



## Upcoming Fixtures....

**THIS WEEK 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.

**Sun 6 December, Woodhall Park, Cockermouth.** The second 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 10 December, Holme Wood, Loweswater.** The Night Series continues in this wood on the shores of Loweswater. 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 HERE, 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 Session

The second COACHING session will be attached to the WCOC Sunday morning informal event and will be from 1000 - 1100hrs with the informal event from 1100- 1200hrs **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.

### Harris Park 29.11.2015

(Selection from the results.)

Long		
1st	Simon Hunter	20:29
2nd	Chris Hope	21:18
3rd	Joseph Sunley	25:22
4th	Lynne Thomas	29:17
5th	Louis Morris	30:14
6th	Ian Teasdale	30:46
7th	Roger Jackson	31:04
8th	Rosie Spencer	31:23
9th	Debbie Watson	31:59
10th	John Taylor	33:12
Medium		
1st	John Eldred	14:12
2nd	Henry Teasdale	14:31
3rd	Herbie Ashworth	15:26
4th	Carys Thomas	15:30
5th	Wilfrid Teasdale	17:43
Short		
1st	Emma Crawford	9:51
2nd	Sophie Crawford	9:58
3rd	Freya Hope	10:03

### Bridekirk 26.11.2015

(Selection from the results.)

Long		
1st	Richard Wren	28:08
2nd	Daniel Spencer	29:58
3rd	Alastair Thomas	34:12
4th	John Slater	35:19
5th	Ian Cumpstey	35:48
6th	Mike Harrison	37:05
7th	Tom Dawson	39:37
8th	Ben Breeze	39:45
9th	Steven Holmes	40:00
Short		
1st	Ben Goodwin	26:47
2nd	Joe Greenwood	26:58
3rd	Louis Morris	27:21
4th	Susan Skinner	28:40
5th	Joseph Sunley	33:24
6th	Thomas Woolley	34:12
7th	Anne Burbidge	36:56
8th	Catherine Wetherfield	37:56
9th	Lily Regan	38:49
10th	Alice Kemp	39:32
11th	Katie Ray	39:40
12th	Rebecca Wildgoose	39:57
13th	John Bacon	40:32
14th	Sarah Chaudhri	42:54
Easy		
1st	Wilfrid Teasdale	12:47
2nd	Janette McHendry	15:13
3rd	Hiroki Holmes	15:34

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

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