



Upcoming Fixtures....

THIS WEEK Thur 1 October, Vulcan Park, Workington. Fifth of the Autumn Series. Small park and urban in the centre of Workington. Two courses to suit all abilities. See website for details.

Thur 8 October, Allonby. Sixth of the Autumn Series. Lovely area on the Solway Coast at Allonby. Two courses to suit all abilities. See website for details.

November 1, Whinlatter. Cumbrian Galoppen event with a newly updated map of the area. **DATE** has changed. Usual courses, brown to yellow, suitable for all abilities. White Team are organising this Galoppen.

Pie & Pea supper on Oct 15, Keswick

This will be held in 'King Kong' after an urban event. Bookings are being co-ordinated by Catherine Wetherfield. Always a good night!

Club gear

Steve Telord is planning to bring club O-gear along to the Vulcan Park event in Workington this coming Thursday evening. You can try on O tops etc (if you're not sure of sizing and fit) and find what suits you best, and then buy.



Night Series

The venues for the Winter Night series are being organised at the moment. Mike Harrison has all the details and would welcome offers of help with the events. For the Night Series, plan one event and you get fifteen or so others to compete in!

There are still some dates and venues to be filled. Thanks to all planners who have stepped forward so far. The series looks very exciting so far.

Annual General Meeting (AGM)

This will be held on October 22. If you would like to offer your services and help to the club's activities, please consider joining the committee. We are a very active club and rely on the input from a large band of volunteers to make it tick. Have you got a topic you would like discussed at the AGM? Have it included on the agenda.

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

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

Junior Inter-regionals

These were held at the weekend and hosted by WCH. SOA were very clear winners (499), with NWOA runners-up (407). Many WCOC juniors were best placed NWOA performers in their age classes. Daniel, 4th M16, Alastair 5th M18, Carys 9th and Rosie 10th W14, Niamh 12th W16. Several others were running and performed well. In the relays NWOA men were 5th and NWOA women were 7th and 8th. Overall = relay + individual.

Cockshot Woods 24.9.15

(Selection from results.)

LONG

1st	Michael Billinghamurst	18:36
2nd	Niamh Hunter	19:35
3rd	John Slater	20:39
4th	Jeff Goodwin	20:45
5th	Matthew Blackley	20:55
6th	Steven Breeze	20:58
7th	Roger Jackson	21:17
8th	Joseph Sunley	21:24
9th	Katherine Lowles	21:52
10th	Ben Breeze	22:00
11th	Ben Goodwin	22:22
12th	Kevin Hodgson	22:26
13th	Graham Watson	23:03
14th	Stuart Parker	23:04
15th	Rosie Spencer	23:22
16th	Thomas Woolley	23:54
17th=	David Spencer	24:01
17th=	Chris Pollitt	24:01
19th	Lynne Thomas	24:46
20th	David Downes	24:55
21st	Michael Pearson	25:02
22nd	Joe Greenwood	25:03
23rd	Kate Charles	25:49
24th	Ian Teasdale	25:56

SHORT

1st	Lily Regan	11:42
2nd	John Eldred	13:45
3rd	Ellen Lister	14:19
4th	Isobel Greenwood	14:24
5th	Wilfrid Teasdale	14:31
6th	Ellie Douglas	14:41
7th	Emily Heron-Southward	14:59
8th	Isabel Sunley	15:09
9th=	Alice Kemp	18:14
9th=	Katie Ray	18:14