



### Upcoming Fixtures....

**THIS 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.

**NEXT WEEK** **Thur 12 December, High & Low Hows, Borrowdale.** Three courses, long, short and novice. A lovely little area of deciduous woodland and complex contours. Starts from 6 to 7.15pm. Cost £3/£1.50. See the website for parking etc.

**Sat 14 December, Silloth.** The second of our Saturday morning series with Yellow, Orange and Lt.Green courses available. Starts from 11am to 12 noon. Cost £3/£1.50. See the website for parking etc.

#### Next Newsletter

Have you got a contribution for the next newsletter? Send to Graham Watson for inclusion in the next issue. An article reflecting on any aspect of 2013? I'm sure you have a story to tell!!!

#### The Annual Beer Trail

This year's Beer Trail will open on Saturday 21<sup>st</sup> December, and close on Sunday 26<sup>th</sup> January. Courses will probably be about 9km (long) and 6km (short). Usual format: nearer the time we'll give you the grid reference of the first checkpoint. When you get there, there'll be another grid reference, and so on until you get to the goodies. This year, there'll be a special downloadable O-map as well. More details later.

#### Lost & Found

Found a Next red and black striped beany hat, size age 7 - 11, in the road at Low Rigg. Yours? Reply to EMAIL if you would like it back.



#### Club Jackets

Stylish Trimtex 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.

#### 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.

#### Galoppen 2013

WCOC have retained the Borrowdale Trophy. Final scores are WCOC 14362, LOC 13777. Congratulations to the team!

#### Membership Renewal

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

#### Bowness Knott 28.11.13

(Selection from results.)

Long

1st	John Slater	38:45
2nd	Lewis Taylor	39:48
3rd	Mike Harrison	44:24
4th	Andrew Bradley	47:36
5th	Michael Billinghamurst	48:48
6th	Hannah Bradley	51:13
7th	Chris Pollitt	53:06
8th	Jeff Goodwin	53:57
9th	Kate Charles	54:06
10th	John Taylor	54:57
11th	Susan Skinner	55:35
12th	Steven Breeze	64:48
13th	Rob Stein	65:07
14th	Angela Jackson	65:45

Short

1st	Katrina Hemingway	36:13
2nd	Niamh Hunter	42:50
3rd	Jenny Jennings	48:54
4th	Joyce Hemingway	50:50
5th	Philip Jennings	51:02
6th	Sarah Chaudhri	52:54
7th	Jonathan Eaton	55:25
8th	Penny Kingsland	57:39
9th	Tony Pennick	63:59
10th	Ben Goodwin	72:04

Easy

1st	Joseph Sunley	11:50
2nd	Isaac Hunter	23:00

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

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