



Upcoming Fixtures....

THIS WEEK 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.

Sun 29 November, Harris Park, Cockermouth. The first of a series of Informal events. There will be coaching and courses available from 10-11am, and then competition courses from 11-12 Noon. Details on website.

Thur 3 December, Caer Mote, near Bothel. The Night Series continues on this interesting fellside near Bothel, with the remains of a Roman encampment. 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.

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!

Membership Renewals

It is that time of year again, and you will probably have received an EMAIL from BOF with the renewal details. Please RENEW as soon as possible..... thanks.

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 29th November at Harris Park, Cockermouth
Sunday 6th 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.

Greta Gorge Galoppen 22.11.2015

(Selection from the results.)

Brown

4th	Helen Winskill	92:36
9th	Ray Johnstone	141:45

Blue

3rd	Michael Billinghamurst	73:15
6th	John Taylor	79:04

Green

1st	Ben Breeze	71:14
3rd	Ian Teasdale	77:56

Short Green

2nd	Roger Thomas	51:02
7th	Henry Teasdale	69:47

Light Green

1st	Joseph Sunley	48:11
2nd	Ben Goodwin	48:28

Orange

12th	Herbie Ashworth	48:44
14th	Wilfrid Teasdale	49:19

Yellow

2nd	Myrtle Ashworth	29:08
6th	Hannah Birkinshaw	35:06

Low Rigg 19.11.2015

(Selection from the results.)

Long

1st	Alastair Thomas	38:22
2nd	Jeff Powell Davies	41:47
3rd	Daniel Spencer	44:27
4th	John Slater	44:45
5th	Ian Cumpstey	44:48
6th	Mike Harrison	45:29
7th	Andrew Bradley	45:39
8th	Ben Breeze	46:53
9th	chris naylor	48:47
10th	Steve Breeze	49:18
11th	Jeff Goodwin	49:48
12th	Louis Morris	50:02

Short

1st	Steve Holmes	35:27
2nd	Rosie Spencer	38:46
3rd	Kevin Hodgson	38:52
4th	Roger Thomas	39:17
5th	Susan Skinner	44:15
6th	Ben Goodwin	44:27
7th	Joe Greenwood	45:01
8th	Margaret Mackenzie	53:43
9th	Ian Teasdale	58:41
10th	Vanessa Brierley	59:07
11th	John Bacon	73:29

Novice

1st	Neimh Willey	12:06
2nd	Isobel Greenwood	13:16
3rd	Hiroki Holmes	21:14

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

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