



Upcoming Fixtures....

THIS WEEK Thur 28 June, Whinlatter

Fell. Long, short & novice courses. Cost £3.50/£2.

Starts 5.45 to 7.15pm

Wed 4 July, Bike-O. The fourth event of the series, based at Branthwaite. Enter via www.bmbo.org.uk

Thur 5 July, Whoop. Part of Kinniside Common, near Ennerdale. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 12 July, Parish Relays. Teams of three complete seven different courses, with two runners out at any one time. A great fun event. This year the venue is High Park on the side of Crummock Water near Scale Hill.

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. Good luck to them as they set off this week! We wish them well.

Mawbray Special

Quite a few enjoyed the coaching, score event and social gathering on Mawbray Dunes and then at the Mawbray Village Hall. Thanks to Lynne Thomas and Catherine Wetherfield for the organising. Weather again was perfect! Did you miss the advertising for the day's events? Any thoughts on improving our promotion of our own events? Are you a regular 'looker' of the website, and is this the best medium for getting information out?

Parish Relays.

Please register your relay team by replying to this EMAIL. A set of maps needs to be printed for each team, so knowing this in advance assures that there are enough maps to go round. A great event. Don't miss out!

Twitter. You can follow @WCOC2014

Allerdale Chase

Another great event, this time on the Loweswater Fells in very warm sunshine. Challenging courses by David Spencer. A great team provided all the trimmings for a load of tired competitors! Many thanks to the team. Winners: Simon Hunter & Karen Parker on the long, Alastair Thomas & Ange Jackson on the medium, Niamh Hunter & Herbie Ashworth on the short, Henry Teasdale & Catherine Wetherfield on the very short.

Matty Benns Bridge 21.06.2018

(Selection from the results.)

Long

1st	Joe Taunton	43:20
2nd	Ben Goodwin	44:37
3rd	Charlie Rennie	45:00
4th	Ian Cumpstey	47:20
5th	Ben Breeze	47:32
6th	Daniel Spencer	48:01
7th	Joe Sunley	49:08
8th	Simon Hunter	49:38
9th	Michael Billinghamst	50:24
10th	Steven Breeze	51:37
11th	David Spencer	52:20
12th	John Slater	53:40
13th	Jeff Goodwin	55:39
14th	Steve Holmes	55:43
15th	Chris Pollitt	58:33
16th	Pete Nelson	62:59

Short

1st	Jamie Rennie	39:01
2nd	Richard Cummings	40:45
3rd	Roger Jackson	41:46
4th	Vanessa Brierley	50:28
5th	Jenny Wren	51:29
6th	Rosie Spencer	52:39
7th	Ian Teasdale	52:54
8th	Kate Charles	56:05
9th	Stuart Crawford	56:13
10th	Jonty Goodwin	56:14
11th	David Fenwick	60:08
12th	Adrian Ledger	61:20
13th	Emma Crawford	62:46
14th	Tony Duncan	63:02
15th	Deborah Goodwin	65:36
16th	Dick Whitworth	68:43
17th	Alex Crawford	72:04

Novice

1st	Matthew Smith-Jackson	52:19
2nd	Sophie Smith-Jackson	54:56
3rd	Ruth Carter	55:15

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

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