



Upcoming Fixtures....

THIS WEEK 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.

Sun 28 June, Allerdale Chase. Fabulous opportunity for some long distance orienteering. See website for details..... but enter right away as maps have to be prepared. Go to www.oentries.com

Thur 25 June, Threlkeld. The hillside under Clough Head near the mining museum. Loads of scars on the landscape for intricate navigation. See website for the parking details. Long, short and easy courses.

Coaching plans.....

We are hoping to have a WCOC weekend on the 12/13th September, with Coaching in the morning & afternoon, (NWJS members will do their own separate coaching) , a Fun Team event late afternoon (NWJS will join us) for all ages, and then an option to stay overnight at Great Tower's Campsite in chalet accommodation (children to be accompanied by a parent please). All are welcome but we need to know numbers as soon as possible to book accommodation so please let Vanessa (vanessa.brierley@hotmail.co.uk) know by Sunday 5th July at the latest! We can then start to think about deposits and costs.

Penrith Urban Galoppen.

The results are on the BL website for this event. Urban events have restrictions on under 16's racing on roads without supervision. Any thoughts on this event now that we can conduct a post mortem. Should it be part of the Galoppen series in the future? Only 85 runners took part.

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!

Schiehallion

Tough racing at the Schiehallion weekend of orienteering in Scotland. Alastair 27th (11th Brit) in the opening Men's Elite Sprint race at Bannockburn on Friday evening, won by Murray Strain. Saturday moved to the slopes of Schiehallion. Charlotte Watson was 7th (2nd Brit) on the Women's Elite middle distance race. Kate Charles won Short Blue. Alastair 33rd (11th Brit) on the Men's Elite middle distance race, won by Graham Gristwood.

Setmurthy 18.06.15

(Selection from results.)

Long

1st	Matthew Vokes	40:54
2nd	Alastair Thomas	42:00
3rd	Martin Bagness	42:38
4th	Richard Wren	42:50
5th	Rob Stein	51:00
6th	Mike Harrison	53:02
7th	Daniel Spencer	55:20
8th	Lynne Thomas	57:22
9th	Jeff Goodwin	59:09
10th	Matthew Blackley	61:40
11th	Bob Barnby	62:11
12th	Pete Nelson	62:23
13th	Steven Breeze	63:01
14th	Angela Jackson	64:02
15th	Raymond Wren	65:45

Short

1st	Roger Thomas	38:29
2nd	Katrina Hemingway	40:18
3rd	Ben Goodwin	40:23
4th	Roger Jackson	40:33
5th	Ian Teasdale	41:55
6th	John Taylor	43:25
7th	Louis Morris	48:16
8th	James Kelly	49:14
9th	Rosie Spencer	49:31
10th	Henry Teasdale	49:41
11th	Joseph Sunley	50:33
12th	John Bacon	50:35
13th	Jessica Breeze	51:15
14th	Mike Cumpstey	51:16
15th	Neimh Willey	52:58

Novice

1st	Isabel Sunley	12:03
2nd	Shay Downey	12:45
3rd	Wilfrid Teasdale	13:57

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

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