



## Upcoming Fixtures....

### **THIS WEEK 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. Last week before the clocks change!

**Sun 29 March, Askham Fell.** Galoppen on this open area near Penrith. It will also host a heat for the Yvette Baker Trophy for our junior team. See BL website for details.

### **Thur 2 April, Bleach Green & Crag Fell.**

The first of a pair of fell specials with a hghj level course or low level sprint racing. Something different to suit all tastes. See website for the parking and details. Summer time has arrived, so more daylight!

### **World School's Champs - Turkey**

Good luck to Niamh Hunter, Daniel Spencer and Alastair Thomas, all running for England! Go, Go for GOLD!

### **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.

### **Summer Evening Events**

The popular Thursday evening series for the summer months is almost upon us. Mike Harrison has his venues sorted but could still do with a few planners to fill the remaining vacancies. These are the best opportunity for folk to have their first 'go' at planning. Plenty of advice and mentoring available (if need be) for those who wish to take the plunge.

### **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.

### **Tim Watkins Blodslit 22.03.15**

A good turnout of WCOC runners for this at the weekend, and some excellent results. This long distance mass start event took place in glorious sunshine

On the A course,  
3 Matthew Vokes,  
11 Simon Hunter.

On the B,  
4 Lynne Thomas,  
5 Ange Jackson.

On the C,  
2 Alastair Thomas, (TOP JUNIOR)  
3 Daniel Spencer (1 second apart!),  
8 Michael Billinghamurst,  
13 David Spencer,  
17 Alan Irving,  
19 Colin Valentine

### **Marron Leys 19.03.15**

(Selection from results.)

Long

1st	Matthew Vokes	21:35
2nd	Richard Wren	22:54
3rd	Rob Stein	29:02
4th	David Spencer	29:10
5th	Mike Harrison	29:17
6th	alan iring	29:47
7th	John Slater	30:05
8th	Joe Goodwin	33:34
9th	Pete Nelson	33:47
10th	John Taylor	34:08
11th	Niamh Hunter	34:15
12th	Jeff Goodwin	34:27
13th	Ben Breeze	35:04
14th	Kate Charles	35:40
15th	Graham Watson	37:21
16th	David Downes	38:07
17th	Bob Bamby	38:24
18th	Ben Goodwin	39:50
19th	Steven Breeze	43:14
20th	Louis Morris	44:56

Short

1st	Caitlin Irving	27:52
2nd	Henry Teasdale	29:07
3rd	Joseph Sunley	36:59
4th	Vanessa Brierley	38:06
5th	Catherine Wetherfield	42:14
6th	Jessica Breeze	45:00
7th	Ellie Douglas	45:03
8th	Myriam Touratier	49:02

Easy

1st	Isobel Greenwood	14:46
2nd	Isaac Hunter	19:25
3rd	Isabel Sunley	20:06

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

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