



Upcoming Fixtures....

THIS WEEK Thur 18 June, Setmurthy.

A well used bit of forest near Cockermouth, which always gives challenging courses. See website for the parking details. Long, short and easy courses.

Sun 21 June, Penrith Urban Galoppen.

This is the first time an urban area has been used for the Galoppen series. A good mixture of intricate street and complex little open areas. Usual courses with Galoppen points to fight for. See BL website for details.

Thur 25 June, Knock Murton. A favourite piece of terrain near Kirkland. Steep in places, but a good test of navigational skills. See website for the parking details. Long, short and easy courses.

Cumbria School Games

These were held in glorious sunshine in Bitts Park and Rickerby Park in Carlisle last Wednesday. Teams from Allerdale and Copeland at pre-start below.



Allerdale Bike Challenge

The third event in the series is this week on Wednesday, 17th June, starting in Mawbray, where it is basically flat.

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, 28th June. All the details are on the club website.

Parish Relays 2015

These are planned for West Lakes Science Park which will give close sprint racing/chasing for the teams. It is to be held on 16th July, open to teams of three (usually living fairly close to one another!). There is a separate junior category... start thinking about who you could race with and put your team together. It is one of the fun sessions of the year giving top competition!

Southerdale 11.06.15

(Selection from results.)

Long

1st	Matthew Vokes	32:29
2nd	Richard Wren	35:36
3rd	Alastair Thomas	38:53
4th	John Slater	40:17
5th	Michael Billinghamurst	43:47
6th	Daniel Spencer	44:08
7th	Mike Harrison	44:47
8th	Howard Leslie	46:08
9th	Lynne Thomas	49:27
10th	Jeff Goodwin	49:33
11th	Matthew Blackley	51:13
12th	Andrew Bradley	51:32
13th	Andy Morris	55:02
14th	Angela Brand-Barker	55:54
15th	Katherine Lowles	58:56

Short

1st	Roger Thomas	34:55
2nd	John Taylor	35:48
3rd	Ian Teasdale	37:51
4th	Ben Goodwin	39:47
5th	Vanessa Brierley	41:26
6th	John Bacon	44:39
7th	Paul Tickner	45:39
8th	Alice Rea	46:26
9th	Catherine Wetherfield	47:17
10th	Louis Morris	47:21
11th	David Fenwick	48:07
12th	Joseph Sunley	48:31
13th	Gerry Garvey	50:30
14th	Tom Carter	51:15
15th	Joan Cumpstey	52:32

Novice

1st	Isabel Sunley	14:01
2nd	Wilfrid Teasdale	17:50

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

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