



Flat Fell -



Well done to the Heppells for planning their first event at Flat Fell this week. With the overall league positions still to be finalised there was a good turn-out. On the Long course, the honours went to Daniel Spencer who took a convincing win in 31:10, with Simon Hunter 2nd and Chris Swanepoel 3rd. In the women's competition BLs' Karen Parker took the win, with Niamh Hunter 2nd and Emma Crawford 3rd.

On the Short course Isaac Hunter took the win, ahead of Oliver Bardsley visiting from Hertfordshire Orienteering Club, and Roger Thomas in 3rd. First female was Kate Charles, with Eva Humphreys in 2nd and LOC's Maggie Scrugham was 3rd. There were only 2 runners on the novice course, with Rafferty Phillips taking the win and Sola Holmes in 2nd. (Full results below).

Long

5km 330m

Pos	Name	Time
1st	Daniel Spencer	31:10
2nd	Simon Hunter	36:46
3rd	Chris Swanepoel	37:46
4th	Jacob Tonkin	37:47
5th	Dan Roach	39:07
6th	Joe Sunley	39:47
7th	Ruben Razzetti	41:09
8th	Simon Woodbury	41:42
9th	Karen Parker	42:19
10th	Andrew Bradley	42:41
11th	Keith Tonkin	43:20
12th	Martin Skinner	44:48
13th	Ryan Crellin	45:27
14th	Dan Parker	45:47
15th	Niamh Hunter	45:57
16th	Ben Goodwin	46:23
17th	John Slater	46:25
18th	Ian Cumpstey	46:48
19th	Emma Crawford	48:38
20th	Howard Leslie	49:34
21st	Claire Murphy	49:40
22nd	Ben Bardsley	50:26
23rd	Jonty Goodwin	51:07
24th	Stuart Crawford	51:13
25th	Lynne Thomas	54:18
26th	Jack Bingham	56:32
27th	Mike Hind	56:34
28th	Nicholas Moore	60:47
29th	Janette McHendry	73:41
30th	Colin Smith	75:14

Short

3.4km 165m

Pos	Name	Time
1st	Isaac Hunter	29:20
2nd	Oliver Bardsley	30:59
3rd	Roger Thomas	33:38
4th	Kate Charles	34:07
5th	Raymond Wren	34:12
6th	Bob Barnby	34:19
7th	Roger Jackson	34:56
8th	Carl Humphreys	35:26
9th	Eva Humphreys	36:55
10th	Maggie Scrugham	39:51
11th	Jenny Wren	41:43
12th	Mike Cumpstey	42:19
13th	Christine Kiddier	42:42
14th	Deborah Goodwin	43:39
15th	Tony Duncan	44:17
16th	Rebecca Crellin	44:37
17th	Penny Kingsland	44:47
18th	Adrian Ledger	47:48
19th	Paul Tickner	51:01
20th	Elizabeth Elliott	51:43
21st	Trevor Zegveldt	53:36
22nd	Jonathan Eaton	54:01
23rd	David Fenwick	57:13
24th	Joan Cumpstey	57:39
25th	Becca Muir	64:28
26th	Hiroki Holmes	68:41
27th	Rachel Swift	69:37
28th	Kate Golby	69:52

Novice

2km 85m

Pos	Name	Time
1st	Rafferty Phillips	28:19
2nd	Sola Holmes	40:45

Congratulations - To several of the Club juniors who have been selected by North-West Junior Orienteering Squad to represent the North-West in the Junior Inter-regional Championships which take place in September. Those selected are: Sophie Crawford, Myrtle Ashworth, Eva Humphreys, Daisy Rennie, Isabel Sunley, Emma Crawford, Isaac Hunter, Toby Heppell, George Rennie, Dan Heppell, Wilf Teasdale, Charlie Rennie, Joe Sunley and Joe Hudd (with Herbie Ashworth a reserve).

Upcoming Local Events

19/8/2021 - Threlkeld Knotts (as usual entries via Racesignup and they close 23:59 on Tuesday).

26/08/2021 - Ling Fell (Final Summer event), refreshments available to aid with junior fundraising.

09/09/2021 - Maryport (Autumn series)

16/09/2021 - High and Low Park

19/09/2021 - Troutal Fell & Seathwaite Tarn LOC Galoppen.

Upcoming National Events



27/08 - 29/08/2021 - White Rose Weekend - Entries now open on Fabian. **Entries close soon - midnight Sunday 22 Aug' 21**

27/8 - Night Score event (& quiz opens). 28/8 - Classic Event (Max 400 entries). 29/8 - York City Race.

