



Upcoming Fixtures....

THIS WEEK Thur 27 April, High Doat. The area is in the Borrowdale Valley, at the bottom of Honister Pass. Parking at Seatoller. The first of the Summer Series. Long, short and Novice courses. Check out the website for what to expect, www.wcoc.co.uk.

Thur 4 May, Ladies Table & Hogg Wood. The area is in the Wythop Valley. Check out the website for what to expect, www.wcoc.co.uk.

6-7 May, British Weekend. In the Lake District this year on great areas.

Buttermere Modern format.

If you enjoyed the 'future of O' event at Buttermere and used a GPS watch or tracker on your phone then why not analyse it with Quick Route? See the article from Westword O June 2015 posted on the website and Facebook. The programme analyses your speed of running, showing progress in different colours. It is a good coaching format, helping you to relate slow progress with the map, terrain, technique used, or fitness. Check it out if it is new to you.

British Relays helpers needed.

WCOC are planning the Relays and organising on the day. Alan Irving would appreciate a call if you can offer help for the various tasks that need to be covered. Alan explains.... "We require a lot of help on the day and already have some volunteers from other North West clubs. I would like as many as possible from our Club including family and friends so please ask around. There will be jobs to suit all, including inside and out, and even if running in event we should be able to work out how you can help. It will be a very busy day but also very rewarding for all the helpers and everyone will be part of the action. It is also an ideal time for some of the new members to be involved in a major event without possibly competing. Can you please let me know ASAP if you can help and what you would prefer to do? Volunteers to act as the lead in each of the areas would be most welcome."

Anniversary Year Quiz

Fifty clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#17. (NW) A ringing pet. (8)

Retain your answers till the end of the year. Prizes for highest scores.

Buttermere Modern 20.04.2017

(Selection from the results.)

Long		
1st	Steve Birkinshaw	31:54
2nd	Alastair Thomas	33:15
3rd	Simon Hunter	34:11
4th	Ben Breeze	36:24
5th	Ian Cumpstey	37:23
6th	Martin Skinner	38:18
7th	Michael Billinghurst	38:29
8th	John Slater	39:14
9th	Pete Nelson	39:59
10th	Alan Irving	40:29
11th	Mike Harrison	41:23
12th	Joe Hudd	42:10
13th	Steven Breeze	43:44
14th	Jeff Goodwin	44:04
15th	Kate Charles	45:13
16th	Angela Brand-Barker	45:15
17th	Howard Leslie	48:24
Short		
1st	Alice Rea	35:36
2nd	Roger Thomas	37:54
3rd	Peter Hudd	38:02
4th	Margaret Mackenzie	41:50
5th	Jonty Goodwin	42:12
6th	Wilfrid Teasdale	42:30
7th	Carys Thomas	44:03
8th	Andrew Stevens	44:10
9th	Nathan Kemp	45:30
10th	Alice Kemp	45:47
11th	Mike Schilling	46:24
12th	David Fenwick	48:21
13th	Deborah Goodwin	48:31
14th	Syd Thomas	49:24
15th	Anna Brown	49:49
16th	Jennie Stein	50:38
17th	Sam Holding	51:33
Novice		
1st	Tommy Hardy	12:23
2nd	Isaac Hunter	12:26
3rd	Oliver Lumb	12:54
4th	Tom Beetham +3	14:40
5th	Sophie Smith-Jackson	15:14

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>