



Upcoming Fixtures....

THIS WEEK Thur 12 April, Fangs Brow Score. Evening event at Fangs Brow near Loweswater. Score format. Collect as many controls as you can within the time limit. Good fun. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sat 14 April, Graythwaite. Middle distance event. Details on LOC website. Enter on line.

Sun 15 April, Lingmoor. Long distance race. Details on LOC website. Enter on line.

Thurs 19 April, Scale Hill Score. Evening event at Scale Hill near Lorton. Score format. Collect as many controls as you can within the time limit. Good fun. Cost £3.50/£2. Starts 5.45 to 7.15pm.

Knipe Scar Galoppen

A great haul of Galoppen points for the WCOC team at this new venue. Simon Hunter was 3rd on Brown, David Spencer was 2nd on Blue with Martin Skinner 3rd. On Green Ian Teasdale was 2nd and David Rodger 3rd, first ladies were Lily Regan in 6th and Jess Breeze 7th. Catherine Wetherfield was 4th, Liz Elliott 7th on Short Green. A win for Wilfrid Teasdale on Light Green, 3rd for Herbie Ashworth. Isaac Hunter won Orange with Myrtle Ashworth runnerup. Great to see representation on Yellow, with George Rennie in 6th and Hiroki Holmes in 7th. Scores and the Galoppen league should appear on www.lakes-o.com shortly once the statistician has had a chance to sort them.

Evening Event planners

Mike Harrison is still looking for a couple of planners for the summer series. Check the Facebook page for details and see if you can take one of them on.

School events....

The Primary & Secondary School league events will be starting soon. Do you have any afternoons free to lend a hand. Reply to this EMAIL if you can help. Thanks.

Twitter. You can follow @WCOC2014

JK performances

Well done to all the WCOC members who ran at the JK last weekend. Great results individually: Niamh Hunter (1st W18E), Alastair Thomas (1st M18E), Dan Spencer (2nd M18E), Ben Goodwin (2nd M18L), Daisy Rennie (2nd W12), and Helen Rennie (3rd W40); and in the relays Joe / Joe / Charlie (1st M48) and Niamh / Issy / Lily (3rd W48)!

Leaps Beck 05.04.2018

(Selection from the results.)

Long			
1st	Matthew Vokes	260	46:03
2nd	Zac Hudd	255	45:42
3rd	Ian Cumpstey	230	43:49
4th	Michael Billinghamurst	220	44:11
5th	Ben Breeze	215	45:27
6th	Joe Sunley	215	48:58
7th	Pete Nelson	205	45:26
8th	Wilfrid Teasdale	200	41:18
9th	Steven Breeze	200	42:14
10th	Jessica Breeze	185	45:31
11th	Herbie Ashworth	185	47:15
12th	Bob Barnby	180	44:25
13th	Joseph Goodwin	175	45:28
14th	David Rodger	175	45:29
15th	Ian Teasdale	175	45:41
16th	Rosie Spencer	165	47:36
Short			
1st	Isabel Sunley	44:41	190
2nd	Richard Cummings	45:39	190
3rd	Owen Mills	46:48	180
4th	Colin Smith	42:07	160
5th	Di Mitchell	41:03	150
6th	Penny Kingsland	42:48	150
7th	Deborah Goodwin	44:27	150
8th	Mark Pearson	46:58	160
9th	Clare Rodger	45:21	150
10th	Joan Cumpstey	45:59	150
11th	Elizabeth Elliott	39:19	140
12th	Mike Cumpstey	45:14	140
13th	Janette McHendry	45:47	120
14th	Evan Mills	43:26	110
15th	Ann Cummings	50:47	150
Novice			
1st	Myrtle Ashworth	135	45:35
2nd	Hiroki Holmes	120	42:00
3rd	Blake Mills	110	41:33
4th	Jennie Stein	100	39:52
5th	Finlay Atkinson + Dad	55	54:38

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

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