



Mawbray - Parish Relays—



Well done to last year's winning team of Joe Sunley, Joe Hudd and Charlie Rennie, for planning this year's Parish Relays. As usual the competition was fast and furious and the Team of Andy Bradley, Ian Cumpstey and Dan Spencer took the win and earned the prize of planning next year's competition!

Upcoming Events

- 08/07/2021—Elva Hill (Entries open on the usual racesignup system. Close Tuesday 23:59).
- 11/07/2021—Angle Tarn Galoppen (BL)
- 14/07/2021—ABC—last one for this year! Uldale
- 15/07/2021—Owsen & Burnbank
- 22/07/2021—Low Rigg

**BRITISH SPRINT CHAMPIONSHIPS WEEKEND** 21/22 August 2021

Hosted by the North West Orienteering Association at Skelmersdale, Lancashire

**SATURDAY 21st SPRINT RELAYS**

**SUNDAY 22nd INDIVIDUALS**

For further information please visit [www.britishsprintchamps.org.uk](http://www.britishsprintchamps.org.uk)



Yvette Baker Final—Sunday 4th July

WCOC sent a strong junior team down to the YB Final which took place at Westonbirt, The National Arboretum. Due to Covid restrictions the plan of an overnight stay had to be shelved, which meant a 5.15am start for the long journey south.



Thanks to Janette and Jamie for driving and supervising the juniors. There were several excellent performances and the team finished 3rd with a score of 871, only 5 points behind BOK in 2nd with 876 . SYO were the winners with 889. It was a great team effort. Scorers on the day were—Daisy Rennie (100), Emma Crawford (99), Dan Heppell (99), Isaac Hunter (98), Joe Sunley (97), Myrtle Ashworth (97), Charlie Rennie (96), Eva Humphreys (95) and Sophie Crawford (90). (Others making up the team were Wilf Teasdale, Jonty Goodwin, Issy Sunley, George Rennie, Toby Heppell, Hiroki and Sola Holmes).

New Cockermouth Maprun Courses

The Crawfords have created two new MapRun courses in town: a short course in Harris Park and a long course on the Moor. To access them you need to download the latest version of the app: MapRun6. If you'd like to carry a paper map too, you can print one from our club website: a pdf of each map will soon be uploaded to the area of the WCOC website for members (look for "Navigation Exercises").



(Short)



(Long)

# Saunders Lakeland Mountain Marathon

There was lots of WCOG interest in the Saunders that set off from Buttermere on Sat 3rd July. Full results are available at [sportident.co.uk](http://sportident.co.uk) SLMM 2021.

On Carrock Fell top Club finishers were Simon and Niamh Hunter 10th (3rd mix), Mike Harrison and Ange Jackson were 13th (1st vet), Steve Breeze and partner were 18th (3rd vet) and Scott and Herbie Ashworth retired after completing the first day.

Harter Fell—Martin and Kate Skinner were 39th (12th mix), and on Wansfell, Helen Rennie and partner were 48th (7th Females)

Kirkfell—Lewis Taylor and Partner 6th, and Charlotte Watson and Partner 7th (1st Females)

On Fairfield –Pairs, Steve and James Birkinshaw were 11th (5th men), and Lynne Thomas and Kate Charles were 46th (7th female). On Fairfield –Solo, Ray Johnstone was 40th (27th vet) and on Scafell –Pairs, Matt and Phil Vokes were 1st.



WOC kicked off this week with the Sprint qualifiers and final on Saturday. It was an impressive performance from Alice Leake to finish joint 4th, (only 4 secs off bronze). Grace Malloy in her first senior race was



12th. In the men's race, Peter Hodkinson was 14, Chris Smithard 24th and Nathan Lawson (in his first WOC was 25th). On Sunday, it was the Mixed Sprint Relay, with the GB Team of Alice Leake, Ralph Street, Peter Hodkinson and Megan Carter –Davies, who finished 6th.



Tomorrow attention turns to the Middle distance race which takes place in challenging mountain terrain. Three

heats for each gender, with the top 15 in each to qualify for the final and we wish our Club member Alastair Thomas the very best of luck for a good run,

Alastair starts in Heat C at 08:00 GMT. Other GB athletes running are : Peter Bray, Ralph Street, Cat Taylor, Grace Malloy and Megan Carter-Davies. Good luck Team GB!

From Pete Nelson - We had a successful mapping day at Buttermere on Saturday, with lots of good debate. There were six of us, and I think we all took something away from the session. Thanks to Howard, Roger T, Jon, Alex, and Stuart for their contribution. We talked about why the map looks as it does, and how to choose what goes on the map. Then we walked up the fell towards Whiteless Pike and did some real mapping on a bit with good contour detail that's never been done before (see picture)



We'll have a similar day outdoors in the autumn, to cater for those who couldn't make it this week. And then we'll have an indoor session to look at some of the computer work involved in making a finished map

