



Armistice Day

Lest We Forget



- Upcoming Events—The first few Night events are in relatively easy areas suitable for those new to Night orienteering.
- 14/11/2019– Caer Mote
- 21/11/2019—Crag Hills (Eaglesfield)
- 24/11/2019—Bethcar Galoppen (LOC)
- 28/11/2019—Slate Fell
- Night Series Safety
- Remember that the nights are drawing in and temperatures are dropping. Those taking part in the Night Series will need a head torch and should have appropriate clothing.

Important Reminder –Get your entries done!

The LOC Galoppen at Bethcar Moor on Sunday 24 November is pre-entry via Fabian4 with entries closing at midnight on Sunday 17th November.

Please join us for
CHRIMB-Fun Christmas orienteering
 Saturday November 30th, 2019
 11:00am-1:00pm
 Whinlatter forest

£5.00 pounds per family fun for all the family. Chance to win a christmas tree.

Further information-www.wcoc.co.uk

Twitter: You can follow @WCOC2014 and at www.wcoc.co.uk

Keep an eye on the Facebook page for Club goings-on!
 West Cumberland Orienteering Club Facebook Page

Christmas Coaching
 14th December 10a.m.—12 noon
 (provisional times)

Whinlatter
 Festive Frolics...more details soon.
 Email Simon Hunter to confirm attendance.

Night Series –Fangs Brow Results

Long –4.8km 260m

1.	Joe Huudd	40:12
2.	Charlie Rennie	42:45
3.	Mike Harrison	43:38
4.	Herbie Ashworth	45:10
5.	Simon Hunter	45:17
6.	Ben Goodwin	46:43
7.	John Slater	48:50
8.	Alan Irving	50:63
9.	Mike Billingham	51:18
10.	Simon Woodbury	51:27
11.	Ian Cumpsty	51:44
12.	Jeff Goodwin	55:49

Short—2.7km 100m

1.	Emma Crawford	28:50
2.	Pete Hudd	29:53
3.	Caitlin Pearson	33:17
4.	Bob Barnby	35:40
5.	Kevin Hodgson	36:42
6.	Clare Rodger	37:27
7.	Colin Smith	37:52
8.	Margaret MacKenzie	41:50
9.	Alex Crawford	42:36
10.	Penny Kingsland	43:53

Novice

1.	Katia Smith	24:49
2.	Ella Chambers	36:13

More news on page 2.



EDINBURGH BIG WEEKEND 2020

Friday 24th **CALTON HILL**
Fight With The Night

Saturday 25th **Edinburgh West**
City Race
+ceilidh

Sunday 26th **Arthur's Seat**
OPTIONAL
Mass Start Long

ENTRIES NOW OPEN

Early-bird entry fee
for the whole of November

WOC 2022
Sprint World Orienteering Championships Edinburgh

Si Entries

The Ennerdale (Bowness Knott and Gillerthwaite) permanent courses have been closed due to forestry work. Checkpoints vulnerable to the thinning work have been removed.

The courses at Bleach Green remain to reopening the Ennerdale course in the Spring of 2020, possibly in a different form.

Anyone with any thoughts is asked to contact Pete Nelson

Reminder—Tio Mila 2020—1-3rd May ,and

Jukola 2020 - 13—14 June - PLEASE CONTACT ALAN

IRVING FOR MORE INFORMATION.



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Copeland Chase 2019

Over a 100 people took part in the long-o; Copeland Chase at the weekend at Lank Rigg. It was a beautiful Autumn day and runners had the choice of score courses ranging from 1 hour to 4 hours. Thanks to David Spencer and all those involved in course planning, organising and helping on the day. (Thanks to Anna Brown for the photo).

Results—Copeland Chase.

4-Hours

1—Neil Talbot	280	201.28
2— Matthew Elkington	280	208.57
3 -Steve Birkinshaw	280	225.25
4— Jack Wright	280	226.14
5—Sam Stead	270	228.28
6-Tom Simpson	250	233.13
7-Jamie Rennie	240	227.22
8-Anthony Emmet	240	233.01
9-Mike Harrison	240	235.54
10-Dan Roach	230	233.00
13 (1st Lady)—Karen Parker	220	236.08

3-Hours

1—Joe Sunley	280	154.16
2- Simon Hunter	280	177.04
3— Alan Irving	270	171.29
4—Danny Lusardi	260	141.07
5—Nicholas Moore	250	174.58
6-Matthew Smith	250	181.29
7-Gavin Smith	240	179.05
8-Joe Murphy	240	181.02
9-Andrew Bradley	230	175.44
10 (1st Lady)—Mary Ockenden	230	177.27

2-Hours

1—Joe Hudd	240	117.17
2-Charlie Rennie	225	120.38
3-John Slater	190	117.26
4-Derek Ratcliffe	170	117.42
5-Wilf Teasdale	160	107.25
7(1st Lady)—Beth Hanson	160	121.14
8-Ian Teasdale	150	106.47
9-Jeff Goodwin	150	112.15
10-Debbie Thompson	150	118.01

1-Hour

1-Herbie Ashworth	70	51.44
2-Patrick Thomas	70	56.59
3-Pete Hudd	70	58.07
4-Robert Cranston	70	58.19
5 (1st Lady)-Stella Lewsley	60	50.45
6-Ffion Bricknell	60	61.40
7-Christine Robinson	50	58.06
8-Phil Stones	40	59.13
9-Henry Teasdale	30	38.30
10-Neil Bricknell	30	45.04

Full results on www.wcoc.co.uk