



Upcoming Fixtures....

THIS WEEK 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.

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.

Thur 20 August, Whinlatter.

Long, short and easy courses to suit all abilities. See website for details.

Scottish 6Day and WOC

Day 1 (Sunday) results for WCOC members look as if the area was tough. There will be some stories there! The WOC Sprint final was on TV, ALBA (BBC Gaelic channel) with superb coverage of GPS tracks, live shots of the athletes in the terrain and up to the second status of the race. It can probably be caught on iPlayer if you missed it. Well worth a look. They were using the new SI proximity punching system which was so fast.

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!!!!!!!

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!

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!

Club gear

Current stock levels are quite low at the moment, says Steve Telford who looks after it. A new order will be placed soon and it would be good to get the balance of sizes in line with current demand. Steve would be pleased to be able to cater for your future order. Let him know what size you would need so that he can get the order right. There is a fairly long waiting time from order to delivery.



Mosser 30.07.15

(Selection from results.)

Long

| | | |
|------|--------------------------|-------|
| 1st | Richard Wren | 32:04 |
| 2nd | Lewis Taylor | 34:35 |
| 3rd | Christopher Brand-Barker | 37:31 |
| 4th | John Slater | 38:09 |
| 5th | David Spencer | 38:24 |
| 6th | Daniel Spencer | 38:34 |
| 7th | Mike Harrison | 39:35 |
| 8th | Rob Stein | 43:06 |
| 9th | Pete Nelson | 44:00 |
| 10th | Kate Charles | 44:35 |
| 11th | Raymond Wren | 45:27 |
| 12th | Ian Cumpstey | 45:35 |
| 13th | Chris Emerson | 45:36 |
| 14th | Steven Holmes | 46:31 |
| 15th | David Downes | 46:57 |

Short

| | | |
|------|-----------------------|-------|
| 1st | John Taylor | 29:52 |
| 2nd | Ian Teasdale | 30:42 |
| 3rd | Roger Thomas | 32:09 |
| 4th | Ged Hagan | 33:56 |
| 5th | Gerry Garvey | 34:28 |
| 6th | Chris Lates | 34:54 |
| 7th | Rosie Spencer | 36:28 |
| 8th | Jenny Wren | 37:26 |
| 9th | Henry Teasdale | 37:30 |
| 10th | Vanessa Brierley | 38:05 |
| 11th | Alice Rea | 38:29 |
| 12th | Kevin Hodgson | 38:58 |
| 13th | Catherine Wetherfield | 39:08 |
| 14th | Mike Cumpstey | 39:33 |
| 15th | Tom Carter | 40:29 |

Novice

| | | |
|-----|-----------------------|-------|
| 1st | Emily Heron-Southward | 19:16 |
| 2nd | Isabel Sunley | 20:24 |
| 3rd | Jayden Fee | 22:42 |

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

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