



West Cumberland Orienteering Club

Week 49 02 December 2019

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

05/12/2019 - Stoneywath (New area...exciting!)

12/12/2019 - Low & High Park (Loweswater)

19/12/2019-Wythop North

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.

Welcome to more new members -

Katia Smith, Matt Stephens and Becca Muir.
Looking forward to meeting you all.



Christmas Coaching

14th December 10.30 a.m.—1.30 pm

Whinlatter Forest Park.

Location—the Yurt (walk down the exit road for the overflow car park).

Juniors (and parents) welcome. There will be 2 fun events— one individual and one team.

Bring a packed lunch; drinks and warm, sensible clothes for running round a cold (maybe damp) forest and whilst eating lunch.

You will need your usual O kit—compass, dibber, whistle, running shoes, waterproofs, hat, gloves etc.

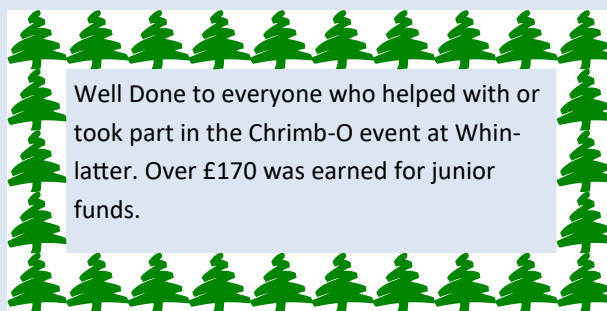
There will be prizes awarded for the best Christmas headgear and best festive-themed lunch.

Definite numbers need to be confirmed so if you haven't already; you must let either Simon Hunter or Jamie Rennie know as soon as possible if you are attending.

FREE CHRISTMAS WALLPAPERS.NET

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



Well Done to everyone who helped with or took part in the Chrimb-O event at Whinlatter. Over £170 was earned for junior funds.

More Christmas Events—(thanks to Dave Fenwick)

Sat 21st Dec -Powter How

1st January—Mawbray Dunes

(Reminder-Sun 22nd Dec-bag packing.)



Night Series –Slate Fell Results

Long -4.68 km

1.	Carl Bell	38:20
2.	Simon Hunter	39:41
3.	Dan Roach	40:24
4.	Jamie Rennie	40:34
5.	John Slater	42:55
6.	Ian Cumpstey	43:39
7.	Helen Winskill	43:48
8.	Steve Holmes	44:52
9.	Michael Billinghamurst	45:58
10.	David Wilson	46:04
11.	Alan Irving	47:07
12.	Simon Woodbury	47:39

Short—2.98km

1.	Emma Crawford	27:33
2.	Ruben Razzetti	30:55
3.	Wilf Teasdale	31:06
4.	Daisy Rennie	32:22
5.	Daniel Heppell	35:33
6.	Danny Winterbottom	37:41
7.	Ian Teasdale	38:51
8.	Nicholas Evans	39:27
9.	Helen Rennie	42:14
10.	Richard Southward	43:01

Novice-1.51km

1.	Hiroki Holmes	17:21
2.	George Rennie	19:53

Reminders

British Orienteering—memberships due by 13th December.

Christmas Bag Pack 22nd December— Morrisons-time slots 10-11.30 and 11.30—1pm. Please confirm preferred slot to Janette McHendry. Those under 10 must be accompanied by an adult.