



## Upcoming Fixtures....

**THIS WEEK Thur 1 February, Owsen Fell.** Open fell near Lamplugh. Long, short and Night Hawk courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

**Sat 3 February, Fingland Rigg.** BL are running this informal event on a small nature reserve near Kirkbride.

**Thur 8 February, Wasdale.** Night event on this open area on the side of Wastwater. Long, short and Night Hawk courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

**Thur 15 February, Broom Fell (South).** Night event on area around Lords Seat. Long, short and Night Hawk courses. Near Braithwaite. Cost £3.50/£2. Starts 5.45 to 7.15pm

### Beer Trail 2017/18....

Thanks to Pete Nelson for providing this most enjoyable activity once again. The course is closed now and had attracted almost 100 runners, although numbers could be higher since not everyone had signed the book at the finish. Pete wants to take a rest from the planning so if anyone would like to consider a course for next winter then please have a word with any committee member.

### Spring & Summer Series.

Details of the 2018 Spring and Summer informal events have been published by Mike Harrison. If you would like to be involved in the planning/organising of one of these contact Mike asap to secure the venue you would like.

### Winter is here.....

Access to events and running conditions can be challenging, and it is advised therefore that gaiters should be carried (perhaps in a bumbag), hat & gloves, along with a whistle, and a bivvy bag if you have one. Stay safe, and keep the organiser stress free.

Conditions can change quite quickly and every effort will be made to advise of cancellation on the website if the event can't go ahead. Please check before you leave.

**Twitter.** You can follow @WCOC2014

### Coaching

Dates are being put in place for the coaching sessions for the first half of the year. The sessions are open to all club members, and will cater for juniors, beginners and adults. There is always an opportunity at these sessions to learn the skills of the sport and to improve and hone the skills you already have.

Head Coach, Lynne Thomas has a contact list for folk who might like to attend, but if you haven't been contacted for whatever reason and would like to take part then please REPLY to this email.

### Flat Fell 25.01.2018

(Selection from the results.)

Long

1st	Matthew Vokes	38:20
2nd	Alastair Thomas	42:03
3rd	David Spencer	42:33
4th	Ben Goodwin	43:29
5th	John Slater	44:45
6th	Charlie Rennie	45:14
7th	Jamie Rennie	45:16
8th	Neil Talbot	45:49
9th	Mike Harrison	48:11
10th	Alan Irving	48:47
11th	Michael Billinghurst	48:48
12th	Niamh Hunter	49:18
13th	Pete Nelson	54:31
14th	Joe Sunley	59:59
15th	Chris Pollitt	63:31
16th	Ange Jackson	65:08
17th	Steve Breeze	66:04
18th	John Taylor	66:34
19th	Lynne Thomas	74:02
20th	Caitlin Irving	75:28

Short

1st	Herbie Ashworth	38:04
2nd	Anne Burbidge	41:09
3rd	Susan Skinner	41:10
4th	Ryan Crellin	44:49
5th	Chris Emerson	45:31
6th	Roger Jackson	47:00
7th	Ann Cummings	48:44
8th	Richard Cummings	52:59
9th	Sarah Taylor-Brown	54:46
Nighthawk		
1st	Janette McHendry	62:02

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

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