



Upcoming Fixtures....

THIS WEEK 29 July - 3 August, Lakes5.

The Lakes5 is a major multi day event staged by the NW. Our day is on the Tuesday at Whinlatter. Check website for details of late entry or for on the day entry.

Thur 9 August, Threlkeld Knotts. Close to the Mining Museum at Threlkeld. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 16 August, Longlands. A newly mapped piece of fellside on the Northern Fells. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 23 August, Hawse End. Lovely piece of woodland on the shores of Derwentwater. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Lakes 5

The Lakes5 has got off to a great start with the first event on Silver How near Ambleside. WCOC juniors have made an impressive start. M10 Hiroki Holmes 6th. M14 Wilfrid Teasdale 5th. M16 Joe Sunley 1st, Joe Hudd 2nd, Charlie Rennie 4th, Henry Teasdale 17th, Jonty Goodwin 19th. M18 Daniel Spencer 1st, Zac Hudd 3rd, Louis Morris 10th, Joe Goodwin 12th, Ben Breeze 13th. W12 Myrtle Ashworth 7th. W14 Isabel Sunley 10th. W16 Caitlin Irving 3rd, Lily Regan 12th, Carys Thomas 14th, Rosie Spencer 15th and Jess Breeze 18th. There is plenty of domestic competition, and also some very competent foreign runners to steal the top positions. Keep an eye on the results for the remaining four events. Good luck to them all as the week progresses.

Membership Renewals

Welcome to new members and those renewing for the first time. Samuel Holding (M21), Fred Boardman (M40) from Ely; Richard Southward (M45); Atkinson family, Shaun (M35) & Finlay (M10); Ian Barker (M45); Woodbury family, Simon (M40), Carolyn (W40), Alastair (M14), Daniel (M10); Christine Clarkson (W40); Owen (M45) & Evan (M14) Mills. We hope you find our event programme interesting and fun!

Twitter. You can follow @WCOC2014

Kong MMM event 3.

Ambleside is the venue for the third Kong Mini Mountain Marathon 2018. Four hour race over this challenging part of the Lake District on 26th August. See website for entry details etc.

Knock Murton 26.07.2018

(Selection from the results.)

Long

1st	Matthew Vokes	32:14
2nd	Simon Hunter	39:44
3rd	John Slater	43:17
4th	Joe Sunley	43:56
5th	Mike Harrison	44:53
6th	Michael Billinghamurst	45:10
7th	Ian Cumpstey	45:11
8th	Dan Parker	45:29
9th	Karen Parker	45:55
10th	Charlie Rennie	47:07
11th	Chris Emerson	48:08
12th	Howard Leslie	49:37
13th	Ben Breeze	51:09
14th	Raymond Wren	53:21
15th	Lynne Thomas	56:20
16th	Kate Charles	57:01
17th	Simon Woodbury	58:35

Short

1st	Steve Holmes	29:17
2nd	Paul Eaton	30:36
3rd	Wilfrid Teasdale	30:39
4th	Samuel Holding	31:19
5th	Jamie Rennie	35:01
6th	Ian Teasdale	35:45
7th	Roger Thomas	36:28
8th	Andrew Stevens	37:17
9th	Richard Cummings	38:52
10th	David Rodger	38:59
11th	Ian Lowles	40:41
12th	Henry Teasdale	41:27
13th	Mike Cumpstey	44:54
14th	Catherine Wetherfield	45:18
15th	Chris Regan	45:26
16th	Elizabeth Elliott	50:00
17th	David Fenwick	51:19

Novice

1st	Daisy Rennie	19:10
2nd	Isaac Hunter	22:26
3rd	Dan Elsworth	26:02
4th	Zach Graves	27:33
5th	Evan Graves	27:48
6th	Hiroki Holmes	29:59
7th	Alice Maddams	36:34
8th	Isobel Fox	37:35
9th	Ewan Fox	37:48

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

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