



Upcoming Fixtures....

THIS WEEK Thur 15 August, Setmurthy

Forest close to Cockermouth which is quite technical. Starting on the northern edge, using a new map of an area not visited for thirty years! Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 22 August, Blakely Raise

Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 29 August, Whinlatter Finale

Last event of the summer series. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm. Presentation of prizes to the winners of the league in the pub afterwards.

Sun 1 September, Askham Common

Galoppen Usual courses, Yellow to Brown. Starts 10.30 to 12 Noon. Organised by Border Liners, see their website.

Thur 8 August, Allonby

Start of the Autumn sprint series. Long & short courses with short winning times. Cost £4/£2. Starts 5.30 to 7pm.

Choc-O thanks to BL

Still time to sample this gem. 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.

The **Autumn Series** starts soon, with relatively easy orienteering giving quick winning times and intense competition at the top. Look out for the details.

There may still be a venue that requires a planner. Check with Michael Billingham.

You may also like to start thinking about the **Night Series**. The early venues before Christmas are on relatively easy terrain. Perhaps you would like to plan on one of these, great fun for both the competitors and the planners. And of course you will need to clean the dust off your head torch and charge it up.

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.

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

Southerdale 08.08.2019

(Selection from the results.)

Long

1st	Matthew Vokes	36:29
2nd	Daniel Spencer	42:26
3rd	Simon Hunter	44:02
4th	David Spencer	48:08
5th	Chris Perry	48:33
6th	Niamh Hunter	50:14
7th	Karen Parker	51:10
8th	Michael Billingham	52:47
9th	Mike Harrison	53:41
10th	Tom Perry	54:03
11th	Ian Cumpstey	54:45
12th	Andrew Bradley	54:54
13th	Howard Leslie	56:19
14th	Wilfrid Teasdale	56:30
15th	Ben Perry	61:00
16th	Andy Sykes	61:48
17th	Nicholas Evans	62:05
18th	Ian Teasdale	62:27

Short

1st	Raymond Wren	48:57
2nd	Roger Thomas	54:02
3rd	Paul Watson	54:06
4th	Tony Duncan	56:42
5th	Alice Kemp	58:06
6th	Mike Cumpstey	59:41
7th	Jonathan Eaton	63:09
8th	Hilary Eastley	64:20
9th	Kath Savage	64:41
10th	Janet Evans	65:22
11th	Elizabeth Elliott	67:58
12th	Dick Whitworth	80:57
13th	Joan Cumpstey	84:18
14th	Isaac Hunter	85:02

Novice

1st	Nathan Kemp	11:32
2nd	Eva Humphreys	11:41
3rd	Kai Orr	33:49
4th	Ethan Orr	35:05
5th	Macey Orr	35:53
6th	Sean Orr	36:01