



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 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

Table with 3 columns: Rank, Name, Time. Lists results for Long distance from 1st to 15th place.

Short

Table with 3 columns: Rank, Name, Time. Lists results for Short distance from 1st to 15th place.

Easy

Table with 3 columns: Rank, Name, Time. Lists results for Easy distance from 1st to 3rd place.