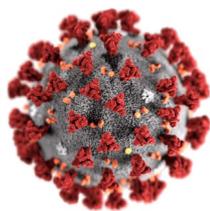


Covid News



You will probably all be aware of the tightening of the lockdown rules from today and the new 'rule of six'. Thankfully, there are exceptions for sporting events and the guidance from British Orienteering is that events can continue. Therefore, the current series will run as normal and a winter series is also in the planning stages.

Events' News

Thanks to Simon Woodbury for organising last week's Thursday evening event in Vulcan Park, Workington. There was some fast and furious racing with less than a minute between winner Dan Spencer and Charlie Rennie on the long course and 6 runners within a minute of the winner, Wilf Teasdale, on the short course. Unfortunately, there was the usual issue with the local youths who find it amusing to disrupt things and this time they placed one of the control boxes out of reach—luckily Simon brought his mountain rescue skills to the fore and the box was retrieved, undamaged! (See photo on pg 2). Full results below:

**Vulcans Long**

**Results**

3km

Pos	Name	Club	Age Class	Time	Behind
1st	Daniel Spencer	EUOC	M20	15:22	
2nd	Charlie Rennie	WCOC	M18	16:16	+0:54
3rd	Joe Sunley	WCOC	M18	16:26	+1:04
4th	Jamie Rennie	WCOC	M50	17:57	+2:35
5th	Herbie Ashworth	WCOC	M16	20:01	+4:39
6th	Alan Irving	WCOC	M50	20:29	+5:07
7th	John Slater	WCOC	M45	20:48	+5:26
8th	Jeff Goodwin	WCOC	M55	21:12	+5:50
9th	Ben Goodwin	WCOC	M20	21:16	+5:54
10th	Caitlin Irving	WCOC	W18	21:31	+6:09
11th	Iain Smith-Ward	LOC	M50	21:33	+6:11
12th	Caitlin Pearson	WCOC	W21	21:53	+6:31
13th	Stuart Crawford	WCOC	M50	21:54	+6:32
14th	Steve Holmes	WCOC	M50	22:24	+7:02
15th	Steven Breeze	WCOC	M45	22:51	+7:29
16th	Joseph Goodwin	WCOC	M20	23:06	+7:44
17th	Kate Charles	WCOC	W50	23:33	+8:11
18th	Jonty Goodwin	WCOC	M18	23:38	+8:16
19th	Pete Nelson	WCOC	M65	23:54	+8:32
20th	Ryan Crellin	WCOC	M35	24:01	+8:39
21st	Helen Rennie	WCOC	W45	24:05	+8:43

22nd	Alex Crawford	WCOC	W45	24:08	+8:46
23rd	Lynne Thomas	WCOC	W50	24:21	+8:59
24th	Howard Leslie	WCOC	M55	24:25	+9:03
25th	Scott Ashworth	WCOC	M40	24:46	+9:24
26th	Nick Moore	WCOC	M60	25:53	+10:31
27th	Roger Thomas	WCOC	M60	26:04	+10:42
28th	Ian Teasdale	WCOC		26:24	+11:02
29th	Chris Pollitt	WCOC	M55	26:41	+11:19
30th	Richard Cummings	WCOC	M60	26:45	+11:23
31st	Jack Bingham	WCOC	M21	28:01	+12:39
32nd	Janette McHendry	WCOC	W50	29:15	+13:53
33rd	Phil Blaylock	WCOC	M45	30:57	+15:35
34th	Jonathan Eaton	WCOC	M60	31:48	+16:26
35th	Bob Barnby	WCOC	M70	32:12	+16:50
36th	Becca Muir	WCOC		39:54	+24:32

**Vulcans short**

**Results**

1.8km

Pos	Name	Club	Age Class	Time	Behind
1st	Wilfrid Teasdale	WCOC	M16	8:55	
2nd	Emma Crawford	WCOC	W16	8:58	+0:03
3rd	Issy Sunley	WCOC	W16	9:03	+0:08
4th	Danny Winterbottom	WCOC	M14	9:15	+0:20
5th	Daniel Heppell	WCOC		9:29	+0:34
6th	Daisy Rennie	WCOC	W14	9:30	+0:35
7th	Isaac Hunter	WCOC	M14	9:53	+0:58
8th	Carl Humphreys	WCOC		10:43	+1:48
9th	Myrtle Ashworth	WCOC	W14	10:53	+1:58
10th	Eva Humphreys	WCOC		11:25	+2:30
11th	Sophie Crawford	WCOC	W12	11:29	+2:34
12th	Sally Heppell	WCOC		11:51	+2:56
13th	Rebecca Crellin	WCOC	W35	12:45	+3:50
14th	Toby Heppell	WCOC		12:55	+4:00
15th	Kamila Winterbottom	WCOC		14:12	+5:17
16th	Deborah Goodwin	WCOC	W55	14:56	+6:01
17th	Trev Eathly	WCOC	M70	17:54	+8:59
18th	George Rennie	WCOC	M12	19:03	+10:08
19th	Molly Thomas	WCOC		27:16	+18:21
20th	Moirra Knoery	WCOC		27:21	+18:26
21st	Stefie Stein	WCOC	W4	29:02	+20:07

