



Upcoming Fixtures....

THIS WEEK **Thur 13 September, Vulcan Park, Workington.** **Change of Venue.** Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 20 September, Silloth. Open parkland on the edge of Silloth next to the sea. Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 27 September, Harris Park, Cockermouth. Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Double Header Weekend Galoppens.

Two Galoppens on 15/16 September. BL are using Swindale North, to match our event on High Brow (near Dockray). Two great technical open areas to test your skills. Details of High Brow on website.



The Peter Palmer Relays were held in Sheffield at the weekend, with WCOC fielding four teams of 6-8 runners.... a very impressive turnout by the club. The "Incredibles 1" team were victorious, bringing the trophy home for the third year in a row. Well done to everyone! Brilliant performances!

Twitter. You can follow @WCOC2014

AGM 2018

The AGM will be held in Cockermouth on Thursday 18th October. Food will be provided, and the AGM will be followed by a discussion session to collect some ideas for the future direction of the club. All are welcome. See the club website for details, agenda etc.

Maryport 06.09.2018

(Selection from the results.)

Long		
1st	Daniel Spencer	21:29
2nd	Matthew Vokes	21:53
3rd	Joe Sunley	22:35
4th	Ben Goodwin	23:54
5th	Jamie Rennie	24:38
6th	Alastair Thomas	26:00
7th	Joseph Goodwin	26:07
8th	Ben Breeze	26:40
9th	Caitlin Irving	27:35
10th	Joe Hudd	29:19
11th	Ollie Heron-Southward	30:27
12th	Jeff Goodwin	30:28
13th	Stuart Crawford	31:43
14th	Roger Thomas	31:51
15th	Herbie Ashworth	32:04
16th	Scott Ashworth	34:07
17th	Ian Teasdale	35:02
18th	Nick Moore	35:20
19th	Lynne Thomas	36:07
20th	Daisy Rennie	37:13
21st	Mike Hind	37:26
22nd	Helen Rennie	38:38
23rd	Lily Regan	39:19
24th	Andrew Stevens	40:54
25th	Deborah Goodwin	41:19
Easy		
1st	Myrtle Ashworth	11:27
2nd	Danny Winterbottom	12:36
3rd	Nathan Kemp	12:42
4th	Freya Hope	14:30
5th	Ruth Carter	14:35
6th	Sophie Crawford	15:22
7th	Tom Hope	15:36
8th	Sophie Smith-Jackson	16:03
9th	Oliver Lumb	16:32
10th	Thomas Lumb	17:12
11th	Noah Edwards	17:43
12th	Kamila Winterbottom	18:49
13th	Hiroki Holmes	21:46
14th	Harry Woodall	23:26
15th	Regan Jukes	23:53
16th=	Rebecca Cook	23:59
16th=	George Rennie	23:59
18th	Sola Holmes	34:55