



Upcoming Fixtures....

THIS WEEK 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.

Thur 4 February, Thief Gill. 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 7 February, The Beacon, Penrith. First of the 2016 Galoppens. BL are organising, so all details will be on their website. A complex wooded area with lots of old limestone workings.

Cumbrian Galoppen

The 2016 series has been organised and offers a great set of ten events throughout Cumbria over the next 12 months. A flier has been prepared to advertise the series... can you find somewhere to display a copy? Or would you like an electronic PDF to send to work mates, colleagues, family or friends? Just reply to this EMAIL if you would like a copy. Thanks.



JK and BOC Relays

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!!

BikeO

A night score event in the Lorton valley on Wed 27th Jan.... fancy it? Starting from Scale Hill. All the details are on the MBO website, and you can pre-enter. www.bmbo.org.uk

Mell Fell 21.01.2016

(Selection from the results.)

Table with 3 columns: Rank, Name, Time. Lists results for Mell Fell 21.01.2016.

Club gear

Steve Telord has the stock of club O-gear, and with the new season about to start you might like one of the club tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy.



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.

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

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