



## Upcoming Fixtures....

**THIS WEEK Thur 4 June, Ladies Table & Hogg Wood.** This wonderful little area near Embleton is a treat. See website for the parking details. Long, short and easy courses.

**Thur 11 June, Southerndale.** On the lower slopes of Skiddaw this area gives great views over Bassenthwaite. A bit of a trek up to the start, but well worth it. See website for the parking details. Long, short and easy courses.

### Club Jackets & O-tops



Stylish Trimtex club jackets together with

O-tops and beanies are available from Steve Telford.

Reply to this email if you would

like to purchase one of them. Get kitted out for the competition season. The latest delivery of O tops is available. **Speak to Steve and get your O-top.**



### Twin Peak w/e

This two day event in the North Lakes proved popular, with the weather only just behaving! Twenty eight WCOC runners were entered. Performances were good with quite a few second placings. Niamh Hunter was the winner on W16 on day2, and second on day1. Rosie Spencer did the same on W14. Daniel Spencer was second on M16, with dad, David winning on day1. The results are shown by course colour and class on the MDOC website.

### Ling Fell 28.05.15

(Selection from results.)

Long

1st	Matthew Vokes	36:13
2nd	Alastair Thomas	38:19
3rd	Richard Wren	38:29
4th	Daniel Spencer	41:14
5th	John Slater	45:01
6th	Mike Harrison	46:11
7th	Pete Nelson	51:49
8th	Howard Leslie	51:56
9th	David Spencer	52:28
10th	Steven Breeze	52:40
11th	Angela Brand-Barker	53:31
12th	Jeff Goodwin	56:16
13th	Matthew Blackley	56:35
14th	Angela Jackson	58:25
15th	Chris Pollitt	58:51

Short

1st	Lynne Thomas	33:15
2nd	Tony Brand-Barker	35:26
3rd	Roger Thomas	35:46
4th	Margaret Mackenzie	38:09
5th	Gerry Garvey	39:06
6th	Susan Skinner	40:13
7th	Ian Teasdale	40:43
8th	Ian Lowles	41:38
9th	Ben Goodwin	41:48
10th	Ged Hagan	45:25
11th	Richard Cummings	45:37
12th	Henry Teasdale	46:43
13th	Vanessa Brierley	46:58
14th	Syd Thomas	49:10

Novice

1st	Carys Thomas	20:45
2nd	Lily Regan	21:30

### Facebook

The club's Facebook page is attracting quite a bit of outside interest. There is a new facility to create an 'event' and people to subscribe to it. Please say **you** are 'going', and well see if it attracts some new participants!

### Allerdale Bike Challenge

The second event in the series is on this Wednesday, 3<sup>rd</sup> June, starting in Keswick. Twenty five control points to try to collect within 2 hours. Orienteering and route choice skills needed, plus of course, a bike. And it's FUN!

### Next Newsletter.

This is currently in production. Hope you got your contributions in. Almost ready to print.....

### Allerdale Chase (Long-O)

Details are now finalised and entries are open on Oentries.com. Courses on offer are 18/13.5/8/4.4km. The area is Aira Skyline, including Watermillock and High Brow. To be held on Sunday, 28<sup>th</sup> June. All the details are on the club website.

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

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