



Upcoming Fixtures....

THIS WEEK 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.

Thur 14 August, Whinlatter Fell. Open fell with complex shape for intricate navigation. See website for the parking details. Usual courses, long, short and novice. Starts 6-7pm. Cost £3/£1.50.

Swiss O Week

There is a link to a video on the Facebook page, showing competitors at one of the days on extensive rocky terrain just at the snowline. A really exciting day's orienteering. Sunshine and snow! It really is a great multiday event.

AGM

Just a quick 'early flag up' for the AGM in October. If you would like to get involved in the running of the club and help to make sure all the jobs get done please have a word with the chair (John Taylor) or the secretary (Lesley Wornham). Is there a topic you would like discussed at the AGM, or something you feel the club ought to be doing? Email your ideas if you wish.

Club running top

What do you think of a running vest (sleeveless) for urbanO in the club colours, similar to the current O-top? Would you buy one if the club bought a stock? What material would you like it made of? Any preferences?



Winter Series

Fancy planning one of the early events in the night series on some of the easier terrain? Mike Harrison would be keen to find you an area to plan on, and a Thursday evening date to suit you. If you have already had a go with a summer event then a night one could be right up your street!

Twitter. You can follow @WCOC2014

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

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

Sprint Series

The Autumn sprint series is taking shape at the moment with a seven event programme visiting Maryport, Cockermouth, Silloth, Whitehaven, Workington and Keswick. These events are always very popular and are ideal as an introduction to the sport. Please tell as many friends as possible about them and bring them along. There will be some fliers available soon, so please take some of those and advertise the series as widely as you can. There must be loads of notice boards where the details can be posted. Thanks.

Cogra Moss 17.7.14

(Selection from results.)

Long

| | | |
|------|------------------------|-------|
| 1st | Lewis Taylor | 50:20 |
| 2nd | David Spencer | 52:47 |
| 3rd | John Slater | 54:16 |
| 4th | Chris Hope | 56:04 |
| 5th | Michael Billinghamurst | 57:44 |
| 6th | Jeff Goodwin | 58:08 |
| 7th | Martin Skinner | 61:19 |
| 8th | Pete Nelson | 62:14 |
| 9th | Rob Stein | 62:16 |
| 10th | Daniel Spencer | 65:12 |
| 11th | Alan Hartley | 66:20 |
| 12th | Chris Pollitt | 71:48 |
| 13th | Bob Barnby | 73:07 |
| 14th | Steven Breeze | 74:58 |
| 15th | Mike Hind | 80:20 |
| 16th | Anne Burbidge | 90:43 |

Short

| | | |
|-----|-----------------------|--------|
| 1st | Ian Teasdale | 74:44 |
| 2nd | Syd Thomas | 77:57 |
| 3rd | Ged Hagan | 82:34 |
| 4th | Catherine Wetherfield | 85:59 |
| 5th | Richard Cummings | 86:09 |
| 6th | David Fenwick | 86:14 |
| 7th | Roger Jackson | 87:44 |
| 8th | Vanessa Brierley | 96:27 |
| 9th | Ben Breeze | 109:43 |

Novice

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|-----|-------------------|-------|
| 1st | Wilfrid Teasdale | 18:35 |
| 2nd | Caitlin Irving | 27:28 |
| 3rd | Annabella Sweeney | 30:42 |
| 4th | Ruth Atkinson | 30:45 |