



West Cumberland Orienteering Club

Week 13

25 March 2013



Upcoming Fixtures....

THIS 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.

NEXT WEEK **Thur 4 April High Spy**
Upper and Downer. Fourth event of the fell series. See the courses on the website, www.wcoc.co.uk The cost is £3/£1.50 Mass start is 6.15pm, with jkust a little more daylight with the clock having changed. The races are also on tougher and more exposed terrain, with great views.

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 session of this winter's programme.**



We would really like some feedback from anyone who has attended any of the sessions over the last winter. Plans are being considered for next year and we would like to meet the needs of the club. Please take the time to think about what form you would like the sessions to take. Even if you didn't attend any of the Tuesday evenings what would you want if they were to be part of your winter's training schedule? We will be distributing a questionnaire.... please complete it if you get one.

Our Current Weather!!!

It appears that winter hasn't done with us just yet and the snowfall is quite erratic and unpredictable. Events may be cancelled at the last moment due to snow or the roads may be very unpleasant to drive on. Check the website, facebook etc if you have any doubts about an event. And of course please carry adequate clothing for the conditions as the wind chill can be very severe.

JK Accommodation

The Tickners have a spare room with 2 beds near Aldworth (near Strealey, on the Thames) for the Saturday and Sunday nights next w/e, if anyone wishes to use them - great as we would prefer to use all the rooms. Bucklebury's Sunday event is very close. Tel 01900 269069 Lets hope the weather warms up a bit!!!

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

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

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.



Nannycatch Ramble 21.03.2013

(Selection from results.)

Long:

1,	George Crayston	21:39
2,	Darren Block	22:40
3,	Mike Robinson	23:13
4,	Howard Seal	24:13
5,	Dave Atkinson	26:19
6,	Rob Wynne	27:15
7,	Philip Jennings	29:32
8,	Paul Jennings	29:34
9,	Chris Emerson	29:41
10,	Howard Leslie	29:56
11,	Mike Hind	29:58
12,	Kate Charles	30:03
13,	Steven Breeze	30:46
14,	David Downes	30:59
15,	Raymond Wren	31:10

Short:

1,	Alastair Thomas	19:03
2,	Bobby Hagan	20:52
3,	Rob James	21:03
4,	William King	21:21
5,	Kevin Hodgson	23:30
6,	Ged Hagan	24:11
7,	Anne Burbidge	24:23
8,	Paul Tickner	25:04
9,	Lindsay Buck	25:53
10,	Roger Jackson	26:47
11,	Syd Thomas	29:24