



Upcoming Fixtures....

THIS WEEK 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.

Thur 11 February, Flat 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.

Coaching Session

The next coaching session will be at Mawbray (on the dunes) on Sunday 14th February. Book a place directly with Lynne, or reply to this EMAIL. Open to all. Learn, develop & improve your 'O' skills.

A Warm Welcome to our new members....

Recent additions to the membership: Rhona McDowell, Elizabeth, Amelia & Charlotte Steele, Neville, Finn & Freya Elstone, Sara Brown and Aleisha Francis. Just a few still to renew for 2016, so please log on to the BOF website www.BritishOrienteering.org.uk, renew and get the necessary insurance cover for 2016.

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.



Spring/Summer Series

Mike Harrison has dates and venues sorted for the two series. If you would like to plan one of these then make contact with Mike and choose a venue to suit you. Plan one event and you get eighteen other events in the series to run in. Really good value!! Perhaps two of you would like to plan as a team.... no problem! Plenty of advice available as well.

BikeMTBO

A 3 hour score event in the Lorton Valley, 28th February based at the Wheatsheaf Inn. All the details are on the MBO website, and you can pre-enter. www.bmbo.org.uk

Buttermere 28.01.2016

(Selection from the results.)

Table with 3 columns: Rank, Name, Time. Lists results for Long and Short courses.

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

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