



Flat Fell -



After the break for the Scottish 6 Days, the usual Thursday evening events resume this week on Flat Fell, adjacent to the Cold Fell road. As usual pre-entry is necessary via racesignup and entries close on Tuesday at 23:59. All details are on the Club website. With only 3 Summer league events left there is still all to play for in the overall league.

Final Summer events are Threlkeld Knotts (19 08 2021) and Ling Fell (26 08 2021).



Scottish 6 Days 2021

Well it was touch and go whether the event would happen at all and in the end it was reduced from the usual 6 days to 3 days, but it was a thoroughly enjoyable 3 days, with some amazing scenery and apart from the final day, great weather. Even the midges behaved themselves. Most WCOG members were allocated days, 1, 2 and 5 (with day 5 also hosting the World Ranking Event).

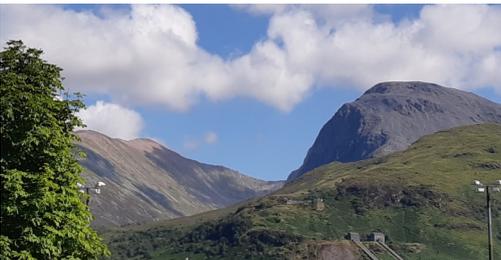
Day 1 - was the long-distance event at Ardchattan. The parking field was next to Loch Etive and as you climbed up to the start the full panorama of the Loch and surrounding hills opened up, providing the most glorious views.



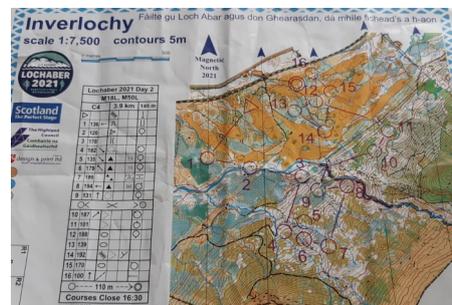
The terrain was generally fast open moorland, with some bracken.



Day 2 - was a middle-distance event at Inverlochly which started on the golf course outside Fort William. Several courses stayed on the golf course but some climbed through the forested lower slopes of the Nevis Range, which provided a mix of more difficult terrain and fast running on the fairways.



(View of Ben Nevis from the parking).



Day 3 - Took place at Creag Dhubh, an area of birch woodland, with lots of bracken and steep, rocky slopes to provide both a physical and navigational challenge, which was also used for the World Ranking event. Thankfully, the forecast thunder and lightening held off and after the initial heavy rain, the weather brightened up in time for Club members to share their tales of tricky controls and route choices. It almost felt like things were back to normal!



Scottish 6 Days Continued-

Of course the fact that the event was only running for 3 days meant that Club members had plenty of time for non-orienteering rest day activities. Munros (and Corbetts) were climbed, there were dips and paddle-boarding in and on Lochs, some went climbing and some enjoyed ten pin bowling. Of course Ben Nevis was a big draw and several Club members ventured up to the halfway lochen, the



CIC hut , or all the way to the top!

There were several strong performances from Club members. Overall results in the women's competition:



W10A Sola Holmes, 8th, W14A Sophie Crawford 20th, W16A Daisy Rennie 11th, Isabel Sunley 12th and Emma Crawford 14th, W20L Rosie Spencer 15th, W20S Jess Breeze 1st, W45L Ange Jackson 10th, W45S Helen Rennie 7th, W50L Lynne Thomas 16th, W50S Janette McHendry 27th, W55L Susan Skinner 4th, W60L Ann Cummings 10th and W65S Lesley Wornham 12th. In the men's competition, M12A Hiroki Holmes 5th, M14A Isaac Hunter 11th, Toby Heppell 19th and George Rennie 24th, M16A Dan Heppell 19th, M18L Joe Sunley 4th, Charlie Rennie 11th, Joe Hudd 20th and Jonty Goodwin 27th. M20L Ben Goodwin 9th, M50L Simon Hunter 7th, Mike Harrison 21st, Alan Irving 25th, Steve Holmes 40th, Steve Breeze 47th and Jamie Rennie 49th, M55L Martin Skinner 35th, Andy Bradley 38th, M55S John Taylor 1st, M60S Roger Thomas 1st. Richard Cummings 11th, M65S Paul Tickner 24th, and in the Elite races, W21E, Niamh Hunter 18th overall, with a strong 9th place in the World Ranking Event, and in the M21E, former Club member Lewis Taylor had excellent runs to finish 5th, Dan Spencer was 26th, Zac Hudd 30th and Joe Goodwin 46th.

Anyone wanting more information should visit <https://www.scottish6days.com/>, where under the daily news for each day, you can view the daily video and play spot the WCOC member! Next 6 Days Moray 2023 - see you there!

News in Brief

1. Well done to the Club juniors who have enjoyed their recent training camps - Daisy Rennie (Badaguish) which was held as a 15s camp between Stirling and Crieff (a report from Richard Tiley (LOC) is available on British Orienteering website), and Emma Crawford and Issy Sunley on the Deeside/Speyside camp, which was run as a 16s camp.
2. Sad news regarding the upcoming EYOC and JWOC events, with GB deciding to pull out of both events over concerns for athletes' wellbeing in the event that they were required to quarantine and the general Covid situation. Commiserations to Joe Sunley who was selected for EYOC and reserve for JWOC.
3. Entries are open for the British Long and Relay events on 2nd and 3rd October, near Barnstaple in Devon. Details on the website - www.theboc.org.uk
4. Finally - good luck to Alastair Thomas who is due to run for GB in the World Cup Round 2 in Idre Fjall in Sweden this coming weekend. There are 3 forest disciplines of Long, Middle and Relay.