



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

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