



West Cumberland Orienteering Club

Week 2

7 January 2013



Upcoming Fixtures....

THIS 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.

Sunday 13 Jan Club Chase at Rannerdale. Colour coded courses with allocated start times. Planned mass finish at 12 noon! Limited parking, please use space effectively. Share transport if you can. Start list and details on web site.

NEXT WEEK **Thur 17 January at Bowder Stone, Borrowdale.** Very technical terrain. 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.

Orient8 restarts this week

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 tomorrow.** The second half treat is a video of a top class orienteer!

Membership Renewal Time

You can renew your membership online on the BOF website. Thanks to all those (about 62 membership units) who have renewed. Now is the time to JOIN!
www.britisshorienteering.org.uk

Compass Sport Cup

The qualifying round for CSC takes place on Sunday 17th February at Claife Heights, organised by Lakeland Orienteering Club. Entries are www.fabian4.co.uk/ Each club member does their own entry. If you are not sure which course to enter please contact Margaret. The final is at Moseley Green and Danby Lodge, Forest of Dean organised by BOK.

1 Brown Men	Open	6 Short Green Veterans	M75+ W60+
2 Blue Women	Women Open	7A Light Green Men	Men 18-
3 Blue Men	M45+ M20-	7B Light Green Women	Women 18-
4 Green Women	W45+ W20-	8A Orange Men	Men 14-
5 Green Men	M60+	8B Orange Women	Women 14-

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 NOW - IT'S THIS WEEKEND!**

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!). **You will need to book a place for a map - please reply to this email. Start List and Details on website shortly. Don't forget to say which course you would like to run.**

Whinlatter 3.01.2013

(Selection from results.)

1st	Lewis Taylor	26:03	260
2nd	Pete Nelson	29:32	260
3rd	Michael Noblett	29:33	260
4th	Alan Hartley	29:56	260
5th	John Taylor	31:22	260
6th	Mike Harrison	31:28	260
7th	Alan Irving	31:59	260
8th	Richard Butler	32:23	260
9th	Andrew Bradley	34:03	260
10th	John Noblett	34:07	260
11th	Tom Mitchell	34:43	260
12th	Jeff Goodwin	35:17	260
13th	Kevin Hodgson	36:18	260
14th	Callum Pearson	36:45	260
15th	Ian Cumpstey	37:55	260
16th	Daniel Spencer	39:03	260
17th	Roger Jackson	39:36	260
18th	Margaret Mackenzie	41:17	260
19th	David Spencer	26:54	250
20th	Helen Winskill	27:43	250
21st	Simon Hunter	30:40	250
22nd	Chris Pollitt	36:33	250
23rd	Bob Barnby	38:51	250
24th	Emily Brooks	42:18	250
25th	Simon Cane	40:50	240
26th	Heather Wornham	41:35	240

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

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