



### Upcoming Fixtures....

**THIS WEEK 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.

**Thur 26 November, Bridekirk.** The fourth event of the Night Series. 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.

**British Schools Champs**  
Congratulations to Cockermouth School on WINNING the Large Secondary School team trophy. Brilliant effort.

**Greta Gorge Galoppen**  
Steve Telford will be bringing the club O-kit along. Let him know before the event if you would like to try kit on first.

**Congratulations....**  
....to Jennie and Rob Stein on the birth of Stefie....

**Coaching Sessions**  
Two COACHING sessions coming up in the next few weeks. These sessions are attached to the WCOC Sunday morning informal events and will be from 1000 - 1100hrs on each Sunday, the informal events will be 1100- 1200hrs  
**Sunday 29<sup>th</sup> November at Harris Park, Cockermouth**  
**Sunday 6<sup>th</sup> December at Woodhall Park, Cockermouth**  
This coaching is really directed at those who are novices or TD1-3 (White, Yellow, Orange courses). If TD4 (Light Green) runners want to attend too, we can be prepared for this too, but you must let us know.  
TD5 runners could be providing coaching support on these days.  
Reply to this EMAIL or directly to Lynne if want to attend.

### Copeland Chase 15.11.2015

(Selection from the results.)

Short		
1st	Rob Stein	83:36
2nd	Mike Harrison	94:59
3rd	Lewis Taylor	99:44
4th	Michael Billinghamurst	102:17
5th	Jeff Goodwin	106:13
7th	Howard Leslie	108:02
9th	John Taylor	109:15
11th	Alan Irving	115:29
12th	Pete Nelson	116:35
14th	Chris Emerson	118:01
15th	Ian Cumpstey	119:18
16th	Roger Thomas	122:26
18th	Lynne Thomas	123:46
23rd	Ann Cummings	137:12
24th	Richard Cummings	137:16
27th	Nick Moore	138:28
28th	Mike Hind	149:06

### Scale Hill 12.11.2015

(Selection from the results.)

Long		
1st	Richard Wren	46:36
2nd	Alastair Thomas	47:35
3rd	Mike Harrison	49:41
4th	Daniel Spencer	55:06
5th	Andrew Bradley	56:34
6th	Ian Cumpstey	58:23
7th	John Slater	59:08
8th	Chris Pollitt	62:43
9th	Pete Nelson	64:37
10th	Niamh Hunter	64:56
11th	Jeff Goodwin	66:53
12th	Chris Emerson	67:39
13th	John Taylor	69:05
14th	Ben Breeze	71:54
15th	Louis Morris	72:46
16th	Roger Jackson	75:22
17th	Scott Ashworth	78:26
18th	Bob Barnby	78:55
Short		
1st	John Bacon	46:24
2nd	Susan Skinner	46:58
3rd	Kevin Hodgson	47:48
4th	Roger Thomas	48:49
5th	Rosie Spencer	53:26
6th	Ben Goodwin	53:37
7th	Steven Breeze	61:06
8th	Joyce Hemingway	72:56
9th	Anne Burbidge	75:34
Novice		
1st	Hiroki Holmes	16:13
2nd	Isaac Hunter	21:13