Good to see so many doing the courses – though, due to the hot weather particularly on day one, we wondered how many would come. Fortunately it was cooler for most of you later in the week. Some of you were surprised to find Wakefield is not flat!

How many other lockdown courses have had a spectator control? It was outside our house though we did not see many of you.

Choosing the car parking, with start and finish nearby was easy. We we did not want the short course to cross the main A61 road but did want all courses to visit Sandal Castle so the quiet road next to the open parkland was the obvious place.

I did not want either long or medium to be purely runners' courses so did my best to give you something to think about with route choices. There are a lot of cul-de-sacs in the area which I wanted to avoid (I see no point in running into dead ends simply to turn round and run out again). Long and medium courses crossed the A61 and legs/control locations were planned so this could be done as safely as possible.

Knowing an area well means armchair planning can be done but it should never be relied on – we had to change some legs when we discovered part of the map was not accurate.

However there was one map error which we failed to pick up and some of you on the medium course benefitted. You crossed an area of olive green (should be out of bounds) where there was an unmapped path.

The question is — was this an error of navigation and you simply struck lucky; did you decide to take that route anyway hoping for the best; did a previous runner warn you or did you see the path on an advance visit to Google Earth?

Being able to see competitors tracks does mean an apparent missing punch can be revised for the results but it also means we can see your actual route!!

Juliet and David Morgan.