

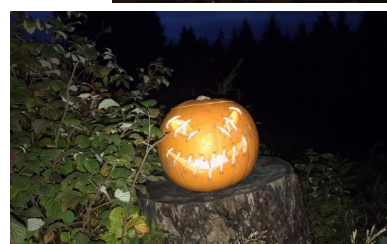
**SPOOK-O 2023** - A huge thank you to everybody who helped at this year's

Spook-O. It was another big success, with lots of positive comments about how well organised it was, and how people had enjoyed all the spookiness. There were around 144 participants, and the event made over £450 for junior funds - an excellent total!

Thanks to all those Club members and friends and family who created the spooky control sites, carved pumpkins, made

cakes, and assisted with the set up, registration and cake stall - a great team effort and a special thanks to Janette who coordinated the event.

Can you recognise any of the scary Club members in the photos?

**Night Series Events**

The night series events begin this Thursday with the event at Camerton. Parking is in the usual place near St Peter's church. Starts 5.30pm - 7pm. Courses close 8pm. A great little area on generally fast-running, grassy fields.

Remember that the clocks have now changed so you are likely to be running in the dark. You should bring a decent head torch (maybe a spare one, and/or a spare battery), and be sure to dress appropriately for the weather. [The events before Christmas tend to be on easier areas so are suitable for those trying the night series for the first time, novice orienteers and families and children. Younger and/or inexperienced juniors should be accompanied].

Full details on the website. Entries are open on Racesignup and close on Tuesday at 23:59.

Other upcoming night events in the series: 09/11/23 - Stoneywath/Hunter How; 16/11/23 - High and Low Parks; 23/11/23 - Caer Mote; 30/11/23 - Fangs Brow.

**Roanhead Galoppen (LOC) Sun 5th November**

Roanhead (nr Barrow) - an area of wild unspoilt, intricate sand dunes on the edge of the Duddon estuary. Usual range of courses (yellow to brown) suitable for all. Entries open SiEntries and **close 23:59 Weds 1st Nov**. Full info on LOC website. This

is the last Galoppen in this year's series and as you can see from the results so far (opposite); things are very close between LOC and WCOC, with LOC currently edging the lead, but there is still all to play for so get those entries in.

	BL	LOC	WAROC	WCOC
Brown	2060	2158	622	2366
Blue	1556	2201	276	2340
Green	1960	2130	722	2310
S Green	1818	2293	591	2086
L Green	387	1275	0	779
Orange	867	587	98	1344
Yellow	392	1068	0	388
Total	9040	11712	2309	11613

Breaking news this week
(well, at least in the orienteering world!).

IOF announces changes to control descriptions:



International specification for control descriptions updated

IOF's international specification for control descriptions has been updated in a version, that applies from 2024 onwards.

The new specification has been published by IOF's Rules commission and replaces the current version from 2018.

It contains several changes, among them a new symbol for map flip under "Special instructions".

At a map exchange, or if a marked route is to be followed from a control to a map exchange, it should follow the last control description of the first part of the course as follows:

Ref.	Symbol	Name/Description
15.5		Follow Taped Route 50m to Map Exchange.
15.6		Map flip (turn the map over)

The list of major changes compared to the 2018-version looks like this:

- Now covers both ISOM and ISSprOM.
- Description Sheet should be printed in black.
- If the clarification symbol in column C is not sufficient to unambiguously define the placement of the control flag then the feature is not suitable for a control site.
- Use of Copse symbol extended to include a more runnable area of trees surrounded by thicker forest.
- Use of Building symbol extended to include a pillar supporting a roof.
- New symbol added for a railway or tramway
- Use of Top and Beneath symbols extended to include a the Upper or Lower of two levels.
- New symbol added for a map flip (turn the map over).

For anyone unsure as to how control descriptions work and what the symbols mean, the IOF website has a very good guide - <https://orienteering.sport/international-specification-for-control-descriptions-updated/>



Edinburgh Big Weekend 2024

Entries are open for next year's event which takes place over the weekend of 26th - 28th January.

Held at the end of January, interesting terrain, great courses, and lively social events help attract over 600 participants every year.

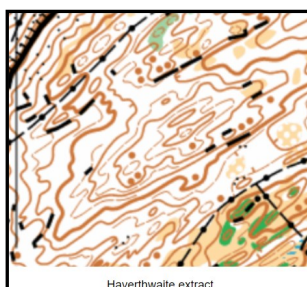
The 2024 event will be no different...

To really get the party started for WOC 2024, **all of this years areas will be urban.** Moreover, Edinburgh University Orienteering Club will host a sprint training camp in Edinburgh during the period 22-25th January 2024. The event will be tailored to elite athletes and will feature opportunities to practice head-to-head knockout racing.

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Full details and entries can be found at - <https://euoc.co.uk/big-weekend/>

Lakeland Warrior Weekend, 9th and 10th December 2023.



A great opportunity for 2 days of quality orienteering in the Lakes! Entries are now open.

9th December 2023 - Middle Distance WRE - Haverthwaite Heights.

10th December 2023 - Long Distance WRE - Witherslack.

These two events are World Ranking Events on some of the best areas in the Lake District and the courses are being planned to the highest standards for Elite runners. Non-elites can also enter.

Events organised by Masterplan.Planner: Martin Bagness.

For all the relevant information and link to entries see the Masterplan Event Page: <https://masterplanadventure.weebly.com/lakeland-warrior-2023.html>

Twitter: You can follow @WCOC2014 and on the website-www.wcoc.co.uk
Also on FB—public and members' page.