This was my second attempt at planning, with very different weather to the first. I trust everyone withstood the heat and had enough to drink.

Setting a course in May with such recent nice weather meant that the ground underfoot was somewhat more overgrown then when I started my planning. Still, the bluebells had come out in abundances and apart from the slippy leaves looked a beautiful sight over the ground. I love Kingcliff for its runnable south area and partitioning stream, hope you made use of my special bridge I brought for the day!

Thanks you for the (mostly) positive comments about the courses, and the masses of volunteers for control collection. Thanks also for Richard's advice before the day

Finally – I picked up one tick today, my wife one, and my son two. I suggest (if it isn't too late) you check yourself thoroughly.

Mark