



Upcoming Fixtures....

THIS 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.

NEXT WEEK **Thur 22 August, Crag Fell.** This is a new area recently mapped by Pete Nelson & John Slater. The area overlooks the Ennerdale valley. Courses, long, short and novice/easy. Cost is £3/£1.50. Starts are from 6pm. See website for details.

Orient8 for next winter

A limited number of sessions will be held this winter and based on Brigham School. The target audience will be youngsters at primary and secondary school. The sessions will be linked in with the coaching sessions on Saturdays and with other informal events being planned for some of the other Saturdays.

Anyone interested in this development or can make a contribution to it are invited to make contact with Lynne Thomas.

Future Event Programme

The club has a very busy programme of events for the next five months.... and beyond. If you would like to be involved in the planning of any of the informal evening events please reply to this email and it will be passed on to Mike Harrison who is co-ordinating the various series.

Peter Palmer Relays- Sun 8th Sept.

The event is at an advanced stage of development now, with all the organisation in hand. Because it is a junior only event it falls on the adults to do all the work! If you can spare some time and would like to be involved please reply to this email.

Teams are currently being put together and it looks like there will be three teams from WCOC. Competition will be hot as many northern clubs have realised that the event is a lot closer to them this time and they are making a real effort to attend.

Selections

Congratulations to Alastair Thomas (M14) on his selection for the Junior Home Internationals (JHIs) which will be held later in the Autumn. Charlotte Watson and Helen Winskill have also been selected for the Senior Home Internationals (SHIs)... congratulations to them also.

Coaching Sessions

Four sessions are being planned for the Autumn, Sept 1, Oct 12, Nov 9 and Dec 22, all are on a Saturday. These are open to anyone who wishes to improve their skills. Various exercises are laid on that can be tried so that particular skills can be practised and faults rectified!

Cockup 8.8.13

(Selection from results.)

Long		
1st	Lewis Taylor	43:38
2nd	Mike Harrison	46:49
3rd	Chris Hope	46:58
4th	John Slater	47:19
5th	Toby Cushion	48:33
6th	Alex Kendall	48:45
7th	Pete Nelson	49:25
8th	Andrew Bradley	50:40
9th	Ian Cumpstey	52:03
10th	Martin Skinner	55:10
Short		
1st	Susan Skinner	40:02
2nd	Hannah Bradley	41:31
3rd	Michael Pearson	42:36
4th	Eileen Maxwell	46:41
5th	Jon Waite	46:43
6th	Ged Hagan	48:29
7th	Gerry Garvey	49:45
8th	Fran McDonald	51:37
9th	David Fenwick	51:52
10th	Ian Teasdale	52:15
11th	Catherine Wetherfield	52:17
Novice		
1st	Wilfrid Teasdale	25:22
2nd	Henry Teasdale	26:53
3rd	Sally Smith	30:58
4th	Jacob Smith	31:39