



West Cumberland Orienteering Club

Week 15

9 April 2013



Upcoming Fixtures....

THIS WEEK Thur 11 April Fangs

Brow Figure of Eight. Fifth event of the fell series. See the courses on the website, www.wcoc.co.uk The cost is £3/£1.50 Mass start is 6.15pm.

NEXT WEEK Thur 18 Rigg Beck

Round. Sixth and final event of the fell series. See the courses on the website, www.wcoc.co.uk The cost is £3/£1.50 Mass start is 6.15pm.

Sat 13 April 2013

LOC Middle Distance Event

Regional Event, Esthwaite Intake. Courses Yellow-Black. Organiser Sue Butterfield 01229 582770 See LOC website for further details: www.lakeland-orienteeing.org.uk

Sun 14 April 2013

LOC Classic Distance Event

Regional Event. Graythwaite. Courses White to Black. Organiser Roger Smith 01539 568671 See LOC website www.lakeland-orienteeing.org.uk

Cycle/Run training

The lighter evenings and the end of the indoor Orient8 sessions gives a chance for different training opportunities.

Nothing formal is being planned.... just club members getting together in groups to help keep their fitness going.

Cycling: Say, Tuesday evenings, Cockermouth School, 6.30pm start with a 1 hour+ loop.

There is also interest in a mountain bike group riding on rougher terrain.

Running: Easy sessions following the fell race routes, again, probably Tuesdays.

If you are interested, or wish to start a group, please reply to this email and we will try to co-ordinate everyone interested and put everyone in touch.

Leaps Beck Galoppen - May 19th

Organiser, controller and planner required from the White Team. Planner's role may be minimal due to existing courses - rerun of the Nov 2011 event cancelled due to snow.

Next Newsletter

Graham Watson would love an article or two for the next edition. Got a story to tell from recent events?

Coaching Session

Great session in the sunshine at Ling Fell at the weekend. Simplification was the name of the game this time, and with the use of GPS loggers we were able to analyse routes, hesitations and mistakes.... very useful and productive.

The club will be purchasing a set of loggers for training purposes as part of the coaching regime.

Rosie Watson

Rosie completed her challenge on Saturday... running, cycling, canoeing, sailing and abseiling from Ennerdale, via Keswick to Cockermouth, passing all her schools. She is raising money for a self funded volunteering year teaching in Honduras. See her blog and find the link to donate a few quid!

<http://rosiewatsdotcom.wordpress.com/>

High Spy Upper & Downer 4.4.13

(Selection from results.)

Long

1	George Crayston	45:28
2	Jonny Malley	46:14
3	Mike Robinson	49:15
4	Howard Seal	49:37
5	Sam Johnson	50:17
6	Nick Ray	50:39
7	Lewis Taylor	54:34
8	Rob Wynne	61:01
9	Ian Cumpsty	64:53
10	Howard Leslie	66:32
11	Mike Hind	69:38
12	Steven Breeze	70:51
13	Graham Watson	72:46

Short

1	Chris Eddis	26:22
2	Rob James	29:31
3	Alastair Thomas	34:01
4	Callum Pearson	34:37
5	William King	34:47
6	John Taylor	35:36
7	Ian Barker	36:08
8	Raymond Wren	36:34
9	Kevin Hodgson	38:06

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

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