



Latrigg Top



Thanks to Ian Teasdale for this week's event at Latrigg Top. There were over 80 entrants on a lovely sunny evening and the long course was especially challenging, with plenty of climb. Steve Birkinshaw took the win on the long, with Karen Parker first lady. On the Short, Natalie Hawkrigg (BL) took the win, with Isaac Hunter in 2nd and Ruth Walker won on the novice course. Full results below.

Details re Mosser Fell event.

This week's event is at Mosser Fell—entries close Tuesday 23:59.

Lesley has asked me to share a couple of things -

1. Parking—There is parking available along the track/field leading up to Fellside Farm for a fee of £2. Please consider doing this rather than blocking the narrow, local roads.
2. Plants for Sale—An enterprising farmer's wife (Jane Clarke) has set up a small but well-stocked nursery in Mosser. She has a great selection of very reasonably priced bedding plants, herbs and a few perennials. She will be open on Thursday night so please browse and support before or after your run. Cash sales only. (If Jane is not about she will leave an honesty box).

As we know, we rely a lot on the goodwill of local farmers for access to areas and parking so it would be good to lend them our support.

Upcoming Events

03/06/2021 –Mosser Fell

04/06/2021—BO junior selection race –Keswick

05/06/2021—British Middle Champs

06/06/2021—Northern Champs

10/06/2021—Buttermere

12/06/2021—Alston Urban (BL— entries open now).



Latrigg Results

Long
4.84km

Pos	Name	Time
1st	Steve Birkinshaw	31:16
2nd	Matthew Atkinson	32:24
3rd	Duncan Harris	33:52
4th	Phil Winkill	34:43
5th	Jacob Tonkin	34:47
6th	Simon Hunter	36:41
7th	Joe Sunley	36:48
8th	Ben Breeze	36:58
9th	Dan Roach	37:11
10th	Ruben Razzetti	38:04
11th	Jamie Rennie	38:18
12th	Herbie Ashworth	39:44
13th	Dan Heppell	40:01
14th	Martin Skinner	41:07
15th	David Wilson	42:10
16th	Karen Parker	43:00
17th	Ian Cumpstey	43:37
18th	Chris Swanepoel	45:25
19th	Wilfrid Teasdale	45:46
20th	Robert Jones	46:10

21st	Steven Breeze	46:37
22nd	Lynne Thomas	48:43
23rd	Matt Stephens	48:59
24th	Jeff Goodwin	49:48
25th	Ryan Crellin	49:55
26th	Howard Leslie	50:17
27th	Isabel Berry	50:34
28th	Myrtle Ashworth	50:51
29th	Roger Thomas	52:13
30th	Susan Skinner	53:09
31st	Pete Nelson	54:17
32nd	Jonty Goodwin	54:30
33rd	Jasmine Girdlestone	55:01
34th	Richard Cummings	55:19
35th	Helen Rennie	55:20
36th	Mike Hind	55:44
37th	Anne Burbidge	59:43
38th	Emma Crawford	60:33
39th	Issy Sunley	61:19
40th	Hugh Jordan	62:58
41st	Robin Oliver	65:11
42nd	Janette McHendry	67:16
43rd	Carl Humphreys	68:28
44th	Andy Rodger	75:29
45th	Clare Rodger	77:30

Short
2.76km

Pos	Name	Time
1st	Natalie Hawkrigg	24:32
2nd	Isaac Hunter	25:37
3rd	Sophie Crawford	29:19
4th	Toby Heppell	32:08
5th	Becca Muir	35:24
6th	George Rennie	35:32
7th	Brian Johnson	35:45
8th	Rachel Swift	36:05
9th	Paul Watson	36:48
10th	Mike Cumpstey	37:37
11th	Roger Jackson	37:56
12th	Ruth Harris	40:05
13th	Antony R Duncan	40:18
14th	Jonathan Eaton	41:08
15th	Ann Cummings	41:41
16th	Rebecca Crellin	42:35
17th	Paul Tickner	42:51
18th	Philip Nichols	43:08
19th	Deborah Goodwin	43:13
20th	Sally Heppell	44:04

21st	Stanley Bardsley	44:34
22nd	Henry Teasdale	45:14
23rd	Eva Humphreys	47:53
24th	Elizabeth Elliott	48:03
25th	Hiroki Holmes	51:09
26th	Janice Nichols	51:46
27th	Malcolm Ruckledge	53:13
28th	Joan Cumpstey	53:20
29th	Emma Davies	61:39
30th	Elizabeth Woodcock	61:42
31st	Michael Pearson	69:10
32nd	Ashley Haller	69:16

Novice
1.6km

Pos	Name	Time
1st	Ruth Walker	15:22
2nd	Stefie Stein	31:18
3rd	Charlotte Mathieson	31:25
4th	Sola Holmes	34:45



Good Luck to all those juniors taking part in the junior selection race on Friday and all those Club members competing in the Northern and British Champs

Help Wanted

Buttermere Event—10th June

Bob Dredge still needs 4 volunteers to marshal 2 crossing points for this Thursday evening event . (2 shifts on each so everyone will still be able to run as well) Please contact Bob if you can help - bob_dredge@hotmail.com



The Keswick Bikes
ALLERDALE BIKE
CHALLENGE 2021



Entries close tonight— Allonby on 2 June 2021. For more information and to enter visit—

Calendar of Events - BMBO- bmbo.org.uk or email AllerdaleBikeChallenge@gmail.com

Andy and Mel Bradley Land's End to John O'Groats'

If you would like to donate the link is: <https://www.justgiving.com/fundraising/Melanie-Bradley3>

Andy and Mel are making good progress, despite meeting some dodgy folk along the way! Only joking Dave Downes!



TIMESANDSTAR.CO.UK

'Great credit due to them' - young sports stars

A DIVERSE range of sporting youngsters has each been awarded a ...

Great to see WCOG juniors Myrtle and Herbie Ashworth in the news this week. Copy this link to read the full story-

<https://www.timesandstar.co.uk/news/19329723.awards-sporting-cockermouth-school-youngsters/>

WCOG On Tour

A few WCOG members have been up in Scotland this weekend competing in the Sprint Scotland events, which were selection races for the World Orienteering Championships and also provided a good opportunity for some Club juniors to practice in advance of the upcoming selection race.



Alastair Thomas had consistent runs to finish 8th in both races before finishing 2nd to Graham Gristwood in the Open event at Auchingarrich (part of the Scottish Junior Cup event).

In the sprint events, which had very strong fields of Elite Senior athletes, Joe Sunley gained good experience finishing 21st, and 18th, with Jamie Rennie also running and in the equally strong women's event, Daisy Rennie was 18th and 19th, with Helen Rennie and Janette McHendry also running.

And Finally -

For anyone who is not on Facebook, you might be interested in the maps of Latrigg shared by Mike Hind. The first was hand-drawn by Mike in 1990-something, using fine felt tip pens and this was turned into an OCAD map by Tony Pennick in 1996.

I think the precision of the hand-drawn map is amazing. It is something of a work of art and it is interesting to note how close to the current map it is.

Thanks for sharing Mike!

