



Upcoming Fixtures....

THIS WEEK Thur 10 April, Fell Race #4.

The fourth of a series of four fell runs, this is the Bogart Tarn Round. 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.

Thur 17 April, Fell Race #5. A fifth race is being organised. 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.

Competition Map Scales

Lakeland OC have put a proposal to the BOF AGM, which will be held at Easter, regarding map scales to be used at major events (level A and B events). It relates to being able to use a larger scale map (1:10000 or 1:7500) for the older competitors particularly on very detailed areas, so that the map can be read while running. Certainly in the Lake District a lot of our areas benefit from the larger scale maps and make the race much more enjoyable.

If you have an opinion on the matter, one way or the other, you might like to consider (if you haven't already done it) casting a proxy vote on the proposal.

The recently emailed BOF AGM papers have a proxy voting form with instructions on when and how to return them.

Allerdale Bike Challenge

These bike events return in May-July with a series of five. They are two hour score events around the quieter roads of West Cumbria with various 'cafes' as start/finish points. Pre-enter via www.bmbo.org.uk The events will be electronic and are suitable for road bikes.

Safety Contact Information

The small cards with your contact details retained by the club as part of the Evening event administration are now a year old and perhaps out of date for many.

Starting at the beginning of this year's summer series we would ask that you complete a new card. They will be available ahead of time so you can fill them in at your leisure.

Orient8

A very successful series concluded last week with a small event at Woodhall Park. A group of twenty plus youngsters got a taste of the sport and learnt some of the skills needed. Many thanks to Lynne Thomas for organising the sessions and the team of coaches who kept the youngsters engaged. See the **Facebook pages** for the real story!

Newlands Excess 3.4.14

(Selection from results.)

Long

1	Lewis Taylor	67:29
2	Paul Johnson	73:20
3	Rob James	79:19
4	Rob Jones	79:29
5	Howard Leslie	81:45
6	Angela Wakefield	82:14
7	Chris Emerson	83:34
8	Kate Charles	84:29
9	Martin Skinner	85:37
10	Mike Hind	86:14
11	Angela Jackson	86:35
12	Raymond Wren	88:14
13	Ann Cummings	89:05
14	Steve Breeze	91:02
15	Lindsay Buck	92:36
16	Bobby Hagan	97:57
17	David Downes	98:46

Short

1	Mike Robinson	41:24
2	Alastair Thomas	49:21
3	Daniel Spencer	49:50
4	Jenny Jennings	67:44
5	Paul Tickner	68:08
6	Katie Godfrey	68:14
7	Sarah Chaudhri	71:56

Club Jackets & O-tops



Stylish Trimtex club jackets together with O-tops and beanies are available from Steve Telford. Reply to this email if you would like to purchase one of them. Get kitted out for the new competition season.



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

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