



High and Low Park - Thanks to Mike Billingham for planning this week's event, and for organising a beautiful late summer evening for it! On the 3.94km long course, the win went to Dan Roach, with Chris Swanepoel 2nd and Jamie Rennie 3rd, and in the women's competition, Emma Crawford took the win, with Caitlin Pearson 2nd and Daisy Rennie 3rd. On the short course Wilf Teasdale took the win, with Lily Clarkson 2nd, Grace Weston 3rd, and Sophie Crawford 4th, and in the men's competition, George Rennie was 6th (2nd male), and Malcolm Ruckledge was 7th (3rd male). Full results below.

Long
3.94km

Pos	Name	Time
1st	Dan Roach	24:26
2nd	Chris Swanepoel	24:55
3rd	Jamie Rennie	25:11
4th	Simon Hunter	25:38
5th	Simon Woodbury	27:52
6th	Mike Harrison	28:14
7th	Isaac Hunter	28:19
8th	Phil Winskill	29:09
9th	Joseph Goodwin	29:21
10th	Matt Stephens	29:37
11th	Andrew Bradley	29:45
12th	Emma Crawford	29:48
13th	Caitlin Pearson	30:21
14th	Jack Bingham	30:55
15th	Daisy Rennie	31:06
16th	Lynne Thomas	32:47
17th	Graham Watson	34:02
18th	Alex Crawford	35:09
19th	Issy Sunley	35:43
20th	Stuart Crawford	35:51
21st	Jerry Purkis	36:05
22nd	Ange Jackson	36:27
23rd	Roger Jackson	38:03
24th	Susan Skinner	38:37
25th	Helen Rennie	38:53
26th	Helen Barker	40:41
27th	Roger Thomas	42:06
28th	Janette McHendry	45:19
29th	Mike Hind	45:50
30th	Pete Nelson	48:50
31st	Jonathan Eaton	53:12



Short
2.17km

Pos	Name	Time
1st	Wilfrid Teasdale	13:32
2nd	Lily Clarkson	19:01
3rd	Grace Weston	21:17
4th	Sophie Crawford	21:28
5th	Deborah Goodwin	23:22
6th	George Rennie	23:35
7th	Malcolm Ruckledge	25:07
8th	Rachel Swift	25:11
9th	Gwen Rea	26:29
10th	Wilf Clarkson	28:18
11th	Rowan Purkis	28:44
12th	Ian Teasdale	28:57
13th	Elizabeth Elliott	29:29
14th	Nancy Powell Davies	32:04
15th	Beatrix Gorrill	33:56
16th	Jessica Ferns	40:38
17th	Paul Hampson	42:57

WCOC Events

- 23/09/2021 -Silloth Dunes (entries open and will close Tuesday 23:59)
- 30/09/2021 - Derwent Hill
- 07/10/2021 - Whitehaven
- 14/10/2021 - Maryport
- 21/10/2021 - AGM

Other Events



BL Carlisle Urban - Sat 16th Oct 2021 - Entries are now open on SiEntries and will close on **Sun 10th October**. This is a ranking event for the North West Urban League and will cover the scenic areas of the cathedral, the castle and Bitts Park.

17/10/2021 - CompassSport Cup Final - remember to let Steve Breeze know if you would like to take part.

JIRCs - The Junior-Inter Regional Championships- takes place this weekend at South Gare in Redcar, and several Club juniors will compete for the North-West Region, so good luck to the following WCOC juniors, 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.



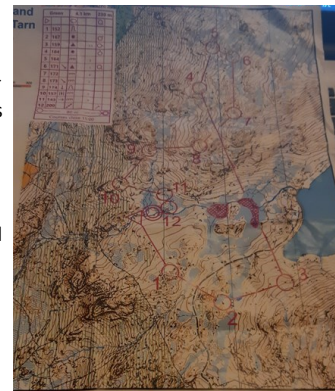
Euromeeeting 2021-The GB Team is travelling to the Euromeeeting this weekend at Bettmeralp, in Switzerland, and our own Alastair Thomas will be competing - so we wish him luck! There is a Middle Distance on 25th Sep and a Long Distance the following day, both in Alpine terrain predominantly at over 2000m altitude.



