



Upcoming Fixtures....

THIS WEEK Thur 3 November, Mirehouse. First event of the winter series. An easy venue to begin with. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See website for details.

Sun 6 November, Galoppen at Burnbanks. Usual courses, Brown to Yellow. Something for everyone. Details on BorderLiners website.

Thur 10 November, Eaglesfield Crag. Rough grazing land with loads of limestone rock features. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

Thur 17 November, Kelton Fell Top. Rough grazing land with numerous scars from mining. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

Original MM

Mild weather conditions, for a change, accompanied the 49th running of the OMM. Great to see Steve Birkinshaw taking fifth on the Elite course. Ray Johnstone was 21st on the C. Rob Stein was 11th on the Long Score. Alan Irving was 3rd on the Short Score, with Martin Skinner and Lynne Thomas 12th.

Newsletter

Please send your contributions to Rob & Jennie Stein by 14th November. It would be good to read about all the exploits that have happened over the summer months.

Upcoming Coaching Sessions

These are very informal sessions intended for both juniors and adults. Come prepared for the weather conditions and let Lynne know by the Thursday before the session so that maps can be printed, and there are enough coaches. 26th November at Hawse End. Lovely sheltered woodland! 17th December at Whinlatter. The Christmas get-together, so expect exciting games & activities!

Twitter. You can follow @WCOC2014

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

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

Winter is a coming.....

Winter weather comes as a bit of a shock! Please come to events prepared for the unpleasant conditions that might occur. It is advised that cagoules should be carried (perhaps in a bumbag), along with a whistle, and a bivvy bag if you have one. Keep your personal safety in mind and come prepared. Stay safe & enjoy the run.

Rankings as of 31.10.2016

(Selection from the rankings.)

1 (42 +1)	Alastair Thomas	8035
2 (101 +17)	Daniel Spencer	7835
3 (189 +10)	Simon Hunter	7667
4 (219 -4)	Phil Winskill	7612
5 (253 +1)	Michael Billingham	7537
6 (388 +2394)	David Spencer	7358
7 (396 -5)	Martin Skinner	7346
8 (410 -5)	Mike Harrison	7322
9 (428 +9)	Alan Irving	7306
10 (453 -6)	Helen Winskill	7274
11 (480 -3)	Ben Breeze	7236
12 (488 -1)	Niamh Hunter	7227
13 (532 +1455)	Steve Holmes	7184
14 (556 -4)	John Slater	7167
15 (648 -8)	Jeff Goodwin	7091
16 (648 -8)	Colin Valentine	7091
17 (670 -7)	Joseph Goodwin	7073
18 (727 -13)	John Taylor	7028
19 (825 -6)	Graham Watson	6952
20 (861 +41)	Howard Leslie	6924
21 (886 -11)	Susan Skinner	6909
22 (915)	Steven Breeze	6892
23 (931 -13)	Lynne Thomas	6878
24 (989 -9)	Chris Pollitt	6834
25 (995 -9)	Roger Thomas	6831
26 (1160 -12)	Kate Charles	6689
27 (1163 -13)	Ian Teasdale	6684
28 (1201 -12)	Bob Bamby	6651
29 (1236 -10)	Ange Jackson	6628
30 (1379 -17)	Michael Pearson	6503
31 (1383 +127)	Roger Jackson	6500
32 (1476 -10)	Richard Cummings	6422
33 (1592 +23)	Tony Duncan	6330
34 (1640 -10)	Anne Burbidge	6303
35 (1801 -1)	Catherine Wetherfield	6186
36 (1928 -13)	Debbie Watson	6058
37 (1944 -11)	Vanessa Brierley	6037
38 (1968 +630)	Ray Johnstone	6019
39 (1982 -10)	Ann Cummings	6000
40 (2184 -12)	Paul Tickner	5798