



Upcoming Events

- 06/02/2020—Mossier Fell
- 13/02/2020—Keltonfell
- 20/02/2020—Silloth Golf Club
- 18/03/2020—High Rigg Galoppen
- 16 & 17/05/2020—Dalegarth double galoppen.

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.

Coaching –Sunday 9th Feb

10:00—12:00—Buttermere National Trust Carpark NY173172 (same as recent night event).

Focus on basic skills and techniques – orientation, symbols & control descriptions, compass work, attack points, contours etc.

For juniors and seniors looking to improve. Contact Simon Hunter asap to confirm attendance.

Night Series –Sale Fell Results

Long 5.13km

		<u>Time</u>
1.	Charlie Rennie	41:59
2.	David Spencer	42:12
3.	Simon Hunter	45:31
4.	Dan Roach	46:35
5.	Mike Harrison	46:41
6.	Ian Cumpstey	48:26
7.	Alan Irving	49:17
8.	Rob Stein	49:58
9.	Keith Tonkin	50:16
10.	Phil Winskill	53:03
14	Karen Parker (1st lady)	57:38
19.	Ange Jackson (2nd lady)	62:34

Short 2.98km

1.	Wilf Teasdale	33:56
2.	Daisy Rennie	35:07
3.	Ian Teasdale	37:30
4.	Caitlin Pearson	38:03
5.	John Taylor	38:09
6.	Emma Crawford	40:41
7.	Ryan Crellin	41:20
8.	Richard Cummings	42:08
9.	Ann Cummings	44:21
10.	Roger Thomas	44:27

Night Hawk 3:83km

1.	George Rennie	41:58
2.	Eva Humphreys	50:22

* Night Series Finale*

Excitement is building for the finale of the Night Series which will take place at Silloth Golf Club on 20 February 2020.

After the event; the presentations to the winners will take place in the Golf Club and runners will be able to enjoy a hot meal.

Liz Elliott has asked for those wanting a meal to let her know as the Golf Club opens specially just for us and it would be helpful for Liz to give the Club an idea of the numbers wanting supper.

Liz will try to obtain a menu and will put it on the members' FB page. Please contact Liz by email or mobile to confirm if you will be eating—lizdelliott@btinternet.com or 07857034248.

Overall up to the Buttermere event; competition is tight with Jamie Rennie and Simon Hunter neck and neck on the long course and Caitlin Pearson currently leading the ladies' competition; with Charlie Rennie leading junior.

On the short course; Emma Crawford and Daisy Rennie are vying for top spot; with Bob Barnby first senior male and Deborah Goodwin and Janette McHendry fighting it out for the ladies' title. Daniel Heppell is currently first male junior; and the Night Hawk title is being fought between Hiroki Holmes and George Rennie; with Ella Chambers first female junior....things could all change in the last few events.

Welcome to new members for 2020— Phil Blaylock, Bob Dredge, Lennon Glass, Carl Humphreys, Becca Muir, Katia Smith, Matt Stephens, Chris Swanepoel, Jacob Tonkin, David Wilson, Myriam Wood and David Wiley. Hope you all have an enjoyable season with WCOC!

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

Also on FB—public and members' page.



08/03/2020– High Rigg Galoppen

RED TEAM—help needed for all jobs. Please contact Liz to confirm availability. (Teams can be found on website in Members section)