



Flat Fell- Thank you to Ange and Mike Harrison for last week's night event. On the Long 4.8km course, Jamie Rennie had a flyer to take the win in 31:28, almost 5 minutes ahead of his nearest rival Simon Hunter, who was 2nd in 36:23. In third was the ever-improving Toby Heppell in 38:49. First lady was Emma Crawford, 4th overall. The remainder of the top ten was made up of Andy Bradley 5th, Alan Irving 6th, Daisy Rennie 7th (2nd lady), Steve Breeze and Simon Woodbury joint 8th, Stuart Crawford 10th. Kate Charles was 3rd lady.



On the 2.9km Short course, Sophie Crawford took the win in 30:52, with James Margeson (IND) 2nd in 32:42, and Roger Jackson 3rd in 33:17. The rest of the top ten was, Carl Humphreys 4th, Susan Skinner 5th, Maggie Scrugham (LOC) 6th, Colin Smith 7th, Ian Teasdale 8th, George Rennie 9th and Penny Kingsland 10th.

On the 2km novice course, it was a family affair with Emily Brookes (IND), just pipping Chris Brookes to the win.

This week's event is at Setmurthy. Entries are open on Racesignup and close at 23:59 Tuesday. (Some members head to a pub after events for a debrief and refreshments. Ask the organiser on the night if you would like to join them - all welcome).



NB parking etc is at the North Entrance (Isel Road) of Setmurthy. Terrain is a mix of fast, open fell on the Hay and, in Jamie and Daisy's words- 'followed by classic, gnarly Setmurthy skog!'. Long, short and novice available. As ever, remember to come prepared for whatever the weather may throw at you. All details are on the WCOC website under Events. Remember you will need a good headtorch. You can borrow dibbers by completing the request box on your entry. Only 3 night events left to improve those standings or to edge nearer to the win! (Thanks to Mike Billinghurst for the updated map).

Winter League - update. Thanks to Pete Nelson for keeping track of the overall league positions. With only a few events left, time is running out to get those extra points to allow you to leapfrog your nearest rivals, or to aim for those top spots in the overall competition. Currently, occupying the top spot on the Long is Jamie Rennie, but Dan Heppell in 2nd still has a chance of taking top spot if he nails the last 3 events. Mike Harrison is 3rd, and Isaac Hunter 4th. Lying top lady is Emma Crawford in 5th, with Daisy Rennie 2nd lady in 7th and Karen Parker (BL) 3rd lady in 11th.

On the Short course, the current leader is Sophie Crawford, with an impressive six straight wins. Roger Jackson is 2nd, George Rennie 3rd, Sue Skinner 4th (2nd lady), Kevin Hodgson 5th, Bob Barnby 6th, Roger Thomas 7th, Helen Rennie 8th (3rd lady), Alex Crawford 9th and Margaret MacKenzie 10th, and on the novice course, Emily Brookes is in joint top spot with Chris Brookes but Sola Holmes in 3rd and Kyra Green in 4th, could still steal the win, if they have good runs in the final events. Hiroki Holmes is 5th, Wilf Clarkson 6th, Isabelle Crellin 7th, Jessica Crellin 8th, Beatrix Gorrill 9th and Alexandra Davies 10th.

All is still to play for! (The full current standings are available on the WCOC website).

Other Events -

WCOC: Beer Trail -Now closed.

19/03/2023 - High Rigg, Galoppen - details to follow.

BORDER LINERS:

11/02/2023 (This Saturday) - Coombs Wood - details etc on BL website. Entries close Wed 8th Feb. EOD for Yellow course).

LOC: See LOC website for regular Wednesday night events.

MASTERPLAN EVENTS:

04/03/2023 - Blind Lane - together with the SROC event, this is a chance to make a double-header of a weekend in the Lakes with 2 quality events over one weekend. This event is a middle distance, organised by the same team that organised the Lakeland Warrior weekend and it provides good preparation for the JK. For details, entries etc -<http://www.masterplanadventure.uk/>

SROC:

05/03/2023 - Whitbarrow Scar - save the date but details not yet confirmed. See SROC website.

New Club Tops Now Available! - This will be the last reminder in the newsletter but the tops remain available to purchase.



Many thanks to Jon Eaton for organising and coordinating the ordering and supply of the new Club tops (and for attending the Club chase to enable delivery of pre-ordered tops). Anyone who would like a top and who is unsure of the sizing and style should contact Simon Hunter who will arrange for you to view and try the tops. (Email - Lead Coach under 'contacts' on the website). For orders contact - Jon Eaton. (Email Membership sec under contacts on Club website).

