



Upcoming Fixtures....

THIS WEEK Thur 7 August. No evening event planned because of the Lakes5.

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.

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, so please take some of those and advertise the series as widely as you can.

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.

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!

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?



Twitter. You can follow @WCOC2014

Lakes5

Pretty grim conditions greeted the runners on Swindale for the first day's event. Even so many club members excelled, with the young ladies on W12A taking over the podium, 1/2/3 for Rosie Spencer, Jessica Breeze and Caitlin Irving. Brilliant. Kate Charles won on W45L, and Mike Pearson and Tony Duncan took the 1/2 on M70L. Second place for Susan Skinner on W50L, and third places for Daniel Spencer on M14A and Ange Jackson on W35A. Day2 will be drier.... fingers crossed!

Bleaberry Fell 31.7.14

(Selection from results.)

Long

1st	Todd Oates	35:34
2nd	Lewis Taylor	35:46
3rd	Iain Smith-Ward	37:33
4th	Rob Stein	37:55
5th=	Paul Neild	39:28
5th=	Ian Cumpstey	39:28
7th	Mike Harrison	40:09
8th	Alastair Thomas	42:00
9th	Howard Leslie	44:00
10th	Bob Barnby	44:05
11th	Raymond Wren	45:08
12th	Mike Hind	45:39
13th	Pete Nelson	46:29
14th	Chris Emerson	47:20
15th	Angela Jackson	49:13

Short

1st	Roger Thomas	28:35
2nd	Michael Pearson	28:36
3rd	Margaret Mackenzie	30:21
4th	Ian Teasdale	30:40
5th	Jenny Wren	33:17
6th	Henry Teasdale	35:34
7th	Phil Nichols	35:36
8th	David Fenwick	36:54
9th	Mike Cumpstey	38:08
10th	Joan Cumpstey	41:39
11th	Jenny Garbutt	43:16
12th	Louise Wilson	51:08
13th	Dick Whitworth	51:37

Novice

1st	Wilfrid Teasdale	20:02
2nd	Carys Thomas	26:38

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

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