



Upcoming Fixtures....

THIS WEEK 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.

Sun 23 November, Cockermouth. The first of the winter Sunday series. Long, medium and short courses giving fast, easy orienteering. Starts 10.30 to 11.30. Cost £3/£1.50. See website for all the details.

Thur 27 November, Rannerdale. The fourth event of the winter night series. Parking in small car parks at GR NY162194. 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 complex terrain.

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.

Night Events - great fun!

The early events will be on easy terrain, giving you the opportunity to test the water if you haven't done them before. A good head torch is needed and adequate clothing for the conditions on the night. There will be long, short and a novice course. The events are really good at making you concentrate on the map, looking for the features as you navigate round the course. Your O skills will definitely improve. Give it a go!!

Last Galoppen for 2014 - Nov 30th

The Blue team are organising the galoppen on Bleaberry Fell near Keswick. Your last opportunity to score those vital points to secure the Borrowdale Trophy again!!

Twitter. You can follow @WCOC2014

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

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

British Schools Champs.

A spectacular performance from so many of our juniors at Temple Newsam. The podium strained under the West Cumbrian onslaught! Henry Teasdale (2nd yr 6), Caitlin Irving (2nd yr 7), Alastair Thomas (1st yr10). Katie Lowles, Kate Skinner, Jenn Bradley (1st yr 12 team); Ruth Elliott, Lily Regan, Rosie Spencer (1st yr 8 team); Daniel Spencer, Alastair Thomas, Joe Goodwin (2nd yr 10 team); Caitlin Irving, Hannah Rumney, Jess Breeze (2nd yr7 team).

Now, who have I missed! What a day.... outstanding!!

Crag Hill 13.11.14

(Selection from results.)

Long

1st	Matthew Vokes	26:37
2nd	Alastair Thomas	30:03
3rd	Chris Naylor	32:51
4th	John Slater	33:04
5th	Andrew Bradley	34:02
6th	David Spencer	34:04
7th	Ian Cumpstey	36:02
8th	Steven Breeze	38:30
9th	Rob Stein	39:27
10th=	Jeff Goodwin	41:59
10th=	Roger Thomas	41:59
12th	Kevin Hodgson	42:25
13th	Chris Emerson	44:02
14th	Susan Skinner	45:33
15th	Bob Barnby	47:36
16th	Roger Jackson	48:53
17th	Lynne Thomas	49:05
18th	Angela Jackson	50:07
19th	Mike Hind	52:43
20th	Niamh Hunter	57:29
21st	Angela Wakefield	70:50

Short

1st	Margaret Mackenzie	35:59
2nd	Louis Morris	39:33
3rd	Vanessa Brierley	45:53
4th	Rebecca Wildgoose	46:05
5th	Rosie Spencer	46:51
6th	Anne Burbidge	49:19

Novice

1st	Carys Thomas	12:48
2nd	Jayden Fee	26:08