



### Upcoming Fixtures....

**THIS WEEK 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.

### Thur 1 September, Maryport Coastal Park.

Start of the Autumn Sprint Series. Two courses, long and short, with 'quick' winning times (about 12 minutes!). Great competition! This is where the seniors find out how slow they are, when they are comprehensively beaten by loads of our talented juniors. Starts from 5.45 to 7pm. Cost £3.50/£2.

#### 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.



### 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.

**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>

### Park Run

The 9am Saturday morning 5km runs are increasing in popularity. The Workington Parkrun attracted ten WCOC members, with Daniel Spencer winning in 16:59. Keswick attracted eight with Alastair Thomas placed second finisher. Just a thought..... The Parkruns rely on volunteers to stage them. Do you think WCOC could offer to do the job for one of the upcoming runs?

### Armboth Fell 11.08.2016

(Selection from the results.)

#### Long

1st	Richard Wren	250	58:20
2nd	Daniel Spencer	230	55:02
3rd	Jonny Malley	229	60:31
4th	Ben Breeze	226	63:56
5th	Mike Harrison	220	58:12
6th	David Spencer	210	57:55
7th	Ian Cumpstey	200	54:35
8th	Alan Elwood	200	55:39
9th	Pete Nelson	198	61:08
10th	Niamh Hunter	190	53:59
11th	Alan Hartley	189	67:42
12th	Jeff Goodwin	180	55:35
13th	Andrew Elwood	180	58:34
14th	Steve Holmes	180	58:47
15th	John Noblett	180	59:07
16th	Charlie Rennie	179	60:01
17th	Jamie Rennie	179	60:05

#### Short

1st	Katrina Hemingway	160	42:57
2nd	David Downes	148	46:08
3rd	Rosie Spencer	146	48:38
4th	Susan Skinner	140	41:25
5th	Henry Teasdale	140	44:39
6th	Wilfrid Teasdale	138	46:20
7th=	Steven Breeze	138	46:37
7th=	Jessica Breeze	138	46:37
9th	Joseph Sunley	137	47:15
10th	Roger Thomas	130	40:44
11th	Oliver Heron-Southward	120	41:03
12th	Tony Duncan	118	46:31
13th	Joyce Hemingway	110	40:46
14th	Carys Thomas	110	41:19
15th	Elizabeth Elliott	110	41:34
16th	Roger Jackson	110	42:58
17th	Dick Whitworth	110	44:51

#### Novice

1st	Daisy Rennie	70	42:04
2nd	Isaac Hunter	60	29:05