



Upcoming Fixtures....

THIS WEEK Thur 5 January, Ling Fell. A newly updated and redrawn map of the fell. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details.

Sat 7 January, Club Chase. Colour coded courses with handicap start times. 64 entries to date, have you entered? See website for details of the event.

Thur 12 January, Bowness Knott. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details.

2016/17 Beer Trail

This time Pete Nelson has designed his courses based on the Whinlatter Fell area. Parking is Spout Force. The course opened 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.

WCOC's Anniversary

50th

Thanks to Poppy Fenwick for this delightful contribution. We might get a taste at the Club Chase.



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)

Twitter. You can follow @WCOC2014

Anniversary Year Quiz

The first of 50 clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

#1. (NW) Murmurations over Ennerdale! (8,4)

Retain your answers till the end of the year. Prizes for highest scores.

Welcome to New Members

Jasmine Green (W16) from High Lorton. Holmes family, Annabel (W45), Ben (M18) and Sam (M16) from St John's in the Vale.

Setmurthy 29.12.2016

(Selection from the results.)

Long Score

1st	Jeff Powell Davies	170	44:59
2nd	Niamh Hunter	160	42:55
3rd	Helen Winskill	150	42:02
4th	David Spencer	150	48:50
5th	Jeff Goodwin	145	45:34
6th	Roger Thomas	135	45:36
7th	Pete Nelson	135	45:41
8th	Joseph Goodwin	135	49:27
9th	Joe Hudd	135	49:33
10th	Ben Goodwin	130	43:00
11th	Rosie Spencer	125	47:02
12th	Roger Jackson	125	47:03
13th	Mike Harrison	125	47:16
14th	Jessica Breeze	120	48:40
15th	Ange Jackson	115	49:31

Short Score

1st	Herbie Ashworth	120	48:49
2nd	Deborah Goodwin	105	45:28
3rd	David Rodger	80	44:27
4th	Elizabeth Elliott	75	45:49
5th	Annabel Holmes	75	45:56
6th	Isaac Hunter	70	34:37
7th	Margaret Mackenzie	70	47:00
8th	Ruth Carter	60	41:49
9th	Tom Carter	60	41:53
10th	Isabel Berry	60	43:56
11th	Jo Gillyon	50	25:13
12th	Ian Shuttleworth	50	43:31
13th	Niamh Shuttleworth	40	43:33

Novice

1st	Isaac Hunter	20:21
2nd	Myrtle Ashworth	23:07
3rd	Isla Manchester	25:55

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

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