



Silloth Dunes - Thanks to Liz Elliott for this week's Thursday night event at Silloth Dunes. On the Long course the honours went to



Simon Hunter, with Jamie Rennie 2nd and Dan Roach 3rd, and in the women's competition, Daisy Rennie was 1st (5th overall), Emma Crawford was 2nd and Issy Sunley was 3rd. On the Short course, the win went to Becky Shelford (LOC), with Sophie Crawford 2nd and Natalie Hawkrigg (BL) 3rd, and George Rennie was first male. On the Novice course Sola Holmes took the win, Millie Mae Thompson was 2nd and Amelia Shires was 3rd.

Long  
2.6km

Pos	Name	Time
1st	Simon Hunter	22:19
2nd	Jamie Rennie	22:55
3rd	Dan Roach	24:08
4th	Matt Stephens	25:24
5th	Daisy Rennie	25:37
6th	Dan Heppell	26:12
7th	Emma Crawford	26:37
8th	Stuart Crawford	29:33
9th	Roger Thomas	30:02
10th	Gary Flynn	30:13
11th	Issy Sunley	31:47
12th	Steven Breeze	31:50
13th	Daniel Parsons	32:07
14th	Isaac Hunter	32:48
15th	Andrew Bradley	33:07
16th	Lynne Thomas	35:08
17th	Andy Robinson	37:05
18th	Jasmine Girdlestone	37:20
19th	Chris Emerson	37:37
20th	Richard Cummings	39:24
21st	Helen Rennie	40:57
22nd	Pete Nelson	41:04
23rd	Ann Cummings	42:46
24th	Roger Jackson	43:34
25th	Mike Hind	44:43

26th	Sally Heppell	45:03
27th	Hugh Jordan	47:12
28th	Malcolm Ruckledge	47:40
29th	Margaret Mackenzie	47:51
30th	Carl Humphreys	47:59
31st	Christine Robinson	48:11
32nd	Philip Nichols	48:25
33rd	Janette McHendry	48:35
34th	Jack Bingham	48:38
35th	Michael Pearson	52:57

Short  
1.6km

Pos	Name	Time
1st	Becky Shelford	24:49
2nd	Sophie Crawford	26:19
3rd	Natalie Hawkrigg	26:52
4th	Eva Humphreys	29:24
5th	Deborah Goodwin	34:41
6th	George Rennie	38:40

Novice  
1.2km

Pos	Name	Time
1st	Sola Holmes	14:32
2nd	Millie Mae Thompson	14:47
3rd	Amelia Shires	16:06

WCOC Events

30/09/2021 - Derwent Hill -(entries open and will close Tuesday 23:59)

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 and Alan Irving know if you would like to take part, what course you want to run and whether you need a place on the bus. Closing date for entries is 29th September, so don't delay.



JIRCs - The Junior-Inter Regional Championships- took place last weekend, and for several of the Club NWJS members, it was their first proper squad weekend away. The complex dunes proved to be quite a challenge. Saturday saw the individual competition, where the best club performers were- Daisy Rennie 3rd, Isaac Hunter 4th, Joe Hudd 6th, Charlie Rennie 9th, Sophie Crawford 8th, Myrtle Ashworth 9th, and a special mention for Issy Sunley and Emma Crawford who ran up to W18, and finished 9th and 12th. Overall it was a good team performance with the North-West region finishing the day in a creditable 4th.

Sunday was the relay which saw 4 men's teams and 3 women's teams running. The best placed NW team was M3 which included Wilf Teasdale and Joe Sunley, finishing in 6th, seconds ahead of M1, which included Isaac Hunter and Joe Hudd, coming in 7th, just outside the top ten in 11th was the M4 team, including Dan Heppell and George Rennie. In the women's relay, the team of W2, including Myrtle Ashworth and Emma Crawford finished 7th, and W1, entirely made up of WCOC runners, Daisy Rennie, Sophie Crawford and Isabel Sunley finished 10th.

