



Upcoming Fixtures....

THIS WEEK Thur 14 July, High Park, Loweswater. The Parish Relays for teams of three. Junior competition as well, with details on the website. Reply to this EMAIL with team details.

Sun 17 July, Allerdale Chase. Entries close tomorrow, 12th July. www.orienting.com

Thur 21 July, Cogra Moss. A mixture of forest and fell. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

Autumn & Winter Events

Mike Harrison has sent out requests for planners for the upcoming autumn and winter series. Landowners now ask for eight week's notice of the courses, so early involvement is critical. Check your email for the dates and venues.

First Aid course

This coming weekend.... Saturday (16th) will be a one day refresher to renew your current certificate, or perhaps you would like to get the qualification for the first time. Sunday (17th) will be day 2 for our level 2 coaching staff. If you would like a place on the course please contact Lesley Wornham asap.

Logo competition

We are still hoping for designs for our 2017 special O-top. Looking forward to your creative flair!

WCOC's Anniversary

A group of people got together in September 1967 and formed West Cumberland Orienteering Club. So, 2017 will be a very significant birthday for the club. Once again a group of people have been beavering away to develop a program of events to celebrate this fact. We would like to have a special O-top.... get involved in the 'design competition'.... see the details on the website.



Twitter. You can follow @WCOC2014

Parish Relays

Please reply to this EMAIL with details of your team. Maps have to be printed for each team. Only five teams notified so far. Junior teams have their own race. The area on the shores of Crummock Water provides great terrain for fast and furious racing.... perfect for the relays! Matthew Vokes, part of last year's winning team has done the planning.

Cockermouth 07.07.2016

(Selection from the results.)

Long A

1st	Matthew Vokes	12:42
2nd	Callum Pearson	14:33
3rd	Niamh Hunter	16:16
4th	Chris Emerson	16:24
5th	Lynne Thomas	17:12
6th	Paul Evans	17:39
7th	Ben Goodwin	17:44
8th	Oliver Heron-Southward	18:02
9th	Elina Mikaelsson	18:35

Long B

1st	Steve Holmes	15:48
2nd	John Slater	15:59
3rd	Alastair Thomas	16:07
4th	Joe Sunley	16:45
5th	Michael Billingham	16:47
6th	Louis Morris	17:05
7th	Jeff Goodwin	17:08
8th	Katrina Hemingway	18:36
9th	Graham Watson	18:52

Long C

1st	Matthew Blackley	15:51
2nd	Angela Brand-Barker	17:19
3rd	Howard Leslie	18:21
4th	Bob Barnby	20:06
5th	Wilfrid Teasdale	21:02
6th	Isobel Greenwood	21:17
7th	David Downes	24:21
8th	Carys Thomas	24:31
9th	Clare Rodger	25:35

Short

1st	Susan Skinner	14:50
2nd	Herbie Ashworth	15:18
3rd	Annette Milburn	19:46
4th	Emily Heron-Southward	21:12

Novice

1st	Fred Bundock	6:54
2nd	Chris Stevenson	7:08
3rd	Alfie Bundock	7:09
4th	Hiroki Holmes	8:29

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

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