



Upcoming Fixtures....

THIS 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.

NEXT WEEK **Thur 22 November at Scale Hill, near Lorton.** This is a lovely piece of woodland next to Crummock Water, with some open fell. Parking in NT carpark. 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.

Ash Dieback Disease The BOF website has some advice on how we, as orienteers, should respond to this disease. Please have a read. It may have a serious impact on our use of woodland areas.

Publicity for our Club & Sport

Do you know of any notice boards, shops, waiting rooms or any sort of site where a poster could go to advertise what we do? We would like to build up a list of places that we might be able to use. Please reply to this email if you know of somewhere that you can suggest, and perhaps who the point of contact might be, or if we can just put a poster up without further permissions. Once we have an active list of places we can design a strategy to take advantage of it and, hopefully, promote our activities. Just a list of ideas to begin with.... please give it some thought.

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.



Night Champs 2013

The British Night Champs are planned for Tankersley, near Sheffield on 9/10 Feb 2013, with a Middle distance race the following day. Fancy a trip to it? If there is enough interest we could organise transport and overnight accommodation. Please reply to this email if you are interested. John Slater is co-ordinating.

Also, the Northern Nights are to be held in Great Tower (South Lakes - LOC), March 2. Another great opportunity to put our winter night-O experience to good use.

Oldside 8.11.2012

(Selection from results.)

Long

1st	Todd Oates	37:15
2nd	Alan Irving	37:55
3rd	John Taylor	40:21
4th	Callum Pearson	41:44
5th	David Spencer	41:58
6th	John Slater	42:36
7th	Jeff Goodwin	43:36
8th	Kevin Hodgson	44:06
9th	David Downes	44:56
10th	Roger Jackson	46:19
11th	Chris Pollitt	47:33
12th	Steven Breeze	48:08
13th	Susan Skinner	49:27
14th	Chris Emerson	57:43
15th	Bob Barnby	64:37
16th	Angela Jackson	64:40
17th	Mike Hind	67:37

Novice

1st	Niamh Hunter	6:59
2nd	Jess Breeze	11:14
3rd	Isaac Hunter	14:16

Short

1st	Andrew Warner	36:48
2nd	Brian Wilson	44:42
3rd	Daniel Spencer	44:50
4th	Ben Breeze	49:09
5th	Anne Burbidge	51:47
6th	Julia Tucker	55:15
7th	Tony Pennick	56:21
8th	Donald Scarrott	63:00

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

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