



## Upcoming Fixtures....

**THIS WEEK** **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.

**Thur 30 January, Owsen Fell, Lorton.** A newly mapped 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.

**Wed 22 January** Mountain Bike Night Score event from the Swinside Inn. Enter via [www.bmbo.org.uk](http://www.bmbo.org.uk)

**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.

## Club Coaching Sessions

Lynne Thomas has constructed a very comprehensive set of dates for the start of the year with ten places available for WCOC members at joint sessions being led by Derek Allison (former BOF Head Coach) in conjunction with BL. Your first opportunities are at Eycott Hill on 25<sup>th</sup> Jan, and at High & Low Hows on 1<sup>st</sup> Feb. These are TD4-5 training sessions. See website for further details. Feb 1<sup>st</sup> will also be an opportunity for the younger juniors and adults to take part in a TD1-3 session led by Lynne. Names in the usual way to Lynne or reply to this email.

## Next Newsletter

Graham Watson is working on the newsletter at the moment. Looking forward to reading your contribution!!

## The Major Relays in 2014

The JK is in South Wales and BOC in the NE. Are you going? Have you let Alan Irving know so he can enter the right number of relay teams. The entry date is always very early, so please let him know asap. Quite a few have already done so..... but maybe you haven't as yet!

## 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!

## Thief Gill 16.1.14

(Selection from results.)

Long		
1st	Lewis Taylor	37:34
2nd	Richard Wren	37:37
3rd	David Spencer	43:12
4th	Andrew Bradley	46:30
5th	Alan Irving	47:01
6th	Alastair Thomas	47:48
7th	Rob Stein	48:19
8th	John Taylor	48:27
9th=	Mike Harrison	48:56
9th=	Callum Pearson	48:56
11th	Pete Nelson	50:37
12th	Simon Hunter	51:57
13th	Susan Skinner	52:26
14th	Bob Barnby	56:58
15th	Neil Hamblin	57:43
16th	Steven Breeze	59:14
17th	Kate Charles	60:56
Short		
1st	Daniel Spencer	26:10
2nd	Margaret Mackenzie	30:13
3rd	Scott Ashworth	34:00
4th	Philip Jennings	38:40
5th	Jeff Goodwin	40:07
6th	Ged Hagan	42:54
7th	Ben Goodwin	43:55
8th	Louise Hagan	44:03
9th	Jenny Jennings	45:31
10th	Penny Kingsland	47:05

So close!