



Thursday event catch-up - Graystones and Darling How - Thanks to Joe Hudd for planning last week's event and to every one who volunteered; helping to put out and bring in controls, setting up the start/finish, on registration etc - a real team effort! On the 5.2km Long course, Dan Heppell took the win in 30:59, almost 10 minutes ahead of Sam Stead 2nd in 40:21, and Jacob Tonkin was 3rd in 43:07. The remainder of the top ten was made up of Karen Parker 4th (1st woman in 45:13), John Slater 5th, Issy Sunley 6th (2nd woman in 47:41), Keith Tonkin (BL) 7th, Scott White 8th, Dan Barber 9th (EUOC), and Phil Newall 10th. In the women's league, Jasmine Girdlestone was 3rd.

On the 3.1km Short course, Steve Holmes was 1st in 28:08, Martin Skinner was 2nd in 29:58, and Howard Leslie was 3rd in 33:48. The remainder of the top ten was made up of Roger Thomas 4th, Aaron Rennie 5th, Pete Nelson 6th, Sally Heppell 7th (1st woman in 41:00), Chris Emerson 8th, Ailie Tonkin 9th (2nd woman in 43:43), and Michelle Spencer 10th (3rd woman in 44:08), and on the 2.8km Red course, Carl Winham was 1st in 23:30, Wesley Van Schelven was 2nd, Femke Van Schelven was 3rd and May Gilmartin was 4th.

This week's event - Grike and Crag Fell - Please see the important information on the WCOC website re parking. There are the usual 4 courses this week, and the Red course is particularly useful for any Wainwright baggers out there as you will be able to bag two of them whilst orienteering. The courses are on runnable, open fell with the Easy & Red courses all on paths/tracks. Pre-entry via Racesignup for all courses, with entry on the night available for the Easy and Red courses only. Pre-entries close 23:59 tomorrow 26th August.

Other Local Events -

LOC events - next event - 27/08/2025 - Park Series 1 - Fell Foot - **online entries closed** but there may be some limited EOD - check before travelling. See LOC website for details.

BL events - next event - 31/08/2025 - Watermillock Common and High Brow- Long O - see BL website for details. Entries via SiEntries and close on **Wed 27th August. (If you enjoy your Long O events this is for you! 5 Courses - ranging from Long - 17.3km to Super Short 3.2km- something for everyone!)**.

Allerdale Chase - Thanks to Dan Heppell and all the volunteers that



enabled this event to take place on Saturday. Looking at the results on the Long and Medium courses Dan had obviously set challenging courses, with some long finishing times and several retirees and/or mis-punches. On the 25.5km Long course experienced fell runner, Mathew Atkinson took the win in 294:08, with Mark Burley (MDOC) 2nd in 333:33, and Tom Gibbs (LOC) 3rd in 360:10.



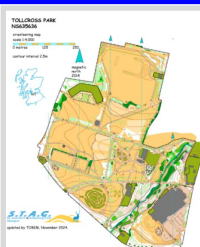
On the 16.4km Medium course, Ruben Razzetti took the win in 250:47, with David Crout 2nd in 292:12, Kenny Short 3rd in 353:19 and Jo Shelmerdine 4th in 365:06.

On the 7.8km Short course Keith Murray (RR) took the win in 125:34, Glyn Blakey was 2nd in 134:38, and Lynne Hume was 3rd (1st woman) in 134:46. The others in the top ten were Howard Leslie 4th, Jonathan Tombs 5th, Kirsty Hewitson 6th (2nd woman), Simon Thomas 7th, Carol Edwards (BL) 8th (3rd woman), Anne Burbidge 9th and Janette McHendry 10th, and on the 4.5km Very Short course, Elizabeth Adams was 1st in 102:54 and Kay Billingham was 2nd in 117:53.

Thanks to Liz for the photos - L-R - the mass start on the Long, some of the 1st back to download and Elizabeth Adams getting her trophy from Dan.



Congratulations to Jamie and Daisy who took the win in yesterday's Du'O, a 2-person relay organised by STAG and taking place in Tollcross Park, Glasgow. The pair fought back from 6th on the first leg, coming in 1st on the 2nd leg and maintaining that lead for legs 3 and 4, and taking the win by just 49 seconds. It was well worth the effort for that amazing trophy of the fighting stags - though they might need a bigger trophy cabinet! Well done both!



News in brief - good luck to all the WCOC members making the trip down to East Anglia at the weekend for the British Sprint Championships - here's hoping you all have good runs.

Good luck to Charlie Rennie who is competing for GB in the European Orienteering Championships which start this week in Belgium. Wednesday is the relay, Thursday KO sprint qualification, Friday KO sprint finals, Saturday sprint qualification and Sunday sprint finals. The events are being live streamed and the finals are televised - <https://orienteering.sport/event/european-orienteering-championships-3/welcome/>

If you are missing your bicycle orienteering, the next Lakes MBO event takes place on 7th September and is based from Keswick. (Entries are very low at the moment so if you fancy it get your entry in quickly as there is a risk the event may be cancelled). Entries and full details can be found on BMBO website. Entries close 4th September - discounted entry if you enter before 30th August.