



### Upcoming Fixtures....

**THIS WEEK** **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.

**Sun 1 September, Askham Common Galoppen** Usual courses, Yellow to Brown. Starts 10.30 to 12 Noon. Organised by Border Liners, see their website.

**Thur 5 September, Allonby** Start of the Autumn sprint series. Long & short courses with short winning times. Cost £4/£2. Starts 5.30 to 7pm.

**Tues 10 September, Sprint Coaching** 1745-1900hrs, Lakeland Business Park, Cockermouth. Pre British Sprint Championship tips and training.

**Thur 12 September, Derwent Hill** Autumn sprint series. Long & short courses with short winning times. Cost £4/£2. Starts 5.30 to 7pm.

The **Autumn Series** starts soon, with relatively easy orienteering giving quick winning times and intense competition at the top. Venues are generally close to urban areas with paths and open spaces for straightforward navigation. Look out for the details.

There may still be a venue that requires a planner. Check with Michael Billinghamurst.

You may also like to start thinking about the **Night Series**. The early venues before Christmas are on relatively easy terrain. Navigating in the dark may appear daunting, but the easier courses can be very rewarding for those willing to give it a try.

Perhaps you would like to plan on one of these, great fun for both the competitors and the planners. And of course you will need to clean the dust off your head torch and charge it up.

**Twitter.** You can follow @WCOC2014

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

**West Cumberland Orienteering Club Facebook Page**

### Choc-O thanks to BL

Still time to sample this gem. 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.

### Setmurthy North 15.08.2019

(Selection from the results.)

Long

1st	Daniel Spencer	30:09
2nd	Nathan Lawson	32:12
3rd	Rowan Capper	33:21
4th	Ben Breeze	36:31
5th	Michael Billinghamurst	38:06
6th	David Spencer	38:45
7th	Joseph Goodwin	40:08
8th	Steve Holmes	40:30
9th	Ben Goodwin	40:49
10th	Andrew Bradley	41:55
11th	Ian Cumpstey	42:09
12th	Dan Roach	42:34
13th	Graham Capper	44:43
14th	Nicholas Evans	45:14
15th	Jeff Goodwin	46:09

Short

1st	Wilfrid Teasdale	35:05
2nd	Roger Thomas	35:59
3rd	Roger Jackson	39:28
4th	Emma Crawford	41:19
5th	Carol Edwards	41:42
6th	Anna Todd	44:17
7th	Paul Cowie	46:47
8th	Ian Teasdale	47:20
9th	Janet Evans	49:35
10th	Robyn Stanyon	49:42
11th	Raymond Wren	51:27
12th	Paul Watson	51:33
13th	Sally Heppell	54:23
14th	Mark Sackville	54:31
15th	Tony Duncan	55:34

Novice

1st	Isaac Hunter	11:08
2nd	Harry Woodall	11:15
3rd	Matthew Smith-Jackson	11:57
4th	Jack Woodall	13:01
5th	Lily Woodall	15:36
6th	Adam Rolands	17:03
7th	Lucy Rolands	17:15
8th	Emma Cowie	21:17
9th	Maira Knoery	24:19
10th	Jessica Crellin	26:31
11th	Isabelle Crellin	26:59