



### Upcoming Fixtures....

**THIS 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.

**NEXT WEEK** **Thur 20 June, Barf & Broom Fell.** This is at the top of Whinlatter. Parking will be at Tarbarrel Moss. Three courses, long, short and easy. Cost £3/£1.50. Starts from 6pm.

**Bike-O** **Wednesday 19 June, Cockermouth.** The third of five events. Starts from 5.30pm. Pre-enter if you can on [www.bmbo.org.uk](http://www.bmbo.org.uk) The weather forecast looks good so it will be a real pleasure cycling the minor roads around Cockermouth and its environs.

### School Event Finals

Two finals coming up in June. Might you have some free time to lend a hand to run the events. The West Cumbria Schools Final will be on Thursday, 20th June at Cogra Moss near Lamplugh. Cumbria Schools OA Final at Low Rigg near Threlkeld on Saturday 29th June, being hosted by WCOC this year. IF you can help then please reply to this email. There are a few who have already offered help.... so thanks to them.

**Do you want to have a go at planning?** We stage over sixty events a year so there is plenty of opportunity to get involved in the planning..... a very rewarding experience. Mike Harrison will offer you a date and an area, and assistance if needed. Go on... have a go!

### Harrop Tarn Regional.

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

Rob Holder is the organiser for the event and he would like to hear from you if you can help on the day. We will be organising bussing for everyone from Threlkeld quarry to Thirlmere Lake. Again, please reply to this email and your offer will be passed on to Rob. The Red and Blue teams are looking after this event.

### 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.

### Ladies Table 6.6.13

(Selection from results.)

Long

1st	Lewis Taylor	36:59
2nd	David Spencer	41:41
3rd	Michael Billinghamurst	48:05
4th	John Taylor	49:24
5th	Andrew Bradley	49:55
6th	Alastair Thomas	50:14
7th	Howard Leslie	50:41
8th	Kate Charles	53:55
9th	Jeff Goodwin	54:03
10th	Andy Sykes	56:28
11th	James Daplyn	58:01
12th	Chris Emerson	59:40
13th	Chris Pollitt	59:41
14th	Katherine Lowles	60:03

Short

1st	Susan Skinner	40:12
2nd	Richard Warner	45:29
3rd	Mike Pearson	47:17
4th	Roger Thomas	49:18
5th	Roger Jackson	51:10
6th	Tony Brand-Barker	52:36
7th	Heather Wornham	56:57
8th	Fran McDonald	60:50
9th	Jenny Wren	62:17
10th	Ian Teasdale	62:57
11th	Diana Mitchell	62:53
12th	Syd Thomas	65:12

Easy

1st	Hannah Rumney	16:25
2nd	Joe Goodwin	18:45
3rd	Rosie Hogg	18:58
4th	Henry Teasdale	20:30
5th	Finn Goodman	23:07

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

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