



Upcoming Fixtures....

THIS WEEK Thur 10 August, Flat Fell.

Open fell near Ennerdale Village with great views. Long, short and novice courses. See website for details.

Thur 17 August, Godworth & Gavel. Open fell near Kirkland Village with great views. Long, short and novice courses. See website for details.

Thur 24 August, Mosser Fell. Open fell with superb views over the Solway and up the Buttermere Valley. Long, short and novice courses. See website for details.

Autumn Evening Event Series

These are short sprint type races in parks fairly close to Cockermouth and Keswick. Perfect for families and younger children. They will start in early September. Find the details on the website fairly soon.

If you would like to be involved in the planning and organising of one of these then please reply to this EMAIL. If you are new to the club and feel you would like to be involved with an event, then this is the time to do it. You can certainly help out and co-plan with a more experienced club member. Attendances can be fairly high at these events so help is always more than welcome!

Club gear

If you don't have one, it might be time to invest in one of the very attractive running tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy. Check out the website for details of the 'fiftieth' design commemoration O-top. The new ones are available. Steve Telford who has kept the stock for several years, has retired. Would you be prepared to do the job?



Great Cockup Galoppen

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

Twitter. You can follow @WCOC2014

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.

#30. (NE) Honestly, pig, I..... you not! (6,4)

#31. (NW) Beer, all tied up! (7,5)

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

Seat Howe 27.07.2017

(Selection from the results.)

Long

1st	Ben Breeze	49:10
2nd	Simon Hunter	49:42
3rd	Michael Billinghamurst	51:21
4th	Ian Cumpstey	54:19
5th	Steve Holmes	54:26
6th	Alan Hartley	54:36
7th	Mike Harrison	55:00
8th	Dan Parker	55:16
9th	Jamie Rennie	57:11
10th	Ben Goodwin	60:52
11th	Chris Hooker	64:05
12th	Howard Leslie	64:37

Short

1st	Susan Skinner	41:33
2nd	Roger Jackson	45:52
3rd	Richard Cummings	47:54
4th	Michael Pearson	49:32
5th	David Rodger	49:37
6th	Wilfrid Teasdale	51:13
7th	Jessica Breeze	54:53
8th	Tony Duncan	59:28
9th	Lynne Thomas	61:24
10th	Philip Nichols	62:28
11th	Ann Cummings	62:38
12th	Jenny Wren	65:17

Novice

1st	Daisy Rennie	10:13
2nd	Isaac Hunter	14:25
3rd	A Neal	16:13
4th	Summer Swinton	16:14
5th	Jack Christie	16:15
6th	George Rennie	16:30
7th	Philippa Hardy	18:19
8th	Tommy Hardy	18:21
9th	Kath Batty	20:05
10th	Celine Stedman	20:41
11th	Tim Stedman	20:42
12th	Lesley Wornham	21:36
13th	Elwood Razzetti	21:44

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

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