



Upcoming Fixtures....

THIS WEEK 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.

Thur 5 September, West Lakes Science Park Long & short courses with short winning times. Cost £4/£2. Starts 5.30 to 7pm.

Club's AGM.

This will be held on Thursday, 17th October 2019. Venue to be confirmed. Nominations for committee positions, amendments to the constitution and items for discussion must be notified to the secretary (Lesley Wornham) by Thursday, 19th September. Reports from the various people with responsibility for specific club business will be published on the club website, along with the agenda for the meeting. The club relies on the many volunteers who give up time to run the club. Please give them your support.

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!!!

Twitter. You can follow @WCOC2014

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

West Cumberland Orienteering Club Facebook Page

Peter Palmer Relays

The first team, 'A New WCOC', won for the fourth consecutive year. Joe Sunley, Charlie Rennie, Ben Goodwin, Caitlin Irving, Lily Regan (Jess Breeze & Rosie Spencer), & Joe Hudd took 155:39, 10 minutes clear of second place. Congratulations to them all. 'The WCOC strikes back' were 8th overall, and 'Return of the WCOC' were 15th. Very impressive.

Allonby 05.09.2019

(Selection from the results.)

Long		
1st	Daniel Spencer	15:01
2nd	Charlie Rennie	15:35
3rd	Joe Sunley	15:45
4th	Jamie Rennie	16:18
5th	Ben Breeze	17:12
6th	David Spencer	17:53
7th	Dan Roach	18:21
8th	Andrew Bradley	18:28
9th	Ben Goodwin	18:55
10th	Emma Crawford	20:36
11th	Chris Emerson	21:11
12th	Pete Nelson	22:27
13th	Chris Pollitt	22:49
14th	Chris Regan	22:55
15th	Steven Breeze	23:02
16th	Ian Teasdale	23:06
17th	Ruben Razzetti	23:14
18th	Natalie Hawkrigg	23:16
19th	Stuart Crawford	23:23
20th	Mike Hind	23:38
21st	Richard Cummings	23:41
22nd	Nick Moore	23:51
23rd	Alex Crawford	24:59
24th	Daisy Rennie	25:13
25th	Ann Cummings	25:20
26th	Helen Rennie	25:43
27th	Jonty Goodwin	25:53
28th	Anne Burbidge	27:41
29th	Daniel Heppell	28:52
Short		
1st	Harry Woodall	9:43
2nd	Eva Humphreys	11:22
3rd	Sophie Crawford	11:39
4th	Daniel Heppell	12:40
5th	George Rennie	13:43
6th	Trev Earthy	13:49
7th	Elizabeth Elliott	14:26
8th	Caitlin Nordon	16:33
9th	Sofia Savelio	17:14
10th=	Emma Nordon	17:15
10th=	Ros Earthy	17:15