



Upcoming Fixtures....

THIS WEEK **Thur 21 November, Low Rigg, near Threlkeld.** This is the third event of the Night Series. Three courses, long, short and novice. Easy terrain for a first go but a change from the parkland of the first two weeks, and with a challenging experience for the long course runners. Starts from 6.15 to 7pm. Cost £3/£1.50. See the website for parking etc.

NEXT WEEK **Thur 28 November, Bowness Knott, Ennerdale Water.** This is the fourth event of the Night Series. Three courses, long, short and novice. A lovely part of West Cumbria with no street lights for miles! Starts from 6.15 to 7pm. Cost £3/£1.50. See the website for parking etc.

Membership Renewal

Renewals have just 'gone live' on the BOF website. Please take the opportunity to renew early before the Dec 31 deadline

British Schools' Champs

These were held at the weekend down near Matlock. Great success for Cockermouth School. Alastair Thomas, silver - Year 9 Boys, Year 9 Boy's team (Alastair, Daniel and Joe) - bronze, and Year 11 Girl's team (Katie, Kate and Jenn) - gold. And fourth place overall in the large Secondary School section.

Coaching Session

The next WCOC coaching session will be on 21st December, probably at Woodhall, near Cockermouth. A fun session with O games and santa hats!

Orient8 this week

Four sessions are being planned before Xmas, 5, 12, 19 and 26 November. Times 6.50 to 8pm at Brigham School. The sessions are aimed at younger juniors but adults are most welcome. The sessions will develop the various map and navigation skills needed for successful orienteering.

There will be a further four sessions after Xmas. If you would like to be involved in the delivering of these sessions then please contact Lynne Thomas or reply to this email.

Night Events

The winter series continues with the terrain becoming more challenging. They are an ideal opportunity to develop your navigation and map reading skills. Get a good head torch and have a go. They are such good fun!

Keep an eye on weather conditions and dress appropriately. The ground can be very wet.... footwear!!

Personal safety should be considered.... it is advised you carry a whistle and a cagoule.

Please be back at DOWNLOAD by 8.30pm. The planner will have to collect the controls in after you are all back. Arrive for an early start if you are likely to be out for awhile!

Enjoy the challenge.

Woodhall 14.11.13

(Selection from results.)

Long A

1st	Richard Wren	20:33
2nd	Chris Steele	22:17
3rd	Andrew Bradley	23:20
4th	Katrina Hemingway	24:33
5th	Daniel Spencer	25:24
6th	John Taylor	28:36

Long B

1st	Chris Hope	21:35
2nd	Callum Pearson	22:25
3rd	Alan Irving	23:12
4th	John Slater	23:48
5th	Rob Stein	25:05
6th	Steven Breeze	26:54

Short

1st	Jeff Goodwin	16:54
2nd	Philip Jennings	17:46
3rd	Tony Brand-Barker	19:48
4th	Margaret Mackenzie	19:50
5th	Emily Brown	20:38
6th	David Rawle	27:03

Easy

1st	Henry Teasdale	11:24
2nd	Ben Goodwin	12:01
3rd	Joseph Sunley	14:34
4th	Wilfrid Teasdale	14:58
5th	Jack Bingham	16:16

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

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