



Upcoming Fixtures....

THIS WEEK **Thur 27 October, Spook-O at Whinlatter.** See details on the website.

Thur 3 November, Mirehouse. First event of the winter series. An easy venue to begin with. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See website for details.

Sun 6 November, Galoppen at Burnbanks. Usual courses, Brown to Yellow. Something for everyone. Details on BorderLiners website.

Newsletter

Rob & Jennie Stein have started work on the next edition. Please send your contributions to them by 14th November. It would be good to read about all the exploits that have happened over the summer months.

Galoppens

Thanks to Chris Emerson and the RED team for their hard work staging the High Brow Galoppen on Sunday. A cool day with good courses and excellent competition. Thanks for making the event run so smoothly.

Two more Galoppens to go, so please make sure you have five counting scores on your course (colour), so we get a 'winning' club score to retain the Borrowdale Trophy. The final Galoppen of the year, will be held at Hawse End, and will be brought to us by the BLUE team. Tony Duncan would like to hear from helpers so he can organise the various jobs, start, registration and parking. Reply to this EMAIL and we'll pass it on. Thanks.

Upcoming Coaching Sessions

These are very informal sessions intended for both juniors and adults. Come prepared for the weather conditions and let Lynne know by the Thursday before the session so that maps can be printed, and there are enough coaches. 26th November at Hawse End. Lovely sheltered woodland! 17th December at Whinlatter. The Christmas get-together, so expect exciting games & activities!

Twitter. You can follow @WCOC2014

Keep an eye on the Facebook page for Club goings-on!
<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>

Winter is a coming.....

Winter weather comes as a bit of a shock! Please come to events prepared for the unpleasant conditions that might occur. It is advised that cagoules should be carried (perhaps in a bumbag), along with a whistle, and a bivvy bag if you have one. Keep your personal safety in mind and come prepared. Stay safe & enjoy the run.

High Brow Galoppen 23.10.2016

(Selection from the results.)

Brown

1st	Simon Hunter	58:11
3rd	Steve Birkinshaw	60:49
4th	Zac Hudd	65:25
11th	Jeff Goodwin	77:26

Blue

3rd	Alan Irving	52:09
4th	Michael Billingham	53:09
7th	Steve Holmes	55:31
8th	Ben Breeze	55:39
12th	Howard Leslie	58:53
15th	Steven Breeze	60:09
16th	Ben Goodwin	60:26
26th	Niamh Hunter	64:54

Green

1st	Joe Hudd	35:11
4th	Nick Moore	38:37
5th	Louis Morris	39:05
6th	Roger Jackson	40:21
7th	Peter Hudd	40:47
13th	Tony Duncan	45:12
15th	Richard Cummings	45:47

Short Green

2nd	Elizabeth Elliott	43:20
6th	James Birkinshaw	47:03
13th	Syd Thomas	61:33
16th	Fran McDonald	68:52

Light Green

2nd	Caitlin Irving	30:35
3rd	Herbie Ashworth	32:15
4th	Jessica Breeze	33:30
6th	Lily Regan	33:48
9th	Henry Teasdale	35:27
14th	Tom Carter	46:27

Orange

1st	Wilfrid Teasdale	17:59
4th	Hannah Birkinshaw	36:51
7th	Jane Hunter	45:27
Yellow		
14th	Isaac Hunter	30:33