



Upcoming Fixtures....

THIS WEEK 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.

Sun 26 April, Galoppen at Dalegarth.

Our first Galoppen of the 2015 series. Wonderful terrain in Eskdale. Usual courses. Details on the website,

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!

Good Luck....

Alastair Thomas, Daniel Spencer & Niamh Hunter who are currently in Turkey competing in World Schools. Hope the British Champs brings success for WCOC members this coming weekend. Relay teams.... go for it!!

New Members

Welcome to our new members who have joined for the 2015 season. Emma Bland, Ruth Carter, Julian Cruickshank, Liz Elliott, Jayden Fee, Naomi Hewitt, Paul Neild, Nick & Katie Ray, Lily Regan, Claire, Ella, Sebastiaan & Ralf Smits.

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.

Summer Series

Just a couple more of the Spring series to go before we start our regular and very popular 'summer series'. These events are ideal for people to try the sport.... there will be the usual format of long, short and easy (novice) courses. Please tell your friends about them and encourage them to have a go. The events visit wonderful areas!

Gavel 09.04.15

(Selection from results.)

Long

1st	Simon Hunter	36:36
2nd	Lewis Taylor	37:09
3rd	Matthew Vokes	37:27
4th	Zac Hudd	41:17
5th	Daniel Spencer	41:44
6th	Rob Stein	42:05
7th	Alastair Thomas	42:09
8th	Mike Harrison	43:38
9th	Lynne Thomas	52:47
10th	Mike Hind	53:22
11th	Ian Lowles	54:17
12th	Chris Pollitt	56:40
13th	Angela Jackson	56:55
14th=	Colin Smith	57:44
14th=	David Downes	57:44
16th	Ben Breeze	57:59
17th	Steven Breeze	58:00

Sprint

1st	Michael Billingham	22:10
2nd	Matthew Blackley	23:13
3rd	Stuart Graham	26:45
4th	Roger Thomas	27:11
5th	Jenny Garbutt	27:55
6th	Margaret Mackenzie	28:14
7th	Roger Jackson	28:54
8th	Ged Hagan	29:07
9th	Matthew Harper	29:21
10th	Ian Teasdale	29:55
11th	Dale Colclough	30:10
12th	Joseph Sunley	30:39
13th	John Bacon	30:43
14th	Jenny Wren	31:03

Novice

1st	Isabel Sunley	16:00
2nd	Tom Hope	24:20
3rd	Freyja Hope	24:25

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

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