



Upcoming Fixtures....

THIS WEEK 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.

Sun 8 May, Muncaster Galoppen. Usual colour coded courses for the fourth Galoppen of the 2016 series. The event will also host the Cumbria Schools Champs for secondary schools.

Thur 12 May, Dalegarth. Great terrain which has hosted many top competitions in the past. 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.

Muncaster Galoppen

The White Team are organising this one, with Ange Jackson doing the planning, Mike Pearson controlling, and Lynne Thomas the organising. The parking is close to the entry to Muncaster Castle. There will be a walk to the start which is on the western edge of the fell. This time of year gives the best running conditions, and with sunshine predicted (!!) it will be a grand day out!

Allerdale Bike Challenge

The 2016 series is on the horizon now. Time to get your pedals turning. The event will be using SI punching. Details & entry on www.bmbo.org.uk

The Summer Series

This series of eighteen or so events continues 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.

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>

British Success

A strong team attended the British Champs, hosted by HOC, on Brown Clee. Alastair Thomas took the M16 title by a significant margin, causing the planner to question his course length calculations!

The relays were a huge success with five teams on the podium.

Junior Ad Hoc: Ben Goodwin, Wilfrid Teasdale & Joe Goodwin (BRONZE)

W14: Caitlin Irving, Carys Thomas & Rosie Spencer (SILVER)

M18: Daniel Spencer, Ben Breeze & Alastair Thomas (SILVER)

W40: Lynne Thomas, Ange Jackson & Catherine Wetherfield (BRONZE)

Men's Short: Matthew Vokes, Simon Hunter & Michael Billinghurst (SILVER)

Lodore 28.04.2016

(Selection from the results.)
Long

1st	Alastair Thomas	41:39
2nd	Daniel Spencer	43:19
3rd	Jeff Powell Davies	46:45
4th	Andrew Bradley	48:23
5th	Mike Harrison	49:06
6th	John Slater	49:08
7th	Steven Holmes	50:16
8th	John Taylor	53:46
9th	Ben Breeze	55:16
10th	Steven Breeze	56:49
11th	Alan Irving	57:14
12th	Kate Charles	57:29
13th	Bob Bamby	58:01
14th	Susan Skinner	58:42

Short

1st	Stuart Parker	42:14
2nd	Caitlin Irving	44:10
3rd	Roger Jackson	48:04
4th	Joseph Sunley	48:25
5th	David Spencer	49:56
6th	Richard Cummings	52:38
7th	Phil Nichols	52:39
8th	Anne Burbidge	54:05
9th	Vanessa Brierley	54:17
10th	Rachel Osborn	57:33
11th	Deborah Goodwin	58:30
12th	Penny Kingsland	59:21
13th	Carys Thomas	59:22

Novice

1st	Isaac Hunter	32:18
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