



## Upcoming Fixtures....

### THIS WEEK Thur 8 February, Wasdale.

Night event on this open area on the side of Wastwater. Long, short courses. No Nighthawk course as the area has few line features to aid navigation. Cost £3.50/£2. Starts 5.45 to 7.15pm

### Sun 11 February, Black Beck Woods.

First Galoppen of the 2018 series. Usual Yellow to Brown courses. See LOC website for details, particularly the instructions on parking.

### Thur 15 February, Broom Fell (South).

Night event on area around Lords Seat. Long, short and Night Hawk courses. Near Braithwaite. Cost £3.50/£2. Starts 5.45 to 7.15pm

### Sun 18 February, Setmurthy.

Small forest close to Cockermouth. Informal event with long, short and easy courses. Cost £3.50/£2. Starts 11am to Noon.

### Thur 22 February, Silloth Golf Course & Dunes.

Brand new area and map containing a large section of complex dunes. Long, short and novice courses. Cost £3.50/£2. Starts 6 to 7.15pm. Night Series Finale.

### Spring & Summer Series.

Details of the 2018 Spring and Summer informal events have been published by Mike Harrison. If you would like to be involved in the planning/organising of one of these contact Mike asap to secure the venue you would like.

### Winter is here.....

Access to events and running conditions can be challenging, and it is advised therefore that gaiters should be carried (perhaps in a bumbag), hat & gloves, along with a whistle, and a bivvy bag if you have one. Stay safe, and keep the organiser stress free.

Conditions can change quite quickly and every effort will be made to advise of cancellation on the website if the event can't go ahead. Please check before you leave.

**Twitter.** You can follow @WCOC2014

### Coaching

Dates are being put in place for the coaching sessions for the first half of the year. The sessions are open to all club members, and will cater for juniors, beginners and adults. There is always an opportunity at these sessions to learn the skills of the sport and to improve and hone the skills you already have.

Head Coach, Lynne Thomas has a contact list for folk who might like to attend, but if you haven't been contacted for whatever reason and would like to take part then please REPLY to this email.

### Owsen Fell 01.02.2018

(Selection from the results.)

Long

1st	Alastair Thomas	33:52
2nd	Simon Hunter	40:17
3rd	Zac Hudd	41:34
4th	David Spencer	42:27
5th	John Slater	42:37
6th	Niamh Hunter	43:16
7th	Jeff Powell Davies	45:00
8th	Joe Hudd	46:31
9th	Jeff Goodwin	46:33
10th	Dan Parker	48:47
11th	Alan Hartley	49:05
12th	Steven Breeze	53:52
13th	Herbie Ashworth	55:52
14th	Karen Parker	56:38

Short

1st	Graham Watson	25:34
2nd	John Taylor	27:53
3rd	Chris Emerson	33:11
4th	Susan Skinner	34:49
5th	Richard Cummings	38:51
6th	Rosie Spencer	41:18
7th	Ann Cummings	41:26
8th	Simon Woodbury	41:36
9th	Anne Burbidge	44:07
10th	Wilfrid Teasdale	45:09
11th	Ian Teasdale	45:53
12th	Andrew Stevens	46:23
13th	Sarah Taylor-Brown	54:22

Nighthawk

1st	Rebecca Crellin	55:38
2nd	Neil Watkins	69:48
3rd	Ruth Carter	69:52

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

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