



Southerndale- Thanks to Mike Billingham for last week's event. On the 4.2km Long course, Ruben Razzetti (BL) took the win in 32:34, with Dan Heppell 2nd in 32:50, and Steve Birkinshaw 3rd in 35:18. The rest of the top ten was made up of Dan Roach 4th, Dan Spencer 5th, Chris Swanepoel 6th, David Wilson 7th, Mike Harrison 8th, Sam McKLoughlin 9th and Isaac Hunter 10th. Caitlin Pearson was 1st lady, Emma Crawford was 2nd and Grace Weston was 3rd.

On the 3.2km Short course, Jeff Goodwin took the win, with Sophie Crawford in 2nd and Roger Thomas in 3rd. The rest of the top ten was made up of Eva Humphreys 4th, Roger Jackson 5th, Bob Barnby 6th, Ian Teasdale 7th, Paul Watson (BL) 8th, Margaret MacKenzie 9th and Carl Humphreys 10th.

On the novice course, Jacob Webb was 1st, Joshua Webb was 2nd and Mille McLoughlin was 3rd. As usual full results are available on the WCOC website.



This week's event is at Wythop Woods, with parking on the old A66. Please note information re the amount of climb and the length of the novice course, and plan your start time accordingly. (Entries close 23:59 Tues (Tonight)).



Upcoming Events

28/07/2022 - Wythop Woods (WCOC Summer Series) -**Entries close tonight.**

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!



A warm welcome to new member Jane Waterworth. We look forward to seeing you at future events. (If you would like to introduce yourself to the membership please feel free to send me a brief bio + photo).