



Upcoming Fixtures....



THIS WEEK **Thur 19 January, Leaps & Godworth.** A popular venue. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Thur 26 January, Latterbarrow & Swarth Fell. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Slate Fell Informal Event

A great turnout for the event yesterday. Over seventy runners with many family groups trying orienteering for the first time. Thanks to Steve Birkinshaw for planning.

2017 Cumbrian Galoppen

Date	Club	Venue
5 March	BL	Faulds Brow
9 April	LOC	Barrow Fell
13 May	WCOC	Eskdale
14 May	WCOC	Eskdale
4 June	LOC	Yewdale
16 July	WCOC	Threlkeld
3 September	WCOC	Cockup
29 October	LOC	Grizedale North
26 November	WCOC	Bleaberry Fell

The first event of the 2017 series will be hosted by BL on Faulds Brow. There will be nine events in the series with the all important **'your best five scores'** to count towards the club total score for the Borrowdale

Trophy. We have to wrestle it back from LOC this year. Make sure you attend at least five of the events and get good scores! No pressure then!

Major Events coming up....

The British Nights are being held at Great Tower Wood on 25th February. A very exciting venue which will certainly test your navigation skills. Recommended.

Winter has arrived.....

It is advised that cagoules should be carried (perhaps in a bumbag), hat & gloves, along with a whistle, and a bivvy bag if you have one. Stay safe.

Twitter. You can follow @WCOC2014

Anniversary Year Quiz

The third of 50 clues for **'Tarns, Lakes, Waterfalls and Fells of Cumbria'**. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#3. (NE) Never been any shops here! (4,6)

Retain your answers till the end of the year. Prizes for highest scores.

Welcome to New Members

Spencer Family, Sian (W35) and Annie (W10) from Cockermouth.

....& reminder to renew

It is that time of year again. Quite a large proportion of the membership have renewed.

Renew via the BOF website: www.BritishOrienteering.org.uk. Just £10 per senior and £3.30 per junior.

Bowness Knott 12.01.2017

(Selection from the results.)

Long AA

1st David Spencer 54:54
2nd Kate Charles 65:31

Long AB

1st Jeff Goodwin 71:41
2nd Mike Hind 80:54

Long BA

1st Ben Breeze 56:07
2nd Chris Pollitt 74:54

Long BB

1st Niamh Hunter 58:45
2nd Alan Irving 61:37
3rd Joseph Goodwin 63:37
4th Rosie Spencer 67:28

Short

1st Roger Jackson 47:25
2nd Lily Regan 47:29
3rd Roger Thomas 49:56
4th Joe Sunley 63:07
5th Carys Thomas 67:19
6th Vanessa Brierley 69:22
7th Deborah Goodwin 70:13
8th Clare Rodger 72:43
9th Andy Rodger 73:02
10th Jonty Goodwin 86:05
11th Elizabeth Elliott 86:21

Keep an eye on the Facebook page for Club goings-on!

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>