



Derwent Hill 'fun' Relay

Thank you to Joe Sunley for organising this pre-AGM event which involved teams of two (allocated by Joe) completing 4 short routes as a relay. The father and daughter duo of Stuart Crawford and Emma Crawford took the win in a total time of 32:20, but the all-female team of Daisy Rennie and Caitlin Pearson were only 30 seconds behind in 2nd. Andy Bradley and Danny Winterbottom were 3rd in 34:35. The rest of the top ten was made up of George Rennie and Nick Evans 4th, Isaac Hunter and Lily Clarkson 5th, Carl Humphreys and Simon Hunter 6th, Alan Irving and Simon Thomas 7th, Wilf Teasdale and Beatrix Gorrill 8th, Lynne Thomas and John Taylor 9th, and Nicholas Moore and Jeff Powell Davies 10th. (Full results are on the website).

The AGM was a great success. Thanks to everyone who attended, and especially those juniors Daisy Rennie, Emma Crawford and Issy Sunley, who gave a lovely, interesting presentation about their Summer training trip to Norway with the NWJS.

And many thanks to Lesley Wornham for organising the venue and the delicious pie and peas from Lindsay's.

REMINDER - THERE IS NO THURSDAY NIGHT EVENT THIS WEEK. (NB There is some coaching for adult improvers -see below).

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>)

Night Series

Some reminders - it will be dark so you will need a decent headtorch, and the weather will be getting colder so please make sure you dress appropriately for the conditions and you are advised to carry a whistle. You are likely to be a bit slower in the dark so choose your course carefully to ensure you are back before the courses close. The events before Christmas tend to be on easier areas so are suitable for those new to night orienteering or those with limited experience. The events after Christmas tend to be in more technically challenging areas so may not be suitable for novices. (Some weeks there may be a Night Hawk course which will usually be on paths but a bit longer than the usual novice course). Check the details on the WCOC website and seek advice if you are unsure whether an event is suitable for you.

Upcoming Night Events -

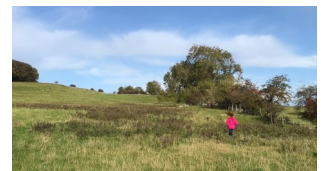
03/11/22 - High and Low Parks; 10/11/22 - Bridekirk or Wood Hall; 17/11/22 - Lomglads Lake; 24/11/22 - Fangs Brow (TBC).

We now have volunteer planners for all events apart from the last one at Scale Hill on 23/02/23. Thank you to those who have already offered to help.

Come and Try Event Bridekirk. Thank you to David Spencer (and his merry helpers) for organising and running a taster session for new orienteers in Bridekirk at the weekend.



We had over 30 people who turned up and enjoyed the sunshine - fortunately the heavy rain finished at 2 and didn't start again 'til after 4. Great to see lots of new faces - and a good mix of children and adults too.



Keep an eye out on the WCOC website under 'Events', and on the West Cumberland Orienteering Facebook page for details of future events and coaching opportunities.

Faulds Brow Galoppen (BL) Sunday 25th October 2022



The next Cumbrian Galoppen is fast approaching so please get those entries in. Entries are via SiEntries and close at **23:59 on Wed 19th October**. There are the usual range of courses available, with a Yellow course for novices, and young juniors. Pre-entry is required for all courses (except for yellow and orange where there is limited entry on the day depending on map availability). All details are available on the Borderliners Orienteering website.



New Club O Tops for 2022



Orders for club tops should be sent to Jon Eaton by email confirming the style of top you want and your size. Please get them in asap, especially if you want them for Christmas. (Jon's email is Jon.Eaton@outlook.com)

URGENT HELP PLEASE -Spook-O 2022 - Thursday 27th October (Half-term week).



It's the time of year again for Spook-O. It is great to see the posters advertising this year's event around the Whinlatter Visitor's Centre. It is a much-loved, popular and fun event and also a vital fundraiser for ongoing junior activities.

We have 7 sites that need to be dressed and manned, and currently there are still 4 controls without a volunteer.

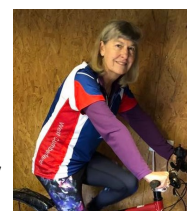
Please can anyone who is willing to do a Spooky Control, and scare people in the forest, contact Janette asap (email janette@jossy.co.uk), and she will explain what is needed and which sites are available.

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).



Thank You

A very big thank you to Lesley Wornham who for many years has served on the Committee as secretary and organiser of many socials (most recently the AGM), which are a great way to get to know your fellow club mates and to forge new friendships. Lesley has now stood down from the Committee and her role as social secretary.



If anyone out there would be willing to take on the role of social secretary please make yourself known. The Club usually has a couple of socials a year so it is not a huge commitment but it is a very important one.