



Seatoller Fell- Thanks to Chris Naylor for organising this week's event. Reports confirmed that it was a very enjoyable event, with some challenging marshes to tackle, and lovely views. Dan Heppell had an impressive win on the 4.9km Long course, taking the win in 35:27, ahead of GB athletes, Alastair Thomas who was 2nd in 36:24, and Joe Sunley who was 3rd in 36:41. The rest of the top ten was made up of Ruben Razzetti 4th, Charlie Rennie 5th, Jamie Rennie 6th, Simon Hunter 7th, David Wilson 8th, Niamh Hunter 9th (1st lady), Sam McLoughlin 10th. In the women's competition



Daisy Rennie was 2nd lady and Karen Parker was 3rd lady.

On the 2.6km Short course, George Rennie took the win in 27:26, with Jeff Goodwin 2nd in 27:55, and Lily Clarkson 3rd (1st lady) in 28:34. The rest of the top ten was made up of Bob Barnby 4th, Paul Watson 5th, Sophie Crawford 6th (2nd lady), Kate Charles 7th (3rd lady), Simon Thomas 8th, Margaret MacKenzie 9th, and Ian Teasdale 10th.

On the Novice course Wilf Clarkson took the win, with Millie McLoughlin 2nd, Scott Henderson 3rd, Charlotte Henderson 4th, James Henderson 5th, Sola Holmes 6th and Kyra Green 7th.



This weeks event is at Southerndale. Please read the details on the website, and note that the parking is VERY limited, with several suggestions provided and a large carpark at Dodd Wood available. The walk for Long and Short is a reasonable distance with 200m climb. The novice course starts close to registration. (Entries close 23:59 Tues (Tonight)).

Upcoming Events

21/07/2022 - Southerndale (WCOC Summer Series) **Entries close tonight!**

23/07/2022 - **Still time to enter** - 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. - DO NOT DELAY - TIME IS RUNNING OUT

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!



White Rose Weekend - 26th - 29th August

For event details visit eborienteers.org.uk.

Friday - night score event

Saturday - middle distance and Sunday - classic at Gilling Woods.

Monday - sprint race - Ampleforth College, Gilling Castle and Helmsley. (Lots of other entertainment and camping available. Entries are now open and close on Friday 19th August.

<https://racesignup.co.uk/site/event.php?eventid=2848>



More Saunders Pictures



We need YOU!



Autumn Series - It is time to start looking forward to the Autumn series and the provisional list of events is below. This year the Committee has decided to try to incorporate some relay events, and it is hoped to hold a social and possibly an AGM after the final Derwent Hill Event. Please let Mike Billingham know asap if you are able to take one of these on. (Michael@micnet.plus.com)

Unlike normal, individual events, planning a relay takes a little bit of experience and ability with Purple Pen or OCAD course setting. However help will be available if you offer to have a go.

08/09/22	Whitehaven Kells	short/sprint
15/09/22	Curwen Park	relay?
22/09/22	Cockermouth	short/sprint
29/09/22	Walkmill/Moresby	short/sprint
06/10/22	Pardshaw Crag	relay?
13/10/22	Derwent Hill	relay?



(GB Bronze at World)

Summer League - Still all to play for in the final Summer events. Current leader on the Long is Dan Heppell, with Jamie Rennie 2nd and Jonty Goodwin 3rd. Top lady is Lynne Thomas with, Daisy Rennie in 2nd and Emma Crawford 3rd. On the Short Sue Skinner is in the lead, Roger Jackson 2nd, George Rennie 3rd., and Roger Thomas 4th. Lily Clarkson is 2nd lady and Eva Humphreys is 3rd lady. On the novice Sola Holmes is current leader, with Kyra Green 2nd and Wilf Clarkson 3rd.