



Upcoming Fixtures....

THIS WEEK Thur 10 July, Parish Relays, Kelton Fell. This event is one of the highlights of the calendar. Relay teams of three with a 'loose' Parish composition. Junior teams have their own competition and set of courses. Arrive in good time for the mass start.

Thur 17 July, Darling How. The area will be familiar to those who did the recent Allerdale Chase. Usual courses, long, short and novice. Starts 6-7pm. Cost £3/£1.50.

Lakes 5 Days - help needed please

We are now getting very close to 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. Please let Rob know as soon as possible if you have some free time on the Monday to help.

Coaching Session

Great coaching session at Rannerdale on Sunday, followed by a novel score event. A mathematician had obviously been at work devising the rules since the score at each control was based on the highest PRIME factor for that number. Control 157 is a prime number so its score was 157, which was great for boosting your overall score. Adding up all the scores for each competitor will be a nightmare!

Quite a few enjoyed the picnic on the shore of Crummock Water and some braved the water for a swim.

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. This is a very popular event and many extremely good 'spooky' sites been prepared in the past.

Allerdale Bike Challenge

The fourth event is on Wed 16th July at Mawbray. Pre- enter via www.bmbo.org.uk

Twitter. You can follow @WCOC2014

Parish Relays

Please register your team as soon as possible **by replying to this email.** Each team will run seven short courses at Kelton Fell, so team numbers are needed for the printing process!

The juniors will have their own set of courses.

Teams can be made up on the night, but please say you are turning up.

Dent & Uldale 3.7.14

(Selection from results.)

Long

1st	Richard Wren	48:00
2nd	Lewis Taylor	51:29
3rd	Michael Billinghamurst	52:54
4th	John Slater	54:32
5th	Andrew Bradley	56:00
6th	Simon Hunter	56:53
7th	Jeff Goodwin	58:27
8th	David Spencer	61:30
9th	Mike Harrison	62:31
10th	Callum Pearson	64:10
11th	David Downes	64:52
12th	Chris Pollitt	65:55
13th	Pete Nelson	68:45
14th	Bob Barnby	71:06
15th	Mike Hind	71:19
16th	Ray Johnstone	71:23

Short

1st	Roger Thomas	33:24
2nd	Roger Jackson	35:49
3rd=	Ian Teasdale	38:05
3rd=	Heather Wornham	38:05
5th	Richard Cummings	38:10
6th	Ged Hagan	38:51
7th	Tony Duncan	41:27
8th	Henry Teasdale	41:55
9th	Ben Goodwin	42:05
10th	David Fenwick	45:29
11th=	Kate Skinner	46:11
11th=	Colin Smith	46:11
13th	Fran McDonald	47:38
14th	Louis Morris	48:08
15th	Joe Greenwood	48:19
16th	Penny Kingsland	49:01

Novice

1st	Ben Mancebo	21:25
2nd	Wilfrid Teasdale	27:57

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

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