



### Upcoming Fixtures....

#### **THIS WEEK** 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.

**Sun 22 September, Birkett Common Galoppen** Usual courses, Yellow to Brown. Starts from 10.30 to Noon. Being organised by LOC, so see their website for full details.

#### **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 20<sup>th</sup> 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 **Summer Series** concluded with a run at Whinlatter, and the presentation in the Coledale afterwards.

Congratulations to the various prize winners: Long Course, Daniel Spencer and Niamh Hunter, plus Ben Goodwin and Rosie Spencer. The Short course was won outright by Wilf Teasdale, with Emma Crawford, Ian Teasdale & Liz Elliott. Novice winners Eva Humphreys & George Rennie.

Thanks to the **planners of the events**; Ian Teasdale, Bob Barnby, Debbie Watson, Mike Hind, Michael Billingham, Liz Elliott & Anne Burbidge, John Slater, Chris Emerson, Pete Nelson, Mike Harrison, Andy Rodger, Anne & Richard Cummings, Howard & Kim Leslie, Steven Breeze, Andrew Bradley, Nick & Janet Evans.

**Twitter.** You can follow @WCOC2014

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

**West Cumberland Orienteering Club Facebook Page**

**Askham Galoppen**  
Congratulations to ... Steve Birkinshaw, 1<sup>st</sup> on Brown. David Spencer 1<sup>st</sup> & Steve Holmes 3<sup>rd</sup> on Blue. Wilf Teasdale 1<sup>st</sup> & Herbie Ashworth 2<sup>nd</sup> on Green. Stuart Crawford 1<sup>st</sup> Mike Pearson 2<sup>nd</sup> & James Birkinshaw 3<sup>rd</sup> on Short Green. Emma Crawford 3<sup>rd</sup> on Light Green.

#### **Whinlatter 29.08.2019**

(Selection from the results.)

##### Long

1st	Joe Sunley	33:06
2nd	Ben Breeze	34:15
3rd	James Williams	35:28
4th	David Spencer	35:42
5th	Mike Barnby	36:14
6th	Michael Billingham	39:26
7th	Ian Cumpstey	39:46
8th	Simon Hunter	40:04
9th	Andrew Bradley	40:41
10th	Keith Tonkin	41:30
11th	Charlie Rennie	41:50
12th	Steve Holmes	43:03
13th	Karen Parker	44:11
14th	Ben Goodwin	45:24
15th	Catherine Wetherfield	45:32
16th	Howard Leslie	45:39
17th	Herbie Ashworth	46:36

##### Short

1st	Kate Skinner	36:59
2nd	Susan Skinner	42:46
3rd	Daisy Rennie	45:50
4th	Carol Edwards	46:00
5th	Henry Teasdale	48:03
6th	Richard Cummings	48:59
7th	Raymond Wren	49:03
8th	Paul Watson	49:20
9th	Carys Thomas	50:20
10th	Michael Pearson	50:30
11th	Emma Crawford	50:57
12th	Christine Kiddier	55:41
13th	Clare Rodger	56:10
14th	Jess Breeze	57:21
15th	Ann Cummings	58:26
16th	Oscar Barnby	61:28
17th	Bob Barnby	62:20

##### Novice

1st	Sophie Crawford	13:58
2nd	Matthew Smith-Jackson	14:43
3rd=	Ffion Noot-Williams	15:07
3rd=	Euan Barnby	15:07
5th	Imogen Noot-Williams	15:17
6th	Hiroki Holmes	15:42
7th	Emil Noot-Williams	15:45