



## Upcoming Fixtures....

**THIS WEEK Thur 24 April, Bleach Green.** The prologue to the Summer Series with a score event. Starts 6.00 to 7.15pm. Cost £3/£1.50.

**Thur 1 May, Scale Hill.** A great venue for the start of the summer series. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm. Parking in the NT car park is fairly limited so please use the space efficiently.

### 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](http://www.bmbo.org.uk) The events will be electronic and are suitable for road bikes.

### Competition Map Scales

The Lakeland OC proposal to the BOF AGM regarding map scales to be used at major events (level A and B events) was passed. 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. Decisions on which scales should be used for the competition will now be made by the organising club, with the main officials having the final decision. A good outcome.

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your contact details retained by the club as part of the Evening event administration are now a year old and perhaps out of date for many.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

### Club Jackets & O-tops



Stylish Trintex 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.



### JK 2014

No outright wins at this year's JK so far, but Mike Pearson was close to taking the M70 title in his first year, with a win on the Saturday, but unfortunately had a mispunch in the second race. He'll be kicking himself for that!

Alastair Thomas and Daniel Spencer dominated M14 with third and fourth overall. Brilliant running.

Helen Winskill was fifth on W21E (very impressive) with Phil Winskill fourth on M21L..

Lots of other great results.... check out the JK website for the story on the 40 odd WCOOC runners.

Today features the relays... fingers crossed for some success. Real potential in the teams this year!

### FellSeries

The series came to a close with the Grasmoor Gallop. Most people were packing their bags for the JK! But Alastair Thomas was second overall on the short, with Jenny Jennings fifth. On the long Mike Harrison was second overall, Chris Emerson fifth, and Kate Charles eighth and first lady. Philip Jennings was seventh.

### Grasmoor Gallop 17.4.14

(Selection from results.)

Long:

1	Mike Robinson	75:10
2	Hazel Robinson	82:40
3	Mike Harrison	84:01
4	Rob Stein	89:37
5	Chris Emerson	91:34
6	Rob James	95:06
7	Howard Leslie	98:35
8	Philip Jennings	99:37
9	Angela Jackson	104:36

Short:

1	Lindsay Buck	76:19
2	Helen Davis	76:55
3	Jenny Jennings	85:24

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

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