



Mosser Fell



Thanks to the Ashworths for Thursday's event on the new area at Mosser Fell. It was another fine evening, with over 60 people turning out. Honours on the long course went to Daniel Spencer and Niamh Hunter, and on the short course Bob Barnby took the win with Daisy Rennie first female. Alice Maddams took the win on the novice course. (See full results below).

Details re Buttermere event.

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



Another couple of marshals would be helpful on Thursday as there are potentially two crossing points that need marshals. If enough people offer then it just involves 2 short shifts and you will still have plenty of time to run. Please let Bob Dredge know if you can help out—bob\_dredge@hotmail.com

Upcoming Events

- 10/06/2021—Buttermere
- 16/06/2021—Allerdale Bike Challenge—Keswick
- 12/06/2021—Alston Urban (BL—entries open now).
- 17/06/2021—Knock Murton
- 24/06/2021—Lodore
- 27/06/2021—Sale Fell Galoppen

Mosser Results

Long  
4.7km 195m

Pos	Name	Time
1st	Daniel Spencer	25:21
2nd	Alastair Thomas	28:33
3rd	Phil Winskill	28:52
4th	Simon Hunter	29:20
5th	Jacob Tonkin	29:47
6th	Jamie Rennie	29:53
7th	Ben Breeze	30:45
8th	Mike Harrison	31:28
9th	Wilfrid Teasdale	33:07
10th	Martin Skinner	34:10
11th	Steven Breeze	35:50
12th	Niamh Hunter	36:42
13th	Ben Goodwin	37:21
14th	Caitlin Pearson	37:38
15th	Ann Cummings	39:54
16th	Jeff Goodwin	40:05

17th	Lynne Thomas	41:07
18th	Ange Jackson	41:15
19th	Simon Woodbury	41:22
20th	Joseph Goodwin	41:38
21st	Christopher Pollitt	41:57
22nd	Richard Cummings	42:21
23rd	Stuart Crawford	42:26
24th	Jonty Goodwin	42:56
25th	Roger Thomas	43:15
26th	Ryan Crellin	43:37
27th	Susan Skinner	43:56
28th	Julian Cruickshank	44:13
29th	Ian Teasdale	44:34
30th	Chris Swanepoel	44:42
31st	Helen Rennie	45:11
32nd	Ian Ditchfield	46:00
33rd	Pete Nelson	46:21
34th	Anne Burbidge	50:55
35th	Dan Heppell	56:42

Short  
3.5km 165m

Pos	Name	Time
1st	Bob Barnby	32:58
2nd	Roger Jackson	35:33
3rd	Colin Smith	35:53
4th	Raymond Wren	37:18
5th	Paul Watson	37:30
6th	Isaac Hunter	38:27
7th	Daisy Rennie	39:11
8th	Rachel Swift	40:14
9th	Antony R. Duncan	40:33
10th	George Rennie	40:38
11th	Jenny Wren	42:59
12th	Toby Heppell	43:01
13th	Margaret Mackenzie	43:07
14th	Penny Kingsland	43:21
15th	Philip Nichols	44:02
16th	Sally Heppell	44:28
17th	Rebecca Crellin	45:47
18th	Elizabeth Elliott	45:54
19th	Enzo Phillips	46:23
20th	Deborah Goodwin	48:15
21st	Gwen Rea	48:49
22nd	Rafferty Phillips	53:23
23rd	Jessica Hayton	55:31
24th	Trevor Earthy	58:11
25th	Ros Earthy	59:40
26th	David Fenwick	62:19
27th	Janice Nichols	62:27
28th	Ella-Mae Phillips	77:54

Easy

1.5km 75m

Pos	Name	Time
1st	Alice Maddams	10:07
2nd	Sola Holmes	34:01

Busy Weekend—Friday Keswick Sprint



It was a busy weekend of competition for Club members ( a shock to the system after such a long time without major competitions!).

Friday kicked off events with a BOF Junior Selection race in Keswick. (Some members helped by pre-running the courses). Several Club juniors took part. In the W16s Isabel Sunley was top Club finisher in 4th, closely followed by Emma Crawford in 5th and Daisy Rennie in 7th. In the M16s, Wilf Teasdale was 9th, with Dan Heppell 14th and in the M18/20s, Joe Sunley was 4th, Charlie Rennie 6th, Herbie Ashworth 21st and Jonty Goodwin 26th. Well done all!

Saturday - British Middle Distance Championships

The event was hosted by LOC in the classic Lakeland area of Summerhouse Knott, which provided a tough challenge in a technically difficult area.

The event (along with the Northern Champs, the next day) was also a selection race for various competitions, including the World Orienteering Championships , so there was a strong field from all around the UK, especially in the M/W21 categories. (Continued over)

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Also on FB—public and members' page.

## British Middle Continued—

The Club didn't bring home any trophies but there were many top ten performances. In the M/W14s Isaac Hunter was 6th, Danny Winterbottom 7th and Myrtle Ashworth 6th. On W16, Daisy Rennie was 3rd, Issy Sunley 5th and Emma Crawford 8th. On W18, Joe Sunley was 4th and on W20 Rosie Spencer was 6th. On M21, Alastair Thomas was 4th and on M40 Ian Cumpstey was 8th. Best placed overall were Steve Birkinshaw who took 2nd on M50 and Sue Skinner who was 2nd on W55. Roger Thomas was 8th on M60 and just outside the top ten were Bob Barnby on M70 and Michael Pearson on M75, both finishing 11th.

Here are a selection of photos courtesy of Wendy Carlyle.



## Sunday—Northern Championships

This event took place at High Dam (another classic Lakeland area) and was hosted by MDOC. It was a long event on a very hot day, which added to the challenge of a tough physical area, which also provided a stiff technical challenge.

Again, the Club had many strong performances, with several top ten finishers. On M12A, Hiroki Holmes was 8th and on M14A Isaac Hunter improved on his run from the previous day to finish in 3rd, with Danny Winterbottom 4th. On M18E Joe Sunley had a strong run to take 2nd, with Charlie Rennie 7th. On M21E, Alastair went one better than the day before to take 3rd and Dan Spencer had a much better run to finish 6th. Ian Cumpstey was 10th on M40L and Simon Hunter was 7th on M50L. On M60S, Richard Cummings was 4th, with Roger Thomas 7th. Bob Dredge was 7th on M70L and on M75L Mike Pearson was 3rd (and took the Northern Champs title), with Tony Duncan 10th.

On W14A, Myrtle Ashworth improved on the previous day to finish 5th and on W20E Rosie Spencer was 6th. Caitlin Pearson was 4th on W21L and Lynne Thomas was 10th on W50L and Janette McHendry was 5th on W50S. Catherine Wetherfield was the only Club winner on the day, taking 1st on W55S. Lesley Wornham was 2nd on W65S. Well Done everyone who took part

## Volunteers' Week



This week was designated as British Orienteering's Volunteers' Week. WCOC would like to thank each and every one of you that help to make this such a vibrant and successful Club - it would not happen without you.

Many of you also take wider roles promoting and coaching outside of the Club to ensure that the sport continues to thrive—well done!

For anyone wanting to volunteer the Galoppen in June is a good opportunity to help out or get in touch as willing helpers are always welcome.

