



Upcoming Fixtures....

THIS 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 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!

NEXT WEEK Thur 21 March

Nannycatch. Second event of the fell series. See the courses on the website, 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! **Last couple of sessions before Easter. Plans for the summer training?**



British Relays LAST CALL

Please tell Margaret by Wednesday 13th March if you want a run in a relay team.

Yvette Baker Qualifier

The Galoppen event on Sunday at Holker Woodlands, Cartmel produced a close competition for the YBT qualifying round. LOC (891), MDOC (886) go through. But our team's 884 was very impressive with Daniel Spencer, Niamh Hunter and Rosie Spencer winning with 100 pts. Rebecca Maxwell & Alastair Thomas got 99. Henry Teasdale & Hannah Rumney got 97. Carys Thomas & Kate Skinner got 96. Total 884! A great team effort with many others scoring well and depriving other clubs of better scores. The strength of junior participation in the NW is impressive!

WCOC Coaching session No2

A great training/coaching session at Hogs Earth in Borrowdale last Saturday. The sessions are open to all and provide exercises and courses to test your skills. Watch out for the next session.

Westlakes 7.03.2013

(Selection from results.)

LONG

1st	John Slater	190	28:10
2nd	Callum Pearson	190	29:55
3rd	Brian Ward	180	30:04
4th	Chris Emerson	160	28:19
5th	Roger Jackson	150	28:54
6th	Steven Breeze	150	29:02
7th	Kate Charles	150	29:59
8th	Pete Nelson	150	32:28
9th	Bob Bamby	140	29:38
10th	David Downes	110	35:10

Short

1st	Alastair Thomas	200	25:08
2nd	Roger Thomas	190	29:11
3rd	Ged Hagan	120	29:02
4th	Amanda Ward	120	29:38
5th	Paul Tickner	110	29:09
6th	Tony Pennick	90	28:12
7th	Carys Thomas	80	23:49

Club Answerphone.

After 22 years of stirring service, the club answerphone has been retired and the number disconnected. However, thanks to the modern age we live in there are many ways of keeping up to date with club events. As well as the club website and weekly newsletter, why not set up your own o-events profile at <http://oevents.info/>. Many thanks to Rob Holder for looking after the answerphone and keeping it updated every week.

Timer for Leaps Lowp this Thursday

If anyone is at a loose end could you lend a hand with the first race in the Fell Series at Leaps Beck? We need someone to look after the stopwatch and time the finishers over the line. Everything else on the night is under control. Please let Mike Harrison know if you can help out.

Leaps Beck Galoppen - May 19th

Organiser, controller and planner required from the White Team. Planner's role may be minimal due to existing courses - rerun of the Nov 2011 event cancelled due to snow.

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

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