



Upcoming Fixtures....

THIS WEEK Thurs 5 April, Leaps Beck Score. Evening event at Leaps Beck. Score format. Collect as many controls as you can within the time limit. Good fun. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sun 8 April, Knipe Scar Common. Galoppen event with Yellow to Brown courses. See BL website for the details.

Thur 12 April, Fangs Brow Score. Evening event at Fangs Brow near Loweswater. Score format. Collect as many controls as you can within the time limit. Good fun. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sat 14 April, Graythwaite. Middle distance event. Details on LOC website. Enter on line.

Sun 15 April, Lingmoor. Long distance race. Details on LOC website. Enter on line.

JK and the major events

Good luck to all the club members making the trip to the JK next weekend. Lets hope the weather isn't too chilly and everything goes well. The event is based near Stafford. Four days of intense orienteering. Relays on the Monday.

LOC will then be running their April weekend with middle and long races on Lake District terrain. The British Champs are in the second half of May, based around Balmoral.

Hope all that winter training pays dividends! Good luck.

Weather conditions.....

The main competition period is almost upon us. Let us hope the recent poor weather will disappear and we can get back to sunshine in the forests.

Access to events and running conditions can be challenging, and it is advised therefore that gaiters should be carried (perhaps in a bumbag), hat & gloves, along with a whistle, and a bivvy bag if you have one. Stay safe, and keep the organiser stress free.

Twitter. You can follow @WCOC2014

Farleton Knott Galoppen

Great wins for Daniel Spencer (Brown) and Joe Hudd (Blue). Second places for Wilfrid Teasdale (Light Green), Liz Elliott (Short Green) and David Spencer (Blue). Third places for Isabel Winskill (Yellow) and Mum, Helen (Blue). Roger Thomas and Mike Pearson were fourth and fifth on Green. Steve Birkinshaw was fourth on Brown. Great Galoppen points.

Powter How 22.03.2018

(Selection from the results.)

Long

1st	Alastair Thomas	18:49
2nd	Zac Hudd	18:54
3rd	Daniel Spencer	20:02
4th	Jamie Rennie	22:00
5th	Joe Hudd	22:55
6th	David Spencer	23:17
7th	Niamh Hunter	23:53
8th	Charlie Rennie	24:11
9th	Alan Irving	25:49
10th	Steve Holmes	26:31
11th	Joe Sunley	27:07
12th	Oliver Heron-Southward	27:25
13th	Jessica Breeze	27:58
14th	Roger Thomas	29:01
15th	Wilfrid Teasdale	29:08
16th	Caitlin Irving	30:28
17th	Graham Watson	31:07
18th	Henry Teasdale	33:21
19th	Jeff Goodwin	34:03
20th	Michael Pearson	34:50

Short

1st	Ruben Razzetti	17:47
2nd	Emma Crawford	27:34
3rd	Catherine Wetherfield	32:03
4th	Alex Crawford	32:39
5th	Rebecca Crellin	34:56
6th	Owen Mills	35:42
7th	Ruth Carter	45:49
8th	Isaac Hunter	56:34
9th	Malcolm Ruckledge	65:00
10th	Andrew Stevens	66:13
11th	Chris Regan	83:31

Novice

1st	Daisy Rennie	7:11
2nd	Sophie Smith-Jackson	12:35
3rd	Matthew Smith-Jackson	12:43
4th	George Rennie	13:47
5th	Regan Jukes	21:18

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

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