



**Upcoming Events**—The first few Night events are in relatively easy areas suitable for those new to Night orienteering.

21/11/2019—Crag Hills (Eaglesfield)

24/11/2019—Bethcar Galoppen (LOC)

28/11/2019—Slate Fell

30/11/2019 - Chrimb-O


**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 -Galoppen at Bethcar Moor**

See final details on LOC website and NB information re parking. If there are more than two people in a car, parking is free—saving you £2 and helping the environment

Help needed with this junior fundraiser—setting out and bringing in controls; taking entries etc. Please contact Steve Breeze if you can help.



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](http://www.wcoc.co.uk)

Twitter: You can follow @WCOC2014 and at [www.wcoc.co.uk](http://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 –Caer Mote Results**



**Long -4km**

1.	Charlie Rennie	28:16
2.	Dan Roach	29:11
3.	Jamie Rennie	30:55
4.	Joe Sunley	31:34
5.	Ben Goodwin	32:18
6.	Simon Hunter	34:50
7.	Alan Irving	34:59
8.	John Slater	35:17
9.	Steve Holmes	35:40
10.	Steve Breeze	35:53
11.	Mike Harrison	36:35
12.	Ian Cumpsty	38:23

**Short—2.8km**

1.	Wilf Teasdale	24:26
2.	Daisy Rennie	29:26
3.	Emma Crawford	30:06
4.	Roger Thomas	30:36
5.	Kevin Hodgson	34:18
6.	Margaret MacKenzie	36:36
7.	Clare Rodger	36:37
8.	Bob Bamby	37:04
9.	Ann Cummings	38:17
10.	Alastair Woodbury	39:19

**Novice-2.4km**

1.	Hiroki Holmes	33:08
2.	Daniel Woodbury	34:51
3.	Ella Chambers	39:53
4.	George Rennie	40:43

More news on page 2.



# Welcome

Since the start of November the Club has welcomed six new members-

Bob Dredge (transferred from Walton Chasers); Phil Blaylock (Lakeland Trail's Event Manager); Jacob Tonkin; Myriam Wood; David Willey & David Wilson.

**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

into URBAN



## British Schools Orienteering Championships 2019

Several junior members of the Club made the long trip to Slough in Berkshire to take part in the British Schools Orienteering Championships and there were several podium places.

Running for Cockermouth School; there were wins for Daisy Rennie, Emma Crawford and Joe Sunley; a second place for Isaac Hunter; a third place for Myrtle Ashworth and fifth places for Sophie Crawford, Issy Sunley, Clare Rodger and Carys Thomas which gave Cockermouth 2<sup>nd</sup> place; just 4 points behind the winners from South Yorkshire and two points ahead of UVHS.

There were also team medals for the year 9 girls' team of Daisy Rennie, Katia Smith and Keira Dunlop who took gold; and the year 12 boys' team of Joe Sunley and Jonty Goodwin who took silver.

Charlie Rennie, running for Keswick School also took the win on the year 11 boys' course.

Well done everybody for great running and a great team effort,

Thanks must go to the adults; without whom the trip could not happen, Scott and Lyndsey Ashworth; Jamie and Helen Rennie and Alex Crawford.



### \*Reminders\*

1. Any thoughts re Ennerdale courses to Pete Nelson.
2. Anyone interested in Tio Mila 2020—1-3 May 2020 and/or Jukola 2020 13—14 June—please speak to Alan Irving.
3. Christmas bag pack—Morrisons -22 December 2019 (10-1)



### Membership Renewals 2020

Renewal deadline 13 December.

The cost of British Orienteering annual membership is £15 (Senior 21 or older) and Junior £5.

Membership provides insurance cover, discount on event entry and many other discounts and offers.

For more info— [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

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