



Upcoming Fixtures....

THIS WEEK Thur 12 June, Mell Fell. A quite distinctive conical hill which can be seen from the A66 near Troutbeck. High start (usually) and then some fast downhill legs. Parking on the SE edge of the area. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm.

Thur 19 June, Setmurthy. A very popular venue. Surprisingly complex forest where careful navigation is needed. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm.

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.

Allerdale Bike Challenge

The third event is on Wed 18th June in the Uldale area. Using electronic timing this year, which makes punching faster and timing more accurate. Pre-enter via www.bmbo.org.uk

SPOOK-O

This will be in October.... yes a long way off! But we need to start thinking about it and getting an organising team. Are you keen to be involved... reply to the email if you are.

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/>

Twitter. You can follow @WCOC2014

Schools League

Many thanks to all the helpers who have given time to facilitate the eight events the club has put on for the Primary and Secondary School Leagues. They have been very successful and have attracted over twenty schools to participate. The final is coming up on the 26th at Lamplugh. If you think you might have time next year to help please let Natalie know.

Latrigg 5.6.14

(Selection from results.)

LONG

1st	Richard Wren	29:18
2nd	David Spencer	30:44
3rd	Rob Stein	30:46
4th	John Slater	31:35
5th	Ian Cumpstey	31:38
6th	Mike Harrison	32:01
7th	Andrew Bradley	32:52
8th	Alastair Thomas	32:55
9th	James Daplyn	33:11
10th	Pete Nelson	34:47
11th	Michael Billingham	34:52
12th	Jeff Powell Davies	36:32
13th	Jonathan Brown	36:53
14th	Emily Brown	37:22
15th	Howard Leslie	38:04

SHORT

1st	Simon Hunt	23:30
2nd	Roger Jackson	24:00
3rd	Roger Thomas	24:33
4th	Rob Jone	25:15
5th	Alistair Dunlop	25:26
6th	Callum Dunlop	25:51
7th	Ian Teasdale	26:16
8th	Richard Warner	26:47
9th	Mike Cumpstey	28:09
10th	John Robinson	28:34
11th	Ged Hagan	28:38
12th	Chris Telford	28:40
13th	Steve Telford	28:42
14th	David Rawle	28:58
15th	Gerry Garvey	29:32

NOVICE

1st	Louis Morris	15:47
2nd	Joe Greenwood	16:00
3rd	Wilfrid Teasdale	24:37
4th	Thomas Rawle	29:18
5th	Keira Dunlop	29:25

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

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