



Upcoming Fixtures....

THIS WEEK 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.

Sun 14 February, Mawbray Dunes.

Informal event with easy, medium and harder medium courses. Starts at 11am to Noon, following the coaching session. Open to all. Cost £3.50/£2.

Thur 18 February, Owsen 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.

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.

Club gear

Steve Telford 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.



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.

Galoppen at The Beacon

A great start to the 2016 series. Thanks to BL for a well organised competition and to the Penrith Golf Club for the hospitality following the race. Tea and bacon butties were 'spot on'. It was blowing and cold in the car park, but the club house was lovely and warm & inviting. Perfect. Some of the club's big hitters were absent on the day, with the juniors on duty elsewhere this weekend!! However, wins for David Spencer (ShGreen) and Henry Teasdale (LtGreen). Second place for Michael Billinghamurst (Blue), and third places for Simon Hunter (Brown), Alan Irving (Blue) and Howard Leslie (Green). Well done all.

Thief Gill 4.2.2016

(Selection from the results.)

Long

1st	Matthew Vokes	26:20
2nd	Richard Wren	29:55
3rd	Ian Cumpstey	37:47
4th	Alan Irving	39:51
5th	Mike Harrison	40:04
6th	Niamh Hunter	41:43
7th	John Slater	42:16
8th	Andrew Bradley	43:27
9th	John Taylor	46:15
10th	Simon Hunter	46:16
11th	Steven Breeze	46:55
12th	Kate Charles	49:01
13th	Mike Hind	49:09
14th	Bob Barnby	50:50
15th	Louis Morris	50:51

Short

1st	David Spencer	26:37
2nd	Ben Goodwin	31:37
3rd	Susan Skinner	35:58
4th	Alice Kemp	42:47
5th	Katie Ray	42:52
6th	Joseph Sunley	43:17
7th	Nathan Kemp	43:24
8th	Anne Burbidge	44:56
9th	Vanessa Brierley	44:58
10th	Rosie Spencer	49:00
11th	Carys Thomas	49:13
12th	Kate Skinner	49:18
13th	Ian Teasdale	51:39

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

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