



Upcoming Fixtures....

THIS WEEK Thur 16 June, Setmurthy.

A small forest close to Cockermouth, which is surprisingly technical. Cost £3.50/£2. Starts from 5.45 to 7pm.

Wed 22 June, Wigton.

The third of the Allerdale Bike Challenge events. New area. 2 hour score event on tarmac! Enter via bmb0.org.uk

Thur 23 June, Gillerthwaite.

Part of Wild Ennerdale. Cost £3.50/£2. Starts from 5.45 to 7pm.

The Summer Series

The series is enjoying better weather and some very interesting venues with great views of the Lake District. It is definitely time to encourage friends, colleagues and neighbours to give the sport a go and to enjoy the pleasures of some competition.



Schools Final 2016

Ennerdale Scout Camp is the venue for the final of the West Cumbria Schools League on Thursday 23rd June. One of the prime movers of this fantastic development, **Natalie Burns**, will be retiring after fifteen years of dedicated service to the cause. She has involved dozens of schools, both Primary and Secondary, from Allerdale and Copeland. Over the years several thousand children have had a go at orienteering, and recently one of the school groups was being looked after by a participant of one of the early events a good few years ago!! Thanks Natalie.

Parish Relays 14 July

Early notice of this event, which will be held at High Park on the shores of Crummock. Teams of three, so juniors, start thinking about who you can run with. Always a highlight of the season!

British Sprints & Middles

A long way to travel to the championships this year, but what success! Sprint Champions in **W14, Caitlin Irving and M16, Alastair Thomas**. Many other excellent runs. In the Middle distance champs Alastair Thomas was narrowly beaten into second place by MAROC's Jake Chapman. Rosie Spencer took third in W14, with Caitlin Irving fourth. Niamh Hunter was fourth on W16. Susan Skinner was fourth on W50.

Matty Benns 09.06.2016

(Selection from the results.)

Long

1st	Simon Hunter	35:38
2nd	Andrew Bradley	40:33
3rd	Ian Cumpstey	42:47
4th	Alastair Thomas	43:19
5th	Jeff Goodwin	45:42
6th	Steve Holmes	46:52
7th	Niamh Hunter	47:17
8th	Stuart Parker	48:12
9th	Raymond Wren	49:55
10th	Lynne Thomas	50:24
11th	Chris Pollitt	51:04
12th	John Taylor	52:14
13th	Ben Goodwin	52:26
14th	Ian Teasdale	53:09
15th	Mike Hind	54:58
16th	Eina Mikaelsson	55:15

Short

1st	David Spencer	24:36
2nd	Louis Morris	28:22
3rd	Susan Skinner	29:41
4th	Roger Jackson	31:23
5th	Oliver Heron-Southward	32:05
6th	Angela Brand-Barker	32:08
7th	Ged Hagan	35:21
8th	Vanessa Brierley	36:16
9th	Debbie Watson	39:31
10th	Joseph Sunley	39:42
11th	Ann Cummings	39:51
12th	Roger Thomas	39:54
13th	Rachel Osborn	40:24
14th	Richard Cummings	41:13
15th	Louise Hagan	41:44
16th	Elizabeth Elliott	41:57

Easy

1st	Clare Rodger	12:51
2nd	Isaac Hunter	18:01
3rd	Hiroki Holmes	20:01
4th	Carys Thomas	20:38

Twitter. You can follow @WCOC2014

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

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