The relay results confirmed the NW 4th place overall, with 418 points, behind the winners Scotland, 506, 2nd place Yorkshire, 475 and 3rd place South-West 470,

Thank you to all the adult helpers who made the weekend possible and well done to all the juniors for a great team effort.

October Odyssey - Several club members took part in the OO which ran alongside the JIRCs. The results from both Saturday and Sunday were combined to give the overall scores, as follows- Brown, Jamie Rennie (10), Simon Hunter (11), Stuart Crawford (32). Blue, Steve Holmes (3), Lynne Thomas (11), Alex Crawford (23), Green, Helen Rennie (10), Anne Burbidge (13). Short Green, Malcolm Ruckledge (10). Yellow, Sola Holmes (3).

### Bampton Common Long-O



The BL Long-O took place at the weekend, planned by Darren and Karen Parker. On the longest course, 18.4km, 700m climb, Ian Cumpstey was 5th. On the Medium 12.5km course, with 475m climb, Steve Birkinshaw took the win in 93:06, Howard Leslie was 10th, Dave Downes 17th, Ann Cummings 19th and Richard Cummings 20th. On the Short 7.8km course, with 280m climb, James Birkinshaw took the win, Roger Thomas was joint 3rd, Susan Skinner was 8th, Tony Duncan was 20th, and Jon Eaton was 22nd, and on the very short 4.9km course, with 170, climb, Catherine Wetherfield took the win, with Ian Teasdale 7th, Kim Leslie 9th, Liz Elliott 12th and Hannah Birkinshaw 17th.

Thanks to BL for the organisation and planning.

### AGM Thursday 21st October



Look at this talented bunch of people - The WCOG 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 WCOG 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@wocg.co.uk). Relevant documents will be shared on the Members' Section of the WCOG website.

Details of AGM-

**7pm at Ullock Village Hall in the hamlet of Ullock,(Just off the A5086) GR 076239. CA14 4TP. Some parking outside the village hall, otherwise park in the small car park down by the river at GR 077240. Anyone wishing to attend is asked to let Paul Tickner know by email to paultickner13@gmail.com**



**Volunteers needed** for Whitehaven event on **Thursday 7th Oct.** Janette needs volunteers to marshal a road crossing in Hensingham so that u16s can run the short course unaccompanied. Anyone who can help please let Janette know (janette@jossy.co.uk). Thank you to those who have already offered to help but a couple more would be good to allow helpers to run.

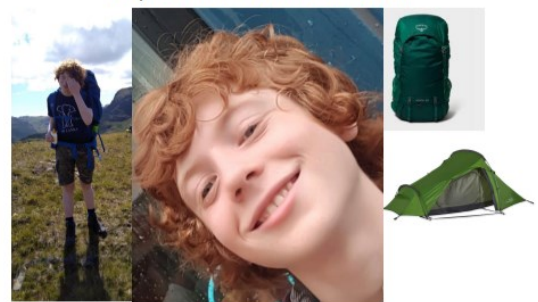
## MISSING PERSON

You may have seen on social media and the news, that information is being sought about a missing 14-year old. Leven is a pupil at UVHS in Ulverston and is a junior orienteer at the school. Please see the information below, share it, keep an eye out if you are out and about in the fells and contact the police with any information.

(We have been asked to circulate this to members.)

## **MISSING**

Please look out for Leven Sopwith-Nicholson,  
14 years old from Ulverston.



Leven was last seen in Ulverston on Saturday 25th September, police are concerned for his welfare.

Leven is 5'8" of slim build with curly ginger hair

He was wearing a green hoody, blue jeans and blue Asics trainers with orange trim, possibly wearing a blue Mountain Warehouse waterproof jacket

He is carrying a green Osprey rucksack and has with him a green Banshee tent.

**Leven may be walking the Cumbria Way, any of the Lakeland Fells and wild camping.**

If you have any information on his whereabouts **please contact the police on 101**. Police also ask Leven if he sees this appeal to contact police on the same number to let them know he is safe and well