



Upcoming Fixtures....

THIS WEEK

50th Anniversary Weekend

Thur 6 July, Grike & Crag Fell. Open Fell near Ennerdale Village. Long, short and novice courses. See website for details.

Sat 8 July, Club Chase. Venue is Scale Hill. You will need to pre-enter in order to get a handicap, and to guarantee a map. See details on website.

Sat 8 July, Loweswater. Bike-O in the afternoon around the valley, suitable for all bikes (all on tarmac). Pre-enter via www.bmbo.org.uk. See details on website.

Sat 9 July, Parish Relays. Venue is Holme Wood. You will need to register your team to get a map. Teams of three to run the set of courses. See details on website.

Reply to this EMAIL may be the best way to register your interest in the above Anniversary events. Should be a fun few days.

Wed 12 July, Mawbray BikeO. The event is part of the Summer Series enhancement. See website for details. Pre-enter if you can on the BMBO website to ensure there is a map. Routes will be on tarmac. Final Event.

Thur 13 July, Ling Fell. Open fell near Embleton. Long, short and novice courses. See website for details.

West Cumbria Schools' League

200 pupils from 12 schools competed in wet conditions at Wythop Head, in the shadow of Sale Fell, for the final event of the 2017 school league series. Thanks to the volunteers, the dozen or so club members who helped throughout the series. Bridekirk Dovenby and Cockermonth Schools were overall winners on the day. Hopefully we will see some of these very talented runners at our summer and autumn events.

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>

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.

#27. (NW) That is some mess! (5,6)

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

Barf 29.06.2017

(Selection from the results.)

Long

1st	Daniel Spencer	43:18
2nd	Zac Hudd	45:23
3rd	David Spencer	50:55
4th	Ben Breeze	51:21
5th	Michael Billinghurst	53:15
6th	Ian Cumpstey	56:55
7th	Ben Goodwin	57:16
8th	Joseph Goodwin	59:56
9th	Jeff Goodwin	62:06
10th	Andrew Bradley	62:54
11th	Mike Harrison	63:27
12th	Steven Breeze	63:38
13th	John Taylor	63:59

Short

1st	Niamh Hunter	45:41
2nd	Roger Thomas	48:41
3rd	Rosie Spencer	49:26
4th	Ange Jackson	50:12
5th	Wilfrid Teasdale	50:37
6th	Raymond Wren	53:23
7th	Andy Rodger	55:04
8th	Peter Hudd	56:43
9th	Mike Cumpstey	60:28
10th	Roger Jackson	62:25
11th	Vanessa Brierley	77:20
12th	Jonty Goodwin	77:58
13th	Christine Clarkson	85:53

Novice

1st	Brett Malloy	12:30
2nd	Isaac Hunter	15:02
3rd	Alex Crawford	16:40
4th	Emma Crawford	20:21
5th	Barbara Thomson	24:53
6th	Amber Fronckiewicz	25:15

Threlkeld Galoppen

The next Galoppen is planned for 16th July on Threlkeld. Blue Team are organising. Offer your help to Jeff Goodwin.