



### Upcoming Fixtures....

**THIS WEEK 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

**Thur 13 September, Marron Leys.** A maturing woodland, planted a decade ago. Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

**Thur 20 September, Silloth.** Open parkland on the edge of Silloth next to the sea. Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

### Double Header Weekend Galoppens.

Two Galoppens on 15/16 September. BL are using Swindale North, to match our event on High Brow (near Dockray). Two great technical open areas to test your skills. Details of High Brow on website.

### Summer Series Winners!

Another great series of seventeen events with some great venues. Thanks to all the planners for their efforts. Matthew Vokes was overall winner on the long course, with Niamh Hunter first lady, Joe Hudd first junior. The short course was won by Wilf Teasdale (also helping Dad with the final event at Whinlatter), Jenny Wren first lady, and Lily Regan first junior. The novice course winners were Daisy Rennie and Isaac Hunter. Congratulations all.

### It's that time of year again!

The AGM will be held in Cockermouth once again, on Thursday 18<sup>th</sup> October. Documents and agenda will be published on the website shortly. The chair, Graham Watson will be stepping down, along with Mike Harrison (vice chair) and committee member David Spencer. All have made massive contributions to the club.

**Twitter.** You can follow @WCOC2014

### British Sprints & Middle

The Middle Distance Champs were held near Wells, Somerset. Four wins, Daisy Rennie (W12), Joe Hudd (M16), Niamh Hunter (W18) and Alastair Thomas (M18). Also 2<sup>nd</sup> for Zac Hudd (M18), 3<sup>rd</sup> for Joe Sunley (M16). Well done guys.

### Whinlatter Finale 30.08.2018

(Selection from the results.)

Long

1st	Matthew Vokes	39:36
2nd	Joe Sunley	41:17
3rd	Steve Birkinshaw	41:59
4th	Joe Hudd	43:46
5th	Ben Breeze	43:58
6th	Jeff Powell Davies	47:25
7th	Keith Tonkin	48:09
8th	David Spencer	48:42
9th	Daniel Spencer	48:59
10th	Shane Ohly	50:08
11th	Steve Holmes	52:43
12th	Dan Parker	53:36
13th	Joseph Goodwin	53:59
14th	Ben Breeze	54:00
15th	Ben Goodwin	54:03
16th	John Taylor	55:24
17th	Niamh Hunter	55:26
18th	Jeff Goodwin	56:26

Short

1st	Howard Leslie	39:53
2nd	Michael Pearson	40:26
3rd	Roger Jackson	44:29
4th	Roger Thomas	46:34
5th	Ruben Razzetti	49:42
6th	Henry Teasdale	52:24
7th	Philip Nichols	56:32
8th	Stuart Crawford	57:48
9th	Christine Kiddier	58:03
10th	Janet Evans	59:57
11th	David Fenwick	60:49
12th	Dick Whitworth	62:26
13th	Jonathan Eaton	62:35
14th	Alex Crawford	64:08
15th	Joan Cumpstey	64:37
16th	Elizabeth Elliott	65:15
17th	Mike Cumpstey	65:43
18th	Malcolm Ruckledge	65:51

Novice

1st	Isaac Hunter	20:42
2nd	Hiroki Holmes	22:25
3rd	Sophie Smith-Jackson	27:29
4th	Sophie Crawford	29:19
5th	Freddie Bundoock	32:31
6th	Barbara Thomson	35:21
7th	Alfie Bundoock	41:03

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

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