



Upcoming Fixtures....

THIS WEEK 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.

Thur 12 March, Cockermouth. Urban event in Cockermouth. Start from the Memorial Gardens. Long, short and novice courses. See website for details.

2014/15 Night Series Winners.

Congratulations to the winners, Matthew Vokes on the long & Maragaret Mackenzie on the short. Also to first junior on the short, Ben Goodwin, & Alastair Thomas, first junior on the long. Not on the photo, Susan Skinner, first lady on long.



Spring Series.

Eight events have been planned for April and March. They are a mixture of formats, giving you something different. They will be an ideal starting point for those new to the sport. Please promote them amongst your friends and at work if you can.



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.

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

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

British Night Champions

Very impressive running at the weekend has produced TWO night champions....

Alastair Thomas M16
Susan Skinner W50
Congratulations guys!

CompassSport Cup

The club is staging this event on High & Low Rigg on 15th March. Can you help with the event, either before your run or afterwards? Please reply to Email if YES!

Hawse End 26.02.15

(Selection from results.)

Long		
1st	Matthew Vokes	33:15
2nd	Richard Wren	36:15
3rd	Alastair Thomas	36:34
4th	Rob Stein	38:25
5th	Daniel Spencer	38:36
6th	Todd Oates	39:11
7th	John Slater	42:03
8th	Ian Cumpstey	44:32
9th	Mike Harrison	44:41
10th	Andrew Bradley	44:55
11th	alan iring	45:58
12th	Susan Skinner	49:20
13th	Pete Nelson	49:33
14th	Steven Breeze	49:39
15th	Roger Thomas	51:43
16th	Graham Watson	52:16
17th	Chris Emerson	54:45
18th	Lynne Thomas	56:40

Short		
1st	Kate Charles	42:16
2nd	Thomas Woolley	43:31
3rd	Louis Morris	46:30
4th	Ben Goodwin	48:56
5th	Margaret Mackenzie	49:39
6th	Ben Breeze	50:58
7th	Roger Jackson	55:18
8th	Catherine Wetherfield	69:17
9th	Vanessa Brierley	71:07
10th	Jennie Garbutt	74:23

Night Hawk		
1st	Wilfrid Teasdale	55:58
2nd	Ian Teasdale	56:10
3rd	Carys Thomas	70:58
4th	Naomi Hewitt	105:27