



Upcoming Fixtures....

THIS WEEK 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.

Sun 3 September, Galoppen on Cockup. Seventh event of the 2017 series. Usual range of courses, Yellow to Brown - something for everybody. See website for details. A large NEW section has been added to the map.

Thur 7 September, Allonby. First of the autumn series. Long and short courses. You can have an ice cream after your run! See website for details.

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.

#34. (NW) Don't think this one is holding up a building corner? (6)

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

Godworth & Gavel 17.08.2017

(Selection from the results.)

Long

Table with 3 columns: Rank, Name, Time. Lists results for Long courses from 1st to 16th.

Short

Table with 3 columns: Rank, Name, Time. Lists results for Short courses from 1st to 18th.

Novice

Table with 3 columns: Rank, Name, Time. Lists results for Novice courses from 1st to 5th.