



Upcoming Fixtures....

THIS WEEK Thur 19 December, Caer Mote near Bothel. Three courses, long, short and novice. Open fell. Follow in the footsteps of the Roman garrison that once were stationed here. Starts from 6 to 7.15pm. Cost £3/£1.50. See the website for parking etc.

Boxing Day, Powter How. The first of Dave Fenwick's festive frolics. All proceeds to the club's nominated charities. Details of parking, start times etc on club website.

Sat 28 December, Whittas Park, Bothel. This is the annual BL fun event on Whitas. See BL website for format, times and after event festive food.

New Year's Day, Mawbray Dunes. The second of Dave Fenwick's festive frolics. This time on the dunes at Mawbray with another interesting format. All the details on the club website.... www.wcoc.co.uk

The Annual Beer Trail

This year's Beer Trail will open on Saturday 21st December, and close on Sunday 26th 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. See the club website for details. Parking at Fangs Brow. It is always a challenge, giving a tough few hours out on the fells. Go prepared and make sure someone knows you are out there, if on your own.

Safety at our Evening Events

Please make sure you download your ecard at registration when you finish your run, even if you retire having not completed all the course.

The download forms an important part of the safety system to make sure the planner knows everyone has returned safely.

The event results also form a very important part of the general 'housekeeping' of the event data and statistics.

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

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

Junior Training Xmas Special

This Saturday, 21st Dec, at Harris Park in Cockermouth. Meet at the Bowling Clubhouse at 10.15am.

Some interesting fun O races for all participants. Do you remember last year in Holme Wood with the balloons?

Come prepared with Santa hat and festive outfits.

Don't forget to let Lynne know that you intend to come along, and of course to get the final details of the session.

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!!! Graham will be working on the newsletter in January so your contribution is needed as soon as possible.

High & Low Hows 12.12.13

(Selection from results.)

Long

1st	Lewis Taylor	739:35
2nd	Richard Wren	48:38
3rd	Alastair Thomas	58:58
4th	Jeff Goodwin	64:41
5th	Alan Irving	66:51
6th	John Taylor	69:59
7th	Chris Pollitt	78:12
8th	Susan Skinner	82:29
9th	Kate Charles	84:23
10th	Lynne Thomas	87:43
11th	David Downes	88:44
12th	Roger Jackson	100:31

Short

1st	Margaret Mackenzie	75:58
2nd	Colin Smith	88:24
3rd	David Rawle	93:05
4th	Penny Kingsland	97:43
5th	Tony Pennick	111:10