



*West Cumberland Orienteering Club*

**Week 45**

**3 November 2014**



## Upcoming Fixtures....

**THIS WEEK Thur 6 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.

**Thur 13 November, Crag Hills, Eaglesfield.** The second event of the winter night series. Parking on the minor road at GR NY095273. 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 rough grazing fields with limestone outcrops.

### Tarn Hows Galoppen

The latest Galoppen was held on Tarn Hows near Hawkshead with over 300 attending. Some great results for WCOC!! Alastair Thomas had a decisive 9 minute clear lead on the Blue, with David Spencer in third.

Daniel Spencer was second on Green. Richard Wren was third on Brown, Catherine Wetherfield third on Short Green. A great win for Henry Teasdale on Orange with Caitlin Irving close behind in second.

Rosie Spencer was fourth on Light Green.

The club got a strong showing of Galoppen points for the defence of the Borrowdale Trophy. Just one more Galoppen to go, Bleaberry Fell, to get your five counting scores completed.

### 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 Bassenthwaite. 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!!

**Twitter.** You can follow @WCOC2014

### 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.

### 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.

### Advertising Our Events

There are A5 fliers advertising our night series available for you to post at work or on a noticeboard you pass daily. Please take one if you know of somewhere to display them. Ian Lowles has spare copies to pass on to you.

### 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.

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

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