



## Upcoming Fixtures....

### THIS WEEK Thur 4 July, Mosser Fell

New part of Mosser Fell recently resurveyed. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. See website for important notes.

### Wed 10 July, Allerdale Bike Challenge

Final event of the 2019 series. See bmbo website for details and entry. Based around Caldbeck.

**Thur 11 July, Parish Relays** To be held on Mawbray Dunes, with the usual format of six courses for the team of three. See details on website. Social afterwards.

**Sun 14 July, Allerdale Chase** Long-O on High Brow and Watermillock. Details on website, with entries via Slentries. Courses to test all abilities.

**Thur 18 July, Godworth** Leaps Beck near Kirkland. Fast running on fellside with numerous mining scars. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

### Orienteering on TV

The BBC Adventure Show featured orienteering this week with a two hour programme highlighting the JOK Sprint event at Callendar Park near Falkirk. It featured the second half of the JOK, the Chase. Very exciting and good action shots over the parkland and urban sections. Caitlin Irving, Niamh Hunter and Alastair Thomas were much in evidence, with Caitlin & Niamh both interviewed. The programme is available on Catch-Up till 27<sup>th</sup> July. A good watch!

### Parish Relays

This year the Parish Relays will be held on Mawbray Dunes on 11<sup>th</sup> July. The Mawbray Village Hall has been booked and sandwiches are being ordered for post event social. Please contact Lesley Wornham to book your place and food. Teams of three (from roughly the same location, or a family group) need to be registered before the night so that the sets of maps can be prepared. Add your names to the sheet at any of the future evening events.

**Twitter.** You can follow @WCOC2014

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

[West Cumberland Orienteering Club Facebook Page](#)

### Allerdale Chase.

Another running of this popular Long-O format, this time using the fells close to Ullswater Lake on High Brow and Watermillock. Four courses are on offer, Long at 17.5k, Medium 12.5k, Short 8k and Very Short 4k. Please pre-enter via SIEntries as maps will be preprinted and only a very limited number will be available for entry on the day (EOD). Please see website for clothing & safety requirements, it might be wet!

### Latterbarrow 27.06.2019

(Selection from the results.)

Long

1st	Sam Stead	38:04
2nd	Daniel Spencer	39:19
3rd	Charlie Rennie	42:26
4th	Simon Hunter	43:38
5th	David Spencer	45:09
6th	John Slater	46:57
7th	Ian Cumpstey	49:19
8th	Joseph Goodwin	49:38
9th	Andrew Bradley	50:40
10th	Tamsin Moran	51:02
11th	Steve Holmes	51:04
12th	Jamie Rennie	51:44
13th	Jeff Goodwin	52:16
14th	Steven Breeze	55:14
15th	Matthew Curran	56:04
16th	Mike Harrison	57:39
17th	Stuart Crawford	57:48
18th	Nick Moore	61:03

Short

1st	Alastair Thomas	21:55
2nd	Wilfrid Teasdale	26:23
3rd	Ian Teasdale	30:16
4th	Raymond Wren	30:32
5th	Daisy Rennie	32:16
6th	Emma Crawford	34:09
7th	Roger Jackson	35:08
8th	Roger Thomas	36:33
9th	Jenny Wren	39:38
10th	Jonathan Eaton	40:08
11th	Alex Crawford	40:18
12th	Kevin Hodgson	41:11
13th	Janette McHendry	42:48
14th	Paul Tickner	44:00
15th	Deborah Goodwin	44:05
16th	Adrian Ledger	44:13
17th	Dave Fenwick	48:50
18th	Sophie Crawford	49:34
19th	Elizabeth Elliott	52:53

Novice

1st	Hiroki Holmes	12:41
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