



## Upcoming Fixtures....

### **THIS WEEK** 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.

### **Thur 26 June, Gillerthwaite in Ennerdale.**

A rare visit to this forest in Wild Ennerdale. Bike suggested for the 1 mile 'walk' to the start. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm.

**West Cumbria School Final** This will be held on Thursday next week at Stockhowhall near Lamplugh School. Entries coming in. If you have time available to help please let Natalie know

**Cumbria Schools Champs** This will be held on Saturday 28<sup>th</sup> June at Mawbray, on the Dunes. Again, help would be appreciated.

### **The Wainwrights**

Steve Birkinshaw is well on his way through his challenge to complete all the Wainwrights in seven days. The route is being displayed on his blog site, with updates every minute and a half. Pacing and support for the remainder of the week is needed if you have time available. Amazing journey. Well done Steve!!

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

### **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 willing to bring the club stock of kit to an event so you can try them on before you buy.**



### **Allerdale Bike Challenge**

The third event is on Wed 18<sup>th</sup> 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](http://www.bmbo.org.uk) Weather forecast looks good. The events are proving very popular with the navigation/map reading playing to the orienteers' skills!!

### **Mell Fell 12.6.14**

(Selection from results.)

Long

1st	David Spencer	47:12
2nd	John Slater	49:29
3rd	Mike Harrison	51:34
4th	Andrew Bradley	52:49
5th	Ian Cumpstey	55:29
6th	Jeff Powell Davies	56:25
7th	John Taylor	59:03
8th	Emily Brown	59:12
9th	James Daplyn	59:48
10th	Alan Hartley	60:29
11th	Daniel Spencer	64:33
12th	Angela Jackson	64:34
13th	Jeff Goodwin	65:08
14th	Bob Dredge	67:25
15th	Kate Charles	67:40

Short

1st	Roger Thomas	43:56
2nd	Roger Jackson	46:49
3rd	Chris Lates	53:21
4th	David Fenwick	56:19
5th	Mike Cumpstey	56:24
6th	Joe Goodwin	61:55
7th	Gerry Garvey	63:37
8th	Paul Tickner	65:56
9th	Ian Teasdale	66:05
10th	Joan Cumpstey	66:45
11th	Jenny Wren	69:28
12th	Stan Johnston	69:31
13th	Alastair Woodbury	70:25
14th	Henry Teasdale	70:37
15th	Catherine Wetherfield	70:54

Novice

1st	Joe Greenwood	24:25
2nd	Wilfrid Teasdale	30:08
3rd	Isabel Sunley	38:19
4th	Ben Mancebo	40:51
5th	Dan Woodbury	51:54

**Twitter.** You can follow @WCOC2014

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

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