



Upcoming Fixtures....

THIS WEEK Thur 22 March, Powter

How. Sprint event, with long, easy & novice courses. Lovely wooded hill on the side of Bassenthwaite Lake. Near Keswick. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sun 25 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. Rearranged date.

Thurs 5 April, Leaps Beck Score.

Evening event at Leaps Beck. Score format. Collect as many controls as you can within the time limit. Good fun. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 15 March, Fangs Brow Score.

Evening event at Fangs Brow near Loweswater. Score format. Collect as many controls as you can within the time limit. Good fun. Cost £3.50/£2. Starts 5.45 to 7.15pm

Welcome back to renewing Members

It is that time of year. You may have received your renewal reminder from British Orienteering. Just £10 per senior and £3.30 per junior is the cost for your 2018 membership. WCOC has a zero fee, and NWOA raise funds directly from each club. WCOC relies on income generated from events to run our activities. Please rejoin as soon as you can, as the main benefit to the club is the insurance cover that comes with your membership.

Weather conditions.....

The main competition period is almost upon us. Let us hope the recent poor weather will disappear and we can get back to sunshine in the forests.

Access to events and running conditions can be challenging, and it is advised therefore 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, and keep the organiser stress free.

Twitter. You can follow @WCOC2014

WCOC Coaching

1030am -1230pm, Sat 24th March, High Doat, (Seatoller, Borrowdale) Coaching for all Beginners, Improvers and Future Champions

This month we will be focussing on compass work: learning to use a compass; compass techniques; using the compass consistently, smoothly, accurately and swiftly. Places limited, please contact lynnethomas99@yahoo.co.uk

Camerton 15.03.2018

(Selection from the results.)

Long

1st	Daniel Spencer	16:35
2nd	Joe Hudd	17:21
3rd	Ben Breeze	17:29
4th	Jamie Rennie	17:59
5th	Niamh Hunter	18:03
6th	David Spencer	18:17
7th	Charlie Rennie	18:39
8th	Joe Sunley	18:40
9th	Ian Cumpstey	18:43
10th	Ben Goodwin	18:47
11th	Herbie Ashworth	19:20
12th	Pete Nelson	20:45
13th	Jeff Goodwin	20:56
14th	Andy Rodger	21:12
15th	Joseph Goodwin	21:28
16th	Alastair Thomas	21:39
17th	Wilfrid Teasdale	21:49
18th	Oliver Heron-Southward	21:59
19th	Steve Breeze	22:00
20th	Lily Regan	22:52
21st	Mike Harrison	23:14
22nd	Steve Holmes	23:19
23rd	Ian Teasdale	24:49
24th	Lynne Thomas	24:58
25th	Mike Hind	25:46
26th	Roger Jackson	26:14
27th	Nick Moore	27:18
28th	Ange Jackson	27:56

Short

1st	Stuart Crawford	13:22
2nd	Daisy Rennie	14:23
3rd	Sophie Crawford	23:49
4th	Sophie Smith-Jackson	28:06
5th	Matthew Smith-Jackson	28:44
6th	George Rennie	30:39
7th	Michael Stanwix	41:01
8th	Daniel Goodman	41:02

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

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