

Low Rigg

Thanks to Steve and James Birkinshaw for planning this week's Low Rigg event. There was a new winner on the Long course, with Phil Winskill coming out on top. Niamh Hunter consolidated her recent wins, finishing first woman and 6th overall. On the Short course Isaac Hunter took another win, with Stella Lewisley (BL) first female in 2nd, ahead of the Club's Daisy Rennie in 3rd. (Results below).

Long 4.9km 250m						
Pos	Name	Club	Age	Time	Behind	Class
1st	Phil Winskill	WCOC	M40	37:51		
2nd	Matthew Atkinson	IND	M21	39:00	+1:09	
3rd	Alex Matthew	SROC	M18	39:44	+1:53	
4th	Joe Surley	WCOC	M18	39:46	+1:55	
5th	Jacob Tonkin	WCOC	M21	40:51	+3:00	
6th	Niamh Hunter	WCOC	W21	41:32	+3:41	
7th	Mike Harrison	WCOC	M50	42:52	+5:01	
8th	John Slater	WCOC	M50	42:59	+5:08	
9th	Dan Roach	WCOC	M21	43:48	+5:57	
10th	Nigel Wright	NN	M50	45:17	+7:26	
11th	Karen Parker	BL	W55	45:27	+7:36	
12th	Ian Cumpstey	WCOC	M40	46:04	+8:13	
13th	Maya Hampshire Wright	NN	W18	46:30	+8:39	
14th	Keith Tonkin	BL	M60	47:15	+9:24	
15th	Dominic Wathey	MDOC	M16	47:39	+9:48	
16th	Wilfrid Teasdale	WCOC	M16	47:45	+9:54	
17th	Andrew Bradley	WCOC	M55	48:27	+10:36	
18th	Joseph Goodwin	WCOC	M21	48:36	+10:45	
19th	Steve Holmes	WCOC	M50	51:07	+13:16	
20th	Tom Matthew	SROC	M50	51:39	+13:49	

Short 2.9km 130m						
Pos	Name	Club	Age	Time	Behind	Class
1st	Martin Skinner	WCOC	M55	52:03	+14:12	
2nd	Robert Dredge	WCOC	M70	52:59	+15:08	
3rd	Stuart Crawford	WCOC	M50	53:49	+15:58	
4th	Cate Matthew	SROC	W16	54:58	+17:07	
5th	Jo Matthew	SROC	W45	55:56	+17:55	
6th	Ange Jackson	WCOC	M45	55:53	+18:02	
7th	Andrew Lewisley	BL	M65	55:58	+18:07	
8th	Emma Crawford	WCOC	W45	56:12	+18:19	
9th	Mark Edwards	SROC	M55	56:12	+18:21	
10th	Pete Nelson	WCOC	M65	57:54	+20:03	
11th	Isabel Berry	BL	W40	57:31	+19:40	
12th	Andy Robinson	LOC	M65	61:26	+23:35	
13th	Chris Roberts	SROC	M65	61:37	+23:46	
14th	Richard Cummings	WCOC	M60	61:40	+23:49	
15th	Kate Hampshire	NN	W60	62:12	+24:21	
16th	Susan Skinner	WCOC	W65	62:39	+24:48	
17th	Raymond Wren	BL	M75	64:17	+26:26	
18th	Nick Moore	WCOC	M65	65:45	+27:54	
19th	Jonny Goodwin	WCOC	M18	66:46	+28:55	
20th	Helei Rennie	WCOC	W45	70:23	+32:32	
21st	Mike Hind	WCOC	M70	71:34	+33:43	
22nd	Ian Teasdale	WCOC	M60	72:55	+35:04	
23rd	Issey Surley	WCOC	W16	73:25	+35:34	
24th	Chris Emerson	WCOC	M65	75:26	+37:53	
25th	Alex Crawford	WCOC	W50	76:20	+38:29	
26th	Carl Humphreys	WCOC	M40	78:47	+40:56	
27th	Julian Lailey	SROC	M75	84:52	+47:01	
28th	Stephen Eastley	BL	M65	87:40	+49:49	
29th	Janette McHendry	WCOC	W50	98:41	+60:50	
30th						

Upcoming Events						
29/07/2021—Holme Wood (entries close 23:59 Tuesday).						
05/08/2021—Break for Scottish 6 Days.						
12/08/2021 - Flat Fell						
19/08/2021—Threlkeld Knotts						
26/08/2021—Setmurthy						

Overall Standings-There are only 4 events left in the Summer Series and best 8 events count towards the overall standings, so you still have time to improve your position. Thanks to Pete Nelson for collating the overall standings. Top 20 results below:

Long Course				8 Best events		
POS	NAME	CLASS	CLUB	NO.	AVG	TOT.
1	Joe Surley	M18	WCOC	10	474	3861
2	Jamie Rennie	M50	WCOC	10	462	3796
3	Simon Hunter	M50	WCOC	10	460	3717
4	Mike Harrison	M50	WCOC	9	456	3697
5	Jacob Tonkin	M21	WCOC	9	438	3611
6	Niamh Hunter	W21	WCOC	9	432	3524
7	Ian Cumpstey	M40	WCOC	8	435	3483
8	Martin Skinner	M55	WCOC	8	432	3459
9	Simon Woodbury	M45	WCOC	9	411	3328
10	Ben Breeze	M21	WCOC	7	465	3258
11	Stuart Crawford	M50	WCOC	8	384	3075
12	Jeff Goodwin	M55	WCOC	8	384	3072
13	Howard Leslie	M55	WCOC	8	383	3064
14	Daniel Spencer	M21	WCOC	6	497	2984
15	Ryan Crellin	M35	WCOC	9	370	2982
16	Angie Jackson	WCOC	8	363	2901	
17	Dan Heppell	M11	WCOC	7	414	2900
18	Susan Skinner	W55	WCOC	10	354	2900
19	Phil Winskill	M40	WCOC	6	482	2891
20	Jonny Goodwin	M18	WCOC	9	353	2862

