

Upcoming Fixtures....

THIS WEEK Thur 30 June, Bleaberry

Fell. Overlooking Derwentwater with some of the best views in the Lakes. Cost £3.50/£2. Starts from 5.45 to 7pm.

Thur 7 July, Cockermouth. A replacement for the loss of the Dent Fell venue. See details on the website. Cost £3.50/£2. Starts from 5.45 to 7pm.

Thur 14 July, High Park, Loweswater. The Parish Relays for teams of three. Junior competition as well, with details on the website. Free for club members.

SOLWAY club events

From Monday 8th to Friday 12th August 2016, Solway Orienteers are welcoming a group from OL Kufstein in Austria for a series of Orienteering events in South West Scotland. Details will be posted on our website, with a form to give SOLWAY an idea of numbers for their events. Sounds like an interesting schedule.

Schools Final 2016

Thanks to everyone involved with the event at Ennerdale Scout Camp. Superb weather and a great competition. Thanks to Natalie Burns for fifteen years of organising the school's league. Planning for 2017 has already started!



WCOC's Anniversary

A group of people got together in September 1967 and formed West Cumberland Orienteering Club. So, 2017 will be a very



significant birthday for the club. Once again a group of people have been beavering away to develop a program of events to celebrate this fact. We would like to have a special O-top.... get involved in the 'design competition'.... see the details on the website.

Twitter. You can follow @WCOC2014

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

First Aid Course

WCOC is providing First Aid training on the weekend of 16 - 17 July. We have a few places on the 1 day Basic first aid course on Saturday 16th July and places on the 2 day Outdoor first aid course on Saturday 16th and Sunday 17th July. If you are interested in attending either of these courses please contact Lesley Wornham. Many of the club's coaches will be attending as the three year renewal of certification comes into effect. Thanks to all involved.

Gillerthwaite 23.06.2016

(Selection from the results.)

	Long		
	1st	Niamh Hunter	41:20
	2nd	lan Cumpstey	41:59
	3rd	John Slater	46:24
	4th	Jeff Goodwin	46:42
	5th	Simon Hunter	47:20
	6th	Alastair Thomas	50:59
	7th	Elina Mikaelsson	51:10
	8th	lan Teasdale	55:36
	9th	Ben Goodwin	56:08
	10th	John Bacon	56:40
	11th	Nick Moore	60:28
	12th	Ange Jackson	61:20
	13th	Bob Barnby	61:59
	14th	Kate Charles	69:18
	Short	rate chance	00.10
	1st	David Spencer	33:38
	2nd	Matthew Blackley	38:01
	3rd	oliver Heron-Southward	38:17
	4th	Louis Morris	40:23
	5th	Joseph Sunley	44:17
	6th	Alice Rea	45:19
	7th	Stuart Parker	46:21
	8th	Chris Emerson	47:07
	9th	Richard Cummings	48:26
	10th	Jenny Wren	49:04
	11th	Raymond Wren	50:28
	12th	Roger Thomas	51:00
	13th	Vanessa Brierley	51:26
	14th	Matthew Harper	51:53
	Novice	·	
	1st	Isaac Hunter	17:20
	2nd	Brownie Amelia	19:57
1	3rd	Brownie Lucy	20:00

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

4th

5th

Brownie Ella

Leader Shauna

20:23

21:03

21:30