

This below was all written yesterday (Thursday) morning, but we had to go out and ...when I got back at teatime, well...we all know what's happened. For now, this all goes ahead, but if anything needs to change, we'll let you know 🍀💙.

🍀💙 Skipton Cup 5k – 2022-09-07 Results 🏆🍀💙

Thanks to everyone for coming out last night for the time trial. Results are attached. 65 runners, and a fantastic band of happy volunteers to make sure it all went smooooothly...Sally S, Syd B, Joanne M, Carolyn B, Andrew R.....and Karrie M too. Amazing good fortune to miss the deluge that followed...hopefully we'll be that lucky in the ensuing weeks!

This may 'only' be 5k on 3 laps of a pretty flat circuit, but anyone taking part will attest to how much effort it takes to maintain a hard pace without blowing up....so well done to all finishers.

First three men across the line on the night were –

1. Jonny Cox 15m51s
2. Harry Lancaster 16.04
3. Jack Eyre 17.29

And ladies...

1. Emma Nielsen 21.00
2. Heather Eccles 21.13
3. Karen Bridge 21.44

Awards for the above will be made at Presentation Night in November.

Now the fun REALLY starts with the handicap competition over the next 3 Wednesdays. We'll publish details of handicap start times for everyone who ran last night, over the next few days. If you missed last night, of course you can still join in – a few folks have already said they will do so...please let us know well BEFOREHAND (you can book yourself in to the event on TeamApp, or just send me a message) so that we can set a proper handicap time for you.

Those who ran last night – your task at the first next Wed is simple...make sure you're first over the finish line!

In addition, competition already looks fierce in a lot of the age-group categories (note that as usual, the top 3 m/f finishers last night are not eligible for age-group awards). Fastest 3 times in any of the 4 events across all age cats will earn a valuable (🏆) prize at Pres. Night. Due to public demand 🙄, the age categories are extended to - Open (ie 18-24), V35/40/45/50/55/60/65/70+. The AgeCat leaderboard is posted separately.

Any queries please let me know.