



**Thursday event - Grike and Crag Fell**- Thanks to Pete Nelson for planning last week's event. On the 4.8km Long course Dan Heppell took the win in 33:33, with Jamie Rennie 2nd in 36:22 and Richard Jackson 3rd in 39:14. The remainder of the top ten was made up of Dan Roach 4th, Mike Harrison 5th, Caitlin Pearson 6th (1st woman in 42:23), Ian Cumpstey (BL) 7th, Andrew Bradley 8th, Stuart Crawford 9th, Sam Holding 10th, and in the women's league Karen Parker (BL) was 2nd in 44:57, and Daisy Rennie SHUOC was 3rd in 46:24.

On the 3.5km Short course, Lynne Hume took the win in 34:06, Bob Dredge was 2nd in 37:03, and Raymond Wren (BL) was 3rd in 38:00. The rest of the top ten was made up of Alex Crawford 4th (2nd woman), Margaret MacKenzie 5th (3rd woman), Izzy Greenwood 6th, Sue Skinner 7th, Helen Rennie 8th, Scott Henderson and Bob Barnby joint 9th.

On the Easy course, Catherine Jackson took the win, Finn Jackson was 2nd and Charlotte Henderson was 3rd, and on the Red, Ray Johnstone took the win.

**This week's event - Honister**- Please see the information on the WCOC website re parking- parking charges apply unless you are a NT member and use that carpark. **There is no Easy course this week due to the nature of the terrain.** The terrain is steep but it is a beautiful area on the south side of the Seatoller-Honister Road. Pre-entry via Racesignup for all courses, with entry on the night available only on the Red courses Pre-entries close 23:59 tomorrow 2nd September.

Upcoming events - 11/09 - Mawbray; 18/9 - Threlkeld; 25/9 - Mirehouse (relay).

#### Other Local Events -

LOC events - next event - 03/09/25 - Park Series 2 - Kendal Castle - **online entries closed** but there may be some limited EOD - check before travelling. See LOC website for details.

BL events - next event - 27/09/2025 - High Pike - see BL website for information. Entries not yet open.

#### British Sprint Championships 2025 - (Thanks to Alex Crawford for this report & photos & Helen for extra photos).



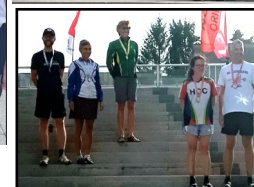
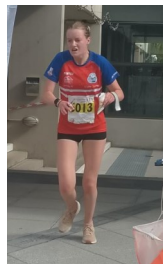
The Rennies, Crawfords and Sue Skinner made the long journey down to the south east of England for the British Sprints weekend. Saturday's relays were at an RAF base in Honington: we enjoyed running around huge hangars and right past a Tornado which was conveniently mapped as an aircraft shape! The courses were fast running with technical challenge provided by the erratically shaped buildings at varying angles to each other.

In the Elite class WCOC Yan team had excellent runs resulting in a silver medal despite having no (official) elite members - well done Emma, Jamie, George and Daisy! In the Vets class WCOC Tyan team of Helen, Alex, and Stuart ran against some very tough competition but still didn't come last.

The individual sprints on Sunday were at the University of East Anglia which had some of the most confusing underpasses and overpasses we have ever seen. It was like trying to navigate a 3D maze! Having to work out if a control was up a level or down, then choose the best staircase to reach it was as much a mental challenge as the physical challenge of so many steps to climb. Then in the finals we were given access through the inside of some buildings which felt very odd.

Nonetheless we had a fantastic set of results from the club. W20 Daisy Rennie gold, Emma Crawford silver. M18 George Rennie gold. M55 Jamie Rennie silver. W60 Sue Skinner gold. Alex Crawford was 6th in W50, Helen Rennie had a great run to reach the A final, but unfortunately mispunched

navigating the very confusing last controls. Stuart Crawford suffered the same misfortune in his B final. It was a very long way to go but worth it for the challenging courses and great results! Well done everyone.



Just a reminder that the British Orienteering website has lots of interesting information, with news, including round-ups of national and international competitions, and selections, as well as helpful resources and e-learning courses, including things such as organising and planning events. If you know anyone who is new to orienteering and would like to give it a go, they can join British Orienteering for a nominal fee on a trial basis until the end of the year.

