

27th January 2014

Milton Rigg was the venue for Border Liners' first competitive fixture of 2014. Seventy runners enjoyed good to heavy going underfoot through the woods just to the East of Brampton which is kindly made available to orienteers by the Woodland Trust. Evergreen Andy Lewsley showed all his competitors a clean pair of heels around the green course as he zipped home just under half a minute clear of runner-up Alan Hartley. Jeff Powell Davies took third place place on the podium whilst Scott Simpson tied for fourth place with Emily Brown. Stuart Glencross, orienteering for the first time had an excellent run around the orange course whilst ten-year-olds Charlie Hadry and Ewan Simpson were separated by just eight seconds on the competitive white course. The white courses are part of a Border Liners initiative to encourage youngsters to orienteering this year and will be offered at all the club level fixtures during 2014.

Five coaching sessions aimed at orienteers with a little experience of the sport commenced last weekend and are scheduled with dates through until the middle of March. The sessions, run in partnership with the West Cumberland Orienteering Club are lead by experienced coach Derek Allison and will aim to give orienteers advice and tips for running and navigating across a variety of types of terrain.

David Rawle

18th February 2014

Seventeen Border Liners made the journey North to Aberfoyle to take part in the first round of the Compass Sport Trophy last weekend.

The Compass Sport competitions are the British Clubs Orienteering Championships with larger clubs competing for the 'Cup' and smaller clubs, which include Border Liners, competing for the 'Trophy.' As to be expected at a championship event, the terrain and courses were all of a high quality with good contour detail and woodlands to navigate through. The bonus detail was the sun - which shone all day!

Benefitting from recent coaching sessions, many of the Border Liners put in some excellent performances, particularly the veterans on the short green course who packed the podium with Judy Johnson (63.36) on the top step followed by Chris Lates (63.59) and Karen Blackburn (71.41) with Dick Whitworth nearby in fifth (83.52). Former relay event world champion Graham Gristwood and his current training partner Mark Nixon were well clear of the field on the brown course but Liners James Daplyn and Paul Gaines both managed top twenty positions. On the green course meanwhile, Raymond Wren showed all the others a clean pair of heels with an excellent 59.20, more than a minute clear of runner-up Phil Smithard of the Kingdom of Fife Orienteering Club. Overall, Border Liners finished as third place club on the day, which more than guarantees them qualification to further rounds of the Trophy.

David Rawle

3rd March 2014

Emily Brown proving that a bit of mud never hurt anyone! Emily was one of the Border Liners who travelled to Eskdale to compete in the [WCOC](http://wcoc.routegadget.co.uk/rg2/#30) Blea Tarn Cumbrian Galoppen on Sunday 2nd March wcoc.routegadget.co.uk/rg2/#30



The West Cumberland Orienteering Club promoted the second round of the Cumbrian Galoppen League at the weekend and offered some tricky fellside courses around Blea Tarn in Eskdale. A number of Border Liners made the trip west and returned with adjectives such as 'tussocky', 'boggy' and 'rocky' - typical West Cumbrian terrain then! Certainly the early runners got the best of the weather, with the later finishers contending with ever heavier rain as the day progressed.

British Orienteering Elite Development Squad Member Peter Bray of the Cleveland Orienteering Club made light work of the toughest 'Brown' course, which included 400m (1300ft) of climbing over the 9.1km route. His time of 57.49 was almost six minutes clear of runner-up Steve Birkinshaw of the host club. Another younger competitor showing the others the way was Matthew Rooke of the Lakeland Orienteering Club. His 54.07 gave him first place around the 'Blue' course although he was pushed to within a few seconds by visiting national competitor Lucy Butt of the Wiltshire based SARUM club. Andy Lewsley was best of the Border Liners around the Blue course in eleventh place (63.01), followed by Raymond Wren (75.32) Emily Brown (75.42) and Robin Thomas (77.11)

In the other categories, there were good performances from Stella Lewsley around the Green course whilst Sam and Alexander Hunt made the trip to Eskdale worthwhile with some good running around the Yellow course.

David Rawle

11th March 2014

Coombs Wood near Armathwaite was the venue for the first round of the British Mountainbike Orienteering (BMBO) League last weekend with BMBO member and Border Liner Alan Hartley organising an excellent event in the tightly wooded terrain. It was the first time that Border Liners have promoted a bicycle orienteering event for many years and what the woodland area lacked in size, it more than made up for in sharp hills. It was also the first time that Sportident's new 'touch-free' punching system had been used in a UK mountainbike orienteering (MTBO) event.

Last year's National League winner Killian Lomas continued his winning form covering the 7.6km and 20 control point 'A' course in 48.58, although he was pushed to within a minute by fellow National contender Edwyn Oliver-Evans (49.48). Andy Windrum finished third in 50.10 with Olympic kayak slalom silver medalist Campbell Walsh taking fourth in his debut MTBO event with a time of 53.32. Jeff Powell Davis was first Border Liner home in 72.09.

