



### Upcoming Fixtures....

**THIS 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 on parking etc.

**NEXT WEEK** **Thur 29 August, Whinlatter Finale.** This is the last of the summer series and will be followed by a presentation in the Coledale Inn following the event. Courses, long, short and novice/easy. Cost is £3/£1.50. Starts are from 6pm. See website for details.

### CompassSport Cup Final

As you know we have qualified for the final of this event, with the venue being Moseley Green, Forest of Dean on 20 October. Not a great response so far, so a very depleted team is on the cards! Do you want to go?..... the team manager needs to know so that arrangements can be made. Please respond to this email so that a final decision can be made on whether to officially send a team!

### Peter Palmer Relays- Sun 8<sup>th</sup> Sept.

Thanks for your response about helping at this event. We can always do with plenty of help so please offer if you might have the time.

### 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](http://www.hpa.org.uk/webc/HPAwebFile/HPAweb_C/1317138918897)

### 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!

### 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.

### Owsen Fell 15.8.13

(Selection from results.)

Long		
1st	Lewis Taylor	38:31
2nd	Alex Kendall	38:41
3rd	Chris Hope	41:03
4th	John Slater	41:08
5th	Mike Harrison	42:23
6th	Alastair Thomas	43:29
7th	Andrew Bradley	46:30
8th	Chris Emerson	48:33
9th	Jeff Goodwin	49:08
10th	Ian Cumpstey	51:17
11th	Angela Jackson	51:46
Short		
1st	Roger Thomas	33:19
2nd	Susan Skinner	35:41
3rd	Lynne Thomas	36:54
4th	Ian Lowles	38:42
5th	Hannah Bradley	38:58
6th	Ian Teasdale	40:12
7th	Alex Chaudhri	41:10
8th	Roger Jackson	41:48
9th	Sarah Chaudhri	42:45
10th	Jenny Wren	44:23
11th	Catherine Wetherfield	45:37
Easy		
1st	Hannah Rumney	19:32
2nd	Henry Teasdale	22:16
3rd	Ben Goodwin	23:55