



Events' News

Thanks to Caitlin Irving for planning this week's event at Maryport—what a lovely evening for it! Results below:



**Long**

Results

4.1km

Pos	Name	Club	Age Class	Time	Behind
1st	Jamie Rennie	WCOC	M50	24:22	
2nd	Sam Stead	WCOC	M21	24:40	+0:18
3rd	Charlie Rennie	WCOC	M18	24:59	+0:37
4th	Joe Sunley	WCOC	M18	26:39	+2:17
5th	Michael Billinghamurst	WCOC	M60	28:16	+3:54
6th	Herbie Ashworth	WCOC	M16	28:33	+4:11
7th	Alan Irving	WCOC	M50	29:42	+5:20
8th	Andrew Bradley	WCOC	M55	30:17	+5:55
9th	Stuart Crawford	WCOC	M50	31:27	+7:05
10th	Steven Breeze	WCOC	M45	31:56	+7:34
11th	Jeff Goodwin	WCOC	M55	32:05	+7:43
12th	Ryan Crellin	WCOC	M35	32:09	+7:47
13th	Jonty Goodwin	WCOC	M18	34:54	+10:32
14th	Helen Rennie	WCOC	W45	35:25	+11:03
15th	Chris Swanepoel	WCOC		35:33	+11:11
16th	Chris Pollitt	WCOC	M55	36:09	+11:47
17th	Chris Emerson	WCOC	M65	36:59	+12:37
18th	Lynne Thomas	WCOC	W50	37:03	+12:41
19th	Alex Crawford	WCOC	W45	37:25	+13:03
20th	Ian Teasdale	WCOC		38:07	+13:45
21st	Howard Leslie	WCOC	M55	38:15	+13:53
22nd	Nick Moore	WCOC	M60	39:05	+14:43
23rd	Bob Barnby	WCOC	M70	39:36	+15:14
24th	Janette McHendry	WCOC	W50	40:47	+16:25
25th	Carol Edwards	BL	W60	41:42	+17:20
26th	Mike Hind	CLARO	M65	41:48	+17:26
27th	Pete Nelson	WCOC	M65	46:33	+22:11
28th	Philip Nichols	BL	M60	47:12	+22:50
29th	Hugh Jordan	WCOC		52:10	+27:48
30th	Jonathan Eaton	WCOC	M60	52:23	+28:01

**Short**

Results

2.9km

Pos	Name	Club	Age Class	Time	Behind
1st	Emma Crawford	WCOC	W16	22:06	
2nd	Wilfrid Teasdale	WCOC	M16	22:56	+0:50
3rd	Issy Sunley	WCOC	W16	23:55	+1:49
4th	Daniel Heppell	WCOC	M14	24:45	+2:39
5th	Daisy Rennie	WCOC	W14	26:19	+4:13
6th	Carl Humphreys	WCOC		27:19	+5:13
7th	Isaac Hunter	WCOC	M14	32:16	+10:10
8th	Sophie Crawford	WCOC	W12	34:07	+12:01
9th	Deborah Goodwin	WCOC	W55	34:20	+12:14
10th	Toby Heppell	WCOC	M12	37:24	+15:18
11th	Elizabeth Elliott	WCOC	W70	41:17	+19:11
12th	Rebecca Crellin	WCOC	W35	42:14	+20:08
13th	Janice Nichols	BL	W60	45:22	+23:16
14th	Stefie Stein		W4	50:24	+28:18
15th	George Rennie	WCOC	M12	50:30	+28:24
16th	Molly Thomas	WCOC		89:53	+67:47
17th	Moira Knoery			89:56	+67:50

**Next Event— Cockermouth—24 09 2020—Remember pre-entry only by Wednesday.**

**WE NEED YOUR HELP**

**Winter series—Request for Planners**

Thanks to everyone who has already offered to plan some of the Winter series. There are still some gaps; with some events still without planners. If you need help and advice with planning this is available. Please contact Mike Billinghamurst if you are able to help.

The events that still require planners are:

- 12/1—Stoneywath (near Kirkland)
- 7/1—Silloth Dunes and Golf Course
- 18/2—Mosser Fell (Lorton Valley)
- 25/2—Mawbray



**Membership Benefits**

It is worth remembering that as members of BOF, you can access various membership benefits, including things such as Cotswold Outdoor, Snow and Rock and Runnersneed. You can access a full list of benefits by logging onto the BOF website.



**The Run In—** is a fortnightly Podcast with Katherine Bett and Will Gardner, talking all things orienteering and featuring special guests, most recently our very own Alastair Thomas.

**The Run In**

18 September at 15:50 · 🌐

The latest pod features [Edinburgh University Orienteering Club's](#) & [West Cumberland Orienteering Club's](#) Alastair Thomas, fresh from junior selection race wins, but not about to get on a plane any time soon... We chat uni life, overtraining and ambitions as a senior. Photo: Will Heap  
<https://stitcher.com/podcast/the-run-in-2>

You can listen via the free app - **Stitcher**.

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

Also on FB—public and members' page.



### Borderliners—Askham Common 19 09 2020

It was a lovely day for the BL event at Askham Common and there was a good turn out from WCOG.

Brown—On the 10.2km course, Alastair Thomas (home from Edinburgh) took the win in 48:45, with British Squad mate, Zac Hudd in 2nd in 49:11.

Others in the top ten were Steve Birkinshaw (4th), Joe Hudd (5th), Mike Harrision (7th), Charlie Rennie (8th) and Jamie Rennie (10th).

Blue—Mike Billinghamurst took the win on the 6.8km course, with other top ten finishers—Alan Irving (3rd), Wilf Teasdale (4th), Howard Leslie (6th) and Stuart Crawford (8th). Lynne Thomas had a great run to come home first lady in 11th with Caitlin Irving, 2nd lady in 14th.

Green—On the popular 4.5km Green course, Herbie Ashworth took an emphatic win, almost 8 minutes ahead of the rest of the field. Others in the top ten were Dan Heppell (2nd), Emma Crawford (3rd), Issy Sunley (4th), Isaac Hunter (6th), James Birkinshaw (7th) and Roger Thomas (8th).

Short Green—The short green was cleverly set up with the choice to cut out from control 3 to 6, reducing the overall length by about 1km. Sophie Crawford took 2nd.

### Orange

On the 3.8km orange course, Hannah Birkinshaw took 2nd, with Jennie Stein 3rd.

Full results can be found on the Borderliners' website.

**National Fitness Day, 23 September 2020**, is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its important in helping us lead healthier and active lifestyles. National Fitness Day sees a huge range of activity options enjoyed by participants of all ages. Anyone going out to do something special on Wednesday—let me have your Fitness Day photos!

**WHAT I THINK I  
LOOK LIKE USING  
THE COMPASS**



**WHAT I ACTUALLY  
LOOK LIKE**



**PEOPLE WANT TO  
HIT THE GROUND RUNNING**



**BUT THAT'S  
EXACTLY HOW YOU TRIP**

**ORIENTEERING**



**A SPORT FOR THOSE WHO  
LIKE IT DIRTY**