



Upcoming Fixtures....

THIS WEEK 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.

Thur 8 August, Southerndale A valley on the side of Skiddaw with wonderful views over Bassenthwaite. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 15 August, Setmurthy Forest close to Cockermouth mwhich is quite technical. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 22 August, Blakely Raise Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Choc-O thanks to BL

BorderLiners have set up a Summer Special for us, along the lines of our winter Beer Trail. Their website has all the instructions on taking part. Basically, you are given a grid reference for the first control, where you will find the subsequent control details, and so on. The course is on the Eastern Fells, so something new for many. When you complete the course you will arrive at the cache, and a bar of chocolate to renew the energy levels! The course is open till the end of August, so time to plan your day out.

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>

The Keswick Museum in Fitz Park (Keswick) are running several days of orienteering around the park, with three courses available. If you are in Keswick.... have a go!

Twitter. You can follow @WCOC2014

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

West Cumberland Orienteering Club Facebook Page

Scottish 6Days

Fifty+ club members have gone north this weekend to Strathearn in Perthshire for the 22nd Scottish 6 Day event. Day1 (Sunday) was at Auchingarrich and there were quite a few top ten results. Joe Hudd (M16) and Daniel Spoencer (M20) were both second. Isaac Hunter (M12) and Mike Billingham (M55) were third. Wilfrid Teasdale (M14) and Daisy Rennie (W14) were fourth. Joe Sunley (M16) was fifth. Carys Thomas (W16) was sixth. Joe Goodwin (M20) was ninth. Charlie Rennie (M16) was tenth. Well done guys. Good luck to everyone else for the rest of the week.

Godworth 18.07.2019

(Selection from the results.)

Long

1st	Charlie Rennie	52:48
2nd	John Slater	54:11
3rd	Jamie Rennie	56:11
4th	Mike Harrison	56:21
5th	Karen Parker	56:24
6th	Howard Leslie	58:01
7th	Ian Cumpstey	58:02
8th	Andrew Bradley	58:51
9th	Jeff Goodwin	59:58
10th	Joseph Goodwin	65:43
11th	Simon Woodbury	68:42
12th	Pete Nelson	77:21
13th	Nick Moore	82:15
14th	Anne Burbidge	84:29
15th	Stuart Crawford	87:06

Short

1st	David Rodger	43:40
2nd	Neville Elstone	45:29
3rd	Simon Thomas	52:48
4th	Andy Rodger	53:53
5th	Roger Jackson	54:17
6th	Ian Teasdale	55:00
7th	Steven Holmes	55:20
8th	Kate Charles	55:41
9th	Chris Pollitt	61:38
10th	Jonathan Eaton	70:40
11th	Adrian Ledger	72:35
12th	Elizabeth Elliott	79:17
13th	Deborah Goodwin	80:28
14th	Joan Cumpstey	88:00

Novice

1st	Matthew Smith-Jackson	34:28
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