



Upcoming Fixtures....

THIS WEEK Thur 9 July, Barf. This is open fell around Barf and Lords Seat at the top of Whinlatter. Great views. See website for the parking details. Long, short and easy courses.

Thur 16 July, West Lakes Science Park. The Parish Relays, for teams of three. Six short courses to complete in any order by any of the team members with two runners out at any one time. Junior competition as well. See website for the parking details. Great fun.

Coaching Session

There will be a 'girls only' coaching session.... This Girl Can!!!!..... on 11th July, Saturday, on High Rigg. All details from Lynne Thomas. Reply to this EMAIL if you aren't already in contact with Lynne.

Parish Relays 2015

These are planned for West Lakes Science Park which will give close sprint racing/chasing for the teams. Please register your team asap, by replying to this EMAIL. Maps need to be prepared beforehand, as there are seven maps per team! If you want to be included in an adhoc team.... no problem, just register your intention. There are always a few adhoc teams on the night.

Allerdale Bike Challenge

The fifth and final event in the series will be held on Wednesday, 15th July, starting in Uldale. There will be a presentation of prizes to the winners with the best three scores from the series in the various categories. Thanks to Tony & Angela Brand-Barker for organising the series!

Autumn Sprint & Winter Night Series.

We are still enjoying a great summer series of evening events but thoughts are already on the autumn and winter series. Would you like to be involved in planning one or more of these events. Mike Harrison would be pleased to hear from you. Perhaps organise one of these events as a pair so you can share the burden. It is good value too.... as you plan one of the events and get to go to seventeen or so other ones.

Saunders MM

Great weather for this event, with good competitive racing. Lots of impressive results included: Chris H and partner (2nd on Bowfell), Mike H and Ange J (2nd mixed pair on Kirkfell), Richard W and partner (2nd on Carrock Fell), Lewis T and Alastair T (winners on Harter Fell!), David and Daniel S (2nd on Wansfell), Mike P and partner (1st vets on Wansfell), Ben and Steve B (5th on Bedafell), and Niamh and Simon H (5th mixed pair on Bedafell).

Threlkeld Knotts 02.07.15

(Selection from results.)

Long

1st	Rhys Findlay-Robinson	34:32
2nd	Matthew Vokes	36:30
3rd	Alastair Thomas	39:34
4th	Lewis Taylor	41:10
5th	Daniel Spencer	42:23
6th	Mike Harrison	46:06
7th	Rob Stein	46:49
8th	Jeff Goodwin	48:02
9th	Callum Pearson	48:55
10th	Michael Billinghamurst	49:49
11th	Lynne Thomas	51:57
12th	Chris Pollitt	54:32
13th	Mike Hind	55:27
14th	Kate Charles	56:05
15th	Graham Watson	56:26

Short

1st	Roger Thomas	33:32
2nd	John Taylor	36:18
3rd	Ian Teasdale	36:44
4th	Niamh Hunter	37:24
5th	Roger Jackson	38:42
6th	Rosie Spencer	41:29
7th	Mike Cumpstey	42:29
8th	Paul Tickner	44:15
9th	Vanessa Brierley	44:28
10th	Henry Teasdale	44:40
11th	David Fenwick	46:46
12th	Catherine Wetherfield	46:55
13th	Chris Emerson	48:29
14th	Joan Cumpstey	50:28
15th	Richard Cummings	51:01

Novice

1st	Isabel Sunley	20:25
2nd	Wilfrid Teasdale	21:17
3rd	Will Harrison	24:00

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

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