



West Cumberland Orienteering Club

Week 6

4 February 2013



Upcoming Fixtures....

THIS WEEK **Thur 7 February at Whoop, 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.

NEXT WEEK **Thur 14 February at Noble Knott, Whinlatter Forest.** Forested terrain with a piece of open fellside. Wild and remote, with parking at Noble Knott. 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! **To be followed by a session on event safety/injury to competitor.**

2013 Galoppen No.1 on Sale Fell

The details of the event, to be held on Sunday 24th February, can be found on the club website. Please do some advertising for the event by spreading the word about. By word of mouth is often the best advertising!

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 THIS Thursday

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.

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

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

Coaching/Training - 2013

A great session in fabulous terrain and bright sunshine last Saturday attracted about thirty participants. About ten sessions are being planned for the rest of the year and are being aimed at youngsters (the next generation!), those new to the sport (young and old) and any club member who wishes to take advantage of the exercises on offer to analyse and improve their 'O' skills. Would you like to be put on the emailing list to be kept informed? Contact Lynne Thomas direct or reply to this email and register your interest.

Summer Series 2013

The series is currently being planned. Would you like to plan one of the events, or to help? Contact Mike Harrison or reply to this email.

Miterdale 31.01.2013

(Selection from results.)

Long

1st	John Slater	44:17
2nd	Alan Irving	49:02
3rd	Pete Nelson	51:15
4th	John Taylor	52:28
5th	Mike Harrison	55:49
6th	Richard Butler	60:32
7th	Chris Emerson	61:27
8th	Steven Breeze	65:02
9th	Andrew Bradley	67:10
10th	Roger Jackson	95:26
11th	Peter Gilbert	121:17

Short

1st	Hannah Bradley	29:28
2nd	Angela Jackson	33:44
3rd	Margaret Mackenzie	39:26
4th	Kate Charles	42:58
5th	Rich Davey	45:51
6th	Jonathan Eaton	52:39
7th	Tony Pennick	53:43
8th	Donald Scarrott	60:07
9th	Ben Naylor	67:48