



### Upcoming Fixtures....

#### **THIS WEEK** Thur 25 April, High Rigg.

A warm up event for the summer series starting the following week. Details on the website. **The summer series kicks off!** Courses planned by Mike Pearson with an eye on our skills level. High Rigg is a wonderfully complex area to get us in the mood for a long summer of O courses!

#### **NEXT WEEK** Thur 2 May, High Doat.

At the top end of the Borrowdale Valley, and at the foot of Honister, a great little area full of contour detail. Three courses, long, short and easy. Cost £3/£1.50. Starts from 6.15pm. The car park is small so please make best use of the space.

#### **British Sprint & Middle Champs**

What a superb set of results from the weekend! The Sprints at Loughborough Uni saw Carys Thomas take another Bronze medal in W10. Alastair Thomas was fifth in M14, Charlotte Watson was sixth in WOpen, and Michael Billingham sixth in M50.

At the Middle on Stanton Moor near Matlock, Alastair Thomas won M14 (GOLD!!!!), and Bronze medals went to Caitlin Irving W10, Charlotte Watson W20, Susan Skinner W45 and Michael Billingham M50.

Plus a load of very good performances from others.

#### **Cycle/Run training**

Quite a bit of interest in doing something to keep fit.

**Cycling:** Say, Tuesday evenings, Cockermouth School, 6.30pm start with a 1 hour+ loop. Just reply to this email and register your interest, and then come along.

**Running:** Andrew Bradley has mentioned that CFR go out at 6 or 6:30 for a run - very mixed ability group. All welcome. Lasts about an hour or just over. Details are on the CFR website - on the right hand side of the home page under "upcoming events" - sometimes it is posted even before the day of the run. [www.c-f-r.org.uk/](http://www.c-f-r.org.uk/)

#### **Next Newsletter**

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

#### **World Schools' Champs**

Many congratulations to Katrina Hemingway - the senior girls select team won a Bronze medal for their combined Middle and Long Distance performances (total of the times for the team over both events). And also to Katie Lowles - the junior girls team were in fourth place, just missing a medal by 52 seconds.

#### **Future Coaching**

Lynne Thomas has plans in hand for the next couple of coaching sessions, May 18 at Hawse End and June 16 at High Rigg

Contact Lynne or reply to this email to be kept informed about the details of the sessions. Please make sure you book a place in good time as maps need to be printed and reasonable sized groups created for the coaches.

Sessions are open to all.

#### **Rigg Beck Round 18.4.13**

(Selection from results.)

Long:

1	Rhys Findlay- Robinson	63:29
2	Howard Seal	68:22
3	Toby Cushion	69:12
4	Mike Harrison	73:21
5	Paul Johnson	76:50
6	Rob Wynne	79:25
7	Ian Cumpstey	82:41
8	Steven Breeze	86:43
9	Angela Jackson	87:26
10	Raymond Wren	92:13
11	David Downes	101:12

Short:

1	Bill Williamson	52:23
2	Mike Hind	64:56
3	William King	66:53
4	Paul Tickner	71:37
5	Anne Burbidge	71:45
6	Jenny Wren	77:44
7	Lindsay Buck	79:40
8	Syd Thomas	85:12

**LEAGUE results are on the club website.**

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

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