



Upcoming Fixtures....

THIS WEEK Thur 3 April, Fell Race #3.

The third of a series of four fell runs, this is the Trans-Newlands Excess. See the website for the course. Cost £4/£1.50 Later start because the clocks have changed. A great chance to stretch the legs, with long and short courses.

Thur 10 April, Fell Race #4. The fourth of a series of four fell runs, this is the Bogart Tarn Round. See the website for the course. Cost £4/£1.50 Later start because the clocks have changed. A great chance to stretch the legs, with long and short courses.

Coaching Session

These coaching sessions continue with Derek Allison leading the session this coming Saturday, 5th April at Jaws in Borrowdale. See website for details to book a place for the quality coaching. Improve your skills in time for the JK and BOC!

Interland Success for Alastair Thomas

Outstanding performances from all three of our juniors, Alastair Thomas, Daniel Spencer and Katie Lowles have helped ensure the England team take the win at this year's Interland event in the Pas-de-Calais at the weekend. See Facebook page for link to results.

Club Jackets & O-tops



Stylish Trimtex club jackets together

with O-tops and beanies are available from Steve Telford. Reply to this email if

you would like to purchase one of them. Get kitted out for the new competition season.



Orient8 Sessions

The four indoor sessions have concluded. Lynne has planned a few courses for Woodhall Park on Tuesday evening for all those who have yet to experience 'the real thing'. With the clocks changing last Sat/Sun there should be extra daylight to allow a quick run around the park.

High Pike Galoppen

A great turnout by WCOC (the club O tops looked superb racing across the fell!) with almost 70 members attending. Wins for David Spencer (Blue), Steve Telford (ShGreen), and Henry Teasdale (Orange). Second places for John Slater (Brown), Michael Billinghamurst (Blue), Michael Pearson (Green), Caitlin Irving (Orange) and Wifrid Teasdale (Yellow)

Safety Contact Information

The small cards with your contact details retained by the club as part of the Evening event administration are now a year old and perhaps out of date for many.

Starting at the beginning of this year's summer series we would ask that you complete a new card. They will be available ahead of time so you can fill them in at your leisure.

Pen & Gavel 27.3.14

(Selection from results.)

Long

1	Chris Knowles	36:28
2	Bill Williamson	39:57
3	Jackie Winn	42:35
4	Bobby Hagan	44:30
5	Philip Jennings	44:44
6	Kate Charles	46:28
7	Chris Emerson	46:54
8	Rob James	47:45
9	Angela Jackson	47:55
10	Howard Leslie	48:08
11	Raymond Wren	48:18
12	Steve Breeze	49:04
13	John Taylor	49:54
14	Mike Hind	50:26
15	David Downes	54:50

Short

1	Mike Robinson	27:44
2	Alastair Thomas	29:32
3	Roger Jackson	42:08
4	Lynne Thomas	42:50
5	Lindsay Buck	42:57
6	Paul Tickner	43:24
7	Sarah Chaudhri	45:58

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

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