



## Upcoming Fixtures....

**THIS WEEK 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).

### Thur 13 March, Crow Park, Keswick.

A special event in Crow Park with planning by Mike Pearson. Courses will be sprint style... fast, furious and fun. Cost £3/£1.50 See website for event details

### Orient8 Sessions start soon

A series of four Orient8 sessions, beginning on Tuesday 4<sup>th</sup> 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.

### Help Needed on Sun 30 March

Volunteers needed - lots! On Sunday 30 March the British team selection sprint race is taking place in Keswick. Quite a few will be needed to watch controls. You'll be needed from around 8.15 - 10am so there will be plenty of time to get along to the High Pike galoppen after. It's an opportunity to help out the GB squad and to see all our very best orienteers in action. Offers of help to Graham Watson or reply to this email. Thanks!

### Handicap Fell Race.

Cumberland Fell Runners are holding a handicap race on March 8 on Flat Fell and Dent with starts at around 1pm. Course is 7.2km with 450m climb. Details are on the website [www.c-f-r.org.uk](http://www.c-f-r.org.uk) You can get a handicap start time from Andrew Bradley. It is great fun as you hear the thundering hooves of the 'big boys' behind you when in sight of the finish! You may need full waterproof kit, so come prepared. Reply to this email if you want your name added.

### Blea Tarn Galoppen

Almost 200 attended the Galoppen on Sunday. Alastair Thomas won the Green with a five minute margin! Second places went to Steve Birkinshaw on Brown, Steve Telford on ShGreen, Ben Breeze on LtGreen, Henry Teasdale on Orange, Wilfrid Teasdale on Yellow. Thanks to Jon Eaton for the planning, Jeff Goodwin for organising and Michael Billingham for controlling along with the rest of the Blue Team.

### Night League Winners

Long Course: Lewis Taylor (overall), Alastair Thomas (junior), Katrina Hemingway (lady).  
Short Course: Margaret Mackenzie (winner), Philip Jennings (junior).  
Congratulations to all!

### Coledale 28.2.14

(Selection from results.)

Long

1,	Steve Birkinshaw	35:33
2,	Richard Wren	39:47
3,	John Slater	45:30
4,	Katrina Hemingway	47:07
5,	Mike Harrison	47:26
6,	Andrew Bradley	48:26
7,	Alastair Thomas	48:55
8,	Chris Emerson	49:00
9,	Alan Irving	49:21
10,	Chris Hope	49:45
11,	Pete Nelson	52:09
12,	John Taylor	53:17
13,	Mike Hind	53:52
14,	Simon Hunter	54:22
15,	David Spencer	54:46
16,	Angela Jackson	55:52
17,	Daniel Spencer	56:33

Short

1,	Margaret Mackenzie	50:25
2,	Scott Ashworth	52:25
3,	Roger Thomas	52:32
4,	Philip Jennings	52:41
5,	Niamh Hunter	68:56
6,	Alex Chaudhri	71:06

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

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