



West Cumberland Orienteering Club

Week 14

2 April 2013



Upcoming Fixtures....

THIS 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 just a little more daylight with the clock having changed. The races are also on tougher and more exposed terrain, with great views.

NEXT WEEK Thur 11 April Fangs Brow Figure of Eight.

Fifth 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.

Sun 7 April 2013 **BL Level B Event**

Burnbanks, Haweswater, Penrith. Registration 10.00 -12.00. Starts 10.30 – 12.30pm. Courses: Black, Brown, Short Brown, Blue, Short Blue, Green, Short Green, Very Short Green, Light Green, Orange, Yellow, and White + String. Fees – Pre-entry Seniors £8.00,(non BOF + £2) EOD £10. Juniors Pre-entry £4, (non BOF £4) EOD £5. Contact – Paul & Judy Johnson, 01931 713625 , www.bl-orienteeing.org.uk

Wed 10 April 2013

LOC Technical Series

Sales Bank. Course Short/Long Technical **Experienced Orienteers Only** Start Times 17.30 – 18.30. Cost £4/2 Organiser Carol McNeil 01229 861507. See LOC website for further details: www.lakeland-orienteeing.org.uk

Sat 13 April 2013

LOC Middle Distance Event

Regional Event, Esthwaite Intake. Courses Yellow-Black. Organiser Sue Butterfield 01229 582770 See LOC website for further details: www.lakeland-orienteeing.org.uk

Sun 14 April 2013

LOC Classic Distance Event

Regional Event. Graythwaite. Courses White to Black. Organiser Roger Smith 01539 568671 See LOC website www.lakeland-orienteeing.org.uk

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.

Coaching Session

Next coaching session is planned for 6th April 2013. The following day is the BL regional event at Burnbanks so you might like the practice on a much smaller but similar type open fell. We will be on either Sale Fell or Ling Fell (probably Ling Fell).

Hamish Willis the NW Development Officer will be joining us with his GPS loggers so that we can all have a look at where we have been (not where we think we have been).

I hope to be using the school room at Wythop Mill as a base for this session so that we can look at the GPS data in the dry. I am waiting on Hamish to come back to me with some information so that we can finish planning this session (times and specific locations).

Please let Lynne know if you will be coming ASAP. Reply to this email.

JK 2013

The Easter weekend highlight was the JK near Reading with four events, culminating in the Relays on the Monday.

Charlotte Watson was a star on W20E, winning the sprint and middle races, and just pipped into second place on the long, but retained the overall first place. Her relay team with Edinburgh Uni were placed second in the Women's Trophy.

You can find all the results on the website for the event

www.thejk.org.uk/jk2013/

The relay maps were collected and if you would like to claim yours back then contact Joyce Woffindin

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

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