



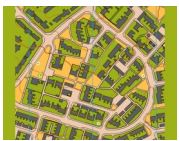
Cockermouth - Thanks to Dan Heppell for planning last week's event around the streets of Cockermouth. On the 4km Long course, Jamie Rennie took the win in 27:33, a mere second ahead of Phil Winskill in 2nd, and Simon Hunter was 3rd in 30:35. The rest of the top ten was made up of Dan Roach 4th, Ben Breeze 5th, Emma Crawford 6th (1st lady), Simon Woodbury 7th, Daisy Rennie 8th (2nd lady), Steve Holmes 9th and David Wilson 10th. Issy Sunley was 3rd lady.



On the 3.5km Short course Danny Winterbottom took the win in 23:34, Isaac Hunter was 2nd in 24:43, and Toby Heppell was 3rd in 26:06. The rest of the top ten was made up of Myrtle Ashworth 4th, Ruth Walker 5th, Pete Winterbottom 6th, Eva Humphreys 7th, Mille McLoughlin 8th, Charlotte Hewitson (IND) 9th, and Sophie Crawford 10th.

On the Novice course, Hiroki Holmes took the win, with Wilf Clarkson in 2nd, Sola Holmes 3rd, Stephanie Stein 4th, Jessica Stephens 5th, Anna Hornakova 6th and Rowan Stephens 7th. (Full results are on the WCO website.)

This Week - NB the change of venue for this week's event - It is now taking place in Hensingham, Whitehaven. - Please



note the details on the WCO website, especially relating to location and parking. Terrain will be mostly roads and surfaced paths, with some grassland. Under 16s **MUST** run the Short course.

As usual entries are open on Racesignup and they close on Tuesday at 23:59.

Upcoming Thursday night events.

06/10/2022 - Silloth

13/10/2022 - Derwent Hill (NB information regarding AGM, following this event.)

★ JIRCs Success -The Junior Inter-Regional Competition took place this weekend in Northern Ireland on the beautiful dunes of Tyrella, with the individual event yesterday and the relay today. Regional squads from England, Scotland, Wales and Northern Ireland field teams in M/W14, M/W16 and M/W18, with the first two finishers counting in each class in the individual event. WCO had 5 Juniors selected to run for the North-West Junior Squad Team, Toby Heppell and Sophie Crawford (M/W14), Dan Heppell and Daisy Rennie (M/W16) and Issy Sunley W18. Toby finished 3rd, Sophie was 5th, Dan was 4th, Daisy was 5th and Issy was 3rd. After the first day NWJS lay 3rd behind the Yorkshire and Humber-side Squad and the Scotland Junior Squad. After solid runs in the relay, with the all-WCO girls' team of Daisy, Sophie and Issy finishing 4th, NWJS maintained their 3rd place - a well-earned podium finish. Well done to all squad runners and thanks to the organisers for enabling the juniors to take part. (Scotland took the win).



ANNOUNCEMENT ABOUT AGM 2022 -This year's AGM will follow the relay event at Derwent Hill and be held at Portinscale Village Hall at 7 pm. You are welcome to attend whether or not you attend the relay event.

The relay will be a fun team event, with short courses so all can be finished in time to attend the AGM/social. Teams of 2 people will complete a 4-lap relay (2 laps each). Entries as usual on Racesignup nearer the time. Pairings will be organised by the planner. Following the event, there will be a short meeting to complete the formal business of the AGM which will be followed by a steak pie, pea and gravy meal (vegetarian cheese and onion pie available). After this the WCO juniors will be doing a talk and presentation about their trip to Norway.

Please inform the Secretary if you have any proposals to be raised at the AGM.

There is no cost for the food but we will need to know numbers for the catering, so please let the Secretary Paul Tickner or Social Secretary Lesley Wornham know by **Thursday 6th October** if you are able to attend. Paultickner13@gmail.com Lesley.wornham@gmail.com

Harter Fell Galoppen (LOC)- Thanks to our neighbours LOC for organising the most recent Galoppen and well done to all Club



members who took part. On the 7.8km Brown course, Steve Birkinshaw took 2nd, Wilf Teasdale 4th, Jamie Rennie 10th and Steve Breeze 15th.

On the 5.5km Blue course, Alan Irving was 6th, Howard Leslie 8th, Roger Thomas 12th, Dave Downes 16th and Simon Thomas 17th.

On the 3.6km Green course, Richard Cummings was 3rd, Ann Cummings 7th, Bob Barnby 9th, Anne Burbidge 12th, Deborah Goodwin 20th, Ian Teasdale 21st, Helen Rennie 26th, Eva Humphreys 33rd, and Paul Tickner 41st.

On the 3.12 km Short Green course, Catherine Wetherfield was 7th, Liz Elliott 8th and Gwen Rea 12th, and Richard Goodwin was 4th on the 2.66km Very Short Green course. (Full results are available on the LOC website).

Next Galoppen - 23/10/2022 - Faulds Brow (BL) - Details to follow.



Junior European Cup 1-3 October 2022



Good luck to our Club juniors, Emma Crawford, Joe Hudd and Joe Sunley who are running for GB in the upcoming JEC, which takes place this weekend in Blankenburg in Germany, and involves a sprint race, long distance race and a relay.

Wishing you all the best of luck!



New Club O Tops for 2022

The Club plans to place an order for new O Tops opting to return to Trimtex following a number expressing a preference. The aim is to place an order by mid October so that the new tops should arrive for Christmas. The main Trimtex model being ordered is their Trail Shirt (the model replacing the old Club model) but there is also an option of a full Mesh Top (links to both below):

<https://trimtex.eu/en/products/men/orienteering/shirts/trail-shirt-men%27s/VL21-0348-19.html#start=1>

<https://trimtex.eu/en/products/men/orienteering/shirts/basic-mesh-o-shirt/VL21-0353-19.html#start=1>

Examples of the new styles (in Fredrikstad Skiklubb colours) are being modelled by juniors at Thursday events and will also be available to view at the October social. The design will be similar to the previous WCOC Trimtex O top (as illustrated below) with prices TBC but similar to those previously set by the Club.

More details and an order form should follow soon.

Come and Try - Orienteering for beginners to improvers, ideal for families

Date & Time - Saturday 15th of October, Starts at 2pm. Venue - Bridekirk

Come and try orienteering in fields just outside Cockermouth - the area is grassy with some small craggy outcrops and areas of trees but it could be muddy in places if wet. Courses will be planned for beginners including those new to orienteering and for those who have tried before in school or the park.

Some slightly more difficult courses will be available for those who want a bit more of a challenge.

Equipment needed - Shoes to run or walk in fields + a waterproof coat and warm clothes (in case of poor weather). All Orienteering equipment will be provided.

Coaching will be available.

Parking - TBC Cost- FREE

Entries - Entries on the Day (Just turn up), but if you know you are coming then it would be helpful if you would let us know.

Additional info - to follow or email the WCOC Lead Coach (email address on the WCOC Website Contact page) or Message via the FB page.



Message from Scott Ashworth re JK 2023 (which is in the lakes)

JK23! The region are urgently trying to recruit a Safety Officer to oversee this key role across all 4 days of the event. If anyone is interested let me know. Also wanted: Non SI kit coordinator. Further details available from Scott