



Upcoming Fixtures....

THIS WEEK 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!

Sat/Sun 16/17 April, Northern Champs.

Event organised by CLOK, with an Urban event in Whitby, and then a Classic event in Mulgrave Woods

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. Harris Park Live will have short courses to put the skills to the test. See website for details of time, assembly point.

Coaching continues on Saturday morning April 23rd at Holme Wood (TBC) and Saturday morning May 28th with a NEW map for micro-sprint in Cockermouth. Contact Lynne for info.

Membership & JK

The membership & levy debate continues. Keep an eye out for requests for your input. BOF are also conducting a survey on the future format for the JK, with Day 2 to become a Middle Distance race. Have your say!

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.



Parkrun

At least eight club members took part in the 5km Workington parkrun on Saturday morning (9am start), with a further three running at Keswick.

They are a great 'fitness marker' for those who wish to keep track on how their running is going!

Quite a few juniors are also taking part, with excellent performances on show, but they are also a development vehicle to just get fit and enjoy some running. The spread of ages and abilities is enormous, so you will fit in amongst the crowd!

Uldale 7.04.2016

(Selection from the results.)

Long

1st	Simon Hunter	39:47
2nd	Daniel Spencer	40:40
3rd	Rob Stein	41:03
4th	Mike Harrison	47:08
5th	Ian Cumpstey	49:06
6th	John Slater	50:40
7th	Niamh Hunter	51:17
8th	Jessica Mason	52:49
9th	Graham Hemingway	53:11
10th	Abigail Mason	54:44
11th	Chris Emerson	55:25
12th	Mike Hind	55:48
13th	Jeff Goodwin	56:03
14th	Joe Goodwin	56:15
15th	Ben Goodwin	58:04

Short

1st	Kate Charles	26:54
2nd	Ian Teasdale	28:43
3rd	Joseph Sunley	29:56
4th	Roger Jackson	30:50
5th	Stuart Parker	32:32
6th	Alice Rea	33:41
7th	David Downes	33:53
8th	Wilfrid Teasdale	35:08
9th	Catherine Wetherfield	35:36
10th	Herbie Ashworth	38:40
11th	Joyce Hemingway	40:34
12th	Jonathan Eaton	40:52
13th	Penny Kingsland	40:54
14th	Elizabeth Elliott	42:06
15th	Rachel Osborn	42:10

Novice

1st	Katie Ray	29:17
2nd	Hiroki Holmes	35:34

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>