



Thanks to Pete Nelson for providing everyone with the excitement of a new area at Egremont last Thursday, and for the well-planned courses which provided a fun but challenging evening. On the long, 4.5km course, Jamie Rennie took the win in 30:49; with Keith Tomkin (BL) 2nd in 33:36, and Dan Roach 3rd in 35:50. The remainder of the top ten was made up of Daisy Rennie 4th (1st lady), Stuart Crawford 5th, Ryan Crellin 6th, Bob Dredge 7th, Helen Rennie 8th (2nd lady), Roger Thomas 9th and Kate Charles 10th (3rd lady). On the 2km Short course, Sophie Ctaford took the win in 15:27, with Eva Humphreys 2nd in 16:22, and Martin Skinner 3rd in 16:27. The remainder of the top ten was made up of Jon Eaton 4th, Liz Elliott 5th, Emily Brookes (IND) 6th, Chris Brookes (IND) 7th and Gerri Burgess (LOC) 8th.

This week's event - Curwen Park - Workington



This week's event takes place in the lovely Curwen Park in Workington. Please read the details on the WCOC website, especially in relation to parking. Neither course involves any road crossing apart from the track leading to the mill so juniors can run either course. NB the Long course will be a 'map memory' format, with instructions at the start. The mill stream MUST only be crossed using the mapped bridges and remember that the nights are drawing in so you should come prepared with your head torch! Entries open on Racesignup and close at 23:59 Tuesday.

AGM - 19/10/2023 (Incorporating - Relay and Social - a night not to be missed!)



Fitz Park event - For those who wish to run, the AGM will be preceded by a relay in Fitz Park, Keswick. This will be a two-person relay event, with teams completing a 4-leg relay (two laps each), with course lengths being approx. 2km, at roughly orange/TD3 standard. Teams will be assigned by the planner and posted on the website the day before. Mass start at 5.30pm - please be prompt! Entries via Racesignup - link will be uploaded soon.

AGM for Club members - This will take place at Portinscale Village Hall - start time 7pm. You are welcome to attend the AGM even if you do not do the relay. There will be a short meeting to complete the business of the AGM followed by a social. There will be a choice of steak pie, vegetarian cheese and onion pie or vegan sausage roll, with peas and gravy available. Food needs to be ordered no later than Saturday 14th October so please get your orders to Carl Humphreys asap - carlhumf@gmail.com, 07866948845). The food is free!

Please see the club website for AGM info/documents and if you have any proposals that you wish to raise at the meeting ensure that you notify Carl asap.



Message from Steve Birkinshaw who has taken over the role of Fixtures Secretary from Mike Billinghurst who the Club is very grateful to for doing the role for the last 5 years. We are looking for planners for the WCOC winter series of evening events shown below. Let me know if you can plan any of these events (steve.j.birkinshaw@gmail.com). As usual the pre-Christmas events are in easier and lower-lying areas. If you have never planned an event and are interested but a bit daunted about doing it

then let Steve know. We can arrange for you to do it with an experienced club member who can guide you through the whole process.

Date	Venue	Organiser/Planner	Date	Venue	Organiser/Planner
02/11/23	Camerton		04/01/24	Scale Hill	
09/11/23	Stoneywath	Pete Nelson	11/01/24	Leaps Beck	
16/11/23	High & Low Parks		18/01/24	Slate Fell	
23/11/23	Caer Mote		25/01/24	Mosser Fell	
30/11/23	Fangs Brow		01/02/24	High Rigg	
07/12/23	Longlands Lake		08/02/24	Rannerdale	
14/12/23	Whinlatter		15/02/24	Swarth Fell	
21/12/23	Low Rigg	Matthew Birkinshaw	22/02/24	Mawbray	



SPOOK-O THURSDAY 26TH OCTOBER

It's almost time for the scariest event in the WCOC calendar! The annual Spook-O event takes place in Whinlatter. The event is open to the general public and is a great fundraiser for the Club juniors. The course follows a spooky course through the forest, visiting Halloween-themed control sites. We still need more volun-



teers to man the control sites. You can let your imaginations flow, the scarier the better (but remember some of the visitors are quite young!). Witches, ghosts and ghouls are always popular! We still need at least 4 more volunteers to run controls. If you can help please contact Janette asap. (janette@jossy.co.uk). It is always an entertaining night!

Anyone who cannot attend but would like to help, there will be a cake stall, so donations of cakes will be



gratefully accepted as will any carved pumpkins which can be used to decorate the site, adding to the spooky ambiance! Please let Janette know asap if you can help in any way.



REMINDER - PLEASE LET ALAN KNOW ASAP OF YOU CAN ATTEND.

