



### Upcoming Fixtures....

**THIS WEEK** **Thur 17 January at Bowder Stone, Borrowdale.** Very technical terrain. Starts 6.15 to 7.15pm. See [www.wcoc.co.uk](http://www.wcoc.co.uk) for details. Cost £3/£1.50. Dress appropriately for the weather conditions and carry extra clothing.

**NEXT WEEK** **Sat 19 January at Gelt Woods, Brampton.** GR NY519591. Start 11am. Fees £3/£1.50. Green & Orange Courses. Contact – Mark Hawker 016977 42788, [www.bl-orienteeing.org.uk](http://www.bl-orienteeing.org.uk)

**NEXT WEEK** **Thur 24 January at Whoop, near Ennerdale.** Very technical terrain. Wild and remote! Starts 6.15 to 7.15pm. See [www.wcoc.co.uk](http://www.wcoc.co.uk) for details. Cost £3/£1.50. Dress appropriately for the weather conditions and carry extra clothing.

### Orient8 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! **The second half will involve map reading and visualisation while running.**

### Membership Renewal Time

You can renew your membership online on the BOF website. Thanks to all those (about 66 membership units) who have renewed. Now is the time to JOIN! [www.britisshorienteering.org.uk](http://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/](http://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-

### O gear and club kit

The new O kit has arrived. O-tops and those very trendy(!) jackets. Steve Telford has the stock and will be pleased to arrange for you to try on the gear to make sure you get the right size.

### Club Chase 13.01.2013

Thanks to Alan Irving for the start time calculations. Almost 70 runners came in within a ten minute window after the winner! The terrain gave better running than expected, so times were quicker.

Congratulations to all winners  
James Birkinshaw **Chase Winner**  
Rebecca Maxwell ORANGE  
Daniel Spencer LtGREEN  
Katie Lowles GREEN  
Katrina Hemingway BLUE  
Pete Nelson BROWN

You can show your route on RouteGadget from the WCOC results page.

### Mell Fell 10.01.2013

(Selection from results.)

#### Long

1st	David Spencer	44:14
2nd	Mike Harrison	47:55
3rd	Alan Hartley	48:35
4th	Alan Irving	48:36
5th	Ian Cumpstey	51:59
6th	Jeff Goodwin	52:31
7th	John Taylor	54:02
8th	Michael Noblett	55:26
9th	David Downes	57:21
10th	Bob Barnby	57:54
11th	Richard Butler	58:32
12th	Michael Billinghamurst	62:13
13th	Ricky Lightfoot	64:59
14th	Phil Davies	68:57

#### Short

1st	Susan Skinner	44:29
2nd	Daniel Spencer	52:39
3rd	Margaret Mackenzie	54:04
4th	Brian Wilson	58:43
5th	Chris Whitby	64:21
6th	Duncan Taylor	65:20

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

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