



Upcoming Fixtures....

THIS WEEK Thur 26 February, Hawse End.

Last of the winter series with presentation in the pub after the event. 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 5 March, Setmurthy Forest. A mass start score event, with starts at 6.30pm. The evening will still be dark, particularly in the forest, so torches will be needed. There will be a Night Hawk course with controls largely on tracks and minor paths, with a few shared with the long course. 45 minutes to collect as many controls as possible.

Sun 8 March, Claife Heights Galoppen. The third of the 2015 Galoppens. A challenging piece of forest overlooking Lake Windermere. See LOC website for details of parking etc.

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 WCOG 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!

Entries must be completed this week. Either contact Alan direct or reply to this EMAIL if you haven't already arranged your entry.

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 WCOG members will be running, all are welcome. Details to found at <http://www.c-f-r.org.uk/>

Membership - New to the Sport?

Please join WCOG via www.britishorienteering.org.uk if you have attended a couple of events. It is only £5 (senior) or £2 (junior) for the year, and gives you the insurance cover you need.

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

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

British Night Champs

AIRE are staging this event at Middleton Park, Leeds on Sat 28th February. SYO have an event the following day at Cawthorne Deffer, Barnsley.

Binsey Galoppen

The second Galoppen for 2015 was held on Binsey just ahead of a load of very unpleasant weather which most of us missed! Significant wins for Alastair Thomas on Brown, Daniel Spencer on Blue, and Louis Morris on Light Green. Second placings for John Noblett on Green, Rosie Spemcer on Light Green and Wilfrid Teasdale on Yellow. We were very strong on Brown, Blue and Green amassing loads of Galoppen points. Well done to the team!

Worm Gill 19.02.15

(Selection from results.)

Long

1st	Richard Wren	31:36
2nd	Daniel Spencer	36:36
3rd	Mike Harrison	38:45
4th	David Spencer	39:49
5th	alan iring	41:13
6th	John Slater	42:25
7th	Pete Nelson	42:26
8th	Andrew Bradley	43:00
9th	Ian Cumpstey	44:05
10th	Jeff Goodwin	46:50
11th	John Taylor	47:39
12th	Bob Barnby	49:47
13th	David Downes	51:43
14th	Chris Pollitt	52:31
15th	Angela Jackson	53:33

Short

1st	Niamh Hunter	35:51
2nd	Margaret Mackenzie	36:58
3rd	Roger Jackson	37:10
4th	Rosie Spencer	40:59
5th	Vanessa Brierley	54:30

Night Hawk

1st	Ros Allam	70:52
2nd	Fiona Graham	70:59