



West Cumberland Orienteering Club

Week 4

21 January 2013



Upcoming Fixtures....

THIS WEEK **Thur 24 January at Flat Fell, Cleator Moor** Parking: NY042139 at Dent Fell Gate - If Nannycatch Lane is icy, parking will be at the bottom of the lane on the Wath Brow to Ennerdale Bridge road. This will add a 10 minute walk to Registration so please take this into account in your travel plans as start times will strictly be 1815-1915 with courses closing at 2030. Cost £3/£1.50. Dress appropriately for the weather conditions and carry extra clothing.

NEXT WEEK **Thur 31 January at Miterdale.** Very technical terrain. Wild and remote! 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 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! **There will be an electronic map exercise in the hall this week.**

JK Relays 2013

If you want to run in a relay team at the JK (on Easter Monday) then please let Margaret know. The cheap entry closing date is fast approaching. Please reply to this EMAIL if you want a place.

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.

Closing date for entries is Feb 7 - not many WCOC members entered yet!!

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-

BEER TRAIL 2012/13

Many thanks to Pete Nelson for a great Beer Trail this year, and please note that the course will close on the afternoon of Sun 26 January.

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.

Renewal Time

Please take the time to renew your membership if you haven't done it yet. Now is the time to JOIN if you are new to the sport and the club! Just go to the website www.britishorienteering.org.uk

Grange 17.01.2013

(Selection from results.)

Long		
1st	David Spencer	38:09
2nd	Alan Hartley	39:51
3rd	John Taylor	41:02
4th	John Slater	41:48
5th	Pete Nelson	43:30
6th	Ian Cumpstey	45:12
7th	Alan Irving	45:44
8th	Chris Pollitt	45:58
9th	Steven Breeze	46:41
10th	Jeff Goodwin	48:45
11th	Richard Butler	50:36
12th	Graham Watson	50:54
13th	Katrina Hemingway	51:25
14th	Andrew Bradley	52:53
15th	David Downes	55:30
16th	Bob Bamby	56:02
17th	Roger Jackson	58:37
Short		
1st	Heather Wornham	32:29
2nd	Alex Chaudhri	35:09
3rd	Joyce Hemingway	54:09
4th	Brian Wilson	54:43
5th	Ben Breeze	56:19
6th	Ged Hagan	59:59
7th	Maya Cooper	69:18

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

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