



West Cumberland Orienteering Club

Week 19

6 May 2013



Upcoming Fixtures....

THIS 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.

NEXT WEEK Thur 16 May, Wasdale.

Open fellside on the shores of Wastwater. When the weather is good there are very few places to beat it. Bring a picnic for the apres event enjoyment. Three courses, long, short and easy. Cost £3/£1.50. Starts from 6.15pm. The car parking is along the edge of the road.

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/

Orient8 for next winter

The plans for next winter are taking shape, and it is hoped to hold the sessions at a primary school in the Cockermouth area. The sessions will last for an hour and will be based on developing skills. Some of the activities will involve strenuous exercise both indoors and outdoors.

The main focus of the sessions will be to involve new participants from the school's league and from the several primary schools in the area, all of whom are very active in the school's orienteering.

If you have any thoughts on the plans being put forward then please reply to this email. It is hoped that those who want fitness training will be able to join a group local to them.

Next Newsletter

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

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

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

Scottish Relay Champs

These are being held on the weekend of Sat/Sun 25/26th May.

If you would like to run in a relay team please let Margaret know as soon as possible, or reply to this email. Please say if you have a particular request for any age class etc. The closing date is fast approaching.

Club Answerphone

For very many years Rob Holder has been updating the club answerphone with details of the weeks' events, and often changing the message when cancellation of the event became necessary. The answerphone system has become a casualty of the modern smart phone revolution and will no longer be maintained. Thanks Rob.

High Doat 2.5.13

(Selection from results.)

LONG

1st	David Spencer	31:56
2nd	Helen Winskill	33:45
3rd	Pete Nelson	34:48
4th	John Slater	35:16
5th	Mike Harrison	35:50
6th	Andrew Bradley	36:27
7th	John Taylor	37:53
8th	Alastair Thomas	38:03
9th	Steven Breeze	38:06
10th	Katrina Hemingway	38:41

NOVICE

1st	Rosie Spencer	18:34
2nd	Henry Teasdale	20:20
3rd	Carys Thomas	32:56

SHORT

1st	Paul Eaton	25:34
2nd	Daniel Spencer	28:03
3rd	Susan Skinner	29:48
4th	Roger Jackson	35:17
5th	Phil Nichols	36:07
6th	Ian Teasdale	37:37
7th	Matthew Blackley	37:54
8th	Richard Cummings	38:28
9th	Joyce Hemingway	39:21
10th	Andrew Warner	41:17