



Upcoming Fixtures....

THIS WEEK 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!

Thur 5 May, Sale Fell. Lovely open, runnable fellside. Cost £3.50/£2. Starts from 5.45 to 7pm. There will be sheep, so please don't bring dogs. This is so important for our continuing use of areas like this.

The Summer Series

This series of eighteen or so events starts this week. We look forward to better weather, but even so we can be caught out in a heavy rain downpour without adequate clothing for the conditions. Please keep your safety in mind and set out prepared (cag, hat, gloves, whistle?)

Mike Harrison has organised the series, but would like to hear from anyone interested in organising the last two venues; **07/07/16 – Dent, and 04/08/16 – Threlkeld.** Offers to Mike as soon as possible please.

Fangs Brow 21.04.2016

(Selection from the results.)

Long		
1st	Matthew Vokes	43:40
2nd	Daniel Spencer	47:00
3rd	Andrew Bradley	55:04
4th	Joe Goodwin	55:18
5th	Pete Nelson	56:23
6th	Ian Cumpstey	60:13
7th	Mike Harrison	60:51
8th	Steven Breeze	63:56
9th	Kate Charles	64:37
10th	Chris Emerson	66:49

Short		
1st	Michael Billingham	22:23
2nd	Steven Holmes	22:24
3rd	Alan Irving	23:37
4th	Graham Watson	25:51
5th	Stuart Parker	26:12
6th	Caitlin Irving	26:47
7th	Bob Bamby	27:19
8th	David Downes	27:57
9th	Henry Teasdale	28:30
10th	Kevin Hodgson	29:01
11th	Oliver Heron-Southward	29:49
12th	Lily Regan	30:27
13th	Ellen Lister	33:18
14th	Joseph Sunley	33:35
15th	Carys Thomas	34:00
16th	Philip Nichols	34:21
17th	Elizabeth Elliott	34:25
18th	Rachel Osborn	35:21
19th	Jonathan Eaton	35:23

Novice		
1st	Esme Saayman	19:26
2nd	Charlotte Steele	20:05
3rd	Rebecca Cummings	22:53
4th	Hiroki Holmes	25:27

Promoting our events.

There is a promotional poster/flier available to leave in public places to help advertise the summer series and the club's activities. Can you please find somewhere to leave a handful. Pick up some at the next evening event.

This time of year is ideal to promote the sport, with longer & lighter evenings, and informal & friendly events!

Come and have a go at orienteering FUN CHALLENGING EXCITING

West Cumberland Orienteering Club are holding a series of exciting events for experienced orienteers, newcomers and families in the West Cumbria area.

Open to all ages with no experience necessary.

Every Thursday from May until September the West Cumberland Club are running an ORIENTEERING event.

The events are open to all abilities and all ages with courses suitable for everyone, and a very easy course for the younger family members. First you may sound the alarm using a whistle, then the course is started. Using the check points and using an electronic timing system to measure your progress. There will always be help available to get you started. The venue for each Thursday evening can be found on the club's website.

Start times from 5.45pm - 7.00pm. Cost: Adults £3.50 & Juniors £2.20

WCOC Summer Series - EVERY THURSDAY MAY-SEPTEMBER

For further information contact Mike Harrison - Tel: 01900 821864 Email: miharrison@wococ.co.uk

www.wcoco.co.uk

The Summer Series

The series is about to start and 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>