



Upcoming Fixtures....

THIS WEEK 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.

Thur 3 July, Dent, Uldale. Open fell and some forest. See website for the parking details. Usual long, short and novice courses will be available. Cost £3/£1.50 with starts 6.00 to 7.15pm.

Sun 29 June, Allerdale Chase. A long-O type event on Aiken Skyline, Whinlatter. Courses 16, 12, 8 Kms. Enter via www.oentries.com to reserve a map. A new event to pair with the Copeland Chase held in November.

Allerdale Bike Challenge

The fourth event is on Wed 2nd July in the Ennerdale area. Pre-enter via www.bmbo.org.uk

The Wainwrights

Steve Birkinshaw completed his challenge (to visit every Wainwright summit within seven days) on Friday evening last, visiting his last 'top', Catbells before descending into Keswick to finish at the Moot Hall. It takes a real effort to get one's head around what he has actually achieved.... simply staggering! Perhaps you might like to support his chosen charity via his blog. <http://stevebirkinshaw-wainwright2014.blogspot.co.uk/>



Steve on Catbells.

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 28th June at Mawbray, on the Dunes. Again, help would be appreciated.

Setmurthy 19.6.14

(Selection from results.)

Long

1st	Richard Wren	35:04
2nd	Alastair Thomas	35:53
3rd	Lewis Taylor	36:56
4th	Michael Billinghamurst	41:14
5th	Mike Harrison	42:59
6th	David Spencer	44:19
7th	Andrew Bradley	44:25
8th	John Taylor	46:54
9th	Daniel Spencer	47:30
10th	Jonathan Brown	47:45
11th	Chris Emerson	49:44
12th	Emily Brown	52:05
13th	Jeff Goodwin	54:04
14th	Hannah Bradley	54:13
15th	Mike Hind	57:13

Short

1st	Roger Thomas	43:11
2nd	Roger Jackson	45:56
3rd	Ged Hagan	50:51
4th	Debbie Thompson	51:40
5th	Catherine Wetherfield	54:51
6th	Ian Teasdale	55:17
7th	Phil Nichols	55:46
8th	Tony Duncan	56:43
9th	Ben Goodwin	56:47
10th	Henry Teasdale	57:11
11th	Chris Telford	57:28
12th	Louis Morris	58:33
13th	Joan Cumpstey	59:50
14th	Louise Hagan	64:18
15th	Diana Mitchell	66:08

Novice

1st	Alastair Woodbury	20:22
2nd	Ben Mancebo	20:50
3rd	Freya Hope	23:55
4th	Keira Dunlop	24:10
5th	Freddie Bundock	27:37

Twitter. You can follow @WCOC2014

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

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