



## Upcoming Fixtures....

**THIS WEEK Tues 22 December, Cockermouth.** Visit the Christmas Lights around the estates of Cockermouth. Starts from 6pm. Parking / Start - Fern Bank by Harris Park. Course 45 minute score around Cockermouth streets. Not suitable for unaccompanied younger juniors. Equipment needed - Dibber, Watch, Head torch, Pen, Bright clothes.

**Sun 27 December, Binsey Fell** Xmas special by BorderLiners. See their website for details.

**Fri 1 January, Mawbray.** The last of the Xmas specials. Proceeds to charity. Several courses to suit all abilities. See website for details.

**Thur 7 January, Miterdale.** Long, short and Night Hawk 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.

### Membership Renewals

About half of the membership have renewed so far. Please renew if you haven't already done so. You will then be able to enter the JK (in Yorkshire this year) and the British Champs. It will also provide you with BOF insurance cover whilst you are orienteering. We would also like to welcome a number of new members, Penny Wilson, Louise Wilson, Tom Dawson and Lucy Dunn. A warm welcome to you all!

### Club Chase at Rannerdale

Plans are in hand for the Club Chase, on Sunday 10<sup>th</sup> January, with the usual colour coded courses. The event is open to all club members and is FREE. You need to book your map and get a handicap start time. Either reply to this **EMAIL** or direct to Alan Irving to book your map. Please book early as handicap start times take a bit of working out!

### 2015/16 Beer Trail

Pete Nelson once again has provided a Beer Trail, this time around the Loweswater Fells. See website for all the details. A great day out on the hills.... enjoy!!

### Congratulations

Three of our juniors, Rosie Spencer, Daniel Spencer and Niamh Hunter have been selected to run for England in the Interland competition. The competition will be held in Maria ter Heide (Brasschaat), 25 km northeast of Antwerp, on 21<sup>st</sup> Feb next year. It is a six nation match. The England team will also include seniors and their selection has yet to be announced. There may very well be one or two of our seniors also going.... so, quite a coup for WCOO. Well done to the juniors!!

### Latrigg 17.12.2015

(Selection from the results.)

Long

1st	Alastair Thomas	30:59
2nd	Daniel Spencer	34:58
3rd	Chris Hope	37:37
4th	John Noblett	41:11
5th	Mike Harrison	45:11
6th	Ian Cumpstey	46:03
7th	Jeff Goodwin	48:29
8th	Chris Emerson	48:56
9th	Niamh Hunter	49:07
10th	Martin Skinner	50:22
11th	Chris Pollitt	52:37
12th	Lynne Thomas	52:58
13th	Steven Breeze	54:42
14th	Mike Hind 56:11	
15th	Angela Jackson	62:44

Short

1st	Susan Skinner	32:37
2nd	Roger Jackson	33:52
3rd	Kevin Hodgson	34:07
4th	Ben Goodwin	34:43
5th	Roger Thomas	35:31
6th	Thomas Woolley	35:43
7th	Andy Morris	36:42
8th	Louis Morris	40:20
9th	Ian Teasdale	45:25
10th	John Bacon	46:37
11th	Vanessa Brierley	54:39
12th	Joseph Sunley	69:36
13th	Elizabeth Elliott	78:08

Novice

1st	Janette McHendry	25:32
2nd	Isaac Hunter	26:52

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

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