



Upcoming Fixtures....

THIS WEEK Thur 29 January, Sale Fell.

Always a popular venue with good, fast running. A good bright moon if the clouds stay away.... could be a cracker! There will be a Night Hawk course for those who want a run without the hassle of finding technical control sites. See website for details.

Sun 1 February, Galoppen. The first event of the 2015 series at Skelghyll Woods and Wansfell in Ambleside. Usual colour coded courses. Great little area.

Thur 5 February, Darling How. Forest and fell on the western edge of Whinlatter. There will be a Night Hawk course for those who want a run without the hassle of finding technical control sites. See website for details.

Coaching for all.

This Saturday, 10.30 to 12.30. Details from Lynne Thomas. All levels catered for. Reply to this email if you haven't received the details yet.

Entering the Major Events....

The JK, BOC and Scottish 6Day are open for business, and will have various cut off dates for the cheaper entry costs. Keep an eye on those. If you want a relay run let Vanessa Brierley (for juniors) or Alan Irving (for seniors) know of your plans. The JK is in South Lakes this year.

Spring & Summer Evening Events

Arrangements are in hand for the 2015 series of spring and summer evening events. Do you fancy having a go at some planning this year? There is plenty of mentoring available if you feel you may need it. Mike Harrison is organising the series so you can contact him for a venue/date of your choice. Get in early!

Next newsletter is in production

Editor Graham Watson would like to hear from you **THIS WEEK** if you have a contribution to make to the next edition, due out at the end of the month. Recollection from a recent event, personal plans for the new season, a photo, cartoon, tips for improvement!!

Winter Weather!!

The weather is particularly variable at the moment, with stormy conditions spoiling the fun! Please check the websites before you set off to an event, particularly if you have far to travel, to check for possible cancellations. Please always come to events prepared for the worst conditions, and at night carry plenty of extra clothing, spare torch and whistle.

Club top

With the main competition events on the horizon have you got your O-top sorted? A new order has arrived and will be available for purchase.



Threlkeld 22.01.15

(Selection from results.)

Long

1st	Richard Wren	33:29
2nd	David Spencer	33:56
3rd	Daniel Spencer	35:51
4th	Alastair Thomas	36:49
5th	Ian Cumpstey	40:13
6th	Mike Harrison	41:23
7th	Andrew Bradley	43:21
8th	Steven Breeze	44:49
9th	Pete Nelson	45:05
10th	John Taylor	47:33
11th	Jeff Goodwin	48:02
12th	Roger Thomas	49:06
13th	Lynne Thomas	49:54
14th	Mike Hind	51:38

Short

1st	Niamh Hunter	36:51
2nd	Ben Breeze	38:12
3rd	Thomas Woolley	38:20
4th	Ryan McGlen	39:00
5th	Duncan Taylor	40:01
6th	Louis Morris	40:42
7th	Rebecca Wildgoose	41:21
8th	Roger Jackson	43:35
9th	Alex Chaudhri	43:58
10th	Ian Teasdale	44:33
11th	Ben Goodwin	44:42
12th	Henry Teasdale	46:51

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

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