

Ling Fell

Thanks to Steve Breeze for planning this week's event at Ling Fell. The area was a late substitute for Setmurthy which could not be used because of ongoing forestry work. The Summer bracken added extra challenge, especially for early runners. Winners on the night were Alastair Thomas and Niamh Hunter on the Long course; Roger Thomas and Isabel Berry on the Short course, and Lesley Wood and Rafferty Phillips on the Novice course.

Long

4.8km

Pos	Name	Time	Pos	Name	Time
1st	Alastair Thomas	38:33	26th	Christopher Pollitt	60:20
2nd	Simon Hunter	43:30	27th	Nicholas Moore	61:21
3rd	Dan Roach	43:41	28th	Jeff Goodwin	62:09
4th=	Phil Winkill	44:42	29th	Dan Heppell	63:30
4th=	Ben Breeze	44:42	30th	Ange Jackson	63:49
6th	Dominic Wathey	46:07	31st	Daisy Rennie	64:00
7th	Steve Birkinshaw	46:58	32nd	Lynne Thomas	64:23
8th	Jamie Rennie	47:42	33rd	Chris Roberts	65:19
9th	Mike Harrison	50:04	34th	Scott Ashworth	65:23
10th	Niamh Hunter	50:20	35th	John Taylor	65:51
11th	Jeff Powell Davies	50:34	36th	Chris Emerson	67:02
12th=	Karen Parker	51:41	37th	Myrtle Ashworth	67:30
12th=	Ben Goodwin	51:41	38th	Ann Cummings	67:42
14th	Chris Swanepoel	52:06	39th	Emma Crawford	69:44
15th	Keith Tonkin	52:36	40th	Pete Nelson	71:14
16th	John Slater	53:14	41st	Stuart Crawford	71:25
17th	Andrew Bradley	55:37	42nd	Susan Skinner	72:15
18th	Howard Leslie	56:41	43rd	Darren Baker	72:44
19th	Ian Cumpstey	56:46	44th	Issy Sunley	72:46
20th	Martin Skinner	57:16	45th	Colin Smith	73:45
21st	Danny Winterbottom	57:39	46th	Ryan Crellin	75:17
22nd	Dan Parker	58:20	47th	Helen Rennie	76:07
23rd	Jenny Evans	59:15	48th	Mike Hind	81:59
24th	Dave Cumins	59:22	49th	Cecilia Fenerty	88:12
25th	Jasmine Girdlestone	60:04	50th	Kamila Winterbottom	90:16
			51st	Janette McHendry	90:52

Short

3.3km

Pos	Name	Time
1st	Roger Thomas	40:23
2nd	Roger Jackson	48:20
3rd	Isabel Berry	48:50
4th	Margaret Mackenzie	49:07
5th	Christine Kiddier	50:02
6th	Bob Barnby	50:04
7th	Gary Flynn	50:30
8th	Sophie Crawford	52:14
9th	Raymond Wren	52:51
10th	David Wathey	55:20
11th	Maggie Scrugham	56:36
12th	Sally Heppell	57:27
13th	Ella-Mae Phillips	59:03
14th	Michael Pearson	61:19
15th	Enzo Phillips	61:24
16th	George Rennie	61:39
17th	Toby Heppell	62:06
18th	Rachel Swift	63:40
19th	Tony Duncan	63:49
20th	Jenny Wren	64:26

21st	Becca Muir	64:34
22nd	Paul Tickner	66:11
23rd	Carl Humphreys	66:24
24th	Eva Humphreys	67:28
25th	Rebecca Crellin	67:42
26th	Elizabeth Elliott	67:51
27th	Penny Kingsland	69:28
28th	Jonathan Eaton	72:19
29th	Gwen Rea	77:42
30th	Trevor Zegveldt	80:23
31st	Julie Collins	80:32
32nd	Becky Shelford	81:09
33rd	Nancy Davies	100:38

Novice

1.4km

Pos	Name	Time
1st	Lesley Wood	18:29
2nd	Rafferty Phillips	20:58
3rd	David Lees	31:08
4th	Isabel Lees	31:14
5th	Sola Holmes	32:27
6th	Hiroki Holmes	33:18

Overall Summer League Results- (Thanks to Pete Nelson).

Ling Fell was the last event in the Summer League, deciding the overall League positions. On the Long course, the top ten were Daniel Spencer (1), Joe Sunley (2), Jamie Rennie (3), Simon Hunter (4), Ben Breeze (5), Dan Roach (6), Phil Winkill (7), Mike Harrison (8), Jacob Tonkin (9) and Dan Heppell (10) and in the female competition Niamh Hunter (1), Karen Parker (2), Daisy Rennie (3), Emma Crawford (4), Ange Jackson (5), Lynne Thomas (6), Susan Skinner (7), Issy Sunley (8), Ann Cummings (9) and Helen Rennie (10).

On the Short course, overall winners were Isaac Hunter and Sophie Crawford. Others in the top ten were Roger Jackson (3), Raymond Wren (4), Toby Heppell (5), Sally Heppell (6), Eva Humphreys (7), Jenny Wren (8), George Rennie (9) and Christine Kiddier (10), and on the Novice course, the winners were Rafferty Phillips and Sola Holmes, with the rest of the top ten Ruth Walker (3), Stefie Stein (4), Charlotte Mathieson (5), Eve Walker (6), Hiroki Holmes (7), Stanley Bardsley (8), Alice Maddams (9), Lily Clarkson (9) and Lesley Wood (9).

