



Upcoming Fixtures....

THIS WEEK Thur 7 April, Flat Fell. Sixth of the Spring Series events. Sprint, novice and a fell style longer course for the runners. 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. Recently updated map with courses planned by the mapper!

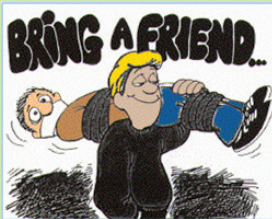
Thur 21 April, Fangs Brow. Eighth of the Spring Series events. Sprint & fell style course. Cost £3.50/£2. Starts from 5.45 to 7pm. This will also feature as the prologue event for the Summer Series.

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

Keep an eye on the Facebook page for Club goings-on!
<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>

LOC w/e Success

A great set of performances at the Middle (Tarn Hows) & Long (Holme Fell) races at the w/e, with a large turnout and top competition.

Middle: Blue, Alastair & Daniel 1st & 2nd. Green Women, Niamh 2nd. LtGreen, Rosie 2nd, Caitlin 5th. Orange, Wilfrid 5th.

Long: Brown, Phil W 4th. ShBrown1, Alastair 1st. ShBrown2, Simon H 5th, Blue1, Helen W 4th. Blue2, Daniel 1st, Mike B 3rd. Green, Niamh 2nd. LtGreen, Rosie 2nd, Henry 5th. Orange, Wilfrid 4th.

Kelton Fell Top 31.3.2016

(Selection from the results.)

High Road

1st	Simon Hunter	42:12
2nd	Ian Cumpstey	54:18
3rd	Joe Goodwin	56:25
4th	Steven Breeze	57:40
5th	Jeff Goodwin	57:44
6th	Mike Hind	60:02
7th	Ben Goodwin	60:21
8th	Lynne Thomas	60:28
9th	Chris Emerson	62:31
10th	Ian Teasdale	65:29

Sprint A

1st	Alastair Thomas	16:31
2nd	Scott Collier	19:50
3rd	Steven Holmes	21:54
4th	Wilfrid Teasdale	27:30
5th	Jennie Stein	27:57
6th	Jo Smith	27:58
7th	Deborah Goodwin	32:36
8th	Paul Tickner	35:34
9th	Elizabeth Elliott	37:39
10th	Lucy Dunn	41:35

Sprint B

1st	Niamh Hunter	21:01
2nd	alan iring	22:43
3rd	Caitlin Irving	23:35
4th	Henry Teasdale	26:03
5th	Angela Jackson	26:33
6th	Catherine Wetherfield	28:57
7th	Colin Smith	30:43
8th	Sarah Chaudhri	33:20
9th	Penny Kingsland	38:10
10th	Roger Thomas	39:11

Novice

1st	Isaac Hunter	14:18
2nd	Tom Carter	14:42