



Upcoming Fixtures....

THIS WEEK 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 Park 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.

Thur 8 September, Silloth. Second of the Autumn Park Series, with courses using the complex dunes just south of the harbour. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

Sat 10 September, Eycott Hill. BL's Saturday morning series. See their website for details.

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 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. See their website for details.

Twitter. You can follow @WCOC2014

Keep an eye on the Facebook page for Club going-on!
<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>

Club AGM

Thursday 20th October is the date for the 2016 AGM. Details of the venue and format of the event will be announced shortly. As usual, a report of our 2015-16 year's activities and great successes will be outlined. If you would like to be involved on the committee please speak to the chair, Graham Watson. 'New blood' is warmly welcomed.

Cockup 18.08.2016

(Selection from the results.)

Long		
1st	Matthew Vokes	41:18
2nd	Richard Wren	44:08
3rd	Andrew Bradley	51:04
4th	Angela Brand-Barker	53:13
5th	Pete Nelson	53:53
6th=	Alan Irving	55:31
6th=	Steve Holmes	55:31
8th	Martin Skinner	56:03
9th	Mike Harrison	56:06
10th	Alan Elwood	56:17
11th	John Slater	56:41
12th	Jamie Rennie	57:09
13th	Jeff Goodwin	57:21
14th	Ian Cumpstey	57:23
15th	Charlie Rennie	58:42
16th	Chris Hooker	59:34
17th	Chris Emerson	60:47
Short		
1st	Susan Skinner	45:58
2nd	Roger Jackson	46:08
3rd	Wilfrid Teasdale	50:18
4th	Tom Barkas	51:43
5th	Susan Jackson	52:49
6th	Catherine Wetherfield	52:59
7th	Caitlin Irving	53:22
8th	Joseph Sunley	53:53
9th	Barry Houghton	54:26
10th	Roger Thomas	55:31
11th	Jenny Wren	55:47
12th	Mike Cumpstey	59:59
13th	Dave Walton	62:02
14th	Syd Thomas	62:04
15th	Philip Gager	64:06
16th	Henry Teasdale	66:02
17th	Joan Cumpstey	67:02
Novice		
1st	Isaac Hunter	30:10
2nd	Anne Gager	33:27
3rd	Daisy Rennie	37:54