



## Upcoming Fixtures....

**THIS WEEK Thurs 19 April, Scale Hill Score.** Evening event at Scale Hill near Lorton. 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.

**Thur 26 April, Holme Wood Score.** Evening event at Holme Wood 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

**Sun 29 April, High Rigg Galoppen.** Superb terrain for our first Galoppen. Usual courses, Yellow to Brown. Starts from 10.30am to 12 Noon. See website for details of parking, cost etc.

### Graythwaite Middle Distance

So soon after the JK, LOC hosted a Middle distance event in Graythwaite Forest. The event was used for selection for the M/W16 and M/W18/20 age classes, for possible inclusion in national teams for International duty!

In M16, Joe Hudd was 6<sup>th</sup>, Joe Sunley 7<sup>th</sup> and Charlie Rennie 9<sup>th</sup>. In W16, Caitlin 5<sup>th</sup>, Rosie Spencer 11<sup>th</sup>, Jessica Breeze 12<sup>th</sup>, Carys Thomas 12<sup>th</sup>, and Lily Regan 14<sup>th</sup>. In M18/20, Alastair Thomas 2<sup>nd</sup>, Daniel Spencer 4<sup>th</sup>, Zac Hudd 15<sup>th</sup>, Ben Breeze 23<sup>rd</sup>, Ben Goodwin 25<sup>th</sup>. In W18/20 Niamh Hunter 2<sup>nd</sup>. What a superb set of juniors! Other notable performances: Blue (W) Helen Winskill won as did Mike Billinghamurst on Blue (M), and Daisy Rennie won Orange.

### Evening Event planners

Mike Harrison is still looking for a couple of planners for the summer series. Check the Facebook page for details and see if you can take one of them on.

### School events....

The Primary & Secondary School league events will be starting soon. Do you have any afternoons free to lend a hand. Reply to this EMAIL if you can help. Thanks.

**Twitter.** You can follow @WCOC2014

## Coaching Session

Saturday, 28<sup>th</sup> from 10.30am to 12 Noon, at the Bowderstone carpark in Borrowdale. The session is aimed at beginners, White to Orange standard. The session will focus on getting the first control right first time. Only 25 places available for this so you need to contact Lynne (or reply to this email and we'll pass it on) before Tuesday 24<sup>th</sup>.

### Fangs Brow 12.04.2018

(Selection from the results.)

#### Long

1st	Matthew Vokes	190	35:41
2nd	Frank Townley	190	42:39
3rd	Mike Harrison	190	44:12
4th	Daniel Spencer	190	46:30
5th	Joe Sunley	180	46:20
6th	David Spencer	170	38:00
7th	John Slater	170	39:23
8th	Ian Cumpstey	170	41:50
9th	Wilfrid Teasdale	170	43:39
10th	Dan Parker	170	46:02
11th	Charlie Rennie	170	48:03
12th	Niamh Hunter	165	45:41
13th	Howard Leslie	160	43:45
14th	Chris Emerson	155	47:50

#### Short

1st	Stuart Crawford	145	45:43
2nd	Nathan Kemp	130	40:47
3rd	Alice Kemp	130	41:21
4th	Colin Smith	130	44:45
5th	Henry Teasdale	130	44:53
6th	Carys Thomas	120	33:08
7th	Ged Hagan	120	34:46
8th	Roger Jackson	120	35:32
9th	Penny Kingsland	120	37:25
10th	Sophie Crawford	120	37:32
11th	Elizabeth Elliott	120	38:26
12th	Alex Crawford	120	38:30
13th	Helen Rennie	120	40:03
14th	Di Mitchell	120	41:17

#### Novice

1st	Daisy Rennie	80	14:04
2nd	Isaac Hunter	80	17:39
3rd	Myrtle Ashworth	80	17:57
4th	Finlay Atkinson	80	24:02
5th	Hiroki Holmes	80	25:39
6th	Sophie Smith-Jackson	80	28:27
7th	Matthew Smith-Jackson	80	28:58
8th	Coral Price	70	26:48

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

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