#### Part year membership fees 2025 (phase 2)

Seniors - £5.00

Young adults - £3.00

Juniors - £2.00

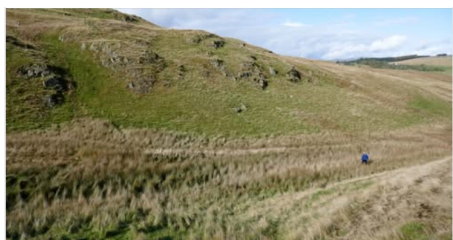
Families - £12.50 (all members must be new members and not on the database to take up this offer).

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

Also on FB—public and members' page.



## Borderliners Long-O - High Brow and Watermillock



Several WCOC members took part in this event at the weekend. On the 17.3km Long course, Dan Heppell took the win in 1:35:15, with Matthew Atkinson 2nd in 1:45:32, Ruben Razzetti 4th in 1:51:40, Caitlin Pearson 7th (1st woman) in 2:11:23, and David Crout 10th in 2:26:02. On the 12.6km Medium course Mike Harrison was top WCOC finisher, 5th in 1:37:16, with Phil Newall 7th in 1:53:21, Glyn Blakey 8th in 1:58:52, Ange Jackson 10th in 1:53:50, James Morris 12th, Richard Cummings 20th and Ann Cummings 21st.

On the 7km Short course Mike Billinghamurst took the win in 71:20, with Howard Leslie 6th in 87:49, Ben Simmonds 10th in 92:13, Simon Thomas 13th, Samuel Morris 14th, Margaret MacKenzie 15th, Ray Johnstone 17th, Anne Burbridge 18th, Alison Parker 24th, Janette McHendry 25th, Jacob Tonkin 26th, Rachael Knight 27th and Adele Newall 30th.

Stefie Stein was 4th on the 3.2km Super Short course on 58:21, and on the 5.1km Very Short course, Ian Teasdale was 6th in 81:55, Kim Leslie was 9th in 89:30, Liz Elliott was 10th in 91:52 and Jon Eaton was 13th.

Thanks to Borderliners for staging the event.

## REMINDER THAT THE NEXT GALOPPEN IS FAST APPROACHING - IT'S THIS SUNDAY 7TH SEPTEMBER



The event takes place at Pike O Blisco in the Langdales. There are all the usual Galoppen courses on offer from Yellow up to Brown. Please see the information on the LOC website re the two starts, courses, terrain and start times which may differ depending on which course you enter.

Entries are via SiEntries and close **Wed 3rd September @23:59**.

NB the yellow and orange courses are in the fields at the base of the open fell but all other courses take in the open fell, and all courses have around a 2km walk to the start with 400m of climb so make sure you factor this into your timings.

## European Orienteering Championships - Belgium



Well done to Charlie on his selection to the GB Team for the recent EOC which this year was a sprint championship.

The competition started with the mixed sprint relay, followed by the knock-out sprint and then the classic sprint. Unlike Edinburgh, that hosted WOC, the Belgium towns and cities were mostly flat but like Edinburgh the planners had opened up many alleys and back yards that are usually closed to the public and barriers were used to make the navigational choices more difficult. In the sprint final the planners had route choices through a shopping centre, a church and a nightclub amongst other things. The finalists also had to contend with 2 map flips and a map exchange - which Nathan Lawson explained made it extremely difficult to plan ahead.

Due to the narrow passages each nation was only allowed one team in the relay, but the GB team of Cecilie Anderson, Eddie Narbett, Ralph Street and Grace Malloy did a great job to finish on the podium in 5th. There were 14 teams that mis-punched, just showing that even at this elite level mistakes happen.

The next day saw the qualification for the knock-out sprint and as ever at this level, particularly in the sprint discipline, the margins were very tight. With only 12 from each of the 3 heats going through to the next stage, qualification was always going to be difficult. Charlie had a solid run, finishing 28th in his heat but only 1:08 off the winner in what was the quickest heat. GB's top performance came from Freddie Carcas, who qualified through the fastest quarter-final of the day to secure a spot in the semi-finals.



After a rest day, the action turned to the classic sprint race with the qualification heats in the morning and the finals in the afternoon. Charlie had a solid run, again finishing in 28th, 01:29 down on the lead but it wasn't enough for him to progress into the afternoon finals, where 4 GB runners, Ralph, Nathan Lawson, Grace and Cecilie competed round the complex town of Lier. Excitement built when Grace came back in the lead but as more runners returned Grace slipped down the placings, but still finishing in the top 20 in 14th, with Nathan also making the top 20 in 15th.

Well done to Charlie who will have gained some great experience from competing at this level which no doubt he will benefit from in competitions going forward.

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