



West Cumberland Orienteering Club

Week 12

18 March 2013



Upcoming Fixtures....

THIS 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. But the evenings are gradually getting lighter.

NEXT WEEK Thur 28 March Heckbarley Hike. Third 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.

Pre-entries.

The main racing season is fast approaching. Many of the level B events need you to pre-enter usually via a website, Fabian4 or Oentries. The details of which method is being used can be found on the event's club website, and there is usually a closing date. Events to watch out for in April are, BL's Burnbanks event on the 7th, and LOC's double on 13th/14th which will be one of the best events of the year!

Cumbria Schools Champs

This year the Cumbria Schools Championships will be staged by WCOC in the Keswick area on Saturday June 29th. We are hoping to have a great turnout from the local Primary schools in the area. Would you be prepared to get involved in some part of the event; helping on the day, organising, planning etc. Please reply to this email if you can spare a few hours.

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?**



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.

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. An order for the attractive 'beanies' has also been placed. Reply to this email if you would like to try something on and get the sizing right.



Leaps Lowp 14.03.2013

(Selection from results.)

LONG

1	Steve Hebblethwaite	21:10
2	Lee Amor	21:52
3	Gavin Pattison	22:05
4	Howard Seal	23:59
5	Mike Harrison	24:40
6	David Burton	28:51
6	Rob Wynne	28:51
8	Dave Atkinson	28:56
9	Chris Emerson	29:12
10	Ian Cumpstey	29:44
11	Mike Hind	30:16
12	Howard Leslie	30:28
13	Graeme Fox	30:43
14	Paul Jennings	30:56
15	Steve Breeze	31:06
16	Dave Downes	31:07
17	Ange Jackson	31:20

Short Course

1	Rob James	21:00
2	Alastair Thomas	21:33
3	Kevin Hodgson	24:36
4	Ged Hagan	25:36
5	Roger Jackson	26:51
6	Anne Burbidge	27:08
7	Lyndsey Buck	29:03
8	Jenny Jennings	30:07
9	Syd Thomas	33:55

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

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