



Silloth Dunes - Thanks to John Taylor for last week's event at Silloth. On the 2.87km Long course, there were joint winners, with Isaac Hunter and Lewis Taylor completing the course in the identical time of 24:17. Simon Hunter was 3rd in 26:05. The rest of the top ten was made up of Wilf Teasdale 4th, Emma Crawford 5th (1st woman), Daisy Rennie 6th (2nd woman), Dan Heppell 7th, Dan Spencer 8th, Sophie Crawford 9th (3rd woman) and Mike Billingham 10th.

On the 1.72km Short course, Richard Cummings took the win in 25:54, Ian Teasdale was 2nd in 29:30, and Liz Elliott was 3rd (1st woman) in 33:40. The remainder of the top ten was made up of Margaret MacKenzie 4th, Malcolm Ruckledge 5th, Sarah Underwood 6th, Paul Tickner 7th, Ivor Norman (BL) 8th, Beatrix Gorrill 9th and Gerri Burgess 10th. (There was no novice course this week. Full results can be viewed on the WCOC website,)

**THIS WEEK - There is a special pre-AGM relay at Derwent Hill. Please enter via Racesignup as usual and the organiser will allocate the teams. The relay is for teams of 2 who will have to complete 4 short laps.**



**START prompt at 5.30pm. Please see the website for parking etc. (AGM 7pm in the Village Hall)**

**REMINDER IF YOU HAVEN'T ALREADY OFFERED - URGENT HELP NEEDED - We are almost at the end of the Autumn series and are now looking ahead to the Winter series. The events up to Christmas tend to be in easier (less technical areas), and after Christmas the areas become more challenging. As you will appreciate events cannot happen without people to organise them. The list of events is printed below and volunteers to organise the vacant events are needed asap, especially the early ones. The ones before Christmas would suit less experienced or new planners, and there is lots of help available from more experienced members. If you**

<b>can help, please let Mike Billingham know.</b>		22/12/22	Elva Hill
03/11/22	High & Low Parks	05/01/23	Wood House/ Crummock
10/11/22	Bridekirk or Wood Hall (Taken)	12/01/23	Swarth Fell (Taken)
17/11/22	Longlands Lake	19/01/23	Threlkeld Com- mon (Taken)
24/11/22	Fangs Brow (permission??)	26/01/23	Sale Fell
01/12/22	Low Rigg	02/02/23	Flat Fell
08/12/22	Slate Fell	09/02/23	Setmurthy
15/12/22	Keltonfell Top	16/02/23	High Doat
		23/02/23	Scale Hill

**ADULT IMPROVERS COACHING THURSDAY 20TH OCTOBER. (FROM SIMON HUNTER)**

As we have no event I intend to hold a short pre-night series coached session for improvers in Setmurthy woods. There will be a few shorter courses (aiming to stay in white woods), including some just on line features, to allow practice without the stress of an event. Sunset is just after 6pm so a head torch will be essential even before that time under the trees. Do as much or as little as you like.

Location: Setmurthy (South side), Parking in the layby on the Cockermouth to Higham Hall road near the turn to the golf club (~NY167313, W3W: bandages,bradcast,formless). The start will be on the path 50m due north into the woods.

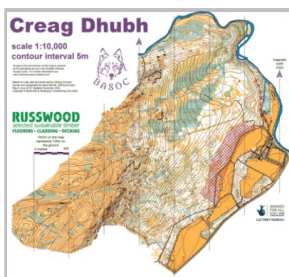
Time: 5:30 until ~6:30 (but may be flexible at either end if the timing doesn't work)

Entry: Free. EOD but please contact me to confirm who I'm expecting and what time (including an emergency contact).

Contact: Lead coach - address on the club websites contact page ( <http://www.wcoc.co.uk/contacts> )

## Junior Home International News

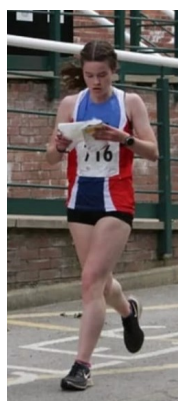
Well done to the Club juniors, Daisy Rennie, Toby Heppell, Emma Crawford and Issy Sunley, who along with other juniors competed for England in the JHIs, against Scotland, Ireland and Wales. The competition took place in the Cairngorms - home turf for the Scottish team, so taking the win was always going to be a tough ask. However, strong relay results at



Loch Vaa meant that England went into the individual day with a narrow lead of 4 points over Scotland so there was all to play for. The individual event took place in the technically difficult area of Creag Dhubh (which may be familiar to some of you from the Scottish 6 Days last year). Unfortunately for the England Team, Scotland took full advantage of their local knowledge and recorded some strong performances, eventually taking win with 83 points over England's 70 points. The Club juniors all performed well for their country. Toby was in the relay team that placed 3rd, and finished 3rd in the individual event. Issy was in the 5th placed relay team and Daisy and Emma just behind in the 6th placed team. Issy was also a

counter on the individual day, finishing in 4th.

Well done to all the WCOC juniors who put in very solid performances, and gained more valuable experience competing at a national level.



## 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.

## IMPORTANT UPDATE

**To aid members Trail Shirts and Mesh Tops will be available to view at the club AGM / Social on Thursday, and it is hoped that you will be able to place an order on the night.**

## Spook-O 2022 - Thursday 27th October (Half-term week).



It's the time of year again for Spook-O. As usual the event will be held at Whinlatter, and as well as a very fun and popular event, it is a great fundraiser for ongoing junior activities.

We have 7 sites that need to be dressed and manned. Please ask your juniors (or anyone else) if they would like to do a Spooky Control, and scare people in the forest. Let Janette know asap if you can help (email [janette@jossy.co.uk](mailto:janette@jossy.co.uk)), and which site you would prefer. Even if you cannot be there (or cannot stay all evening) but can provide props, carved pumpkins, spooky cakes, or any other help then please do get in touch. (Many hands make light work.)