**Next Event— Maryport—17 09 2020—Remember pre-entry only by Wednesday.**

Winter series—Request for Planners

The good news is that the committee has agreed to run a more or less normal winter series of Thursday evening events. It's likely that pre-entry, allocated start times and payment by bank transfer will still be required but otherwise everything will be business as usual.

The programme of events is set out below. As usual guidance will be provided and help is available for new and inexperienced planners.

It is also hoped that the Club will be able to organise a monthly Sunday event between now and Christmas, with blue, short green and orange courses. An organiser has already been found for the October event and the Copeland Chase will take place in November so a planner/organiser (it can be the same person) is needed for the December event. Please let Mike Billinghurst know asap if you are willing to plan one of the events.

(Social distancing not too much of a problem on many WCOC areas)



Date	Venue	Format/courses	Organiser/Planner
05/11/20	Slate Fell	long, short, easy	
12/11/20	Stoneywath	long, short, easy	
19/11/20	Elva Hill	long, short, easy	Michael Billinghurst
26/11/20	Lowther Park	long, short, easy	Pete Nelson
03/12/20	Wood Hall	long, short, easy	
10/12/20	Keltonfell	long, short, easy	
17/12/20	Scale Hill	long, short, easy	
07/01/21	Silloth	long, short, easy if possible	
14/01/21	Latrigg Top	long, short, easy if possible	
21/01/21	Blakely Raise	long, short, easy if possible	
28/01/21	Buttermere	long, short, easy if possible	
04/02/21	Owlsen & Burnbanks	long, short, easy if possible	
11/02/21	Rannerdale	long, short, easy if possible	
18/02/21	Mosser Fell	long, short, easy if possible	
25/02/21	Mawbray	long, short, easy if possible	

## More Event News



Hot on the heels of the selection announcements last week; it is now confirmed that the event has been cancelled. Understandable given that the area where it was due to be held is currently having a spike in infections.

**EYOC 2020**  
Salaótarián HUNGARY



Sadly it was announced this week that the 2021 JK which was due to be held in Devon and Cornwall over the Easter weekend has been CANCELLED,

The organising clubs reported that they had not been able to secure permissions due to the current situation. For anyone who has been exceptionally organised and already has accommodation sorted, it is hoped that some local events will still take place over the weekend.

## WCOC in the News—

This week the Club featured in the News section of the BOF website under the headline—'West Cumberland Orienteering Club hold 4th event since ease of lockdown'. It is a testament to the Club's excellent committee and volunteers that events have restarted and have done so with few hitches. The Club has subsequently been asked to contribute to an upcoming BOF webinar aimed at sharing information and assisting other clubs to return to orienteering. Well done to Jon Eaton for an excellent Powerpoint presentation.



New Club Secretary—After many years in the role, Lesley Wornham is standing down as the Club secretary at the upcoming AGM. Thanks to Lesley for her excellent work in the role. She has produced a very helpful summary of what the job entails (below) and anyone who may be willing to take over should contact Lesley asap. As you will all know, the Club wouldn't be here without the help of so many willing volunteers so if you have a bit of free time and are willing to have a go, please get in touch.

Secretary WCOC (role description)

- Book venue, send out agenda and take minutes at 6 committee meetings a year
- Book venue and refreshments, agenda and minutes for annual AGM
- Dealing with general correspondence and replying to email queries or forwarding (very few)
- Send out 95 Christmas cards on behalf of WCOC



←The things you have to do; Simon Woodbury retrieving the control box on Thursday...definitely going above and beyond!



Welcome to another new member—Molly Thomas (W21)  
- looking forward to meeting you at the upcoming events.

## Kong Mini-Mountain Marathon

For those of you interested in longer O events—the bad news is that Kong have had to cancel their Borrowdale event which was due to take place in October but the good news is that they have replaced it with a Maprun course near Loweswater.

Visit their website for details:<http://>

[www.minimountainmarathon.co.uk/maprunf-challenge.html](http://www.minimountainmarathon.co.uk/maprunf-challenge.html)

BL—Askham Common—closing date for entries—17th September, or sooner if entry limit reached..