



Upcoming Events—Please note event details have changed from last week. The first few Night events are in relatively easy areas suitable for those new to Night orienteering.

31/10/2019—Camerton Church— Novice, Short and Long courses available.

3/11/2019—High Pike Gallop—open (BL)

7/11/2019—Fang’s Brow

14/11/2019— Caer Mote



Night Series Safety

Remember that the nights are drawing in and temperatures are dropping. Those taking part in the Night Series will need a head torch and should have appropriate clothing.

ONLINE ENTRIES CLOSE 5TH NOVEMBER

Copeland Chase—Long O

Sunday 10th November 2019

Kinniside Common—A return to less-visited fells , south-west of Ennerdale Water. Not used for a long O since 2015.

Available courses—1hr, 2hr,3hr, 4hr Score Courses.

Entries SiEntries—closing date Tuesday 5th November.

£8 Senior, £4 Junior (£2 supplement for non-BOF members). Si hire available. Very limited EOD.

A BIG WELL DONE TO EVERYONE INVOLVED IN ANOTHER SUCCESSFUL SPOOK O. THERE WERE MANY HAPPY (SCARED) CUSTOMERS AND A GREAT TOTAL OF £429 FOR JUNIOR FUNDS!

Twitter: You can follow @WCOC2014 and at www.wcoc.co.uk

Keep an eye on the Facebook page for Club goings-on! West Cumberland Orienteering Club Facebook Page

Coaching Day-URGENT– registration closes 31 October (Thursday)

Orienteering Foundation coaching, Haverthwaite – 23 November (10.00—15.00)

O Coaching day planned by Derek Allison in a high quality area. WCOC attendees led by coach Steve Breeze.

Level TD4 & 5

To promote coaching of adult orienteers who are often underserved and juniors.

Cost £8 (estimated to cover attendance and costs).

Depending on numbers transport may be organised (e.g. a mini bus at additional cost).

Contact Simon Hunter (cc Steve Breeze) for more info and to register attendance by 31 October 2019. (Please confirm if transport is required or if you can offer lifts).

52nd OMM—Larg. Coastal Scotland.

Elite - Steve Birkinshaw & Partner - 7th

Short Score - Lynne Thomas & Martin Skinner –15th



Compass Sport Cup– update on results

WCOC were a creditable 6th overall with 2198 points; 156 points behind Forth Valley in 1st.

There were 25 Club scorers. A great team effort!

Joe Hudd	100	Ben Goodwin	85
Daisy Rennie	100	Isaac Hunter	84
Niamh Hunter	98	Jamie Rennie	84
Caitlin Irving	98	Mike Billingham	84
Isabel Sunley	96	Lynne Thomas	84
Joe Sunley	94	Carys Thomas	82
Liz Elliott	94	Alan Irving	82
Alastair Thomas	94	Jess Breeze	78
Simon Hunter	92	C. Wetherfield	78
Wilf Teasdale	92	Ange Jackson	77
Matt Vokes	91	Ray Johnstone	75
Mike Pearsom	91	Helen Rennie	65
Joe Goodwin	91		

(Full results at www.mvoc.org)