



Upcoming Fixtures....

THIS WEEK Thur 2 July, 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.

Thur 9 July, Barf. This is open fell around Barf and Lords Seat at the top of Whinlatter. Great views. See website for the parking details. Long, short and easy courses.

Coaching Session

There will be a 'girls only' coaching session.... This Girl Can!!!..... on 11 July, Saturday, on High Rigg. All details from Lynne Thomas. Reply to this EMAIL if you aren't already in contact with Lynne.

Cumbria Schools Championships.

These were held on Haverigg Dunes near Millom. UVHS



were top school overall with Cockermouth second and QEGS third. Loads of trophy winners from the club. Primaries were also represented with Ennerdale and Eaglesfield

both with strong teams. World Schools performers helped present the trophies to the winners.

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!

Allerdale Chase

Over eighty runners competed in the second running of this event. Joe Mercer SELOC won the long (18km) with Lewis Taylor second and Chris Hope third.

The medium was won by Noah Howlett LOC, the short by Daniel Spencer WCOO and the vshort by Catherine Wetherfield WCOO.

Thanks to David Spencer and Vanessa + helpers for a successful event. The weather was awful early in the morning, but improved!!

Knock Murton 25.06.15

(Selection from results.)

Long

1st	Richard Wren	34:55
2nd	Matthew Vokes	35:12
3rd	Alastair Thomas	35:57
4th	Rob Stein	41:53
5th	Andrew Bradley	42:52
6th	Pete Nelson	47:17
7th	Ben Breeze	48:42
8th	Howard Leslie	50:27
9th	Jeff Goodwin	50:57
10th	Lynne Thomas	52:11
11th	Bob Barnby	55:05
12th	Raymond Wren	55:47
13th	Ian Lowles	56:13
14th	Katherine Lowles	56:14
15th	Niamh Hunter	56:48

Short

1st	Roger Thomas	39:13
2nd	John Taylor	43:58
3rd	Ian Teasdale	46:41
4th	Roger Jackson	49:34
5th	Richard Cummings	51:25
6th	Ann Cummings	51:49
7th	Gerry Garvey	52:15
8th	Ben Goodwin	53:37
9th	Ged Hagan	53:42
10th	Rosie Spencer	53:55
11th	John Bacon	54:23
12th	Vanessa Brierley	55:17
13th	Louise Hagan	55:34
14th	Henry Teasdale	57:19
15th	David Fenwick	57:23

Novice

1st	Madeleine White	12:49
2nd	Wilfrid Teasdale	13:10
3rd	Jayden Fee	14:20

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

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