



Upcoming Fixtures....

THIS WEEK 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.

Sun 15 February, Slate Fell. The third of the Winter Sunday events. Perfect little venue near Cockermouth for your introduction to O. Bring a friend along. See website for details.

Thur 19 February, Worm Gill. 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.

CompassSport Cup Qualifier 2015.

The club is staging this event on High & Low Rigg on 15th March. Planner is Helen Winskill. This is a superb piece of terrain which will test your navigation. Alan Irving is collating the WCOC team, and all entries have to go through him. Let him know if you would like to run, and which colour course. We need the strongest team so we can progress to the final!

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. Plenty of venues available.

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.

La'al Handicap Fell Race

Cumberland Fell Runners Handicap Race takes place on March 7th. The route starts from the bottom of Nannycatch lane near Cleator Moor and takes in Flat Fell and Dent. Several WCOC members will be running, all are welcome. Details to found at <http://www.c-f-r.org.uk/>

Park Run

Have you tried one of these? Every Saturday morning, 9am. 5km run. All over the country, but locally at Workington & Keswick. Register at www.parkrun.com

Darling How 05.02.15

(Selection from results.)

Long

1st	Matthew Vokes	38:24
2nd	Richard Wren	39:19
3rd	Alastair Thomas	40:03
4th	Alan Irving	51:33
5th	John Slater	53:02
6th	Rob Stein	53:36
7th	Ian Cumpstey	55:02
8th	Simon Hunter	55:45
9th	Mike Harrison	56:01
10th	Steven Breeze	57:39
11th	Jeff Goodwin	57:48
12th	Roger Thomas	58:48
13th	Lynne Thomas	62:56
14th	Bob Barnby	63:44
15th	Angela Jackson	65:10

Short

1st	Ben Breeze	48:52
2nd	Roger Jackson	49:18
3rd	Niamh Hunter	57:16
4th	Rosie Spencer	59:34
5th	Jon Eaton	65:17
6th	Louis Morris	65:25
7th	Joe Greenwood	65:48
8th	Vanessa Brierley	72:01
9th	Ian Teasdale	74:25
10th	Ben Goodwin	74:45

Nighthawk

1st	Susan Skinner	25:35
2nd	Anne Burbidge	30:15
3rd=	Liz Elliot	53:24
3rd=	Myriam Touratier	53:24

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

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