

04 June 2018



## Upcoming Fixtures....

### Wednesday 6th June

#### Subberthwaite Evening event

Second evening event - nice area, good views, and plenty of open running. Parking in field at top of hill at Gawthwaite. Long/Short course plus a Yellow. Costs £4 and £2.

### Wednesday 13th June

#### Force Falls (Grizedale) Evening Event

Wooded area at southern end of Grizedale Forest. Mix of some open deciduous and conifer, with bits of forest track to link them together... Parking at Bowkerstead Farm, Satterthwaite. Odds/Evens Score. Costs £4 and £2.

### Wednesday 20th June

#### Boo Tarn, Walna Scar (Coniston)

Another open area, mostly bracken free, and some really nice bits! Parking at top of Walna Scar road out of Coniston. Costs £4 and £2

### Wednesday 27th June

#### Caw Evening Event

Parking to be confirmed... More details soon.

### Lakeland Lanequests...

Now in it's 23rd successful year! The Lakeland Lanequest series has gone from strength-to-strength assisted by WHEELBASE, The UK's largest cycle store.

The philosophy of Lakeland Lanequest is to provide a fun and challenging cycle-orienteering events on 6 consecutive Tuesday evenings through June and July. The events are designed to be very inclusive and aimed at all abilities, on all styles of bikes, all ages and families. In recent years the popularity of these fun events have exploded and they have regularly been attracting 120 riders to the quiet country lanes in and around the Lake District on Tuesday evenings with start times from 5.30pm until 7pm.

All proceeds from each event go to a charity nominated by the event organiser.

Full details on [www.wheelbase.co.uk/about-us/events/lakeland-lanequest-2018/](http://www.wheelbase.co.uk/about-us/events/lakeland-lanequest-2018/)

#### Dates/venues are:

June 5th Holme  
June 12th Oxen Park  
June 19th Arkholme  
June 26th Ulverston  
July 3rd Oxenholme  
July 10th Staveley

### Birkrigg Evening Event

Thanks to Louise Dunn (and Graham) for our first summer evening event. Selected results below...

#### Long Course

1st	Harry Scott	38:02
2nd	Matthew Rooke	42:20
3rd	Heather Heppenstall	45:27
4th	Joe Sunley	45:34
5th	Dai Bedwell	46:33
6th	Robert Campbell	46:52
7th	Ben Goodwin	46:55
8th	Mark Simmonds	47:56
9th	Nick Howlett	49:10
10th	Dan Parker	49:32
11th	Iain Smith-Ward	51:06
12th	Karen Parker	53:59
13th	Simon Filmore	56:40
14th	Alice Fellbaum	56:59
15th	Mark Edwards	60:23

#### Short Course

1st	Merryn Stangroom	34:00
2nd	Ellie Simmonds	37:27
3rd	Dan Lister	38:08
4th	Daisy Fletcher-Cooney	40:07
5th	Luke Simmonds	41:23
6th	Rebecca O'Donovan	41:46
7th	Sophie Roberts	42:20
8th	Mathew Haddow	42:33
9th	Anna Lister	44:34
10th	Peter Scott	44:47
11th	Andy Robinson	48:47
12th	Chris Roberts	53:42
13th	Jacob Roberts	54:09
14th	Chris Heaton	55:46
15th	Craig Stangroom	56:23

#### Yellow

1st	Amelia Thompson	11:54
2nd	Harriet Rooke	33:33
3rd	Kaitlin Douglas	34:51

### WCOC Evening Events

Quick reminder that our Cumbrian neighbours have an evening event every week... Some really good areas coming up soon including Gillerthwaite (Ennerdale), Bleaberry Fell and Mawbry Dunes...

[www.wcoc.co.uk](http://www.wcoc.co.uk)