



### Upcoming Fixtures....

**THIS WEEK** **Thur 10 January, Latrigg Top.** Cost £4/£2. Open fellside. Long, Short, and Nighthawk courses. Cost £4/£2. Starts 5.45 to 7.15pm

**Sun 13 January, Slate Fell.** 'Come and have a go' event with long, short and novice courses. Easy, straightforward orienteering. Cost £4/£2. Starts 11am.

**Thur 17 January, Ling Fell.** Grange in Borrowdale, with parking in the Bowderstone car park. Long, Short, and Nighthawk courses. Cost £4/£2. Starts 5.45 to 7.15pm

**Thur 24 January, Buttermere.** Lovely little wooded area and open fellside close to the village. Cost £4/£2. Starts 5.45 to 7.15pm.

### Beer Trail 2018-19

The Rennie family have very kindly taken on this task for this year and have a long and short course available. The usual format; see the website for the parking and first control grid reference. At each control you will get the grid reference for the next control, until finally finding out where the cache (beer, soft drink or chocolate) can be found. The course will be open till the end of January, so there should be plenty of opportunity to have a go. You don't have to register to do the course, which means that no one knows you are out there. Please take care.

### Club Chase 2019

Many thanks to planner Louis Morris, with controlling by Steve Breeze. Also thanks to the statistician, Alan Irving for a great set of handicaps, and the group of helpers who manned the start and finish. New member Nick Evans confounded Alan to get a good handicap and come in clear with sixteen minutes to spare, on the Blue, being crowned the Club Chase Champion for 2019. Other course winners were, Sam Stead (Brown), Graham Watson (Blue), Caitlin Irving (Green), Isaac Hunter (LtGreen), George Rennie (Orange) and Sophie Crawford (Yellow). Janette McHendry came in spot on at 12 Noon. Congratulations to all.

**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>

### Club Vests

The order for the new running vests will be made at the end of the week. Please make sure you have ordered yours with Lesley by Friday, 11<sup>th</sup> January. See website for details of design, colours etc. It is hoped to have the order delivered in time for Easter. Contact Lesley for any details you need, sizing, cost etc.

### Ling Fell Night 03.01.2019

(Selection from the results.)

Long		
1st	Mike Harrison	37:24
2nd	Simon Hunter	37:58
3rd	Steve Birkinshaw	38:52
4th	Sam Stead	39:49
5th	Niamh Hunter	40:53
6th	Michael Billinghamurst	42:24
7th	John Slater	43:55
8th	Steve Breeze	45:14
9th	Nicholas Evans	45:36
10th	Alan Irving	46:03
11th	Andrew Bradley	48:01
12th	Dan Parker	49:17
13th	Karen Parker	50:02
14th	John Taylor	54:23
Short		
1st	Louis Morris	24:59
2nd	Wilfrid Teasdale	29:27
3rd	Ian Teasdale	32:24
4th	Roger Jackson	35:43
5th	Graham Watson	36:02
6th	Stuart Crawford	37:38
7th	Clare Rodger	39:13
8th	Andy Rodger	39:14
9th	Jessica Breeze	41:33
10th	Richard Southward	42:07
11th	David Rodger	44:19
12th	Lindsey Ashworth	45:02
13th	Myrtle Ashworth	45:54
14th	Isaac Hunter	47:10
Nighthawk		
1st	Caitlin Pearson	24:53
2nd	Alex Crawford	34:22
3rd	Emma Crawford	34:31
4th	Oscar Wilkinson	35:00
5th	Rebecca Crellin	36:04
6th	Margaret Mackenzie	36:31
7th	Jane Hunter	45:53
Novice		
1st	Ruth Walker	21:53
2nd	Sophie Crawford	26:56
3rd	Eve Walker	34:25
4th	Jessica Crellin	49:43