



Upcoming Fixtures....

THIS WEEK Thur 21 February on Low Fell (Mosser), near Cockermouth.

Open fell with large fields. Quite wild. Starts 6.15 to 7.15pm. See www.wcoc.co.uk for parking 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 28 February on Hawse End, near Keswick.

Lovely piece of woodland next to Derwentwater. Starts 6.15 to 7.15pm. See www.wcoc.co.uk for parking details, and check for any changes in the event as we get closer to the day. Cost £3/£1.50. There will be a novice/easy course for this... the FINAL event of the series. Presentation in the pub after.

Orient8 continues

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 a session on first aid and event safety presented by members of the Cockermouth Mountain Rescue Team in the second half.**



CompassSport Qualifier Round.

An excellent performance by the club team to take second place (2231) from LOC (2367), and ahead of MDOC (2224), SROC (2069) and DEE (2045) The final is in October in the Forest of Dean.

Renewal Time

You can renew your membership online on the BOF website. Thanks to all those (about 78 membership units) who have renewed. Now is the time to JOIN! www.britisshorienteering.org.uk

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!

Yvette Baker Qualifier

Round - 10th March

The event is being held at Holker Woodlands, Cartmel on Sunday, 14th March, and organised by LOC. This competition is for juniors with the qualifying club going to the final later in mid summer. Please let Margaret know if you are available to run for the club. Either contact direct or reply to this email. Courses available will be Yellow to Green.

Northern Night Champs

These are being put on by LOC at Great Tower on Saturday 2nd March. Entries via Fabian4. A very tricky area with plenty of height climb.

Noble Knott 14.02.2013

(Selection from results.)

| Long | | |
|-------|-------------------|-------|
| 1st | John Slater | 45:28 |
| 2nd | Alan Irving | 45:54 |
| 3rd | Mike Harrison | 45:55 |
| 4th | Alan Hartley | 47:15 |
| 5th | Callum Pearson | 47:43 |
| 6th | Pete Nelson | 50:48 |
| 7th | John Noblett | 51:25 |
| 8th | Katrina Hemingway | 54:21 |
| 9th | Chris Emerson | 60:07 |
| 10th | Andrew Bradley | 61:48 |
| 11th | Chris Pollitt | 62:18 |
| 12th | Steven Breeze | 63:38 |
| 13th | Roger Jackson | 68:06 |
| 14th | Mike Hind | 76:58 |
| Short | | |
| 1st | Jeff Goodwin | 37:27 |
| 2nd | Martin Skinner | 40:58 |
| 3rd | Susan Skinner | 42:18 |
| 4th | Alex Chaudhri | 53:37 |
| 5th | Brian Wilson | 61:17 |
| 6th | Ben Breeze | 64:55 |
| 7th | John Taylor | 65:28 |
| 8th | Sarah Chaudhri | 70:02 |
| 9th | Ian Barker | 73:37 |
| 10th | Jane Hunter | 86:33 |
| 11th | Jonathan Eaton | 88:52 |
| Easy | | |
| 1st | James Birkinshaw | 33:30 |

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

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