



Upcoming Fixtures....

THIS WEEK 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.

Sun 21 February, Haverthwaite Galoppen. Cumbrian Galoppen, planned by LOC on a wonderful and very tricky area. Courses will be technical and will test your navigational skills in time for the upcoming JK and BOC. All details on the LOC website.

Thur 25 February, Noble Knott. Part of Whinlatter Forest with a section of open fell for variety. Long, short and Night Hawk courses available. Last event of the winter series with presentation to winners in the pub afterwards. 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.

The Spring Series

These will start after the night series concludes, and will return the competition to the daylight. However, dusk soon descends for a few weeks yet, so an early start is a good idea, or if you are a late starter then carry a torch. The format will be shorter courses and a sprint style. First event will be around Cockermouth streets followed by a visit to Crow Park in Keswick. Because of the nature of the areas the events will be an ideal opportunity for a 'try-out' of the sport. Bring along a friend, colleague or workmate to have a go.

Next newsletter

These are due to be printed shortly and will be distributed at a Thursday evening event to save on postage. Please collect yours at the event if possible.

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.

Northern Nights

Congratulations to the FOUR Northern Night Champions, who competed at Philips Park, Manchester on Saturday night last, against strong opposition. Rosie Spencer W14
Niamh Hunter W16
Daniel Spencer M16
Simon Hunter M45
Very impressive racing guys!

Sunday on Mawbray

A good turnout for the informal event on Mawbray Dunes. Thanks to Steve Breeze for the planning. The event followed the coaching session, with the younger juniors practicing the 'O' skills learned in the session. Thanks to all the coaches!

Flat Fell 11.2.2016

(Selection from the results.)

Long

1st	Alastair Thomas	35:16
2nd	Matthew Vokes	36:15
3rd	Richard Wren	36:32
4th	Simon Hunter	42:00
5th	Ian Cumpstey	43:10
6th	Michael Billinghamurst	48:29
7th	John Slater	50:31
8th	Mike Harrison	52:21
9th	Jeff Goodwin	53:16
10th	Kate Charles	53:26
11th	Chris Pollitt	56:04
12th	Mike Hind	56:40
13th	Lynne Thomas	60:24
14th	John Noblett	60:40
15th	Angela Jackson	64:17

Short

1st	David Spencer	23:28
2nd	John Bacon	27:04
3rd	Rosie Spencer	29:19
4th	Ian Teasdale	31:19
5th	Ben Goodwin	31:23
6th	Vanessa Brierley	35:59
7th	Anne Burbidge	36:05
8th	Roger Jackson	38:54
9th	Elizabeth Elliott	42:27
10th	Malcolm Ruckledge	43:56

Nighthawk

1st	Rhona McDowell	44:37
2nd	Annette Milburn	61:14

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

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