



Upcoming Fixtures....

THIS WEEK Thur 7 December, Holme

Wood. Night event in the woods on the shore of Loweswater. Long, short and novice courses. Near Cockermouth. Cost £3.50/£2. Starts 5.45 to 7.15pm.

Thur 14 December, Sale Fell.

Night event on the fells near Embleton. Long, short and novice courses. Near Cockermouth. Cost £3.50/£2. Starts 5.45 to 7.15pm.

Sat 16 December, Whinlatter.

Coaching session in Whinlatter Forest. This is the Xmas special, so there will be balloons involved (probably!). Don't forget to book your place with Lynne. See website.

Cumbrian Galoppen

Following the unfortunate cancellation of the Bleaberry Fell event, the 2017 series sees WCOC as the winners of the Borrowdale Trophy. Well done to the team! The 2018 series has been planned, and it all starts with a LOC event in Black Beck Woods on Feb 11th.

Club 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. Check out the website for details of the 'fiftieth' design commemoration O-top. The new ones are available. Steve Holmes now holds the stock of kit. Details of how to contact him are on the website.... or see him at an event.



Welcome back to renewing Members

It is that time of year. You may have received your renewal reminder from British Orienteering by now. Just £10 per senior and £3.30 per junior is the cost for your 2018 membership. WCOC has a zero fee, and NWOA raise funds directly from each club. WCOC relies on income generated from events to run our activities.

Please rejoin as soon as you can, as the main benefit to the club is the insurance cover that comes with your membership.

Twitter. You can follow @WCOC2014

Anniversary Year Quiz

Fifty 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.

49. (NE) What a sewer? Hardly. (10)

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

Lodore 30.11.2017

(Selection from the results.)

LONG

1st	Alastair Thomas	30:05
2nd	Daniel Spencer	32:38
3rd	Matthew Vokes	32:58
4th	Ben Breeze	41:11
5th	David Spencer	41:12
6th	Jeff Powell Davies	42:47
7th	Alan Irving	44:13
8th	Michael Billinghamurst	45:39
9th	Joe Sunley	45:48
10th	Joe Hudd	46:29
11th	Steve Holmes	48:53
12th	Rosie Spencer	50:20
13th	Mike Harrison	50:35
14th	Jeff Goodwin	52:11
15th	Steven Breeze	54:48
16th	Chris Pollitt	58:17
17th	Scott Ashworth	59:30

SHORT

1st	Susan Skinner	35:40
2nd	Roger Thomas	35:52
3rd	Roger Jackson	36:47
4th	Ian Teasdale	39:53
5th	Isabel Berry	40:22
6th	Peter Hudd	41:50
7th	Wilfrid Teasdale	43:31
8th	Lynne Thomas	44:12
9th	Chris Emerson	45:30
10th	Richard Cummings	47:06
11th	Kevin Hodgson	50:09
12th	Deborah Goodwin	51:31
13th	Anne Burbidge	53:38
14th	Vanessa Brierley	62:15
15th	Janette McHendry	75:56
16th	Elizabeth Elliott	81:57

NOVICE

1st	Natalie Hawkrigg	16:44
2nd	Evan Mills	17:56
3rd	Myrtle Ashworth	19:45
4th	Ruben Razzetti	20:16
5th	Ben Freer	25:06
6th	Isaac Hunter	25:39

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

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