



Upcoming Fixtures....

THIS 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 to 7.15pm. Cost £3/£1.50. See the website for parking etc.

NEXT WEEK **Thur 5 December, Holme Wood, Loweswater.** Three courses, long, short and novice. Woodland on the side of Loweswater. Starts from 6 to 7.15pm. Cost £3/£1.50. See the website for parking etc.

Night Events

The winter series continues with the terrain becoming more challenging. The plan is still to have a novice course available at each one.

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.

Next Newsletter

Have you got a contribution for the next newsletter? Send to Graham Watson for inclusion in the next issue.



Club Jackets

Stylish Trintex club jackets together with O-tops and beanies are available from Steve Telford. Reply to this email if you would like to purchase one of them.

New Feather Design

Fancy designing a new feather for the club. We would like a shorter and more manoeuvrable feather for use on Thursday evenings and at coaching sessions.

It should be bright and bold, and incorporating the club logo. We would like it to clearly direct people to the 'action'!! More than one feather could identify registration/start etc.

Several great ideas so far. Please send your designs in this week to be considered.

Faulds Brow Galoppen

Good results at the Galoppen yesterday. Looks like we have retained the Borrowdale Trophy for the best performing club.

Wins for Steve Birkinshaw (Brown), Mike Pearson (Green), and Rosie Spencer (Orange). Second place for Wilfrid Teasdale (Yellow), and third placings for Michael Billinghamurst (Blue) and Isaac Hunter (Yellow).

First Aiders

We would like to have a register of members with a First Aid qualification. If you have one through your work would you please let us know... please reply to this email.

Low Rigg 21.11.13

(Selection from results.)

Long		
1st	Chris Hope	31:14
2nd	Alan Irving	33:03
3rd	John Slater	33:08
4th	Mike Harrison	35:29
5th	Michael Billinghamurst	35:40
6th	Alan Hartley	36:22
7th	Andrew Bradley	38:17
8th	Jeff Goodwin	39:11
9th	John Taylor	39:55
10th	Pete Nelson	40:40
11th	Susan Skinner	40:46
12th	Chris Pollitt	41:27
13th	Daniel Spencer	41:35
14th	Hannah Bradley	42:49
15th	Angela Jackson	43:39
Short		
1st	Philip Jennings	40:06
2nd	Margaret Mackenzie	44:38
3rd	Kevin Hodgson	47:16
4th	David Rawle	58:09
5th	Jenny Jennings	61:09
6th	Tony Pennick	65:37
7th	Vanessa Brierley	66:32
8th	Rosie Spencer	66:46
Easy		
1st	Joseph Sunley	18:47
2nd	Carys Thomas	29:43

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

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