

“Copeland Chase” Report – November 2019



Congratulations to all the competitors who took part in this year’s “Copeland Chase” in the fells south-west of Ennerdale, which were definitely looking their best in the sunshine on Sunday. Thank you for continuing to support this event (and for returning within time – which is always a huge relief for the organising team).

The courses were planned once again to offer a range of challenges which could include tough climbs, detailed navigation and in places challenging terrain. The weather was just superb - which always makes for a more enjoyable day for everyone involved.

Results and Prizes:

The complete results are listed on the WCOC website (www.wcoc.co.uk/results), along with Routegadget for those who want to analyse their runs.

The **4 hour course** was won by Neil Talbott (previous winner in 2016 – pictured right with the “Joe Long” trophy) who cleared all 280 points on offer with nearly 40 minutes to spare – despite the challenge of having to complete almost 2 circuits of the area in order to visit all the odd controls and then all the evens! Complete clearances were also achieved by Matthew Elkington (M21 – OD - also odds then evens) in 2nd, then Steve



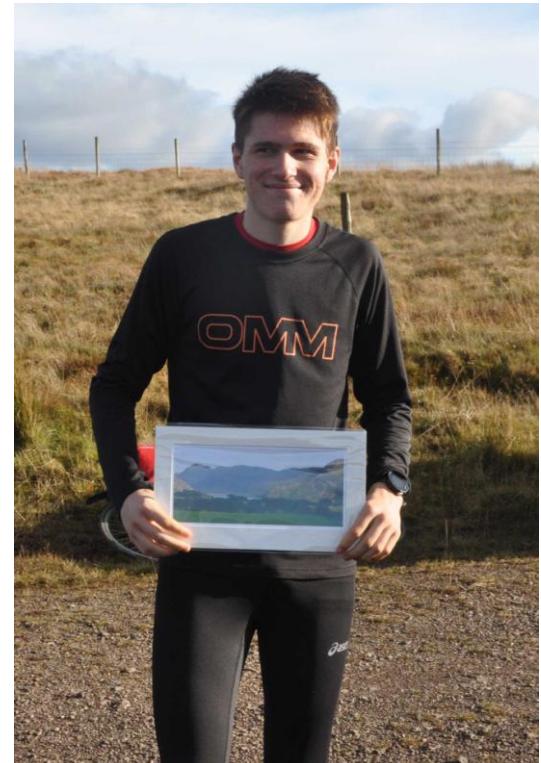
Birkinshaw (M50 – WCOC - evens then odds) who just pipped Jack Wright (LOC- M21 -evens then odds) to 3rd place. Karen Parker repeated her performance of last year, demonstrating excellent



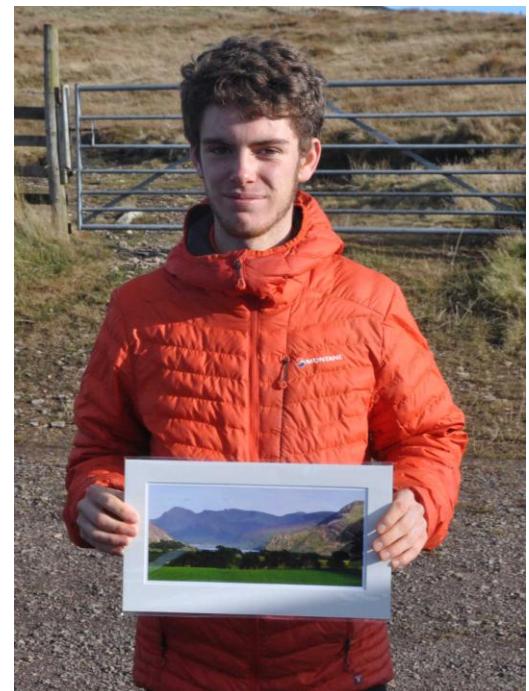
stamina and navigation as she collected 220 points with just under 4 minutes to spare to come home as first lady.

First place on the **3 hour course** went to local junior Joe Sunley (M16 – WCOC) who managed all 280 points with over 25 minutes spare. The only other clearance was by Simon Hunter (M50 – WCOC) who came in just under time. First lady was taken by Mary Ockenden (W60 – SROC – pictured left) – amassing 230 points with a 2 and half minute margin.

The **2 hour course** was won by Joe Hudd (M16 – WCOC – pictured right) who earned 240 points, ahead of fellow junior Charlie Rennie (M16 - WCOC)- 225 points, with the more experienced John Slater (M50 – WCOC) third with 190 points. Debbie Thompson (W60 – BL – pictured below) made the most of a late entry to win first lady with 150 points.



