



# West Cumberland Orienteering Club

Week 18

29 April 2013



## Upcoming Fixtures....

### THIS 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. The start of the summer series proper... and the weather forecast looks good... fingers crossed! Cost £3/£1.50. Starts from 6.15pm. The car park is small so please make best use of the space.

Wednesday, 1<sup>st</sup> May. WAROC Battleaxe event at Bishop Woods, Hawkshead. Parking at GR369941 near Eel House. This series is worth the travel. 60 minute score events in great terrain. £5/£2. Starts 6-7pm.

### NEXT WEEK Thur 9 May, Ling Fell.

Open fellside near Embleton, with convex shapes to confuse the navigational challenge. 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.

### 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" [www.c-f-r.org.uk/](http://www.c-f-r.org.uk/)

### Orient8 for next winter

Do you have any thoughts on what you would like the Orient8 sessions to be for next winter. Any comments would be appreciated. Please let Lynne Thomas or Lesley Wornham know.

### British Championships 2013

Good luck to all club members making the trip down to Dorking for the weekend. Weather forecast is good with sunshine and relatively good temperatures.

### Next Newsletter

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

### Club Gear

Steve Telford has a stock of O-tops and Jackets in your size. The warm weather is coming so you will be able to wear the gear without having to shelter under a gortex cagoule! Steve also has some of the 'beanie' hats.



### High Rigg 25.4.13

(Selection from results.)

Long	
1st	Helen Winskill 30:14
2nd	David Spencer 31:25
3rd	John Slater 31:54
4th	John Taylor 34:02
5th	Alastair Thomas 34:04
6th	Andrew Bradley 34:05
7th	Mike Harrison 34:57
8th	Alan Irving 36:29
9th	Angela Jackson 36:47
10th	Daniel Spencer 37:10
11th	David Downes 38:08
12th	Katrina Hemingway 39:23
13th	Graham Watson 40:08
14th	Katherine Lowles 40:21
Short	
1st	Lynne Thomas 26:58
2nd	Ian Teasdale 27:51
3rd	Catherine Wetherfield 29:05
4th	Tony Duncan 29:52
5th	Ian Barker 31:28
6th	Fran McDonald 32:57
7th	Paul Tickner 33:14
8th	Martin Skinner 33:35
9th	Joyce Hemingway 34:18
10th	Mike Cumpstey 34:34
11th	Ben Breeze 35:43
12th	Deborah Goodwin 36:00
Easy	
1st	Angela Ruckledge 22:06
2nd	Wilfrid Teasdale 24:04
3rd	Jess Breeze 25:06
4th	Elizabeth Nichol 34:58
5th	Madeleine White 35:02
6th	Isabelle White 37:55
7th	Hannah Birkinshaw 48:16

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

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