



Upcoming Fixtures....



THIS WEEK 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.

Thur 22 December, Derwent Hill. Two events here! An afternoon event and then a night event. Long, short and easy courses. Cost £3.50/£2. Starts from (2.30pm) & 5.45pm. See details on the website.

2016/17 Beer Trail

This time Pete Nelson has designed his courses based on the Whinlatter Fell area. Parking is Spout Force. The course opens on Dec 22. See website for details.

Galoppen Winners

The final standings are published on www.lakes-o.com. Congratulations to course (colour) winners, Simon Hunter (Brown), Syd Thomas & Liz Elliott (Short Green), Henry Teasdale & Jess Breeze (Light Green), Wilfrid Teasdale & Hannah Birkinshaw (Orange), Isaac Hunter (Yellow). LOC win the Borrowdale Trophy with 13691 pts, WCOC were second.

Welcome for New Member

Welcome to Jo Gillyon (W40) from Keswick.

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.

High & Low Hows 08.12.2016

(Selection from the results.)

Long		
1st	Alastair Thomas	38:06
2nd	Matthew Vokes	38:47
3rd	Harrison McCartney	40:26
4th	John Ockenden	40:37
5th	Daniel Spencer	42:59
6th	Ben Breeze	45:03
7th	Ian Cumpstey	47:26
8th	David Spencer	51:00
9th	John Taylor	51:08
10th	Joe Goodwin	51:57
11th	Jeff Powell Davies	52:24
12th	Zac Hudd	53:47
13th	Jeff Goodwin	56:13
14th	John Noblett	57:29
15th	Ben Goodwin	58:03
16th	Louis Morris	58:06
Short		
1st	Kevin Hodgson	48:57
2nd	Emily Brooks	50:02
3rd	Thomas Woolley	50:48
4th	John Brooks	50:52
5th	Sam Holmes	52:51
6th	Carys Thomas	53:59
7th	Chris Emerson	58:21
8th	Katy Fisher	59:07
9th	Ben Holmes	59:11
10th	Rebecca Wildgoose	60:36
11th	Vanessa Brierley	69:00
12th	Tom Carter	73:27
13th	Elizabeth Elliott	76:30
14th	Jonty Goodwin	126:11
Novice		
1st	Annabel Holmes	25:00
2nd	Isabel Sunley	34:30
3rd	Isaac Hunter	40:44

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

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