Troutal Fell and Seathwaite Tarn



Thanks to LOC for the challenging Galoppen at the weekend, and well done to all Club members who made the journey to the remote start. The area was technically challenging, with much rocky and marshy terrain, but was very scenic, at least while the sun was shining. Top Club finishers on 9km Brown course were Charlie Rennie in 3rd, Jamie Rennie 4th, Ian Cumpstey 8th and Andrew Bradley 9th. On the 6km Blue course, Dan Heppell had a great run to take the win, John Slater was 5th, Martin Skinner was 7th and Colin Valentine was 8th. In the women's competition, Emma Crawford was 3rd, Daisy Rennie 4th, Ann Cummings 8th and Lynne Thomas 9th. On the 4km Green course, Wilf Teasdale was 2nd, Mike Billingham 5th and Anne Burbidge 10th. On Short Green, Catherine Wetherfield was 5th and Mike Pearson was 6th. On Light Green, Sophie Crawford took the win, with Toby Heppell 2nd and George Rennie 4th. It was also good to see Ian Teasdale who is recovering from illness getting back to orienteering, and the Club wishes him an ongoing, speedy recovery.



Lake District Mountain Trial (Thanks to Pete Nelson for the information).

While many of our members were keeping the club's profile high at the Keswick Mountain Festival, Andrew Bradley and Pete Nelson were making the Lake District Mountain Trial happen at Loweswater. The Mountain Trial has been going for 66 years, and is believed to be the first event run on orienteering principles in Britain. It is basically a very hilly, and very rough, Long-O. On the Classic (long) course this year the runners did about 40 km, with 2500 metres of climbing.

Superfit club members having a go included:

Classic

Mike Harrison 31st

Ryan Crellin 63rd

Graham Watson

Medium

Paul Jennings 15th

Ann Cummings 33rd

Ange Jackson 36th

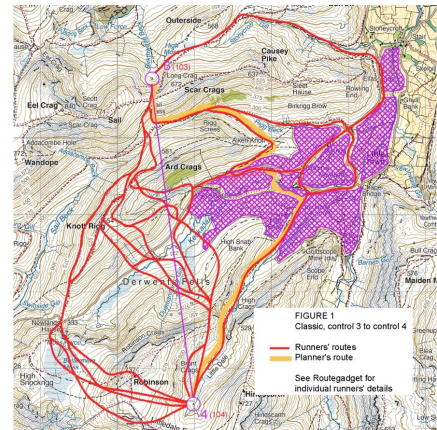
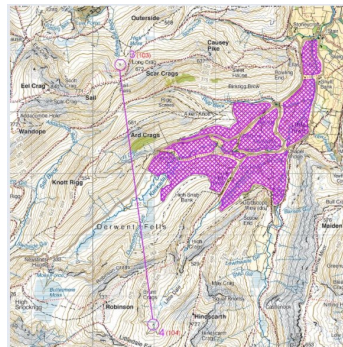
David Downes 40th

Short

Howard Leslie 24th

Mike Hind 59th

Jenny Jennings 64th



Sally and Dan Heppell were looking forward to competing but were sadly stopped by Covid.

And special mention to our friends from Borderliners, including Chris Lates, 1st M80 (out of 5) and Raymond Wren 2nd M70.

The course planning emphasis was on route choice. How would you have done 3 to 4 on the long? See <https://www.sportident.co.uk/results/LDMTA/2021/LDMTA/> for full results and link to Routegadget

AGM Thursday 21st October



Look at this talented bunch of people - The WCOC committee. They will be looking for a new chairperson to be appointed at the AGM in October. As you can see there is no need to be an all knowing expert on orienteering as all the knowledge is right there in the committee. Could you help steer the conversation on the future of WCOC in only 6 meetings a year or are you interested in helping out to ensure the ongoing viability and growth of your Club? Send a message if you'd like to know more or need your arm twisting (chair@wcoc.co.uk). Details of the AGM and relevant documents will be shared on the Members' Section of the WCOC website nearer the time.

Get yourselves out there on National Fitness Day -feel free to share photos of your activities!

British Orienteering
17 September at 16:16

Wednesday 22 September 2021: #NationalFitnessDay
What Will You Do This National Fitness Day?
Find out more: <http://ow.ly/3DWV50GbUcK>
#Orienteering #PhysicalActivity #FitnessDay #NationalFitnessDay #Fitness2Me #BeActiveBeHappy Get ukactive Scottish Orienteering

British Orienteering
9h

CIMSPA with Sport England have launched a new digital marketing hub providing free resources to help boost sport and physical activity. Find out more: <http://ow.ly/b5d050GbU3e>
CIMSPA Sport England #Orienteering #PhysicalActivity #KeepMoving #BeActive #Fitness2Me