



Upcoming Fixtures....

THIS WEEK 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.

Thur 23 January, Swarth Fell, Kinniside Common. An area of open fellside, which will be quite exposed if the weather is poor. Come prepared. Only long & short courses on offer. Cost £3/£1.50. See the website for parking etc.

Sat 25 January, Fangs Brow near Loweswater. Courses on offer will be Yellow, Orange and LtGreen with starts from 11am. See club webpage for all the details.

Membership Renewal

Have you renewed yet. BOF database shows about 61 membership units renewed by Dec 31 deadline, so still a few to go. Please rejoin asap.

Club Social & Club Chase

Thanks to the organising teams for both of these events. Thanks to Lesley Wornham for masterminding the Social which was sold out and greatly enjoyed. Thanks to Andrew Bradley for a great set of courses on Hawse End. A stunning weather window with bright sunshine on wonderful terrain gave a highly competitive race. Steve Birkinshaw finally managed to beat the handicap he had been dealt and came in first at the head of a line of others to take the trophy. 88 club members put their names down to run.... one of the biggest entries ever!

The Major Relays in 2014

Team manager, Alan Irving, has the task of creating the winning relay teams for the club!! If you plan to go to the JK, the British or the Scottish Champs and would like to run in one of the relay teams then please let Alan know (either directly or reply to this email). Alan has to enter teams quite a while before the events so an indication would help. The club subsidises half the cost of entry.

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, a whistle and a bivvy bag in a bumbag in case there is a change in the weather or you have an accident. Think of your own safety and possibly that of an injured competitor you might come across... plan ahead!

Seat How 9.1.14

(Selection from results.)

Long

1st	Lewis Taylor	43:25
2nd	Andrew Llewellyn	44:59
3rd	Richard Wren	45:09
4th	Alan Hartley	58:52
5th	Katrina Hemingway	60:57
6th	John Slater	62:30
7th	Mike Harrison	66:47
8th	Roger Thomas	71:12
9th	Chris Emerson	74:57
10th	John Taylor	77:40
11th	Graham Watson	79:56
12th	Pete Nelson	81:00
13th	Roger Jackson	83:21
14th	David Downes	83:45
15th	Chris Pollitt	84:12
16th	Jeff Goodwin	84:47
17th	Neil Hamblin	85:13
18th	Kate Charles	87:41
19th	Steven Breeze	96:14

Short

1st	Alastair Thomas	45:36
2nd	Daniel Spencer	54:31
3rd	Philip Jennings	58:13
4th	Joyce Hemingway	66:26
5th	Jonathan Eaton	71:13
6th	Alex Chaudhri	72:13
7th	David Rawle	96:26
8th	Jenny Jennings	98:59

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

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