



GOOD NEWS!

The final August event took place on Ling Fell; with Pete Nelson planning and Steve Birkinshaw made it a clean sweep, winning the long course in all 4 of the August events. The current standings after the first 4 events, on the long course—Steve Birkinshaw 1st, Ben Goodwin 2nd, Simon Woodbury 3rd, Jeff Goodwin 4th and Scott Ashworth 5th. In the ladies' competition, Karen Parker (BL) is 1st, Lynne Thomas is 2nd and Ange Jackson is 3rd. On the short course, junior Daniel Heppell is 1st, Jenny Wren (BL) 2nd, Sally Heppell 3rd, Carl Humphreys 4th, Eva Humphreys 5th, Issy Sunley 6th, James Birkinshaw 7th, Liz Elliott 8th, Toby Heppell 9th and Christine Kiddier (BL) 10th. On the novice course the top 3 are Hannah Birkinshaw, Hiroki Holmes and Stefie Stein. Results from Ling Fell below



Long

Results

4.51km

Pos	Name	Club	Age Class	Time	Behind
1st	Steve Birkinshaw	WCOC	M50	33:27	
2nd	Sam Stead	WCOC	M21	34:37	+1:10
3rd	Ben Breeze	WCOC	M20	35:00	+1:33
4th	Jamie Rennie	WCOC	M50	35:38	+2:11
5th	James Chapman	BL	M35	35:50	+2:23
6th	Will Heap	SO	M45	36:17	+2:50
7th	Joseph Goodwin	WCOC	M20	37:41	+4:14
8th	Emma Stuart	BL	W21	38:43	+5:16
9th	Mike Harrison	WCOC	M50	38:45	+5:18
10th	Keith Tonkin	BL	M60	38:58	+5:31
11th	Michael Billingham	WCOC	M60	39:52	+6:25
12th	John Slater	WCOC	M45	40:53	+7:26
13th	Ian Cumpstey	WCOC	M40	41:21	+7:54
14th	Jason Howell	HOC	M50	41:52	+8:25
15th	Ben Goodwin	WCOC	M20	41:56	+8:29
16th	Jonty Goodwin	WCOC	M18	41:59	+8:32
17th	John Miklausic	NGOC	M40	45:06	+11:39
18th	Simon Woodbury	WCOC	M45	45:08	+11:41
19th	Jeff Goodwin	WCOC	M55	46:03	+12:36
20th	Wilfrid Teasdale	WCOC	M16	46:40	+13:13
21st	Scott Ashworth	WCOC	M40	48:26	+14:59
22nd	John Taylor	WCOC	M55	48:47	+15:20
23rd	Chris Pollitt	WCOC	M55	49:39	+16:12
24th	Kate Charles	WCOC	W50	50:24	+16:57
25th	Ange Jackson	WCOC	W45	52:25	+18:58
26th	Karl Kingsman	HOC	M55	53:04	+19:37
27th	Myrtle Ashworth	WCOC	W14	53:11	+19:44
28th	Ian Teasdale	WCOC	M60	54:27	+21:00
29th	Ann Cummings	WCOC	W60	56:11	+22:44
30th	Susan Skinner	WCOC	W55	57:24	+23:57
31st	Martin Skinner	WCOC	M55	57:53	+24:26

Next Event—Whitehaven, Kells 03 09 2020—pre-
enter by Wednesday at the latest.

32nd	Steven Breeze	WCOC	M45	58:10	+24:43
33rd	Andy Lewsley	BL	M65	58:27	+25:00
34th	Richard Cummings	WCOC	M60	58:30	+25:03
35th	Emma Crawford	WCOC	W16	58:49	+25:22
36th	Helen Rennie	WCOC	W45	59:46	+26:19
37th	Hugh Jordan	WCOC		59:47	+26:20
38th	Julian Cruickshank	BKO	M55	61:01	+27:34
39th	Jack Bingham		M21	62:41	+29:14
40th	Raymond Wren	BL	M70	62:46	+29:19
41st	Mike Turner	SO	M70	63:17	+29:50
42nd	Stuart Crawford	WCOC	M50	65:31	+32:04
43rd	Tony Duncan	WCOC	M75	69:06	+35:39
44th	Chris Emerson	WCOC	M65	71:52	+38:25
45th	Mike Hind	CLARO	M65	73:52	+40:25
46th	Alex Crawford			87:34	+54:07

