



Upcoming Fixtures....

THIS WEEK 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.

Thur 28 April, Hogs Earth. The start of the Summer Series in this wonderful piece of oak woodland overlooking Derwentwater. Parking is quite restricted so please share transport if possible. Cost £3.50/£2. Starts from 5.45 to 7pm.

Sat 30 April, British Champs. Based in Bridgnorth, Shropshire. Good luck to all the hopefuls!

Schools Events

The 2016 series starts this Thursday for the Primary competition at Beacon Hill School, with the Secondaries going to Crag Hills next Monday. Thanks to all the helpers who are giving up their time to make the events happen.

Allerdale Bike Challenge

The 2016 series is on the horizon now. Time to get your pedals turning. Details & entry on www.bmbo.org.uk

Coaching

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

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.



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>

Northern Champs

A great weekend in the NE started with an urban event at Whitby (Sat) followed by the classic event in Mulgrave Woods (Sun).

Top performances went to **Alastair Thomas (1st) & Daniel Spencer (2nd)** on M16. **Niamh Hunter (2nd)** W16. Brilliant!

Matthew Vokes was third on M21E, Lynne Thomas was third on W45, Isaac Hunter was fourth on M10, Caitlin Irving was fifth on W14, and Wilfrid Teasdale was fifth on M12. Northern Champs in **BOLD!**

Darling How 14.04.2016

(Selection from the results.)

High Easy

1st	Andrew Bradley	35:47
2nd	Mike Harrison	37:20
3rd	Joe Goodwin	38:58
4th	Chris Emerson	40:36
5th	Ben Breeze	40:48
6th	Abigail Mason	42:57
7th	Steven Breeze	43:03
8th	Howard Leslie	44:14
9th	John Taylor	44:52
10th	Ben Goodwin	45:01
11th	Jeff Goodwin	45:08
12th	Mike Hind	46:49
13th	John Bacon	47:24

Low Sprint

1st	Daniel Spencer	30:13
2nd	Ian Cumpstey	32:31
3rd	Niamh Hunter	36:42
4th	Matthew Blackley	39:46
5th	Stuart Parker	40:02
6th	Chris Pollitt	40:05
7th	Bob Barnby	41:31
8th	Steven Holmes	41:41
9th	Louis Morris	42:51
10th	Ian Teasdale	43:15
11th	Henry Teasdale	45:19
12th	Roger Jackson	45:33
13th	Jessica Breeze	47:11
14th	Ange Jackson	48:20
15th	Herbie Ashworth	49:41
16th	Catherine Wetherfield	52:23

Low Easy

1st	Thomas O'Donnell	10:16
2nd	Aiden O'Donnell	12:40
3rd	Isobel Greenwood	15:14
4th	Ellen Lister	18:49