



Upcoming Fixtures....

THIS WEEK 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.

Thur 11 July, Parish Relays To be held on Mawbray Dunes, with the usual format of six courses for the team of three. See details on website. Social afterwards.

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 SLEntries 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!

Holme Wood 20.06.2019

(Selection from the results.)

Long

1st	Matthew Vokes	38:29
2nd	David Spencer	46:00
3rd	Niamh Hunter	48:57
4th	Simon Hunter	49:10
5th	Tamsin Moran	52:46
6th	Sam Stead	55:55
7th	Jamie Rennie	56:22
8th	Andrew Bradley	56:48
9th	John Taylor	59:31
10th	Martin Skinner	60:55
11th	Karen Parker	61:13
12th	Caitlin Pearson	63:44
13th	Steven Breeze	65:34
14th	Robert Jones	66:19
15th	Chris Swanepoel	67:20
16th	Chris Pollitt	68:24

Short

1st	Wilfrid Teasdale	37:19
2nd	Jeff Goodwin	39:02
3rd	Susan Skinner	45:26
4th	Ian Teasdale	46:29
5th	Daisy Rennie	49:55
6th	Roger Jackson	52:52
7th	Jessica Breeze	53:22
8th	Henry Teasdale	53:56
9th	Kevin Hodgson	54:19
10th	Raymond Wren	56:14
11th	Danny Winterbottom	56:51
12th	Daniel Heppell	58:09
13th	Helen Rennie	64:46
14th	Stephen Lysaczenko	65:09
15th	Myrtle Ashworth	65:22
16th	Dick Whitworth	67:13

Novice

1st	Eva Humphreys	21:09
2nd	Carl Humphreys	21:51
3rd	Freya Elstone	23:11
4th	Sianna Stott-Bonsen	23:16
5th	Hiroki Holmes	23:18
6th	George Rennie	24:18