Around the shorter 'B' course, former relay orienteering world champion Martin Bagness of the South Cumbrian Warrior Orienteering Club showed all his competitors a clean pair of wheels with a time of 50.13 which was several minutes clear of his rivals. David Mainwaring was first Border Liner home with a very respectable 62.59.

The next Border Liners event is a round of the Cumbrian Galoppen League at High Pike near Caldbeck on Sunday 30th March.

Coombs Wood MTBO 8/3/14 (Winner & BL times only)

A Course

Killian Lomas 48.58
Jeff Powell Davis 72.09
David Rawle 79.28
James Daplyn 102.03

B Course

Martin Bagness 50.13
David Mainwaring 62.59
Raymond Wren 91.45
Geoff Armer 102.49

David Rawle

17th March 2014



Border Liners juniors were in the limelight last Sunday as the Newcastle and Tyneside Orienteers (NATO) promoted a round of the Yvette Baker Trophy in Slaley Forest near Hexham.

The trophy is a junior event for clubs in England and Wales and is named after Britain's first world orienteering champion who won gold at the short distance championships in 1999. With a number of the club's youngsters not yet in the teenage classes, Border Liners were comprehensively the top club around the yellow and white courses where Ewan Simpson (M12) and Maria Gaines (W10) took the top step on each respective podium with Isabel Gaines (W10) and Robbie Farthing (M10) taking fourth and fifth places on the yellow course and Thomas Rawle (M10) taking second place around the white course.

With NATO also promoting a full suite of courses for senior runners, a number of Border Liners adults made the trip to Slaley to run through the woods. Around the tough 8.2km Brown course, James Daplyn took an excellent second place behind Cleveland Orienteer Aidan Rigby whilst Andy Lewsley, Christine Goulding and Emily Brown fought their way through the mixed woodland terrain to take superb fifth, sixth and seventh places respectively on the competitive (6.48km) Blue course. *David Rawle*

RESULTS: NATO Slaley Event/ Yvette Baker Trophy 16/3/14 (Winners and BL only)

Blue (6.48km)

1. Patrick Smyth (NATO) 72.35
Andy Lewsley 82.12
Christine Goulding 83.00
Emily Brown 84.19
Richard Evans 108.38
Philip Nichols 112.50
David Rawle DNF

Short Green (3.18km)

1. Ruth Wilson (NATO) 68.31
Angela Whitworth 125.22

Yellow

1. Ewan Simpson (BL) 22.42
Isabel Gaines 30.58
Robbie Farthing 33.25
Sam Hunt 42.45
Ellie Farthing 94.24
Laura Hazelhurst DNF

Border Liners Orienteering Club, Orienteering Reports 2014

31st March 2014

More than two hundred runners enjoyed sunny conditions on the Caldbeck Fells at the weekend as Border Liners promoted their first big orienteering event of 2014. The weather was just reward for course planner Richard Evans who spent many cold, wet hours on the hill in January scouting out the terrain. All courses took advantage of the rolling fell topography with control points on the harder routes cunningly hidden behind boulders and in the reedy depressions which characterise this part of the Lake District.

Around the tough 9.2km Brown course, Andy Simpson of the unusually named Octavian Droobers Orienteering Club from the West Midlands was more than four minutes clear of runner-up John Slater of the West Cumbrian Orienteering Club (WCOC). Their times were 64.36 and 69.05 minutes respectively with James Daplyn of the host club a further four minutes behind in fourth place. The hard fought Blue (6.4km) and Green (4.5km) courses saw Andy and Stella Lewsley take top Border Liner honours, just a few minutes behind the class winners on both occasions.

Steve Telford of the WCOC was top runner around the Short Green (3km) course but was held to just over three minutes by a great run from Border Liner Andrew Suddaby. Richard Moss was a further three minutes behind Andrew. Another class win from a WCOC runner came around the Orange course (2.8km) with M12 runner Henry Teasdale taking top honours by just four seconds from club mate Caitlin Irving. Around the Yellow course (1.9km) Ellie Simmonds of the Lakeland Orienteering Club showed all her competitors a clean pair of heels but there were good runs again from Border Liner juniors Robert Farthing, Tom Rawle and Eleanor Farthing.

