



Knock Murton-Thanks to the Crawfords for the Knock Murton event, where runners were treated to a lovely sunny evening and lots of climb! Winners on the Long course were Alastair Thomas and Niamh Hunter, and on the Short course were Phil Blaylock and Kate Charles. On the Novice course Debbie Nixon was 1st, with Rafferty Phillips first male. (Full results below).



This week's event is at Lodore (entries close Tuesday 23:59), and don't forget Sunday's Galoppen at Sale Fell.

Long

Pos	Name	Time
1st	Alastair Thomas	25:03
2nd	Daniel Spencer	26:48
3rd	Charlie Rennie	30:01
4th	Jamie Rennie	31:41
5th	Simon Hunter	32:31
6th	Chris Swanepoel	32:47
7th	Mike Harrison	33:13
8th	Ben Breeze	33:39
9th	Dan Heppell	34:32
10th	Joe Sunley	35:14
11th	Martin Skinner	35:23
12th	Simon Woodbury	36:25
13th	John Slater	37:26
14th	David Wilson	38:04
15th	Ben Goodwin	39:46
16th	Keith Tonkin	40:35
17th	Chris Emerson	41:28
18th	Niamh Hunter	41:40
19th	Howard Leslie	42:32
20th	Joseph Goodwin	42:53

21st	Daisy Rennie	42:55
22nd	Steven Breeze	43:36
23rd	Ryan Crellin	43:45
24th	Ange Jackson	44:25
25th	Jonty Goodwin	44:38
26th	Pete Nelson	44:47
27th	Jeff Goodwin	45:31
28th	Lynne Thomas	46:02
29th	Ann Cummings	46:30
30th	Jacob Tonkin	46:39
31st	Roger Thomas	48:00
32nd	Susan Skinner	48:40
33rd	Colin Smith	49:13
34th	Issy Sunley	49:28
35th	Richard Cummings	50:20
36th	Mike Hind	51:34
37th	Carl Humphreys	54:24
38th	Anne Burbidge	54:44
39th	Dave Phillips	55:05
40th	Janette McHendry	60:47
41st	Clare Rodger	64:53
42nd	Andy Rodger	67:08
43rd	Ailie Tonkin	72:35

Short

Pos	Name	Time
1st	Phil Blaylock	26:06
2nd	Kate Charles	28:33
3rd	Bob Bamby	28:40
4th	Isaac Hunter	30:29
5th	Eva Humphreys	32:41
6th	Roger Jackson	34:19
7th	Raymond Wren	35:05
8th	Jenny Wren	35:33
9th	Sally Heppell	36:35
10th	Rachel Swift	36:38
11th	Paul Watson	36:43
12th	Rebecca Crellin	36:56
13th	Christine Kiddier	37:09
14th	Hiroki Holmes	37:57
15th	George Rennie	39:14
16th	Jonathan Eaton	40:42
17th	Penny Kingsland	41:56
18th	Enzo Phillips	42:46
19th	Elizabeth Elliott	43:58
20th	Deborah Goodwin	44:37

Novice

21st	Margaret Mackenzie	50:43
22nd	Malcolm Ruckledge	51:50
23rd	Frankie Williams	52:12
24th	Ella-Mae Phillips	59:32
25th	Jessica Hayton	59:41
26th	Gwen Rea	59:44
27th	Simon Phillips	87:18

Novice
2.5km

Pos	Name	Time
1st	Debbie Nixon	26:56
2nd	Ruth Walker	26:57
3rd	Rafferty Phillips	32:27
4th	Sola Holmes	73:49

Upcoming Events

24/06/2021—Lodore

27/06/2021—Sale Fell Galoppen

30/06/2021—Alerdale Bike Challenge—Wiggonby

01/07/2021—Parish Relays—Mawbray

08/07/2021—Elva Hill



Mawbray - Parish Relays 1st July 2021-ONLY FOR WCCIC MEMBERS

Entry for this event is free but you need to enter in advance. The Parish Relays are for Teams of 3 people, which may be linked by family or geographical ties (but this is not obligatory). Teams made up entirely of juniors can run in the junior

competition. The event is a relay with 2 runners from each team out at a time, usual format, is 2 short courses, 2 medium courses and 2 longer courses, with a final bonus course to run once the other courses are complete. As long as every runner completes at least one course, teams can arrange who runs which course as they choose. Mass start, first team completing all courses wins! (And plans next year). Team names and members need to be registered with Joe Sunley as soon as possible. (joe@jossy.co.uk)

Tuesday Night Training (TNT) More fun this week at Tuesday Night Training—Juniors enjoyed activities in Memorial Gardens, Cockermouth. Anyone interested in joining please contact Simon Hunter (hunters7@sky.com).



More Selection News



JROS Junior Regional Orienteering Squads

For people who may be new to orienteering Junior Regional Orienteering Squads is the umbrella organisation for the 12 regional orienteering squads based on the British Orienteering

Regions. JROS was set up to further develop the junior orienteering which is nurtured by the regional squads.

Each year JROS run talent camps to provide structured and focussed training to selected orienteers who have been nominated by their regional squad. Sadly, due to Covid the usual camps may not be able to take place as normal but it is hoped alternative arrangements will be possible.

Additionally, British Orienteering organise an annual summer camp for selected athletes.

The Club has a thriving group of enthusiastic and talented juniors, and this year several juniors have been selected for the JROS Camps, as follows:

Lagganlia 2021 (the full list is at [Lagganlia 2021 | Junior Regional Orienteering Squads \(jros.org.uk\)](#))

Isaac Hunter WCOC



Myrtle Ashworth WCOC



Dan Heppell WCOC



Deeside 2021 (the full list is at [Deeside 2021 | Junior Regional Orienteering Squads \(jros.org.uk\)](#))

Emma Crawford WCOC

Isabel Sunley WCOC



Badaguish (the full list is at [British Orienteering](#))

Daisy Rennie