The Compass Sport Cup is the British Clubs Orienteering Championships started by CompassSport Founder Ned Paul in 1982. Clubs are categorised into small (Trophy - 13 scorers - started in 1988) and large (Cup - 25 scorers) clubs. The Competition consists of an initial round in Spring and a Final round in the autumn. Prizes are provided for by CompassSport. The Competition is administrated by a volunteer co-ordinator on behalf of CompassSport and the Orienteering Clubs of the UK for which the competition was set up to serve.

You have, hopefully, already received an email about this but just in case not, and as a reminder to let Alan know asap if you want to take part, here is the information from Jon's email again:

Back in March, an intrepid group of WCOC members journeyed to Beanley in Northumberland where they competed and won the North East CompassSport Cup heat (by a good margin). This has gained the Club entry to the CompassSport Cup Final, which this year is being held on 12th November at New Beechenhurst in the Forest of Dean, organised by BOK. This is a really good area and one that is worth travelling to. WCOC normally subsidises a proportion of the cost.



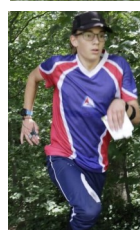
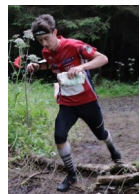
Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk

Also on FB—public and members' page.

Ward Junior Home Internationals - Well done to the England team in the Junior Home International which took place in Sutton Park, near Sutton Coldfield at the weekend, and special congratulations to the WCOC juniors, Daisy Rennie, Isaac Hunter, Dan Heppell and Ruben Razzetti, who helped England to a convincing win over Scotland.



In the individual races, Isaac was 3rd on M16, Daisy was 4th on W18, and Dan and Ruben were 4th, and 5th on M18. At the end of the first day, England held a narrow 5-point lead over Scotland, so there was all to play for going into the relays.



It is fair to say that England dominated the relays; in the women's race, England finished 1,2,3 and in the men's 1,3 and 4. Daisy had a great run on final leg to bring the England women's 3rd team back in 2nd place. Isaac had a solid run on 1st leg for Eng 2, coming back in 4th, but only seconds behind the runners in 2nd and 3rd, and his team eventually finished in 3rd. Ruben was last leg for Eng 4, gaining places to bring the team home in 4th, and Dan ran last leg for Eng 3, the team finishing in 7th - an impressive set of results!

England won both days, and finished with an emphatic victory, with a total of 135 points, with Scotland 2nd with 118, Ireland 3rd with 65 and Wales 4th with 33.

Well done everyone on a great team performance and special congratulations to Isaac and Dan on their England debuts.

Hardknott Galoppen - Thanks to LOC for organising the latest Galoppen event. Well done to all the WCOC members who took part and it is good to see so many WCOC students still enjoying their orienteering with EUOC!

On the Brown 8.94km, best placed WCOC member was Steve Birkinshaw in 8th (1st for Galoppen scores), with James Birkinshaw 9th, Andy Bradley 24th, and Simon Thomas 27th.

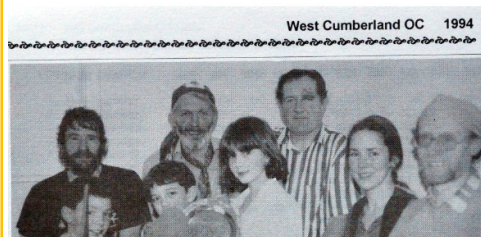
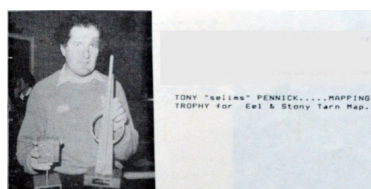
On 6.41km Blue course, Toby Heppell took the win, Simon Hunter was 3rd, Steve Holmes 6th, Mike Billingham 10th, Howard Leslie 11th, Martin Skinner 22nd, Kate Charles 24th, Steve Breeze 25th, Ange Jackson 29th, Matthew Birkinshaw 33rd, Dave Downes 34th, Nick Evans 37th, and Sally Heppell 38th.

On the 4.38km Green course, Lynne Thomas was 5th, Roger Thomas 6th, Sophie Crawford 12th, Sue Skinner 16th, Pete Nelson 18th, Kevin Hodgson 20th, Hannah Birkinshaw 26th, Janet Evans 27th, Deborah Goodwin 34th, Emma Moody 35th, Alex Crawford 36th, Paul Tickner 52nd, and Jon Eaton 55th.

On 3.25km Short Green course, Janette McHendry was 3rd, Kim Leslie 7th and Liz Elliott 9th. Richard Goodwin was 4th on Light Green, and on Orange, Sam Savage was 2nd, Catherine Wetherfield 7th, Ian Teasdale 8th, and Finn O'Donnell was 9th.

REMINDER - The next Galoppen is on **Sunday 22nd October - Aughtertree, near Caldbeck - BL event**. Provisional details are on the BL website. **Entries close Wed 18th October - get those entries in!**

Thanks to Mike Pearson for providing some memories of the recently departed Tony Pennick from the Club archives.



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

Also on FB—public and members' page.