



Upcoming Fixtures....

THIS WEEK Thur 9 April, Leaps Beck & Gavel. The second of a trio 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.

Tues 14 April, Orient8. "Harris Park Live" is the final Orient8 session for this spring, so come and put everything you have learnt over the past few weeks into practice. Bring your running shoes and be prepared for a challenge! (Please note that if the weather looks likely to be very poor then this final session will be held instead at Brigham School - 6:30pm to 7:30pm.)

Thur 16 April, Fangs Brow & Burnbanks. The third of the 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.



WCOO were well represented in the relays at the JK at the beautiful Graythwaite Estate, and collectively produced many good runs.

The outstanding team results were a WIN for Daniel, Ben and Alastair on Intermediate Men (M48-), and second places for Henry, Joe and Caitlin in the Mini-Relay and also Helen, Lynne and Kate in Senior Women (W120+). Fantastic!!

The individual results were also very impressive. You can check them out on the SPORTident website link.

(Great footwear Alastair.... assume you ran in O shoes!)

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.

Bleach Green 02.04.15

(Selection from results.)

Crag Fell

1st	Matthew Vokes	43:13
2nd	Jeff Goodwin	58:17
3rd	Mike Hind	61:01
4th	Rob Jones	63:44
5th	Steven Breeze	64:43
6th	Colin Smith	68:22
7th	Raymond Wren	69:14
8th	Philip Jennings	71:11
9th	Chris Pollitt	71:48
10th	Angela Jackson	73:02
11th	Anne Burbidge	77:38
12th	Jenny Jennings	78:07
13th	Victoria Haworth	80:16

Sprint

1st	Matthew Vokes	20:28
2nd	Todd Oates	22:26
3rd	Michael Billinghurst	26:52
4th	Kate Charles	31:04
5th	Matthew Blackley	31:53
6th	Jenny Garbutt	38:46
7th	Penny Kingsland	49:58
8th	Jon Eaton	50:09
9th	Alice Kemp	55:34
10th	Katie Ray	55:37
11th	Fiona Graham	61:43
12th	Ros Allam	61:46
13th=	Liz Elliot	62:00
13th=	Ruth Carter	62:00
15th	Chloe Touratier	77:55
16th	Laure-Anne Demarthe	84:59
17th	Valerie Leprunier	85:40

Novice "Wayfarer"

1st	Jayden Fee	14:51
2nd	Elicia Mulcaster	16:42
3rd	Kizzy Mulcaster	16:57
4th	Annette Milburn	17:21
5th	Myrtle Ashworth	19:49

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

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