



# West Cumberland Orienteering Club

Week 1

31 December 2012



## Upcoming Fixtures....

### THIS WEEK Thur 3 January at

**Whinlatter.** A mass start score event around the forest close to the Visitor Centre. See website for details. Great fun with lights all over the place, and can you keep up with the faster runners. Anyone can race this, all you need is a torch.

### NEXT WEEK Thur 10 January at

**Mell Fell.** Very technical steep sided fell - to test your navigational skills. Starts 6.15 to 7.15pm. See www.wcoc.co.uk for details. Cost £3/£1.50. Dress appropriately for the weather conditions and carry extra clothing.

### ...and others ..... Tomorrow!

#### Tue 1 January 2013 WCOC Informal Event

Special New Year's Day event. Setmurthy, nr Cockermouth. Starts 10.30 - 11.30. Parking at NY166314. Planner Dave Fenwick. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Orient8 continues

Stainburn school, sports hall, on Tuesday evening, 6.30pm start. Balance, agility and co-ordination - just what you need to improve your performance in the forest! **Starts again next week.**

### BEER TRAIL 2012

Usual format - you go to the first grid reference where you'll find a stake with the next reference. Carry on until you get to the beer & chocolate. All details will be on the website. Leave plenty of daylight and carry a decent torch.

LONG COURSE: about 9 km straight line

SHORT COURSE: about 6 km straight line

Recommended Parking: Hope Beck NY 1689 2418

1<sup>st</sup> checkpoint: Long and Short: Sheepfold NY 1692 2382

Avoid the Ladyside Pike to Hopegill Head ridge in snow or ice. There are other rocky and steep places which are hazardous in winter conditions. Look out for Mountain Bikes in the forest.

#### WE DON'T KNOW YOU'RE OUT THERE

#### YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY

We've planned it on the OS 1:25,000 NW sheet - or take a map that that is bounded by grid lines 16 (W), 21 (E), 27 (N), and 21 (S) (the short course won't go north of grid line 25)

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

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

### Club Night & Club Chase

Sat Jan 12: **Club Social Night** - this year at Embleton village hall - ceilidh band, plus club awards and bring some food. For price and full details see the website, and then **book your tickets through Lesley on Wornham2@aol.com - book early to avoid disappointment!**

The **Club Chase** (Sun, Jan 13), for those new to the club, is a chasing start colour coded event, with a start time allocated to you (by the statistician - who can't be bribed!!). The start time is worked out so that you will finish at Noon, if all goes to plan and you run to form. **You will need to book a place for a map - please reply to this email**

### Cockermouth 27.12.2012

(Selection from results.)

#### Long

1st	Christopher Brand-Barker	29:57
2nd	Jeff Powell Davies	37:24
3rd	Michael Billinghamurst	37:36
4th	Martin Skinner	38:01
5th	Angela Brand-Barker	39:19
6th	Howard Leslie	39:35
7th	Jeff Goodwin	40:08
8th	Chris Emerson	40:34
9th	Roger Thomas	43:24
10th	Lynne Thomas	46:19
11th	Emily Brooks	47:41
12th	Max Cousins	47:44
13th	Mike Hind	49:27
14th	Roger Jackson	51:15
15th	Bob Barby	52:04
16th	Yaz Chaudhri	55:11
17th	Sarah Chaudhri	55:15

#### Short

1st	Jonathan Eaton	24:05
2nd	Niamh Hunter	29:52
3rd	Carys Thomas	30:32
4th	Kim Leslie	34:04
5th	James Birkinshaw	46:21
6th	Alexander Hunt	49:19
7th	Matthew Birkinshaw	59:17