



**Summer Series - Threlkeld Knotts** - Thanks to Dan Roach and Chris Swanepoel for last week's event. The beautiful weather continued which made for a very enjoyable event. On the 4.5km Long course the win went to Ruben Razzetti in 30:17, giving him a comfortable wining margin of over 5 minutes. Isaac Hunter was 2nd in 36:03 and David Wilson was 3rd in 36:23. The remainder of the top ten was made up of Jamie Rennie 4th, Simon Hunter 5th, Jeff Powell Davies (BL) 6th, Chris Naylor 7th, Toby Heppell 8th, Richard Jackson 9th and Niamh Hunter 10th (1st lady). Daisy Rennie was 2nd lady on 12th, with Karen Parker 3rd lady on 13th.

On the 2.8km Short course Lily Clarkson took the win in 27:56, with George Rennie 2nd in 28:21 and John Ferris-Worth (BL) 3rd in 29:03. The rest of the top ten was made up of David Crout 4th, Ian Teasdale 5th, Bob Barnby 6th, Alex Crawford 7th, Helen Rennie 8th, Roger Jackson 9th and Glyn Blakey 10th.

On the novice course Wilf Clarkson was 1st, Sandra Morris (IND) 2nd and Joanne Morris (IND) 3rd. (As ever full results can be found on the WCOC web-site).

**This week's event - Ling Fell- NB the details on WCOC website -Enter via Racesignup. You need to sign in before going to the start. Entries close 23:59 tonight. NB important parking information.**

Other upcoming Summer series' events - 22/06/2023 - Owsen and Burnbank; 29/06/2023 - Darling How and Greystones; 06/07/2023 - Blakeley Raise; 13/07/2023 - Setmurthy; 20/07/2023 - Knock Murton; 27/07/2023 - Southerndale.

Other Local Events

WCOC Galoppen - Border Liners - Sunday 18th June 2023 - Binsey Galoppen. (Entries now open on SiEntries-Close on 14th June - tomorrow). Details on BL website. **Get your entries in!**

Lakeland Orienteering Club - Summer series events continue on Wednesdays - Check LOC website for details.

**Cockermouth Mountain Rescue Team  
70<sup>th</sup> Anniversary Family Open Day - 17<sup>th</sup> of June**

Join us between 10am and 2pm at our Base on Station Road to:

- Meet Team Members.
- Learn about the work we do and the area we cover.
- Find out about our history and some of our most memorable rescues.
- See demonstrations of rescue techniques and casualty care.
- Have a go at rock climbing.
- Enjoy refreshments, and much more...



Please see the flyer opposite for details of Cockermouth Mountain Rescue's open day on Saturday.

Everyone is welcome to visit between 10am and 2pm.

Details of activities are on the flyer - there is something for everyone!



Also this Saturday (17th June) WCOC Come and Try Event

Please spread the word. Participants can turn up to Harris Park anytime between 1pm and 4pm. There will be plenty of courses and help for beginners and families to allow people to have a go at our great sport. Why not combine it with a visit to the MR base. (More info on the website)



Congratulations to Alastair on his selection for WOC which takes place in Switzerland from 12th - 16th July.



Thanks to John Slater for sharing the details to allow you to follow all the action at this year's Jukola which takes place over the coming weekend.