



Summer Series - Lowther Park - Thanks to Pete Nelson for organising last week's Thursday evening event. Due to the impact of the Summer holidays, numbers were a bit down on usual but those who were there were treated to an enjoyable event. On the 4.6km course, Matthew Atkinson took the win in 50:25, more than 8 minutes ahead of Ben Goodwin in 2nd in a time of 59:17, and Emma Crawford was 3rd (1st lady) in a time of 60:07. The rest of the top ten was made up of Jonty Goodwin 4th, Mike Billinghamurst 5th, Steve Breeze 6th, David Spencer 7th, Stuart Crawford 8th, Sam Holding 9th and Andy Bradley 10th.

On the 3.3km Short course, Martin Skinner took the win in 42:05, Urszula Bronkowska was 2nd in 44:38, Sue Skinner was 3rd in 44:57. The rest of the top ten was made up of Roger Thomas 4th, Jeff Goodwin 5th, Bob Barnby 6th, Eva Humphreys 7th, Jim Morris 8th, Paul Watson 9th and Lynne Thomas 10th.

On the Yellow course, Jessica Crellin took the win, with Isabelle Crellin 2nd, Sandra Morris 3rd, Sam Morris 4th, Ian Teasdale 5th and Catherine Wetherfield 6th.



This week's event - Graystones Full details on the WCOC website. The event is on open fell. NB all courses will cross the top of Graystones (450m) so be prepared in the event of bad weather. Fences must only be crossed at the marked crossing points. Please check the details for the parking which is on forest roads. The walk to the start is about 400m, with 30m of climb. (Depending on where you park there may be around 200m walk from parking to registration). You must sign in before you run. Entries open on Racesignup and close 23:59 Tuesday (tomorrow).

No Event next Thursday 31st August and then Autumn series starts - 07/09/2023 - Workington.

Help Needed - Reminder

Message from Mike Billinghamurst re the Autumn series. Please let Michael know asap if you can help - Time to get organised for the autumn series. This will be an informal series of 6 events in urban and park settings. Ideal for inexperienced and new planners to progress/start planning. The series is below. Please let Mike know if you are willing to plan one of these. For the first and third events the exact location will be agreed after discussion with the mappers concerned.

Date	Area	Planner
07/09/23	Workington (urban)	
14/09/23	Risehow Coast (Maryport)	
21/09/23	Whitehaven	
28/09/23	Woodhall	
05/10/23	Egremont	Pete Nelson
12/10/23	Curwen Park	



Other Local Events

Border Liners - Saturday 2nd September 2023 - Swindale North - details on BL website. Entries open on SiEntries and close Wed 30th August 2023. Courses available - Blue, Green, Short Green and Novice. (You can make it a double-header with the Galoppen the following day - see below).

Lakeland Orienteering Club - Wednesday- Park Series - Check LOC website for details.

WCOC - Sunday 3rd September - Whinlatter Galoppen - Entries open on SiEntries and close on Wed 30th August. Usual full range of courses Yellow to Brown. Also a junior selection race for Interland 2024. Look out for requests for help.



Sad news



I have been given the sad news that one-time WCOC member Allan Fowler has passed away.

A little research has found that Allan and family used to edit the WCOC newsletter in the early 1990s. (If anyone has any memories of Allan's time at the Club it would be lovely to hear from you). I know that at some point Allan switched to become a member of Border Liners.

For anyone who knew Allan and would like to attend the funeral, it is on Tues 29th August at All Saints Church, Cockermouth at 11am.

WCOC send condolences to Allan's family.



Good luck to WCOC junior, Charlie Rennie who takes part in the Junior European Cup in Belgium between 26-28 Aug. More Info is available here:

<http://jec2023.frso.be>

Sat is the middle distance event, Sun the long-distance and Monday is the relay.

Good luck to the strong team of GB juniors!

Men	Women
M18	W18
Adam Barrie	Laura Brown
Adam Methven	Isobel Howard
	Iris Macmillan
M20	Imogen Pieters
James Bailey	
Ewan Musgrave	W20
Charles Rennie	Rachel Brown
Ben Squire	Pippa Carcas
Euan Tryner	Rachel Duckworth
Alex Wetherill	Miia Roller

