



Upcoming Fixtures....

THIS WEEK 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.

Thur 31 August, Coledale Finale. A great venue to finish the series, and close to the Coledale Inn for the presentation after the event. There will be quite a few trophies/prizes this year. Long, short and novice courses. See website for details.

Welcome to New Members

Brett Malloy (M21). Rennie Family moving from LEI, Helen, George, Charlie (M14), Daisy (W12). Daisy & Charlie will join Cockermouth School. Welcome!

Coaching Activities for Autumn 2017

A really exciting programme of coaching has been announced with details on the website.

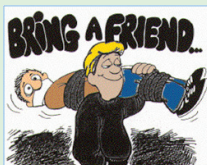
September 2nd TD4/5 Guest coach Charlotte Watson will be leading coaching at Mawbray. Your chance to gain hints, tips and training pointers from a GB elite athlete TD1-3 Beginners and improvers coaching also at Mawbray Please reply to Lynnethomas99@yahoo.co.uk by Tuesday 29th August if you wish to attend.

The sessions are open to all, with plenty of exercises to sharpen your skills and practise 'O'

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.

These events are perfect for an introduction to the sport. Do please consider bringing along a friend.



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.

#33. (NSEW) 3-D mountains? (5)

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

Dent & Cow Field 10.08.2017

(Selection from the results.)

Table with 3 columns: Rank, Name, Time. Includes Long and Short sections.