



### Upcoming Fixtures....

**THIS WEEK Thur 9 May, High Rigg South** Fabulous terrain on High Rigg near Keswick. A great test for navigation. Cost £4/£2. Starts 5.30 to 7pm.

**Thur 16 May, Sale Fell** Great open fell close to Embleton. Second event of the Summer Series. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

**Thur 23 May, Honister Combe** A new area and new map drawn by Mike Hind. Just below Honister quarry with plenty of contour detail. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

**Thur 30 May, Mell Fell** A popular fell near Troutbeck. Great views if we are lucky with the weather. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

### JK weekend.....

Finally the results are published. Congratulations to the two junior teams who made it to the podium. The M48-team of Joe Sunley, Charlie Rennie and Joe Hudd won, and the M/W40- team of Issy Sunley, Myrtle Ashworth and Daisy Rennie were placed second. Brilliant results!

### British Champs w/e

The weekend started with a new addition, the mixed sprint relay. The junior team of Joe Sunley, Caitlin Irving and Charlie Rennie swept the opposition aside with a great win.

The individuals on the Sunday had many podium finishes for WCOC. Hiroki Holmes (1<sup>st</sup>) and Ash Boothroyd (2<sup>nd</sup>) on M10. Daisy Rennie was 3<sup>rd</sup> on W14A, with Emma Crawford just missing out in 4<sup>th</sup>. Caitlin Irving was 3<sup>rd</sup> on W16A. On M16A there was a clean sweep for Joe Sunley (1<sup>st</sup>), Joe Hudd (2<sup>nd</sup>) and Charlie Rennie (3<sup>rd</sup>). The photo of the 16's podium was very impressive!!

Niamh Hunter was 2<sup>nd</sup> on W20E, as was Alastair Thomas on M20E. Michael Pearson won M75, showing that he has retained his fitness and set aside the niggling injuries. Awaiting the relay results. See the BOC website.

**Twitter.** You can follow @WCOC2014

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

**West Cumberland Orienteering Club Facebook Page**

### Muncaster Galoppen.....

Thanks to the organising team for another great Galoppen. Planned by Steve Birkinshaw, controlled by Jon Eaton and organised by Ged Hagan. Thanks also to all the helpers on the day.

### Spring Series concludes

Four sprint and four score events. Thanks to the planners: Joe Sunley, Roger Jackson, Crawford Family, Matthew Vokes, Caitlin Pearson, Jonty Goodwin, David Spencer and Rebecca Crellin.

### Lodore 02.05.2019

(Selection from the results.)

Long

1st	Matthew Vokes	34:31
2nd	Charlie Rennie	40:20
3rd	Steve Birkinshaw	40:25
4th	Ben Breeze	42:34
5th	Chris Naylor	42:44
6th	Niamh Hunter	44:39
7th	Sam Stead	44:51
8th	David Spencer	44:54
9th	Michael Billinghamurst	46:41
10th	Mike Harrison	47:16
11th	Ian Cumpstey	48:36
12th	Simon Hunter	50:23
13th	Steven Breeze	51:25
14th	Karen Parker	53:17

Short

1st	Lily Regan	49:19
2nd	Jim Evans	49:52
3rd	Emma Crawford	52:37
4th	Jamie Rennie	52:49
5th	Daisy Rennie	54:37
6th	Michael Pearson	58:41
7th	Richard Cummings	58:53
8th	Ange Jackson	61:07
9th	David Lloyd	65:38
10th	Chris Regan	66:12
11th	Ged Hagan	66:25
12th	Janet Evans	68:32
13th	Deborah Goodwin	71:07
14th	Paul Tickner	72:14

Novice

1st	Scarlett Evans	10:32
2nd	Maesie Evans	11:29
3rd	Beth Skidmore	16:14
4th	Julie Skidmore	16:20
5th	Lily Woodall	22:26
6th	George Rennie	22:55
7th	Jack Woodall	22:59