High Pike Galoppen 30/3/14 (Class Winners and BL results only)

Brown (9.2km)

1. Andy Simpson (OD) 64.36
James Daplyn 73.45
Alan Hartley 99.15

Green (4.5km)

1. Philip Batts (CLOK) 39.35
Stella Lewsley 46.04
Chris Lates 50.09
Philip Nichols 55.58
Gerry Garvey 56.31
Liz Farthing 57.43
Karen Blackburn 61.49
Dick Whitworth 66.53

Light Green (3.4km)

1. Heather Bell (LOC) 34.48

Yellow (1.9km)

1. Ellie Simmonds (LOC) 16.35
Robert Farthing 24.33
Thomas Rawle 30.19
Eleanor Farthing 33.59

Brown

Peter Bray CLOK (M21) 57.49
James Daplyn (M21) 113.43

Green

Alastair Thomas (M14) WCOC 40.16

Stella Lewsley (W60) 53.17
Gerry Garvey (M45) 76.13
Philip Nichols (M55) 77.02
Dick Whitworth (M75) 84.11

Yellow

Daniel Lister LOC 17.03
Sam Hunt (M10) 46.28
Alexander Hunt (M5) 48.38

Blue (6.4km)

1. David Spencer (WCOC) 47.00
Andy Lewsley 58.56
Christine Goulding 63.55
Robin Thomas 69.51
Raymond Wren 77.58
David Rawle 79.07
Isabel Berry 81.39

Short Green (3km)

1 Steve Telford (WCOC) 34.37
Andrew Suddaby 37.38
Richard Moss 41.17
Robin Stansfield 46.08
Geoff Armer 48.48
Helen Morley 56.24
Angela Whitworth 57.44
Louise Wilson 57.55

Orange (2.8km)

1. Henry Teasdale (WCOC) 37.41
Gemma O'Dowd 57.02
Ben O'Dowd 59.01
Judy Suddaby DNF
Suzanne Morley DNF

WCOC Blea Tarn Results 2/3/14. All Border Liners except where shown:

Blue

Matthew Rooke (M21) LOC 54.07
Andy Lewsley (M55) 63.01
Raymond Wren (M65) 75.32
Emily Brown (W16) 75.42
Robin Thomas (M60) 77.11
Christine Goulding (W50) 81.38 Jenny Wren (W60) 88.30

Short Green

Heather Felbaum (W50) MDOC 39.44
Kate Kilpatrick (W40) 75.49
Angela Whitworth (W70) 82.01

David Rawle

28th April 2014

Proving that age is no barrier to success, Border Liners Ultra Veterans came top of the class in the Easter weekend Jan Kjellstrom Festival of Orienteering.

The Festival is the UK's premier multi-day orienteering competition, attracting runners from all around the world and this year was held in the valleys of South Wales. Judy Johnson, Chris Lates and Stella Lewsley were the winning relay trio out of 33 teams, with the Border Liners second team of Andy Lewsley, Shirley Moss and Karen Blackburn coming home in ninth place. The Liners third team in the category were the trio of Richard Moss, Di Mitchell and Dick Whitworth who came home in a creditable 19th position. After the low cloud and cold conditions in South Wales on Easter Sunday, the Monday relay events were run-off in spring sunshine to the delight of all the competitors.

The Liners ever-popular 'Come and Try It' series resumed last weekend with an excellent event over Hallin Fell on the shores of Ullswater. Beginners and intermediate courses were on offer, making full use of the superb fellside terrain. In improving weather conditions, Ian Cumpstey (JOK) was quickest around the Green course (3.3km/215m climbing) in a time of 31.31, followed shortly afterwards by Dan Parker (32.18). Adam Bennett had an excellent run to claim third place in 32.22. Around the Short Green course (2.3km/175m climbing) West Cumberland Orienteers Henry Teasdale, Ian Teasdale and Kim Leslie mugged the local competitors to take a clean sweep of the podium. Their times were 33.49, 33.52 and 41.49 respectively. Border Liner Gerry Garvey warmed up for his afternoon rugby fixture with a dash around the Orange course to take first place (25.17) ahead of youngsters Zoe Graham (Solway - 28.23) and Wilfrid Teasdale (WCOC - 28.27). Border Liners had another class winner on the White course in M10 competitor Ewan Simpson, whose 19.37 was just over five minutes clear of runner-up Maisy Yates (24.57).

David Rawle

12th May 2014

Sunshine and showers greeted runners at the Border Liners Cumbria Galoppen League event near Watermillock on Sunday.

With a brisk walk between the car parking area and the event start however, none of the competitors had any excuses for not arriving warmed-up and raring to go on the open fellside courses. Visiting orienteer Jonny Malley of the Sheffield University Orienteering Club was quickest around the 8.2km Brown course with a time of 55.01. Dan Parker was fastest Border Liner in 73.22. On the Blue course, West Cumbrian David Spencer took top honours by less than 30 seconds from clubmate Simon Hunter with times of 46.28 and 46.53 respectively. Andy Lewsley was top Liner just over ten minutes behind. Around the popular Green course, an excellent run by Border Liner Adam Bennett couldn't prevent the Spencer family enjoying a double celebration as M14 youngster Daniel took victory by just over a minute. Adam's runner-up position was the highest placed finish by a Border Liner on Sunday and comes hot on the heels of his good result in the Hallin Fell event a fortnight earlier.