Short Course				8 Best events		
POS	NAME	CLASS	CLUB	NO.	AVG	TOT.
1	Isaac Hunter	M14	WCOC	9	472	3873
2	Sophie Crawford	W14	WCOC	9	445	3646
3	Roger Jackson	M70	WCOC	9	434	3557
4	Eva Humphreys	W14	WCOC	9	402	3311
5	George Rennie	M14	WCOC	8	408	3261
6	Toby Heppell	M14	WCOC	8	403	3221
7	Deborah Goodwin	W60	WCOC	9	380	3170
8	Penny Kingsland	W65	WCOC	8	385	3078
9	Elizabeth Elliott	W70	WCOC	9	354	2965
10	Sally Heppell	W40	WCOC	7	417	2921
11	Jenny Wren	W70	BL	7	411	2874
12	Enzo Phillips	M14	WCOC	7	399	2795
13	Paul Watson	M60	BL	6	452	2713
14	Raymond Wren	M75	BL	6	435	2608
15	Mike Cumpstey	M75	BL	6	397	2385
16	Rebecca Crellin	W35	WCOC	6	350	2098
17	Ella-Mae Phillips	W16	WCOC	6	349	2092
18	Jonathan Eaton	M60	WCOC	6	344	2066
19	Christine Kiddier	W65	BL	5	407	2034
20	Joan Cumpstey	W70	BL	6	308	1850

Novice or Easy Course				8 Best events		
POS	NAME	CLASS	CLUB	NO.	AVG	TOT.
1	Rafferty Phillips	M10	WCOC	5	492	2459
2	Ruth Walker	W14	WCOC	4	485	1938
3	Sola Holmes	W10	WCOC	7	274	1918
4	Stefie Stein	W10	WCOC	3	406	1217
5	Eve Walker	W12	WCOC	2	466	932
6	Charlotte Mathieson	W10	WCOC	2	391	781
7	Stanley Bardsley	M10		2	382	765
8	Alice Maddams	W10		1	500	500
9	Mum Walker	W10		1	500	500



Request for Helpers- Hi to Club Chairs - With this week's announcements about the relaxation of most of the COVID rules in England opening the way for us to go ahead with the British Sprint Championships weekend on 21/22 August, we need to step up all our preparations. Planners, mapper, organisers, controllers, and many others have been working hard towards this point ever since the Government's roadmap was published in the Spring. They now need the help of club members from across the North West if all these plans are to come good on the weekend itself.

I wrote to you on this a couple of weeks ago about the need for helpers on the Sunday for the Individual Sprint. I know Lakeland clubs have been involved in large events just recently and it is also a distance from some club areas to travel down just to help on the day.

As a little incentive to aid you in persuading club members to volunteer as helpers on the Sunday, we've decided to offer a payment of half the standard senior entry fee, i.e. £11.50, for each helper that does a full stint on one of the helper teams. That's in line with what we think most clubs do and also with other recent major events in the region. As previously, we'll pay it to the club rather than just discount entry fees time, so if two people each do half of that to give them the chance to run then that will only qualify for a single payment as it can then benefit helpers who don't want to run. It will be up to each club whether they pass any of this reward on to members or keep it for club funds. For clarity, a "full stint" means covering a job for the entire allotted

I hope this scheme will give you a bit more by which to persuade your members to do their bit and help out across the Sunday. That's the only way that orienteering manages to put on events of any kind but especially major ones like this.

Could you please pass on the contact details of any club members willing to help. Many thanks, Norman Hall (Deeside OC) Co-ordinator, British Sprint Champs Weekend August 2021. (Please let Steve Breeze know if you can help). **IMPORTANT-Cheaper Entries extended to end of July.** Anyone interested in running a relay? Juniors let Janette McHendry know, seniors let Alan Irving know.

Little Something from Mike Pearson

Thanks to Mike for these images from Low Rigg and there is a link to a video from the Saunders. Some familiar faces on both...thanks Mike. <https://vimeo.com/578506590> (Music composed and played by Mike's nephew).



WCOC On Tour

Well done Dave Downes who took part in the Ingleborough Fell Race!



Welcome to new Club member Trevor Zegveldt, who has sent a few words to introduce himself to the Club. Trevor says:

I'm 54 years old, from Carlisle but now live in West Cumbria, like photography and fell walking (just recently completed Wainwright's C2C which was amazing, would recommended it to anyone). Done a bit of Orienteering when i was a teenager and would like to get back into it.

We look forward to meeting Trevor at upcoming events and if any other new members out there would like to introduce themselves to the Club, please send me a few words and a photo.



Good Luck to everyone taking part in various orienteering events in the coming week or so and several juniors who are attending talent camps.

Any members out there taking part in events, please get in touch as it is good to share members' news and not everyone is on Facebook.

No newsletter next week - too busy getting in the zone for the Scottish 6, 3 days!

