



Upcoming Fixtures....

THIS WEEK 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!

Thur 10 May, Dalegarth West. A trip into Eskdale to one of our best areas. Wonderful. Long & short courses only. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sun 13 May, Newton Fell Galoppen. LOC are staging this one. Usual courses, Yellow to Brown. Starts from 10.30am to 12 Noon. See LOC website for details of parking, cost etc.

Thur 17 May, Sale Fell. A very popular venue near Embleton. Open fell. Long, Short & Novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

JWOC selections

Niamh Hunter, Daniel Spencer and Alastair Thomas have all been selected for the Junior World O Champs in Kecskemet, Hungary, 9 - 14 July 2018. They will also represent Great Britain in the 2018 European Youth Orienteering Championships, which are being held in Veliko Tarnovo, Bulgaria, 29th June – 1st July 2018 and at the 2018 Junior European Cup to be held in Villars-sur-Ollon, Switzerland, 3rd – 7th October 2018. Many congratulations to the three of them. Very impressive.

Workington GO

The council are running another open sports day in Workington this year, on Saturday 19th 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

Thanks.

Many thanks to all who turned out to make sure I was OK on Thursday. And apologies to those who didn't get a run. It's reassuring to know that when someone is overdue that people respond so well and so quickly. I'll try and manage my time a bit better next time!! Graham

Allerdale Bike Challenge

The 2018 series of five events starts on Wednesday 23rd May, with the first based on the Keswick area. The events are suitable for road bikes and use a score event format with electronic punching. Enter via the website www.bmbo.org.uk

Holme Wood 26.04.2018

(Selection from the results.)

Long			
1st	Martin Skinner	150	39:45
2nd	Joseph Goodwin	150	40:50
3rd	Karen Parker	150	43:36
4th	Dan Parker	150	43:42
5th	Steven Breeze	145	45:06
6th	John Slater	140	43:30
7th	Stuart Parker	140	44:59
8th	Mike Harrison	135	47:25
9th	Jeff Goodwin	130	48:37
10th	Chris Pollitt	125	47:03
11th	Pete Nelson	120	41:52
12th	Mike Hind	110	43:17
13th	Alastair Thomas	100	36:46
14th	Ange Jackson	100	39:18
15th	Kate Charles	100	40:08
Short			
1st	Roger Jackson	100	38:23
2nd	Raymond Wren	100	43:03
3rd	Chris Regan	100	44:16
4th	Elizabeth Elliott	95	45:26
5th	Mike Cumpstey	85	45:51
6th	Dick Whitworth	80	42:35
7th	Malcolm Ruckledge	60	48:27
8th	Deborah Goodwin	60	48:56
9th	Joan Cumpstey	55	50:57
10th	Angela Whitworth	50	41:50
Novice			
1st	Hiroki Holmes	60	31:29
2nd	Isaac Hunter	50	27:33
3rd	Imy Barber	50	33:32
4th	Willan & Kate	20	31:15
5th	Fred Robinson	20	31:18