



Upcoming Fixtures....

THIS WEEK Thur 2 June, Great Mell Fell. A large hill with superb views of the surrounding landscape. Route choices add to the navigational challenge. Cost £3.50/£2. Starts from 5.45 to 7pm.

Sat 4 June, CompassSport Cup. A bus has been organised for the trip to Timble lngs, with CLARO organising. The event was postponed from earlier in the year because of a flooded parking field. Some big clubs are competing at this round. Good luck WCOC!

Sun 5 June, Galoppen on Haverigg Dunes. Organised by LOC. Usual courses. The sand dunes make for great orienteering.

Wed 8 June, Maryport. The second of the Allerdale Bike Challenge events, starting from Maryport Golf Club. 2 hour score event on tarmac! Enter via bmbo.org.uk

Thur 9 June, Matty Benn's Bridge. A part of Kinniside Common with quite a few features to keep the navigation engaged. Fun if it is misty. Cost £3.50/£2. Starts from 5.45 to 7pm.

North West Junior Squad

The new intake for 2016 includes, from WCOC, invitations to Lily Regan, Herbie Ashworth and Jonty Goodwin. They will join a very large contingent from the club.... Katie Lowles, Alastair Thomas, Daniel Spencer, Ben Breeze, Joe Goodwin, Louis Morris, Niamh Hunter, Rosie Spencer, Ben Goodwin, Carys Thomas, Joe Sunley, Jess Breeze, Caitlin Irving, Henry Teasdale. Congratulations to them all. Some talent there!!

Summer Series Update

It has proved impossible to find a planner for the event on Dent Fell (July 7). The Forestry Comm need six weeks notice, with the courses, in order to complete their end of the permission process. However, we can perhaps have an alternative venue.... watch out for details.

Twitter. You can follow @WCOC2014

Coaching

A coaching session was held in Cockermouth on Saturday morning last. A very small area, newly mapped, of the business park ('Wigwams') was used for sprint 'O' practice, planned by Debbie Watson (for younger ones), and Simon Hunter (more experienced group). Although the sessions are mainly aimed at the juniors it is possible for seniors to use the exercises to practice their own skill shortages(!) It was really good fun. Contact Lynne for info.

Wasdale 26.05.2016

(Selection from the results.)

Long

1st	Alastair Thomas	39:24
2nd	Matthew Vokes	44:29
3rd	Daniel Spencer	44:32
4th	John Slater	51:57
5th	Richard Lecky-Thompson	53:09
6th	Andrew Bradley	58:18
7th	Chris Pollitt	58:56
8th	Ben Goodwin	59:36
9th	Niamh Hunter	60:00
10th	Steven Breeze	61:21
11th	Kate Charles	61:27
12th	Howard Leslie	62:51
13th	Ian Teasdale	66:07
14th	Ange Jackson	68:22
15th	Pete Nelson	78:08

Short

1st	Louis Morris	33:29
2nd	Joseph Sunley	35:23
3rd	Oliver Heron-Southward	38:24
4th	Susan Skinner	38:25
5th	Rosie Spencer	38:32
6th	Chris Cripps	40:13
7th	Roger Jackson	40:39
8th	Kevin Hodgson	41:45
9th	Louise Hagan	43:05
10th	Rosemary Lord	43:50
11th	Anne Burbidge	45:27
12th	Henry Teasdale	46:15
13th	Ged Hagan	47:03
14th	Catherine Wetherfield	49:15
15th	Richard Cummings	49:41

Novice

1st	Billie Lomas	22:06
2nd	Rebecca Smith	23:16
3rd	Ross Marsden +1	24:52

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

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