



West Cumberland Orienteering Club

Week 23

3 June 2013



Upcoming Fixtures....

THIS WEEK **Thur 6 June, Ladies Table & Hogg Wood.** This is in the Wythop Valley, with parking at the old silica works, with parking charge. Three courses, long, short and easy. Cost £3/£1.50. Starts from 6pm. See club website.

NEXT WEEK **Thur 13 June, Burn Edge & Swarth Fell.** This is part of the Blakeley Raise map and will give very fast running.... and if there is mist.....!! Three courses, long, short and easy. Cost £3/£1.50. Starts from 6pm.

Bike-O **Wednesday 5 June, Dearham.** The second of five events. Starts from 5.30pm. Pre-enter if you can on www.bmbo.org.uk The weather forecast looks good so it will be a real pleasure cycling the minor roads around Dearham, Tallentire and Bridekirk.

Summer Junior Tours

Getting a place on a summer tour is definitely a highlight in the career of a junior..... This year two places have been awarded to WCOC juniors (so far). Congratulations to Katrina Hemingway who is going to Sweden to take part in the Stockholm training camp, and to Katie Lowles who will be on the Deeside camp based near Aberdeen. There are usually only about twenty places available on any tour, so the girls have done really well!! The tours take place late July and early August. Brilliant effort Katrina and Katie... good luck and we hope you enjoy yourselves.

Club Gear

Warmer weather..... so, we'll all be sporting our club tops at the Thursday evening events. Get yours from Steve Telford, all sizes are available.



May Newsletter

The newsletter has been printed and will be distributed at the evening event on Thursday. Please make every effort to collect on the night so that we can save on the postage costs. Lt's a great read.... thanks Graham!
And of course.... keep thinking about your article for the next one..... put pen to paper!

Evening Events

Please note that start times are from 6-7pm (sometimes from 5.45!) and that courses close at 8.30pm. That doesn't leave too much time for the planner to collect in controls before it gets dark, particularly as the series moves into late July and August.

Please start early if you know you will be out for quite a long time. If you are not back by 8.30pm the planner will always worry that you have had an accident and need the Mountain Rescue Team.

Harrop Tarn Regional.

Entries for our regional event on Harrop Tarn, scheduled for July 14, are open on www.Oentries.com. It is a great area and well worth the journey.

Dalegarth 30.5.13

(Selection from results.)

Long

1st	Richard Wren	43:33
2nd	Lewis Taylor	45:50
3rd	David Spencer	49:28
4th	Chris Hope	50:46
5th	Howard Leslie	55:32
6th	Alan Irving	56:20
7th	Bob Dredge	56:33
8th	Jeff Goodwin	57:42
9th	John Taylor	59:30
10th	Pete Nelson	60:30
11th	Daniel Spencer	60:43

Short

1st	Stuart Parker	35:52
2nd	Roger Jackson	40:05
3rd	Susan Skinner	40:37
4th	Matthew Blackley	43:42
5th	Susan Jackson	43:54
6th	Richard Cummings	46:08
7th	Heather Wormham	46:45
8th	Niamh Hunter	48:25

Easy

1st	Henry Teasdale	16:29
2nd	Rosie Spencer	17:47
3rd	Ben Goodwin	24:34
4th	Lucy Blackley	25:04
5th	Freya Hope	27:03

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

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