



Upcoming Fixtures....

THIS WEEK Thur 19 March, Marron

Leas. Small area near Rowrah. Sprint courses.

Something for everyone. Early starts are recommended or bring a headtorch as the evenings aren't quite light enough just yet! See club website for directions.

Sun 22 March, Blawith & Subberthwaite.

The Tim Watkins Blodslitet event is a LongO with a mass start format. A toughie, with a good following.

Thur 26 March, Powter How.

Small area near Thornthwaite. Sprint courses. Something for everyone.

Early starts are recommended or bring a headtorch as the evenings aren't quite light enough just yet! See club website for directions.

Orient8 sessions

A four session series continues this Tuesday evening at Brigham School, specifically aimed at the younger end.

There will be a range of activities and fun games to develop orienteering skills for those new to the sport. Great fun. See website for the details. Everyone welcome.

CompassSport Cup qualifier

Many thanks to the considerable team effort in staging the qualifier event on High Rigg. LOC and WCOC in the Cup competition. LOC won by a single point. In the Trophy competition SROC beat BL, with SOLWAY and PFO also taking part. Thanks to David Rosen for taking on the final stages of controlling.

Allerdale Bike Challenge

Keep an eye out for this series of bike rides later in Spring/Summer. Use the bmbo website for details and entry. Orienteering and map reading at speed on a bike.... great fun.

JK in the South Lakes

This Easter the NW will be hosting the JK. There is a fairly strong contingent of WCOC runners entered. We are helping to run Day 2 in Dunnerdale. There is a big entry, with foreign national teams attending.

High Rigg CSCup 15.03.15

Congratulations to the scoring team members. Just needed a couple more points to beat LOC and win through to the final. Next time!!

Name	Course	Points
Simon Hunter	2	100
Rosie Spencer	9B	100
Daniel Spencer	8A	100
Michael Billinghamurst	4	100
Mike Pearson	7	100
Pete Nelson	6	100
Steve Birkinshaw	1	100
Niamh Hunter	8B	100
Graham Watson	4	99
Matthew Volkes	1	99
Hannah Rumney	9B	98
Ray Johnstone	6	98
Alastair Thomas	1	98
Tony Duncan	7	98
Andrew Bradley	2	97
Roger Thomas	4	97
Joseph Sunley	9A	96
Jess Breeze	9B	96
Susan Skinner	5	96
Bob Barnby	6	96
Kate Charles	3	96
Howard Leslie	4	96
David Downes	6	95
Malcolm Ruckledge	7	95
Margaret Mackenzie	5	95

Cockermouth 12.03.15

(Selection from results.)

Long A

1st	Daniel Spencer	15:39
2nd	Jeff Goodwin	16:29
3rd	Lynne Thomas	18:16
4th	Niamh Hunter	18:25

Long B

1st	Alastair Thomas	13:29
2nd	Mike Harrison	16:23
3rd	Pete Nelson	17:44
4th	Graham Watson	18:53

Long C

1st	Matthew Blackley	16:57
2nd	Joe Goodwin	18:08
3rd	John Taylor	19:32
4th	Bob Dredge	19:42

Short

1st	Carys Thomas	13:55
2nd	Liz Elliot	16:03
3rd	Katie Ray	18:31
4th	Alice Kemp	18:32

Novice

1st	Isobel Greenwood	8:20
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Keep an eye on the Facebook page for Club going-on!

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