



## Upcoming Fixtures....

### **THIS WEEK** 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

### **Thur 16 August, Longlands.**

A newly mapped piece of fellside on the Northern Fells. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

### **Thur 23 August, Hawse End.**

Lovely piece of woodland on the shores of Derwentwater. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

### **Thur 30 August, Whinlatter Finale.**

The last of the summer series, with presentation of prizes/ trophies in the pub afterwards. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

## Lakes 5

Day 3 of the Lakes5 was staged by the club with Alan Irving planning and Michael Billingham organising. A large team of club members took on the various roles needed to get the event to work. Many thanks to all those who volunteered. One of Alan's control sites on the side of Barf received praise for its wonderful view of Bassenthwaite Lake (photo on right). Hopefully some competitors will have had the chance to stop and admire the view!

Overall Scores (Top 10). W12: 5th Daisy Rennie  
W14: 6th Isobel Sunley W16: 3rd Caitlin Irving,  
10th Rosie Spencer W18: 1st Niamh Hunter W40:  
7th Ange Jackson W45: 10th Lynne Thomas W50:  
7th Susan Skinner M14: 9th Wilfrid Teasdale M16:  
1st Joe Sunley, 3rd Joe Hudd, =4th Charlie Rennie  
M18: 1st Daniel Spencer, 3rd Zac Hudd, 4th Alastair  
Thomas, 9th Ben Breeze, 10th Joe Goodwin M45: 2nd David  
Spencer M55S: 2nd Roger Thomas, 6th Ian Teasdale, 8th  
Richard Cummings M75: 2nd Tony Duncan.

A very impressive set of results for the club.



## Training Opportunity

Charlotte Watson has prepared a challenging exercise for runners at the evening event this Thursday, on Threlkeld Knotts. Sections of the map have been obscured so that you have to rely on a technique for the navigation, such as accurate bearings and pace counting. You get the opportunity to test these skills in race conditions. 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 by replying to this EMAIL.

## 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 26<sup>th</sup> August. See website for entry details etc.

**Twitter.** You can follow @WCOC2014

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

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