



Setmurthy - Thanks to David Wilson for organising last week's event. On the Long 5.2km course, Dan Heppell took an emphatic win in 39:26, with Ben Goodwin 2nd in 47:11 and Jamie Rennie 3rd in 49:39. The rest of the top ten was made up of Nick Taylor (LOC) 4th, Simon Woodbury 5th, Mike Harrison 6th, Toby Heppell 7th, Chris Swanepoel 8th, Patrick Gorrill 9th and Matt Stephens 10th. In the women's competition, Daisy Rennie was 1st, Jasmine Girdlestone was 2nd and Lynne Thomas was 3rd.

On the 3km Short course it was a 1, 2 for the Crawford sisters, with Emma taking the win in 35:49, and Sophie in 2nd in a time of 38:57, and Ian Teasdale was 3rd. The rest of the top ten was made up of Christine Kiddier (BL) 4th, Roger Jackson 5th, Raymond Wren (BL) 6th, Philip Nichols (BL) 7th, Maria Green (BL) 8th, Hellen Rennie 9th and Jenny Wren (BL) 10th.

On the novice course Millie McLoughlin took the win, with Jenny Benson 2nd, Jessica Crellin 3rd, Isabelle Crellin 4th and Angela Whitworth (BL) 5th.



THIS WEEK'S EVENT IS AT HAWSE END. ENTRIES ARE OPEN ON RACE SIGNUP AND AS USUAL WILL CLOSE AT 23:59 ON TUESDAY NIGHT. SEE DETAILS ON THE WCOCC WEBSITE.



Finishing the round-up of the action.

There were several podium places in the overall results for Club members, as well as top ten finishers.

Toby Heppell took 2nd in M14A, and brother Dan took 2nd on M16A, with Isaac Hunter 4th. Sam McLoughlin was 9th on M18L, and Henry Teasdale was 2nd on M20S. Alastair Thomas was 4th on M21L, and Louis Morris was 4th on M21S. Ryan Crellin was 10th on M35L, and Jamie Rennie was 2nd, Simon Hunter was 3rd and Steve Holmes was 10th on M50L. Alan Irving was 3rd on M55L, and Richard Cummings was 7th and Ian Teasdale was 8th on M60S. Tony Duncan was 4th on M75L.

In the women's competition, Sola Holmes was 2nd on W10A, Sophie Crawford was 5th on W14A, and on W16A Daisy Rennie was 4th and Eva Humphreys was 10th. On W18L, Issy Sunley was 2nd and Emma Crawford was 3rd, and on W20L Carys Thomas was 8th. Rebecca Crellin was 4th on W35S, and Helen Rennie was 2nd on W45S. Alex Crawford took the win on W50S, with Janette McHendry 3rd. Lesley Wornham was 6th on W65S, and Liz Elliott was 10th on W70L.

Also a big thank you to everyone that supported the NWJS cake stalls which raised £1367.

And finally....thanks to Mike Pearson for some lovely photos from the WCOCC day.





Lakes 5 Days Continued



Thanks to Toby Heppell for this report about his Lagganlia coaching camp.

Last week I attended the Lagganlia JROS tour, as one of 24 athletes selected. Out of the group two were members of WCOC, including myself. Whilst on the tour we trained in various locations, these being set out below.

Day 1: Moor of Alvie - Runnable forest with much contour detail. We began with a map walk, followed by exercises such as control picks, long legs and compass work. In the afternoon we did a Star relay.

Day 2: Roseisle - Forested sand dunes. Due to some Scottish rain we started by pitching a tent and tarpaulin, after which we began the training. A variety of exercises allowed development in skill and a build up of confidence in an area unlike anything I had experienced before - the extreme openness of the forest coupled with small knolls, depressions, re-entrants and more scattered everywhere.

Day 3: Creag Bheag - Heathery open fell and woodland. We started off with a time trial of terrain against path, both uphill and down. Being the day most similar to a West Cumbrian fellside, this was the day I felt most at home. It was possibly a more south lakes style fell, but contrary to Martin Bagness's mapping, the crags were actually on the map. In the afternoon, we did a peg race in which the entire tour was left confused at the top of a bracken-filled re-entrant whilst I, possibly due to my lack of height, ran under the bracken and straight through the control.

Day 5: Culbin - Forested sand dunes. Culbin has a variety of wildlife, ranging from spiders to midges. I came away from the forest with a lot of bites from unknown insects that refused to be put off by midge repellent. Other than that, the training and the area were very enjoyable. We tried out the sketch maps that we made on day 3, and mine worked a lot better than expected, except in a few areas where my map wasn't quite detailed enough.

Day 6: North Granish - Partially forested with open patches, complex contour detail. The last day, and the day of the Tour Champs. North Granish is a very high quality area, providing a technical course to use all the excellent training we had received earlier in the week.

The last night featured a posh dinner, with the coaches serving as excellent waiters and some good food provided by the chefs. The food featured a starter of Bruschettas, followed by Salmon, boiled potatoes and peas.

Overall, the tour provided great training, experience in technical areas and was incredibly fun, with some great coaches.



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