



Upcoming Fixtures....

THIS WEEK Thur 28 March, Whitehaven

Urban event with long & short courses. Practice for the JK sprint! You may need your headtorch if starting late. Cost £4/£2. Starts 5.30 to 7pm.

Thur 4 April, Camerton Meadows Score

format. Cost £4/£2. Starts 5.30 to 7pm.

Thur 11 April, Knock Murton, Kirkland

Score event. Cost £4/£2. Starts 5.30 to 7pm.

Thur 25 April, Flat Fell Score event. Cost £4/£2.

Starts 5.30 to 7pm.

Events....

Entries have closed for the Jan Kjellstrom Festival, 19-22 April. The event consists of four days of top competition, starting with the Sprint at Aldershot Garrison. The event is hosted by SCOA. The Relays are held on day 4, with a number of WCOC teams entered. Good luck to all club members making the journey south. Hope you bring back some trophies!

Keswick 21.03.2019

(Selection from the results.)

long		
1st	Sam Stead	18:46
2nd	Phil Winskill	20:02
3rd	Steve Birkinshaw	21:07
4th	Simon Hunter	21:53
5th	Ben Breeze	21:54
6th	Jamie Rennie	22:54
7th	Ben Breeze	23:06
8th	Ben Goodwin	23:09
9th	Mike Harrison	23:28
10th	Jeff Powell Davies	23:42
11th	Keith Tonkin	24:12
12th	David Spencer	24:31
13th	Caitlin Pearson	24:39
n/c	Michael Billinghamurst	24:41
14th	James Crawford	24:55
15th	Niamh Hunter	25:03
16th	Callum Coldwell	26:18
17th	Ruben Razzetti	26:58
18th	Isabel Berry	27:21
19th	Steven Breeze	27:22
20th=	Wilfrid Teasdale	28:20
20th=	Jonty Goodwin	28:20
22nd	Tim Martland	29:25
23rd	Ryan Crellin	29:55
24th	Rosie Spencer	30:04
Short		
1st	Isaac Hunter	11:54
2nd	Daisy Rennie	11:55
3rd	Clare Rodger	14:32
4th	Michael Pearson	15:13
5th	Daniel Heppell	15:40
6th	Myrtle Ashworth	15:42
7th	Bob Barnby	16:03
8th	Leo Higgins	17:17
9th	Sarah Chaudhri	17:21
10th	George Rennie	20:42
11th	Eleanor Mitchelhill	22:10
12th	Hiroki Holmes	25:26
13th	Matthew Farrell	28:19

Current rankings for club members....

1 (59)	Matthew Vokes	8027	29 (865)	Peter Hudd	7009
2 (59)	Mark Purkis	8027	30 (888)	Rosie Spencer	6990
3 (69)	Steve Birkinshaw	7970	31 (955)	Graham Watson	6938
4 (82)	Zac Hudd	7919	32 (977)	Chris Pollitt	6927
5 (145)	Joe Hudd	7783	33 (1047)	Ian Teasdale	6867
6 (161)	Ben Breeze	7753	34 (1051)	David Downes	6862
7 (214)	Niamh Hunter	7654	35 (1093)	Lily Regan	6831
8 (217)	Simon Hunter	7652	36 (1120)	Susan Skinner	6808
9 (229)	David Spencer	7629	37 (1133)	Lynne Thomas	6799
10 (289)	Ben Goodwin	7560	38 (1231)	Ange Jackson	6724
11 (294)	Jamie Rennie	7551	39 (1254)	Michael Pearson	6708
12 (304)	Michael Billinghamurst	7534	40 (1278)	Scott Ashworth	6688
13 (327)	Louis Morris	7509	41 (1330)	Richard Cummings	6646
14 (331)	Joseph Goodwin	7504	42 (1347)	Jessica Breeze	6634
15 (343)	Alan Irving	7485	43 (1506)	Bob Barnby	6520
16 (361)	Martin Skinner	7462	44 (1664)	Ann Cummings	6394
17 (392)	Mike Harrison	7440	45 (1667)	Anne Burbidge	6392
18 (443)	Helen Winskill	7386	46 (1675)	Charlotte Watson	6387
19 (483)	Steve Holmes	7352	47 (1729)	Tony Duncan	6345
20 (505)	John Slater	7334	48 (1787)	Carys Thomas	6303
21 (568)	Jeff Goodwin	7259	49 (1812)	Ray Johnstone	6279
22 (601)	Steven Breeze	7223	50 (1843)	Helen Rennie	6260
23 (680)	Nicholas Evans	7166	51 (1873)	Janet Evans	6241
24 (772)	Howard Leslie	7086	52 (1910)	Catherine Wetherfield	6208
25 (813)	John Taylor	7050	53 (1912)	Charlie Rennie	6206
26 (834)	Fred Boardman	7030	54 (1956)	Vanessa Brierley	6167
27 (857)	Roger Thomas	7015	55 (1959)	Deborah Goodwin	6162
28 (863)	Colin Valentine	7010	56 (2152)	Richard Southward	6008

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