



## Upcoming Fixtures....

**THIS WEEK Thur 12 January, Bowness Knott.** Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, [www.wcoc.co.uk](http://www.wcoc.co.uk).

**Sat 14 January, Gelt Woods, Brampton.** See BL website for details of the event.

**Sun 15 January, Slate Fell.** Informal event on this small area near Cockermouth. Perfect for those new to the sport. See website for details of the event.

**Thur 19 January, Leaps & Godworth.** A popular venue. Long, short and Night Hawk courses. Starts from 5.45pm. See website for details, [www.wcoc.co.uk](http://www.wcoc.co.uk).

### Club Chase

A great race at Hawse End on Saturday. Thanks to planner, Anne Burbidge, and organiser Liz Elliott, with accurate handicaps by Alan Irving. This year's champion was Matthew Vokes, beating his tough handicap by 5½ minutes. Other course winners were, Ben Holmes (Orange), Kate Charles (Blue), Joe Sunley (Green), Martin Skinner (Brown), Isaac Hunter (Yellow) and Herbie Ashworth (Lt Green).

### 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.

### Major Events coming up....

Keep an eye out for Closing Dates for Twin Peak, Tim Watkins Trophy, British Nights and Northern Champs.

### Membership Renewal Time

Have you renewed yet? You will need to if you want to enter any of the majors (JK etc). Go to the BOF website, [www.BritishOrienteering.org.uk](http://www.BritishOrienteering.org.uk) An annual subscription is £10 (senior) and £3.30 (junior).

**Twitter.** You can follow @WCOC2014

### Anniversary Year Quiz

The second 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.

**#2. (SE) Precious metal found here? (6,3)**

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

### Ling Fell 05.01.2017

(Selection from the results.)

Long

1st	Matthew Vokes	33:00
2nd	Chris Naylor	39:49
3rd	Niamh Hunter	41:56
4th	Ian Cumpstey	42:34
5th	Daniel Spencer	43:59
6th	Ben Goodwin	44:36
7th	John Slater	44:54
8th	Steve Holmes	45:09
9th	David Spencer	45:43
10th	John Noblett	45:45
11th	Jeff Goodwin	46:04
12th	Chris Emerson	48:55
13th	Michael Billingham	49:13
14th	Pete Nelson	50:29
15th	Steven Breeze	50:33
16th	Louis Morris	50:56
17th	Kate Charles	51:00

Short

1st	Joe Sunley	32:21
2nd	Roger Jackson	34:34
3rd	Ian Teasdale	35:53
4th	Thomas Woolley	38:41
5th	Max Cousins	40:31
6th	Isabel Berry	41:04
7th	John Brooks	42:08
8th	Sam Holmes	42:41
9th	Clare Rodger	43:25
10th	Andy Rodger	43:27
11th	Rebecca Wildgoose	43:46
12th	Vanessa Brierley	45:53
13th	Deborah Goodwin	46:33
14th	Lily Regan	49:15
15th	Sarah Chaudhri	50:19

Nighthawk

1st	Joyce Hemingway	43:01
2nd	Jasmine Green	45:32
3rd	Isabel Sunley	51:27
4th	Amanda Carter	84:17
5th	Susan Arnfield	84:18



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

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