

JK 2024 LOC podium competitors

Day 1 Sprint

M35 1st Rhys Findlay-Robinson

Day 2 Middle

M10A 3rd Harry Atkinson

M14A 1st Jamie Osborne

M35L 2nd Rhys Findlay-Robinson

M45L 1st Duncan Archer

W10B 1st Lucie Heppenstall

W40L 2nd Heather Heppenstall

W60L 3rd Jane Morgan

Day 3 Long

M10A 3rd Harry Atkinson

M12A 3rd James Heppenstall

M14A 2nd Jamie Osborne

M35L 2nd Rhys Findlay-Robinson

M45L 2nd Duncan Archer

W10B 1st Lucie Heppenstall

W40L 1st Heather Heppenstall

Continued.....

Overall

M10A 3rd Harry Atkinson

M12A 3rd James Heppenstall

M14A 2nd Jamie Osborne

M35L 2nd Rhys Findlay-Robinson

M45L 1st Duncan Archer

W10B 1st Lucie Heppenstall

W40L 1st Heather Heppenstall

W60L 2nd Jane Morgan

Day 4 Relay

E Senior Men (M120+)

3rd LOC Hard Knott Rhys Findlay-Robinson, Chris Heppenstall, Duncan Archer

F Senior Women (W120+)

1st LOC Helvellyn Heather Heppenstall, Sarah Atkinson, Pippa Archer

J Ultraveterans (M/W210+)

2nd LOC Catstycam Jane Morgan, Derek Fryer, Jo Cleary

N Mini Relay (M/W12-)

3rd LOC Stickle James Heppenstall, Harry Atkinson, Jessica Atkinson