



Upcoming Fixtures....

THIS 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.

NEXT WEEK **Thur 5 September, Derwent Hill.** The first of the park series. Venue is still to be confirmed, but will be in the Keswick area. Short courses with fast racing! Courses, long & short with 15min winning times. Cost is £3/£1.50. Starts are from 6pm. See website for details.

Peter Palmer Relays- Sun 8th 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.

Junior Selections

The team for the Junior Inter Regional Championships, to represent the NW, has been announced. The NW is the pre-eminent regional team with Scotland and sometimes YHOA providing serious competition. WCOC juniors once again have been selected to join the team.

Alastair Thomas, Katie Lowles, Katrina Hemingway, Hannah Bradley (reserve) and Niamh Hunter will travel to the JIRCs later this autumn.

Congratulations to them all, and in particular to Niamh on her early selection only having joined the NW junior squad this year.

Mapping Programme

The club has a very extensive list of mapped areas; must be of the order of 100! Many of the maps are at various stages of being 'out-of-date' and in need of a resurvey. This is an ongoing programme. Recently the club has been given access to LIDAR data which is digital height data from aerial flights. It is extremely accurate and can give a very detailed base map. Pete Nelson has (or is in the process of) getting base maps ready for several areas. Do you fancy doing the survey using one of these base maps?

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!

Winter Night Series

Mike Harrison is sorting the venues and planners. The early venues will allow for easy orienteering to give everyone a chance to try navigating in the dark.... Best fun ever! If you fancy planning one of them then reply to this email or catch Mike at an event.

Crag Fell 22.8.13

(Selection from results.)

Score			
1st	Pete Nelson	200	47:14
2nd	Ian Cumpsty	200	48:55
3rd	Mike Harrison	200	49:06
4th	Alastair Thomas	200	50:23
5th	Alex Kendall	200	51:45
6th	Alan Irving	200	53:52
7th	John Taylor	200	54:20
8th	Andrew Bradley	200	56:09
9th	Jeff Goodwin	190	53:21
10th	Roger Thomas	190	56:50
11th	Steven Breeze	190	56:55
12th	David Downes	170	45:26
13th	Howard Leslie	170	49:07
14th	Lynne Thomas	170	54:39
15th	Philip Jennings	170	58:08
16th	Roger Jackson	160	47:42
17th	Jenny Wren	160	50:42
18th	Ged Hagan	160	56:57
19th	Ian Teasdale	160	58:38
20th	Susan Skinner	150	42:04
21st	Angela Jackson	150	45:24

Novice

1st	Caitlin Irving	8:26
2nd	Henry Teasdale	9:00
3rd	Joseph Sunley	9:03
4th	Hannah Rumney	9:36
5th	Wilfrid Teasdale	10:49

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

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