



# West Cumberland Orienteering Club

Week 10

4 March 2013



## Upcoming Fixtures....

### **THIS WEEK** Thur 7 March at Westlakes Science Park, Whitehaven.

Mass start score event at 6.30pm. See [www.wcoc.co.uk](http://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. You will certainly need to carry a torch to read the map..... so not quite a daytime event!

### **NEXT WEEK** Thur 14 March Leaps.

Start of the fell series, with the first venue at Leaps. See the courses on the website, [www.wcoc.co.uk](http://www.wcoc.co.uk) The cost is £3/£1.50 Mass start is 5.45pm as there is not a lot of daylight left. Perhaps carry a headtorch for the final km if you are one of the slower finishers!

### **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! **This week Dave will have us busy with Boxercise**



### **Congratulations**

Helen Winskill is Northern Night Women's Open champion after a stunning race at Great Tower at the weekend.

### **Club O-Gear**

Steve Telford has several items of club kit for sale having recently received a new delivery. As we enter the main racing season with warmer(!) weather allowing you to dispose of the cagoule (mmmm!!) you will want to sport the attractive WCOC O-top. Reply to this email if you would like to try one on and get the sizing right.



**Sad news.** For those club members who may remember Cliff Ford we have recently learnt that he died peacefully at home in Cleator Moor. His funeral will be at 13:15 at St John's Church, Cleator Moor on Thursday 7 March followed by cremation at Distington. Our thoughts are with his partner Gerri Burgess at this difficult time.

### **British Relays**

If you have entered the British Champs and would like a run in a relay team please contact Margaret Mackenzie directly or reply to this email.

### **WCOC Coaching session No2**

Saturday 9 March 10-12am, Hogs Earth, Borrowdale. TD1-3 Symbols and contour features. TD4/5 Contour details and the fast finish. AND preparing for the Yvette Baker Trophy heat on Sunday 10<sup>th</sup>.

### **Renew Your Membership**

Don't miss out on the February newsletter. Twenty pages.... of great reading! Graham Watson, our new editor has done a superb job on the first issue for 2013. Get on to the BOF website and do the business!! Renew asap and get your copy in the post!

### **Hawse End 28.02.2013**

(Selection from results.)

#### LONG

1st	David Spencer	47:09
2nd	Michael Billingham	47:30
3rd	John Slater	48:11
4th	Andrew Bradley	48:36
5th	Phil Davies	50:09
6th	Pete Nelson	50:38
7th	Mike Harrison	53:07
8th	Richard Butler	53:08
9th	Ian Cumpstey	56:34
10th	Chris Emerson	56:42
11th	Kevin Hodgson	57:53
12th	David Downes	61:14

#### SHORT

1st	Alastair Thomas	39:51
2nd	Emily Brooks	47:58
3rd	Margaret Mackenzie	48:59
4th	Kate Charles	51:28
5th	Daniel Spencer	52:51
6th	Ged Hagan	55:50

#### NOVICE

1st	Jess Breeze	35:36
2nd	Isaac Hunter	38:07

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

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