



West Cumberland Orienteering Club

Week 5

28 January 2013



Upcoming Fixtures....

THIS WEEK **Thur 31 January at Miterdale.** Very technical terrain, within a great bit of forest, all sheltered from the weather. Wild and remote, but with the pub not far away! 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.

NEXT WEEK **Thur 7 February at Whoap, near Ennerdale.** Very technical terrain. Wild and remote, with parking on a forest road. Starts 6.15 to 7.15pm. See www.wcoc.co.uk for details, and check for any changes in the event as we get closer to the day. 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! **Dick Warner will take us through a map memory exercise - not to be missed!**

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 by **Friday 1st Feb**.

Sale Fell Galoppen: 24 Feb 2013

The **WHITE** team are looking after this one. Dick Warner is planning, John Taylor is controlling, and Kim & Howard Leslie are organising. Please offer your help directly to Kim or reply to this email if you can manage one of the jobs on the day.

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 is Feb 7th**

Junior Training - 2013

10am to 12noon, Saturday 2nd Feb. Low and High Hows, Grange, Borrowdale (parking being sorted.) We will have two groups working on the area: one at TD1-3 and one at TD4/5.

As this is the first session of the year we will be starting at the beginning by learning/reviewing some basic techniques. The TD 4/5 group will be looking at their strengths and weaknesses in using those basic techniques.

If you want to take part but haven't yet been contacted.... please reply to this email.

BEER TRAIL 2012/13

Many thanks to Pete Nelson for a great Beer Trail this year. The course is now closed, with complimentary reports from many who took part.

Flat Fell 24.01.2013

(Selection from results.)

Long	
1, Richard Butler	38:01
2, David Spencer	38:07
3, Alan Irving	41:24
4, Pete Nelson	45:30
5, Andrew Bradley	45:32
6, Chris Pollitt	45:41
7, Steven Breeze	45:48
8, John Taylor	47:38
9, Mike Harrison	48:35
10, Kevin Hodgson	49:48
11, Angela Jackson	51:42
12, Jeff Goodwin	52:25
Short	
1, Katrina Hemingway	33:25
2, Hannah Bradley	37:36
3, Susan Skinner	40:52
4, Jonathan Eaton	44:25
5, Margaret Mackenzie	44:29
6, Kate Charles	45:00
7, Brian Wilson	51:45
8, Ben Breeze	55:53

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

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