



Upcoming Fixtures....

THIS WEEK 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.

Thur 14 September, Vulcan Park. Second of the autumn series. Long and short courses. Some urban racing, and detailed parkland. See website for details.

Sun 17 September, Triple-O Three courses based in and around Keswick, from Fitz Park: Long~9k, Middle/urban ~4K, Sprint~1.5k. See website for details

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 Holmes now holds the stock of kit. Details of how to contact him are on the website.... or see him at an event.



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.

Do please consider bringing along a friend.



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.

#35. (SW) Tweak Rod Eve (6,5)

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

Mosser Fell 24.08.2017

(Selection from the results.)

Long

1st	Matthew Vokes	35:16
2nd	Alastair Thomas	36:17
3rd	Joe Hudd	41:02
4th	Jamie Rennie	41:47
5th	Philip Rutter	42:14
6th	Ian Cumpstey	42:26
7th	John Slater	43:05
8th	Niamh Hunter	44:36
9th	Callum Roberts	44:37
10th	Simon Hunter	44:38
11th	Daniel Spencer	44:47
12th	David Spencer	44:48
13th	Andrew Bradley	47:12
14th	Jeff Goodwin	47:52
15th	Mike Harrison	48:25
16th	Charlie Rennie	48:36

Short

1st	Chris Emerson	30:48
2nd	Wilfrid Teasdale	32:39
3rd	Susan Skinner	34:37
4th	Raymond Wren	35:31
5th	Roger Jackson	38:44
6th	Margaret Mackenzie	39:55
7th	Jenny Wren	40:18
8th	Michael Pearson	40:29
9th	Ged Hagan	42:24
10th	Isabel Sunley	42:42
11th	Richard Cummings	43:40
12th	Mike Cumpstey	44:33
13th	Tony Brand-Barker	44:59
14th	Brett Malloy	45:16
15th	Carys Thomas	46:37

Novice

1st	Daisy Rennie	16:42
2nd	Harry Woodall	17:25
3rd	Isaac Hunter	22:19
4th	George Rennie	25:00
5th	Janice Nichols	25:23
6th	Helen Rennie	25:43
7th	Jack & Lily Woodall	27:29
8th	Robin Glover	32:23
9th	Alistair Davies	46:23
10th	Olivia Davies	46:49

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