



Upcoming Fixtures....

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

Sun 15 March, High Rigg. This is the NW qualifying round for the 2015 CompassSport Cup competition. Our opponents are LOC and it will be a straight two way battle for supremacy. All hands to the pumps!! Alan Irving is team manager. See website for the event details.

Thur 19 March, Marron Leas. Small area near Rowrah. Sprint courses. Something for everyone. Early starts are recommended or bring a headtorch as the evenings aren't quite light enough just yet!

Sun 22 March, Blawith & Subberthwaite. The Tim Watkins Blodslitet event is a LongO with a mass start format. A toughie, with a good following.

Orient8 sessions

Another four session series starts this Tuesday evening at Brigham School, specifically aimed at the younger end. There will be a range of activities and fun games to develop orienteering skills for those new to the sport. Great fun. See website for the details. Everyone welcome.

JK in the South Lakes

This Easter the NW will be hosting the JK. There is a fairly strong contingent of WCO runners entered. We are helping to run Day 2 in Dunnerdale. There is a big entry, with foreign national teams attending.

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.



Schools League 2015

Plans are well advanced for the series of Primary & Secondary school events for April/May/June. These are run by a small group of volunteers, usually on a Monday or a Thursday afternoon. If you have a few hours available where you can help at the various venues it would be much appreciated. Please reply to this email if you would like to be involved.

Claife Galoppen 8.03.15

(Selection from results.)

Brown

Table with 4 columns: Rank, Name, Time, and another column. Rows include Steve Birkinshaw, Alastair Thomas, David Spencer, Rob Stein, Martin Skinner, Mike Harrison.

Blue

Table with 4 columns: Rank, Name, Time, and another column. Rows include Michael Billinghamurst, Roger Thomas, John Taylor, Jeff Goodwin, Daniel Spencer, Lynne Thomas, Chris Emerson, Chris Pollitt, Katherine Lowles.

Green

Table with 4 columns: Rank, Name, Time, and another column. Rows include Ben Breeze, Niamh Hunter, Richard Cummings, Ian Teasdale, Debbie Watson, Ben Goodwin.

Short Green

Table with 4 columns: Rank, Name, Time, and another column. Rows include Catherine Wetherfield, Chris Whitby.

Light Green

Table with 4 columns: Rank, Name, Time, and another column. Rows include Rosie Spencer, Henry Teasdale, Kim Leslie, Carys Thomas.

Orange

Table with 4 columns: Rank, Name, Time, and another column. Row includes Jonty Goodwin.

Yellow

Table with 4 columns: Rank, Name, Time, and another column. Rows include Isaac Hunter, Wilfrid Teasdale.