoife Neild 7th.

Summer Series Thursday 30th May - Sale Fell



Orienteering this Thursday is on the lovely Sale Fell, which provides mainly good, fast runnable terrain and great views. There are three courses available, short, long and easy, which is perfect for newcomers and families, and would suit any new juniors who have been having a go at the schools' orienteering events.



Entries are on Racesignup. <https://racesignup.co.uk/site/event.php?eventid=4375>, closing 23:59 Tuesday (tomorrow)

Other upcoming Thursday evening events, 06/06 - Mosser Fell, 13/06/24 - Wasdale and Low Wood, 20/06/2024 - Marron Leys

Other Events:

LOC - Summer series starts on 5/6/24 at Tarn Hows - full details on the LOC website.

Warrior Events - Battleaxe events - 29th May - Full details at: <https://www.warrior-orienteering.org.uk/fixtures> (some very limited entry on the day may be available - you should email to check before travelling). Those attending - there is a BBQ in support of NWJS funds-£7.50 via SiEntries.

BL - Sat 1st June 2024 - Hallin Fell (rearranged event from April) - Courses available, Blue, Green, Short Green, Orange, Yellow/Novice. All details on the BL website. Entries close **Wednesday 29th May 2024**.



National events (with entries still open) -

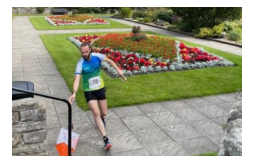
British Mixed Sprint Relay Championships Saturday 22nd June (evening) Birmingham and British Sprint Championships Sunday 23rd June- University of Warwick. Entries to the individual event open via SiEntries. Next price increase Mon 20th May and entries close Sun 9th June. **Please let Helen know by this coming weekend if you would like to run in the relays so that she can take advantage of the cheaper entry price.**

Allerdale Bike Challenge - Bicycle Orienteering Events - Sadly due to the weather warning for rain, last week's was cancelled (but has been rearranged for later in June). There is still time to enter this week's Silloth event. **Entries for the Silloth event close on Mon 27th May 2024 (tonight) - pre-entry required.** Full details at <https://www.bmbo.org.uk/calendar/> - Events - Lorton (05/06/24); Rosley (19/06/24); Cockermouth (26/06/24) and Uldale (03/07/24).

WOC spectator races 11th - 16th July



You still have time to enter some or all of the wide selection of spectator races that run during this year's WOC in and around Edinburgh. Full details can be found under 'WOC Tour' on the WOC website and are open on SiEntries. Entries close on Tuesday 18th June. It should be lots of fun - there are over 800 entrants at the moment.

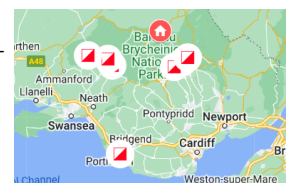


Croesco 2024 21st - 27th July



There is still time to enter this great week of orienteering in the heart of Wales, which takes place in the beautiful **Bannau Brycheiniog (Brecon Beacons National Park)**. Full details are available at: <https://croeso.uk/>

Entries close 22/06/24.



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

Also on FB—public and members' page.

Reminder - Next Cumbrian Galoppen (Message from Kim Leslie)



Calling all Blue Team members... (or any other members who can lend a hand - many hands make light work!)

The next Cumbrian Galoppen on the calendar is to be hosted by WCOC on Sunday 16th June at Wythop Valley.

Howard and I are organisers and it's the blue team's turn for help on the day please.

Help will be needed in all the usual areas: Enquiries/Start/Download/Car Parking...

If you are planning on going to the event and can spare a few hours to help out please email us with preference of job and whether first or second shift. kimleslie333@gmail.com

Event and Entry details to follow.



The inaugural (pilot) event of Navigation Trails took place last weekend, at the delightful Rydal Hall. The aim is to bring a new dimension to the world of trail running and navigation, combining stunning venues with courses designed for everyone, all ages and abilities. The event was a collaboration between members of WCOC, LOC, Warrior OC and Ambleside AC, and provided a range of courses, from the longest Epic course to short children's courses and everything in-between. Those taking part could run multiple courses, and enjoy the fast and furious action at the Giant Maze. To top off the day, there was a sprint competition round the shortest 3km Blast course, which brought together the top ranked orienteers and trail runners to battle it out, ending on the run in, in front of the impressive Rydal Hall itself, including commentary from Graham Patten. Our own Jamie Rennie was part of the organising team, with courses planned by Charlie, and Helen was on enquiries all day. It was a thoroughly enjoyable, well-organised event, and a big thank you goes out to all those who put so much time and effort into making it happen. There were lots of smiling faces!

On the 3km Blast course, Jamie Rennie was top Club finisher in 3rd, with Simon Hunter 7th. Daisy Rennie was 9th, (2nd woman) and Sophie Crawford was 11th (4th woman). Others in the top 20 were Stuart Crawford 13th and Alex Crawford 15th. On the 5km Quest course, Mike Billingham took the win, with Lily Clarkson 2nd. Adele Newall was 9th, Kay Billingham 10th, and Janette McHendry 11th, and on the longest 6.5km Epic course, Phil Winskill was 3rd, Chris Naylor 8th, Stuart Crawford 9th, Daisy Rennie 10th, Glyn Blakey 13th, Sophie Crawford 14th, Jeff Goodwin 16th, and George Rennie 18th.



Scottish Championships - took place near Inverness over the weekend, the individual at Craig Leach and the relay at the lovely Roseisle. In the individual event Emma Crawford made it onto the podium in 3rd and then in the relay, Emma was part of the winning EUOC team, bringing them back in the lead after her 2nd leg run, with them taking the win with a convincing margin of over 7 minutes. Well done Emma! (Hopefully podium photos next week).

In the Open, Joe Hudd and Joe Sunley (EUOC) helped their team to 5th, just ahead of the WCOC team of Dan Heppell, Charlie Rennie and Dan Spencer in 6th.