



Upcoming Fixtures....

THIS 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. A lot of folk will be away at the Scottish 6Day, so here is your opportunity to gain some serious league points. The planner, Steve Breeze has some brilliant courses for you, so please make sure you turn up and don't leave him on his own! He has also planned some extra 'O' for the novices taking part with a second opportunity to try some harder controls. Sounds good!

NEXT WEEK Thur 8 August, Cockup. The area is open fellside with a fair number of contours. Parking is usually in a farmer's yard. Courses, long, short and novice/easy. Cost is £3/£1.50. Starts are from 6pm. See website for details.

Club Gear

Warmer weather.... so, we'll all be sporting our club tops at the Thursday evening events. Everyone looks so smart in their tops and with a couple of Galoppens coming up fairly soon make sure you have your top to help psyche out the opposition! Get yours from Steve Telford, all sizes are available.



Peter Palmer Relays- Sun 8th Sept.

WCOO 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 WCOO 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.

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.

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.

Matty Benns Bridge 25.7.13

(Selection from results.)

Long

1st	Richard Wren	38:00
2nd	Lewis Taylor	38:19
3rd	John Slater	39:39
4th	Pete Nelson	43:33
5th	Alan Irving	43:50
6th	Chris Emerson	44:32
7th	Mike Harrison	46:52
8th	Jeff Goodwin	49:09
9th	Chris Pollitt	50:20
10th	Angela Brand-Barker	51:18
11th	Steven Breeze	51:31
12th	Bob Barnby	54:45
13th	Howard Leslie	58:36
14th	Jenny Wren	62:55

Short

1st	Gerry Garvey	46:19
2nd	Roger Jackson	53:12
3rd	Sarah Chaudhri	60:05
4th	Millie Park	69:31
5th	Tony Pennick	80:01
6th	Pam Rumney	80:34
7th	Hazel Newport	88:01
8th	Sarah Newport	88:09
9th	Colin Southall	88:14
10th	Liz Cherry	90:59

Easy

1st	Joseph Sunley	13:43
2nd	Jack Dixon	14:38
3rd	Ben Goodwin	15:48
4th	Luke Cherry	16:54

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

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