



West Cumberland Orienteering Club

WCOOC 50th Birthday celebrations continue in September with a special **Triple O event, based in Keswick.**

Based on a training exercise used by top international athletes; three events using three different styles of orienteering.

Are your technical skills up to the change from a Classic Long Distance course, to a Middle Distance Urban race to a fast and furious Sprint course?

Course	Distance	Starts	Course closing
Classic Long Distance	9km	1030-1230 hrs	1430hrs
Middle Distance Urban	5km	1030hrs- 1430hrs	1530hrs
Sprint	1.5km	1030 -1530hrs	1600hrs

You can choose how many of the three events you want to run; one, two or three, but note the closing times for each distance and make sure you start the courses with enough time to complete them. Of course, you can take a break between each course.

Starts/Assembly: Adjacent to Keswick Sports Centre/ Cycle Path GR 270 238.

Parking in car park or adjacent streets.

Entry on the day: Cost £6 BOF seniors or £8 non BOF members, Juniors £3.

SI dibbers can be hired at registration.

No dogs on courses. First Aid will be available at Download /Registration

Competitors take part at their own risk and are responsible for their own safety. In the event of bad weather a cagoule may be compulsory, the long course will visit fell top areas. You will be advised at registration if this is the case.

YOU MUST DOWNLOAD even if you retire.