Camping is available. Pre-entry (including for camping) is required. For details visit eborienteers.org.uk



25/09 & 26/9/2021 - October Odyssey Weekend (incorporating JIRCs). (near Redcar)

25/9 - Long Distance event & 26/9 Middle Distance event. Pre-entry required via CLOCK's online entry system. **Entries close midnight on Tuesday 14th Sept 2021.** For info and entries visit clock.org.uk/events



02/10 & 3/10/2021 - BOC Long distance and supporting middle distance event. Braunton, Devon. Entries open on fabian4.

First closing date Sunday 12th September, with final/late entries closing 26th September subject to map and start time availability. For details - theboc.org.uk



Borderliners' Event - Aughtertree

There was a good turn-out of Club members at the event on Saturday, which was blessed with good weather. The tussocky grass was surprisingly dry underfoot and the juniors who planned the event did a great job of using the features to provide enjoyable courses.



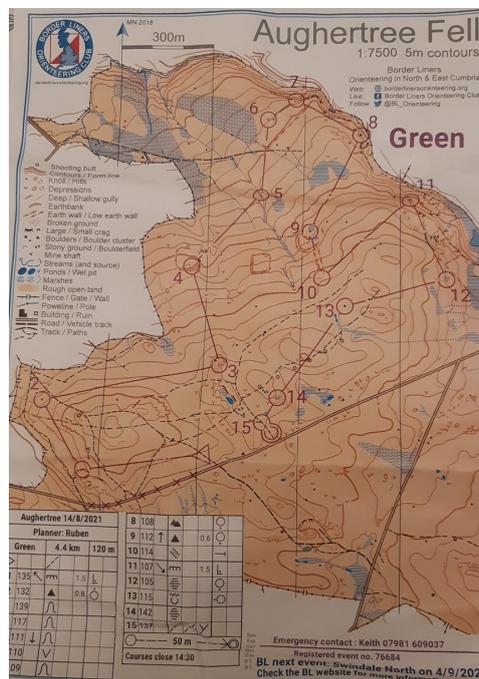
On the 6.2km Blue course it was a 1, 2 for WCOC, with Phil Win-skill taking the win in 41:51, with Ian Cumpstey 2nd. Junior Daisy Rennie had a solid run to finish 15th.

On the 4.4km Green course, Isaac Hunter took the win in 38:13, and Helen Rennie was 3rd woman finishing in 7th overall.

On the 3,3km Short Green course there were 5 Club members in the top ten, Kim Leslie was 2nd, Liz Elliott was 3rd, Lesley Wornham was 7th, George Rennie was 8th and Ros Earthy was 9th.

On the Orange course, Hiroki Holmes was 6th and on the Yellow course Sola Holmes was 3rd.

Thank you to all the volunteers from Borderliners for putting on a great event.



Treats available after the Ling Fell Event (26/08/2021)

You will remember the regular cake stalls run by junior members of the Club, which were once a common occurrence especially at Galoppens. Unfortunately these activities were curtailed by Covid but now that restrictions have eased, three juniors, Isaac, Myrtle and Daniel have agreed to provide some savoury and sweet treats to raise money for their



Lagganlia Training Camp in October half-term. There will be a choice of a sausage or vegan roll, and various cakes. Each item will cost £1 payable on the night. (The correct change would be appreciated). To help with production and to avoid unnecessary gatherings on the night, you are asked to follow the link below where you will be able to add your name and confirm your order. Please note there will not be any teas and coffees so you may want to bring a flask. Thank you in anticipation of your support.



https://docs.google.com/forms/d/e/1FAIpQLSdEmB_g1L8n4UdTTEsT1QwpaqNbB8kmZakT-6xbawa200Mj1A/viewform?usp=sf_link

Lagganlia 2021

The Lagganlia training camp is based at the Lagganlia OEC near Aviemore. It is aimed at M/W14's and takes place around the last week in July. There are usually about 24 places for athletes on the camp.



Unfortunately it has not proved possible to hold Lagganlia as normal this year.

However following our consultations with the selected athletes it has been decided to hold the camp later in the year. The camp will run from Saturday 23rd October to Saturday 30th October

The camp will not actually be at Lagganlia, as they cannot accommodate us then, but it will be based at nearby Badaguish. It will still be referred to as Lagganlia 2021 so as not to be confused with the normal Badaguish camp.

Congratulations to the following athletes selected for Lagganlia 2021

Last orders Tuesday evening before the event.



To all the Club members taking part in the British Sprint Championships at Skelmersdale this weekend.

Fingers crossed for some podium performances and maybe even some new British Champions!

