



Upcoming Fixtures....

THIS WEEK Thur 31 March, Knock Murton. Fifth of the Spring Series events. Sprint & fell style course. Cost £3.50/£2. Starts from 5.45 to 7pm, clocks have changed, it is summertime!!

Sat/Sun 2/3 April, LOC w/e. Middle distance race at Tarn Hows, and a long distance on Holme Fell. Pre-entry.

Thur 7 April, Flat Fell. Sixth of the Spring Series events. Sprint & fell style course. Cost £3.50/£2. Starts from 5.45 to 7pm.

Thur 14 April, Darling How. Seventh of the Spring Series events. Sprint & fell style course. Cost £3.50/£2. Starts from 5.45 to 7pm.

Orient8....

Fourth session at Harris Park on Tuesday, 12 April. Short courses in the park to put the skills to the test. See website for details of time, assembly point.

The Spring Series

The series is well under way, but with the lighter evenings these events are ideal for a 'try out' of the sport. Bring your friends, colleagues from work, or neighbours along. The summer series will follow in May, and again are ideal for a first go with orienteering.



SIAir punching at Spring Series

SPORTident have loaned us a small number of SIAir ecards for use at our spring series events. They allow proximity punching at the control, within 50cms! If you want to try one out you will need to get to the event early as there are only a limited number of ecards for use. CLEAR the card as usual, and then use the CHECK/SIAC on station to turn the ecard on. The finish control turns the ecard off.

Twitter. You can follow @WCOC2014

JK Success

Congratulations to Alastair Thomas, winning M16, Daniel Spencer, 3rd, and Niamh Hunter, 3rd on W16. See Facebook page for a picture of the 16's podium. A very impressive 'take over' by WCOC juniors.

Relays today... hoping for a win or two.

Many other of our juniors performed brilliantly in the individuals. To name a few... Isabel Sunley (W12), Rosie Spencer & Caitlin Irving (W14) and Charlotte Watson on W21E.

BOF Membership

The membership & levy proposal was withdrawn following considerable unease over its implications. A later EGM will follow a good deal of consultation with the membership.

Manesty Park 24.3.2016

(Selection from the results.)

Long

1st	Michael Billinghamurst	21:13
2nd	Alastair Thomas	21:26
3rd	Ian Cumpstey	23:37
4th	Mike Harrison	24:18
5th	Stuart Parker	26:53
6th	Mike Hind	27:19
7th	Graham Watson	27:23
8th	Roger Jackson	29:20
9th	Jeff Goodwin	29:29
10th	Angela Jackson	29:33
11th	Ben Goodwin	31:09
12th	John Bacon	32:23
13th	Niamh Hunter	33:37
14th	Anne Burbidge	34:56
15th	Elizabeth Elliott	41:26
16th	Malcolm Ruckledge	43:04
17th	Paul Tickner	46:34

Short

1st	Alice Rea	29:54
2nd	Rachel Osborn	30:18
3rd	Sarah Chaudhri	34:31
4th	Janette McHendry	50:40
5th	Tom Carter	51:01
6th	Ruth Carter	51:28
7th	Gwen Rea	56:34

Easy

1st	Isaac Hunter	19:04
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Keep an eye on the Facebook page for Club goings-on!

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