



Upcoming Fixtures....

THIS WEEK 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 Whittas. 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

Thur 2 January, Setmurthy near

Cockermouth. Mass start score event. This is a very popular event, suitable for everyone and is great fun. Cost £3/£1.50. See the website for parking etc.

Seasons Greetings

Wishing everyone the best for the festive period and hoping that Santa brings you all that you have wished for. Don't eat and drink too much as there is a lot of running to be done over the next week or so.

Club Social & Club Chase

Two great events to look forward to in January.... Saturday 11th and Sunday 12th.

The Social is at Embleton Village Hall, from 5.30pm to 10.30pm with the Village Green Ceilidh Band providing the dance music. There will also be games and the club awards.

Cost is £6 per adult and £3 per child (18 & under) which includes a complimentary glass of wine, beer or soft drink. The food is DIY, where everyone brings along a dish of something. Check the website for all the details.

The Club Chase is at Hawse End with the parking at the caravan club car park. Please book your map in good time, by replying to this email and saying what course you would like to run..... brown to yellow available. A handicap start time will be worked out for you by Alan Irving so that you will finish at 12 Noon... along with everyone else! Andrew Bradley is doing the planning... thanks!

Junior Training Xmas Special

The event at Harris Park was extremely popular with almost thirty juniors taking part. Many thanks to everyone for looking after the venue by heeding the use of the plastic sheeting. We were all very worried that the carpet would get a hammering.... but it didn't! The WCOOC Facebook pages have some photos from the day and a link to a video produced by Steve Breeze. Thanks to our head coach Lynne Thomas for organising the day.

Caer Mote 19.12.13

(Selection from results.)

Long

| | | |
|------|-------------------|-------|
| 1st | David Spencer | 34:11 |
| 2nd | John Slater | 35:02 |
| 3rd | Mike Harrison | 35:13 |
| 4th | Alastair Thomas | 37:05 |
| 5th= | Pete Nelson | 38:33 |
| 5th= | Jeff Goodwin | 38:33 |
| 7th | Martin Skinner | 38:46 |
| 8th | Rob Stein | 39:05 |
| 9th | Katrina Hemingway | 39:48 |
| 10th | John Taylor | 40:49 |
| 11th | Lewis Taylor | 42:22 |
| 12th | Andrew Bradley | 42:49 |
| 13th | Chris Pollitt | 43:40 |
| 14th | Susan Skinner | 44:14 |
| 15th | Daniel Spencer | 45:51 |

Short

| | | |
|-----|--------------------|-------|
| 1st | Margaret Mackenzie | 37:35 |
| 2nd | David Rawle | 38:35 |
| 3rd | Niamh Hunter | 39:34 |
| 4th | Joyce Hemingway | 42:12 |
| 5th | Philip Robinson | 43:15 |
| 6th | Sarah Chaudhri | 55:34 |
| 7th | Tony Pennick | 58:42 |
| 8th | Vanessa Brierley | 70:14 |
| 9th | Jane Hunter | 70:17 |

Novice

| | | |
|-----|---------------|-------|
| 1st | Rosie Spencer | 16:52 |
| 2nd | Freya Hope | 22:58 |
| 3rd | Joseph Sunley | 28:22 |
| 4th | Alex Robinson | 32:12 |
| 5th | Isaac Hunter | 37:02 |

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

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