



Pardshaw Crag-



After a week off due to the JK, this week's Thursday night event is at Pardshaw Crag. Please read the details on the website carefully, especially with regard to parking. Parking is along verge of single track road from Pardshaw Hall to Mosser, soft verges in places so please park with care. Car sharing would be helpful. Cars could be left along road by Paddle school, less than 2 miles away, cyclable via Brandlingill, or this could be used as a rendezvous point.

DO NOT park in hamlet of Pardshaw Hall please or on the link road from the A5086 to Pardshaw Hall which is single track with few passing places. Along with the usual Novice and Short courses, there is the possibility to undertake a ribbon training exercise, where you have to follow the line on the map closely to find controls on the ground that are not shown on the map. Good luck! Full details on the Club website and as usual entries are open on Racesignup.

Other upcoming Spring series events: 20/04/2023 - Maryport; -04/05/2023 - Rannerdale Knotts; 11/05/2023 - Latrigger Top;

04/05/23	Rannerdale Knotts	
11/05/23	Latrigger Top	
18/05/23	Wythop/Hogg Wood/Ladies Table	Ian Teasdale
25/05/23	Hogs Earth (Borrowdale)	
01/06/23	Mosser Fell	
08/06/23	Threikeld Knotts	Chris Swanepoel
15/06/23	Ling Fell	Toby Heppell
22/06/23	Owsen & Burnbank	Michael Billingham
29/06/23	Darling How & Greystones	Mike Harrison and Angela Jackson
06/07/23	Blakeley Raise	
13/07/23	Setmurthy	Dan Heppell
20/07/23	Knock Murton	Jon Eaton
27/07/23	Southerdale	Susan and Martin Skinner
<i>break - S5D</i>		
10/08/23	Uldale Fells	
17/08/23	Lowther Park	Pete Nelson
24/08/23	Hawse End	

Help Wanted

Call out for Summer Series planners

All members should have received an email from Steve Birkinshaw asking

for additional planners for the Summer series. Some events may now have been allocated but I am sure there remain some gaps so if you are able to help please reply to Steve Birkinshaw asap.

Other Local Events

Borderliners - Saturday 22nd April 2023 - Brampton Urban (part of North-West Urban League). Details on BL website. Entries open on SiEntries & close on **Weds 19th April 2023.**



JK 2023 - Well it wouldn't be Easter without the JK and this year we were blest with a 'local' JK, and 3 days of beautiful sunny weather. Even the forecasted rain abated for the most of the relay day. Such a huge event could not happen without the help of all the North-west clubs and it was great to see so many Club members volunteering. The North-West junior squad ran 2 very successful cake stalls, raising £1500 over the two days, they sold merchandise and raffle tickets to raise vital funds to benefit the region's young talent. Lynne did a fantastic job organising the prize-giving each day and it was great to see the NWJS members handing out medals.

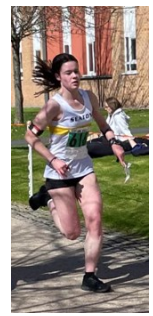
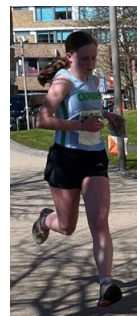
Day 1 Sprint Lancaster University -



The sprint race around the university campus provided great racing, around (and sometimes through) complex buildings, and the lovely sunny arena was great for viewing the fast and frantic run-in to the finish. There were several strong top ten performances in a very strong field but the only WCOC member who made it onto the podium was Bob Dredge who had a great run to take 3rd on M70. Well done Bob!

Others making the top ten were - Joe Sunley 6th and Charlie Rennie 10th on M20E; Alastair Thomas 4th M21E where he was only 7 seconds off the winner; Jamie Rennie 4th M50; and Emma Crawford 6th, Daisy Rennie 8th and Isabel Sunley 9th on W18E.

More JK news, photos and results later in the week, and if you cannot bear to wait until then the full JK results are available on the JK website.



Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk
Also on FB—public and members' page.