



Upcoming Fixtures....



THIS WEEK Thur 13

December, Low Rigg. Long, short and easy courses. Definitely more of a challenge on this area. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 20 December, Cockermouth. Starting from Cockermouth School. Festive event to raise funds for the juniors. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sat 22 December, Powter How. Festive fun event in this small piece of woodland next to Bass Lake. Festive event to raise funds for the juniors. Cost £3.50/£2. See website for details.

Sat 29 December, Binsey. BorderLiners Xmas special on this open fell near Bothel. See website for details.

Xmas Coaching Special

Xmas fun coaching session. Usually involves novelty exercises and festive clothing. Details on the website. Book your place with Lynne by tomorrow, 11th December. Sorry, but no latecomers.

Club Chase 2019

That time of year again! The Club Chase will be on 6th Jan at Scale Hill. Can you please register your interest in taking part in this annual event by replying to this EMAIL and saying which course you would like to run.

Cumbrian Galoppen 2018

We have secured the Borrowdale Trophy after a tough battle with LOC through the ten events of the 2018 series. Our overall score was 14730, with LOC over 2000 points behind with 12658. We topped six out of seven of the colour course leagues, failing only on light green. Thanks & well done to all competitors who secured our win.

Membership Renewal Time. Do it ONLINE.

Renewals looking good so far, with quite a few beating the December 31 deadline!

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

Night Events

The early events so far in the series have been on straightforward areas. The venues from now on will involve more challenging terrain, but will have novice courses (Nighthawk for the seniors after Xmas) that will allow those with limited experience to enjoy the pleasures of running in the dark. Please keep in mind that the weather will change!!

Rannerdale 6.12.2018

(Selection from the results.)

Long

1st	Matthew Vokes	25:20
2nd	Zac Hudd	28:07
3rd	Ben Windsor	28:33
4th	Paul Pruzina	29:07
5th	Joe Hudd	30:03
6th	James Ackland	31:12
7th	Tom Dobra	32:45
8th	David Spencer	32:47
9th	Simon Hunter	33:12
10th	Joe Sunley	33:28
11th	Herbie Ashworth	35:01
12th	Dan Parker	35:28
13th	John Slater	35:45
14th	Mike Harrison	35:47
15th	Ben Goodwin	35:57
16th	Jamie Rennie	36:17
17th	Andrew Bradley	37:01
18th	Niamh Hunter	38:02

Short

1st	Peter Hudd	33:26
2nd	Ruben Razzetti	35:37
3rd	Jeremy Knott	36:01
4th	Roger Jackson	36:45
5th	Susan Skinner	37:53
6th	Danny Winterbottom	39:13
7th	Jonty Goodwin	39:25
8th	Ange Jackson	45:07
9th	Emma Crawford	51:41
10th	Megan Gerrard	51:42
11th	Daisy Rennie	53:36
12th	Chris Swanapoel	54:15
13th	Helen Rennie	55:19
14th	Alex Crawford	55:59
15th	Sophie Crawford	56:44
16th	Janette McHendry	61:02
17th	Isaac Hunter	63:38
18th	Richard Southward	67:34
19th	Sarah Chaudhri	74:06

Novice

1st	George Rennie	19:07
-----	---------------	-------