



Upcoming Fixtures....

THIS WEEK Thur 9 January, Seat How, Whinlatter. A bit of a toughie this one. The forest will provide some protection but the navigation will test the best. Only long & short courses on offer. Cost £3/£1.50. See the website for parking etc.

Sat 11 January, Club Night. The annual Club Presentation night is at Embleton. See website for details. Have you booked your place and said what food you are bringing? If not, do it now please.

Sun 12 January, Club Chase at Hawse End. The annual Club Chase with handicap start times to give a mass finish at Noon. A great race! All the details on the club website.... www.wcoc.co.uk Reply to this email to book your map and start time. Hurry, hurry, hurry!

Thur 16 January, Thief Gill, Dean Cross. A good mixture of rough farmland and man made features, giving good navigational challenges. Only long & short courses on offer. Cost £3/£1.50. See the website for parking etc.

NOW!...is the time for YOU to write that piece for the newsletter The editor starts work on the next newsletter next week and it should be with you around the end of January. We hope to include a round up of recent events such as Interland selections and the Beer Trail as well as a look forward to this year's major events. BUT contributions can be from anyone - junior, senior, parent, also-ran, organiser, competitor, and can be an account of your run at an event, your favourite training, local or wider news, anything that someone else might want to see. It doesn't need to be long, a photo or map is useful but not essential (the editor can often find supporting photos or maps). Why not give it a go!! Send it in to **westwordo (at) yahoo.co.uk** Please send photos separately from text, thanks!

Membership Renewal

Have you renewed yet. BOF database shows about 60 membership units renewed by Dec 31 deadline, so still a few to go. Please rejoin asap.

Event Cancellations

The weather has become quite extreme at times over the last couple of weeks. Please check with the website for any last minute changes in the plans for any of our events. We will try to post any plans for cancellation as soon as the decision is made. It is important to check with other club websites if you are travelling far to other events. It is also a good idea to carry extra clothing in a bum bag in case there is a change in the weather or you have an accident. Think and plan ahead.

Setmurthy 2.1.14

(Selection from results.)

Score

| | | | |
|------|------------------------|----|-------|
| 1st | Lewis Taylor | 20 | 45:43 |
| 2nd | Roger Thomas | 16 | 41:42 |
| 3rd | Michael Billinghamurst | 16 | 43:07 |
| 4th | Charlotte Watson | 15 | 45:22 |
| 5th | John Slater | 15 | 46:52 |
| 6th | Alastair Thomas | 14 | 45:25 |
| 7th | Chris Emerson | 13 | 42:59 |
| 8th | Andrew Bradley | 13 | 45:49 |
| 9th | Pete Nelson | 12 | 45:04 |
| 10th | Bob Barnby | 12 | 46:24 |
| 11th | Rob Stein | 11 | 40:23 |
| 12th | Rosie Spencer | 11 | 41:15 |
| 13th | Carys Thomas | 11 | 41:17 |
| 14th | Lynne Thomas | 11 | 42:34 |
| 15th | Graham Watson | 11 | 46:05 |
| 16th | Niamh Hunter | 10 | 35:34 |
| 17th | Annette Milburn | 10 | 43:10 |
| 18th | Jessica Breeze | 10 | 44:40 |
| 19th | Chris Hope | 10 | 46:27 |
| 20th | Daniel Spencer | 10 | 47:42 |
| 21st | Ben Breeze | 9 | 44:44 |
| 22nd | Roger Jackson | 9 | 46:57 |
| 23rd | Kate Charles | 7 | 45:16 |
| 24th | David Rawle | 6 | 43:47 |
| 25th | John Taylor | 6 | 48:36 |
| 26th | Vanessa Brierley | 5 | 46:13 |
| 27th | Mike Hind | 5 | 47:36 |
| 28th | Sarah Chaudhri | 4 | 42:47 |
| 29th | Scott Ashworth | 4 | 49:11 |
| 30th | Kevin Hodgson | 3 | 57:02 |
| 31st | Jane Hunter | 0 | 50:41 |
| 32nd | Margaret Mackenzie | 0 | 51:32 |

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

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