



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

19/12/2019-Wythop North

Christmas events

21/12/2019 - Powter How

28/12/2019—Whittas Park (BL)

01/01/2020 - Mawbray Dunes



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.

\*Dates For Your Diaries\*

Compass Sport Cup Heat (LOC) - 15th March 2020

Peter Palmers Junior Relays (hosted by WCOG) at Hawes End—6th September 2020—Helpers needed, let Steve Breeze know if you can help.

Northern Fells—Choc-O

Norwegian –style challenge with Chocolate at the finish.



Starting from Mungrisedale.

You will need an OS map and a Christmas tree decoration.

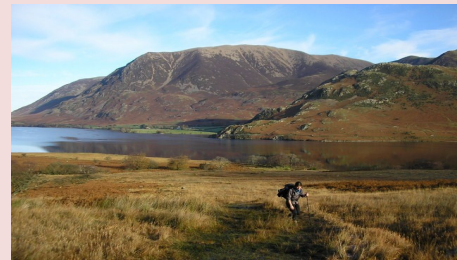
For more details visit—www.northernfellsrc.org.uk



Enjoy a fun challenge at worldof.com—Route to Christmas. Plan and plot your route between two controls; submit it and see how it compares to others.

Twitter: You can follow @WCOG2014 and at www.wcog.co.uk

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



Night Series –High Park & Melbreak North Results

Long -4.65 km

Table with 3 columns: Rank, Name, Time. Lists 16 participants for the Long -4.65 km event.

Short-2.95km

Table with 3 columns: Rank, Name, Time. Lists 6 participants for the Short-2.95km event.

Novice-1.34km

Table with 3 columns: Rank, Name, Time. Lists 5 participants for the Novice-1.34km event.



\*Reminders\*

Christmas Bag Pack 22nd December– Morrisons (Workington)-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.