"Allerdale Chase" report – July 2016



Firstly congratulations to all the competitors who took part in this year's "Allerdale Chase" in the lovely fells and woods around the Wythop valley today. Thank you for continuing to support this relatively new event.

The courses were planned once again to offer a range of challenges including tough climbs, some detailed navigation and tricky terrain. The weather on the day was excellent – a mixture of sunshine and cloud with a steady breeze to help keep competitors cool(er).

Results:

The complete results are listed on the WCOC website (www.wcoc.co.uk/results), along with WinSplits, Splitsbrowser and Routegadget for those who want to analyse their runs. (Please bear in mind that WinSplits does not seem to take account of the excluded control and Splitsbrowser appears to be confused by it too!).

In brief, the Long course was won by Matthew Vokes (M21 - WCOC) who, having run over 16km with approx 720m climb in well under 2 hours(!), finished nearly 20 minutes ahead of 1st Vet, Simon Hunter (M45 - WCOC), who in turn was nearly 4 minutes in front of Andy Thorpe (M45 - EPOC). Lynne Thomas (W45 - WCOC) demonstrated her excellent stamina to come home as first lady.



Matthew Vokes (right) – Long course winner



Lynne Thomas – Long course first lady

First place on the Medium course was more closely contested, with Mike Harrison (M45 - WCOC) taking the win by under a minute from Helen Ockenden (W20 - SROC) who won first lady, with the evergreen Julian Lailey (M70 - SROC) just 2 minutes further behind in third place.



Mike Harrison (left) – Medium course winner



Helen Ockenden – Medium course fist lady

The Short course was once again won by one of the region's many highly talented juniors. This year it was Niamh Hunter (W16 - WCOC), who beat second placed Phillip Batts (M55 - CLOK) by just over 2 minutes. Third place was closely contested by WCOC juniors Ben Goodwin and Ben Breeze (both M16), with Ben Goodwin taking the honours by under 2 minutes in the end.



Niamh Hunter – Short course winner

On the increasingly popular Very Short course, Henry Teasdale (M14 - WCOC) kept the trophy in the family (his mother won last year!), beating brother Wilf (M12 – WCOC) by 5 minutes into second place, with Anna Harris (W14 – DEE) taking an impressive third (and first lady).



Henry Teasdale – Very short course winner

A few planner's notes:

As at last year's event, courses were designed to give competitors a good challenging run and to go on something of a journey – from the positive comments received from people after their runs, I hope that these goals were at least to some degree achieved. I am not an experienced enough planner to be able to predict winning times on courses of given lengths in different terrain, but from the results would suppose that most competitors think they got at least their money's worth! I also have to trust that when people enter they will take into account their own abilities in terms of deciding which course to run.

The nature of the area, which involved linking up some more technical areas with legs through fields (and one along a road), inevitably required that some compromises were made but hopefully did not detract too much from the challenge / enjoyment (!) of the courses.

Once again, I tried to use proper orienteering style control sites. Last year some of the control sites were a bit too obvious in the open terrain from a distance – hopefully this year's upgraded control stakes (many thanks Roger) combined with more varied terrain helped to rectify this shortcoming.

To conclude:

If you enjoyed this event, or having read about it now wish you had taken part, keep an eye on the WCOC website for other events, and in particular the Copeland Chase (held each November in West Cumbria) another Long O.

Finally, thanks to the tenant farmers Mr Emmott and Mr Emmott for access through their land and for the use of a superb parking / assembly field.

Many thanks also to the following individuals who all helped in different ways with the planning, organisation and on the day help; Lily Regan, Rosie Spencer, Carys Thomas and Issac Hunter (parking), Roger Jackson (advice and entries), Chris Emerson (permissions), Pete Nelson (mapping issues and control collection), Jane Hunter (starts official), Simon Hunter (control collection and

missing competitor location), Raymond Wren (control collection) and Vanessa Brierley (public relations). A great team effort!

David Spencer (organiser) – 17th July, 2016

Hope to see you all again same time next year!

