



Upcoming Fixtures....

THIS WEEK Wed 18 July, Bike-O. The fifth and final event of the series, based at Uldale. Enter via www.bmbo.org.uk

Thur 19 July, Darling How. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 26 July, Knock Murton. A la'll hill near Kirkland. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

29 July - 3 August, Lakes5. The Lakes5 is a major multi day event staged by the NW. Our day is on the Tuesday at Whinlatter. Check website for details of late entry or for on the day entry.

Thur 9 August, Threlkeld Knotts. Close to the Mining Museum at Threlkeld. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Parish Relays.

A fantastic evening on the shores of Crummock Water with Grasmoor towering above us. Jeff Goodwin produced a very runnable set of courses for the teams. The start was on the top of the hill in High Park and runners returned from all directions to the changeover. Two runners from each team of three were out at any one time, to complete the six laps (2X long 3k, medium 2k and short 1k), with a final 1k loop to finish. A great competition.

Results:

1. Bassenthwaite Boys. Joe Hudd, Joe Sunley, Charlie Rennie (~ 51:30 winning time)
2. Btec Bois. Joe Goodwin, Ben Breeze, Louis Morris (+6:40)
3. Team Bradley. Andy Bradley, Hannah Bradley, Mark Pearson (+10:53)
4. Ennerdale. Pete Nelson, Kate Charles, John Slater (+15:10)
5. The Saunterers. Vanessa Brierley, Anne Burbidge, David Spencer (+16:15)
6. Brennies. Helen Rennie, Jamie Rennie, Steve Breeze (+16:19)
7. Cockermouth. John Taylor, Ange Jackson, Nick Moore (+18:16)
8. Seaton. Caitlin Irving, Alan Irving, Roger Jackson (+21:25)
9. Blasters. Jenny Wren, Raymond Wren, Gerry Garvey (+21:32)
10. Goodwins. Jonty Goodwin, Deborah Goodwin, Peter Hudd (+22:30)
11. Sunderland. Lynne Thomas, Roger Thomas, Susan Skinner (+23:28)

Juniors:

1. The Mini Minions. George Rennie, Daisy Rennie, Isaac Hunter

Twitter. You can follow @WCOC2014

Cumbria School Games

This annual event is a multi sport competition for teams from each of the six Districts in Cumbria. Orienteering is represented, and our school's league generates the teams to represent Allerdale and Copeland. The schools selected were Bridekirk Dovenby and Bookwell. The competition used Bitts Park and Rickerby Park in Carlisle. The results from the qualifier race and the final can be found on www.lakes-o.com

JWOC

Congratulations to Niamh Hunter, Daniel Spencer and Alastair Thomas on their performances at JWOC. Running against the best juniors in the world, most of whom were at least 1-2 years older, they did extremely well. The maps looked amazing.

Kong MMM event 3.

Ambleside is the venue for the third Kong Mini Mountain Marathon 2018. Four hour race over this challenging part of the Lake District on 26th August. See website for entry details etc.

Training Opportunity

Charlotte Watson has prepared a challenging exercise for runners at the evening event this Thursday, on Darling How. Special maps are available for anyone interested in trying the exercise. Only a limited number of maps will be printed, so please indicate if you would like to have a go. 'Like' the FB item on the Members only page, or reply to this EMAIL.

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

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