



Upcoming Fixtures....

THIS WEEK 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.

Thur 6 March, Cockermouth. A run on a newly updated part of Cockermouth on the north side of the river. Earlier starts for daylight run! Courses, long, short and novice. Cost £3/£1.50. See the website for parking etc.

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

Orient8 Sessions start soon

A series of four Orient8 sessions, beginning on Tuesday 4th March, is being offered at Brigham School. 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.

Next Coaching Session on Saturday

The next Saturday coaching is on 1st March, that's this coming weekend. We will be at Scale Hill at Crummock Water, parking in the National Trust car park.

The coaching session will be slightly shorter than usual as we are combining it with a Saturday morning event this time. So you will get about an hour coaching probably and then you can run round a proper course. Lesley will be planning the coaching and Lynne has planned a white, yellow, orange and light green courses for the event. So you will be entertained for about the same amount of time as usual.

Coaching starts at 10am. Please be prompt. Please reply to this email if you want to attend.... that is if you haven't already let Lynne know.

Safety

Always at the forefront of the Organiser's mind is your safety whilst out on a course. 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!!

Event Cancellations

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.

Wasdale 21.2.14

(Selection from results.)

Long		
1st	Richard Wren	38:59
2nd	Lewis Taylor	40:06
3rd	John Slater	41:27
4th	David Spencer	43:20
5th	Rob Stein	48:40
6th	Alastair Thomas	50:08
7th	Pete Nelson	52:16
8th	Jeff Goodwin	55:37
9th	Kate Charles	59:03
10th	John Taylor	59:40
11th	Kevin Hodgson	60:02
12th	Chris Emerson	62:10
13th	Angela Jackson	64:29
14th	Steven Breeze	65:43
15th	Susan Skinner	66:43
16th	David Downes	70:13
17th	Lynne Thomas	73:03
Short		
1st	Roger Jackson	34:13
2nd	Jenny Jennings	44:48
3rd	Philip Jennings	49:10
4th	Penny Kingsland	54:59
5th	Margaret Mackenzie	56:34
6th	Ruth Rinaldi	86:40
7th	Peter Gilbert	86:48

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

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