



Sorry for the rather brief and early newsletter this week but we're off on holiday—a week in Scotland near Nairn so may even get to do a bit of orienteering in the lovely Darnaway Forest.

1. The plans for the Club's Summer series—first event 6th August, are well underway and details re entry etc will be included in next week's newsletter.
2. The Club now has planners for 3 of the 4 August events but someone is still needed for Low Rigg on 13 August—if you can help please contact Mike Billingham (Michael@micnet.plus.com) urgently.
3. Also there are two planners needed for the September urban events—10th and 24th September, again if you can help, please contact Mike B.
4. Lots of new Maprun opportunities—Longlands, a steep but runnable area on the Northern fells. Access from GR NY265358. There are 4 courses—easy (3.1km), short (3.1km), medium (5.6km) and long (7.6 km) for those wanting more of a run out. The area has only been used once before so it will be a new experience for many.
5. Eaglesfield Bike-O—2 hours score event. The course can be found on the Maprun app—in the West area of the Cumbria section (same as other WCOC events). Two maps available—the original Maprun map and an A3 OS Version (easier to read). The course starts and finishes at Eaglesfield Village Hall. Start as usual and then you have 120 minutes to grab as many points as you can before retuning to the finish. (After starting, don't go back there until you are ready to finish). Penalty points will be applied for late finishers. Scoring—controls 1-10 = 10 points;; 11-20 = 20 points and 21-30 = 30 points . 10 point penalty for every minute/part minute that you are late back. All the controls are at junctions or obvious road features and even better using Maprun you won't need to get off your bike to dib the controls!

Cycle safely following the usual rules of the road. It's recommended that under 16s should be accompanied by an adult. Participation is solely at your own risk. WCOC are providing information only and the event is not a BOF or BMBO accredited course/event. (Thanks to Rich Southward for this).
6. LOC Summer series—LOC are putting on a weekly series of events using Maprun. Anyone wanting to participate in the Summer series challenge will need to complete the course within the designated start block (7 days). The August events are: 1-7 Aug Cunswick; 8-14 Roanhead; 15-21 The Helm; 22-28 Aug Haverigg and 29—4 Sep Birkrigg. For more info visit Lakeland Orienteering Club website.
7. Finally, a warm welcome to a new member— Hugh Jordan. Hopefully we'll be meeting Hugh at events very soon!

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