



## Upcoming Fixtures....

**THIS WEEK 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.

**Sun 30 November, Bleaberry Fell.** The last of the 2014 Galoppens. Last chance for a counting score. Usual colour coded courses. Starts 10.30 to 12.00. See website for all the details.

**Thur 4 December, Fangs Brow.** The fifth event of the winter night series. Three courses, long, short and novice. Cost £3/£1.50, with starts from 5.45pm so long as it is dark enough!! Open fellside with several small fields with rocky features. Perfect novice venue.

### Last Sunday in Harris Park

The first of the Winter Sunday events was held in Cockermonth and attracted almost forty runners with many first timers trying the easier courses. The courses were planned by Daniel Spencer (M14). Results on the website. The next event is at Camerton, down beside the river on December 14. Encourage your friends to have a go.

### Membership Renewals

That time of year again. Log on to the BOF website and pay your reduced subs! Only £5 (senior), £2 (junior)!!! The renewals need to be done before the end of December, so no time like the present. Insurance cover has become a big issue (no surprise there!) so membership of BOF is critical if you, and the club, are to be fully covered.

### Orient8 continues

Circuit Training is planned for **Tuesdays 2<sup>nd</sup> Dec and 9<sup>th</sup> 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.

**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>

### Bleaberry Galoppen

The last of the 2014 series, and your last chance to make the five counting scores. CompassPoint will be there with the shop so you can purchase and replace all the gear that is wearing out!

A major safety concern at this time of year will be unpleasant, wet and cold weather. The planner and organiser will assess the conditions and possibly make cagoules and over trousers compulsory, plus the carrying of a whistle. It will all be with your safety in mind, so please come prepared. A simple lifa top and O trousers obviously won't be enough if you fall and injure yourself.

### Kelton Fell 20.11.14

(Selection from results.)

Long		
1st	Matthew Vokes	20:50
2nd	Richard Wren	21:12
3rd	Alastair Thomas	21:15
4th	Andrew Bradley	24:07
5th	Ian Cumpstey	24:26
6th	Mike Harrison	25:14
7th	John Slater	25:40
8th	Pete Nelson	27:21
9th	Daniel Spencer	27:36
10th	David Spencer	28:31
11th	Steven Breeze	29:13
12th	Roger Thomas	29:59
13th	David Downes	30:29
14th	Jeff Goodwin	30:36
15th	Susan Skinner	31:04
Short		
1st	Margaret Mackenzie	26:29
2nd	Ben Goodwin	30:36
3rd	Rosie Spencer	31:27
4th	Wooley & Wildgoose	33:27
5th	Alex Chaudhri	33:28
6th	Angela Wakefield	33:32
7th	Chris Whitby	37:02
8th	Sarah Chaudhri	38:07
9th	Vanessa Brierley	39:20
10th	Anne Burbidge	39:25
11th	Jonathan Eaton	41:32
Novice		
1st	Joseph Sunley	16:48
2nd	Isaac Hunter	24:55