



Upcoming Fixtures....

THIS 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.

NEXT WEEK Thur 11 July, High Park, Loweswater. This is the Parish Relays. Teams of three to run seven short loops, two at a time, and shared between all three runners. There is also a junior team competition. Get your teams sorted. Reply to this email with outline team name etc so that maps can be prepared. See website for details.

Bike-O Wednesday 10 July, Mawbray/Allonby. The fourth of five events. Starts from 5.30pm. Pre-enter if you can on www.bmbo.org.uk The weather has been great so far.... finders crossed!

Thanks for the HELP

The Cumbria Schools Champs were held at the weekend on Low Rigg in good conditions. Many thanks to the team of adults who gave up their morning to help stage the event.

Club Social this Saturday in Holme Wood

The details are all on the website. This is a picnic in the woods, with parking at Maggie's Bridge, Loweswater, and then a short walk into Holme Wood. The parking is VERY limited, but there is room on the road on the northern side of Loweswater Lake. Park there and then walk in.... or bring your bike for a short ride to the wood.

For the energetic there will be a score event. Come and enjoy this wonderful part of West Cumbria.

Junior World O Champs

Charlotte Watson is racing this week at JWOC in Czech. We wish her all the best and hope she performs as she expects. A lot of the races are online and the relay, I believe, is going to be televised. But you can certainly follow a lot of the goings on by checking the website from the Facebook page JWOC2013/JWOC Tour and often there will be a link from the www.nopesport.com forum

Parish Relays

Please organise your teams in the next few days and reply to this email with details so that maps can be prepared. A couple of spare maps are printed for the night, but please don't rely on that!

Also, this is great fun for juniors and the courses are suitable for all abilities.... you even get the chance to study the course before you set off.

Spook-O

Yes I know it's a long way off... Oct 31st.... but a lot of forward planning is needed. Have you got an idea for a 'spooky' site??

Setmurthy 27.6.13

(Selection from results.)

Long

1st	Richard Wren	29:51
2nd	Lewis Taylor	30:19
3rd	Alan Irving	36:41
4th	Alastair Thomas	38:23
5th	Mike Harrison	39:23
6th	Callum Pearson	39:40
7th	Ian Cumpstey	39:46
8th	Alan Hartley	40:00
9th	Katrina Hemingway	41:16
10th	Pete Nelson	42:19
11th	Chris Emerson	43:22
12th	Stuart Parker	44:53
13th	Rosie Watson	45:01

Short

1st	Roger Thomas	35:53
2nd	Susan Skinner	36:52
3rd	Roger Jackson	37:25
4th	Ian Teasdale	54:11
5th	Philip Nichols	54:41
6th	Kim Leslie	56:55
9th	Joyce Hemingway	63:07
12th	Niamh Hunter	72:05
13th	Vanessa Brierley	73:17
14th	Sarah Chaudhri	75:41

Novice

1st	Rosie Spencer	11:27
2nd	Ben Goodwin	12:21
3rd	Henry Teasdale	13:10
4th	Wilfrid Teasdale	13:39

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

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