



## Upcoming Fixtures....

**THIS WEEK 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.

**Thur 3 March, Cockermouth.** First of the Spring Series events. Short courses around the streets of Cockermouth starting from Harris Park. Cost £3.50/£2. Starts from 5.45 to 7pm, but will get dark quickly so you may need a torch if you are a late starter so you can see the map!

### BUCS (British University Champs)

Charlotte Watson was racing for Edinburgh Uni (EUOC) at the event in The Forest of Dean at the weekend and led a very strong EUOC team and won the women's open course of 7.5k in 54.05.

### 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.

### 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.



### Interland

Great performances from our three selected juniors for the England team held near Antwerp. Daniel Spencer won M17, Rosie Spencer was first Brit and took second place on W14, and Niamh Hunter, running up in W17 was eighth. Brilliant effort!

### Haverthwaite Galoppen

Fantastic area with very technical racing. A large turnout provided strong competition for our top runners. Conditions were rather wet and slippery underfoot. Alastair Thomas won Brown, with Richard Wren second. Michael Billingham won Blue, and Ben Breeze in fifth. Carys Thomas and Jessica Breeze were third and fourth on Light Green. Wilfrid Teasdale was fourth on Orange.

### Owsen Fell 18.2.2016

(Selection from the results.)

Long (combining the butterfly loops)

1st	Matthew Vokes	32:02
2nd	Richard Wren	35:46
3rd	Simon Hunter	40:15
4th	Mike Harrison	43:40
5th	John Slater	44:08
6th	Alan Irving	46:38
7th	Ian Cumpstey	47:58
8th	Chris Pollitt	48:03
9th	Kate Charles	49:48
10th	Chris Emerson	51:08
11th	Steven Breeze	52:03
12th	Angela Jackson	52:52
13th	Lynne Thomas	54:23
14th	Dave Allery	55:49
15th	Pete Nelson	56:18
16th	Bob Bamby	56:43
17th	Louis Morris	59:56

Short

1st	Ben Goodwin	35:20
2nd	Jonathan Eaton	47:35
3rd	Roger Jackson	48:24
4th	John Bacon	48:30
5th	Elizabeth Elliott	52:25
6th	Lucy Dunn	62:20

Nighthawk

1st	Ruth Carter	30:55
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Keep an eye on the Facebook page for Club goings-on!

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