

# Upcoming Fixtures....

## THIS WEEK Thur 20 June, Holme Wood

Woodland on the shores of Loweswater Lake. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

## Wed 26 June, Allerdale Bike Challenge

Fourth event of the 2019 series. See bmbo website for details and entry. Based around Cockermouth.

Thur 27 June, Matty Benns Part of Kinniside Common. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 4 July, Mosser Fell New part of Mosser Fell recently resurveyed. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Wed 10 July, Allerdale Bike Challenge Final event of the 2019 series. See bmbo website for details and entry. Based around Caldbeck.

Sun 14 July, Allerdale Chase Long-O on High Brow and Watermillock. Details on website, with entries via Slentries. Courses to test all abilities.

## First Aid course

The club has organised a First Aid course (Two day and One day) for club coaches to renew their qualification. Anyone who would like to attend on 13/14 July in Greysouthen Village Hall should contact Lesley Wornham. We've still got 5 spare places - free to participants.

## Parish Relays.

This year the Parish Relays will be held on Mawbray Dunes on 11th July. The Mawbray Village Hall has been booked and sandwiches are being ordered for post event social. Please contact Lesley Wornham to book your place and food. Teams of three (from roughly the same location, or a family group) need to be registered before the night so that the sets of maps can be prepared. Add your names to the sheet at any of the future evening events.

#### Twitter. You can follow @WCOC2014

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

#### Allerdale Chase.

Another running of this popular Long-O format, this time using the fells close to Ullswater Lake on High Brow and Watermillock. Four courses are on offer, Long at 17.5k, Medium 12.5k, Short 8k and Very Short 4k. Please pre-enter via SIEntries as maps will be preprinted and only a very limited number will be available for entry on the day (EOD). Please see website for clothing & safety requirements, it might be wet!

#### Swarth Fell 13.06.2019

(Salaction from the results )

(Selection nom	uie	results.)	
Long Score			

(Colocator Horri are recards.)							
Long S							
1st	Daniel Spencer	300	40:36				
2nd	Sam Stead	300	43:07				
3rd	Joe Hudd	295	45:52				
4th	Charlie Rennie	290	46:17				
5th	Jamie Rennie	275	49:56				
6th	David Spencer	270	42:40				
7th	Joseph Goodwin	270	50:45				
8th	Andrew Bradley	265	45:11				
9th	Simon Hunter	265	45:40				
10th	Ben Goodwin	250	43:32				
11th	Steve Holmes	245	45:46				
12th	Ian Cumpstey	235	45:06				
13th	Tamsin Moran	235	49:36				
14th	John Taylor	230	44:22				
15th	Lynne Thomas	230	44:54				
16th	Jonty Goodwin	220	42:42				
Short S							
1st	Wilfrid Teasdale	240	43:59				
2nd	Daisy Rennie	240	44:10				
3rd	Ruben Razzetti	240	50:50				
4th	Emma Crawford	220	41:51				
5th	Ian Teasdale	200	44:51				
6th	Roger Jackson	190	42:54				
7th	Helen Rennie	185	45:14				
8th	Richard Southward	180	43:05				
9th	Raymond Wren	180	43:56				
10th	Natalie Hawkrigg	180	46:28				
11th	Daniel Heppell	175	49:44				
12th	Deborah Goodwin	155	45:40				
13th	Adrian Ledger	155	45:59				
14th	Elizabeth Elliott	140	41:58				
15th	Janette McHendry	135	49:01				
16th	Gwen Rea	130	39:16				
17th	Dick Whitworth	130	40:15				
18th	David Fenwick	130	40:17				
19th	Sophie Crawford	100	36:21				
Novice							
1st	George Rennie	13:54					

2nd

3rd

Jessica Crellin

Isabel Crellin

West Cumberland Orienteering Club Facebook Page