



Upcoming Fixtures....

THIS WEEK Thur 23 April, Summer Prologue, Sale Fell. This event had been planned for New Years Day but the weather had other ideas. Loads of controls on the fell in groups of six. You have to collect all in the group before you get the points! Looks like fun. Weather this time? Could be good! See website for directions.

Sun 26 April, Galoppen at Dalegarth. Our first Galoppen of the 2015 series. Wonderful terrain in Eskdale. Usual courses. Parking at Fisherground. Details on the website. Should attract 200 competitors!

Thur 30 April, High Doat, Borrowdale. The first event of the 2015 Summer Series. Parking in small car park at Seatoller. Complex little area with long, short and easy courses. A real treat!

Coaching for All.

A coaching session is planned for Saturday May 2 at The West Lakes Science Park (tbc). Focus is on sprint racing, in advance of British Sprint Championships on 9th May. Exercises inspired by Kris Jones, M21E, sprint specialist. Please let Lynne know by Wednesday 29th April, or reply to this EMAIL. The coaching is open to everyone, with exercises to test and enhance your skills.

British Championships

A small contingent made the journey down to the Forest of Dean for BOC2015. Mike Pearson took bronze on M70 showing he continues to perform at the top end.... well done! Caitlin Irving had a good BOC, just missing the podium on W12, but then taking the bronze medal, with Henry Teasdale and Joseph Sunley, on the Junior Mini Relay, no mean feat as it is one of the most highly contested relays.

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. Enter online and get a discount for entering the whole series.

World Schools....

Alastair Thomas, Daniel Spencer & Niamh Hunter are currently in Turkey competing in World Schools. It is the Long Distance race today with the terrain looking rather tough and rocky. Tuesday is the Cultural Day where all the teams put on a display of their country's identity. Wednesday is the Middle Distance race and Thursday the Friendship Relay, where teams are made up randomly. Great fun trying to sort out in several languages who will collect which controls! See website <http://www.isfwsco2015.org/en/>

Burnbank 16.04.15

(Selection from results.)

Long		
1st	Matthew Vokes	40:10
2nd	John Slater	49:02
3rd	David Spencer	49:44
4th	Lewis Taylor	54:13
5th	Pete Nelson	58:19
6th	Roger Jackson	58:23
7th	Angela Jackson	59:37
8th	Lynne Thomas	60:22
9th	Andy Morris	61:20
10th	Raymond Wren	61:27
11th	Roger Thomas	61:29
12th	Angela Brand-Barker	62:04
Short		
1st	John Taylor	43:18
2nd	Daniel Spencer	44:29
3rd	Kate Charles	46:50
4th	Ged Hagan	47:12
5th	Joe Greenwood	51:35
6th	Jenny Garbutt	52:41
7th	Matthew Blackley	52:54
8th	Paul Tickner	53:50
9th	Joseph Sunley	56:36
10th	Louise Hagan	56:39
11th	John Bacon	62:40
12th	Deborah Goodwin	64:49
Easy		
1st	Rosie Spencer	11:27
2nd	Isobel Greenwood	12:51
3rd	Jayden Fee	16:15
4th	Isabel Sunley	18:07
5th	Myrtle Ashworth	19:53
6th	Herbie Ashworth	20:20