



### Upcoming Fixtures....

**THIS WEEK** **Thur 24 January, Buttermere.** Lovely little wooded area and open fellside close to the village. Cost £4/£2. Starts 5.45 to 7.15pm.

**Thur 31 January, Leaps & Godworth.** Cost £4/£2. Open fellside. Long, Short, and Nighthawk courses. Cost £4/£2. Starts 5.45 to 7.15pm

**Thur 7 February, Blea Tarn.** A highly technical area in Eskdale. Will give a superb test for your navigational skills. Not to be missed, even though it is a long drive! It is open fellside and quite exposed, so please come prepared with adequate clothing and spare gear. Long, Short, and Nighthawk courses. Cost £4/£2. Starts 5.45 to 7.15pm

**Sun 10 February, Cumbrian Galoppen at Hawse End** First event of the 2019 series. Start of the defence of the Borrowdale Trophy. Usual colour coded courses. Lovely woodland on the shores of Derwentwater. Cost £7/£3. Starts 10.30am. White team are organising so offer your help if you can.

#### MTBO event

There will be a score event on Sunday, 3<sup>rd</sup> Feb from Lorton. Details are on the website [www.bmbo.org.uk](http://www.bmbo.org.uk) Enter online.

#### Beer Trail 2018-19

The Rennie family have very kindly taken on this task for this year and have a long and short course available. The usual format; see the website for the parking and first control grid reference. At each control you will get the grid reference for the next control, until finally finding out where the cache (beer, soft drink or chocolate) can be found. The course will be open till the end of January, so there should be plenty of opportunity to have a go. You don't have to register to do the course, which means that no one knows you are out there. Please take care.

**Twitter.** You can follow @WCOC2014

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

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

#### Night Events - Safety

The weather is changing and becoming cold and wet. Please make sure you are adequately prepared for the night events. Bring spare clothing and use a bum bag if possible. The events can be a superb challenge and a great deal of fun, but please give your safety serious consideration.

#### Jaws 17.01.2019

(Selection from the results.)

Long		
1st	Matthew Vokes	34:10
2nd	Ben Goodwin	35:55
3rd	Zac Hudd	37:16
4th	Joe Sunley	39:22
5th	Phil Winskill	39:26
6th	Joe Hudd	40:30
7th	Mike Harrison	42:01
8th	David Spencer	42:21
9th	Alan Irving	42:48
10th	Jeff Goodwin	43:51
11th	Michael Billingham	44:08
12th	Keith Tonkin	45:27
13th	Caitlin Irving	46:49
14th	Niamh Hunter	47:50
15th	Steven Breeze	48:21
16th	Sam Stead	49:16
17th=	Dan Parker	51:49
17th=	Dan Roach	51:49
Short		
1st	Roger Thomas	29:56
2nd	Wilfrid Teasdale	30:11
3rd	Peter Hudd	31:49
4th	Scott Ashworth	32:08
5th	Peter Strong	33:23
6th	Myrtle Ashworth	33:53
7th	Ian Teasdale	35:06
8th	Susan Skinner	38:10
9th	Roger Jackson	39:27
10th	Caitlin Pearson	39:39
11th	Lynne Thomas	41:24
12th	Deborah Goodwin	44:57
13th	Ruben Razzetti	46:10
14th	Emma Crawford	47:02
15th	Owen Mills	48:59
16th	Christine Kiddier	50:31
Nighthawk		
1st	Herbie Ashworth	18:52
2nd	Callum Coldwell	19:18
3rd	Freya Elstone	35:02
4th	Finn Elstone	47:25
5th	Sophie Crawford	51:15
6th	Ruth Carter	75:53