



Upcoming Fixtures....



THIS WEEK Thur 26 January, Latterbarrow & Swarth Fell. Long & short courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Thur 2 February, Knock Murton. A popular venue. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Thur 9 February, Blea Tarn. A real test on this open fell in Eskdale. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

2017 Cumbrian Galoppen

Table with 3 columns: Date, Club, Venue. Rows include 5 March (BL, Faulds Brow), 9 April (LOC, Barrow Fell), 13 May (WCOC, Eskdale), 14 May (WCOC, Eskdale), 4 June (LOC, Yewdale), 16 July (WCOC, Threlkeld), 3 September (WCOC, Cockup), 29 October (LOC, Grizedale North), 26 November (WCOC, Bleaberry Fell).

The first event of the 2017 series will be hosted by BL on Faulds Brow. There will be nine events in the series with the all important 'your best five scores' to count towards the club total score for the Borrowdale

Trophy. We have to wrestle it back from LOC this year. Make sure you attend at least five of the events and get good scores! No pressure then!

Fancy a trip to Jukola (in Finland).... ?

The Jukola (7 person Relay) is 50 this year and attracts 1700 teams. 17/18th June. Quite an expensive trip, but definitely on the 'bucket list'. More details on the website for plans for a possible club trip. Interested?

Venue change for the Mini MM.

The Kong Mini Mountain Marathon (previously RAB), due to take place on 5th February; the location has now changed to Borrowdale, from the Peak District.

Twitter. You can follow @WCOC2014

Keep an eye on the Facebook page for Club goings-on! http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info

Anniversary Year Quiz

The fourth of 50 clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#4. (SW) An elderly citizen (7,4,4)

Retain your answers till the end of the year. Prizes for highest scores.

A reminder to renew

It is that time of year again. Quite a large proportion of the membership have renewed.

Renew via the BOF website: www.BritishOrienteering.org.uk. Just £10 per senior and £3.30 per junior.

Leaps Beck 19.01.2017

(Selection from the results.)

Long A

Table with 3 columns: Rank, Name, Time. Rows: 1st Alastair Thomas 32:39, 2nd Simon Hunter 42:02, 3rd Ben Breeze 43:53, 4th David Spencer 45:03, 5th Ian Cumpstey 46:16, 6th Steven Breeze 49:07, 7th Alan Irving 49:18.

Long B

Table with 3 columns: Rank, Name, Time. Rows: 1st Matthew Vokes 30:00, 2nd Mike Harrison 43:44, 3rd Niamh Hunter 45:02, 4th Joseph Goodwin 49:18, 5th Mike Hind 54:35, 6th Susan Skinner 55:51, 7th Roger Jackson 59:15.

Short A

Table with 3 columns: Rank, Name, Time. Rows: 1st Anne Burbidge 40:41, 2nd Kate Skinner 43:43, 3rd Vanessa Brierley 45:10, 4th Jonathan Eaton 47:06, 5th Adrian Ledger 54:21, 6th Elizabeth Elliott 55:17.

Short B

Table with 3 columns: Rank, Name, Time. Rows: 1st Kevin Hodgson 36:38, 2nd David Rodger 41:20, 3rd Margaret Mackenzie 42:17, 4th Deborah Goodwin 43:33, 5th Jonty Goodwin 77:58.

Nighthawk

Table with 3 columns: Rank, Name, Time. Rows: 1st Annette Milburn 47:46, 2nd Joyce Hemingway 50:11.