



Upcoming Fixtures....

THIS WEEK 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.

Thur 27 March, Fell Race #2. The second of a series of four fell runs, this is the Pen and Gavel at Leaps Beck. 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.

The Fell Series

These races are a great opportunity to stretch the legs and improve fitness. The early races are relatively short, but suffer from a shortness of daylight. It might be a good idea to carry a torch in case you take longer than you think, and of course, carry sufficient clothing if the weather is poor, plus the usual whistle and compass. A detailed map of the course is provided for those who might like to choose their own route.

Help Needed on Sun 30 March

On Sunday 30 March the British team selection sprint race is taking place in Keswick. 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.... Graham Watson is looking for just another six people to make sure the event is safe and secure.** Please reply to this email if you can help. Thanks!

Twitter. You can follow @WCOC2014

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. There are quite a few photos on the Facebook pages.

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your contact details retained by the club as part of the Evening event administration are now a year old and perhaps out of date for many.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

Cumbrian Galoppens

The next two weekends host two rounds of the 2014 Galoppen with LOC planning on Stickle Pike (a great area) and BL on High Pike (open fellside with a wealth of mining scars).

Crow Park Sprint 13.3.14

(Selection from results.)

Long

1st	Daniel Spencer	10:59
2nd=	David Spencer	11:25
2nd=	Callum Pearson	11:25
4th	Michael Billinghamurst	12:09
5th	Lewis Taylor	12:14
6th	Alastair Thomas	12:27
7th	Mike Harrison	12:58
8th	Philip Jennings	13:18
9th	John Taylor	13:47
10th	Graham Watson	14:24
11th	Mike Hind	14:32
12th	Steven Breeze	14:39
13th	David Downes	14:43
14th	Niamh Hunter	15:07
15th	Lynne Thomas	15:38
16th	Joseph Sunley	15:41
17th	Roger Jackson	15:55

Short

1st	Caitlin Irving	5:59
2nd	Henry Teasdale	6:49
3rd	Rosie Spencer	7:06
4th	Jessica Breeze	7:22
5th	Wilfrid Teasdale	7:45
6th	Sam Christian	7:46
7th	Carys Thomas	8:51
8th	Freddie Bundock	10:18
9th	Emma Bundock	10:36
10th	Isaac Hunter	11:19

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

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