



Upcoming Fixtures....

THIS WEEK Thur 24 November, Fangs Brow. Rough grazing land with contour detail. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

Sat 26 November, Short Fell Race. Sale Fell. See CFR website for details.

Sun 27 November, Hawse End Galoppen. Last of the 2016 series. A lovely venue on the shores of Derwentwater. See website for details.

Thur 1 December, Low Rigg. Wonderful fellside, with oodles of features. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.



Cockermouth School successfully defend their 'Best' Secondary School title. A superb win..... Outstanding.

Coaching Sessions

There will be Club Coaching on Saturday 26th November from 1030-1230 at Hawse End, adjacent to Derwent Water. Matt Vokes is leading the coaching and has planned a range of exercises from TD1-5. Suitable for Adults and Juniors. Contact lynnethomas99@yahoo.co.uk to register for coaching or more information.

Twitter. You can follow @WCOC2014

Winter has arrived.....

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.

Kelton Fell 17.11.2016

(Selection from the results.)

Long

1st	Matthew Vokes	23:20
2nd	Daniel Spencer	27:27
3rd	Rob Stein	28:23
4th	Alastair Thomas	28:25
5th	Ben Breeze	29:21
6th	Zac Hudd	29:23
7th	David Spencer	30:17
8th	Michael Billinghurst	32:45
9th	John Slater	33:52
10th	Pete Nelson	35:01
11th	Niamh Hunter	35:22
12th	Steven Breeze	36:10
13th	John Taylor	36:45
14th	Chris Pollitt	37:21
15th	Susan Skinner	39:01
16th	Roger Jackson	39:24
17th	Kate Charles	39:35

Short

1st	Joseph Sunley	23:48
2nd	Mike Harrison	24:39
3rd	Roger Thomas	27:00
4th	Lily Regan	31:22
5th	John Bacon	34:19
6th	Kate Skinner	40:43
7th	Deborah Goodwin	41:16
8th	Vanessa Brierley	42:36
9th	Jonty Goodwin	42:45
10th	Annabel Holmes	51:56
11th	Alice Kemp	52:57
12th	Nathan Kemp	52:59
13th	Elizabeth Elliott	57:53

Novice

1st	Isabel Sunley	11:28
2nd	Janette McHendry	14:50
3rd	Jasmine Green	16:49
4th	Sophie Smith-Jackson	21:28
5th	Matthew Smith-Jackson	21:31

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

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