



West Cumberland Orienteering Club

Week 32

5 August 2013



Upcoming Fixtures....

THIS 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.

NEXT WEEK Thur 15 August,

Owsen Fell. This is a new area recently mapped by Pete Nelson. It is an extension of the Knock Murton/Blake Fell area. 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.

The event will be held at Hawse End with all the teams overnighing 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.

Coaching/Training Sessions

Four sessions are being planned for the Autumn, and these are open to anyone who would like to improve their skills and to hone their techniques. Dates are Sept 1, Oct 12, Nov 9 and Dec 22, all are on a Saturday. Reply to this email if you would like to be kept informed.... which will be passed on to Lynne. There are also plans to have some Saturday events to link in with the training/coaching.

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.



Scottish 6-Day

A large WCOC contingent (48) joined the 3500+ orienteers from all over the world at the S6D last week. Competition was very tough with many struggling to stay in the top 25%.

Star of the week was Caitlin Irving in W10A with five great results, 2, 3, 4, 4 and 5, giving an overall **THIRD** place. Brilliant!

Alastair Thomas was the only one to get a win on one of the days, and he ended up with a **FOURTH** overall.

Mike Billinghurst was **EIGHTH** overall, with Katrina Hemingway **NINTH**.

Great orienteering in wonderful forests, with either the rain or the heat adding that little bit extra!!

Mawbray 1.8.13

(Selection from results.)

Long A

| | | |
|-----|---------------------|-------|
| 1st | Steve Holmes | 37:40 |
| 2nd | Jeff Goodwin | 42:39 |
| 3rd | Angela Brand-Barker | 51:21 |
| 4th | Jane Hornby | 64:50 |

Long B

| | | |
|-----|------------------|-------|
| 1st | David Downes | 39:30 |
| 2nd | Matthew Blackley | 48:34 |
| 3rd | Alex Kendall | 48:46 |
| 4th | Bob Barnby | 52:58 |

Short

| | | |
|------|-----------------------|-------|
| 1st | Gerry Garvey | 40:26 |
| 2nd | Ged Hagan | 43:07 |
| 3rd | Syd Thomas | 44:07 |
| 4th | Ian Teasdale | 44:35 |
| 5th | Louise Hagan | 45:03 |
| 6th | Philip Nichols | 46:34 |
| 7th | Jonathan Eaton | 48:53 |
| 8th | Catherine Wetherfield | 49:41 |
| 9th | Ben Breeze | 50:54 |
| 10th | Tony Pennick | 52:18 |
| 11th | Geoff Armer | 58:18 |
| 12th | Colin Southall | 71:47 |
| 13th | Sarah Newport | 92:25 |

Novice

| | | |
|-----|------------------|-------|
| 1st | Ben Goodwin | 18:23 |
| 2nd | Henry Teasdale | 22:44 |
| 3rd | Wilfrid Teasdale | 33:50 |

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

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