



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 |
|-----|-----------------|-------|

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

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