



Upcoming Fixtures....

THIS WEEK 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.

Thur 24 November, Fangs Brow. Rough grazing land with contour detail. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

Sun 27 November, Hawse End Galoppen. Last of the 2016 series. A lovely venue on the shores of Derwentwater. See website for details.

Middle Race at Roanhead (Saturday)

A large competitive field gave WCOC members a chance to shine. First placings to Lynne Thomas W45, Rosie Spencer W14, Peter Hudd M55, Mike Pearson M70 and Isabel Sunley W12. Twelve runners were 'on the podium', an excellent set of performances.

Club gear

Steve Telford has the stock of club O-gear. If you don't have one, it might be time to invest in one of the very attractive running tops. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy (in time for Xmas!).



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

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.

Eaglesfield Crag 17.11.2016

(Selection from the results.)

Long		
1st	Matthew Vokes	18:24
2nd	Alastair Thomas	20:55
3rd	Daniel Spencer	21:31
4th	David Spencer	23:20
5th	Ben Breeze	25:16
6th	Ben Goodwin	25:45
7th	Michael Billinghurst	26:26
8th	Niamh Hunter	26:29
9th	Steven Breeze	26:59
10th	Jeff Goodwin	27:19
11th	Louis Morris	27:31
12th	Joseph Sunley	27:55
13th	John Taylor	28:53
14th	Pete Nelson	29:48
15th	Kate Charles	30:02
16th	John Noblett	30:54
17th	Chris Pollitt	31:30
18th	Joe Goodwin	31:51
19th	Chris Emerson	32:14
20th	Rosie Spencer	32:16
Short		
1st	Susan Skinner	18:25
2nd	Thomas Woolley	18:50
3rd	John Bacon	25:16
4th	Elizabeth Elliott	29:39
5th	Margaret Mackenzie	29:42
6th	John Brooks	29:46
7th	Deborah Goodwin	30:30
8th	Carys Thomas	30:40
9th	Kate Skinner	30:44
10th	Rebecca Wildgoose	31:40
11th	Isobel Greenwood	32:36
Novice		
1st	Jo Gillyon	11:26
2nd	Isaac Hunter	16:27
3rd	Annabel Holmes	18:19
4th	Jackie Hill	18:52

Keep an eye on the Facebook page for Club goings-on!

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>