



### Upcoming Fixtures....

**THIS WEEK Thur 8 August, Southerdale** 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.

**Thur 29 August, Whinlatter Finale** Last event of the summer series. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. Presentation of prizes to the winners of the league in the pub afterwards.

### 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 **Autumn Series** starts soon, with relatively easy orienteering giving quick winning times and intense competition at the top. Look out for the details.

**Twitter.** You can follow @WCOC2014

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

**West Cumberland Orienteering Club Facebook Page**

### Scottish 6Days concludes

After six days of competition an overall position depends on your position in your best four races. Michael Pearson was first on M75, Henry Teasdale (M16B) and Jess Breeze (W18S). Seconds for Joe Hudd (M16), Daniel Spencer (M20) & Caitlin Irving (W16). Third place for Tony Duncan (M75), Roger Thomas (M55S). Fourth place for Niamh Hunter (W20L). Fifth for Joe Sunley (M16). Sixth place for Michael Billingham (M55) & Ange Jackson (W40S). Seventh place for Wilfrid Teasdale (M14) & Liz Elliott (W70). And in the top ten with ninth place, Isaac Hunter (M12), Charlie Rennie (M16) & Richard Cummings (M60S). Impressive!

### Graystones 01.08.2019

(Selection from the results.)

Long

1st	Matthew Vokes	30:45
2nd	Sam Stead	34:19
3rd	Ian Cumpstey	43:24
4th	Robert Jones	47:29
5th	Caitlin Pearson	49:10
6th	Simon Woodbury	49:26
7th	Steve Wilson	51:45
8th	Stuart Crawford	52:19
9th	Jeff Goodwin	53:12
10th	Julian Cruickshank	56:02
11th	Mike Hind	59:37
12th	Nick Moore	59:47
13th	Jenny Jennings	70:06
14th	Mike Cumpstey	73:21

Short

1st	Chris Pollitt	39:50
2nd	Daniel Parsons	47:30
3rd	Amelia Thompson	51:13
4th	Alastair Woodbury	59:52
5th	Joan Cumpstey	63:04
6th	Sally Heppell	68:29
7th	Toby Heppell	68:34
8th	Jonathan Eaton	69:47
9th	Kath Savage	73:06

Novice

1st	Andrew Thompson	12:36
2nd	Eva Humphreys	12:51
3rd	Quinn Thompson	13:16
4th	Louise Thompson	18:03