



## Upcoming Fixtures....

### **THIS WEEK** Thur 1 March, Derwent Hill.

Start of the Spring Series. Sprint event, with long and easy courses. Near Keswick. Cost £3.50/£2. Starts 5.45 to 7.15pm

### **Thur 4 March, Farleton Knott Galoppen.**

Cumbrian Galoppen staged by SROC with the usual Yellow to Brown courses. There is limited entry so pre-entry via Fabian4 is needed.

### **Thur 8 March, Crow Park Cracker.**

Spring Series. Sprint event, with long and easy courses. In Keswick. Cost £3.50/£2. Starts 5.45 to 7.15pm

### **Thur 15 March, Camerton, near**

**Workington.** Spring Series. Sprint event, with long and easy courses, on open terrain close to the river. Cost £3.50/£2. Starts 5.45 to 7.15pm

## British Night Championships

These were held at the weekend on Merthyr Mawr near Swansea and hosted by SBOC/SWOC. There was great success with FIVE podium places for WCOC runners: Caitlin Irving (1<sup>st</sup> W16), Carys Thomas (2<sup>nd</sup> W16), Joe Hudd (2<sup>nd</sup> M16), Sue Skinner (1<sup>st</sup> W50), and Niamh Hunter (1<sup>st</sup> W20 - running up an age class). Impressive runs!

## Galoppen Series

The second Galoppen event on Farleton Knott is a SROC event and has a limit on the entry numbers. You need to pre-enter via Fabian4 if you planning on going.

## Winter is here.....

Access to events and running conditions can be challenging, and it is advised therefore that cagoules should be carried (perhaps in a bum bag), 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

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

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



*Congratulations to the Night League winners. Long course: Alastair Thomas and Niamh Hunter. Short course: Ian Teasdale and Wilfrid Teasdale. Not present for prizegiving: Short course: Susan Skinner and Clare Rodger. Novice course: Isaac Hunter and Myrtle Ashworth.*

### **Silloth Golf Course 22.02.2018**

(Selection from the results.)

#### Long

1st	Ben Goodwin	30:20
2nd	Niamh Hunter	32:41
3rd	Ian Cumpstey	33:27
4th	Joe Sunley	33:28
5th	David Spencer	35:06
6th	Martin Skinner	36:28
7th	Charlie Rennie	36:47
8th	Herbie Ashworth	38:43
9th	Jamie Rennie	38:47
10th	Jeff Goodwin	39:48
11th	Pete Nelson	42:22
12th	Jess Breeze	43:10
13th	Dan Parker	43:14
14th	Susan Skinner	44:35
15th	Chris Pollitt	45:51

#### Short

1st	Ian Teasdale	26:02
2nd	Wilfrid Teasdale	26:03
3rd	Richard Cummings	28:00
4th	Ann Cummings	32:13
5th	Carys Thomas	32:19
6th	Graham Watson	33:10
7th	Deborah Goodwin	38:44
8th	Elizabeth Elliott	40:21
9th	Jonathan Eaton	41:39
10th	Vanessa Brierley	50:49
11th	Anne Burbidge	51:10

#### Novice

1st	Myrtle Ashworth	17:24
2nd	Isaac Hunter	18:32
3rd	Daisy Rennie	19:43
4th	Helen Rennie	19:50
5th	Savannah Bowen	39:37
6th	Molly Thomas	44:10