



Upcoming Fixtures....

THIS WEEK 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.

Thur 30 July, Mosser Fell. Great views of Buttermere valley and the Solway Coast from the top. Long, short and easy courses to suit all abilities. See website for the parking details.

August 1-8, Scottish 6Day. No evening event this week as many club members will be enjoying the delights of this multi day event along with the World Champs. **Dave Fenwick is offering a lift to each of the days from Nairn.... contact him on 01900 601910**

Parish Relays

Great event at Westlakes Science Park, with courses by last year's team (John Slater planned).

This year's winning team of Rob Stein, Kate Charles and Matthew Vokes have the pleasure next year.



Mini Rab Series MM

Round 3 of 4, 30th 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

On our doorstep, looks like a good one to have a go at!

New Members

Welcome to our new members who have joined fairly recently.... Amanda Simmonds, Neimh Willey, Myriam & Patrick Touratier, Laure-Anne Demarthe.

Red, White & Blue Teams

The membership is allocated to one of the three teams, which may be involved in helping at one of our major events like the Cumbrian Galoppen. The White team will be looking after the Whinlatter Galoppen in early October. So you may only be asked to help once a year!

Parish Relays 16.07.15

(Selection from results.)

Junior Teams

Winners The Minions (204)

Rosie Spencer, Niamh Hunter, Carys Thomas
Runners-up #This Boy Ran (201)

Jonty Goodwin, Joe Sunley, Henry Teasdale
Third Primo Paddlers (203)

Wilfrid Teasdale, Isabel Sunley, Oliver Heron-
Southward

Fourth One, Two, Keswick Crew (205)

Jess Breeze, Caitlin Irving, Ellie Douglas
Fifth White Rum (202)

Izzy White, Maddy White, Hannah Rumney
Senior Teams

Winners (113)

Kate Charles, Rob Stein, Matthew Vokes
Runners-up Team Watson (107)

Charlotte Watson, Debbie Watson, Mark Purkis
Third BAD (105)

Ben Breeze, Alastair Thomas, Daniel Spencer
Fourth (114)

Alan Irving, Andrew Bradley, Roger Jackson
Fifth Team Hagan (101)

Ged Hagan, Louise Hagan, Bobby Hagan
Sixth Moota Monsters (109)

Lynne Thomas, Roger Thomas, Steve Breeze
Seventh Team Wren (102)

Richard Wren, Raymond Wren, Jenny Wren
Eighth (115)

Jeff Goodwin, Ian Teasdale, David Downes
Ninth Hoof Hearted (112)

Joe Goodwin, Seb White, Ben Goodwin
Tenth Team Chair (108)

Katie Lowles, Ian Lowles, John Taylor

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

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