



Upcoming Fixtures....



THIS WEEK 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.

Tue 27 December, Binsey. A post Xmas event on Binsey Fell near Bothel. Details are on the BL website.

Thur 29 December, Setmurthy. A Mass Start Night Score Event! Really great fun, with fifty+ runners heading off in many directions. See website for details.

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.

Xmas Coaching Session

The juniors got up to some very creative orienteering exercises at the Whinlatter social/training. Steve Breeze has posted a video of the mayhem on Facebook.

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. A good run/walk out on the fells with the reward of a cold beer or some chocolate when you navigate to the finish. See website for details.

Membership Renewal Time

About a THIRD have rejoined so far! 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)

WCOC's Anniversary



A group of people got together in September 1967 and formed West Cumberland Orienteering Club. So, 2017 will be a very significant birthday for the club. Once again

a group of people have been beavering away to develop a program of events to celebrate this fact. Check out the website for a taste of what you can expect over the coming year.

Mawbray Dunes 15.12.2016

(Selection from the results.)

Long

1st	Matthew Vokes	23:01
2nd	Alastair Thomas	27:04
3rd	Ben Goodwin	30:23
4th	Ian Cumpstey	30:57
5th	Michael Billinghurst	31:24
6th	Alan Irving	33:00
7th	David Spencer	33:09
8th	Daniel Spencer	34:29
9th	Ben Breeze	34:41
10th	Niamh Hunter	34:52
11th	Jeff Goodwin	36:06
12th	Helen Winskill	36:22
13th	Chris Pollitt	36:36
14th	Steven Breeze	40:00
15th	John Taylor	40:29
16th	Chris Emerson	41:37
17th	Susan Skinner	43:16
18th	Ange Jackson	43:51

Short

1st	Herbie Ashworth	27:52
2nd	Jessica Breeze	32:46
3rd	Ben Holmes	33:05
4th	Margaret Mackenzie	37:03
5th	Sam Holmes	39:28
6th	Lily Regan	40:37
7th	Isobel Greenwood	46:04
8th	Elizabeth Elliott	47:27
9th	Vanessa Brierley	51:49
10th	Tom Carter	57:50
11th	Ruth Carter	59:34
12th	Fiona Petersen	62:11
13th	Iain Johnson	104:08

Novice

1st	Isaac Hunter	10:33
2nd	Dougal Kyle	15:55

Twitter. You can follow @WCOC2014

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

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