As usual, the unsung heroes were the organisers and helpers who stood out in the elements to ensure that everyone enjoyed their run and returned safely. Assistance like this will always be gratefully received. Border Liners' next event is a club night at Carlisle Parks on Monday 19th May with the next orienteering fixture at Talkin Tarn on Saturday 21st June.

Watermillock Result 11.5.14 (Class winners and BL only)

Brown (8.2km/385m climb)

1 Jonny Malley (SHUOC) M21 55.01

Dan Parker 73.22

James Daplyn 76.28

Karen Parker 76.33

Blue (6km/320m climb)

1 David Spencer (WCOC) M45 46.28

Andy Lewsley 56.55

Simon Hunt 59.13

Stella Lewsley 64.24

Ron Kenyon 65.41

Debbie Thompson 66.12

Robin Thomas 66.53

Emily Brown 69.11

Stephen Farthing 71.01

Raymond Wren 72.48

Green (4.5km/275m climb)

1 Daniel Spencer (WCOC) M14 44.44

Adam Bennett 45.58

Paul Johnson 53.38

David Rawle 58.52

Richard Evans 60.52

Philip Nichols 61.38

Paul Williams 67.33

Mike Cumpstey 67.47

Gerry Garvey 70.52

Neil Morley 71.30

Joan Cumpstey 74.51

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Dick Whitworth 75.39
Jeff Powell-Davies 82.22
Diana Mitchell 83.18
Clyde Mitchell 105.42

Short Green (2.9km/175m climb)

1 Harry Scott (LOC) M14 37.02
Karen Blackburn 48.36
Robin Stansfield 49.45
Elizabeth Farthing 51.07
Louise Wilson 55.03
Anita Evans 62.56
Kate Kilpatrick 73.10
Angela Whitworth 88.44

Light Green (3.6km/225m climb)

1 Alex Foster (LOC) M14 38.07

Orange (2.5km/175m climb)

1 Caitlin Irving (WCOC) W12 27.02
Ellie Farthing/Islay Aitken 57.14
Suzanne Morley 65.16

Yellow (1.7km/80m climb)

1 Wilfrid Teasdale (WCOC) M10 18.49
Thomas Rawle 26.24
Robert Farthing 29.19
Sam Hunt 43.13

David Rawle

21st May 2014

Despite overlooking the mountain-for-sale that has captivated the world's press in recent weeks, few of the competitors in Sunday's Cumbria Galoppen had time to stand in the sunshine and admire the views across to Blencathra from the event terrain on Threlkeld Knotts. The West Cumberland Orienteering Club (WCOC) event used Threlkeld Quarry as a base for the competition and whilst conditions were excellent for running there was inevitably a considerable amount of climbing involved to reach many of the controls in the foothills of Clough Head.

Local hotshot Lewis Taylor of the promoting club was quickest around the Brown course which featured a point-to-point distance of 8.4km and 300 metres of climbing. Just ten minutes behind him however was Border Liners' own fast-man Dan Parker in an excellent fifth overall with Paul Gaines and Karen Parker following up just a few more minutes back. Around the Blue course, Michael Billinghamurst, another WCOC runner, took top honours with Andy Lewsley bringing home an excellent field of Border Liners, with Emily Brown in particular having a fine run. Following his win at Watermillock the previous weekend Daniel Spencer, WCOC again, was quickest around the Green course in a time just under forty minutes. Jenny Wren had an excellent run to take tenth overall in 50.51. Only on the Light Green and Yellow courses in fact was the West Cumbrians domination broken at Threlkeld Knotts with Border Liner Maisy Yates having a good run around the latter course to take fifth place in a time of 30.18.

Threlkeld Knotts Galoppen (Class winners and BL only)

Brown (8.4km/300m climb)

1. Lewis Taylor WCOC 60.30
Dan Parker 70.09
Paul Gaines 74.36
Karen Parker 79.29

Blue (5.9km/250m climb)

1. Michael Billinghamurst WCOC 46.55
Andy Lewsley 58.44
Paul Johnson 59.14
Emily Brown 60.31
Stella Lewsley 61.01
Raymond Wren 62.18
Robin Thomas 68.44
Debbie Thompson 77.16
Mike Cumpstey 77.54
Richard Evans 86.19
Chris Lates 95.09

Green (4km/250m climb)

1. Daniel Spencer WCOC 38.45
Jenny Wren 50.51
Joan Cumpstey 55.28
Philip Nichols 61.11
Judy Johnson 63.17
Neil Morley 68.14
Dick Whitworth 68.55
Gerry Garvey 69.27
Diana Mitchell 71.31
Anita Evans 75.48
Clyde Mitchell 72.09

