



- Upcoming Events—The first few Night events are in relatively easy areas suitable for those new to Night orienteering.
- 28/11/2019—Slate Fell
- 30/11/2019 - Chrimb-O
- 05/12/2019 - Stoneywath
- 12/12/2019 - Low & High Park (Loweswater)
- Night Series Safety
- Remember that the nights are drawing in and temperatures are dropping. Those taking part in the Night Series will need a head torch and should have appropriate clothing.

Christmas Coaching

14th December 10a.m.—12 noon (provisional times)

Whinlatter

Festive Frolics...more details soon.

Email Simon Hunter to confirm attendance.



More Christmas Events-(thanks to Dave Fenwick)

Sat 21st Dec -Powter How

1st January—Mawbray Dunes

(Reminder-Sun 22nd Dec-bag packing.)



Results—Bethacar Moor— Galoppen (Full results -www.lakeland-orienteering.org.uk)

Brown 8.5km 330m

Joe Hudd (5th); Steve Birkinshaw (11th); Jamie Rennie (13th); Andy Bradley (18th).

Blue 5.8km 250m

Daniel Spencer (EUOC) (2nd); Mike Billnghurst (3rd); John Slater (7th); Steve Holmes (10th); Jeff Goodwin (14th); Colin Valentine (18th).

Green 3.8km 170m

Wilf Teasdale (2nd); Daisy Rennie (5th); Issy Sunley (7th); Richard Cummings (14th).

Short Green 2.7km 100m

Catherine Wetherfield (3rd); James Birkinshaw (5th); Liz Elliott (15th); Richard Goodwin (16th); Gwen Rea (17th).

Light Green 2.9km 120m

Phil Blaylock (3rd); Daniel Heppell (6th); Sophie Crawford (12th); Isaac Hunter (13th).

Orange 2.2km 65m

Toby Heppell (2nd); George Rennie (7th); Hannah Birkinshaw (12th).

Also some good n/c runs on the Brown—Charlie Rennie (4th) (splitting Chris Smithard and Will Rigg); Joe Sunley (6th) and Niamh Hunter (EUOC)-(19th); first female finisher.

Night Series —Crag Hill (Eaglesfield) Results

Long -2.79km

1.	Joe Hudd	21:28
2.	Joe Sunley	22:37
3.	Simon Hunter	23:09
4.	Dan Roach	23:54
5.	Charlie Rennie	23:58
6.	Caitlin Irving	25:41
7.	John Slater	25:50
8.	Mike Harrison	25:56
9.	Ian Cumpsty	26:14
10.	Jamie Rennie	26:26
11.	Martin Skinner	27:00
12.	Alan Irving	27:35

Short—2.49km

1.	Emma Crawford	20:54
2.	Daisy Rennie	22:14
3.	Isabel Sunley	27:53
4.	Kevin Hodgson	28:23
5.	Myrtle Ashworth	30:49
6.	Daniel Heppell	33:05
7.	Bob Barnby	33:53
8.	Harry Woodall	35:18
9.	Richard Southward	35:38
10.	Alex Crawford	36:00

Novice-1.24km

1.	Hiroki Holmes	16:37
2.	George Rennie	19:36
3.	Daniel Woodbury	22:10

Twitter: You can follow @WCOC2014 and at www.wcoc.co.uk

Keep an eye on the Facebook page for Club goings-on!
West Cumberland Orienteering Club Facebook Page

Reminders

Edinburgh Big Weekend - Entry Fees increase on 1st Dec.
British Orienteering—memberships due by 13th December.