



Upcoming Fixtures....

THIS WEEK Thur 27 August, Coledale.

Long, short and easy courses to suit all abilities. Final event of the series with presentation of trophies/prizes in the pub afterwards. See website for details.

Thur 3 September, Mirehouse. First of the Autumn series at Mirehouse on the shores of Bass lake. Two courses with winning times of about 12 minutes.... fast and furious. See website for details.

September 6, Faulds Brow. Level B event on Faulds Brow, being run by BorderLiners. Check their website for entry details. Fast open fellside on the Caldbeck Fells, with lots of depressions!!

'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.



Advertising our Autumn Series....

Can you find a notice board for a copy of our flyer advertising the Autumn Series. Pick one up at the evening events.

The Autumn Series includes the venues, Mirehouse, part of Whitehaven, Derwent Hill, Cockshot Woods (Keswick), Vulcan Park (Workington), Allonby and Friars Crag (Keswick). Great venues for short and fast decision making orienteering.



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.



Crag Fell 13.08.15

(Selection from results.)

Long

|      |                 |       |
|------|-----------------|-------|
| 1st  | Matthew Vokes   | 38:09 |
| 2nd  | Richard Wren    | 38:28 |
| 3rd  | Simon Hunter    | 42:05 |
| 4th  | Paul Neild      | 42:29 |
| 5th  | Andrew Bradley  | 49:24 |
| 6th  | John Slater     | 50:04 |
| 7th  | Rainier Wichman | 52:04 |
| 8th  | Chris Emerson   | 53:05 |
| 9th  | Mike Harrison   | 53:57 |
| 10th | Alan Irving     | 54:08 |
| 11th | Ian Cumpstey    | 54:21 |
| 12th | Jeff Goodwin    | 56:36 |
| 13th | Pete Nelson     | 56:50 |
| 14th | Lynne Thomas    | 57:12 |
| 15th | Kate Charles    | 60:14 |

Short

|      |                        |       |
|------|------------------------|-------|
| 1st  | Ian Teasdale           | 40:57 |
| 2nd  | Roger Thomas           | 41:35 |
| 3rd  | Frank Townley          | 42:05 |
| 4th  | Roger Jackson          | 42:56 |
| 5th  | Ged Hagan              | 44:07 |
| 6th  | Margaret Mackenzie     | 44:59 |
| 7th  | Tony Brand-Barker      | 48:50 |
| 8th  | Oliver Heron-Southward | 49:45 |
| 9th  | Kevin Hodgson          | 50:26 |
| 10th | Mike Cumpstey          | 51:30 |
| 11th | Caitlin Irving         | 52:47 |
| 12th | Gerry Garvey           | 52:50 |
| 13th | Rosie Spencer          | 53:41 |
| 14th | Joseph Sunley          | 53:42 |
| 15th | Vanessa Brierley       | 55:55 |

Novice

|     |                  |       |
|-----|------------------|-------|
| 1st | Wilfrid Teasdale | 10:55 |
| 2nd | Isabel Sunley    | 11:09 |
| 3rd | John Eldred      | 11:16 |

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

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