



Upcoming Events

- 13/02/2020—Keltonfell
- 20/02/2020—Silloth Golf Club*
- 08/03/2020—High Rigg Galoppen (NB Correction of date.)
- 16 & 17/05/2020—Dalegarth double Galoppen.
- 12/07/2020—Sale Fell, Galoppen.

* Details for Spring series TBC

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.

Just For Laughs....



Night Series—Mosses Fell Results

Long 4.62km

Time

1.	Jamie Rennie	33:04
2.	Charlie Rennie	33:16
3.	Mike Harrison	38:34
4.	David Spencer	41:16
5.	Herbie Ashworth	42:46
6.	John Slater	43:18
7.	Ian Cumpstey	43:44
8.	Steve Holmes	45:59
9.	Steve Breeze	46:31
10.	Jeff Goodwin	47:51
11.	Caitlin Pearson (1st lady)	49:45
12.	Chris Swanepoel	49:56
13.	Karen Parker (2nd lady)	50:35
14.	Simon Woodbury	51:42
15.	Chris Emerson	52:06
16.	Dan Parker	53:41
17.	Matt Stephens	53:55
18.	John Taylor	54:26
19.	Nick Moore	54:54
20.	Martin Lawton	54:57
21.	Lynne Thomas (3rd lady)	56:29
22.	Chris Pollitt	57:15
23.	Mike Hind	64:14
24.	Robert Jones	71:09

Short 2.58km

1.	Wif Teasdale	24:11
2.	Daisy Rennie	27:02
3.	Bob Bamby	32:07
4.	Kevin Hodgson	33:42
5.	Kate Charles	35:02
6.	Ian Teasdale	37:16
7.	Rosie Spencer	38:36
8.	Helen Rennie	42:37
9.	Malcolm Ruckledge	46:16
10.	Adrian Ledger	59:08
11.	Eve Humphreys	66:38

* 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.

Updated overall positions have been posted on the website and FB.

* IMPORTANT*



Please note that the base for the start feather is missing, Can all recent planners please check car boots...or think whether it could have been left in the ground. If you have it or know where it might be, please let Dave Fenwick know, asap.

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)

Twitter: You can follow @WCOOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.