



## Upcoming Fixtures....

**THIS WEEK Thur 4 August, Threlkeld Knotts.** Open fell, with loads of old mining scars to provide control sites. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

**Thur 11 August, Armboth Fell.** A superb piece of complex fellside, high above Thirlmere Lake. Allow plenty of time to walk on to the area, and go for an early setoff. See details on the website. Cost £3.50/£2. Registration from 5.15 to 6.45pm.

**Thur 18 August, Cockup.** A big hill with great views of the Skiddaw range. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

### RAB Mini Mountain Marathon.

This event, the third of four, is being held on 28<sup>th</sup> August. Venue is the Derwent Fells near Keswick. This is a fantastic area as usual with deep long valleys and all kinds of terrain. Registration is from 7:30 am at the Braithwaite institute on the A66 near Keswick. Should be a great day out on the fells. See their website for details.

### Autumn & Winter Events

Mike Harrison has sent out requests for planners for the upcoming autumn and winter series. Landowners now ask for eight week's notice of the courses, so early involvement is critical. Check your email for the dates and venues.

### WCOC's Anniversary

A group of people got together in September 1967 and formed West Cumberland Orienteering Club. So, 2017 will be a very significant birthday for the club. Once again a group of people have been beavering away to develop a program of events to celebrate this fact. We would like to have a special O-top.... get involved in the 'design competition'.... see the details on the website.



**Twitter.** You can follow @WCOC2014

### Autumn Series

Mike Harrison has the Autumn Sprint series sorted and is looking for a couple of planners. These events are a great opportunity for those new to the sport, and for juniors, to have a go. Spread the word and lets see how many of us can entice someone to have a go this year. Your efforts are always appreciated.... and it helps to grow the club.

### Whinlatter Top 21.07.2016

(Selection from the results.)

Long			
1st	Richard Wren		39:49
2nd	Matthew Vokes		39:55
3rd	Ian Maxwell		51:10
4th	Mike Harrison		53:08
5th	Pete Nelson		55:37
6th	Ben Breeze		55:42
7th	Paul Gaines		58:25
8th	Steve Holmes		59:48
9th	Steven Breeze		61:14
10th	Jeff Goodwin		62:35
11th	Ange Jackson		62:54
12th	Chris Emerson		63:11
13th	Elna Mikaelsson		67:03
14th	Graham Watson		68:57
15th	Mike Hind		72:44
16th	John Crowther		73:29
17th	John Bacon		88:33
Score			
1st	Raymond Wren	215	64:03
2nd	David Downes	200	51:53
3rd	Roger Jackson	200	55:15
4th	Tony Duncan	190	54:38
5th	Eileen Maxwell	180	49:50
6th	Jeff Cowton	170	41:39
7th	David Fenwick	170	46:38
8th	Oliver Heron-Southward	170	49:47
9th	Emily Heron-Southward	170	56:40
10th	David Massie	170	56:59
11th	Jenny Wren	170	57:12
12th	Phil Nichols	160	50:45
13th	Debbie Watson	160	51:03
14th	Margaret Mackenzie	160	59:44
15th	David Rodger	155	64:41
16th	Darren Warner-Swann	150	47:45
17th	Richard Merry	150	61:36
18th	Clare Rodger	150	65:06
19th	Andy Rodger	150	65:17
20th	Tom Carter	140	49:12

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

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>