



Night Series - High and Low Parks-

Thank you to Mike Harrison for organising the first event of the Night Series which took place last week. Competition was tight on the popular 4.3km Long course , but the win went to Joe Sunley in a time of 29:34. Dan Heppell was 2nd in 29:39 and Isaac Hunter was 3rd in 31:00. The remainder of the top ten was made up of Ruben Razzetti 4th, Toby Heppell 5th, Daisy Rennie 6th (1st lady), Jamie Rennie 7th, Alan Irving 8th, Emma Crawford 9th (2nd lady) and James Chapman 10th. Issy Sunley was 3rd lady.

On the 3.3km Short course, Sophie Crawford took the win in 29:15, Roger Thomas was 2nd in 31:31,, and Myrtle Ashworth was 3rd in 31:58. The rest of the top ten was Roger Jackson 4th, George Rennie 5th, Bob Dredge 6th. Kevin Hiodgson 7th, Bob Barnby 8th, Lily Clarkson 9th, and Margaret MacKenzie 10th. On the Novice course, Wilf Clarkson was 1st, Sola Holmes 2nd, Kyra Green 3rd and Hiroki Holmes 4th. Full results can be found on the WCOOC website.

This week's event is at Wood Hall Park on the outskirts of Cockermouth. It is another ideal event for those new to orienteering or night orienteering and a lovely safe area for families to have a go. All details are on the WCOOC website under Events. Remember you will need a headtorch and dress for muddy fields.

Entries open on Racesignup and close at 23:59 tomorrow. (See below how to enter.)

Upcoming Night Events -

17/11/22 - Longlands Lake; 24/11/22 - Fangs Brow (TBC); 01/12/2022 -Low Rigg; 08/12/2022 - Slate Fell

How to Enter

For WCOOC weekly events we use a system called Racesignup. You will need to visit <https://racesignup.co.uk> where you can set up your profile which will make the process of entering each week much quicker and easier. A link to event entry is included in the details of the event on the Club website. If you do not own a dibber, you can click a box on the entry system to confirm that you need to borrow/hire one. You can enter events without becoming a member of British Orienteering Federation (BOF) but if you intend to take part regularly you should consider BOF membership which will also allow you to become a member of our Club. (See details of BOF membership on page 2.)

There are many other local and national events. Entry methods can vary depending on the type of event and the system used by the organising Club. Other systems used are SiEntries and Fabian4. They all work along the same lines as Racesignup and details of method of entry are always given with the Event Details.

Other Events -

19/11/22 - Gelt Woods, Border Liners. Green, Short Green and Novice - **Entries close Wed 16th November (SiEntries).**

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

10/12/22 - Carlisle Parks (BL)



SHI Success

Congratulations to the England Team on their victory in this year's Senior Home International. England took a 5 point lead over Scotland in the Relay and after ending all square with Scotland in the individual event, the overall win was theirs. Well done to Issy and Joe Sunley on their selections and contributions to the win!

Twitter: You can follow @WCOOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.



New members information

If you have been enjoying Club events and have not yet joined the Club, this is how you do it. You should visit the British Orienteering Federation (BOF) Website on this link - <https://www.britishorienteering.org.uk/join>.

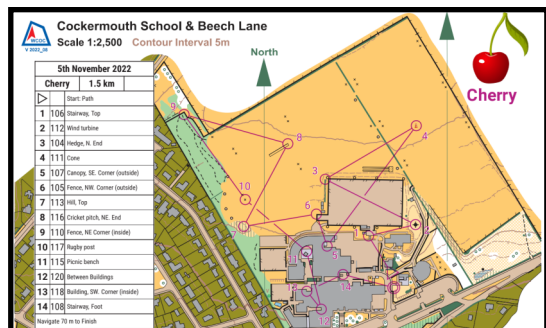
Entry fees are £15 for seniors and £5 for juniors. During the entry process you can confirm your choice of Club so select 'WCOC', and you will then be a member of the Club. There is no separate fee to join our Club.

Membership of BOF runs from 1st January to 31st December each year and membership brings various additional benefits - see below.

The benefits are:

- You will pay a reduced entry fee at most orienteering events
- You will be eligible to compete in major competitions such as the British Championships
- Your successes will be recognised through the 'Navigational Challenge' and 'Racing Challenge' incentive schemes
- You can access discounts from our partners a full list of discounts can be found on the BOF website.
- You will be able to score Ranking points at all Regional, National and Major Events (if you are 16 or over)
- You will have access to many resources in the members' section of the website
- You will have Public Liability Insurance when participating in events and activities registered with British Orienteering
- You will be able to receive the monthly member email newsletter
- You can vote at the British Orienteering Annual General Meeting.

Existing Club members should visit BOF to renew their memberships before the end of December.



Come and Try Event

Well done to Jamie and team on a successful Come and Try Event last Saturday.

Despite the wet weather at the start of the session over 40 people attended to try the fun and interesting courses around Cockermouth School.

Keep an eye out on the Club's website and FB page, and in the newsletter for details of similar events in the future and check out other Club and local events in the Events section of the Club website. There is nearly always a course suitable for novices.



(Sometimes called a Yellow course,)

