



Upcoming Fixtures....

THIS WEEK Wed 28 June, Lorton BikeO. The event is part of the Summer Series enhancement. See website for details. Pre-enter if you can on the BMBO website to ensure there is a map. Routes will be on tarmac.

Thur 29 June, Barf. Open fell above and overlooking Bass Lake. Long, short and novice courses. See website for details.

50th Anniversary Weekend

Thur 6 July, Grike & Crag Fell. Open Fell near Ennerdale Village. Long, short and novice courses. See website for details.

Sat 8 July, Club Chase. Venue is Scale Hill. You will need to pre-enter in order to get a handicap, and to guarantee a map. See details on website.

Sat 8 July, Loweswater. Bike-O in the afternoon around the valley, suitable for all bikes (all on tarmac). Pre-enter via www.bmbo.org.uk. See details on website.

Sat 9 July, Parish Relays. Venue is Holme Wood. You will need to register your team to get a map. Teams of three to run the set of courses. See details on website.

Reply to this EMAIL may be the best way to register your interest in the above Anniversary events. Should be a fun few days.

Welcome to our New Member.

Welcome to Christine Clarkson (W40)

Anniversary O tops.

Lesley is preparing another order for the 50th Anniversary O-tops. If you wish to get one, send her the quantity and size(s) required by Friday 30th June. Cost is £28 seniors and £20 juniors. See website for further details.

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.

#26. (NW) The heather grows on Glen Fill (4,4)

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

Knock Murton 22.06.2017

(Selection from the results.)

LONG

1st	Matthew Vokes	37:31
2nd	Daniel Spencer	38:51
3rd	Simon Hunter	41:26
4th	Joe Hudd	44:20
5th	David Spencer	44:45
6th	Joseph Goodwin	47:36
7th	John Slater	47:52
8th	Ian Cumpstey	49:24
9th	Steve Holmes	49:53
10th	Ben Goodwin	51:29
11th	Niamh Hunter	52:23
12th	Mike Harrison	52:41
13th	Joe Sunley	53:17
14th	Chris Emerson	53:52
15th	Jeff Goodwin	53:53
16th	Steven Breeze	55:29
17th	Oliver Heron-Southward	55:39
18th	John Taylor	57:54

SHORT

1st	Peter Hudd	38:38
2nd	Wilfrid Teasdale	42:43
3rd	Roger Jackson	46:31
4th	Ann Cummings	49:00
5th	Rosie Spencer	49:15
6th	Jennie Stein	49:36
7th	Richard Cummings	50:08
8th	Roger Thomas	51:52
9th	Jessica Breeze	52:20
10th	Suzy Hankin	52:30
11th	Ange Jackson	52:40
12th	Jenny Lee	53:29
13th	David Rodger	53:34
14th	Henry Teasdale	53:41
15th	Isabel Sunley	57:12
16th	Mike Cumpstey	58:47
17th	Vanessa Brierley	59:23
18th	Philip Nichols	62:43

NOVICE

1st	Christine Clarkson	18:56
2nd	Jack Long	21:43
3rd	Sam Long	21:47