



Upcoming Fixtures....

THIS WEEK 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 5 September, Allonby Start of the Autumn sprint series. Long & short courses with short winning times. Cost £4/£2. Starts 5.30 to 7pm.

Tues 10 September, Sprint Coaching 1745-1900hrs, Lakeland Business Park, Cockermouth. Pre British Sprint Championship tips and training.

Thur 12 September, Derwent Hill Autumn sprint series. Long & short courses with short winning times. Cost £4/£2. Starts 5.30 to 7pm.

Thur 19 September, Maryport Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

CompassSport Cup/Trophy Final.

After a superb effort at the qualifier earlier in the year WCOC earned a place in the final, which will be held at Pippingford Park near Crowborough on 20th October. A Youth Hostel close to the event has been booked and a bus is being organised. There are a few places still available if you wish to join the current team of 48. Contact Steve Breeze to join the 'fight' for the Cup!!!

The **Autumn Series** starts soon, with relatively easy orienteering giving quick winning times and intense competition at the top. Venues are generally close to urban areas with paths and open spaces for straightforward navigation. Look out for the details.

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

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 event in the series was based on Loweswater on Sunday. Very hot weather made conditions tough. Quite a few suffered severe time penalties in the score format, caught out too far from the finish! Mike Harrison was first with 499 points on MV40. Pairs Ian & Wilfrid Teasdale were third, 310 pts, and Steve & James Birkinshaw fourth, 300 pts on MU23. Sam Stead was third, 570 pts on Mopen. Ryan & Rebecca Crellin were seventh, 245pts on MIX. Quite a few other club members competed, but had their scores much reduced by time penalties. Hard luck guys!

Blakeley Raise 22.08.2019

(Selection from the results.)

Long		
1st	Ben Breeze	41:27
2nd	Dan Roach	47:10
3rd	Steve Holmes	47:21
4th	Sam Stead	48:10
5th	Ian Cumpstey	49:16
6th	Bob Dredge	49:27
7th	Steven Breeze	50:19
8th	Lynne Thomas	59:49
9th	Stuart Crawford	60:26
10th=	Sam Clarke	61:21
10th=	Howard Leslie	61:21
12th	Anne Burbidge	61:38
13th	Nick Moore	63:44
14th	Caitlin Pearson	63:45
15th	Pete Nelson	65:38
16th	Mike Hind	67:24
17th	Kate Charles	68:35
18th	Alice Rea	68:37
Short		
1st	Wilfrid Teasdale	35:42
2nd	Ian Teasdale	40:05
3rd	Chris Emerson	46:22
4th	Raymond Wren	46:32
5th	Jenny Wren	47:59
6th	Richard Cummings	48:51
7th	Alex Crawford	50:42
8th	Ann Cummings	51:10
9th	Clare Rodger	60:32
10th	Roger Jackson	62:27
11th	David Fenwick	68:33
Easy		
1st	Sophie Crawford	13:29