



## Upcoming Fixtures....

### **THIS WEEK Thur 14 January, Grange.**

Long, short and Night Hawk courses available. Cost £3.50/£2 with starts from 6.15 to 7.15pm. You'll need a good torch and adequate clothing for the weather on the night.

**Sun 17 January, Woodhall Park.** Coaching session (10-11am) and then an informal event with three courses to suit all abilities. Details on the club website.

**Thur 21 January, Great Mell Fell.** Long, short and Night Hawk courses available. Cost £3.50/£2 with starts from 6.15 to 7.15pm. You'll need a good torch and adequate clothing for the weather on the night.

### Next Newsletter in progress....

Rob Stein has taken over the editorship from Graham Watson (who masterminded a series of very interesting editions). Rob would very much like to hear from you if you have any text or images covering anything up to and including the club chase for inclusion in the next issue. Please send your contribution as soon as possible. The deadline is fairly soon if publication is to be achieved around 1<sup>st</sup> February.

### JK and BOC Relay Teams

The entries for these two competitions will have to be made by the team captains fairly shortly. Alan Irving is organising the senior teams and Vanessa Brierley the junior teams. Please let either know if you are planning to enter either the JK or the BOC and would like to be included in a club relay team. Although the team managers will attempt to formulate the best combinations of three runners, you might be able to suggest where you would be best used!!

### Club Night

Thanks to Catherine Wetherfield for another great social event. The games and quizzes format worked well, and gave everyone a chance to chat. The presentations were made for performance and improvement to the juniors. The club's Chris Bland Trophy for a major contribution to the club was presented to retiring chair, John Taylor, for his huge input over many years.

### Club Chase

Many thanks to Alan Irving for planning the courses and then creating the handicaps. It all worked well, and along with dry weather, gave us a great event. Rannerdale and Cinderdale gave a multitude of control sites and kept us map reading all the way.

First home, and 2016 Chase Champion, was Anne Burbidge, running on the Green course. The six course winners were; Hannah Birkinshaw (Yellow), Lily Regan (Orange), Louis Morris (LtGreen), Syd Thomas (Green), Ben Breeze (Blue) and Andy Bradley (Brown). Loads of photos on Facebook. Thanks also to the team who manned the start, finish and results.

### Miterdale 07.01.2016

(Selection from the results.)

Long

1st	Richard Wren	50:58
2nd	Alastair Thomas	54:30
3rd	Daniel Spencer	57:48
4th	Mike Harrison	69:54
5th	Simon Hunter	73:57
6th	Niamh Hunter	75:24
7th	Steven Holmes	76:57
8th	John Taylor	86:49
9th	Katrina Hemingway	86:53
10th	Angela Jackson	89:18
11th	Chris Pollitt	95:00
12th	Jeff Goodwin	103:48
13th	Lynne Thomas	105:39

Short

1st	Chris Emerson	46:01
2nd	Kevin Hodgson	46:19
3rd	Roger Jackson	52:06
4th	John Bacon	69:26
5th	Rosie Spencer	70:25
6th	Louis Morris	71:58
7th	Anne Burbidge	79:15
8th	Vanessa Brierley	79:18
9th	Chris Cripps	83:05
10th	Jane Hornby	85:07
11th	Lily Regan	90:40

NightHawk

1st	Joyce Hemingway	63:57
-----	-----------------	-------

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

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