



Upcoming Fixtures....

THIS WEEK Thur 18 July, Godworth

Leaps Beck near Kirkland. Fast running on fellside with numerous mining scars. 45 minute Score 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.

Thur 1 August, Darling How Open fellside

overlooking part of Whinlatter Forest. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. Slentries. Courses to test all abilities.

Allerdale Chase

The LongO event was held at the weekend on High Brow and Watermillock (slightly outside Allerdale, but who was noticing!). Thanks to David Spencer and Vanessa Brierley for the planning and for all the organising that goes into the event. It attracted over 100 entries who chose between the 17.5, 12.5, 8 or 4km courses. Results and RouteGadget are available on the club website. We enjoyed a perfect day's weather with some cool breeze and light cloud.

The long course was won by Daniel Spencer, with first lady Karen Parker (BL). The medium course was won by Tamsin Moran (SOC) who has been attending some of our recent evening events, with Derek Ratcliffe (LOC) second. The short was won by Dan Parker, second, Stella Lewsley, both



Karen Parker & Daniel Spencer

BL. The very sort course, won by Peter Hudd, and Benedict Sanderson (NATO) second. A great format and quite a challenge. Look out for the very similar Copeland Chase later in the year.

Kong Mini MM.

Looks like a great event coming up on local terrain. Check it out. The third race of the Kong Mini Mountain Marathon 2019 Series will be held from Loweswater, near Buttermere in the Lake District. We will be running in the area east of Crummock water with deep valleys, beautiful views and Wainwrights like Grisedale Pike and Grasmoor. Details on: <http://www.minimountainmarathon.co.uk/details-25th-august-race.html>

Parish Relays 11.07.2019

(Selection from the results.)

	Team	Finish Time
1 st	Charlie Rennie	19:02:20
	Joe Hudd	
	Joe Sunley	
2 nd	Rosie Spencer	19:04:56
	Frank Townley	
	Matthew Vokes	
3 rd	Ben Breeze	19:09:34
	Ben Goodwin	
	Herbie Ashworth	
4 th	David Spencer	19:09:44
	Michael Spencer	
	Daniel Spencer	
5 th	Jeff Goodwin	19:14:07
	Steve Holmes	
	Joseph Goodwin	
6 th	Susan Skinner	19:18:21
	Martin Skinner	
	Kate Skinner	
7 th	Kamilla Winterbottom	19:22:53
	Pete Winterbottom	
	Simon Hunter	
8 th	Michael Billingham	19:22:57
	Howard Leslie	
	Kim Leslie	
JUNIOR		
1 st	Emma Crawford	18:42:20
	Issy Sunley	
	Daisy Rennie	
2 nd	Danny Winterbottom	18:58:33
	Sophie Crawford	
	Eleanor Mitchelhill	
3 rd	George Rennie	19:21:05
	Isaac Hunter	
	Hiroki Holmes	

Twitter. You can follow @WCOC2014

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

West Cumberland Orienteering Club Facebook Page