

West Cumberland Orienteering Club

Issue 4 20 Jan 2020

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.



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

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!

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

Also on FB—public and members' page.





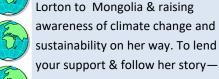


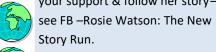




Rosie Watson—The New Story Run

For those of you who don't know; Rosie is currently running from Lorton to Mongolia & raising















<u>Long 3.89km</u>		<u>Time</u>
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.	lan Cumpstey	43:46
8=	Jeff Powell Davies	44:08
8=	Jamie Rennie	44:08
10.	Steve Breeze	45:22
11.	Michael Billinghurst	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
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Mike Billinghurst 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.