



Upcoming Fixtures....

THIS WEEK 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.

Rab Mini Mountain Marathon

This event, the third of four, was being held on Sunday. Venue was the Derwent Fells near Keswick. Quite a few club members had a run.... FV40 1st Ange Jackson, MV40 1st Steve Birkinshaw, 5th Mike Harrison, MV50 5th Howard Leslie, 13th Ian Teasdale, 27th John Bacon, MV60 1st Pete Nelson, 4th Ray Johnstone, 7th Malcolm Ruckledge.



*Congratulations to our three **STARS**, who are now part of the GB Talent Squad.... Daniel Spencer and Niamh Hunter recently selected join Alastair Thomas.*

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>

JHI Selections

The selections for the Junior Home Internationals to be held in October have been made and **FIVE** club juniors have made the England Team.... Caitlin Irving, Rosie Spencer, Niamh Hunter, Alastair Thomas and Daniel Spencer. We wish you all the best for the competition.... and many congratulations on your selection.

Whinlatter Finale 25.08.2016

(Selection from the results.)

Long

1st	Matthew Vokes	30:56
2nd	Martin Bagness	35:29
3rd	Ian Cumpstey	39:04
4th	Michael Billingham	41:54
5th	Chris Hooker	42:17
6th	Pete Nelson	43:23
7th	John Taylor	43:27
8th	Steve Holmes	43:29
9th	Jamie Rennie	46:56
10th	Rowan Capper	47:03
11th	Graham Capper	50:00
12th	Hannah Bradley	51:06
13th	Andrew Bradley	52:33
14th	Bob Barnby	53:19
15th	Mike Harrison	54:19
16th	Graham Watson	56:23
17th	Charlie Rennie	56:26

Short

1st	Susan Skinner	34:30
2nd	Henry Teasdale	35:05
3rd	Howard Leslie	35:19
4th	Joseph Sunley	35:28
5th	Oliver Heron-Southward	37:24
6th	Roger Jackson	43:15
7th	Wilfrid Teasdale	44:04
8th	Louise Dunn	45:06
9th	David Downes	46:45
10th	Louise Hagan	48:36
11th	Joan Cumpstey	49:25
12th	Jenny Wren	50:26
13th	Catherine Wetherfield	50:34
14th	Ged Hagan	51:45
15th	Phil Nichols	53:31
16th	Keith Henderson	55:18

Novice

1st	Laura Hazelhurst	12:41
2nd	Frankie Exley	14:41
3rd	Karen Hazelhurst	17:58
4th	Myrtle Ashworth	18:11