



## Upcoming Fixtures....



**THIS WEEK Thur 8 December, High & Low Hows.** Fabulously complex little woodland near Grange. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

**Sun 11 December, Camerton Meadows.** Informal event ideal for novices and newcomers, and with a good run-out for experienced orienteers. See website for details.

**Thur 15 December, Mawbray Dunes.** A complex little area of sand dunes to test your navigation. Long, short and easy courses. Cost £3.50/£2. Starts from 5.45pm. See details on the website.

**Sun 18 December, Powter How.** The first of the Xmas Festive Specials. An informal format around this small wooded hill next to Bassenthwaite Lake. See website for details.

### 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!).



### Club Chase

Thinking ahead... Even though most club members get to race in this special event, a number of helpers are also needed. Can you help on January 7?

### Membership Renewal Time

If you would like to join WCOC or just renew your current membership it can all be done online on the BOF website, [www.BritishOrienteering.org.uk](http://www.BritishOrienteering.org.uk) An annual subscription is £10 (senior) and £3.30 (junior) which allows you to enter all orienteering events around the country, and to carry public liability insurance on behalf of the organising club (so important in today's blame culture)

**Twitter.** You can follow @WCOC2014

### Winter has arrived.....

Winter weather comes as a bit of a shock, and it can change quickly during the course of an event! 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. Please keep an eye out for others as well.

### Low Rigg 01.12.2016

(Selection from the results.)

#### Long

1st	Matthew Vokes	29:20
2nd	Jeff Powell Davies	33:30
3rd	Alastair Thomas	33:44
4th	Graham Patten	34:26
5th	Alan Hartley	35:10
6th	Martin Skinner	36:18
7th	John Slater	36:31
8th	Zac Hudd	37:22
9th	Ben Breeze	38:29
10th	Steve Birkinshaw	39:18
11th	Steve Holmes	39:49
12th	Louis Morris	40:17
13th	Ian Cumpstey	41:03
14th	Niamh Hunter	41:06
15th	John Taylor	41:42

#### Short

1st	Thomas Woolley	38:00
2nd	Joseph Sunley	41:19
3rd	Joe Hudd	41:37
4th	Mike Harrison	44:15
5th	Ben Holmes	45:28
6th	Emily Brooks	46:27
7th	Sam Holmes	47:56
8th	Tom Hind	49:05
9th	Carys Thomas	49:42
10th	Deborah Goodwin	51:58
11th	Jessica Breeze	52:19
12th	Vanessa Brierley	58:11
13th	Jeff Cowton	70:20
14th	Evan Mills	72:17
15th	Tom Carter	82:21

#### Easy

1st	Isabel Sunley	16:23
2nd	Jasmine Green	25:52
3rd	Janette McHendry	27:23

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

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