



Upcoming Fixtures....

THIS WEEK 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 high 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! The high level course will take runners onto Crag Fell for a lung bursting climb to the summit and a fast descent to the finish, via several check points that will require some navigation.

Thur 9 April, Leaps Beck & Gavel.

The second of a pair of fell specials with a high 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! Maybe even warm weather.

Orient8 sessions

The four session series concludes on the 14th April with an event around Harris Park, specifically aimed at the younger end. The series has attracted a whole load of youngsters keen to learn orienteering skills. Thanks to all the coaches who have given up so much of their time to help run the sessions, and to Lynne for masterminding!

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.

This edition is a little early. I'm off to the sun for a week. Enjoy the JK and good luck.

World School's Champs - Turkey

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

Also, good luck to the juniors at the Askham Fell event which will host the NW Yvette Baker Trophy qualifier.

Powter How 26.03.15

(Selection from results.)

Long

| | | |
|------|------------------------|-------|
| 1st | Richard Wren | 20:16 |
| 2nd | Todd Oates | 21:47 |
| 3rd | Alastair Thomas | 21:54 |
| 4th | Daniel Spencer | 23:22 |
| 5th | David Spencer | 23:55 |
| 6th | Michael Billinghamurst | 24:44 |
| 7th | Jeff Powell-Davies | 25:12 |
| 8th | James Daplyn | 26:20 |
| 9th | Ian Cumpstey | 27:02 |
| 10th | Rosie Watson | 27:20 |
| 11th | Mike Harrison | 27:31 |
| 12th | John Taylor | 31:07 |
| 13th | Andrew Bradley | 31:19 |
| 14th | Joe Goodwin | 31:42 |
| 15th | Mike Hind | 31:52 |
| 16th | Cliff Etherden | 31:57 |
| 17th | Bob Barnby | 32:44 |
| 18th | Lynne Thomas | 32:52 |
| 19th | Steven Breeze | 34:19 |
| 20th | Angela Jackson | 34:47 |
| 21st | Niamh Hunter | 36:09 |

Short

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|-----|-----------------------|-------|
| 1st | Rosie Spencer | 26:50 |
| 2nd | Henry Teasdale | 30:28 |
| 3rd | Jessica Breeze | 31:11 |
| 4th | Catherine Wetherfield | 31:28 |
| 5th | Vanessa Brierley | 38:59 |
| 6th | Jonty Goodwin | 48:13 |
| 7th | Isobel Greenwood | 49:04 |

Pathfinder

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|-----|---------------|-------|
| 1st | Ellie Douglas | 20:53 |
| 2nd | Isobel Sunley | 24:01 |
| 3rd | Jayden Fee | 35:22 |

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

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