There are 2 styles available: Trail shirt and Mesh shirt. Cost for Trail: For adults - £30; adult sizes bought for juniors (18 and below, still at school) - £24 (with Club subsidy); child sizes (140, 150 and 160) - £20.

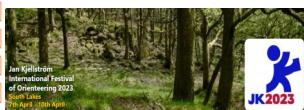


JK Helpers- The JK weekend is fast approaching. Please remember the request for help which is attached again with your newsletter and get in touch if you are able to lend a hand. It is a huge event so lots of volunteers will be needed and as the events are fairly 'local' it should be relatively easy to give up an hour or two. (Please contact Scott or confirm on entry if you can help).

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

Also on FB—public and members' page.

National Events



JK 2023 entries close on **Sunday 12th March**. It is a 'local' JK. Day 1 - Lancaster University (sprint); Day 2 - High Dam; Day 3 - Bigland; and Day 4 - Dale Park (Relays). For more info visit - thejk.org.uk. Watch out for information about the relays.



Scottish 6 Days - Moray. Normal entries close **30th June 2023**. For details - scottish6days.com

Other Dates for your diary

26th February 2023 - Northern Championships - Near Sheffield. (Visit SYO website for full details). Closing date - 19th February 2023.

25th & 26th March 2023 - British Long Distance and Forest Relay Championships - South Central - Entries are open and close 12th March 2023.

6th and 7th May 2023 - British Sprints and Middle Championships - Northern Ireland - Entries are open and close on 11th April 2023.



SAVE THE DATE - Sun 12th March 2023- CompassSport Heat, Beanley (NATO) (North-East).

The CompassSport Cup is the premier Club competition. It is a whole Club competition where all Club members can come together to earn points for the Club, and this year's heat takes place in the North-East so it is not too far to travel. All entries will be made by the Club captain and it is intended that transport (probably by minibus) will be provided by the Club. It is a very good, social event so please save the date and keep an eye out for more information on the coming weeks.



Bethecar Moor Galoppen.

Thanks to LOC for organising the first in this year's Galoppen series on the open fell of Bethecar Moor. The weather was kind and the area provided some lovely views as well as challenging courses. There was a good Club turnout and lots of strong results, with valuable points being earned for the overall competition. On the 7.8km Brown course there were no fewer than 5 top ten finishers. Charlie Rennie was best placed in 3rd, with Dan Heppell 4th, Steve Birkinshaw 5th, Ruben Razzetti 6th, and Jamie Rennie 8th. On the 5.8km Blue course, best placed was Simon Hunter in 2nd. Toby Heppell was 4th and Danny Winterbottom was 10th.



There were strong results in the women's competition, with Daisy Rennie in 13th and Emma Crawford 18th.

On the 4.1km Green course, George Rennie made the top ten, finishing in 9th, Anne Burbidge was 20th, Ian Teasdale 24th and Eva Humphreys 36th. On the 3.1km Short Green course, Catherine Wetherfield was best placed in 15th, Janette McHendry was 20th, Kim Leslie was 25th, Malcolm Ruckledge was 26th and Liz Elliot 30th.

Only Club winner of the day was the fast improving Lily Clarkson who took the win on the 3km Light Green course - well done Lily! (Full results are available on the LOC website). (Thanks to LOC for the photos).



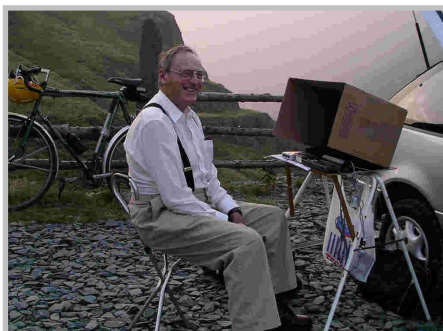
Knipe Scar (BL)



A few Club members attended the BL event on Saturday at the lovely Knipe Scar. On the 4.7km Blue course, WCOC dominated the results, with Charlie Rennie 1st, Jamie Rennie 2nd, Steve Birkinshaw 3rd, Mike Harrison 6th, Chris Naylor 7th and Simon Thomas 13th. Helen Rennie was 11th on the Green. Thanks to Border Liners for staging the event. Full results available on BL website.



RIP Donald Scarrott. Thank you to Malcolm Ruckledge and Mike Pearson for these wonderful photos of Don. For those wanting to access the webcast of Don's funeral at 10:45 on Friday 10th Feb, here is the link- <https://watch.obitus.com>.



Username is - cehu3662, and the password is 423185.

I am sure you will want to join me in sending the Club's condolences to Don's friends and family.

