



## Upcoming Fixtures....

### **THIS WEEK** Thur 29 May, Leaps Beck.

Nice open fellside with quite a bit of old mining scars. 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.

**Thur 5 June, Latrigg.** Nice open fellside with great views over Derwentwater and Bassenthwaite Lake. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm.

### **The Wainwrights**

Steve Birkinshaw is planning to visit all the Wainwrights in one continuous run. The record stands at 7 days and one hour! ... and has been completed by three previous runners. If you would like to help with the support team then I'm sure your offer will be met with open arms.

**Newsletter** The next newsletter is printed and will be available at the evening event at Leaps on Thursday. Please pick up your copy and help to reduce postage costs.

**Twitter.** You can follow @WCOC2014

### **Allerdale Chase**

David Spencer is planning a long distance O race along the lines of the Copeland Chase using the Whinlatter area as the basis for 8, 12 and 16 km courses. Should be a great test! You can enter the event via [www.orientees.com](http://www.orientees.com) You pay on the day, but the online entry secures a map and reduces the organisational load.

### **British Relays**

Are you going to the British and will you be available to run in the relays. Alan Irving is about to enter teams and would like to hear from you as soon as possible.

### **Promote our events!**

You can pick up a few leaflets at the event on Thursday evening. Would you please find a home for them, by giving to a friend or posting on a noticeboard. We have to take every opportunity to promote what we do!!!

### **Scottish Champs**

Congratulations to Alastair Thomas on retaining the M14 Scottish Champion title. Dad, Roger was second on M50S.

### **Junior Home International**

Congratulations to Alastair Thomas and Daniel Spencer on their selection to represent England at the upcoming JHIs to be held near Oban at the end of August.

### **Blakely Raise 22.5.14**

(Selection from results.)

Long

|     |                 |       |
|-----|-----------------|-------|
| 1,  | Lewis Taylor    | 35:16 |
| 2,  | Daniel Spencer  | 37:46 |
| 3,  | Alastair Thomas | 39:18 |
| 4,  | John Slater     | 39:40 |
| 5,  | Andrew Bradley  | 40:10 |
| 6,  | Chris Hope      | 40:28 |
| 7,  | Ian Cumpstey    | 41:10 |
| 8,  | Mike Harrison   | 42:06 |
| 9,  | Jeff Goodwin    | 44:53 |
| 10, | Pete Nelson     | 45:16 |
| 11, | Chris Emerson   | 47:21 |
| 12, | Ian Lowles      | 48:48 |
| 13, | John Taylor     | 48:56 |
| 14, | Kate Charles    | 49:19 |
| 15, | Angela Jackson  | 49:37 |

Short A

|     |                   |       |
|-----|-------------------|-------|
| 1,  | Dan Smith         | 31:29 |
| 2,  | Katrina Hemingway | 31:32 |
| 3,  | Roger Jackson     | 33:32 |
| 4,  | Michael Pearson   | 33:43 |
| 5,  | Ann Cummings      | 34:05 |
| 6,  | Roger Thomas      | 34:37 |
| 7,  | Richard Cummings  | 36:59 |
| 8,  | Ben Breeze        | 37:13 |
| 9,  | Vanessa Brierley  | 39:02 |
| 10, | Niamh Hunter      | 39:32 |
| 11, | Joe Goodwin       | 39:38 |
| 12, | Ian Teasdale      | 40:06 |
| 13, | Paul Tickner      | 40:12 |
| 14, | Syd Thomas        | 40:41 |
| 15, | Penny Kingsland   | 40:50 |

Easy

|    |                 |       |
|----|-----------------|-------|
| 1, | Louis Morris    | 4:54  |
| 2, | Ben Mancebo     | 6:38  |
| 3, | Isaac Hunter    | 12:25 |
| 4, | Kieron Chambers | 13:55 |
| 5, | Joe Greenwood   | 60:11 |

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

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