



Upcoming Fixtures....

THIS WEEK **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.

Thur 11 April, Lodore Wonderland natural oak woodland in Borrowdale. First event of the Summer Series. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

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.

Summer Series starts soon

Our Summer Series of eighteen events starts soon, with the first venue at Lodore, just above Surprise View in Borrowdale. As with quite a few of our venues the parking can be quite restricted. If you can share transport that would help to relieve the pressure on space. AND, if you have a 4X4 you could park on rougher ground.

There may also still be a venue where a planner is needed. Michael Billinghamurst would like to hear from you if you can manage to run one of the events and haven't been allocated one yet. They are great fun to do, and will give you a chance to make a contribution to the club's annual efforts. Many thanks if you can.

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.

Knock Murton 11.04.2019

(Selection from the results.)

Long Score

1st	Joe Sunley	240	33:56
2nd	Jamie Rennie	240	34:17
3rd	David Spencer	240	35:37
4th	Michael Billinghamurst	240	38:04
5th	Wilfrid Teasdale	240	43:23
6th	Chris Emerson	240	44:20
7th	Steven Breeze	240	44:24
8th	Steve Holmes	238	45:14
9th	Nick Moore	234	47:12
10th	Pete Nelson	232	48:41
11th	Simon Hunter	230	36:10
12th	Caitlin Pearson	230	41:21

Medium

1st	Roger Thomas	40:46
2nd	Daisy Rennie	40:47
3rd	Isabel Sunley	43:00
4th	Mark Skidmore	44:07
5th	Isaac Hunter	47:13

Novice

1st	Hiroki Holmes	15:05
2nd	George Rennie	18:43
3rd	Finlay Atkinson	33:03
4th	Matthew Farrell	33:43
5th	Stefi Stein	41:49

Short Score

1st	Roger Jackson	210	40:55
2nd	Callum Caldwell	210	42:08
3rd	Chris Regan	190	38:42
4th	Bob Barnby	170	40:42
5th	Penny Kingsland	160	38:42
6th	Janette McHendry	160	41:55
7th	Elizabeth Elliott	160	42:15