



Upcoming Fixtures....

THIS WEEK 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

Sat 22 December, Powter How. Festive fun event in this small piece of woodland next to Bass Lake. Festive event to raise funds for the juniors. Cost £3.50/£2. See website for details.

Welcome to New Members

Sam Stead (M21) from Keswick, Howard Seal (M45) from Cockermouth, Jenny Evans (W21) from Penrith, Caitlin Pearson (W21) from Eaglesfield, and the Heppell Family, Sally (W40), Daniel (M12) and Toby (M10).

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!

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>

Night Events

The early events so far in the series have been on straightforward areas. The venues from now on will involve more challenging terrain, but will have novice courses (Nighthawk for the seniors after Xmas) that will allow those with limited experience to enjoy the pleasures of running in the dark. Please keep in mind that the weather will change!!

Keltonfell Top 22.11.2018

(Selection from the results.)

Long		
1st	Matthew Vokes	30:26
2nd	Joe Sunley	36:49
3rd	Simon Hunter	36:51
4th	David Spencer	36:53
5th	Jamie Rennie	39:41
6th	Michael Billinghamurst	42:16
7th	Charlie Rennie	42:25
8th	Mike Harrison	42:37
9th	Niamh Hunter	44:28
10th	John Slater	45:16
11th	Sam Stead	49:42
12th	Alan Irving	50:02
13th	Dan Parker	50:06
14th	Steven Breeze	50:41
15th	Nick Moore	53:29
16th	Ange Jackson	54:29
17th	Karen Parker	60:39
Short		
1st	Caitlin Pearson	36:49
2nd	Clare Rodger	37:50
3rd	Stuart Crawford	39:35
4th	Richard Cummings	45:44
5th	Sarah Taylor-Brown	47:13
6th	Vanessa Brierley	47:31
7th=	Megan Gerrard	47:46
7th=	Emma Crawford	47:46
9th	Christine Kiddier	48:58
10th	Anna Brown	51:43
11th	Lindsey Ashworth	51:56
12th	Ann Cummings	52:57
13th	Isaac Hunter	53:40
14th	Penny Kingsland	53:52
15th	Elizabeth Elliott	56:11
16th	Colin Smith	56:15
Novice		
1st	Daisy Rennie	12:05
2nd	Ruth Carter	17:40
3rd	Edward Gerrard	23:47
4th	Tom Seanson	24:33
5th	Will Seanson	25:29