



## Upcoming Fixtures....

**THIS WEEK Thur 30 October, Whinlatter.** The Annual Spook-O around the path network at Whinlatter. A series of spooky sites which have been dressed by club members. Starts at 6.30pm (when it gets dark!).

**Thur 4 November, Mirehouse.** The first event of the winter night series. Parking on the minor road at GR NY230293. Three courses, long, short and novice. Cost £3/£1.50, with starts from 5.45pm so long as it is dark enough!! Some quite tricky orienteering on parkland next to Bassenthwaite Lake.

### Park Runs

There are two venues, locally, where you can run 5km on a Saturday morning on a regular basis. Workington (71 runs to date) and Keswick (30 runs to date). Register online with [www.parkrun.org.uk](http://www.parkrun.org.uk) and use the runs to maintain your fitness, and measure your improvements in run time over the winter period. There are hundreds of venues every week, so you can attend when you visit relatives! Quite a few members regularly take part.

### Night Events are starting soon!

The early events will be on easy terrain, giving you the opportunity to test the water if you haven't done them before. A good head torch is needed and adequate clothing for the conditions on the night. The first one will be at Mirehouse on the side of Derwentwater. There will be long, short and a novice course. The events are really good at making you concentrate on the map, looking for the features as you navigate round the course. Your O skills will definitely improve. Give it a go!!

### Orient8 sessions

These are a set of four sessions being planned for older juniors taking place at Cockermouth School. The next session is this Tuesday evening, 4<sup>th</sup> November, 6.30pm to 8pm. They are perfect for juniors wishing to learn the skills of the sport.

**Twitter.** You can follow @WCOC2014

### Helping out

Thanks to all the planners who have offered their help for the night series; looks like a great series of events! The club also has plans for a Sunday series of monthly introductory events over the winter; Club Chase; Spring series of informal park races. Speak to Mike Harrison if you would like to offer your help. Thanks.

### Copeland Chase

9th November 2014  
Loweswater Fells (parking at Leaps)  
20k, 15k and 10k courses  
Hot drinks and cakes at the finish  
Starts 0900-1100  
Entries preferred on BO or FRA entry forms (with cheque to WCOC) to:  
4 Kirkland Rd, Ennerdale, Cleator, CA23 3AZ  
£9 (£2 reduction for BO members)  
This is a great area with wonderful views and good running. A great addition to the Long-O calendar.

The AGM was held last week with a well attended meeting at The Kirkstile. John Taylor (Chair) reported on a very active year and agreed to stand for another (and his third) year. Others elected at the meeting: Mike Harrison (Vice Chair), Lesley Wornham (Secretary), Roger Jackson (Treasurer), Jon Eaton, Steve Breeze, Ian Lowles, Graham Watson, David Spencer. There is a position for junior rep (with thanks to Kate Skinner who steps down). The proposal for a £0 fee for WCOC membership was passed. This will make joining the club/sport easier, as there will only be one fee to pay (£5 per adult or £2 per junior for British Orienteering membership).

Keep an eye on the Facebook page for Club going-on!

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