



Upcoming Fixtures....

THIS WEEK Wed 12 June, Allerdale Bike Challenge Third event of the 2019 series. See bmbo website for details and entry. Based around Dearham.

Thur 13 June, Swarth Fell Part of Kinniside Common, and a very runnable piece of fellside. Long, short and Novice courses. See details of parking restrictions on the website, and park with care. Cost £4/£2. Starts 5.30 to 7pm.

Thur 20 June, Holme Wood Woodland on the shores of Loweswater Lake. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Wed 26 June, Allerdale Bike Challenge Fourth event of the 2019 series. See bmbo website for details and entry. Based around Cockermouth.

Thur 27 June, Matty Benns Part of Kinniside Common. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Parish Relays .

This year the Parish Relays will be held on Mawbray Dunes on 11th July. For those who are new to the event, and not familiar with the format etc, a brief explanation. Six short legs (loops) are planned, long, short and medium (2 of each) of approximately 3, 2 and 1km in length. Each team has three runners, with two runners out at any one time. Each team completes the 12km total in about 30-45 minutes. Once the six loops are completed there is a final different loop (of about 1km) for any one of the team members to complete. This format gives great head to head racing, with team members changing over fairly regularly. Since any leg/loop can be run in any order no one really knows which team is in the lead at any one time! If teams are close together the final loop becomes a real chase! Teams are made up, if possible, from club members who live fairly close together, which often gives better balanced teams. Please start selecting your teams, and register them in the coming weeks. Juniors have their own competition relay.

Threlkeld Galoppen.
Many thanks to all club members who helped at this event on Sunday. It all ran smoothly and everyone seemed to enjoy the courses. Terrain is very rocky, but it does provide navigational challenge. Thanks to the planner, Roger Thomas, the controller, Scott Ashworth and the organiser, Deborah Goodwin. The quarry was very busy, so we were lucky to be able to have our event there as well!

Wasdale 06.06.2019 (Selection from the results.)

| | | |
|--------|------------------|-------|
| Long | | |
| 1st | David Roome | 36:24 |
| 2nd | Daniel Spencer | 36:52 |
| 3rd | David Spencer | 38:20 |
| 4th | Mike Harrison | 39:05 |
| 5th | Joseph Goodwin | 40:45 |
| 6th | Simon Hunter | 41:07 |
| 7th | John Slater | 42:15 |
| 8th | Ben Breeze | 42:33 |
| 9th | Ben Goodwin | 42:42 |
| 10th | Heather Roome | 42:47 |
| 11th | Niamh Hunter | 43:45 |
| 12th | Jeff Goodwin | 47:57 |
| 13th | Steven Breeze | 49:47 |
| 14th | Herbie Ashworth | 50:01 |
| 15th | Howard Leslie | 51:16 |
| 16th | Rosie Spencer | 51:47 |
| 17th | Stuart Crawford | 53:01 |
| 18th | Jamie Rennie | 53:20 |
| Short | | |
| 1st | Ian Teasdale | 32:33 |
| 2nd | Roger Thomas | 34:44 |
| 3rd | Emma Crawford | 34:55 |
| 4th | Andy Rodger | 36:44 |
| 5th | Megan Gerrard | 39:00 |
| 6th | Kevin Hodgson | 39:49 |
| 7th | Clare Rodger | 40:11 |
| 8th | Joanna Thorp | 40:42 |
| 9th | Daisy Rennie | 41:18 |
| 10th | Carol Edwards | 41:49 |
| 11th | Martin Roome | 42:46 |
| 12th | Roger Jackson | 44:06 |
| 13th | Adrian Ledger | 45:15 |
| 14th | Vanessa Brierley | 45:36 |
| 15th | Ged Hagan | 46:21 |
| 16th | Deborah Goodwin | 49:17 |
| 17th | Louise Hagan | 49:20 |
| Novice | | |
| 1st | Hiroki Holmes | 20:57 |
| 2nd | George Rennie | 31:37 |

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