



Upcoming Fixtures....

THIS WEEK Thur 21 September, Cockermouth. Third of the autumn series. Long and short courses. Parkland with some urban terrain. See website for details.

Thur 28 September, Cockermouth. Fourth of the autumn series. Long and short courses. Some urban racing, and detailed parkland. See website for details.
+ Coaching Session. There will also be some coaching from 5pm to 6pm for those new to the sport using the same venue. See website for details.

Thur 5 October, Whitehaven. Fifth of the autumn series. A special Micro-Sprint event using Castle Park in Whitehaven. See website for details.

Club AGM

Thursday 19th October is the date for the 2017 AGM. Details of the venue (Zuccinis in Cockermouth) and format of the event will be announced shortly. Nominations, items for the agenda should be received by Lesley Wornham by this Thursday, 21st September. If you would like to get involved with the running of the club please contact the chair, Graham Watson. New ideas and enthusiasm are very welcome.

Triple-O

Thanks to Lynne Thomas and the family for a great format at the weekend (Sunday). A Long (on Latrigg), a Medium (around the streets of Keswick) and a Short (in Fitz Park). Fourteen competitors did all three courses. Daniel Spencer was second on the long (92:25), first on both the medium (26:44) and short (10:43). Steve Birkinshaw won the long (86:50). In total there were 98 competitive runs. A great format... anyone fancy planning another for 2018?

Capricorn Long-O

This Long-O returns this year with a Mini Mountain Marathon three hour score event. Based at Bacup, Rossendale. This event has a long pedigree. Entries available for next Sunday's event.

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.

#38. (NW) Alfred Wainwright's last remains were scattered here (10,4)

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

Vulcans Park 14.09.2017

(Selection from the results.)

Long

1st	Alastair Thomas	13:12
2nd	Matthew Vokes	13:21
3rd	Daniel Spencer	13:49
4th	Zac Hudd	13:54
5th	Joe Hudd	14:26
6th	Jamie Rennie	15:25
7th	Joe Sunley	15:40
8th	Niamh Hunter	16:00
9th	Ben Goodwin	16:29
10th	Charlie Rennie	16:31
11th	Alan Irving	17:33
12th	Jeff Goodwin	17:34
13th	Caitlin Irving	17:51
14th	Joseph Goodwin	17:56
15th	Roger Thomas	20:30
16th	Howard Leslie	20:43
17th	Mike Schilling	21:14
18th	Oliver Heron-Southward	21:18
19th	Brett Malloy	22:47
20th	Isabel Sunley	23:35
21st	Kim Leslie	25:56
22nd	Alex Crawford	26:22
23rd	Jonty Goodwin	26:29
24th	Chris Regan	28:19
25th	Deborah Goodwin	28:25
26th	Jonathan Eaton	28:49
27th	Janette McHendry	34:04
28th	Elizabeth Elliott	34:30
29th	Ruth Carter	34:59

Short

1st	Ian Teasdale	9:50
2nd	Emma Crawford	13:41
3rd	Helen Rennie	14:12
4th	Jack Woodall	14:48
5th	Isaac Hunter	15:12
6th	Daisy Rennie	15:41
7th	Nathan Kemp	18:36
8th	Alice Kemp	18:57
9th	Jack Christie	33:12
10th	Christine Irving	34:52

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

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