



Upcoming Fixtures....

THIS WEEK 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!

Thur 10 March, Crow Park, Keswick. Second of the Spring Series events. Short courses around the Cockshot Woods and the lake shore. 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!

Sun 13 March, CSCup, Timble Ings. The qualifier round for the CompassSport Cup. AIRE, EBOR, & SYO are our opponents. Entries have to be in today, so if you want to run and go by the 'WCO bus' then contact Alan Irving asap.

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.



Winter Series Winners

Congratulations to Richard Wren and Niamh Hunter; long course winners. Alastair Thomas was first junior male. On the short course the winners were Susan Skinner and Ben Goodwin; with Rosie Spencer and Joseph Sunley first juniors. Hiroki Holmes took the honours on the novice course. Great series! Thanks to the planners.

British Nights

Susan Skinner dominated W50 taking a commanding lead and the British Night Title for another year. A very impressive performance. Alastair Thomas in M16 (Silver) had a battle royal with the Chapman brothers from MAROC, with Jake taking the gold medal and brother Alistair the bronze.

Noble Knott Finale 25.2.2016

(Selection from the results.)

Long		
1st	Matthew Vokes	27:17
2nd	Richard Wren	30:31
3rd	Alastair Thomas	33:39
4th	Daniel Spencer	33:42
5th	Ian Cumpstey	36:19
6th	Mike Harrison	38:43
7th	John Slater	38:50
8th	Michael Billingham	40:05
9th	Niamh Hunter	40:18
10th	John Noblett	40:41
11th	Andrew Bradley	44:04
12th	Jeff Powell Davies	45:51
13th	Jeff Goodwin	45:55
14th	John Taylor	46:13
15th	Chris Emerson	50:08
Short		
1st	Susan Skinner	39:34
2nd	Ben Goodwin	40:30
3rd	Roger Jackson	42:11
4th	Steve Holmes	43:02
5th	Ian Teasdale	43:28
6th	Joseph Sunley	49:56
7th=	Anne Burbidge	52:12
7th=	Vanessa Brierley	52:12
9th	Rosie Spencer	56:40
10th	Carys Thomas	56:45

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

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