



Upcoming Events

Now until 31/01/2020—Beer Trail



09/01/2020—Flat Fell

16/01/2020—Low Rigg

23/01/2020—Buttermere

30/1/2020—Sale Fell

Night Series Safety

The post-Christmas night events tend to be on more challenging terrain which may be unsuitable for younger juniors and novices. However, there is often a Night Hawk course which provides the opportunity to run a reasonable distance (usually 3-4km) but with more straight forward navigation.

Always check the forecast and be prepared for inclement weather; with suitable clothing and a good head torch.



Night Series –Setmurthy Results

Long 4.98km

Time

1.	Simon Hunter	51:39
2.	Ian Cumpstey	52:21
3.	David Spencer	56:14
4.	Jamie Rennie	56:50
5.	Mike Harrison	57:58
6.	Andrew Bradley	58:57
7.	James Chapman	59:07
8.	Dan Roach	61:01
9.	Alan Irving	61:30
10.	Simon Woodbury	62:32
11.	Ian Fowler	64:23
12.	Jeff Goodwin	68:10
13.	Emma Stewart	74:37
14.	Chris Pollitt	82:35

Short 2.83km

1.	Daisy Rennie	40:06
2.	Emma Crawford	40:30
3.	Chris Swanepoel	48:22
4.	Sally Heppell	49:58
5.	Daniel Heppell	56:46
6.	Isaac Hunter	58:24
7.	Toby Heppell	65:51
8.	Sophie Crawford	66:21
9.	Janette McHendry	66:51

Night Hawk 3.38km

1.	Hiroki Holmes	47:49
2.	George Rennie	47:53

Mawbray—New Year O

Thanks to Dave Fenwick for organising this annual event.

Almost 100 people had the choice of 4 different courses around the dunes of Mawbray.

Course winners were—Steve Birkinshaw (Course 1); James Birkinshaw (Course 2); Howard Leslie (Course 3) and Emma Nordon (Course 4).

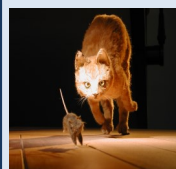
Full results on website.

Reminders

1. Committee Meeting—Wed 8th Jan—Ullock Village Hall @ 7pm—all members welcome.
2. Membership renewals are due. It is free to enter WCOC but members must join British Orienteering who will automatically notify the Club when you select WCOC as your nominated Club.

Twitter: You can follow @WCOC2014 and at www.wcoc.co.uk

Keep an eye on the Facebook page for Club goings-on!
West Cumberland Orienteering Club Facebook Page



Club Chase 2020.

Thanks to Alan Irving for organising this annual handicap event in the Jaws of Borrowdale.

Overall winner was Anne Burbidge (Green); winning the chase for the 2nd time; and earning the honour of planning the event next year.

Other course winners were Charlie Rennie (Brown); Steve Breeze (Blue); Hiroki Holmes (Yellow); Toby Heppell (Orange) and Daisy Rennie (Light Green).

(Details of the Club awards presented at the Club Social will be confirmed next week.)