



Upcoming Fixtures....

THIS WEEK 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.

Thur 12 February, Blea Tarn.

Wild and exposed.... a toughie!, for those who crave a real challenge. 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.

Sat 21 February, Northern Night Champs.

Broomley Woods, 10miles West of Newcastle.

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.

BikeO

A night score event in the Lorton valley on Wed 4th Feb.... fancy it? (Postponed from last week due to weather.)All the details are on the MBO website, and you can pre-enter (recommended).

Angela & Tony BB are running a bike orienteering event on 8th Feb. There are two courses. MBO Score, suitable for mountain bikes or Bike O, which is 100 % tarmac and suitable for any type of bike. Both courses are 3 hour score events with the controls worth between 10 & 30 points depending upon their difficulty. Each course will have a unique map and set of controls. The event will start from the Derwent AC club hut behind the Bitter End Pub in Kirkgate, Cockermouth. Starts will be from 10 until 11am. Full details and entries on www.bmbo.org.uk.

Next newsletter

It is hoped to print the newsletter in the next day or so. It should be ready for Thursday at Darling How. Collect yours if you can!

Skelghyll Galoppen

The first event of the 2015 series. A trio of course wins: Steve Birkinshaw on Brown, Alastair Thomas (11 mins clear) on Blue, Henry Teasdale on Light Green with Rosie Spencer close in 2nd place. Also good runs for Wilfrid Teasdale (third on Yellow), Joseph Sunley (third) and Jessica Breeze (fourth on Orange), Carys Thomas (fourth on LtGreen), Catherine Wetherfield (third on Short Green), Michael Pearson (second on Green), Daniel Spencer (third on Blue). And a lot of excellent Galoppen points from the WCOO team.

Sale Fell 29.01.15

(Selection from results.)

Long

1st	Matthew Vokes	32:43
2nd	Simon Hunter	36:08
3rd	Richard Wren	36:15
4th	David Spencer	36:23
5th	Andrew Bradley	36:39
6th	John Slater	38:21
7th	Mike Harrison	44:44
8th	Jeff Goodwin	46:40
9th	John Taylor	49:53
10th	David Downes	51:05
11th	Alan Irving	51:47
12th	Rob Stein	52:02
13th	Susan Skinner	52:51
14th	Steven Breeze	52:54
15th	Roger Thomas	53:37
16th	Chris Pollitt	53:47
17th	Mike Hind	61:23
18th	Lynne Thomas	61:28
19th	Scott Ashworth	77:03

Short

1st	Margaret Mackenzie	41:37
2nd	Joe Greenwood	42:33
3rd	Louis Morris	47:05
4th	Roger Jackson	48:08
5th	Ben Goodwin	54:33
6th	Ian Teasdale	54:54
7th	Vanessa Brierley	60:02
8th	Billy Robinson	71:07

Night Hawk

1st	Liz Elliott	109:23
2nd	Naomi Hewitt	109:35

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

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