Short Green (2.6km/150m climb)

1. Steve Telford WCOG 33.29

Jane Yates 47.04

Helen Morley 63.28

Angela Whitworth 79.33

Light Green (3.18km/125m climb)

1. Alex Foster LOC 26.24

NO BL

Orange (2.6km/100m climb)

1. Henry Teasdale WCOG 29.40

Suzanne Morley

42.39 Sam Hunt 44.52

Elizabeth Morley 62.55

Yellow (1.96km/100m climb)

1. Ellie Simmonds LOC 18.26

Maisy Yates 30.18

Lewis Yates 34.28

Alexander Hunt 39.53

David Rawle

3rd June 2014

It has been a busy fortnight for Border Liners, with success in the respective Scottish and British Championships.

The Scottish Championships were held over the Bank Holiday weekend at Dalnamein, on the large Atholl Estate just off the A9. The mixed conifer woodland and open fell courses clearly suited the Scottish runners as both the men's and women's elite races were won by local competitors. Graham Gristwood of the Forth Valley Orienteers is the new Scottish Champion, his 88.34 time around the 15.6km/370m climb course being a minute and-a-half quicker than Murray Strain of the Edinburgh Interlopers. Claire Ward of the Edinburgh Southern Orienteering Club was crowned elite women's champion. Border Liners successes came in the W60 and M75 classes with winning performances from Stella Lewsley and Dick Whitworth respectively. Such was their dominance in fact that our both competitors had many minutes to spare over their nearest rivals. Emily Brown meanwhile was unlucky to miss the podium with a fourth place in the very competitive W16 class.

The British Championships were held in Northumberland on 31st May/1st June, with the individual races on the Saturday at Thrunton Woods and Callaly, and the relays on Sunday on the Cragg Estate and Chesterhope Common. Just as in Scotland, the weather was kind for the weekend and runners were treated to varied terrain and tricky navigation. Graham Gristwood and Claire Ward both sealed their positions as Britain's number one orienteers with convincing wins in the Elite events. Graham's 102.49 around the 14km/530m climb course was almost four minutes clear of Dave Shorah of the DEE Orienteering Club, whilst Claire's 79.30 time around the Elite women's course was almost seven minutes clear of her nemesis Hollie Orr of the Lakeland Orienteering Club. Despite having a number of runners in the individual competitions, where Stella Lewsley's third place in the W60L class was the highlight, it was in Sunday's relay events where the Liners shone with another hard fought podium placing in the M/W70 Class. The team of Chris Lates and Shirley and Richard Moss proudly claimed third place, just over one-minute behind silver medalists from the Edinburgh Southern Orienteering Club.

David Rawle

10th June 2014

A number of Border Liners have taken to two wheels recently to compete in the second annual Allerdale Bike Challenge.

The five event series follows the popular 'score' format, where competitors are given a base map at the start containing twenty controls and a fixed time period of two hours to visit as many as possible. Penalties apply for those returning late. The first round took place in Lorton on a fantastic sunny evening with a record 73 competitors. Chris Hope visited all but one of the controls on a loop of approximately 35 miles covering the Lorton and Loweswater valleys and out to the villages of Dean and Eaglesfield. With three penalty points he finished on a score of 187, just six clear of Richard Wren who managed a similar control total with additional penalty points. David Rawle and Kevin Hodgson tied in third place with 168 points, and exactly the same finishing time, and there were further good rides down the field from Border Liners Raymond and Jenny Wren.

For round two, the weather Gods failed to appear and a slightly depleted field of riders began the event from a dismally wet Dearham. Despite the rain, the organisers raised the rider's spirits with some excellent control placements and route choice possibilities which included the pier end at Maryport and use of the new Hadrian's cycleway section towards Allonby. Tony Brand Barker and Richard Wren shared top score of 178 at the end of the evening, with Tony taking the win thanks to a quicker finishing time. Border Liners Alan Hartley and David Rawle were third and fourth respectively with Kate Charles reinforcing her position as the leading lady of the series with class wins at both rounds.

Round three of the series takes place from Mae's Tea Room in Uldale next Wednesday 18th June with further details available at www.bmbo.org.uk

David Rawle

30th June 2014

Warm sunshine and a good forecast brought nearly ninety runners to Talkin Tarn to take part in Border Liners' latest 'Come on - Try It' event.

For newcomers and beginners, the terrain around the Tarn is an ideal introduction to the sport of orienteering, with many of the competitors on the shorter Orange and White courses being teenagers and younger. For seasoned runners, the 4.7km Green course offered a suitable challenge with some trickier navigation and switchback control placements on the far side of the tarn. Regular racer James Daplyn was the clear winner around the Green course; his time of 32.00 being almost ten minutes clear of runner-up Christine Goulding (41.49). Gerry Garvey, in training for the Allerdale Chase, claimed an excellent third place in 44.27.

