



GOOD NEWS!

There was another good turn out for this week's Thursday evening event at Knock Murton; with Steve Birkinshaw making it 3 wins out of 3 on the Long course. The final August event takes place on Thursday at Ling Fell and then follows a series of urban events in Whitehaven, Workington, Maryport and Cockermouth...and don't forget the LOC 50th Birthday score event on Bank Holiday Monday—all events require pre-entry.

Results from Thursday -



Long

32nd	Ange Jackson	WCOC	W45	43:15	+18:37
33rd	Richard Cummings	WCOC	M60	44:41	+20:03
34th	Susan Skinner	WCOC	W55	45:05	+20:27
35th	Julian Cruickshank	BKO		46:04	+21:26
36th	Hannah Skinner		W21	47:39	+23:01
37th	Mike Hind	CLARO	M65	47:55	+23:17
38th	Helen Rennie	WCOC	W45	50:54	+26:16
39th	Alex Crawford	WCOC		50:55	+26:17
40th	Tony Duncan	WCOC	M75	52:51	+28:13

Results

3.84km

Pos	Name	Club	Age Class	Time	Behind
1st	Steve Birkinshaw	WCOC	M50	24:38	
2nd	Alex Wetherill	WAOC	M18	25:13	+0:35
3rd	Jamie Rennie	WCOC	M50	30:46	+6:08
4th	Michael Billinghamurst	WCOC	M60	31:44	+7:06
5th	Mike Harrison	WCOC	M50	31:55	+7:17
6th	Joseph Goodwin	WCOC	M20	32:23	+7:45
7th	Karen Parker	BL	W55	32:47	+8:09
8th	Martin Skinner	WCOC	M55	32:54	+8:16
9th	Keith Tonkin	BL	M60	34:02	+9:24
10th	Dan Parker	BL	M55	34:05	+9:27
11th	Simon Woodbury	WCOC	M45	34:13	+9:35
12th	Dil Wetherill	WAOC	M55	35:21	+10:43
13th	Caitlin Pearson	WCOC	W21	35:23	+10:45
14th	Charlie Rennie	WCOC	M18	35:36	+10:58
15th	Stuart Crawford	WCOC	M50	36:48	+12:10
16th	Ben Goodwin	WCOC	M20	37:26	+12:48
17th	Jonty Goodwin	WCOC	M18	37:30	+12:52
18th	Scott Ashworth	WCOC	M40	37:37	+12:59
19th	Iain Smith-Ward	LOC	M50	37:56	+13:18
20th	Howard Leslie	WCOC	M55	38:15	+13:37
21st	Jeff Goodwin	WCOC	M55	38:20	+13:42
22nd	Raymond Wren	BL	M70	38:35	+13:57
23rd	Daisy Rennie	WCOC	W14	39:32	+14:54
24th	Steven Breeze	WCOC	M45	40:06	+15:28
25th	Steve Holmes	WCOC	M50	40:19	+15:41
26th	Myrtle Ashworth	WCOC	W14	40:20	+15:42
27th	Chris Pollitt	WCOC	M55	41:08	+16:30
28th	Lynne Thomas	WCOC	W50	41:12	+16:34
29th	Ann Cummings	WCOC	W60	41:17	+16:39
30th	Alice Rea	WCOC	W21	41:57	+17:19
31st	Pete Nelson	WCOC	M65	42:07	+17:29

Next Event—Ling Fell 27 08 2020—pre-enter by Wednesday at the latest.

Short

Results

2.26km

Pos	Name	Club	Age Class	Time	Behind
1st	James Birkinshaw	WCOC	M18	19:42	
2nd	Issy Sunley	WCOC	W16	20:59	+1:17
3rd	Daniel Heppell	WCOC		22:33	+2:51
4th	Kevin Hodgson	WCOC	M45	25:38	+5:56
5th	Phil Blaylock	WCOC	M45	26:23	+6:41
6th	Christine Kiddier	BL	W65	26:39	+6:57
7th	Jenny Wren	BL	W70	27:42	+8:00
8th	Paul Watson		M60	28:11	+8:29
9th	Sophie Crawford	WCOC		28:42	+9:00
10th	Eva Humphreys	WCOC		29:10	+9:28
11th	Joseph Guy	SYO	M12	29:28	+9:46
12th	Carl Humphreys	WCOC		29:44	+10:02
13th	Sally Heppell	WCOC		30:10	+10:28
14th	Joe Sunley	WCOC	M18	30:14	+10:32
15th	Janette McHendry	WCOC	W50	31:15	+11:33
16th	Matthew Birkinshaw	WCOC	M14	32:51	+13:09
17th	Deborah Goodwin	WCOC	W55	33:22	+13:40
18th	Jonathan Eaton	WCOC	M60	35:36	+15:54
19th	Elizabeth Elliott	WCOC	W70	35:52	+16:10
20th=	Philip Nichols	BL	M60	35:58	+16:16
20th=	Trev Earchy	WCOC	M70	35:58	+16:16
20th=	Toby Heppell	WCOC		35:58	+16:16
23rd	Janice Nichols	BL	W60	38:26	+18:44
24th	Rebecca Crellin	WCOC	W35	38:32	+18:50
25th	Gwen Rea	WCOC	W65	38:50	+19:08
26th=	Susan Guy	SYO	W40	39:36	+19:54
26th=	Becca Muir	WCOC		39:36	+19:54
28th	George Rennie	WCOC	M12	50:14	+30:32

Novice

Results

1.35km

Pos	Name	Club	Age Class	Time	Behind
1st	Freddie Guy	SYO	M10	13:44	
2nd	Hannah Birkinshaw	WCOC	W12	16:26	+2:42
3rd	Hiroki Holmes	WCOC	M10	19:21	+5:37
4th	Stefie Stein	WCOC		23:00	+9:16
5th	Moira Knoery	WCOC		48:07	+34:23

