



Upcoming Fixtures....

THIS WEEK Thur 6 June, Wasdale Great open fell close to Wastwater. Wonderful terrain with magnificent views. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Sun 9 June, Threlkeld Galoppen Cumbrian Galoppen on Threlkeld Knotts, near Keswick. Usual courses, Yellow to Brown, something for everybody. See website for parking and event details.

Wed 12 June, Allerdale Bike Challenge Third event of the 2019 series. See bmbo website for details and entry. Based around Dearham.

Thur 13 June, Swarth Fell Part of Kinniside Common, and a very runnable piece of fellside. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 20 June, Holme Wood Woodland on the shores of Loweswater Lake. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Parish Relays .

This year the Parish Relays will be held on Mawbray Dunes on 11th July. For those who are new to the event, and not familiar with the format etc, a brief explanation.

Six short legs (loops) are planned, long, short and medium (2 of each) of approximately 3, 2 and 1km in length. Each team has three runners, with two runners out at any one time. Each team completes the 12km total in about 30-45 minutes. Once the six loops are completed there is a final different loop (of about 1km) for any one of the team members to complete.

This format gives great head to head racing, with team members changing over fairly regularly. Since any leg/loop can be run in any order no one really knows which team is in the lead at any one time! If teams are close together the final loop becomes a real chase!

Teams are made up, if possible, from club members who live fairly close together, which often gives better balanced teams. Please start selecting your teams, and register them in the coming weeks. Juniors have their own competition relay.

Twitter. You can follow @WCOC2014

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

West Cumberland Orienteering Club Facebook Page

Threlkeld Galoppen.

The next event in the Cumbrian Galoppen series, the fourth one, will be held on Threlkeld Knotts, a very complex area with loads of old mining scars. Date is next Sunday, 9th June. The usual set of colour coded courses will be available. And as usual a team of volunteers will be sought to help run the event. If you have time please offer your help; the Galoppen co-ordinator Jon Eaton would be pleased to hear from you.

Mell Fell 30.05.2019

(Selection from the results.)

Long

1st	Andrew Llewellyn	39:04
2nd	Jeff Powell Davies	47:11
3rd	David Spencer	47:38
4th	Jack Eyre	52:01
5th	Niamh Hunter	53:14
6th	Alan Hartley	59:02
7th	Karen Parker	59:11
8th	Ian Cumpstey	61:04
9th	Mike Harrison	61:26
10th	Steven Breeze	62:14
11th	Chris Swanepool	64:20
12th	Keith Tonkin	64:34
13th	Adam McCreadie	71:11
14th	Mike Hind	71:53
15th	Stephen Eastley	73:09
16th	Chris Pollitt	76:27
17th	Pete Nelson	77:15

Short

1st	Joe Sunley	27:07
2nd	Steve Holmes	32:24
3rd	Ian Teasdale	41:41
4th	Wilfrid Teasdale	42:12
5th	Ange Jackson	42:28
6th	Isabel Sunley	44:52
7th	Bob Barnby	46:31
8th	Carol Edwards	49:27
9th	Anne Burbidge	50:53
10th	Raymond Wren	51:04
11th	Megan Gerrard	51:27
12th	Richard Llewellyn	52:55
13th	Richard Cummings	53:46
14th	Roger Jackson	54:32
15th	Deborah Goodwin	54:52
16th	Jenny Wren	58:18
17th	Emma Crawford	59:48
18th	Matthew McCreadie	60:39

Easy

1st	Sophie Crawford	17:15
2nd	Hiroki Holmes	39:06