



## Upcoming Fixtures....

**THIS WEEK 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. Entry is FREE. See website for the parking details. Great fun.

**Thur 23 July, Mawbray Dunes.** Wonderful sand dune area on the Solway Coast. Long, short and easy courses to suit all abilities. See website for the parking details. Great fun.

### Allerdale Bike Challenge

The fifth and final event in the series will be held on Wednesday, 15<sup>th</sup> 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!

### 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.

### 'Bring A Friend' to an evening event....

Our club is always looking for ways to encourage new people into the sport and, importantly, into the club. So we would like you to bring a friend along to the Thursday evening events, particularly the Autumn Sprint Series.

Your 'special friend' can be a school mate, neighbour or work colleague and can be new to orienteering or tried it years ago and keen to give it a go again.



### Mini Rab Series MM

Round 3 of 4, 30<sup>th</sup> August on the Skiddaw area. Their website says.... *"It is a beautiful area with fantastic views over Derwentwater and Bassenthwaite Lake. It is also quite challenging with some steep climbs and lots of interesting features"*. Registration is at the Underskiddaw village hall in Millbeck near Keswick, CA12 4PS.  
[www.minimountainmarathon.co.uk](http://www.minimountainmarathon.co.uk)  
On our doorstep, looks like a good one to have a go at!

### Barf 09.07.15

(Selection from results.)

Long

1st	Richard Wren	40:43
2nd	Matthew Vokes	41:23
3rd	Andrew Bradley	51:18
4th	Alastair Thomas	52:00
5th	Mike Harrison	55:54
6th	Daniel Spencer	60:20
7th	Howard Leslie	60:45
8th	Jeff Goodwin	63:19
9th	Steven Breeze	66:39
10th	Chris Pollitt	68:56
11th	Lynne Thomas	71:47
12th	Raymond Wren	71:58
13th	Anne Burbidge	76:37
14th	Andy Morris	77:23
15th	Angela Jackson	79:41

Short

1st	Roger Thomas	40:11
2nd	John Taylor	40:37
3rd	Steven Holmes	42:56
4th	Ian Teasdale	43:46
5th	Roger Jackson	46:32
6th	Richard Cummings	46:58
7th	Ian Cumpstey	47:43
8th	Ged Hagan	48:49
9th	Louise Hagan	54:19
10th	Robert Jones	54:50
11th	Gerry Garvey	57:54
12th	Ben Goodwin	58:37
13th	Jack Bingham	58:38
14th	Jessica Breeze	60:00
15th	Carys Thomas	64:30

Easy

1st	Isabel Sunley	26:53
2nd	Katie Ray	44:48
3rd	Alice Kemp	44:50

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

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