



Jaws of Borrowdale - Thanks to Joe Sunley for last week's event, which proved to be extremely challenging due to the extensive bracken cover, and which was reflected in the winning times and the number of retirees.

On the 2.8km Long course, Charlie Rennie took the win in 43:51, with Jamie Rennie 2nd in 45:48, and Ben Goodwin 3rd in 46:07. The rest of the top ten was made up of Ruben Razzetti (BL) 4th, Wilf Teasdale 5th, David Wilson 6th, Martin Skinner 7th, Oliver Bardsley (HH) 8th, Steve Breeze 9th, and Joe Goodwin 10th. In the women's competition Caitlin Pearson was 1st lady in 11th, Daisy Rennie was 2nd lady and Jasmine Girdlestone.

On the 1.9km Short course, Roger Thomas took the win in 46:06, with Susan Skinner 2nd in 52:44, and Ian Teasdale 3rd in 72:04. The rest of the top ten was made up of Roger Jackson 4th, Deborah Goodwin 5th, George Rennie 6th, Tony Duncan 7th, Margaret MacKenzie 8th, James Rafferty (IND) 9th and Paul Tickner 10th.

On the novice course Sola Holmes took the win, with Hiroku Holmes 2nd and Kyra Green 3rd.

REMEMBER THAT THERE IS NO THURSDAY NIGHT EVENT THIS WEEK DUE TO THE LAKES 5 DAYS.

NEXT WEEK'S EVENT IS SETMURTHY. NB THERE WILL BE NO NEWSLETTER NEXT WEEK BUT AS USUAL ENTRIES WILL BE OPEN ON RACE SIGNUP AND WILL CLOSE AT 23:59 ON THE TUESDAY NIGHT. SEE FULL DETAILS ON THE WCOC WEBSITE.



Well the long wait is finally over and the Lakes 5 Days is here!

Day 1 Swindale South

There were many top ten performances, on M14A, Toby Heppell was 3rd, and George Rennie was 8th, on M16A Dan Heppell was 3rd, and Isaac Hunter was 6th, and on M18L Wilf Teasdale was 7th, and Sam McLoughlin was 9th. Jonty Goodwin was 2nd on M20L, and Alastair Thomas was 2nd on M21L, and Louis Morris was 5th on M21S. Simon Hunter was 2nd on M50L, Jamie Rennie was 5th, and Steve Holmes was 6th. On M55L, Alan Irving was 9th and Andrew Bradley was 10th. On M60S, Richard Cummings was 9th and Ian Teasdale was 10th, and Tony Duncan was 2nd on M75L.

On W10A, Sola Holmes was 7th, and on W14A, Sophie Crawford was 5th. On W16A Daisy Rennie was 4th. On W18L, Issy Sunley was 2nd, and Emma Crawford was 3rd. Carys Thomas was 8th on W20L, and Jasmine Girdlestone was 10th on W21L. Helen Hargreaves was 4th on W45L, and Helen Rennie was 1st on W45S. Alex Crawford was 1st on W50S, and Janette McHendry was 4th. Susan Skinner was 8th on W55L, and Kim Leslie was 8th on W55S. Lesley Wornham was 4th on W65S.

Day 2 Threlkeld Knotts (WCOC Day)

Firstly, what a great advert for our club! Well done to Mike Harrison (organiser), Bob Barnby (planner), and the mappers Mike Hind and Steve Birkinshaw. Thank you to the great team of helpers and a special mention to Emma Crawford for the inventive string course which was really supported, and was even visited by a landing paraglider. As Mike Harrison said Emma stepped in at short notice and smashed it! It was a great day in the sun, with much positive feedback. The Club really did itself proud.





Lakes 5 Days Continued



(Cave on the string course →).



(String course marsh- ←)



(Ray and Dave ←).

(Dave, Ruben, Kate, Emma, Carl, Eva, Sam and Sophie).



There were more good results from Club members. On M12A Hiroki Holmes was 3rd, and on M14A Toby Heppell was 3rd. On M16A Dan Heppell was 2nd and Isaac Hunter was 9th. Wilf Teasdale was 5th on M18L, and Henry Teasdale was 1st on M20S. Louis Morris was 3rd on M21S, and Ryan Crellin was 8th on M35L. Simon Hunter was 3rd on M50L and Jamie Rennie was 6th, and Alan Irving was 6th on M55L. On M60S Richard Cummings was 6th and Ian Teasdale was 7th, and Bob Dredge was 4th on M70L.

Sola Holmes was 1st on W10A, and Sophie Crawford was 5th on W14A. Daisy Rennie was 3rd on W16A, and on W18L Issy Sunley was 1st and Emma Crawford was 4th. Jasmine Girdlestone was 7th on W21L, and Rebecca Crellin was 2nd on W35S. Helen Rennie clocked up her second course win on W45S, and Lynne Thomas was 9th on W50L. Alex Crawford also made it two wins in two days on W50S, and Catherine Wetherfield was 7th on W55S, and Liz Elliott was 9th on W70L.

Good Luck to those Club members who are competing on the remaining days, and thank you to all that have bought refreshments from the NWJS stall which will be offering a further chance to buy cakes, drinks and maybe some other items on the remaining days. The juniors very much appreciate your support!