



Upcoming Fixtures....

THIS WEEK 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.

Wed 26 June, Allerdale Bike Challenge

Fourth event of the 2019 series. See bmbo website for details and entry. Based around Cockermouth.

Thur 27 June, Matty Benns

Part of Kinniside Common. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Thur 4 July, Mosser Fell

New part of Mosser Fell recently resurveyed. Long, short and Novice courses. Cost £4/£2. Starts 5.30 to 7pm.

Wed 10 July, Allerdale Bike Challenge

Final event of the 2019 series. See bmbo website for details and entry. Based around Caldbeck.

Sun 14 July, Allerdale Chase

Long-O on High Brow and Watermillock. Details on website, with entries via Slentries. Courses to test all abilities.

First Aid course

The club has organised a First Aid course (Two day and One day) for club coaches to renew their qualification. Anyone who would like to attend on 13/14 July in Greysouthen Village Hall should contact Lesley Wornham. We've still got 5 spare places - free to participants.

Parish Relays

This year the Parish Relays will be held on Mawbray Dunes on 11th July. The Mawbray Village Hall has been booked and sandwiches are being ordered for post event social. Please contact Lesley Wornham to book your place and food. Teams of three (from roughly the same location, or a family group) need to be registered before the night so that the sets of maps can be prepared. Add your names to the sheet at any of the future evening events.

Twitter. You can follow @WCOC2014

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

West Cumberland Orienteering Club Facebook Page

Allerdale Chase.

Another running of this popular Long-O format, this time using the fells close to Ullswater Lake on High Brow and Watermillock. Four courses are on offer, Long at 17.5k, Medium 12.5k, Short 8k and Very Short 4k. Please pre-enter via SIEntries as maps will be preprinted and only a very limited number will be available for entry on the day (EOD). Please see website for clothing & safety requirements, it might be wet!

Swarth Fell 13.06.2019

(Selection from the results.)

Long Score

Table with 4 columns: Rank, Name, Score, Time. Lists results for Long Score from 1st to 16th place.

Short Score

Table with 4 columns: Rank, Name, Score, Time. Lists results for Short Score from 1st to 19th place.

Novice

Table with 4 columns: Rank, Name, Score, Time. Lists results for Novice from 1st to 3rd place.