



# West Cumberland Orienteering Club

Week 28

7 July 2013



## Upcoming Fixtures....

**THIS 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.

**NEXT WEEK** **Thur 18 July, Mosser Fell.** The area is open fell with wonderful views over Buttermere and the Solway Coast. Courses, long, short and novice/easy. Cost is £3/£1.50. Starts are from 6pm. 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](http://www.bmbo.org.uk) The weather forecast is good but a headwind for half the race could slow you down!

### CompassSport Cup Final

WCOC qualified earlier in the year to compete in the final of the Compass sport Cup which takes place on 20<sup>th</sup> October 2013 at Mosely Green and Danby Lodge in Forest of Dean. At the moment I want to find out if we have enough interest from club members to be able to send a team. The very provisional arrangements would be - travelling down on Saturday - possible by minibus(es) - staying somewhere near to event, competing on Sunday and returning to Cumbria on Sunday evening. If you are interested in competing can you please let Margaret know as soon as possible. Once we know whether there is enough interest we can then proceed with some more definite arrangements. Please reply to this email.

### 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.

Still time to get your teams in..... but please do it soon so enough maps are printed.

**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!

### Autumn Sprint Series

The sprint series for the autumn is being put together at the moment. This is an ideal opportunity for new people to try the sport. Tell your friends about it. All the areas are very accessible, with the courses relatively short. Starting in September.

### Southerdale 4.7.13

(Selection from results.)

Long

1st	Lewis Taylor	30:54
2nd	Michael Noblett	32:28
3rd	Richard Wren	32:33
4th	Martin Bagness	35:42
5th	John Noblett	36:32
6th	Christopher Brand-Barker	36:38
7th	Mike Harrison	37:29
8th	Chris Hope	37:50
9th	Jeff Goodwin	39:39
10th	Pete Nelson	40:07
11th	Daniel Spencer	41:53
12th	Chris Pollitt	43:34

Short

1st	Roger Thomas	32:45
2nd	Duncan Taylor	33:23
3rd	Matthew Blackley	34:33
4th	Susan Skinner	34:34
5th	Michael Pearson	34:43
6th	Roger Jackson	35:33
7th	Angela Brand-Barker	35:43
8th	Vanessa Brierley	40:15
9th	David Fenwick	43:00

Easy

1st	Henry Teasdale	13:42
2nd	Finn Goodman	14:29
3rd	Ben Goodman	15:33
4th	Alastair Woodbury	16:00

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

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