



Derwent Hill - Thanks to Isaac Hunter for organising this week's event at Derwent Hill. On the long course Sam Stead took the win, completing the 3.5km in 23:08, only seconds ahead of Herbie Ashworth in 2nd and Ruben Razzetti (BL) in 3rd. In the female competition, Emma Crawford was 1st (6th overall), Caitlin Pearson was 2nd and Jasmine Girdlestone was 3rd. On the Short course, Sophie Crawford continued her strong form to take the win with, Ella-Mae Phillips 2nd and Toby Heppell 3rd. (Full results below).



NB. This week's Whitehaven event is a recently updated area. Parking is at Copeland Athletics Stadium, Hensingham £1 charge. U16s **MUST** run the short course and cross at the mandatory road crossing which will be marshalled, and primary age children **MUST** be accompanied by an adult. Competitors may wish to wear high viz, and given that the nights are drawing in, you should consider carrying a head torch. (Keep and eye on WCOC FB and the website for entries opening).

Long 3.5km			Short 1.9km		
Pos	Name	Time	Pos	Name	Time
1st	Sam Stead	23:08	1st	Sophie Crawford	12:10
2nd	Herbie Ashworth	23:34	2nd	Ella-Mae Phillips	15:11
3rd	Ruben Razzetti	24:25	3rd	Toby Heppell	15:37
4th	Jeff Powell Davies	24:30	4th	Eva Humphreys	16:51
5th	Wilfrid Teasdale	25:03	5th	Lily Clarkson	17:07
6th	Emma Crawford	27:28	6th	Rafferty Phillips	17:41
7th	Matt Stephens	28:35	7th	Isabel Winskill	18:32
8th	Caitlin Pearson	31:46	8th	Jessica Hayton	18:48
9th	Jasmine Girdlestone	32:48	9th	George Rennie	19:52
10th	Myrtle Ashworth	33:48	10th	Maisy Winskill	21:22
11th	Simon Woodbury	34:42	11th	Ian Teasdale	21:27
12th	Roger Thomas	34:54	12th	Wilf Clarkson	23:13
13th	Pete Nelson	36:34	13th	Abby Rutter	29:08
14th=	Carol Edwards	36:40	14th	Beatrix Gorrill	32:36
14th=	Alex Crawford	36:40	15th	Sola Holmes	36:57
16th=	Daniel Parsons	36:51	16th	Marie Nunes	42:07
16th=	Chris Swanepoel	36:51	17th	Richard Graham	48:41
18th	Issy Sunley	37:54			
19th	Richard Cummings	38:18			
20th	Chris Emerson	39:19			
21st	Bob Barnby	41:06			
22nd	Roger Jackson	41:11			
23rd	Carl Humphreys	41:14			
24th	Howard Seal	41:25			
25th	Hugh Jordan	41:36			
26th	Philip Nichols	43:20			
27th	Lynne Thomas	43:28			
28th	Isabel Berry	43:57			
29th	Deborah Goodwin	45:49			
30th	Becca Muir	46:22			
31st	Tony Duncan	47:44			
32nd	Helen Rennie	48:10			
33rd	Ann Cummings	50:44			
34th	Sally Heppell	52:13			
35th	Janette McHendry	55:11			

**WCOC Events**

07/10/2021 - Whitehaven

14/10/2021 - Maryport

21/10/2021 - AGM (see details)

**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.



**British Championships** -well done to the Club members who made the long journey down to Devon to take part in the British Champs weekend. There were 4 podium finishers and several other strong performances. Many congratulations to the newest Club British Champion, Daisy Rennie who took the win in W16, and in the same category Emma Crawford took 3rd, with Issy Sunley not far behind in 5th. Great performances! At the other end of the age spectrum, the legend that is Mike Pearson, came 2nd on M75L, and there was another podium on the M21E course, with Zac Hudd taking 3rd. Other results -Isaac Hunter M14A 6th, Hiroki Holmes M12A 9th, Jamie Rennie M50L 8th, and Steve Holmes 11th, Joe Sunley M18E 9th, Sophie Crawford W14A 7th, Lynne Thomas W50L 13th, Helen Rennie W45S 4th, Janette McHendry W50S 5th, and Roger Thomas M60L 17th. The weekend continued on Sunday with a National Middle Distance event , where Daisy Rennie repeated her win in the British Champs, Emma Crawford was again 3rd and Issy Sunley 5th.



Zac Hudd improved his performance from the day before to take the win on the M21. Well done everyone for making such a long trip,



and for achieving such great results.

## 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@wco.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**



Anyone you recognise? Well done to WCOG members Rob Stein, and Dan Roach.

### Cockermouth Mountain Rescue Team

22 h · 🌐

Four of our volunteers were in Italy this weekend, in our traditional blue colours, to take part in the gruelling Dolomites Rescue Race, held in Pieve di Cadore, Belluno (Italy). The event is dedicated to the members of the international mountain rescue teams.

The event, which includes technical and endurance tests, gives an opportunity for rescue volunteers to get together outside the usual pressure-cooker environment of a mountain rescue operation, and compete for glory (and bragging rights)!

We managed a respectable 18th place out of a large international field of competitors. Thank you to [Dolomiti Rescue Race](#) for a fantastic event! The atmosphere was absolutely incredible! 🙌 🇮🇹



### Alastair Thomas running for GB

Well done to Al who has been running for GB two weekends in a row, first in the Eurometing 2021, in Bettmeralp, Switzerland, and then in the Orienteering World Cup Final in the Veneto region of Northern Italy. In his first year running as a senior, Al had solid performances, finishing ahead of several of his GB team mates. Well done Al!

## British Relay Championships 2021

### *Men's Premier and Women's Premier Relays: British Championships 2021*

*We are pleased to confirm that in the absence of a full British Relay Championship being staged for 2021, we have agreed with Forth Valley Orienteers (FVO) that their existing open relay event in the Stirling area on Saturday 13th November will be used to contest the Men's Premier and Women's Premier classes.*

*We are grateful to FVO for their help in making it possible for us to award these two titles for 2021. Further details including entry information will be issued to club captains soon, and will also be available at <https://fvo.org.uk/events/2021/nov/13/open-relays/>*

Any Club Premier Relay Teams? Date for your diaries - 13th Nov 2021.

### Any budding journalists out there?

Anyone fancy taking on the role of sending reports to the local newspapers? I am finding I struggle for time and it would be good if someone could send regular reports to spread the word about the Club, Happy to have a chat with anyone who is willing to have a go.