



Upcoming Fixtures....

THIS WEEK 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!

Thur 7 May, Holme Wood, Loweswater. The summer series continues with the delightful wood on the shores of Loweswater. See website for details & parking. Long, short and easy courses.

World Schools....

Alastair Thomas, Daniel Spencer & Niamh Hunter returned from Turkey with a load of medals. Alastair with individual GOLD and SILVER. Alastair & Daniel with team GOLD. Niamh with team BRONZE. Such an incredible set of performances on the **WORLD STAGE!** Well done all!

New Members

Welcome to our new members who have joined fairly recently.... Victoria Haworth, Edward Terry, Richard McGrath, Alice Kemp, Ellie Douglas & Ros Allam.

Red, White & Blue Teams

The membership is allocated to one of the three teams, which may be involved in helping at one of our major events like the Cumbrian Galoppen. The Blue team were staging the Dalegarth event on Sunday. So you may only be asked to help once a year!

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.

West Cumbria School Series

The first event of the Primary series was held at Whitehaven School last Thursday. Almost two hundred pupils ran the three parallel courses round the grounds in sunshine! The first of the Secondary series will be held at Leaps Beck on Monday afternoon.... today! See Facebook for photos.

Dalegarth Galoppen

A stunning area in the warmish sun, with clear bright skies was a real treat. Thanks to the Blue team for staging the event, with Penny Bibby planning, Dave Fenwick controlling with help from Bob Barnby. Ged Hagan was the organiser.

Great wins for Daniel Spencer on Blue, Ben Breeze on Green and Rosie Spencer on Light Green.

Thanks to Fisherground Campsite for the parking; hardstanding in Eskdale..... a rare feature!

Sale Fell Prologue 23.04.15

(Selection from results.)

Long (30 controls)

1st	Richard Wren	30	36:02
2nd	David Spencer	30	38:29
3rd	Rob Stein	30	43:07
4th	John Slater	30	45:18
5th	Pete Nelson	30	47:42
6th	Michael Billinghamurst	30	47:58
7th	John Taylor	30	51:58
8th	Steven Breeze	30	53:40
9th	Angela Jackson	30	55:03
10th	Chris Emerson	30	55:11
11th	Angela Brand-Barker	30	55:41
12th	Lynne Thomas	30	56:57
13th	Ian Lowles	30	57:18
14th	David Downes	30	57:44

Short (18 controls)

1st	Matthew Blackley	18	38:06
2nd	Tony Brand-Barker	18	44:09
3rd	Billy Robinson	18	45:36
4th	Henry Teasdale	18	45:51
5th	John Bacon	18	46:01
6th	Louise Hagan	18	46:54
7th	Ged Hagan	18	47:01
8th	Anna Brown	18	48:45
9th	Ben Goodwin	18	49:22
10th	Catherine Wetherfield	18	49:26
11th	Katie Ray	18	51:37
12th	Alice Kemp	18	51:45
13th	Nick Ray	18	51:59
14th	Peter Kemp	18	52:00

Easy

1st	Isobel Greenwood	11:24
2nd	Carys Thomas	11:53
3rd	Isabel Sunley	12:50
4th	Ellen Lister	13:57

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

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