



Thanks to Simon Thomas for Thursday's event in Curwen Park - hopefully those of you on the Long course enjoyed the added challenge of the map memory format!

10th.

On the 3km Long course, first place went to Isaac Hunter in 21:04, Jamie Rennie was 2nd in 21:53, and Stuart Crawford was 3rd in 25:52. The remainder of the top ten was Sophie Crawford, 4th (1st lady), Daisay Rennie 5th (2nd lady), George Rennie 6th, Mike Billingshurst 7th, John Ferris-Worth (BL) 8th, Alex Crawford 9th (3rd lady) and Roger Jackson

On the 2km Short course, Leena Madden took the win, with Hiroki Holmes was 2nd and Beatrix Gorrill was 3rd. The remainder of the top ten was Patrick Gorrill 4th, Jon Eaton 5th, Sola Holmes 6th, Gwen Rea 7th, Finn O'Donnell (IND) 8th, Laila Baldwin 9th and Gerri Burgess 10th. Full results on the website.

REMINDER - 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 fun 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. CLOSE AT 23:59 ON TUESDAY. (You can do the relay without attending the relay and vice versa).



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. [If you have not already ordered your food, you have missed the cut-off date BUT you are still very welcome to attend the AGM and social.



Message from Steve Birkinshaw. Thanks to all those who have already offered to plan a Winter -series event - it is much appreciated.

However @10/10/23, there were still 4 events without organisers, one of which, most urgently was Camerton Stoney/Hunter on **02/11/23**.

The other events that still may require organisers are: 07/12/23 - Longlands Lake; 25/01/24 - Mosser Fell and 08/02/24- Ran-nerdale.

If you are able to organise an event (it is perfectly OK to team up with a friend) and have not already offered to do so please get in touch with Steve asap, especially if you are able to do the Camerton event. New planners are very welcome. Contact Steve and he will explain how to get started and who can provide support and assistance.

It is a big benefit of WCOC that we provide opportunities to run on an (almost)weekly basis but that cannot happen unless people are willing to help with organising events - many hands make light work! whole process.



REMINDER - The next Galoppen is on **Sunday 22nd October** (that's this Sunday) - Aughtertree, near Caldbeck - BL event. **Entries close Wed 18th October at 23:59., via SiEntries**

A short free coaching session for adult beginners / improvers will be available before the first starts.

Terrain: Open fell area grazed by sheep, with many depressions, niches and some earth walls formed partly by disused quarries and earlier settlements. Quite runnable, with limited rock features and some marshy ground.

Full range of courses available - Yellow to Brown. NB unlike some previous events, the Very Short Green is not a shortened version of the Short Green, so you need to choose your course when entering. Full details on BL website.



**SPOOK-O THURSDAY 26TH OCTOBER -
MORE HELP STILL NEEDED.**



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 volunteers 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 IF YOU CAN ATTEND - NUMBERS NEED TO BE CONFIRMED BEFORE TRAVEL/ACCOMMODATION CAN BE ORGANISED.

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.