



West Cumberland Orienteering Club

Week 49

3 December 2012



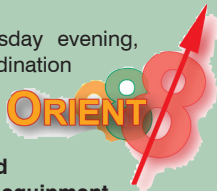
Upcoming Fixtures....

THIS WEEK **Thur 6 December**
at Knock Murton. A steep hill with quite a lot of old mining detail. This will test your navigation. Starts from 6.15pm to 7.15pm. Long, short and easy courses.

NEXT WEEK **Thur 13 December**
at Mawbray Dunes. A wonderful little area of sand dunes. This will test your navigation. Starts from 6.15pm to 7.15pm. Long, short and easy courses.

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 couple of sprint courses around a specially constructed course using various pieces of sports equipment. Usual 'uncrossable boundaries' will apply!**



BEER TRAIL 2012

Usual format – you go to the first grid reference where you'll find a stake with the next reference. Carry on until you get to the beer & chocolate. All details will be on the website. Leave plenty of daylight and carry a decent torch.
LONG COURSE: about 9 km straight line
SHORT COURSE: about 6 km straight line
Recommended Parking: Hope Beck NY 1689 2418
1st checkpoint: Long and Short: Sheepfold NY 1692 2382
Avoid the Ladyside Pike to Hopegill Head ridge in snow or ice. There are other rocky and steep places which are hazardous in winter conditions. Look out for Mountain Bikes in the forest.

WE DON'T KNOW YOU'RE OUT THERE YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY

We've planned it on the OS 1:25,000 NW sheet - or take a map that that is bounded by grid lines 16 (W), 21 (E), 27 (N), and 21 (S) (the short course won't go north of grid line 25) For GPS users, we've given grid references to 8 figures. For the traditionalists, just drop the figures in small writing to get a six-figure reference. The course will open on the morning of Sat 22 December, and close on the afternoon of Sun 26 January.

Special Juniors' Christmas Event
Holme Wood
Saturday, 8th December 2012
Park at Maggie's Bridge
at GR135 210

See the club website for all the details and what you need to bring with you.

Please book your place by contacting Lynne Thomas or reply to this email.

Membership Renewal Time

You can renew your membership online on the BOF website. 18 out of ~100 units have renewed so far!

Scale Hill 22.11.2012

(Selection from results.)

Long

1st	Callum Pearson	26:15
2nd	David Spencer	26:43
3rd	Mike Harrison	27:39
4th	Richard Butler	29:59
5th	John Slater	30:55
6th	Andrew Bradley	31:03
7th	Ricky Lightfoot	31:41
8th	Jeff Goodwin	32:04
9th	Kevin Hodgson	33:21
10th	Steven Breeze	33:24
11th	Chris Emerson	33:31
12th	Chris Pollitt	33:48
13th	Katrina Hemingway	35:05
14th	David Downes	36:33
15th	Bob Barnby	36:58

Short

1st	Heather Wornham	27:11
2nd	Susan Skinner	27:45
3rd	Rich Davey	28:08
4th	Daniel Spencer	28:57
5th	Margaret Mackenzie	29:37
6th	Ben Naylor	31:53
7th	Brian Wilson	32:19
8th	Ben Breeze	32:38
9th	Matthew Whitby	33:32

Easy

1st	Rosie Spencer	23:01
2nd	Jess Breeze	32:48
3rd	Hazel Newport	32:51

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

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