



Upcoming Fixtures....

THIS WEEK 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

Thur 6 September, Maryport. Start of the Autumn Sprint Series using the Glasson Coastal Park. Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Training Opportunity

Charlotte Watson had prepared challenging exercises for runners at the evening events on Graystones and Threlkeld Knotts. Sections of the map had been obscured so that you had to concentrate on your techniques, such as accurate bearings and pace counting. You got the opportunity to test these skills in race conditions. When you linked your 'race route' to Strava you could easily track your mistakes and work out what you needed to do to improve your 'skills outcomes'. All good stuff!

Autumn & Winter Fixtures

Mike Harrison has published his proposed list of venues for the Autumn Sprint Series and the first half of the Winter Night Series. There is plenty of scope for you to get involved in the planning process, and help stage one of our Thursday evening events. If it is your first foray into the planning of events you can ask someone to help you through the process. It is a good idea to have some help with checking of control sites, and help on the night.

Twitter. You can follow @WCOC2014

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.

Threlkeld Knotts 09.08.2018

(Selection from the results.)

Long

1st	Andy Edwards	36:59
2nd	Jack Eyre	38:22
3rd	Alastair Thomas	38:34
4th	Simon Hunter	41:07
5th	Jeff Powell Davies	41:08
6th	Zac Hudd	42:13
7th	Shane Ohly	42:20
8th	John Slater	43:06
9th	Steve Holmes	43:16
10th	Rune De Clercq	43:43
11th	Ben Goodwin	44:03
12th	Bobby Hagan	45:30
13th	Mike Harrison	45:42
14th	Nicholas Evans	45:48
15th	Niamh Hunter	46:20
16th	Tom Perry	47:07
17th	Jeff Goodwin	47:08

Short

1st	Simon Woodbury	29:16
2nd	Wilfrid Teasdale	29:38
3rd	Ian Teasdale	31:23
4th	Roger Thomas	34:36
5th	Jenny Edwards	34:43
6th	Ruben Razzetti	35:27
7th	David Lloyd	35:34
8th	Ian Lowles	35:38
9th	Roger Jackson	36:45
10th	Ian Barker	37:01
11th=	Kathryn Evans	38:21
11th=	Richard Cummings	38:21
13th	Michael Pearson	40:26
14th	Henry Teasdale	41:32
15th	Chris Lates	42:29
16th	Ged Hagan	42:58
17th	Jenny Wren	43:12

Novice

4th	Hiroki Holmes	11:43
5th	Alastair Woodbury	12:05
6th	Daniel Woodbury	12:39
7th	Isaac Hunter	13:25
8th	Joss Evans	14:36
9th	Oliver Armstrong	16:54
10th	Freddie Bundock	16:57
11th	Alfie Bundock	17:39
12th	Scarlett Evans	19:02

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

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