



Upcoming Fixtures....

THIS WEEK Thur 7 September, Allonby.

First of the autumn series. Long and short courses. You can have an ice cream after your run! See website for details.

Thur 14 September, Vulcan Park. Second of the autumn series. Long and short courses. Some urban racing, and detailed parkland. See website for details.

Sun 17 September, Triple-O Three courses based in and around Keswick, from Fitz Park: Long~9k, Middle/urban ~4K, Sprint~1.5k. See website for details

Club gear

If you don't have one, it might be time to invest in one of the very attractive running tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy. Check out the website for details of the 'fiftieth' design commemoration O-top. The new ones are available. Steve Holmes now holds the stock of kit. Details of how to contact him are on the website.... or see him at an event.



Welcome to New Members

Ian Davies (M35) from Nether Wasdale, Moira Knoery (W65) from Aspatria. Welcome!

Great Cockup Galoppen

Many thanks to the White Team for this event, in particular planners Howard & Kim Leslie, controllers Sue & Martin Skinner, and organiser Anne Burbidge. A large contingent of helpers made sure the event ran smoothly - thanks. The cake stall raised over £200 for the junior fund. Brilliant.

Autumn Evening Event Series

These are short sprint type races in parks fairly close to Cockermouth, Workington and Keswick. Perfect for families and younger children. They will start in early September. Find the details on the website fairly soon.

Do please consider bringing along a friend.



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>

Anniversary Year Quiz

Fifty clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'.

[They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#36. (NW) No boats moor here (4,4)

Retain your answers till the end of the year. Prizes for highest scores.

Coledale Finale 31.08.2017

(Selection from the results.)

Long		
1st	Daniel Spencer	47:03
2nd	Alastair Thomas	53:17
3rd	Ben Breeze	54:35
4th	Joe Hudd	56:09
5th	Andrew Stemp	57:16
6th	Jeff Powell Davies	57:24
7th	David Spencer	58:26
8th	Ian Cumpstey	60:03
9th	Michael Billinghamurst	60:18
10th	John Slater	60:39
11th	Dan Parker	60:50
12th	Charlie Rennie	61:04
13th	Matthew Foskett	61:22
14th	Alan Irving	61:36
15th	Howard Leslie	63:47
16th	Martin Skinner	64:20
Short		
1st	Susan Skinner	51:37
2nd	Jess Miklausic	52:01
3rd	Richard Cummings	55:38
4th	Margaret Mackenzie	56:06
5th	Roger Jackson	58:50
6th	Ann Cummings	59:33
7th	Graham Watson	60:03
8th	Roger Thomas	60:35
9th	Andy Rodger	60:57
10th	Jacob Oxtoby	62:00
11th	Michael Pearson	63:12
12th	Andrew Stevens	64:12
13th	David Fenwick	66:52
14th	David Rodger	66:58
15th	Lily Regan	68:00
16th	Jenny Wren	69:00
Novice		
1st	Pia Simonsen	16:35
2nd	Maia Howell	16:47
3rd	Isabel Winskill	17:53
4th	Janice Nichols	21:32
5th	Helen Winskill	25:37
6th	George Rennie	30:26
7th	Moira Knoery	45:16
8th	Rachel McHendry	61:47
9th	Savannah Bowen	61:50