



Upcoming Fixtures....

THIS WEEK **Thur 27 September, Harris Park, Cockermouth.** Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Sun 30 September, Workington BikeO. Check out the website for details of this one; quite similar to the ABC series.

Thur 4 October, Curwen Park, Workington. Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 11 October, Fitz Park, Keswick. Long & short courses with winning times of 15 minutes or so. Social 'do' following event. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Coaching Sessions

Lynne Thomas has organised several sessions over the coming months. Sun, 14th October at Derwent Hill, Portinscale for Beginners to Progressers. Sat 10th November, at Dale Park, near Grizedale, for Advanced. Christmas 'do' on Sat 15th December, everyone welcome. There is fitness training every Tuesday, so just turn up. Details are on the website. Please let Lynne know if you want to go to any of the three sessions above (by the Tuesday before the session), so maps & coaches can be organised.



SpookO at Whinlatter

The juniors will once again be involved with the SpookO this year, on Thursday 25th October. Adults are more than welcome to help create a 'spooky' control site. Reply to this EMAIL if you are interested. It's a great event for young families and usually attracts a couple of hundred people.

Twitter. You can follow @WCOC2014

AGM 2018

This year's AGM will be held at Wild Zucchini, Cockermouth 7 pm on Thursday 18th October. Please can any nominations and proposals be sent to The secretary, Lesley by 20th September. The 2017 minutes and Officer's reports will be on the website shortly.

New members

Welcome to several new members. Danny Winterbottom (M12) and Harry Woodall (M12) both from the Cockermouth area. Also Nick & Janet Evans who have moved up to the area from NOC.

Silloth 20.09.2018

(Selection from the results.)

Long

1st	Zac Hudd	23:07
2nd	Joe Sunley	24:14
3rd	Charlie Rennie	24:50
4th	Jamie Rennie	25:19
5th	Joe Hudd	25:41
6th	Niamh Hunter	26:38
7th	Ben Goodwin	26:49
8th	David Spencer	26:53
9th	Alan Irving	29:30
10th	Jeff Goodwin	29:40
11th	Pete Nelson	30:22
12th	Steve Breeze	30:30
13th	Chris Emerson	31:36
14th	Lily Regan	32:30
15th	Roger Thomas	32:55
16th	Carol Edwards	34:03
17th	Roger Jackson	34:18
18th	Nick Moore	35:00
19th	Ian Teasdale	35:22
20th	Chris Regan	38:06
21st	Richard Southward	38:38
22nd	Vanessa Brierley	41:11
23rd	Danny Winterbottom	42:47
24th	Janette McHendry	46:12
25th	Malcolm Ruckledge	46:40

Short

1st	Peter Hudd	18:32
2nd	Daisy Rennie	20:00
3rd	Harry Woodall	29:04
4th	Isaac Hunter	29:28
5th	Ruth Carter	33:15
6th	George Rennie	35:34
7th	Sofia Savelio	49:12

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

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