



Upcoming Fixtures....

THIS WEEK 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.

Thur 11 December, Lodore. The sixth event of the winter night series. Three courses, long, short and novice. Cost £3/£1.50, with starts from 5.45pm. Complex oak woodland with very technical navigation. Perfect novice venue.

Sun 14 December. The second of the Winter Sunday series, this time at Camerton Meadows next to the river. Details on the website. 10.30-11.30 starts.

Orient8 continues this Tuesday

Circuit Training is planned for **Tuesdays 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.

Beer Trail will open soon!

The annual long O event around the fells is being sorted at the moment. Planner Pete Nelson is making final adjustments and will announce the details on the website in a week or so.

Junior Coaching Xmas Special.

Hogg Wood is the venue (up the Wythop Valley) for the Xmas spectacular on Saturday, 13th December. Santa or Superhero costumes needed! Details from Lynne.

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.

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

A fabulous spell of weather made this event a treat! Thanks to Mike Hind and Tony Duncan for the courses, and to Deborah Goodwin and the Blue team for perfect organising. With few events on elsewhere 250 competitors came for the experience. The juniors excelled, with wins for Caitlin Irving (Orange), Joe Greenwood (ItGreen) and Henry Teasdale (ShGreen). Howard Leslie won the Green, Alastair Thomas was second on Blue, and top three runners on Brown were Matthew Volkes, Richard Wren and Steve Birkinshaw. Good Galoppen points scored!

Rannerdale 27.11.14

(Selection from results.)

Long		
1st	Richard Wren	39:47
2nd	Matthew Vokes	40:50
3rd	Alastair Thomas	45:53
4th	John Slater	47:21
5th	David Spencer	48:11
6th	Chris Naylor	48:36
7th	Daniel Spencer	50:54
8th	Mike Harrison	51:11
9th	Steven Breeze	57:42
10th	Ian Cumpstey	58:27
11th	Chris Emerson	58:45
12th	Jeff Goodwin	59:31
13th	Alan Irving	59:49
Short		
1st	Lynne Thomas	26:55
2nd	Scott Ashworth	33:29
3rd	Tony Brand-Barker	35:00
4th	Ben Goodwin	35:49
5th	Anne Burbidge	42:07
6th	Margaret Mackenzie	42:15
7th	Rosie Spencer	42:52
8th	Chris Whitby	44:28
9th	David Downes	44:33
10th	Louis Morris	45:12
11th	Ian Teasdale	45:55
12th	Joe Greenwood	46:22
Novice		
1st	Henry Teasdale	10:14
2nd	Jayden Fee	12:34
3rd	Carys Thomas	13:51