Also thanks to Herbie Ashworth for collating the King (or Queen) of the Sprints- Jeff Goodwin 1st, Dan Roach 2nd and Daniel Spencer 3rd, and in the women's competition, Niamh Hunter 1st, Karen Parker 2nd and Emma Crawford 3rd.

And finally the King (or Queen) of the Mountains - Daniel Spencer 1st, Joe Sunley 2nd and Jacob Tonkin 3rd, and in the women's competition Karen Parker 1st, Niamh Hunter 2nd and Ange Jackson 3rd.

NB - NO EVENT THIS WEEK . NEXT ONE FRIDAY (NOT A TYPO) 10/09/2021 IN KESWICK.

Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.



URGENT - Please help if you can.

Saturday 4th September 1500-1700hrs approx. If you are not planning to go to Swindale on Saturday 4th September, perhaps you would like some short training exercises at Hawse End. Jane Yates (BL) and Emma Cooper (WCOC) need a number of volunteers to undertake their coaching exercises as they are finally assessed. Volunteers at levels TD3-5 welcome. Contact lynnethomas99@yahoo.co.uk

Saturday 11th and Sunday 12th September, Keswick Mountain Festival. WCOC will be running an orienteering Maze with added excitement this year on the form of a Dual (knockout competition) each day. We need helpers at the maze on each day, especially around the time of the Dual which will be approx 2pm. Contact Jamie Rennie or Lynne Thomas.



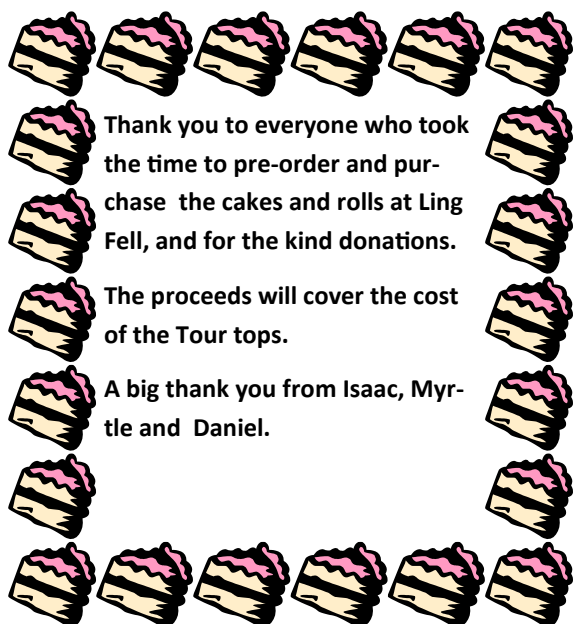
British Sprint Championships

Several Club members made the journey to Skelmersdale for the British Sprint Championship weekend.; the relay on Saturday and the individual event on Sunday. WCOC had 3 teams in the junior 16- relay, and there was some strong, competitive running. WCOC Crummock (Issy Sunley, Danny Winterbottom and Emma Crawford) were top Club finishers in 5th, with

WCOC Buttermere (Daisy Rennie, Isaac Hunter and Dan Heppell), having been 2nd at one point, finishing in 8th, and the all-girl team of WCOC Loweswater (Myrtle Ashworth, Eva Humphreys and Sophie Crawford) 14th. It was great to see the juniors back and enjoying the competition and was heartening to see how well they coped with the added pressure of a British Champs. The Club fielded 2 teams in the Ad Hoc Relay WCOC Tyan (Charlie Rennie, Helen Rennie and Jamie Rennie) and WCOC Yan (Joe Sunley, Alex Crawford and Stuart Crawford). WCOC were placed 1st and 2nd after the first leg runs of Joe and Charlie, with only seconds separating them and the competition remained tight, with Helen overtaking Alex to handover in 1st and 2nd respectively. Jamie kept up the pace to come in 1st, with Stuart just slipping to 3rd.

The Individual sprints consisted of a Qualifying Race and a final. Many Club members made their A Finals - Niamh Hunter in the Women's Open, finished 5th. In W50, Alex Crawford was 8th and Lynne Thomas 10th. In W45, Helen Rennie was 4th. In W16, Emma Crawford made the podium in 3rd, only a second ahead of Daisy Rennie in 4th and Issy Sunley was 5th. In W14, Sophie Crawford was 6th and Sola Holmes in her first major competition also made the A Final.

On M70 Bob Dredge was 5th and on M50, Jamie Rennie was 9th, Simon Hunter 12th and Stuart Crawford 14th. On M45, Phil Winskill was 5th. On M18, Joe Sunley made the podium, finishing in 3rd, with Charlie Rennie 4th. On M14, Isaac Hunter was 5th and on M12 Hiroki Holmes was 4th. (See Photos of the fun on the next page).



Thank you to everyone who took the time to pre-order and purchase the cakes and rolls at Ling Fell, and for the kind donations.

The proceeds will cover the cost of the Tour tops.

A big thank you from Isaac, Myrtle and Daniel.