Short

Results

3.07km

Pos	Name	Club	Age Class	Time	Behind
n/c	John Miklausic	NGOC	M40	30:58	
1st	Daisy Rennie	WCOC	W14	31:13	
2nd	Daniel Heppell			35:12	+3:59
3rd	Phil Blaylock	WCOC	M45	36:29	+5:16
4th	Kevin Hodgson	WCOC	M45	37:24	+6:11
5th	Mike Cumpstey	BL	M70	40:10	+8:57
6th	James Birkinshaw	WCOC	M18	40:13	+9:00
7th	Bob Barnby	WCOC	M70	40:43	+9:30
8th	Sally Heppell			41:40	+10:27
9th	Christine Kiddier	BL	W65	42:40	+11:27
10th	Sophie Crawford			43:33	+12:20
11th	Jenny Wren	BL	W70	45:26	+14:13
12th	Eva Humphreys	WCOC		45:35	+14:22
13th	Deborah Goodwin	WCOC	W55	47:44	+16:31
14th	Matthew Birkinshaw	WCOC	M14	49:13	+18:00
15th	Carl Humphreys	WCOC		49:26	+18:13
16th	Trev Earchy	WCOC	M70	49:56	+18:43
17th	Philip Nichols	BL	M60	50:46	+19:33
18th	Gerry Garvey	BL	M50	51:05	+19:52
19th	Toby Heppell			54:01	+22:48
20th	Paul Tickner	WCOC	M65	55:37	+24:24
21st	Hiroki Holmes	WCOC	M10	56:16	+25:03
22nd	Jessica Breeze	WCOC	W18	56:36	+25:23
23rd	Elizabeth Elliott	WCOC	W70	59:19	+28:06
24th	Ros Earchy	WCOC	W75	63:02	+31:49
25th	Janice Nichols	BL	W60	66:26	+35:13
26th	Becca Muir			68:03	+36:50

Novice

Results

0.93km

Pos	Name	Club	Age Class	Time	Behind
1st	Simon Oliver	WCOC		10:57	
2nd	Jack Oliver	WCOC		11:07	+0:10
3rd	Hannah Birkinshaw	WCOC	W12	13:15	+2:18
4th	Stefie Stein	WCOC		24:38	+13:41
5th	Moira Knoery			37:05	+26:08

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Also on FB—public and members' page.

Selection Races for EJOC and the Talent Squad

Several Club juniors (or recent Club juniors) took part in the selection races which took place in the South Lakes over the weekend. The races started on Friday with a sprint in Windermere which mixed the usual urban terrain with an area of challenging forest. There were some impressive performances; with Joe Hudd taking the win on M18; Joe Sunley coming in 5th and Charlie Rennie 9th. On M20 Alastair Thomas took the win, with Dan Spencer 3rd and Zac Hudd 4th. In the women's competition Emma Crawford took a great win on the W16 course, with Issy Sunley 5th and on W18, Rosie Spencer was top club finisher in 8th. Niamh Hunter took 3rd place on W20.

Saturday and Sunday saw the long and middle races take place at Dale Park on the Graythwaite Estate, an area of tough, physical and technical forest.

Top club finishers in the long race were Dan Spencer who took the win on M18/20; and Alastair Thomas who finished 2nd. On W18/20, Niamh Hunter repeated her 3rd place finish from the day before.

In the middle race, Issy Sunley and Emma Crawford both finished in the top ten on W16, 8th and 10th respectively and on M18/20 there was a reversal of the result from the day before with Alastair Thomas taking the win, with Dan Spencer 2nd and Joe Hudd (making up for his mis-punch the previous day), taking 3rd. All three, impressively, managing to beat the time of Graham Gristwood who pre-ran the course. On the W20 course Niamh Hunter took the win.

