



Upcoming Fixtures....

THIS WEEK 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.

Thur 19 July, Darling How. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Wed 18 July, Bike-O. The fifth and final event of the series, based at Uldale. Enter via www.bmbo.org.uk

Thur 26 July, Knock Murton. A la'll hill near Kirkland. Long, short & novice courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Junior World Orienteering Champs

The competition is on at the moment, with the long distance race starting from 9am our time. The live results page is updated every second! Good luck guys.

Cumbria School Games

Orienteering is once again represented in the School Games, being held in Carlisle on Wednesday. The six county districts each field a team of year 5/6 pupils with six girls and six boys. Allerdale is being represented by a strong team from Bridekirk School, who won the overall team trophy at the West Cumbria champs recently.

Lakes 5Day.

We are organising one of days at Whinlatter. Alan Irving is the planner and is currently finalising the courses.

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! Teams can be made up on the night, but please register your interest in taking part.

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>

Cumbria Schools Champs

A great event was held on Low Rigg on Wednesday afternoon last week. Over a hundred pupils raced the courses planned by Emma Moody. Dave Fenwick took over on the day organising.

Results are on www.lakes-o.com
The overall secondary team trophy was shared again this year between Ulverston Victoria and Cockermouth, each with four wins and three seconds.

Whoap 05.07.2018

(Selection from the results.)

Long		
1st	Matthew Vokes	51:09
2nd	Joe Hudd	51:54
3rd	Ben Breeze	53:18
4th	Ian Cumpstey	53:52
5th	Mike Harrison	55:27
6th	Chris Pritchett	56:37
7th	Andrew Bradley	56:44
8th	David Spencer	56:46
9th	Michael Billinghamurst	57:27
10th	Steve Holmes	59:01
11th	Joe Sunley	59:35
12th	Pete Nelson	60:26
13th	Steven Breeze	63:42
14th	Mark Pearson	63:44
15th	John Taylor	64:59
16th	Oliver Heron-Southward	67:01
17th	Raymond Wren	67:13

Short		
1st	Zac Hudd	37:20
2nd	Wilfrid Teasdale	39:34
3rd	Kate Charles	42:37
4th	Rosie Spencer	44:57
5th	Richard Southward	47:03
6th	Lily Regan	47:16
7th	Ian Barker	47:32
8th	Jonty Goodwin	51:13
9th	Jenny Wren	57:38
10th	Jonathan Eaton	58:45
11th	Vanessa Brierley	59:09
12th	Elizabeth Elliott	59:51
13th	Andrew Stevens	61:21
14th	Deborah Goodwin	68:29
15th	Roger Jackson	73:36

Novice		
1st	Janette McHendry	21:44
2nd	Ruth Carter	26:49
3rd	Sally Pritchett	28:47
4th	Hiroki Holmes	32:09