



Upcoming Fixtures....

THIS WEEK 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.

Next Coaching Session on Saturday

The next Saturday coaching is on 7th June, that's this coming weekend. We will be at Oldside near Workington. Coaching starts at 10am. Please be prompt. Please reply to this email if you want to attend.... that is if you haven't already let Lynne know.

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. Have a look at his blog to keep up to date with the plans and possibility of helping.

<http://stevebirkinshaw-wainwright2014.blogspot.co.uk/>

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.orienties.com You pay on the day, but the online entry secures a map and reduces the organisational load.

National Trust

We support the NT with a donation now and again for their Fix the Fells project. They are running a volunteering day in Great Langdale on Sunday 8th June if anyone is interested. Gloves, boots and waterproofs will be needed for the various activities. Sounds an interesting day out!

Lakes 5 Days - help needed please

Just 3 months now until the Lakes 5 Days. WCOC are organising Simpson Ground on Monday 4th August. Volunteers needed to help on the day - please contact Rob Holder - rob.holder@btinternet.com, 01768 865791.

Twitter. You can follow @WCOC2014

British Champs

Congratulations to Michael Pearson, M70 British Champ. A fantastic effort from Mike, who has carefully cajoled his new hip to provide the support he needed for this win.

Congratulations also to the M14 relay team, Daniel Spencer, Ben Breeze and Alastair Thomas, taking the silver ahead of LOC and just behind MAROC. A great performance.

Leaps Beck 29.5.14

(Selection from results.)

Long

1st	Lewis Taylor	32:44
2nd	Todd Oates	33:41
3rd	Chris Hope	36:51
4th	David Spencer	37:08
5th	Paul Neild	37:31
6th	Rob Stein	37:42
7th	Ian Cumpstey	38:00
8th	Michael Billinghamurst	38:02
9th	Daniel Spencer	38:31
10th	Jeff Goodwin	42:50
11th	Ray Johnstone	44:03
12th	Mike Hind	44:21
13th	Angela Jackson	47:44
14th	Philip Jennings	48:11
15th	Chris Pollitt	49:28

Short

1st	Scott Ashworth	36:37
2nd	Roger Jackson	37:34
3rd	Ged Hagan	41:43
4th	Ann Cummings	42:09
5th	Hannah Rumney	42:41
6th	Rosie Spencer	44:04
7th	Richard Cummings	44:18
8th	Ian Teasdale	45:32
9th	Niamh Hunter	46:15
10th	Catherine Wetherfield	47:07
11th	Syd Thomas	47:18
12th	Joyce Hemingway	47:53
13th	Steve Telford	48:02
14th	David Fenwick	48:04
15th	Jenny Garbutt	48:19

Novice

1st	Billy Robinson	16:35
2nd	Louis Morris	19:04
3rd	Wilfrid Teasdale	22:10
4th	Herbie Ashworth	31:08
5th	Isaac Hunter	32:34

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

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