Around the Orange course Karen Hazelhurst showed the youngsters a clean pair of heels, almost four minutes clear of second placed Charlotte Hetherington (52.17) with Border Liner Sally Docton third in 54.53. Meanwhile, a whole squad of youngsters from Carlisle courtesy of Border Liners Schools Development Officer John Roelich filled the top places around the white source with eleven-year-old James Hetherington being the best of the bunch in a quick time of 6.57.

On Sunday, the West Cumberland Orienteering Club promoted their annual Allerdale Chase on the fells in and above the Forestry Commission plantations at Whinlatter. Andrew Llewellyn of the Nottinghamshire Orienteering Club made his trip North worthwhile with a class-winning time of 131.21 on the long 15.9km circuit. Border Liner Paul Gaines finished in an excellent sixth place with a time of 165.03. Another runner from afield, Mark Johnston of the Forth Valley Orienteers, claimed victory around the 12.3km course(108.04) with James Daplyn taking a well-earned second place (142.51) and Chris Lates and Gerry Garvey both making the top ten overall with times of 176.48 and 200.57 respectively.

David Rawle

21st July 2014

With the rain drumming off the tree canopy, runners in last Saturday's Border Liners event in Gelt Woods near Brampton could be forgiven for thinking they were racing in a far flung orienteering competition in a tropical rainforest.

The steep gorges and deciduous woodland of the middle Gelt provide tricky orienteering at the best of times but the steady warm rain and hanging mist between the trees gave some extra atmosphere on this occasion. Border Liner Alan Hartley proved quickest around the 4.2km (215 m climbing) Green course. His time of 48.54 was more than five minutes clear of visiting runner-up Eddie Winslow of the Yorkshire AIRE club (54.25). Gelt valley resident Mark Hawker ran an excellent 57.10 for third place and there were other good runs from Border Liners Scott Simpson (60.15), Paul Ryan (64.57) and Dick Whitworth (85.39).

Benefitting from one of the excellent pre-event coaching sessions, Tom Rawle was quickest around the Orange course (2.2km/110m climbing) with a time of 33.53. He finished just a single second clear of runner-up Sally Docton (33.54). Stan Jonnston of the visiting Lakeland Orienteering Club was third in 35.37. Around the White course (1.4km/30m climbing), Border Liner Ewan Simpson was the clear winner by more than two minutes from club mate Laura Hazelhurst. Their rapid times were 7.42 and 10.05 respectively.

The next Border Liners event is a club training evening in Carlisle Parks next Monday 28th July at 7pm.

And don't forget to visit the [Lakes 5 Day](#) website for further details of this forthcoming competition

David Rawle

11th August 2014

See the [Lakes 5 Days](#) website for details of all race days, results etc.

Orienteering Report

Cumbria played host to one of the biggest orienteering festivals of the year last week. The Lakes 5 Days Festival attracts competitors from all over Europe and this year Border Liners Orienteering Club helped organise the first day of the festival based at Swindale near Shap.

Despite the poor weather conditions all the hard preparatory work for the event paid dividends and ensured that the majority of competitors went home satisfied with their times around a tough, wet course. With many Border Liners helping to organise as well as compete in the event it was no surprise that there were few stellar performances from the host club's members. Christine Goulding and Debbie Thompson both managed top ten performances however in their respective categories.

Day two and the fifteen-hundred strong army of competitors moved on to the Simpson Ground course near Newby Bridge where Christine Goulding managed another top ten finish and Jenny Wren and Karen Blackburn both finished in the top twenty in their age groups. By day three, the Border Liners were starting to get into their stride with Chris Lates and Jenny Wren both managing seventh place overall in their respective M70L and W60L competitions around the Grizedale course.

Day four was probably the toughest. The venue was Pike O'Blisco in the Langdales near Ambleside. For many competitors there was an hour of walking and 400m of ascent just to reach the start. But when the going got tough, the tough certainly got going with Border Liners Paul Johnson finishing 9th (M60L), Chris Lates 5th (M70L), Christine Goulding 4th (W50L), Debbie Thompson 7th (W55L) Karen Blackburn 16th (W65L) and Raymond Wren 10th (M65L). The final day's competition took place at Hampsfell and Eggerslack near Grange over Sands and all courses made use of the complex woodland and open fell limestone pavement areas. Christine Goulding rounded off the week as the most successful Border Liner with an excellent fifth place in the W50L category with Chris Lates, Judy Johnson and Jenny Wren again finishing in the top ten in their categories. Amongst the other Border Liners who competed well throughout the week were Gerry Garvey, Robin Thomas, Richard and Anita Evans, Richard and Shirley Moss and Dave Colclough. The next Border Liners fixture is a club evening in Carlisle Parks on Monday 18th August.

