



Upcoming Fixtures....

THIS WEEK Thur 20 April, Buttermere.

Using a lovely bit of mature woodland near Buttermere Village and then the fellside on the side of Rannerdale Knotts. Details of the event on the club website. Planner, John Taylor, has planned something different for us. A promise of sight of the future of the sport!

Thur 27 April, High Doat. The area is in the Borrowdale Valley, at the bottom of Honister Pass. Parking at Seatoller. Check out the website for what to expect, www.wcoc.co.uk.

Thur 4 May, Ladies Table & Hogg Wood. The area is in the Wythop Valley. Check out the website for what to expect, www.wcoc.co.uk.

6-7 May, British Weekend. In the Lake District this year on great areas.

Club gear

Steve Telford has the stock of club O-gear. If you don't have one, it might be time to invest in one of the very attractive running tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy. Check out the website for details of the 'fiftieth' design commemoration O-top. The new ones are on their way!



West Cumbria Schools' League

The event on Thursday at Netherhall School had 182 participants. Some great racing, and one or two of our younger juniors were participating. Perhaps a few more potential club members might be tempted to join.

Allerdale Bike Challenge

This is a series of five 2 hour score events around West Cumbria using electronic punching, with twenty five controls to locate. This year there is a link up with the club's summer series. Details of the competition (and rules etc) will be available on the club website.

Twitter. You can follow @WCOC2014

Anniversary Year Quiz

Fifty clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#16. (SW) An archer dropped it (3,4)

Retain your answers till the end of the year. Prizes for highest scores.

JK Weekend 15-17.04.2017

Four days of racing in great terrain south of London. The weekend consisted of a Sprint, Middle & Long Races, and a Relay. Almost forty club members made the journey south for the competition.

The results were produced by SI and the link to the full results can be found on their website www.sportident.co.uk

The highlights of the weekend were the podium finishes for the relay teams.

The W120+ team of Helen Winskill, Susan Skinner and Lynne Thomas took the trophy!

Not to be outdone, the W48- team of Rosie Spencer, Caitlin Irving and Niamh Hunter also took the trophy.

The M/W40- team of Joe Sunley, Wilfrid Teasdale and Joe Hudd were second. A great performance.

Alastair Thomas, Daniel Spencer and Matthew Vokes ran the Premier JK Trophy and came in 11th in a very competitive field. Impressive!

Zac Hudd, Joe Goodwin and Ben Breeze also performed well on Men's Short to take fifth place.

WCOC members did well in the individual races, with loads of good performances. A sample.....

[Sp -sprint, Mi -middle, Lo -long]

Isaac Hunter M10, Lo 4th, Sp 5th

Caitlin Irving W14, Mi 3rd, Sp 4th, Lo 7th

Susan Skinner W50, Lo 3rd

Michael Billingham M55, Sp 3rd, Mi 4th, Lo 5th

Joe Sunley M14, Sp 3rd

Alastair Thomas M18E, Sp 3rd, Lo 3rd, Mi 4th

Joe Goodwin M18, Lo 1st

Isabel Sunley W12, Sp 4th

Niamh Hunter W18E, Lo 6th