



Upcoming Fixtures....

THIS WEEK 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.

Sun 17 December, Beck Wythop Wood.

The first of the festive events, planned by Dave Fenwick. Score format is being used. Starts 11 to 11.45am.

Thur 21 December, Cockermouth.

The juniors are planning a street night event with the usual format. Long, short and novice courses. Near Cockermouth. Cost £3.50/£2. Starts 5.45 to 7.15pm.

Winter is here.....

The weather certainly has a winter flavour at the moment. Please be ready for the colder conditions. Access to events and running conditions can be challenging, and it is advised therefore that cagoules should be carried (perhaps in a bum bag), hat & gloves, along with a whistle, and a bivvy bag if you have one. Stay safe.

Our weekly email update

Almost six year's worth now. The email database has just been added to over that time. So, are you tired of receiving the weekly newsheet. Please reply to this email if you would like your contact details removed from the system. We have been having trouble with one of the email domains.... labelling the weekly update as SPAM and refusing to deliver it. Unbelievable!!

2018 membership.

Please remember to renew your membership for 2018. We look forward to your continued support, and hope that the programme of events continues to entice you out on to the fells and into the forests... in the sunshine of course!

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>

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.

50. (NE) We all rust, here. (9)

Well that's the last one folks! To claim a prize (if your score is good enough) reply to this email with your solutions. All fifty clues will be published on the club website in January.

Thanks for taking part!

Holme Wood 7.12.2017

(Selection from the results.)

Long

1st	Matthew Vokes	49:11
2nd	Daniel Spencer	49:48
3rd	Mike Harrison	63:34
4th	Jamie Rennie	63:48
5th	Charlie Rennie	64:46
6th	David Spencer	66:32
7th	Steven Breeze	68:28
8th	Jeff Goodwin	70:29
9th	Ben Breeze	71:07
10th	Joe Sunley	73:19
11th	Rosie Spencer	73:21
12th	Ange Jackson	78:42
13th	Chris Pollitt	80:34
14th	Dan Parker	83:24
15th	Karen Parker	83:56

Short

1st	Susan Skinner	46:49
2nd	Graham Watson	49:28
3rd	Herbie Ashworth	51:29
4th	Chris Emerson	53:25
5th	Richard Cummings	55:14
6th	Roger Jackson	59:22
7th	Kevin Hodgson	61:07
8th	Jonty Goodwin	71:17
9th	Deborah Goodwin	73:48
10th	Janette McHendry	84:46
11th	Elizabeth Elliott	102:05

Novice

1st	Isaac Hunter	19:07
2nd	Daisy Rennie	20:33
3rd	George Rennie	20:37
4th	Myrtle Ashworth	20:47
5th	Ruth Carter	24:57
6th	Matthew Smith-Jackson	31:01
7th	Sophie Smith-Jackson	31:08
8th	Debbie Watson	31:49