



Upcoming Fixtures....

THIS WEEK Thur 14 May, Boat How, Miterdale. The area is typically Eskdale fell which will give some good running and interesting views and orienteering. See website for the parking details. Long, short and easy courses.

Thur 21 May, Wasdale. The summer series visits the delightful Wasdale Valley with the terrain on the side of Wastwater providing some great orienteering. See website for details & parking. Long, short and easy courses.

Wed 13/20 May, WAROC Battleaxe Events. These are great fun. Sixty minute score events on great terrain in the South Lakes. Organised by WAROC. Find the details on their website. Series of three events.

Allerdale Bike Challenge

The first event in the series is on Wednesday, 20th May, starting in Cockermouth. Twenty five control points to try to collect within 2 hours. Orienteering and route choice skills needed, plus of course, a (road) bike. And it's FUN!

Next Newsletter.

This is currently in production. Have you got an article or reflection from the season so far, for inclusion in this edition. Send to Graham as soon as you can. Deadline is very soon.

Summer Evening Series' Trophies

The first events of the 2015 series have taken place and league scores will be calculated. Top male & female juniors on the long & short course now have trophies (new for 2015) to compete for!!

New Members

Welcome to our new members who have joined fairly recently.... Ellen Lister & Rob Jones.

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!

British Sprint & Middle

Another very successful championships for the club, after a long drive down to Aldershot.

Gold medals were won by Michael Billingham (M55) & Alastair Thomas (M16), with a Silver by Caitlin Irving (W12) in the Sprints.

The Middle Distance Champs on the Sunday saw Alastair Thomas & Caitlin Irving take Gold again.

There were also many top ten placings for WCOC runners. Well done!

Holme Wood 07.05.15

(Selection from results.)

Long

1st	David Spencer	42:23
2nd	Richard Wren	43:02
3rd	John Slater	44:48
4th	Rob Stein	46:36
5th	Daniel Spencer	48:00
6th	Alastair Thomas	49:46
7th	Mike Harrison	52:44
8th	Tom Dawson	53:53
9th	Matthew Blackley	55:04
10th	Ben Breeze	55:07
11th	Jeff Goodwin	56:38
12th	Mike Hind	57:41
13th	Steven Breeze	57:46
14th=	Rob Jones	58:13
14th=	Pete Nelson	58:13

Short

1st	Roger Jackson	43:38
2nd	Tony Brand-Barker	45:43
3rd	Joe Greenwood	47:29
4th	Joseph Sunley	48:18
5th	Louis Morris	49:45
6th	Billy Robinson	51:04
7th	Rosie Spencer	52:50
8th	Joyce Hemingway	53:58
9th	Ian Teasdale	54:03
10th	Gerry Garvey	54:16
11th	Ben Goodwin	54:29
12th	Ged Hagan	56:52
13th	Jessica Breeze	58:08
14th	Louise Hagan	58:24
15th	Fran McDonald	60:13

Easy

1st	Isobel Greenwood	20:40
2nd	Ellen Lister	21:42
3rd	Ellie Douglas	22:12

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

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