David Rawle

16th September 2014

During a weekend of competition in the Midlands, Border Liner athlete Stella Lewsley picked up a brace of age-related British Championship titles. The British Orienteering Sprint Championships were based on courses around Keele University in Staffordshire and despite her own modest admission of being 'useless at sprints', Stella scorched around the 22 control, 1.9km course in a time of 14.26, more than a minute clear of her nearest rival Janice Nisbet of the Edinburgh Southern Orienteering Club (15.29). Also flying the Border Liners flag in the strong W60 field of runners was Judy Johnson whose time of 16.10 was good enough for an excellent fifth overall. On Sunday the competition moved out to Cannock Chase for the British Middle Distance Championships and once again Stella's running and navigation proved too hot for the competition. Her time of 29.36 was close to two minutes clear of second placed (Sarah Brown South London Orienteering 31.22) with Judy Johnson again picking up a fifth place with a time of 35.01.

Aughertree Fell near Uldale was the venue for Border Liners latest club event. The open fellsides at Aughertree should in theory provide quick running, but the tussocky grassland requires good concentration to maintain speedy progress. It was good to see Isabel Berry running again after her injury in the London Marathon earlier in the year. Rhys Finlay-Robinson of the Lakeland Orienteering Club was quickest on the day around the 5km 'green' course. His time of 32.44 was three minutes clear of fellow South Lakeland competitor Stuart Parker of the Warrior Club (35.58) Border Liner Daniel Parker was third in 36.45.

Gerry Garvey took first place around the 2.3km 'orange' course just ahead of a rapidly improving Karen Hazelhurst. Their times were 23.26 and 25.51 respectively. Karen's ten-year-old daughter Laura meanwhile took the top honours around the 'white' course with a time of fourteen minutes exactly. Border Liners next event is a club evening on 29th September followed by a Level C Cumbria Galloper Event around Penrith Beacon on Sunday 12th October.

David Rawle

6th October 2014

Father and daughter Jonathan and Emily Brown were Border Liners most successful competitors at the October Odyssey in Hamsterley Forest last weekend. Day one of the two day event saw orienteers running through woodland around Low Redford and Windy Bank, whilst Sunday's terrain included more technical running in the moorland to the north of the forest where deep heather made the going difficult. Emily won both days of competition in her W16 age group with an overall winning margin of nearly fifty minutes from nearest rival Saskia Warren of the host club Northern Navigators. Her aggregate time of 113 minutes and five seconds was also good enough to take overall victory on the Green course when all age classes were taken into account. Not wishing to be outdone by his daughter, Jonathan lead the M45 category on Saturday evening by three minutes and despite finishing second on day two, took the overall M45 title when the aggregate times were calculated. His result in the M45 category was also good enough for second place overall on the Short Brown course. As well as the Brown family, who competed over both days, there were good results from a number of other Border Liners on the separate days. Dan and Karen Parker both had excellent times around the Brown course on day one and there were also good runs from Alison Clark and Jeff Powell Davies.

David Rawle

13th October 2014

Perfect autumn conditions greeted competitors in the woods around Penrith Beacon on Sunday for the latest round of the Cumbria Galloppen league.

Gerry Garvey of the host club Border Liners made an excellent job of accommodating seven courses into the relatively compact woodland terrain with plenty of dips and craters and boulders to conceal the control points and keep everyone on their toes. Duncan Archer of the Cleveland Orienteering Klub (CLOK) was top orienteer on the day around the tough 8.9km (195m climbing) Brown course with a time of 66.54. Cumbrian Mike McIver of the Lakeland Club was second in 74.42 whilst Dan Parker was highest placed Border Liner in 99.51.

On the Blue course (5.9km/160m) Jonny Malloy (EBOR) was quickest by almost ten minutes from runner-up Duncan Innes (BOK). Their times were 56.07 and 65.16 respectively. Emily Brown, moving up to tackle a harder category after her recent wins on Green course events, came home as top Border Liner and first W16 with a time of 79.49. Debbie Thompson also ran well to come home 25th with 86.43. Young whippersnappers dominated the 4.4km (100m) Green course with two fourteen-year-old lads taking top honours. Daniel Spencer (WCOC) and Harry Scott (Unattached) came home with times of 49.13 and 51.15 respectively. Neil Morley was Border Liner's top finisher with a respectable 72.47.

