



Upcoming Fixtures....

THIS WEEK Thur 20 February, Wasdale. A real challenge this one; the terrain is very complex. Come prepared. Only long & short courses on offer. Cost £3/£1.50. See the website for parking etc.

Thur 28 February, Coledale. Last event of the series. Area is open fell. Come prepared. Only long & short courses on offer. Cost £3/£1.50. See the website for parking etc. Presentation in the Coledale Inn after the event.

Sun 2 March, Blea Tarn Galoppen. Usual set of colour coded courses. Wonderful area and our first Galoppen of the 2014 series.

Sat 8 March, MTBO in Coombe Wood. Details of this MTBO event on the BL website, near Armathwaite (Eden Bridge).

Orient8 Sessions

A series of four Orient8 sessions, beginning on Tuesday 2nd March, is being offered. Further details on website. They are suitable for those new to the sport, particularly juniors but also for adults. Timings are 6.50pm to 8pm, with games and activities to introduce various skills and sharpen 'O' thinking processes!! They are great fun.

CompassSport Cup 2014

It was discussed at a recent committee meeting and decided that we wouldn't enter the Qual. round at Irwell because the final was way down south and we were unlikely to have a competitive team prepared to make the long journey.

Mountain Bike O Events. A night score event is being planned for Wednesday, 19th February in the Lorton Valley area. Enter via www.bmbo.org.uk

Saturday Morning Events

Our four event series concluded last Saturday with a great run round Derwent Hill in Portinscale. We haven't been blessed with the best of weather, but many thanks to the four planners for all their dedication.

Event Cancellations

We came close to a cancellation for our evening event on Latrigg last Thursday. Snow was a possibility, and the road to the car park would have become impassable. Perhaps the weather will improve! But if not then there is the likelihood of events being called off at a late stage. It is normal for clubs to use their website and Facebook pages to make those announcements. Please check before you travel.

Safety

Always at the forefront of the Organiser's mind is your safety whilst out on a course. When you leave registration and head for the start the committee would recommend that you have a whistle, a compass (obviously!), and enough clothing to protect you from the weather conditions, which should include a cagoule and a bivvy bag. It might be a 40 minute race, but it could be a very cold two hour wait for the MRT to arrive!!

Latrigg 14.2.14

(Selection from results.)

Long

1st	Lewis Taylor	36:18
2nd	Steve Birkinshaw	37:36
3rd	David Spencer	43:49
4th	Simon Hunter	44:11
5th	Pete Nelson	47:05
6th	Mike Harrison	47:52
7th	John Taylor	49:15
8th	Susan Skinner	50:26
9th	Jeff Goodwin	53:01
10th	Todd Oates	53:38
11th	Bob Barnby	55:18
12th	Kevin Hodgson	58:08
13th	Angela Jackson	61:25
14th	Lynne Thomas	63:11
15th	Steven Breeze	64:25
16th	David Downes	66:36

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

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