



Wythop Woods - Thanks to Kim and Howard Leslie for this week's event. On the Long 4km course Dan Heppell took the win in 39:35, with Joe Sunley 2nd in 44:45 and Wilf Teasdale 3rd in 47:08. The rest of the top ten was made up of Karen Parker (BL) 4th (1st lady), Alexander Reed 5th, Mike Harrison 6th, Dan Parker (BL) 7th, Oliver Bardsley (HH) 8th, Ben Bardsley (HH) 9th and Jacob Tonkin 10th. In the women's competition, Caitlin Pearson was 2nd and Emma Crawford was 3rd.

On the 2.9km Short course Roger Thomas took the win in 40:16, with Bob Barnby 2nd in 40:55, and Sue Skinner 3rd in 41:39. The rest of the top ten were Ian Teasdale 4th, Roger Jackson 5th, Lily Clarkson 6th, Catherine Wetherfield 7th, Anne Burbidge 8th, Tony Duncan 9th, and Alison Parker 10th.

On the Novice course Ollie Dolphin (IND) took the win, with Sola Holmes 2nd, Hiroki Holmes 3rd, Kyra Green 4th, Eddie Dolphin 5th and Wilf Clarkson 6th. (All results are available on the WCOC website).

This week's event is at Jaws of Borrowdale. Full details on website. NB long leg cover and whistles compulsory (and maybe a waterproof depending on the weather). Do not be deceived by the short course lengths, you are advised to stick to your usual course. (Entries close 23:59 Tues).

Upcoming Events

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

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

If you have still not entered but are regretting it - you may still get a run. The entries are now being kept open throughout the competition depending on map availability. It is preferred that you still enter online but there will be entry on the day if there are spare maps and there are limited colour coded courses available to enter on the day.



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!

Please remember to support the NWJS refreshment stalls on various days.

Finally, if any juniors do not want a day off, Border Liners are running their postponed Penrith Urban event on the rest day Wed 10th August. See BL's website for details. Senior entries have closed but there is entry on the day for the junior courses 6 & 7.

Finally - for those of you who are not on Facebook, you may have missed the post about the special Oringen indoor sprint which took place in IKEA - yes IKEA, and it was open! Word from Niamh Hunter was that it was great fun! Here is the map - looks interesting!

