



Upcoming Fixtures....

THIS WEEK Thur 13 November, Crag Hills, Eaglesfield. The second event of the winter night series. Parking on the minor road at GR NY095273. Three courses, long, short and novice. Cost £3/£1.50, with starts from 5.45pm so long as it is dark enough!! Some quite tricky orienteering on rough grazing fields with limestone outcrops.

Thur 20 November, Knock Murton. The third event of the winter night series. Parking on the minor road at GR NY087183. Three courses, long, short and novice. Cost £3/£1.50, with starts from 5.45pm so long as it is dark enough!! Some quite tricky orienteering on rough grazing fields with loads of old mine workings.

Orient8 sessions

The last of the four sessions being held at Cockermouth School for the secondary pupils will take place tomorrow, Tues 11th Nov. 6.30pm start in the gym. Many pupils will be taking part in the British Schools Champs this coming weekend in Yorkshire. Wishing them all success.... looking forward to podium positions!!

Orient8 continues

Circuit Training is planned for Tuesdays 18th Nov, 2nd Dec and 9th Dec. Core fitness work for the winter. Each week will have a guest instructor! **Who for?** Everyone aged over 11. **Where?** Brigham School Hall. **When?** 7-8pm.

Membership Renewals

That time of year again. Log on to the BOF website and pay your reduced subs! Only £5 (senior), £2 (junior)!!!

Helping out

Thanks to all the planners who have offered their help for the night series; looks like a great series of events! The club also has plans for a Sunday series of monthly introductory events over the winter; Club Chase; Spring series of informal park races. Speak to Mike Harrison if you would like to offer your help. Thanks.

Twitter. You can follow @WCOC2014

Winter Series

A great start at Mirehouse, with quite a few upcoming venues to whet the appetite. All will have a novice course to allow a 'first time' go at this discipline. It is so much fun and will seriously improve your navigational skills. Do give it a go!

Advertising Our Events

A PDF of the flier for our night series is also attached to the email. Would you please have a go at using it to advertise our events. Perhaps forward it to friends or post on your Facebook page.... thanks!

Mirehouse 6.11.14

(Selection from results.)

Long		
1st	Matthew Vokes	23:28
2nd	Richard Wren	24:41
3rd	Alastair Thomas	28:01
4th	Ian Cumpstey	29:26
5th	Jeff Goodwin	29:34
6th	Daniel Spencer	29:50
7th	John Slater	31:37
8th	Mike Harrison	32:31
9th	David Spencer	33:15
10th	John Taylor	34:44
11th	Steven Breeze	35:12
12th	Kevin Hodgson	35:18
13th	Roger Thomas	35:27
14th	Pete Nelson	36:03
15th	Angela Jackson	36:45
Short		
1st	Chris Naylor	22:22
2nd	Rosie Spencer	32:18
3rd	Angela Wakefield	37:04
4th	Ben Goodwin	37:27
5th	Joe Greenwood	38:43
6th	Louis Morris	41:19
7th	Stephane Helle	43:39
8th	Brian Maclen	43:53
9th	Carys Thomas	45:05
10th	Vanessa Brierley	46:22
11th	Brian Wilson	48:30
12th	Kate O'Donoghue	58:49
Novice		
1st	Jessie Binns	16:48
2nd	Joseph Sunley	19:43
3rd	Jayden Fee	30:35

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

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