



Upcoming Fixtures....

THIS WEEK Wed 10 July, Allerdale Bike Challenge

Final event of the 2019 series. See bmbo website for details and entry. Based around Caldbeck.

Thur 11 July, Parish Relays To be held on Mawbray Dunes, with the usual format of six courses for the team of three. See details on website. Social afterwards.

Sun 14 July, Allerdale Chase Long-O on High Brow and Watermillock. Details on website, with entries via Slentries. Courses to test all abilities.

Thur 18 July, Godworth Leaps Beck near Kirkland. Fast running on fellside with numerous mining scars. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 25 July, Owsen & Burnbank Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. Change of venue because of bracken growth.

Parish Relays .

This year the Parish Relays will be held on Mawbray Dunes on 11th July. The Mawbray Village Hall has been booked and sandwiches are being ordered for post event social. It is a mass start so please arrive as soon as possible before 6pm. Food has been ordered for the social following.

The area is relatively flat and very fast running, so there should be a competitive chase for first place. Many teams will be made up on the night, so just come along for a run.

Orienteering on TV

The BBC Adventure Show featured orienteering this week with a two hour programme highlighting the JOK Sprint event at Callendar Park near Falkirk. It featured the second half of the JOK, the Chase. Very exciting and good action shots over the parkland and urban sections. Caitlin Irving, Niamh Hunter and Alastair Thomas were much in evidence, with Caitlin & Niamh both interviewed. The programme is available on Catch-Up till 27th July. A good watch!

Twitter. You can follow @WCOC2014

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

[West Cumberland Orienteering Club Facebook Page](#)

Saunders MM.

The Saunders Mountain Marathon was held this year in the Howgill Fells in the SE of the Lake District. A fine showing by various club members produced some great results. Steve Birkinshaw won the Scafell Solo class. Matthew Vokes & his brother Philip won the Scafell Pairs. Simon Hunter & Martin Skinner were fifth on Fairfield Pairs. Jamie & Charlie Rennie won Harter, with Ben Breeze & Louis Morris a close second. Outstanding!

Hatteringill 04.07.2019

(Selection from the results.)

Long

1st	Sam Stead	33:40
2nd	Matthew Vokes	34:59
3rd	Ian Cumpstey	41:22
4th	John Slater	42:25
5th	Jamie Rennie	44:06
6th	Andrew Bradley	44:52
7th	Dan Roach	45:50
8th	Joseph Goodwin	47:33
9th	Joe Sunley	47:45
10th	Jeff Goodwin	50:35
11th	Lynne Thomas	51:19
12th	Chris Pollitt	51:25
13th	Stevie Eastley	52:24
14th	Kate Charles	52:59

Short

1st	Wif Teasdale	33:29
2nd	Ian Teasdale	37:36
3rd	Roger Thomas	41:40
4th	Daisy Rennie	41:57
5th	Emma Crawford	42:53
6th	Simon Thomas	44:09
7th	Raymond Wren	44:25
8th	Deborah Goodwin	58:01
9th	Matthew Skidmore	58:12
10th	Isabel Sunley	60:07
11th	Roger Jackson	60:48
12th	Sophie Crawford	61:34
13th	David Fenwick	63:11
14th	Janette McHendry	63:59

Easy

1st	Michael Pearson	17:53
2nd	Hiroki Holmes	18:02
3rd	Eva Humphreys	19:18
4th	George Rennie	21:06
5th	Alice Madams	31:35
6th	Steffie Stein	35:35
7th	Isobel Crellin	36:45
8th	Moiria Knoery	54:04