



Night Series - Starts this week.

High and Low Parks -03/11/22

Entries are open on Racesignup and close on Tuesday at 23:59

Parking and registration is at the Scale Hill NT car park (GR NY149215, post code CA13 9UY, W3W fortunate.nightfall.shaves),

Easy course ~2 km, start/finish adjacent to parking and will stick to the tracks in the woods down to Crummock Water.

Short (~3.2 km) and Long (~4.2 km). The start is past the Crummock pump house at NY 1508 2035, which is ~1.2 km from registration around the lake. Please allow enough time for a 15-20 min walk from the car park. The finish is adjacent to the parking.

The course starts off on the open fast running grass and lakeshore of High Park before going into the woods at the base of Melbreak, and finally back along the lake and through the woods to the finish at Scale Hill car park.

Starts from 17:30 to 19:00. Registration open 17:15 to 18:45. Courses close at 20:00 – **all runners must be back at registration by this time (or you will be assumed to be missing).**

Remember you will need a headtorch (+a spare torch or batteries), and appropriate dress for the weather.

Upcoming Night Events -

10/11/22 - Bridekirk or Wood Hall; 17/11/22 - Longlands Lake; 24/11/22 - Fangs Brow (TBC).



Other Events - NB - Due to access issues the Latrigg/Greta Gorge Galoppen on 06/11/2022 has been postponed. The hope is to rearrange it to a date on December -watch this space!

27/11/22 - Copeland Chase -Long-O- Uldale Fells - Details to follow.

Orienteering - Come and Try it

WWW.WCOC.CO.UK/EVENT/COME-AND-TRY-COCKERMOUTH-SCHOOL



Saturday 5th November at 14:00. A chance for anyone to try orienteering with West Cumberland Orienteering Club. Aimed at beginners - all you need will be provided - just come dressed for the weather and the chance of some mud. Try it with a friend or family, walk or run, it's up to you. It's totally FREE! Visit www.WCOC.co.uk for more details. Perfect for the active outdoor family. <https://fb.me/e/248J2Gy26>

Forest JWOC 2022 Good luck to the British Junior Team who are competing this week in Portugal. The middle event takes place on Friday 4th November, with the Relay on Saturday, and the Long distance on Sunday. The area is described as having moderate to high climb, with large areas of bare rock - safe to say -it will be challenging. Coverage of the events is available.

For all details go to - jwoc2022.pt

Reminder New Club O Tops for 2022- Time is running out.

Orders for club tops should be sent to Jon Eaton by email confirming the style of top you want and your size. Sufficient orders have already been received to allow for an order to be placed for both the Trail shirt and the Mesh top- so the choice is yours! Please get orders in asap, especially if you want them for Christmas. (Jon's email is Jon.Eaton@outlook.com). **Deadline for orders - Sunday 6th**



November.

Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

Spook-O 2022-

Well done to everyone that helped with this year's Spook-O. Even though the weather was wet, around 100 visitors ventured around the spooky trail in Whinlatter. There were lots of fun scares along the way, spooky bakes and lots of positive feedback.

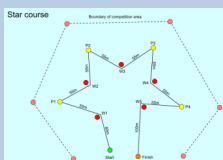


Well done everyone and special thanks to Janette for organising and coordinating the event.

The event raised over £330 which will be used to support future junior activities.



Underwater Orienteering -who knew it is actually a real thing. Maybe something to think about for a future Club event. According to Wikipedia -Underwater orienteering is an [underwater sport](#) that uses recreational [open circuit scuba diving](#) equipment and consists of a set of individual and team events conducted in both sheltered and open water testing the competitors' competency in [underwater navigation](#). The competition is principally concerned with the effectiveness of navigation technique used by competi-



tors to swim an underwater course following a route marked on a map prepared by the competition organisers, a compass and a counter meter to measure the distance covered. The sport was developed in the [Soviet Union](#) during the late 1950s and is played mainly in [Europe](#). It is known as *Orienteation Sub* in French and as *La Orientación Subacuática* in Spanish. Historically, the sport has also been known as *Technical Disciplines*. Has anyone out there tried it?