



## Upcoming Fixtures....

**THIS WEEK Thur 10 November, Eaglesfield Crag.** Rough grazing land with loads of limestone rock features. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

**Thur 17 November, Kelton Fell Top.** Rough grazing land with numerous scars from mining. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

**Sun 20 November, Copeland Chase.** Long distance race over the Loweswater Fells. Range of courses. See format details on the website.

### Burnbanks Galoppen

Rather chilly, and sometimes wet conditions set the scene at Burnbanks on Sunday. Alastair Thomas took an almost ten minute lead on the Brown, with Rob Stein in third. Michael Billinghurst won the Blue, with Steve Holmes in fifth. On Green, Roger Thomas was our best performer in sixth, but Wilfrid Teasdale excelled with a great run in eleventh place. Liz Elliott took second on Short Green. Henry Teasdale and Jess Breeze did the one/two on the Light Green. Isaac Hunter mixed it with much older competitors on the Yellow, coming in in twelfth place amongst all the year 7's from UVHS.

### 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. 26<sup>th</sup> November at Hawse End. Lovely sheltered woodland! 17<sup>th</sup> December at Whinlatter. The Christmas get-together, so expect exciting games & activities!

### Welcome for New Members

Welcome to Nicola Smith and family, Sophie and Matthew. They all tried the Mirehouse night event, had fun, and want to have another go!

**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.

### Mirehouse 10.11.2016

(Selection from the results.)

Long

1st	Alastair Thomas	23:20
2nd	Daniel Spencer	24:58
3rd	Zac Hudd	27:54
4th	David Spencer	28:12
5th	Ben Breeze	28:59
6th	Ben Goodwin	29:02
7th	Joseph Sunley	29:23
8th	Rhys Findlay-Robinson	29:36
9th	Jeff Powell Davies	29:38
10th	Alan Hartley	30:16
11th	Joe Hudd	30:40
12th	Mike Harrison	33:29
13th	Michael Billinghurst	34:01
14th	Pete Nelson	34:59
15th	Jeff Goodwin	35:08
16th	Alan Irving	35:24
17th	Lynne Thomas	36:17
18th	Roger Jackson	36:33
19th	Chris Emerson	38:51

Short

1st	Ian Cumpstey	20:24
2nd	John Taylor	26:21
3rd	Caitlin Irving	27:02
4th	Rosie Spencer	30:23
5th	Thomas Woolley	32:53
6th	John Brooks	32:56
7th	Jess Breeze	33:08
8th	Louise Dunn	35:46
9th	Kate Skinner	37:37
10th	Carys Thomas	37:39
11th	John Bacon	40:42
12th	David Rodger	41:14
13th	Elizabeth Elliott	46:06
14th	Emily Brooks	48:12

Novice Longer

1st	Isabel Sunley	25:06
2nd	Isabel Winskill	27:55
3rd	Helen Winskill	27:59
4th	Jasmine Green	33:56