



Upcoming Fixtures....

THIS WEEK Thur 20 July, Owsen Fell.

Open fell near Lamplugh with great views. Planned by one of our juniors, Daniel Spencer. Long, short and novice courses. See website for details.

Sat 22 July, Aughertree Fell. See BorderLiners website for details of this event. Venue is on the Caldbeck Fells.

Thur 27 July, Seat How, Whinlatter. Complex woodland in Whinlatter Forest. Long, short and novice courses. See website for details.

Thur 10 August, Flat Fell. Open fell near Ennerdale Village with great views. Long, short and novice courses. See website for details.

Great Cockup Galoppen

The next Galoppen will be held on Great Cockup, which has a new piece of fell added. Mapping by Michael Billingham. The White team are planning and organising. If you want to help contact Ange Jackson.

Cumbria Youth Games

District Teams of twelve Year 5/6 pupils competed in Chances Park in Carlisle. A wonderfully warm & sunny day in great surroundings gave perfect conditions. Orienteering was one of a dozen or so sports on offer.

Threlkeld Galoppen.

Thanks to Jeff Goodwin for the planning and organising of the event on Threlkeld Knotts. Steve Birkinshaw controlled. Thanks to the Blue team for running the event.

Daniel Spencer was third, Ben Breeze fifth on Brown. David Spencer won the Blue, with Joe Hudd fourth. Ian Teasdale was second on Green, with Jess Breeze fourth. Roger Thomas, Andy Rodger and Carys Thomas were 1, 2, 3 on Short Green. Wilfrid Teasdale won Light Green. Hannah Birkinshaw was second on Orange and Tommy Hardy was joint fifth with his Mum on Yellow. Good Galoppen points.

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>

Anniversary Year Quiz

Fifty clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'.

[They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#29. (NW) Pressure in the balance (5,5)

Retain your answers till the end of the year. Prizes for highest scores.

Ling Fell 13.07.2017

(Selection from the results.)

Long

1st	Daniel Spencer	38:24
2nd	David Spencer	40:23
3rd	Simon Hunter	41:11
4th	Ian Cumpstey	42:01
5th	Ben Goodwin	43:06
6th	Paul Neild	43:11
7th	Ben Breeze	44:26
8th	Andrew Bradley	45:17
9th	John Slater	45:36
10th	Steve Holmes	46:41
11th	Jeff Goodwin	47:46
12th	Niamh Hunter	47:59
13th	Mike Harrison	48:20
14th	Louis Morris	50:24
15th	Dan Parker	50:54

Short

1st	Susan Skinner	36:00
2nd	Michael Pearson	36:47
3rd	Wilfrid Teasdale	37:10
4th	Roger Jackson	37:40
5th	Lynne Thomas	37:46
6th	Tony Duncan	39:53
7th	Owen Mills	40:14
8th	Roger Thomas	40:52
9th	Richard Cummings	42:03
10th	Andrew Stevens	42:05
11th	Chris Lates	42:28
12th	Brett Malloy	42:34
13th	Catherine Wetherfield	42:58
14th	Vanessa Brierley	43:46
15th	Ann Cummings	44:18

Novice

1st	Annette Milburn	24:09
2nd	Oliver Lumb	24:57
3rd	Thomas Lumb	24:59
4th	Isaac Hunter	25:16
5th	Janice Nichols	26:16
6th	Thomas Nixon	26:40
7th	Sam Long	27:07
8th	Jack Long	27:16
9th	Matthew Smith-Jackson	27:33