



Upcoming Fixtures....

THIS WEEK Thur 29 November, Fangs Brow. Long, short and easy courses. Easy terrain for those trying some orienteering in the dark. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 6 December, Rannerdale. Long, short and easy courses. Definitely more of a challenge on this area. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 13 December, Low Rigg. Long, short and easy courses. Definitely more of a challenge on this area. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 20 December, Cockermouth. Starting from Cockermouth School. Festive event to raise funds for the juniors. Cost £3.50/£2. Starts 5.45 to 7.15pm

World Schools 2019

Many congratulations to Rosie Spencer and Issy Sunley who have been selected to represent England at the World Schools Champs in Estonia next year. Four further juniors have been selected as reserves, Emma Crawford, Lily Regan, Oliver Heron-Southward and Charlie Rennie. Outstanding guys..... well done!

Leaps Galoppen - on the podium for.....

Simon Hunter (2,BR), Mike Harrison (3,BR), David Spencer (1,BL), Joe Hudd (2,BL). Ben Breeze (3,BL), Herbie Ashworth (1,GR), Caitlin Irving (2,GR), Catherine Wetherfield (1,ShG), Daisy Rennie (3,ShG), Danny Winterbottom (2,LtG), Hannah Birkinshaw (3,Or), Hiroki Holmes (3,Ye). Great Galoppen points. We'll find out if we have retained the Borrowdale Trophy shortly.

Xmas Coaching Special

Xmas fun coaching session. Usually involves novelty exercises and festive clothing. Details on the website. Book your place with Lynne, or reply to this EMAIL for details. Always great mirth and merriment.

Membership Renewal Time. Do it ONLINE.

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>

Leaps Galoppen

The last of the 2018 Galoppen Series was held at Leaps Beck at the weekend, with over 65 club members taking part. The courses were planned by Steve Birkinshaw with Michael Billinghamurst checking/controlling. Liz Elliott was the organiser with the Blue team providing the helpers on the day. Many thanks to everyone!

Keltonfell Top 22.11.2018

(Selection from the results.)

Long

1st	Charlie Rennie	26:55
2nd	Simon Hunter	26:56
3rd	David Spencer	27:52
4th	Joe Sunley	28:51
5th	Mike Harrison	28:59
6th	Jamie Rennie	30:28
7th	John Slater	30:50
8th	Niamh Hunter	30:56
9th	Joe Hudd	31:14
10th	Michael Billinghamurst	31:41
11th	Andrew Bradley	31:52
12th	Dan Parker	33:54
13th	Steven Breeze	34:00
14th	Jeff Goodwin	34:46

Short

1st	Roger Thomas	28:18
2nd	Roger Jackson	29:22
3rd	Lily Regan	31:31
4th	Sarah Taylor-Brown	32:58
5th	Ann Cummings	34:29
6th	Anne Burbidge	36:06
7th	Bob Dredge	36:23
8th	Deborah Goodwin	36:26
9th	Isaac Hunter	36:29
10th	Andrew Stevens	38:56
11th	Caitlin Pearson	38:57
12th	Jonathan Eaton	40:29
13th	Vanessa Brierley	40:30
14th	Sophie Crawford	43:41
15th	Alex Crawford	44:45
16th	Myrtle Ashworth	45:20

Novice

1st	Daisy Rennie	7:50
2nd	Tom Hope	7:51
3rd	Harry Woodall	8:50
4th	George Rennie	11:38
5th	Toby Heppell	14:20
6th	Sally Heppell	14:25
7th	Evie Humphries	16:55
8th	Emelia Humphries	17:35
9th	Dan Heppell	19:01