



### Upcoming Fixtures....

**THIS WEEK Wed 12 July, Mawbray BikeO.** The event is part of the Summer Series enhancement. See website for details. Pre-enter if you can on the BMBO website to ensure there is a map. Routes will be on tarmac. Final Event.

**Thur 13 July, Ling Fell.** Open fell near Embleton with great views. Long, short and novice courses. See website for details.

**Sun 16 July, Threlkeld Galoppen.** Very intricate mining scars on Threlkeld Knotts to give tricky navigation. Usual courses Brown (hardest) to Yellow (very easy). Suitable for all abilities. See website for details.

**Thur 20 July, Owsen Fell.** Open fell near Lamplugh with great views. Planned by one of our juniors, Daniel Spencer. Long, short and novice courses. See website for details.

**Thur 27 July, Seat How, Whinlatter.** Complex woodland in Whinlatter Forest. Long, short and novice courses. See website for details.

### Anniversary weekend in Loweswater

Superb weather certainly added to the mix at the weekend. Thanks to Michael Billinghamurst for the Chase on Scale Hill, Tony Brand-Barker for the cycle round the Lorton Valley, and around Mell Fell, Simon Hunter for the Parish Relays in Holme Wood, and to Catherine Wetherfield for a social evening at Loweswater Hall. Great weekend.... thanks guys!

### Cumbria Youth Games

Six teams, from each of the Districts of Cumbria, of twelve children from Primary schools will compete in the Youth Games in Carlisle on Wednesday. Orienteering is one of the sports on offer, and the courses will use Chances Park. Allerdale is being represented by Bridekirk Dovenby School who were the champions in the schools' league.

**Twitter.** You can follow @WCOC2014

### Anniversary Year Quiz

Fifty clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#28. (NW) Colourful fish (3,4)

Retain your answers till the end of the year. Prizes for highest scores.

### Grike 06.07.2017

(Selection from the results.)

Long		
1st	Daniel Spencer	38:00
2nd	David Spencer	39:13
3rd	Mike Harrison	43:07
4th	John Slater	43:15
5th	Jeff Goodwin	44:13
6th	Philip Rutter	44:19
7th	Michael Billinghamurst	44:44
8th	Paul Eaton	45:07
9th	Ben Goodwin	46:36
10th=	Chris Emerson	49:17
10th=	Callum Roberts	49:17
12th	Ian Cumpstey	50:04
13th	John Taylor	50:49
14th	Matthew Blackley	51:49
Short		
1st	Peter Kemp	29:02
2nd	Mike Shilling	35:35
3rd	Roger Jackson	36:15
4th	Wilfrid Teasdale	38:01
5th	Andrew Stevens	40:58
6th	Vanessa Brierley	41:01
7th	Ged Hagan	42:34
8th	Jenny Wren	43:25
9th	Michael Pearson	44:04
10th	Louise Hagan	45:26
11th	Ange Jackson	45:39
12th	Jonathan Eaton	48:25
13th	Mike Cumpstey	49:28
14th	David Fenwick	50:02
Novice		
1st	Alice Kemp	22:19
2nd	Nathan Kemp	22:21
3rd	Annette Milburn	28:22
4th	Janice Nichols	30:49

### Threlkeld Galoppen

The next Galoppen is planned for 16<sup>th</sup> July on Threlkeld. Blue Team are organising. Offer your help to Jeff Goodwin.