



Upcoming Fixtures....

THIS WEEK Thur 26 May, Wasdale.

Another classic piece of terrain, to give a superb navigational challenge. Cost £3.50/£2. Starts from 5.45 to 7pm.

Wed 25 May, Cockermouth. The first of the Allerdale Bike Challenge events, starting from centre of Cockermouth. 2 hour score event on tarmac! Enter via bmbo.org.uk

Thur 2 June, Great Mell Fell. A large hill with superb views of the surrounding landscape. Route choices add to the navigational challenge. Cost £3.50/£2. Starts from 5.45 to 7pm.

Club gear

Steve Telford has the stock of club O-gear. If you don't have one, it might be time to invest in one of the very attractive running tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy.



Allerdale Bike Challenge

The 2016 series starts this Wednesday, based on Cockermouth. A two hour score event, collecting as many of the 25 controls as possible. The event will be using SI punching. Details & entry on www.bmbo.org.uk

Coaching

Coaching continues on Saturday morning May 28th with a NEW map for microsprint in Cockermouth at the Lakeland Business Park. Contact Lynne for info.

Newsletter....

Rob and Jennie Stein are keen to receive news articles on club activities over the last three months for the May edition of the quarterly newsletter. Articles, photos and drawings would be much appreciated. Please have all submissions in by 22nd May 2016. Done yours??

Twitter. You can follow @WCOC2014

North West Junior Squad

The new intake for 2016 includes, from WCOC, invitations to Lily Regan, Herbie Ashworth and Jonty Goodwin. They will join a very large contingent from the club.... Katie Lowles, Alastair Thomas, Daniel Spencer, Ben Breeze, Joe Goodwin, Louis Morris, Niamh Hunter, Rosie Spencer, Ben Goodwin, Carys Thomas, Joe Sunley, Jess Breeze, Caitlin Irving, Henry Teasdale. Congratulations to them all. Some talent there!!

High Rigg South 19.05.2016

(Selection from the results.)

Long		
1st	Daniel Spencer	26:21
2nd	Alastair Thomas	28:47
3rd	Jeff Powell Davies	30:58
4th	Chris Naylor	32:15
5th	Ian Cumpstey	33:15
6th	Steve Holmes	33:53
7th	Michael Billinghamurst	34:26
8th	Andrew Bradley	35:21
9th	Howard Leslie	37:05
10th	Stuart Parker	38:29
11th	Hannah Bradley	40:09
12th	Graham Watson	40:45
13th	Chris Pollitt	42:39
14th	Lynne Thomas	43:24
15th	Pete Nelson	43:49
16th	Chris Emerson	43:53
17th	Rosie Spencer	44:17
Short		
1st	Angela Brand-Barker	43:18
2nd	Rosemary Lord	46:08
3rd	David Spencer	46:28
4th	Ged Hagan	47:17
5th	Caitlin Irving	47:36
6th	Jessica Breeze	49:25
7th	Richard Cummings	50:30
8th	Roger Jackson	52:06
9th	Herbie Ashworth	52:14
10th	Phil Nichols	52:18
11th	Louise Hagan	52:54
12th	Susan Skinner	52:55
13th	Oliver Heron-Southward	54:18
14th	Raymond Wren	55:07
15th	Joseph Sunley	55:34
16th	Kim Leslie	56:07
Novice		
1st	Isaac Hunter	49:48
2nd	Lindsey Ashworth	71:04

Keep an eye on the Facebook page for Club goings-on!

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>