



Upcoming Fixtures....

THIS WEEK 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.

Sat 26 November, Short Fell Race.

Sale Fell. See CFR website for details.

Sun 27 November, Hawse End Galoppen.

Last of the 2016 series. A lovely venue on the shores of Derwentwater. See website for details.

Thur 1 December, Low Rigg.

Wonderful fellside, with oodles of features. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.



Cockermouth School successfully defend their 'Best' Secondary School title. A superb win..... Outstanding.

Coaching Sessions

There will be Club Coaching on Saturday 26th November from 1030-1230 at Hawse End, adjacent to Derwent Water. Matt Vokes is leading the coaching and has planned a range of exercises from TD1-5. Suitable for Adults and Juniors. Contact lynnethomas99@yahoo.co.uk to register for coaching or more information.

Twitter. You can follow @WCOC2014

Winter has arrived.....

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.

Kelton Fell 17.11.2016

(Selection from the results.)

Long

| | | |
|------|----------------------|-------|
| 1st | Matthew Vokes | 23:20 |
| 2nd | Daniel Spencer | 27:27 |
| 3rd | Rob Stein | 28:23 |
| 4th | Alastair Thomas | 28:25 |
| 5th | Ben Breeze | 29:21 |
| 6th | Zac Hudd | 29:23 |
| 7th | David Spencer | 30:17 |
| 8th | Michael Billinghurst | 32:45 |
| 9th | John Slater | 33:52 |
| 10th | Pete Nelson | 35:01 |
| 11th | Niamh Hunter | 35:22 |
| 12th | Steven Breeze | 36:10 |
| 13th | John Taylor | 36:45 |
| 14th | Chris Pollitt | 37:21 |
| 15th | Susan Skinner | 39:01 |
| 16th | Roger Jackson | 39:24 |
| 17th | Kate Charles | 39:35 |

Short

| | | |
|------|-------------------|-------|
| 1st | Joseph Sunley | 23:48 |
| 2nd | Mike Harrison | 24:39 |
| 3rd | Roger Thomas | 27:00 |
| 4th | Lily Regan | 31:22 |
| 5th | John Bacon | 34:19 |
| 6th | Kate Skinner | 40:43 |
| 7th | Deborah Goodwin | 41:16 |
| 8th | Vanessa Brierley | 42:36 |
| 9th | Jonty Goodwin | 42:45 |
| 10th | Annabel Holmes | 51:56 |
| 11th | Alice Kemp | 52:57 |
| 12th | Nathan Kemp | 52:59 |
| 13th | Elizabeth Elliott | 57:53 |

Novice

| | | |
|-----|-----------------------|-------|
| 1st | Isabel Sunley | 11:28 |
| 2nd | Janette McHendry | 14:50 |
| 3rd | Jasmine Green | 16:49 |
| 4th | Sophie Smith-Jackson | 21:28 |
| 5th | Matthew Smith-Jackson | 21:31 |

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

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