



Upcoming Fixtures....

THIS WEEK 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

Thur 20 March, Fell Race #1. The start of a series of four fell runs, this one will involve Angler's Crag at Ennerdale. See the website for the course. Cost £4/£1.50 Early start because of lack of daylight. A great chance to stretch the legs, with long and short courses.

Club Jackets & O-tops



Stylish Trimtex club jackets together

with O-tops and beanies are available from Steve Telford. Reply to this email if

you would like to purchase one of them. Get kitted out for the new competition season.



Coaching Session

TD 4/5 coaching in Holme Wood on Saturday 15th March with Derek Allison. See website for details and how to book your place. Just what you need for the coming season.

Help Needed on Sun 30 March

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. **Many thanks to all those who have offered so far.... another fifteen are needed to make sure the event is safe and secure.** Offers of help to Graham Watson or reply to this email. Thanks!

Orient8 Sessions

The second in the series of four Orient8 sessions is being held at Brigham School. Further details on website. A large & enthusiastic group took part. Timings are 6.50pm to 8pm, with games and activities to introduce various skills and sharpen 'O' thinking processes!! They are great fun.

Safety Contact Information

The small cards with your contact details retained by the club as part of the Evening event administration are now a year old and perhaps out of date for many.

Starting at the beginning of this year's summer series we would ask that you complete a new card. They will be available ahead of time so you can fill them in at your leisure.

2014 Membership

Renewal reminders were sent out by BOF by email this year. That was in November last year. Perhaps a few folk have let that slip and have forgotten to renew. Can you please check and do the necessary if you have let the membership lapse. You can reply to this email if you are unsure whether you are a current member or not.

Cockermouth Sprint 6.3.14

(Selection from results.)

Long

1,	Rob Stein	11:56
2,	Alastair Thomas	11:59
3,	Chris Hope	12:07
4,	Daniel Spencer	13:20
5,	Chris Emerson	13:31
6,	John Taylor	14:14
7,	Howard Leslie	14:20
8,	Roger Thomas	14:46
9,	Lynne Thomas	15:37
10,	Roger Jackson	15:57
11,	Mike Hind	16:09
12,	Graham Watson	16:14
13,	Raymond Wren	16:35
14,	Niamh Hunter	16:40
15,	Sarah Chaudhri	17:00
16,	Steven Breeze	17:01
17,	Helen Hope	18:26

Short

1,	Joseph Sunley	11:15
2,	Jenny Garbutt	14:16

Novice

1,	Isabel Sunley	11:43
2,	Isaac Hunter	11:59

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

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