



### Upcoming Fixtures....

**THIS 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.

**NEXT WEEK** **Thur 4 July, Southerndale.** The area is fairly high on the lower slopes of part of Skiddaw, with fabulous views over Bass Lake and Wythop Forest. Park with care in the fairly small carpark or walk in from Dodd Wood carpark. Three courses, long, short and easy. Cost £3/£1.50. Starts from 6pm.

**Bike-O** **Wednesday 19 June, Mawbray/Allonby.** The fourth of five events. Starts from 5.30pm. Pre-enter if you can on [www.bmbo.org.uk](http://www.bmbo.org.uk) The weather has been great so far.... finders crossed!

### HELP NEEDED

The club is staging the Cumbria Schools Champs on Low Rigg near Threlkeld on Saturday morning. Can you help? A few have already offered their help but quite a few more are needed. Please reply to this email if you are available.

### West Cumbria Schools Final

Many thanks to the team who helped stage the final event in the 2013 series at Cogra Moss. We had over 150 pupils from 13 schools taking part. Without the dedication of our band of helpers we simply wouldn't be able to keep the series going. Thanks therefore to Gerry & Louise Wilson, Jenny Wren, Angela & Malcolm Ruckledge, Steve Telford, Alison Wilson and Tony Duncan. Thanks to Katie Lowles for presenting the prizes.



### Northern Champs

Congratulations to our new 2013 Northern Champions...

Helen Winskill takes the W21 title, and Katrina Hemingway has a blistering performance to take W18.

Lewis Taylor was second on M21, and third places went to Caitlin Irving on W10, Rosie Spencer on W12 and Daniel Spencer on M14.

### OCAD DISCS

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

### Barf & Broom Fell 20.6.13

(Selection from results.)

Long

1st	Richard Wren	36:34
2nd	Mike Harrison	38:14
3rd	Chris Hope	39:56
4th	Callum Pearson	41:00
5th	Ian Cumpstey	41:21
6th	Jeff Goodwin	41:52
7th	Alastair Thomas	42:42
8th	Andrew Bradley	44:01
9th	Pete Nelson	45:52
10th	Daniel Spencer	48:16
11th	Howard Leslie	48:30
12th	Katrina Hemingway	48:36

Short

1st	Chris Lates	40:03
2nd	Susan Skinner	40:58
3rd	Roger Jackson	41:40
4th	Ian Teasdale	44:41
5th	Graham Hemingway	47:16
6th	Rachel Osborn	50:55
7th	David Fenwick	51:28
8th	Ben Breeze	52:05
9th	Syd Thomas	52:59
10th	Clyde Mitchell	53:59
11th	Gerry Garvey	54:29
12th	Sarah Chaudhri	54:47

Novice

1st	Henry Teasdale	37:19
2nd	Joseph Sunley	53:39
3rd	Janette McHendry	53:54