



## Upcoming Fixtures....

**THIS WEEK** **Thur 7 November, Slate Fell, nr Cockermouth.** This is the first event of the Night Series. Three courses, long, short and novice. Easy terrain for a first go. Starts from 6.15 to 7pm. Cost £3/£1.50. See the website for parking etc.

**NEXT WEEK** **Thur 14 November, Woodhall Park, nr Cockermouth.** This is the second event of the Night Series. Three courses, long, short and novice. Easy terrain for a first go. Starts from 6.15 to 7pm. Cost £3/£1.50. See the website for parking etc.

### Coaching Session

The next WCOC coaching session will be on 9<sup>th</sup> November at Whinlatter, from 10am to 12 noon. We will be using the classroom behind the Visitor Centre. Please let Lynne know (or reply to this email) by Tuesday 5<sup>th</sup>!! The session is open to all and will have exercises to test and improve your O skills.

### New Feather Design

Fancy designing a new feather for the club. We would like a shorter and more manoeuvrable feather for use on Thursday evenings and at coaching sessions. It should be bright and bold, and incorporating the club logo. We would like it to clearly direct people to the 'action'!! More than one feather could identify registration/start etc.

### Orient8 starts this week

Four sessions are being planned before Xmas, 5, 12, 19 and 26 November. Times 6.50 to 8pm at Brigham School. The sessions are aimed at younger juniors but adults are most welcome. The sessions will develop the various map and navigation skills needed for successful orienteering.

There will be a further four sessions after Xmas. If you would like to be involved in the delivering of these sessions then please contact Lynne Thomas or reply to this email.

There will be a level one coaching course soon for anyone interested in the development of the club and the sport. We need to keep our junior section growing and talented!!

### Night Events

The winter series of night events is about to start. The early venues in the series are on easier terrain. They are an ideal opportunity to develop your navigation and map reading skills. Get a good head torch and have a go. They are such good fun! Keep an eye on weather conditions and dress appropriately. The ground can be very wet.... footwear!! Personal safety should be considered.... it is advised you carry a whistle and a cagoule. Please be back at DOWNLOAD by 8.30pm. The planner will have to collect the controls in after you are all back. Arrive for an early start if you are likely to be out for awhile!

**Enjoy the challenge.**

### Subberthwaite 3.11.13

(Selection from results.)

Brown

6th	David Spencer	69:19
9th	John Slater	72:39
11th	Colin Valentine	73:40
14th	Mike Harrison	78:04

Blue

3rd	Michael Billingham	53:29
4th	Alastair Thomas	54:15
13th	Howard Leslie	62:46
14th	Kate Charles	63:03

Green

4th	Daniel Spencer	33:11
6th=	Katherine Lowles	37:06
9th	Tony Duncan	38:18
10th	Roger Thomas	38:37
13th	Richard Cummings	41:04

Short Green

2nd	Louise Hagan	38:22
Light Green		
3rd	Niamh Hunter	43:17
17th	Jane Hunter	113:25

Orange

2nd	Rosie Spencer	24:04
5th	Henry Teasdale	27:36
9th	Carys Thomas	38:21

Yellow

8th	Wilfrid Teasdale	31:14
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Keep an eye on the Facebook page for Club goings-on!

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>