



Upcoming Fixtures....

THIS WEEK Thur 25 July, Owsen & Burnbank Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. Change of venue because of bracken growth.

Thur 1 August, Darling How Open fellside overlooking part of Whinlatter Forest. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. Slentries. Courses to test all abilities.

Thur 8 August, Southerndale A valley on the side of Skiddaw with wonderful views over Bassenthwaite. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 15 August, Setmurthy Forest close to Cockermouth mwhich is quite technical. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Choc-O thanks to BL

BorderLiners have set up a Summer Special for us, along the lines of our winter Beer Trail. Their website has all the instructions on taking part. Basically, you are given a grid reference for the first control, where you will find the subsequent control details, and so on. The course is on the Eastern Fells, so something new for many. When you complete the course you will arrive at the cache, and a bar of chocolate to renew the energy levels! The course is open till the end of August, so time to plan your day out.

Scottish 6Days

Fifty+ club members are going north this weekend to Strathearn in Perthshire for the 22nd Scottish 6 Day event. Entries are about 2500 per day. The forests never disappoint and will give all runners a great challenge. Best of luck to all the juniors taking part.

The Keswick Museum in Fitz Park (Keswick) are running several days of orienteering around the park, with three courses available. If you are in Keswick.... have a go!

Twitter. You can follow @WCOC2014

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

West Cumberland Orienteering Club Facebook Page

Kong Mini MM.

Looks like a great event coming up on local terrain. Check it out.

The third race of the Kong Mini Mountain Marathon 2019 Series will be held from Loweswater, near Buttermere in the Lake District. We will be running in the area east of Crummock water with deep valleys, beautiful views and Wainwrights like Grisedale Pike and Gasmoor.

Details on: <http://www.minimountainmarathon.co.uk/details-25th-august-race.html>

Godworth 18.07.2019

(Selection from the results.)

Long Score

| | | | |
|------|------------------------|-----|-------|
| 1st | Matthew Vokes | 280 | 44:07 |
| 2nd | Daniel Spencer | 280 | 44:29 |
| 3rd | Tamsin Moran | 230 | 42:31 |
| 4th | Sam Stead | 210 | 45:35 |
| 5th | John Slater | 200 | 43:40 |
| 6th | Stuart Crawford | 200 | 44:37 |
| 7th | Michael Billinghamurst | 200 | 44:40 |
| 8th | Roger Thomas | 200 | 44:48 |
| 9th | Joe Hudd | 200 | 46:48 |
| 10th | Jeff Goodwin | 200 | 47:05 |
| 11th | Ian Cumpstey | 200 | 47:31 |
| 12th | David Spencer | 200 | 48:42 |
| 13th | Paul Jennings | 190 | 41:42 |
| 14th | Mike Harrison | 190 | 45:44 |
| 15th | John Taylor | 180 | 44:52 |
| 16th | Matthew Curran | 180 | 45:08 |

Short Score

| | | | |
|------|-------------------|-----|-------|
| 1st | Roger Jackson | 200 | 44:07 |
| 2nd | Caitlin Pearson | 190 | 45:39 |
| 3rd | Simon Thomas | 180 | 40:23 |
| 4th | Bob Barnby | 180 | 43:05 |
| 5th | Helen Rennie | 180 | 45:37 |
| 6th | Daisy Rennie | 170 | 29:17 |
| 7th= | Emma Crawford | 170 | 44:10 |
| 7th= | Dick Whitworth | 170 | 44:10 |
| 9th | Callum Coldwell | 170 | 44:57 |
| 10th | Richard Cummings | 160 | 31:28 |
| 11th | Colin Smith | 160 | 35:03 |
| 12th | Mike Cumpstey | 160 | 40:30 |
| 13th | Janette McHendry | 160 | 41:29 |
| 14th | Penny Kingsland | 160 | 42:19 |
| 15th | David Fenwick | 160 | 43:42 |
| 16th | Elizabeth Elliott | 160 | 44:54 |

Novice

| | | |
|-----|-----------------------|-------|
| 1st | Matthew Smith-Jackson | 11:46 |
| 2nd | George Rennie | 13:23 |
| 3rd | Sophie Smith-Jackson | 14:24 |
| 4th | Moiria Knoery | 27:24 |