



## Upcoming Fixtures....

**THIS WEEK Thur 12 November, Scale Hill.** The second event of the Night Series in the woods on the side of Crummock Water. Long, short and Easy courses available. Cost £3.50/£2 with starts from 6.15 to 7.15pm. You'll need a good torch and adequate clothing for the weather on the night.

**Sun 15 November, Copeland Chase.** This Long-O style event will be held on Kinniside Common with 20, 15 and 10km courses on offer. Details on website.

**Thur 19 November, Low Rigg.** The third event of the Night Series is on fellside near Threlkeld. Long, short and Easy courses available. Cost £3.50/£2 with starts from 6.15 to 7.15pm. You'll need a good torch and adequate clothing for the weather on the night.

**Sun 22 November, Greta Gorge Galoppen.** The last of the 2015 Galoppen series. Final chance to get those missing points for your 2015 score. Usual courses. Details on website.

### Thanks for the support.

'Freya would like to thank all those who generously bought cakes on Thursday night at Slate Fell. The money raised will go towards her goal of travelling to South America to undertake voluntary conservation work with Operation Wallacea Trust.'

### Greta Gorge Galoppen

This is being organised by the RED team, and Chris Emerson would like to hear from anyone who can spare time on the day to help with the various tasks.

### Controlling Course

There is a level 3 course being planned for Jan 9<sup>th</sup>, to be held in the South Lakes. There is a place available if you wish to gain this qualification.

### Event Safety for the next several months!

Winter weather is on its way, and we all need to adjust to carrying adequate clothing to protect ourselves. So, it is back to cagoules, 'lifas', hats, gloves & whistles!

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

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

### Middle & Long Races

A brilliant weekend of racing was in prospect on Sat/Sun on Simpson Ground and Bethacar Moor. However, the conditions were extremely challenging with wind and rain. In the end performances at the Long Race were marked with wins for Daniel Spencer on Blue, Roger Thomas on Short Green. Second places went to Alastair Thomas on Short Brown and Niamh Hunter on Green Women. Well done.

### Slate Fell 05.11.2015

(Selection from the results.)

#### Long

1st	Simon Hunter	30:44
2nd	Daniel Spencer	31:52
3rd	Alastair Thomas	33:58
4th	Rob Stein	34:46
5th	John Slater	36:03
6th	Richard Wren	36:19
7th	Ian Cumpstey	37:58
8th	Andrew Bradley	38:11
9th	Alan Irving	40:33
10th	Jeff Goodwin	41:22
11th	Pete Nelson	42:02
12th	Lynne Thomas	44:26
13th	Chris Pollitt	45:07
14th	Chris Emerson	46:13
15th	Ben Breeze	46:19
16th	Roger Jackson	48:10

#### Short

1st	Ben Goodwin	26:07
2nd	Joe Greenwood	28:55
3rd	John Bacon	31:08
4th	Jessica Breeze	34:21
5th	Joyce Hemingway	37:24
6th	Kevin Hodgson	37:29
7th	Joseph Sunley	39:07
8th	Anne Burbidge	39:18
9th	Vanessa Brierley	40:40
10th	Elizabeth Elliott	57:23
11th	Ellie Douglas	58:21

#### Novice

1st	Hiroki Holmes	17:40
2nd	Herbie Ashworth	17:52
3rd	Isabel Sunley	20:19
4th	John Eldred	21:51
5th	Alice Kemp	23:32
6th	Katie Ray	23:35