



Upcoming Fixtures....

THIS WEEK Thur 4 May, Ladies Table & Hogg Wood. The area is in the Wythop Valley. The parking is at Beck Wythop down beside the A66. PLEASE NOTE. There will be a Novice course and an Improvers course which will be a little more difficult, and of course the usual Long & Short. 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.

Thur 11 May, Wasdale. Fantastic piece of terrain on the side of Wastwater, definitely worth the journey, with views of Scafell and the screes! Long, short and Novice courses. Check out the website for what to expect, www.wcoc.co.uk.

Sat/Sun 13/14 May, Double Galoppen. A great weekend of racing in Eskdale on our finest terrain. A great challenge. Usual range of courses. Entry on the day.

British Relays helpers needed.

Alan Irving would appreciate a call if you can offer help for the various tasks that need to be covered this coming weekend.

World Schools' Championship, Palermo.

The M1 team from Cockermouth School achieved a fantastic overall fourth place. Congratulations guys! See the Facebook page for photos etc.

Welcome to New Members

Andrew Stevens (M40), Philippa Hardy (W45) and Tommy (M10), Ros (W70) and Trevor (M70) Earthy. Welcome!

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. The first event is based at Keswick on Wed., 17th May. Enter via www.bmbo.org.uk

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>

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.

#18. (NE) Most famous falls in Cumbria? (4,5)

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

High Doat 27.04.2017

(Selection from the results.)

Long A

1st	Steve Birkinshaw	41:30
2nd	Simon Hunter	44:15
3rd	David Spencer	45:58
4th	Ian Cumpstey	46:25
5th	John Slater	49:28
6th	Steve Holmes	51:03
7th	Jeff Goodwin	52:36

Long B

1st	Matthew Vokes	38:06
2nd	Joe Hudd	46:55
3rd	Ben Goodwin	48:47
4th	Mike Harrison	50:18
5th	Alan Irving	51:20
6th	Joe Sunley	52:32
7th	John Taylor	55:55

Short

1st	Herbie Ashworth	33:12
2nd	Roger Thomas	35:21
3rd	Jessica Breeze	37:01
4th	Oliver Heron-Southward	37:33
5th	Debbie Watson	39:11
6th	Wilfrid Teasdale	39:24
7th	David Rodger	39:26
8th	Anne Burbidge	41:48
9th	Isabel Berry	42:20
10th	Richard Cummings	44:14
11th	Henry Teasdale	44:37
12th	Catherine Wetherfield	46:12
13th	Jonty Goodwin	46:50
14th	Vanessa Brierley	48:10

Novice

1st	Isabel Winskill	24:41
2nd	Ruben Razzetti	27:38
3rd	Isaac Hunter	28:52
4th	Matthew Smith-Jackson	30:07
5th	Myrtle Ashworth	31:36
6th	Oliver Lumb	32:37
7th	Tommy Hardy	32:53
8th	Philippa Hardy	33:00
9th	Sophie Smith-Jackson	33:42
10th	Eva Bullock	33:58