



Upcoming Fixtures....



THIS WEEK 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 16 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.

Sat 18 February, Miltonrigg. An informal event by BorderLiners. For details see their website.

Sun 19 February, Whinlatter. An informal event with long, medium and short courses. Suitable for all abilities, and particularly targeted at young families. Starts from 11am. See website for details, www.wcoc.co.uk.

Thur 23 February, Maryport Golf Course. A brand new area and map, with the clubhouse available for food/drink after your run, and for the series presentation of prizes. Long, short and easy courses. Starts from 6.30pm. (once it is dark enough!) See website for details, www.wcoc.co.uk.

25/26 February weekend.

British Night Championships on Great Tower and Northern Champs on Bigland. A great weekend of racing. Get your entries in!

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 is here (gentle so far).....

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 sixth 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.

#6. (NW) Never seen in the fields these days (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 www.BritishOrienteering.org.uk. Just £10 per senior and £3.30 per junior.

Knock Murton 02.02.2017

(Selection from the results.)

Long		
1st	Daniel Spencer	35:54
2nd	Rob Stein	36:57
3rd	Alastair Thomas	37:48
4th	David Spencer	40:00
5th	Ian Cumpstey	41:54
6th	Simon Hunter	42:36
7th	Mike Harrison	43:26
8th	John Slater	43:35
9th	Zac Hudd	44:11
10th	Jeff Goodwin	44:45
11th	Alan Irving	48:51
12th	Helen Winskill	49:14
13th	Ben Breeze	50:06
Short		
1st	Joe Hudd	30:22
2nd	Thomas Woolley	34:36
3rd	John Brooks	36:59
4th	Roger Thomas	39:17
5th	Lynne Thomas	40:20
6th	Max Cousins	41:11
7th	Emily Brooks	41:14
8th	Rosie Spencer	43:47
9th	Lily Regan	45:35
10th	David Rodger	47:19
11th	Annabel Holmes	50:12
12th	Elizabeth Elliott	53:10
13th	Jo Gillyon	57:45
Nighthawk		
1st	Roger Jackson	46:35
2nd	Ben Holmes	47:45
3rd	Janette McHendry	50:06

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

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