



Upcoming Fixtures....

THIS WEEK Thur 24 July, Cogra Moss & Burnbanks. A mixture of forest and fell. See website for details. Usual courses, long, short and novice. Starts 6-7pm. Cost £3/£1.50.

Thur 31 July, Bleaberry Fell (Ashness Bridge). Detailed open fell around one of the Wainwrights; fantastic views over Borrowdale. Parking at Ashness Bridge with a walk onto the area for starts. Usual courses, long, short and novice. Starts 6-7pm. Cost £3/£1.50.

SPOOK-O

At the end of October... this is one of the fun events that the club puts on. We should be able to announce a co-ordinator shortly... but have you some ideas for a 'spooky' site that you would like to create. Maybe if you have planned one in the past it is time to bring it out of the dark recesses of your attic for another airing. The event is much enjoyed by the younger family members and always attracts large crowds. With modern torches the darkness is easily removed!!

Club Jackets & O-tops



Stylish Trimtex club jackets together with

O-tops and beanies are available from Steve Telford.

Reply to this email if you would

like to purchase one of them. Get kitted out for the new competition season.



Speak to Steve and get your O-top.

Lakes 5 Days - help needed please

We are now getting very close to the Lakes 5 Days. WCOC are organising Simpson Ground on Monday 4th August. Volunteers needed to help on the day - please contact Rob Holder - rob.holder@btinternet.com, 01768 865791. Please let Rob know as soon as possible if you have some free time on the Monday to help.

Twitter. You can follow @WCOC2014

Event Programme

The summer series will be coming to a conclusion at the end of August. We then have a seven week sprint series, followed by the winter night series.

Mike Harrison in his forward planning mode would like to hear from anyone who has aspirations of looking after one of the events over the last half of the year. Book your area if you have a favourite you would like to plan on.

Darling How 10.7.14

(Selection from results.)

Long

1st	Lewis Taylor	40:53
2nd	David Spencer	41:45
3rd	Chris Hope	43:19
4th	Rob Stein	47:03
5th	Daniel Spencer	48:17
6th	Ian Cumpstey	50:08
7th	David Downes	55:40
8th	Jeff Goodwin	55:56
9th	Martin Skinner	56:41
10th	Howard Leslie	56:52
11th	Chris Emerson	58:49
12th	Steven Breeze	58:51
13th	Andy Morris	59:22
14th	Chris Pollitt	60:32
15th	Bob Barnby	61:32

Short technical

1st	John Taylor	39:29
2nd	Ian Teasdale	44:00
3rd	Roger Jackson	45:56
4th	Kevin Hodgson	47:37
5th	Mike Cumpstey	49:57
6th	Richard Cummings	51:04
7th	Catherine Wetherfield	52:23
8th	Henry Teasdale	54:26
9th	Phil Nichols	55:22
10th	Fran McDonald	56:51
11th	Gerry Garvey	56:53
12th	David Fenwick	58:38
13th	Louis Morris	65:18
14th	Joe Greenwood	65:44
15th	Kate Skinner	69:21
16th	Niamh Hunter	71:54

Novice

1st	Wilfrid Teasdale	22:11
2nd	Isaac Hunter	36:31
3rd	Tannah Eland	40:43

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

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