



### Upcoming Fixtures....

**THIS WEEK 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.

**Thurs 3 May, High & Low Hows.** First event of the summer series, and in a lovely piece of technical woodland on the shores of the upper Derwent. See website for parking etc. Cost £3.50/£2. Starts 5.45 to 7.15pm. Well worth the visit!

#### Northern Championships at Wass

EBOR were hosting the Northern Champs this year in Wass Forest. The trophies are awarded to those in northern clubs. WCOC came away with four Champs. Well done to Catherine Wetherfield (W50), Joe Hudd (M16), Alastair Thomas (M18E) and Niamh Hunter (W18E). There were loads of others who shared the podium. The notable successes were in M16 and M18 where the club took the entire podium. M16: Joe Hudd, Joe Sunley and Charlie Rennie. M18: Alastair Thomas, Daniel Spencer and Zac Hudd. Daisy Rennie (W12) and Isabel Sunley (W14) had second placings.

#### Workington GO

The council are running another open sports day in Workington this year, on Saturday 19<sup>th</sup> May. A number of sports will be represented, and orienteering will showcase around the Curwen Hall area. We are planning a maze and some short sprint courses in the wooded area. Can you offer some help running the show, from 11am to 4pm. We will need seven or eight helpers to spread the load over the day. Please contact Roger if you can help. Seems like a good opportunity to show off the sport.

**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>

### 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>.

#### Scale Hill 19.04.2018

(Selection from the results.)

Long

1st	Matthew Vokes	200	40:02
2nd	Ben Breeze	190	46:12
3rd	Joe Sunley	190	46:23
4th	David Spencer	180	42:01
5th	Michael Billinghamurst	175	47:13
6th	John Slater	170	44:03
7th	Keith Tonkin	170	44:40
8th	Oliver Heron-Southward	160	39:46
9th	Mike Harrison	160	46:39
10th	Ian Cumpstey	160	46:47
11th	Alastair Thomas	150	37:54
12th	Howard Leslie	150	44:36

Short

1st	Stuart Crawford	120	42:44
2nd	Richard Cummings	120	43:18
3rd	Isabel Sunley	120	43:24
4th	Christine Kiddier	115	45:23
5th	Roger Jackson	110	44:49
6th	Emma Crawford	95	45:03
7th	Penny Kingsland	90	43:06
8th	Elizabeth Elliott	90	43:14
9th	Mike Cumpstey	85	47:25
10th	Tom Carter	80	42:11
11th	Ruth Carter	80	42:21
12th	Joan Cumpstey	80	44:24
13th	Peter Hudd	80	44:56
14th	Lesley Wornham	75	45:35

Novice

1st	Isaac Hunter	80	31:01
2nd	Myrtle Ashworth	80	33:26
3rd	Eva Humphries	70	37:06
4th	Emilia Humphreys	70	39:07
5th	Eve Walker	60	27:26
6th	Oliver Lumb	60	28:45
7th	Hiroki Holmes	60	31:11
8th	Matthew Smith-Jackson	40	29:22
9th	Sophie Smith-Jackson	40	29:33
10th	Ruth Walker	40	29:40