



Upcoming Fixtures....

THIS WEEK **Thur 19 September, Mirehouse, Bassenthwaite.** The third of the park series. Fast racing on the shores of Bass Lake! Courses, long & short with 15min winning times. Cost is £3/£1.50. Starts are from 6pm. See website for details.

NEXT WEEK **Thur 26 September, Allonby.** The fourth of the park series. Fast racing on the Solway shore at Allonby. Courses, long & short with 15min winning times. Cost is £3/£1.50. Starts are from 6pm. See website for details.

Sat 22 September, Aughtertree. BL event on complex open fell near Caldbeck. Perfect return to O!

Coaching Session

Saturday 12th October on Mawbray. Complex sand dunes. The session is open to all abilities. Please register your interest with Lynne Thomas so that maps etc can be prepared for you. Reply to this email if you wish.

CompassSport Cup Final

It has been decided that we won't be sending a team to the final as very few have shown the urge to take on the long journey to the Forest of Dean.

Lakes 5Day planning

The middle distance race on Simpson Ground, Tues 6th August 2014, needs a planner. Fancy it? Please reply to the email if you are available for this tasty plan!

Mountain Bike O Events. Two events are being planned for Grizedale and Whinlatter Forests over the weekend 28/29 September. Three courses available.

SPOOK-O

Looking forward to Thursday, 31st October and the Spook-O to be held in Whinlatter Forest. This is our annual fun event with control sites carefully decorated and made as spooky as possible. Do you want to have a go this year? Jeff Goodwin is co-ordinating the operation! Please reply to this email and we can book you a site.

AGM 24th October 2013

The Annual General Meeting will be held at the Kirkstile Inn, Loweswater on Thursday, 24th October, starting at 7.30pm. Sandwiches and chips will be supplied. Nominations for positions on the committee should be received by the secretary by 26th September, along with any item for discussion at the meeting, that will be put on the agenda. Please come along and support your committee as they report on another very successful year's activities.

Harris Park, Cockermouth 12.9.13

(Selection from results.)

SENIOR

1st	Chris Hope	17:07
2nd	Simon Hunter	18:28
3rd	Chris Steele	18:36
4th	Andrew Bradley	19:10
5th	Michael Billingham	20:17
6th	John Slater	20:49
7th	Katrina Hemingway	21:06
8th	Jeff Goodwin	21:15
9th	Chris Emerson	21:27
10th	John Taylor	21:35
11th	Angela Brand-Barker	22:02
12th	Howard Leslie	22:20
13th	Kate Charles	22:33
14th	Roger Jackson	23:40
15th	Hannah Bradley	23:47

Jun LONG

1st	Alastair Thomas	11:47
2nd	Daniel Spencer	13:18
3rd	Katherine Lowles	14:39
4th	Matthew Blackley	15:30
5th	Ben Breeze	19:01
6th	Niamh Hunter	19:12
7th	Joe Goodwin	20:59
8th	Henry Teasdale	21:49
9th	Ben Goodwin	24:07
10th	Hannah Rumney	26:37

Jun SHORT

1st	Wilfrid Teasdale	10:52
2nd	Smudge	14:19
3rd	Freyja Hope	19:42
4th	Carys Thomas	20:04
5th	Keira Dunlop	22:25
6th	Isaac Hunter	23:23

Keep an eye on the Facebook page for Club goings-on!

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>