



Upcoming Events

- 05/03/2020— Workington (Moorclose)
- 08/03/2020—High Rigg Galoppen
- 12/03/2020— Cockermouth Slatefell
- 15/03/2020—Compass Sport Cup—Breasty Haw
- 19/03/2020—TBA
- 26/3/2020—Whitehaven Harbour & Kells
- 02/04/2020—Scale Hill



2020—Galoppen Series. (Dates and venues below)

For those new to the Club, the annual Cumbrian Galoppen series usually consists of ten events, staged by us, BL and LOC (with WAROC also competing).

The events are spread throughout the year. Scores are allocated to runners from the Cumbrian Clubs according to their position in the results for the seven courses usually offered (Yellow to Brown).

A league is maintained and the best five scores on a course for a runner give their Galoppen score for the year. Prizes are awarded to the best male and female winners on each course.

The Club competition for the coveted Borrowdale Trophy, counts the highest total scores for the best five competitors for each club on each of the seven colour-coded courses; so it is a real team effort!

WCOC are the current holders of the Trophy so it would be good to get a good turn out at the events.

By the way, in case you are wondering, Galoppen comes from the Norwegian word meaning 'the gallop' and has been mistranslated by the British as 'ranking list'.

Date	Location	Club
8 th March	High Rigg, Keswick	WCOC
28 th March	The Beacon, Penrith	BL
26 th April	Loughrigg, Ambleside	LOC
16 th May	Dalegarth Double (West), Eskdale	WCOC
17 th May	Dalegarth Double (East), Eskdale	WCOC
12 th July	Sale Fell, Keswick	WCOC
19 th Sept	Angle Tarn Pikes, Patterdale	BL
20 th Sept	Whinlatter, Keswick	WCOC
4 th Oct	Troutal Fell, Seathwaite	LOC
29 th Nov	Blawith Fell, Torver	LOC

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

Also on FB—public and members' page.



Interland

This year's event took place at Burnham Beeches and Egypt Woods in Buckinghamshire.

The event sees England take on two teams from Belgium; a team from the Netherlands and a French Team.

WCOC had 4 runners selected to run for their country; brothers Zac and Joe Hudd running M20; Caitlin Irving running W20 and Daisy Rennie W14.

Zac and Joe both had excellent runs on the 11km Brown course; with Zac taking the win in 65:16; and Joe 2nd in 66:18. Caitlin was 17th and Daisy 15th.

Overall, England took an emphatic win with 182 points; with the French team in 2nd with 132 points. England also won the junior cup with 76 points; with the French team again 2nd with 62 points. Well done England!



SUMMER SERIES PLANNERS NEEDED.



The Spring series now has planners for all events but Mike Billingham is keen to try and allocate planners to the first half of the Summer series. You should have received an email. Please contact Mike Billingham if you can help.

News/Reminders

1. Juniors remember we have a cake stall at the High Rigg Galoppen—please bring cakes, flasks with hot water and help.
2. A silver (green top) flask was left at the Buttermere coaching. Will bring to the Galoppen on Sunday—will be at registration.
3. Welcome to new member Ian Cumpstey.
4. Next committee meeting—11th March at 7pm at Ullock Village Hall. Members are welcome to attend.
5. Request for help— there is a Junior Sprint Selection race in Windermere on 26th April. Paul Murgatroyd (Head Coach for Talent) has asked if anyone could help by pre-running the course to check controls and road marshall. (You should still have time to run the Loughrigg Galoppen). If you can help please contact Graham Patten (graham@lakelandtrails.org).