



Knock Murton - Thanks to Nick Moore for organising this week's event. On the Long 5.2km course, Ruben Razzetti (BL) took the win in 37:14, with Jamie Rennie 2nd in 38:00 and Simon Hunter 3rd in 38:38. The rest of the top ten was made up of David Wilson 4th, Ian Porter (SROC) 5th, Joe Goodwin 6th, Sam Holding 7th, Karen Parker (BL) 8th (first lady), John Slater and Sam McLoughlin joint 9th. In the women's competition, Daisy Rennie was 2nd lady and Ange Jackson was 3rd lady.

On the 3.4km Short course, Roger Jackson took the win in 32:12, Carl Humphreys was 2nd in 34:18, and Eva Humphreys was 3rd in 35:31. The rest of the top ten was made up of Howard Leslie 4th, Sue Skinner 5th, Colin Smith 6th, Penny King-land 7th, Sally Wilson 8th, Philip Nichols (BL) 9th and Kate Golby 10th.

On the novice course, Sola Holmes was 1st, with Kyra Green was 2nd. (Full results are on the WCOC website).

This weeks event is at Seatoller Fell. Please read the details on the website, and note that the parking is in the lower carpark at Honister mine. Fingers crossed for good weather, as it sounds as though the views could be magnificent! (Entries close 23:59 Tues).



Upcoming Events

14/07/2022 - Seatoller (WCOC Summer Series).

21/07/2022 - Southerndale (WCOC Summer Series)

23/07/2022 - Askham Common (BL) - Details on Border Liners website and entries are now open on SiEntries and close on **Wed 20th July**. (Available courses, Blue, Green, Short Green and Yellow - something for everyone!).

28/07/2022 - Wythop Woods (WCOC Summer Series)

04/08/2022 - Jaws of Borrowdale (WCOC Summer Series).

Remember Lakes 5 Days - 7th - 12th August 2022.

There is still time to enter, and you do not have to run everyday!



Final pre-entry closing date for entries is 24th July, and remember offers of help for the WCOC Day to Mike Harrison. (See Later). It makes planning so much easier if people commit to help early.

The plans for WCOC's day are in hand and if you have offered to help you should be hearing from someone shortly to confirm what task you have been allocated and timings etc.

If you have not already volunteered to help but are able to do so then I am sure Mike Harrison will be glad of extra people. It is also WCOC's job to tidy up the event area afterwards so please plan to stay behind to help with this if you are able - many hands make light work!

Do you fancy a change from foot orienteering? Well here is your chance to get on your bike with a series of orienteering events around the roads of Cumbria.

It's your last chance to enjoy one of these events for this year.

The Final event starts from Uldale on 13th July 2022, with refreshments and prize-giving in the lovely Mae's Tea Room.

Details and entries can be found by visiting bmbo.org.uk

Entries close 23:59 tonight.



Saunders Pictures - two familiar faces.



Sorry no time to tonight to find photos of other Club members but feel free to send any through and I will feature them next week.

Also apologies to some people who were missed from the Sanders' dispatches last week.

Club members Ryan and Rebecca Crellin were out on the Wansfell course, and finished 30th mixed pair.

And longstanding Club member Ray Johnstone was out on the Carrock course, finishing 14th Vets with his partner Neil Brooks.