



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

12/12/2019 - Low & High Park (Crummock)\* Please read important information below\*

19/12/2019-Wythop North

21/12/2019 - Powter How –Christmas event.

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 Information for event Thursday 12th December\*

Parking and registration will be at Scale Hill NT carpark. Novice start and finish is adjacent to the carpark. Long/short start is at the Crummock pump house (1km walk). The long and short courses venture onto much steeper, wooded, rough terrain around the lower slopes of Melbreak. The long course will also cross Mosedale Beck (twice!), weather permitting.

More Christmas Events-

Sat 21st Dec -Powter How

28th Dec—Whittas Park (BL)

1st January—Mawbray Dunes



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.

FREECHRISTMASWALLPAPERS.NET



Enjoy a fun challenge at [worldofdo.com](http://worldofdo.com)— Route to Christmas. Plan and plot your route between two controls; submit it and see how it compares to others.

Night Series –Stoneywath Results

Long -4.38 km

1.	Jamie Rennie	45:23
2.	Simon Hunter	45:52
3.	Mike Harrison	46:50
4.	Steve Holmes	47:21
5.	Alan Irving	47:43
6.	Simon Woodbury	48:48
7.	Michael Billinghamurst	52:18
8.	Jeff Goodwin	52:19
9.	Steve Breeze	53:51
10.	Dan Roach	55:27
11.	Caitlin Pearson	56:34
12.	Karen Parker	59:58

Short—3.27km

1.	Daisy Rennie	35:31
2.	Emma Crawford	38:29
3.	Kate Charles	49:33
4.	Chris Swanepoel	51:38
5.	Ann Cummings	55:03
6.	Penny Kingsland	56:19
7.	Anna Brown	56:50
8.	Deborah Goodwin	61:33
9.	Robert Jones	72:54
10.	Colin Smith	82:15

Novice-1.27km

1.	Hiroki Holmes	14:18
2.	Isaac Hunter	24:05

\*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.

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