



Upcoming Fixtures....

THIS WEEK Thur 28 July, Whinlatter Fell. A mixture of forest and fell with great views. Score format. Enter via Spout Force entrance. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

Thur 4 August, Threlkeld Knotts. Open fell, with loads of old mining scars to provide control sites. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

Thur 11 August, Armboth Fell. A superb piece of complex fellside, high above Thirlmere Lake. Allow plenty of time to walk on to the area, and go for an early setoff. See details on the website. Cost £3.50/£2. Registration from 5.15 to 6.45pm.

Allerdale Bike Challenge (ABC Series)

The five event series concluded last Wednesday with a tour of the hills and lanes around Uldale. Thanks to Tony & Angela Brand-Barker for a well planned set of challenges. Club members in the prizes included, Kevin Hodgson, Kate Charles, Roger Jackson & Margaret Mackenzie, Howard Leslie, Mike Pearson, Victoria Haworth, Matthew & Karen Blackley, and loads of others taking part.

Multi Day Extravaganzas

Many club members have joined the large numbers attending Croeso in Wales and the ~20,000 at the Swedish Oringen. There are bound to be reports on the Facebook pages over the week, with several photos there already.

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

Keep an eye on the Facebook page for Club goings-on!
<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>

Design competition

We are still hoping for designs for our 2017 special O-top. Looking forward to your creative flair! A number of designs are making their way to representation on paper! Have a go yourself and submit your ideas, so we can translate them into a finished product!

Quite a few very interesting designs have been submitted. Please send your contribution in asap so it can be considered.

Cogra Moss 14.07.2016

(Selection from the results.)

Long		
1st	Matthew Vokes	37:46
2nd	Simon Hunter	45:14
3rd	Alastair Thomas	47:45
4th	David Spencer	52:18
5th	Mike Harrison	53:25
6th	Jeff Goodwin	55:18
7th	Ben Breeze	56:36
8th	Pete Nelson	56:44
9th	Ian Cumpstey	59:59
10th	Chris Pollitt	64:12
11th	Mike Hind	65:59
12th	Lynne Thomas	66:37
13th	Ian Teasdale	69:32
14th	Julian Cruickshank	70:13
15th	Raymond Wren	70:25
16th	Elina Mikaelsson	70:39
17th	Ange Jackson	71:54
Short		
1st	Daniel Spencer	29:45
2nd	Chris Emerson	36:40
3rd	Oliver Heron-Southward	39:04
4th	Louis Morris	39:45
5th	Rosie Spencer	44:15
6th	Roger Thomas	46:03
7th	Joseph Sunley	46:44
8th	Wilfrid Teasdale	46:49
9th	Vanessa Brierley	49:14
10th	Catherine Wetherfield	49:30
11th	Roger Jackson	51:56
12th	Paul Evans	53:02
13th	Anna Brown	55:30
14th	Adam Bliss	55:34
15th	Herbie Ashworth	62:00
16th	Elizabeth Elliott	62:28
17th	Ruth Carter	63:21
Novice		
1st	Nathan Kemp	16:07
2nd	Hiroki Holmes	24:55