



Upcoming Fixtures....

THIS WEEK Thur 27 March, Fell Race

#2. The second of a series of four fell runs, this is the Pen and Gavel at Leaps Beck. See the website for the course. Cost £4/£1.50 Early start because of lack of daylight. A great chance to stretch the legs, with long and short courses.

Sun 30 March The fourth Cumbrian Galoppen, this time on High Pike near Caldbeck. Check out the details on the BL website.

Thur 3 April, Fell Race #3. The third of a series of four fell runs, this is the Trans-Newlands Excess. See the website for the course. Cost £4/£1.50 Later start because the clocks have changed. A great chance to stretch the legs, with long and short courses.

The Fell Series

These races are a great opportunity to stretch the legs and improve fitness. Please carry sufficient clothing if the weather is poor, plus the usual whistle and compass. A detailed map of the course is provided for those who might like to choose their own route.

Wishing You Good Luck!!

Three of our outstanding juniors are off to Interland at the weekend, travelling to Bruay La Bussière in the Pas-de-Calais region of France for this six nation competition. We wish Katie Lowles, Alastair Thomas and Daniel Spencer the very best of luck with their races. It clearly shows the strength and depth of our current junior squad that three have been chosen. Well done guys! Good luck!

Twitter. You can follow @WCOC2014

Orient8 Sessions

The fourth in the series of four Orient8 sessions is being held at Brigham School. Further details on website. A large & enthusiastic group took part. Timings are 6.50pm to 8pm, with games and activities to introduce various skills and sharpen 'O' thinking processes!! They are great fun. There are quite a few photos on the Facebook pages.

Stickle Pike Galoppen

A really large turnout of runners, particularly on the Brown and Blue courses, all testing their readiness for the upcoming JK and BOC! Great club performances from Mike Pearson (1), Roger Thomas (2) & Katie Lowles (4) on Green. Also Lewis Taylor (11) & Charlotte Watson (16) on Brown with strong opposition. Mike Billingham (8) on Blue. Steve Telford had a win on the Short Green, and Niamh Hunter (7) running well on Lt Green. The Teasdale lads are making a mark with second places on the Orange (Henry) and Yellow (Wilfrid). Have you checked out the LOC website and the new version of RouteGadget (RG2) which solves problems with Java and Windows 8? Show your route.

Anglers Crag 20.3.14

(Selection from results.)

Long

| | | |
|----|-----------------|-------|
| 1 | Chris Knowles | 28:44 |
| 2 | Nick Ray | 29:47 |
| 3 | Rob Stein | 30:16 |
| 4 | Bill Williamson | 31:19 |
| 5 | Colin Graham | 32:07 |
| 6 | Mike Harrison | 32:35 |
| 7 | Ricky Fee | 35:26 |
| 8 | Philip Jennings | 36:14 |
| 9 | Kate Apps | 37:46 |
| 10 | Bobby Hagan | 38:09 |
| 11 | Kate Charles | 38:58 |
| 12 | Angela Jackson | 40:33 |
| 13 | Mike Hind | 40:55 |
| 14 | Raymond Wren | 41:04 |
| 15 | John Taylor | 42:37 |
| 16 | Steve Breeze | 43:29 |
| 17 | David Downes | 44:39 |
| 18 | Ann Cummings | 46:14 |

Short

| | | |
|---|----------------|-------|
| 1 | Mike Robinson | 21:24 |
| 2 | Rob James | 28:07 |
| 3 | Paul Tickner | 33:13 |
| 4 | Terry Lowden | 35:35 |
| 5 | Colin Southall | 44:56 |

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

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>