



Upcoming Fixtures....

THIS WEEK 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.

Thur 28 January, Buttermere. 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.

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!!

Future Evening Events

These now have to be put in the calendar months earlier because of the need to get permissions in time. Mike Harrison would like to hear from anyone interested in staging any of the upcoming spring and summer series. Select a venue to suit you and volunteer to plan!

Event Safety for the next several months!

Winter weather is HERE, and we all need to adjust to carrying adequate clothing to protect ourselves. So, it is back to cagoules, 'lifas', hats, gloves & whistles! Events may be cancelled at a late stage if local conditions dictate. Please check the website before travelling.

Next Newsletter in progress....

Rob Stein 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.

It has been reported that Clyde Mitchell of BorderLiners died at the weekend following several years of poor health. Our thoughts are with his wife Di and the family.

2016 Beer Trail

Pete Nelson once again has provided a Beer Trail, this time around the Loweswater Fells. See website for all the details. A great day out on the hills.... enjoy!! Pete has also uploaded a 1:16000 map (at A4 for printing at home) of the area being used so you can carry a more manageable map for your navigation. Pete has also asked that you don't upload your route to Strava, as you may give away too much information and spoil it for those who still wish to complete the challenge. **Last week to have a go before the courses close.**

Grange 14.01.2016

(Selection from the results.)

Long

1st	Richard Wren	36:14
2nd	Daniel Spencer	44:19
3rd	Michael Billinghamurst	49:08
4th	Andrew Bradley	49:32
5th	Mike Harrison	52:13
6th	Steve Holmes	54:56
7th	Jeff Goodwin	55:32
8th	Ben Breeze	55:51
9th	Steven Breeze	57:51
10th	Chris Pollitt	60:06
11th	Mike Hind	60:14
12th	John Taylor	60:16
13th	Angela Jackson	62:58
14th	Roger Jackson	68:14
15th	Graham Watson	72:11

Short

1st	David Spencer	31:03
2nd	Ben Goodwin	37:46
3rd	Kevin Hodgson	40:18
4th	Susan Skinner	40:47
5th	John Bacon	51:04
6th	Ian Teasdale	51:11
7th	Rosie Spencer	55:27
8th	Joyce Hemingway	56:11
9th	Joseph Sunley	62:54
10th	Anne Burbidge	71:39
11th	Vanessa Brierley	71:40
12th	Lily Regan	84:57
13th	Elizabeth Elliott	93:01

NightHawk

1st	Neville Elstone	57:21
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Keep an eye on the Facebook page for Club goings-on!

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