



Upcoming Fixtures....

THIS WEEK 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**

Thur 13 August, Crag Fell. Great views over Ennerdale Lake from this high vantage point. Long, short and easy courses to suit all abilities. See website for the parking details. Great fun.

Scottish 6Day and WOC

There are 53 club members entered for the 6Day. So, good luck to all of them for a successful week of orienteering in some of the best terrain in GB. There are over 5000 entries in total so there will be a lot of tough competition!

Our very best wishes also go to Charlotte Watson who will be running in the World Orienteering Championships in the long distance discipline. Lets hope she has a strong, clean and fun race. Good Luck!!!!!!

Club Newsletter

Our editor, Graham Watson, has prepared quite a few editions now, and would very much like to retire! Is there anyone who would like to take on the job? Currently, three issues are being produced each year. This is not fixed in stone and any other format is possible!

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!

Sprint & Night Series

The venues for the Autumn Sprint and Winter Night series are being organised at the moment. Mike Harrison has all the details and would welcome offers of help with the events. Get in early and choose which date/venue you would like. Planning can be so much fun and very rewarding. For the Night Series, plan one event and you get fifteen or so others to compete in!

Mawbray 23.07.15

(Selection from results.)

Long

1st	Jamie Parkinson	26:09
2nd	Richard Wren	27:19
3rd	Charlotte Watson	29:45
4th	Mike Harrison	32:42
5th	Rosie Watson	33:33
6th	Ian Cumpstey	34:24
7th	Pete Nelson	34:57
8th	Steve Holmes	35:06
9th	Stuart Parker	35:13
10th	Chris Emerson	37:32
11th	Katherine Lowles	39:30
12th	Ben Breeze	39:31
13th	Chris Pollitt	40:09
14th	David Downes	41:05
15th	Bob Barnby	41:50

Short

1st	Roger Thomas	22:26
2nd	Ged Hagan	22:55
3rd	Ian Teasdale	25:53
4th	Gerry Garvey	26:03
5th	Roger Jackson	26:31
6th	Louise Hagan	26:48
7th	Jessica Breeze	27:26
8th	Joseph Sunley	27:36
9th	Margaret Mackenzie	28:47
10th	David Fenwick	32:00
11th	Catherine Wetherfield	32:28
12th	Carys Thomas	33:13
13th	Rachel Osborn	33:56
14th	Henry Teasdale	34:19
15th	Richard Moss	35:53

Novice

1st	Oliver Heron-Southward	16:58
2nd	Isabel Sunley	17:11
3rd	Katie Ray	25:51

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

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