



## Upcoming Fixtures....

### THIS WEEK 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. Not to be missed!

**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.

**Thur 18 December, Mawbray.** The seventh event of the winter night series. Three courses, long, short and novice. Cost £3/£1.50, with starts from 5.45pm. Complex sand dunes with very technical navigation. Perfect novice venue.

### Membership Renewals

Have you renewed your membership? Only £5 (senior), £2 (junior)!!! The renewals need to be done before the end of December, so no time like the present. Insurance cover will only be in place if you have renewed.

### Junior Coaching Xmas Special.

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

### Orient8 continues this Tuesday

Circuit Training is planned for **Tuesday 9<sup>th</sup> Dec.** Last session before Xmas. 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. The details are on the club website with the start from Bleach Green, Ennerdale. Please remember that nobody knows you are doing the course unless YOU tell them! Please carry adequate clothing and other survival kit appropriate for the weather conditions.

## The Weather!!

The recent change in the weather to the more normal wintry conditions has been a sharp reminder of what we can expect over the next few months. Please check the websites before you set off to an event, particularly if you have far to travel, to check for possible cancellations. Organisers will do their best to make early decisions and to get the information onto the web. Please always come to events prepared for the worst conditions, and at night carry plenty of extra clothing, spare torch and whistle. Exercise care and be prepared for the unexpected!

### Fangs Brow 4.12.14

(Selection from results.)

#### Long

1st	Matthew Vokes	22:55
2nd	Alastair Thomas	24:54
3rd	Daniel Spencer	24:58
4th	David Spencer	26:38
5th	Mike Harrison	28:14
6th	Ian Cumpstey	29:42
7th	Rob Stein	33:15
8th	Jeff Goodwin	33:46
9th	David Downes	34:20
10th	Chris Pollitt	34:27
11th	Andy Morris	35:10
12th	Chris Emerson	35:12
13th	Steven Breeze	35:38
14th	Niamh Hunter	37:20
15th	Roger Jackson	37:30
16th	Kate Charles	37:55

#### Short

1st	Margaret Mackenzie	21:07
2nd	Ben Goodwin	23:41
3rd	Thomas Woolley	25:17
4th	Anne Burbidge	25:59
5th	Chris Whitby	26:27
6th	Joe Greenwood	27:20
7th	Vanessa Brierley	29:10
8th	Rebecca Wildgoose	31:28
9th	Jonathan Eaton	33:40
10th	Jenny Garbutt	38:33

#### Easy

1st	Joseph Sunley	24:40
2nd	Isobel Greenwood	24:55
3rd	Jayden Fee	25:14

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

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