

“Allerdale Chase” Report – June 2017



Congratulations to all the competitors who took part in this year’s “Allerdale Chase” in the forests and fells around Ennerdale, which looked simply stunning in yesterday’s sunshine. Thank you for continuing to support this event.

The courses were planned once again to offer a range of challenges including tough climbs, some bits of detailed navigation and in places challenging terrain. The weather on the day was superb - for swimming - running though must have been a real challenge due to the heat and lack of wind, so hats off to everyone who participated.

Results:

The complete results are listed on the WCOC website (www.wcoc.co.uk/results), along with WinSplits, Splitsbrowser and Routegadget for those who want to analyse their runs.

In brief, the Long course was won in just under 2¼ hours by Steve Birkinshaw (M45 - WCOC), who finished just 5 minutes ahead of local junior Daniel Spencer (M18 - WCOC), who in turn was just 1½ minutes in front of his GB teammate Zac Hudd (M18 - WCOC). Lynne Thomas (W45 - WCOC) demonstrated her excellent stamina once again to come home as first lady.

First place on the Medium course was also closely contested, with Mike Billingham (M55 - WCOC) taking the win by under 3 minutes from Mark Simmonds (M50 - LOC), with local junior Joe Hudd (M14 - WCOC) a further 9 minutes further behind in third place. First lady was taken by Rebekah Beadle (W50 – LOC).

The Short course was won for the second year running by GB junior Niamh Hunter (W18 - WCOC), with Joe Sunley (M14 - WCOC) not far behind in second place. Third place was taken by Sue Skinner (W50 – WCOC).

On the Very Short course, Debbie Thompson (W60 - BL) took the honours, beating local junior Herbie Ashworth (M14 – WCOC) by under a minute, with Wilf Teasdale (M12 – WCOC) a further 6 minutes behind in third.



Prize-winners left to right: Mike Billingham (Medium, winner), Niamh Hunter (Short, winner), Lynne Thomas (Long, first lady), Steve Birkinshaw (Long, winner), Joe Sunley (Short, first gent)

A few planner's notes:

As at last year's event, courses were designed to give competitors a good challenging run and also to visit some of the lovely parts of the remote Ennerdale valley - so I hope that these goals were at least to some degree achieved. I am not an experienced enough planner to be able to predict winning times on courses of given lengths in different terrain, but from the results would suppose that most competitors think they got at least their money's worth!

The nature of the area (with large areas of forest which were even less pleasant and steeper than where you were taken!) inevitably required some compromises, but hopefully did not detract too much from the challenge / enjoyment (!) of the courses. There was always going to be a fair amount of climb and some tough terrain to get through along with some faster track running – the intention was that these would balance each other out.

To conclude:

If you enjoyed this event, or having read about it now wish you had taken part, keep an eye on the WCO website for other events, and in particular the Copeland Chase (held each November in West Cumbria) another Long O.

Many thanks also to the following individuals who all helped in different ways with the planning, organisation and on the day help; Jane and Isaac Hunter (starts team), Steve Breeze (permissions), Pete Nelson (mapping issues and control collection – again!), Simon Hunter (first aid), and Vanessa Brierley (public relations). Another great team effort! Finally, thanks to the Forestry Commission for access to their land and for the parking.

David Spencer (organiser) – 19th June, 2017

Hope to see you all again same time next year!