



Upcoming Fixtures....

THIS 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.

NEXT WEEK Thur 23 May, Lodore.

A wonderful piece of oak woodland on the fell above the falls at Lodore, near Ashness Bridge. A quality map by Andy Warner for a magic area. Parking is limited so please share and make the best use of the space there is. Three courses, long, short and easy. Cost £3/£1.50. Starts from 6.15pm. The car parking is along the edge of the road.

Galoppen Sunday 19 May, Leaps.

The usual seven colour coded courses, Yellow to Brown. Leaps has a totally new map by Pete Nelson. Parking is on the rough grazing field, with start and finish fairly close to the parking and registration. The event is a rerun of the Nov 2010 event cancelled because of a heavy snowfall!!

Coaching Session

Hawse End... Saturday 18 May.

Training is aimed across the full range at TD1-5. The sessions are customised for you - if I know there is a TD1 coming there is TD1 coaching. This year we have already included sessions for TD4/5 – as well as TD1-3.

Booking Your Place: Please let me know by the Thursday before the weekend training session; maps are printed and final preparations are undertaken on Fridays.

Remember - coaching sessions are dependent on having enough adult volunteers as coaches and assistants. We need to make sure we have enough adults to match the number of participants so please let me know if you are able to assist with the session.

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>

Cycle Events

Tony & Angela Brand-Barker are organising a series of five 2 hour score events from various locations on Wednesday evenings. First one is next week, 22 May from Dean. All the details are on www.bmbo.org.uk with the opportunity to pre-enter (good idea as it guarantees you a map). All the controls are on road signs and finger posts at the side of tarmac roads. Good training, and you can use a normal road bike. And there are prizes to be won!!

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.

Ling Fell 9.5.13

(Selection from results.)

Long

1st	Lewis Taylor	34:45
2nd	David Spencer	39:09
3rd	John Slater	39:22
4th	Chris Hope	39:43
5th	Ian Cumpstey	41:16
6th	Pete Nelson	41:18
7th	Mike Harrison	42:11
8th	Andrew Bradley	45:33
9th	John Taylor	46:06
10th	Jeff Goodwin	47:10

Short

1st	Daniel Spencer	32:35
2nd	Roger Jackson	39:24
3rd	Ann Cummings	40:59
4th	Susan Skinner	42:52
5th	Matthew Blackley	43:27
6th	Paul Tickner	43:36
7th	Richard Cummings	44:00
8th	Ian Teasdale	44:11
9th	Jenny Wren	44:13
10th	Sarah Chaudhri	50:09

Easy

1st	Rosie Spencer	21:27
2nd	Henry Teasdale	21:48
3rd	Jess Breeze	22:12