

West Cumberland Orienteering Club

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Upcoming Events

Last chance -until 31/01/2020—Beer Trail



30/01/2020—Sale Fell

06/02/2020-Mosser Fell

13/02/2020—Keltonfell

20/02/2020-Silloth Golf Club

Night Series Safety

The post-Christmas night events tend to be on more challenging terrain which may be unsuitable for younger juniors and novices. However, there is often a Night Hawk course which provides the opportunity to run a reasonable distance (usually 3-4km) but with more straight forward navigation.

Always check the forecast and be prepared for inclement weather; with suitable clothing and a good head torch.



Big Weekend 2020







Night Series -Buttermere Results

<u>Long 4.77km</u>		<u>Time</u>
1.	Joe Hudd	28:47
2.	Rob Stein	33:11
3.	Charlie Rennie	33:40
4.	Joe Sunley	35:30
5.	Dan Roach	37:00
6.	Simon Hunter	37:07
7.	David Spencer	37:40
8.	lan Cumpstey	40:25
9.	Steve Breeze	45:43
10.	Jeff Goodwin	48:21
14	Susan Skinner (1st lady)	53:18
17.	Caitlin Pearson (2nd lady)	54:18
Short 3.41km		
1.	Emma Crawford	25:27
2.	Daisy Rennie	31:14
3.	Roger Thomas	32:52
4.	Bob Barnby	34:40
5.	Kevin Hodgson	36:38
6.	Helen Rennie	42:20
7.	Deborah Goodwin	45:07
8.	Rosie Spencer	46:16
Night Hawk 2:03km		
1.	Eva Humphreys	31:47
2.	Hiroki Holmes	33:07
3.	Jo Gillyon	43:38

Edinburgh Big Weekend 2020



On Friday night the 'Fight with the Night' event took place on and around Calton Hill. Top club performers on the junior course were Emma Crawford (3rd), Daisy Rennie (4th), and Ash Boothroyd (8th). On the short course top club finishers were Bob Dredge (11th); John Slater (13th) and Kate Charles (24th); and on the long course top performers were Joe Sunley (4th), Joe Hudd (12th) and Charlie Rennie (22nd).

The Saturday was the City urban event around some of the quieter city streets; the university buildings and areas of parkland. On the 9.3km men's open the top club finishers were Charlie Rennie (12th); Joe Hudd (24th) and Louis Morris (34th); who all performed well in a strong field.

On other courses; there were good runs from Mike Billinghurst (14th); Jamie Rennie (3rd), and Bob Dredge (6th). On the older junior course; the club had five finishers in the top twenty; Emma Crawford (10th), Wilf Teasdale (12th), Daisy Rennie (13th), Herbie Ashworth (18th) and Issy Sunley (19th) and on the course for younger juniors, the club had two finishers in the top ten; George Rennie (7th) and Ash Boothroyd (10th).

The Sunday 'classic' event was in the area around Arthur's Seat; the dramatic and well-known Edinburgh land-mark. On the longest brown course the club had two top ten finishers; Charlie Rennie (5th) and Joe Sunley (10th). On the Blue course Caitlin Irving had a good run to finish 14th and 4th lady. Club runners dominated the Green course with Joe Hudd taking the win; Jamie Rennie (2nd), Daisy Rennie (10th), Emma Crawford (13th) and Issy Sunley (14th). On light green Isaac Hunter was 4th and Mrytle Ashworth 12th and on the orange course George Rennie and Ash Boothroyd were 8th and 9th.

It was also great to see so many WCOC students involved in the event—Dan Spencer (organiser); Alastair Thomas (Classic planner); Ben Breeze and Niamh Hunter (various jobs).



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

Also on FB—public and members' page.



08/03/2020- High Rigg Galoppen

RED TEAM—help needed for all jobs. Please contact Liz to confirm availability. (Teams can be found on website in Members section)