On the **1 hour course**, Herbie Ashworth (M16 – WCOC – pictured right) took the honours, collecting 70 points with over 8 minutes spare. First lady went to Stella Lewsley (W65 – BL) who came in nearly 10 minutes under time with 60 points.



Spot Prize Winners: Deborah Goodwin, Chris Lates, Rachel Findlay-Robinson, Steven Breeze, Jo Taylor (SROC), Joe Murphy (SROC), Tony Marlow, Ailie Tonkin

- if you did not collect your prizes, they can be available on Sunday 24th November at Bethecar Moor Galloppen.

Note: to see results from “Copeland Chases” and to see who has won the Joe Long Trophy in the past few years, see the WCOC Results page:

<http://www.wcoc.co.uk/results>

If you would like to go further back in time to see winners from 1991 to 2000 and then from 2007 to 2013, click here:

<http://www.wcoc.co.uk/content/copeland-chase>

A few planner's notes:

"It was pleasing to armchair plan on a good reliable map trying to accommodate all ages and abilities. I was aware that it would be difficult on a 1:12,500 map to keep the top marathon runners out for 4 hours so used the odds/evens system often applied at LOC events which did appear to work well. I'm most impressed with Neil Talbott's route and finish time. It was of concern that the southern-most controls were a bit close to the edge of the map but hoped we wouldn't lose anyone! Fortunately we were blessed with a very fine clear day which must have helped. The day before and after were gruesome!"

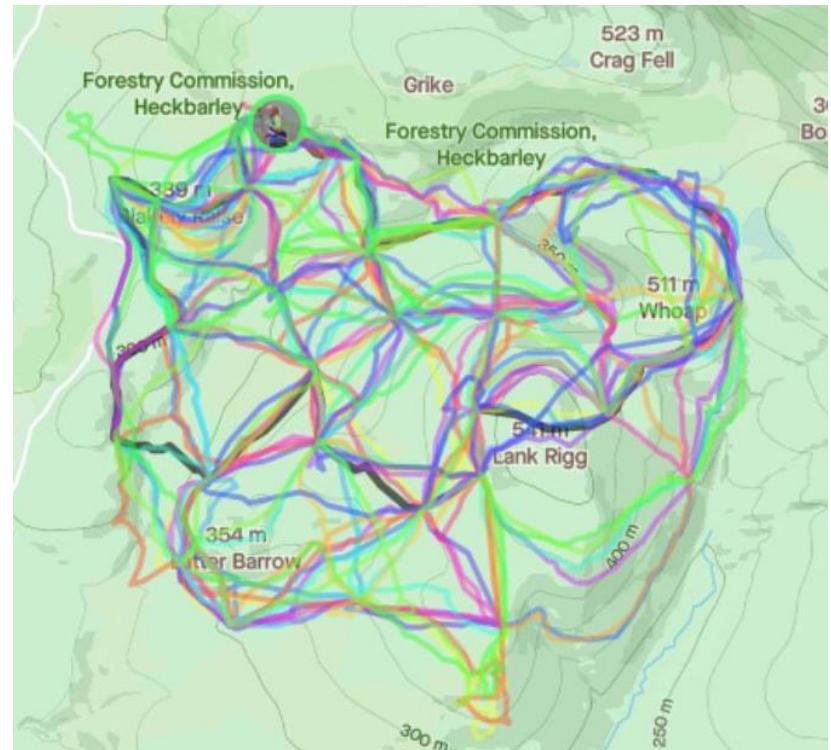
In future it would be interesting to apply some form of age handicap for each course to provide a balanced winner so might dwell on some sort of format - I do like providing just one map to suit all courses for everyone to save wasting paper and toner. Hope all enjoyed the day."

(Mike Pearson – planner)

"Strava flybys" (right) – clearly there were a lot of different route choices!

To conclude:

If you enjoyed this event (which has been held since 2007 at this time of year), 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 Allerdale Chase (held each June / July in West Cumbria) another Long O event.



Thanks to Forestry Commission for parking and the Kinniside Commoners' Association for permission to use this area. Many thanks also to the following individuals who all helped in different ways with the planning, organisation, on-the-day and post-event help; Mike Pearson (planning / control hanging), Pete Nelson (mapping / control hanging / parking and control collection!), Kate Charles and Steve Breeze (permissions), Vanessa Brierley and Lynne Thomas (kit checks, refreshments and control collection), Simon Hunter (starts), Dave Fenwick and Andy Bradley (both control collection).

David Spencer (organiser) – November, 2019