



West Cumberland Orienteering Club

Week 47

19 November 2012



Upcoming Fixtures....

THIS 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.

Cumbrian Galoppen **Sun 25**
November at Greta Gorge near Threlkeld.
The usual set of colour coded courses available. Details on the club website.

NEXT WEEK **Thur 29 November**
at Bridekirk. This is an area of rough pasture land with quite a bit of rock detail. Starts from 6.15pm to 7.15pm. Long, short and easy courses.

Membership Renewal Time

You can renew your membership online on the BOF website. New fees apply this year, £5 per individual senior and £2 per junior. The club fee structure remains the same and the website works it all out for you. Once your payment has gone through you will be sent a paper notification with a section you can cut out as a card to carry with you to events to show current membership.

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.

O gear and club kit

We have ordered a new consignment of O tops and jackets, and they should be arriving soon. Reply to this email to secure yours.

Orient8 continues

Stainburn school, sports hall, on Tuesday evening, 6.30pm start. Balance, agility and co-ordination - just what you need to improve your performance in the forest! **The second half will feature a Twister and map memory game - planner, Dick Warner.**



Illustrated Lecture
Muncaster Village Hall, Ravenglass,
Saturday, 24th November 2012
Lecture Starts 7.30 pm
"A Shackleton Odyssey"
by Roger Smith, Mountaineer
Fellow of the Royal Geographical Society

British Schools Champs

The event was held in Delamere Forest (DEE) at the weekend. Cockermouth, Keswick and Eaglesfield Paddle Schools were represented. Year 10 girls, Katie Lowles, Kate Skinner and Jenn Bradley came home with the trophy!

Rannerdale 15.11.2012

(Selection from results.)

Long

1st	John Slater	36:41
2nd	Mike Harrison	39:19
3rd	David Spencer	39:23
4th	Chris Pollitt	39:46
5th	Callum Pearson	39:47
6th	Alan Irving	40:27
7th	Pete Nelson	41:03
8th	Rosie Watson	42:01
9th=	Richard Butler	44:58
9th=	Ricky Lightfoot	44:58
11th	Kevin Hodgson	45:25
12th	David Downes	46:25
13th	Andrew Bradley	46:35
14th	Todd Oates	46:52
15th=	John Noblett	49:48
15th=	John Taylor	49:48

Novice

1st	Daniel Spencer	7:29
2nd	Rosie Spencer	10:30
Short		
1st	Margaret Mackenzie	30:17
2nd	Katrina Hemingway	33:38
3rd	Chris Whitby	39:51
4th	Rich Davey	40:52
5th	Emily Brooks	41:39
6th	Ben Breeze	42:32
7th	Joyce Hemingway	43:11
8th	Brian Wilson	44:19
9th	Tony Pennick	49:12

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

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