



### Upcoming Fixtures....

**THIS WEEK** **Thur 11 April, Knock Murton, Kirkland** Score event, to collect as many controls as possible within the time limit. A Medium and Novice courses available. Cost £4/£2. Starts 5.30 to 7pm.

**Thur 18 April, Woodhall Park, Cockermouth** Score event, to collect as many controls as possible within the time limit. Cost £4/£2. Starts 5.30 to 7pm.

**Thur 25 April, Flat Fell** Score event, to collect as many controls as possible within the time limit. Cost £4/£2. Starts 5.30 to 7pm. Take care parking on the roadside.

**Sun 28 April, Muncaster Galoppen** Usual set of colour coded courses, suitable for all ages and abilities. Starts from 10.30am to Noon. Parking at Muncaster Castle.

### Our Spring Series continues.....

The first half of the Spring Series was on urban terrain with sprint practice for the juniors who will be competing at the JK and British Champs. The second half uses open terrain and the score format. There will be different variations on offer, but basically you collect as many of the controls as possible in the shortest time (usually with a time limit). You can choose which ones to collect, in which order, altering your route as you go.

### Welcome to our new juniors.....

Over the last few weeks we have seen quite a few juniors joining the club. Eva Humphreys (W12), Eleanor Mitchelhill (W12), Megan Gerrard (W14), Rebecca Cook (W10), Regan Jukes (W10), Jack (M10) & Lily (W10) Woodall joining brother Harry (M12). Also welcome to Miles Bradshaw (M45).

### Your unused SI5/6 ecards.....

You may have seen the request on the Facebook page asking if anyone had an unused ecard for sale. The new juniors would like one of their own (rather than borrow one each event), but perhaps not wish to outlay lots of money on a SIAC just yet. Perhaps you have one to offer?

**Twitter.** You can follow @WCOC2014

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

**West Cumberland Orienteering Club Facebook Page**

### Next Galoppen.....

Muncaster Fell is the venue for this, the third event of the 2019 series. The event is at the end of April with the terrain in perfect condition for great competition. As usual quite a few volunteers will be needed to run the event. Please offer your services if asked.

### World Schools Champs.....

Isabel Sunley and Rosie Spencer are off to Otepaa, Estonia, for the 2019 World Schools Champs as part of the girls junior and senior select teams. The competition is from April 29 to May 5. We wish them well, hope they enjoy the terrain and the races and perform to their best.

### Camerton 04.04.2019

(Selection from the results.)

#### Long Score

1st	Phil Winskill	200	31:43
2nd	Ian Cumpstey	200	37:14
3rd	Jonty Goodwin	200	39:28
4th	Martin Skinner	200	39:50
5th	Pete Nelson	200	43:42
6th	Nick Moore	200	44:02
7th	Simon Farrell	190	42:05
8th	Carol Edwards	190	42:47
9th	Mike Hind	190	43:21
10th	Lily Regan	190	43:59
11th	Janet Evans	180	44:11
12th	Chris Regan	170	42:08
13th	Ann Cummings	170	42:41
14th	Richard Cummings	150	47:07
15th	Dan Roach	60	51:50

#### Short Score

1st	Callum Coldwell	200	26:36
2nd	Bob Barnby	180	27:27
3rd	Janette McHendry	150	28:32
4th	Deborah Goodwin	150	30:13
5th	Toby Heppell	140	30:24
6th	Sally Heppell	140	30:56
7th	Daniel Heppell	130	32:58
8th	Harry Woodall	120	33:59
9th	Hiroki Holmes	110	28:55

#### Novice

1st	Lily Woodall	20:57
2nd	Hiroki Holmes	21:00
3rd	Regan Jukes	21:05
4th	Jack Woodall	21:24
5th	Rebecca Cooke	29:21