



Upcoming Fixtures....



THIS WEEK Thur 2 February, Knock Murton. A popular venue. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Thur 9 February, Blea Tarn. A real test on this open fell in Eskdale. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Thur 9 February, Keswick. Using street and park orienteering plus a biathlon element (darts competition). Long, short courses. Starts from 5.45pm. See website for details, www.wcoc.co.uk.

Club gear

Steve Telford has the stock of club O-gear. If you don't have one, it might be time to invest in one of the very attractive running tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy. Check out the website for details of the 'fiftieth' design commemoration O-top. Get your order placed.



Interland Selections.

Many congratulations to WCOC members selected for this international.... Michael Billinghamurst, Simon Hunter, Rosie Spencer, Joe Hudd and Caitlin Irving. Well done guys!

The Spring Series

Mike Harrison has venues sorted for the spring series of short park races. These are perfect for introducing a friend to the sport. These will be followed by a series of 'retro' events.



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 fourth 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.]

#5. (NE) Good pasture (9)

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

A 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.

Swarth Fell 26.01.2017

(Selection from the results.)

Long		
1st	Alastair Thomas	30:18
2nd	David Spencer	30:38
3rd	Daniel Spencer	31:00
4th	Simon Hunter	33:12
5th	Ian Cumpstey	34:48
6th	Mike Harrison	34:58
7th	Ben Breeze	35:09
8th	Michael Billinghamurst	35:30
9th	John Slater	38:20
10th	Louis Morris	38:43
11th	Kate Charles	40:10
12th	Steven Breeze	41:27
13th	John Taylor	42:21
14th	Chris Pollitt	42:59
15th	Bob Barnby	43:44
16th=	Rosie Spencer	46:14
16th=	Susan Skinner	46:14
18th	Ange Jackson	46:37
Short		
1st	Peter Hudd	25:36
2nd	John Brooks	29:42
3rd	Vanessa Brierley	29:52
4th	Lily Regan	30:43
5th	Alice Kemp	32:38
6th	Anne Burbidge	35:02
7th	Annette Milburn	40:09
8th	Elizabeth Elliott	40:26
9th	Sophie Thompson	40:30
10th	Adrian Ledger	50:22
11th	Andy Rodger	52:38
12th	David Rodger	52:39

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

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