



Upcoming Fixtures....

THIS WEEK Thur 11 August, Armboth Fell. A superb piece of complex fellside, high above Thirlmere Lake. Mike Pearson has extended the Armboth Fell part of the map especially for the event.... enjoy!! 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.

Thur 25 August, Whinlatter Finale. The final event of the series, with the presentation to winners in the pub afterwards. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

Newsletter

Rob & Jenny Stein have got the latest newsletter ready. Get your copy at the event on Thursday.

Advertising our Autumn Series

We have a great series of short races planned for the months of September and October. They are always very popular with juniors, families and folk who want to try the sport. Do please take a few A5 fliers and distribute them as best you can. Many thanks to those who have promoted the club in the past.... let's try and improve our 'reach' this year.



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 let's 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.

Threlkeld 04.08.2016

(Selection from the results.)

LONG

| | | |
|------|------------------|-------|
| 1st | Jonny Malley | 34:41 |
| 2nd | Steve Birkinshaw | 38:42 |
| 3rd | Simon Hunter | 38:51 |
| 4th | Pete Nelson | 41:21 |
| 5th | Rotem Yasur | 41:25 |
| 6th | Mike Harrison | 41:42 |
| 7th | Matthew Blackley | 42:08 |
| 8th | Steve Holmes | 43:38 |
| 9th | Ben Breeze | 43:55 |
| 10th | Ian Cumpstey | 44:02 |
| 11th | Jeff Goodwin | 44:57 |
| 12th | Alan Hartley | 48:01 |
| 13th | Nir Yasur | 48:14 |
| 14th | Steven Breeze | 49:55 |
| 15th | Lynne Thomas | 52:37 |
| 16th | Bob Barnby | 53:20 |

SHORT

| | | |
|------|-----------------------|-------|
| 1st | Jeff Powell Davies | 24:50 |
| 2nd | John Noble | 31:30 |
| 3rd | Susan Skinner | 33:13 |
| 4th | Angela Brand-Barker | 33:47 |
| 5th | David Downes | 37:48 |
| 6th | Wilfrid Teasdale | 39:56 |
| 7th | Margaret Mackenzie | 40:02 |
| 8th | Roger Thomas | 41:12 |
| 9th | Catherine Wetherfield | 42:08 |
| 10th | Roger Jackson | 42:56 |
| 11th | Anna Brown | 42:57 |
| 12th | Louise Hagan | 43:33 |
| 13th | Henry Teasdale | 44:24 |
| 14th | Paul Tickner | 45:14 |
| 15th | Ged Hagan | 45:19 |
| 16th | Tom Carter | 48:15 |

NOVICE

| | | |
|-----|----------------|-------|
| 1st | Oscar Mitchell | 23:39 |
| 2nd | Isaac Hunter | 24:29 |
| 3rd | Isabel Gaines | 27:56 |
| 4th | Maria Gaines | 29:33 |

RAB Mini Mountain Marathon.

This event, the third of four, is being held on 28th 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.

Twitter. You can follow @WCOC2014

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

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