



West Cumberland Orienteering Club

Week 30

22 July 2013



Upcoming Fixtures....

THIS WEEK **Thur 25 July, Matty Benn's Bridge.** The area is open fell; part of Kinniside Common. Courses, long, short and novice/easy. Cost is £3/£1.50. Starts are from 6pm. See website for details of the parking etc..

NEXT WEEK **Thur 1 August, Mawbray.** The area is a wonderful section of gentle sand dunes with a lot of subtle contour detail. Courses, long, short and novice/easy. Cost is £3/£1.50. Starts are from 6pm. See website for details.

Peter Palmer Relays- Sun 8th Sept.

WCOC have volunteered to stage this premier event for juniors on behalf of British Orienteering and NWOA. The event will be held at Hawse End with all the teams overnighting at the centre. There will be a 4am (?) mass start for the first leg runners.... so a night leg! It is likely that the second leg will go off in the very early morning gloom so head torches may be needed for that too. It is a great event, with five legs to be run, varying in standard from Yellow to Green. The Yellow leg can be run by as many as three runners. If you would like to have a run and be part of a WCOC team then please **reply to this email**. With the event on your doorstep you won't get a better opportunity to race in this 'top' event.

Ticks.

There is a general warning being issued about ticks, as they are prevalent at the moment on the fells. They have the potential to transmit Lyme disease to you if you leave them attached to your skin. A couple of people were removing the odd tick after their run on Harrop. There is a small plastic tool that you can buy to successfully remove them completely. If you have been bitten by one of them keep a check on the bite site for a number of days and look out for any reddening that is long lasting. Get it checked out! See link for details

http://www.hpa.org.uk/webc/HPAwebFile/HPAweb_C/1317138918897

Scottish 6-Day

There are a large number of club members entered for the event. Depending on parking we will bring the club tent and feather. BBQ on the beach, details on the website. See you there.

Spook-O

This year's event will be on Oct 31st... Have you got an idea for a 'spookie' site?? Jeff Goodwin would like to hear of your plans.

Mosser Fell 18.7.13

(Selection from results.)

Long 1

1st	Lewis Taylor	38:37
2nd	Richard Wren	42:43
3rd	Jeff Goodwin	52:42
4th	Raymond Wren	57:30
5th	Howard Leslie	58:03
6th	Steven Breeze	61:12
7th	David Downes	63:05

Long 2

1st	John Slater	45:49
2nd	Mike Harrison	50:16
3rd	Andrew Bradley	51:29
4th	John Taylor	52:25
5th	Katherine Lowles	54:27
6th	Chris Pollitt	61:20
7th	Kate Charles	62:24

Short 1

1st	Roger Thomas	36:20
2nd	Bobby Hagan	36:56
3rd	Ann Cummings	38:02
4th	Ian Teasdale	41:42
5th	Syd Thomas	41:56
6th	Sarah Chaudhri	44:02

Short 2

1st	Hannah Bradley	36:16
2nd	Michael Pearson	36:53
3rd	Roger Jackson	37:37
4th	Ian Lowles	41:30
5th	Richard Cummings	41:54
6th	David Fenwick	45:48

Novice

1st	Hannah Rumney	18:32
2nd	Henry Teasdale	19:24
3rd	Joseph Sunley	20:49
4th	Wilfrid Teasdale	29:43
5th	Carys Thomas	41:44

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

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