



# West Cumberland Orienteering Club

Week 45

5 December 2012



## Upcoming Fixtures....

### **THIS WEEK** Thur 8 November

**at Oldside, Workington.** The area is next to the sea on the north side of Workington, where the wind turbines are. Starts from 6.15pm to 7.15pm. Long, short and easy courses. The area is ideal for your first experience of night orienteering. All you need is a good torch, preferably a headtorch. And of course adequate warm clothing.

### **NEXT WEEK** Thur 15 November

**at Rannerdale, Buttermere.** This area in the Rannerdale Valley is typical Lakeland fell with quite a bit of rock, marshes and rough grazing land. There is plenty of scope for navigational challenges! Parking in the small NT carparks next to the road up the valley. Starts from 6.15pm to 7.15pm. Long, short and easy courses. The area is ideal for your first experience of night orienteering. All you need is a good torch, preferably a headtorch. And of course adequate warm clothing.

### Junior Training

The North West Junior Squad will be training on Hogs Earth in Borrowdale this coming Saturday. Our top juniors will be taking part, and there is an opportunity for those not yet in the squad to have a go and find out what sort of training the squad does. If you haven't already been contacted and would like to go then please reply to this email. There will also be a session for the younger juniors in the club.

### Spook-O 2012

Many thanks to all those who created the sites for the SpookO this year, and helped Jeff Goodwin to make such a special event. Some great photos on the club's Facebook page.

### Orient8 continues

Stainburn school, sports hall, on Tuesday evening, 6.30pm start. Our new fitness instructor will take us through his regime to improve our balance, agility and co-ordination, and it will be agility this week. Just £3 per senior and £2 per junior.



Can you help by placing a few of these posters in strategic places to help advertise our events? Pick some up at Orient8 or the first night event at Slate Fell.



### Slate Fell 1.11.2012

(Selection from results.)

#### Long

1st	Todd Oates	35:27
2nd	John Slater	36:12
3rd	Mike Harrison	36:40
4th	Callum Pearson	36:53
5th	Jeff Goodwin	40:00
6th	David Spencer	40:01
7th	Pete Nelson	40:59
8th	Steven Breeze	42:11
9th	Kevin Hodgson	43:38
10th	Martin Skinner	44:11
11th	Roger Jackson	51:52
12th	Kate Charles	52:08
13th	David Downes	54:07
14th	Alex Chaudhri	54:27
15th	Bob Barnby	55:46
16th	Mike Hind	56:20
17th	Chris Pollitt	61:38

#### Short

1st	Jonathan Whitaker	28:28
2nd	Heather Wornham	31:29
3rd	Margaret Mackenzie	34:40
4th	Sarah Chaudhri	37:36
5th	Brian Wilson	39:02
6th	Ben Breeze	41:33
7th	Barbara Nelson	43:58
8th	Maya Cooper	45:13
9th	Jonathan Eaton	50:36
10th	Tony Pennick	53:13
11th	Penny Kingsland	57:20
12th	Colin Smith	61:38
13th	Jessie Binns	62:52
14th	Donald Scarrott	63:05

#### Novice

1st	Alexis Whitaker	20:34
2nd	Eve Whitaker	22:11
3rd	Freya Hope	28:06
4th	Lesley Wornham	31:03

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

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