



Upcoming Fixtures....

THIS WEEK Thur 8 May, Jaws, Borrowdale. Always an interesting choice, with the possibility of a river crossing. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm. Parking in the Bowderstone car park.

Thur 15 May, Sale Fell near Embleton. Nice open fellside. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm. Parking on the side of the minor road.

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

Newsletter The next newsletter is under construction. Any contributions for Graham Watson (editor) should be sent as soon as you can.

Promote our events!
The summer series is under way with a really good attendance at Scale Hill. Can we do better? How about telling your friends and neighbours about them. Word of mouth is one of the best ways to promote an activity.

School Event Series
The 2014 School events continue this week with the second Primary event at St. Benedicts School on Thursday. We are always looking for folk who might have some free time to help out for a couple of hours.

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.

Steve will be at the Threlkeld Galoppen with the club stock of kit so you can try them on before you buy.



Northern Champs

An exceptional set of results from the weekend events in South Lakes at Summerhouse Knott and Blakeholme. FIVE Northern Champions... Alastair Thomas (M14), Caitlin Irving (W12), Helen Winskill (W40), Mike Pearson (M70) and Kate Charles (W45). Lots of other top ten positions. You can view the results on the SROC website to see who did well.

Scale Hill 1.5.14

(Selection from results.)

Long

1st	Lewis Taylor	40:38
2nd	Daniel Spencer	44:20
3rd	David Spencer	45:19
4th	Alastair Thomas	46:05
5th	Ian Cumpstey	46:32
6th	John Slater	47:03
7th	Jeff Goodwin	48:38
8th	Andrew Bradley	49:09
9th	Callum Pearson	50:29
10th	Rob Stein	52:22
11th	Pete Nelson	53:07
12th	Alan Irving	53:38
13th	Steven Breeze	55:05
14th	Chris Emerson	55:13
15th	Kate Charles	56:04

Short

1st	Roger Jackson	33:52
2nd	Rosie Spencer	34:31
3rd	Michael Pearson	34:43
4th	Paul Jennings	34:44
5th	Ged Hagan	35:41
6th	Tony Brand-Barker	37:00
7th	Steve Telford	37:27
8th	Heather Wornham	38:21
9th	Chris Telford	40:05
10th	Louise Hagan	42:28
11th	Colin Smith	42:34
12th	Ian Teasdale	44:07
13th	David Fenwick	44:29
14th	Abby Wright	45:12
15th	Syd Thomas	46:35

Novice

1st	Isabelle White	14:09
2nd	Hannah Rumney	16:01
3rd	Henry Teasdale	17:10
4th	Lauren Whitby	17:53