



### Upcoming Events

Now until 31/01/2020—Beer Trail

23/01/2020—Buttermere

24/1-26/1—EUOC Big Weekend

30/01/2020—Sale Fell

06/02/2020—Mosser Fell

13/02/2020—Keltonfell



### 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.



### Interland Selections 2020

England competes annually in this five-cornered match against two Belgian teams (Flemish and French-speaking); the Netherlands and the French Ligue des Hauts de France de Course d'Orientation or LHFCO for short.

The competition is truly a team effort spanning age groups from W/M 14 up to W/M 60+; 42 team members in all.

This year England are hosting the event which takes place at Burham Beeches and Egypt Woods in Buckinghamshire on 1 March.

WCOC have an impressive 5 competitors selected for the team—brothers Zac and Joe Hudd running M20; Daisy Rennie W14 and Niamh Hunter and Caitlin Irving W20. Good Luck!



Good Luck to everyone taking part in the Edinburgh Big Weekend!

Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.



### Rosie Watson—The New Story Run

For those of you who don't know; Rosie is currently running from Lorton to Mongolia & raising awareness of climate change and sustainability on her way. To lend your support & follow her story—see FB—Rosie Watson: The New Story Run.

It's inspiring stuff!



### Night Series—Low Ring Results

#### Long 3.89km

		Time
1.	Steve Birkinshaw	37:21
2.	Joseph Goodwin	39:40
3.	Charlie Rennie	41:09
4.	Alan Irving	42:01
5.	David Spencer	42:02
6.	Mike Harrison	42:21
7.	Ian Cumpsey	43:46
8=	Jeff Powell Davies	44:08
8=	Jamie Rennie	44:08
10.	Steve Breeze	45:22
11.	Michael Billinghamurst	45:47
12.	James Chapman	45:55

#### Short 2.84km

1.	Emma Crawford	28:19
2.	Stuart Crawford	33:36
3.	Isabel Berry	36:12
4.	Roger Thomas	36:23
5.	Daisy Rennie	37:17
6.	Bob Barnby	38:58
7.	Ange Jackson	40:04
8.	Deborah Goodwin	52:44

#### Night Hawk 1.69km

1.	Helen Rennie	23:05
2.	Eva Humphreys	29:49



Mike Billinghamurst is looking for volunteers to plan events in the Spring Series—you should have had an email. Please let Mike know if you can help.