



Upcoming Fixtures....

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

NEXT WEEK **Thur 27 June, Setmurthy Forest.** The forest is close to Cockermouth, with loads of bike tracks. Park with care on the roadside. 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 The weather forecast looks good so it will be a real pleasure cycling the minor roads around Cockermouth and its environs.

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.

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.

Coaching Sessions

The recent coaching at the weekend on High Rigg was a joint session with the NWJS (the regional squad). The sessions are open to all. Make contact with Lynne Thomas to find out when the next ones are and to put your name down for a place. The main focus is on the juniors and those new to the sport, but the exercises would benefit anyone who wishes to hone their skills.

OCAD DISCS

Anyone know where the OCAD8 and OCAD9 program discs are? Please reply to this email if you have one of them.

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.

Burn Edge 13.6.13

(Selection from results.)

Long

1st	Pete Nelson	57:34 67
2nd	Mike Harrison	48:34 66
3rd	Kevin Hodgson	53:20 65
4th	Matt Pearson	55:30 65
5th	Nick Moore	56:54 65
6th	Mike Hind	55:17 64
7th	Alan Irving	49:17 63
8th	Jeff Goodwin	51:23 63
9th	Angela Jackson	56:12 63
10th	Chris Emerson	55:26 62
11th	Ray Johnstone	55:35 62
12th	David Spencer	38:03 60
13th	Chris Pollitt	50:26 60
14th	Lewis Taylor	34:17 58
15th	John Slater	40:57 58
16th	Angela Brand-Barker	46:45 58
17th	Bob Barnby	54:18 58

Short

1st	Colin Smith	32:42 43
2nd	Roger Jackson	35:38 43
3rd	Susan Skinner	35:45 43
4th	Ben Breeze	43:28 42
5th	Penny Kingsland	47:48 40
6th	Ian Teasdale	39:19 39
7th	Niamh Hunter	40:31 39
8th	Vanessa Brierley	41:52 39
9th	Pam Rumney	42:41 39
10th	Syd Thomas	38:16 38
11th	Catherine Wetherfield	49:13 36

Easy

1st	Rosie Spencer	11:27
2nd	Hannah Rumney	12:01
3rd	Henry Teasdale	12:29

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

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