Jane Yates was the host club's highest placed finisher of the day on the 2.9km (55m) Short Green course with a time of 48.41 and fourth place overall. Fellow club member Robin Stansfield was a single place behind her with a time of 54.52, whilst Kate Kilpatrick just failed to break the hour in 7th place on 60.02. The category was won by WCOC runner Catherine Wetherfield in 44.29. West Cumbrians Ben Goodwin and Joseph Sunley took top honours around the respective Light Green (3.1km/65m) and Orange (2.6km/35m) courses with times of 46.06 and 21.32. Finally, the hotly contested Yellow course (2.3km/25m) was won by Merryn Stangroom (15.44) with Liners Ewan Simpson (19.28) and Thomas Rawle (21.28) finishing third and fifth respectively.

David Rawle

4th November 2014

Last weekend, two pensioners spent Saturday night in a small tent high in the Cheviot Hills wearing every scrap of spare clothing inside their sleeping bags to keep warm. Thankfully, the pair weren't there by misfortune but were there as athletes at the overnight camp of the annual Original Mountain Marathon.

Next morning, the Border Liners super-veteran duo of Chris Lates and Raymond Wren were out on the hills again with the other 1600 competitors for day two and were absolutely delighted when the final scores were belatedly published late last week because not only were they the winners of the veterans on handicap Medium Score event but they also did it as the most senior pairing in the field. In addition to Chris and Raymond's success, Border Liner Jeff Powell-Davies secured an excellent second place with partner Ian Jones in the overall Long Score competition whilst club mate Paul Gaines with his partner was fifth in the same event.

Border Liners held one of their ever-popular 'Come and Try It' events on 1st November around the low fells of North Swindale near Shap. With conditions underfoot being fair for the time of year and the summer bracken now on the wane, there were some quick times around the respective courses. West Cumbrian raider Alistair Thomas was fastest around the technical Green course which had a point to point distance of 4.9km and 180 m of climbing. His time of 28.38 was just under two minutes clear of visiting runner Zac Hudd of the Bristol Orienteering Klub. Border Liners top finisher was fifth placed Dan Parker with a time of 37.05.

Phil Nichols of the host club proved quickest around the Short Green course (3.6km/130m) with a time of 41.52 with club mate Jane Yates also having a good run to return home fourth in 48.13. Claire Regan and friend were fastest around the 3km (125m climbing) Orange course with Border Liners Sam Hunt and Caitlin Hodgkinson fourth and fifth respectively. Finally, thanks to Gerry Garvey, the youngest competitors were able to run around a challenging little White course, with Brodie Weymouth zipping round in just over 11 minutes and Sam Hunt's five-year-old brother Alex coming fourth in a time of 20.59. Full results of this event are available on Border Liners website.

The next club fixture is a club evening at Low Hesket Village Hall on 17th November with the penultimate run of the year being an urban orienteering event around Lowry Hill in Carlisle on Saturday 6th December.

David Rawle

8th December 2014

Whilst much of the city was busy Christmas shopping last Saturday, the paths and tracks round Lowry Hill in Carlisle rang to the sound of running shoes as Border Liners promoted their penultimate event of the year.

Based on Kingmoor Infants School, the organiser succeeded in taking the urban orienteers round all points of the compass through the residential estate and out onto the edges of Kingmoor nature reserve. Back recently from a week of orienteering in Turkey, Border Liner Jeff Powell Davies found his running legs were still in good form and was quickest around the 4.5km course by nearly two minutes from runner-up Ian Cumpstey. Their times were 29.50 and 31.33 respectively. Andy Lewsley came home third in 35.02, with Sal Chaffey of the Derwent Valley Orienteers fourth overall and first woman with a time of 35.25. Around the slightly shorter 3.1km course Anita Evans proved quickest with a time of 39.14 whilst the Teasdale brothers Henry and Wilfrid made their trip from West Cumbria worthwhile by taking first and second places respectively around the 'Traffic Aware' 2.2km course.

The season-long Cumbria Galoppen League drew to a close recently with an excellent final round at Bleaberry Fell between Threlkeld and Derwentwater. With precautions being issued to bring inclement weather-wear for this late November event, it was almost inevitable that the sun would shine and it would be mild; and so it proved! Matthew Vokes of the unusually named DrongO (ex Cambridge University orienteering club) won the blue riband Brown course event covering the 6.8km (330m climbing) in a time of 44.03. He was more than five minutes clear of runner-up Richard Wren of the host club (49.29) whilst Dan Parker was quickest of the Border Liners with 60.22. Out of the large contingent of Border Liners tackling the 6km (270m climbing) Blue course it was Emily Brown who triumphed on the day. Her time of 64.25 was good enough for 16th overall behind class winner Paul Neild (M40 - 48.56). Once the scores had been processed, Emily's run secured her the title of top woman of the year on the Blue standard which is an excellent result for her first season at this category.

Border Liners next event is a welcome social evening to be held at Low Hesket Village Hall on Monday 15th December, with the final competitive outing being the annual festive event on Sunday 28th December at Whittas Park near Bassenthwaite. Pull out your running shoes and come and work off some of that Christmas turkey!

David Rawle