



Upcoming Fixtures....

THIS WEEK 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

Bike-O.



The five event Allerdale Bike Challenge series completed at Uldale last week. Linked to our summer series, and using the FootO events in the same weeks as the ABC, a league was created. The winners were Anne Burbidge and Charlie Rennie. The ABC enjoyed warm sunshine for all the events and provided challenging cycling

from the hills of Keswick to the flat Solway Plain.

Membership Renewals

Welcome to new members and those renewing for the first time. Samuel Holding (M21), Fred Boardman (M40) from Ely; Richard Southward (M45); Atkinson family, Shaun (M35) & Finlay (M10); Ian Barker (M45); Woodbury family, Simon (M40), Carolyn (W40), Alastair (M14), Daniel (M10); Christine Clarkson (W40); Owen (M45) & Evan (M14) Mills. We hope you find our event programme interesting and fun!

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.

Graystones 19.07.2018

(Selection from the results.)

Long

1st	Daniel Spencer	30:57
2nd	Ben Breeze	39:12
3rd	Charlotte Watson	39:34
4th	David Spencer	39:57
5th	Joseph Goodwin	39:58
6th	Mike Harrison	40:22
7th	John Slater	40:32
8th	Keith Tonkin	41:00
9th	Simon Hunter	41:29
10th	Ian Cumpstey	42:26
11th	Dan Parker	42:36
12th	Joe Sunley	42:42
13th	Charlie Rennie	43:31
14th	Steve Holmes	43:36
15th	Malcolm Ingham	47:48
16th	Simon Woodbury	48:33
17th	Mark Pearson	48:45

Short

1st	Joe Hudd	23:13
2nd	Peter Hudd	25:53
3rd	Wilfrid Teasdale	27:42
4th	Jamie Rennie	28:35
5th	Stuart Crawford	30:02
6th	Ann Cummings	30:06
7th	Graham Watson	32:16
8th	Ian Teasdale	33:12
9th	Lily Regan	33:32
10th	Richard Cummings	33:46
11th	Roger Jackson	34:58
12th	Christine Kiddier	35:27
13th	Jessica Breeze	36:20
14th	Ruben Razzetti	36:22
15th	Vanessa Brierley	36:54
16th	Jonty Goodwin	37:10

Novice

1st	Daisy Rennie	7:39
2nd	Isaac Hunter	8:19
3rd	Hiroki Holmes	9:24
4th	Natalie Hawkrigg	9:33
5th	Matthew Smith-Jackson	10:33
6th	Sophie Smith-Jackson	11:21
7th	Ruth Carter	11:51
8th	Sophie Crawford	12:46
9th	Tom Carter	13:23
10th	George Rennie	14:24

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Keep an eye on the Facebook page for Club goings-on!
<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>