



**Night Series Events** - Thanks to Pete Nelson for the most recent night event at Hunter How - sounds like it was a touch muddy! On a serious point Pete has put a poll on FB to gauge whether people would prefer to put up with a bit of mud for more technical terrain, or whether most people would prefer to avoid the mud. Of course what this highlights is the challenges faced by planners when the terrain in areas can vary considerably depending on the prevailing weather, and in trying to meet the varying levels of difficulty preferred by different orienteers. It sounds as though the event may inadvertently have provided great training for the muddy conditions encountered at the Compassport Cup!

On the 4.2km Long course Jamie Rennie obviously relished the mud to take the win in 33:36; with Toby Heppell 2nd in 35:26 and Daisy Rennie 3rd (1st lady) in 40:18. The rest of the top ten was made up of Steve Holmes 4th, Robert Simpson 5th, David Spencer 6th, Jacob Tonkin 7th, Andrew Bradley 8th, Matt Stephens 9th, and Steve Breeze 10th. Second lady was Emma Graham, and Kate Charles was 3rd.

On the 2km Short course Sophie Crawford took the win in 28:49, Roger Jackson was 2nd 30:08, and Kevin Hodgson and Sue Skinner were joint 3rd in 30:20. The rest of the top ten was made up of Lynne Thomas 5th, Bob Barnby 6th, Jim Morris 7th, Adele Newall (KERO) 8th, Richard Cummings 9th and Deborah Goodwin 10th.

On the yellow course, Sola Holmes was 1st and Sam Morris 2nd.

**This Week's Event** - High and Low Parks (parking Lanthwaite NT carpark at Crummock). Please see the details on the WCOC website. Long and Short courses, technically difficult. Yellow course all on paths. The start and finish are close together 1.1km from the car-parking.

You must bring a decent head torch (maybe a spare one, and/or a spare battery), and be sure to dress appropriately for the weather. Full details on the website. **Entries are open on Racesignup and close on Tuesday at 23:59.**

Other upcoming night events in the series: 23/11/23 - Caer Mote; 30/11/23 - Fangs Brow.

### Saturday Series

WCOC will be holding a Saturday Series in the coming months, with the aim of providing events with low technical difficulty (White to Orange courses) which will be ideal for beginners or younger juniors.

The first event is happening on Saturday 25 November (afternoon) in Bridekirk, with the 2nd event on Saturday 2nd December in Whinlatter - further details to follow.

## CompassSport Cup Final - New Beechenhurst - 12th Nov 2023

Well done to all the Club members who helped to organise the long trip down to the Forest of Dean; volunteered to drive the minibuses and gave up time over the weekend to represent the Club. By all accounts it sounds as though it was something of a mud-fest, with some steep, slippery slopes making for tough going.

Team members competed well, and the support of some returning students was

much appreciated! On the Brown - Joe Sunley ran well against stiff competition to take 4th, Charlie Rennie was 8th, and Joe Goodwin was 17th. On the Short Brown, Dan Heppell ran well to take 5th, Jamie Rennie was 17th, Sam McLoughlin was 28th and Simon Thomas 33rd. On the Blue men's Steve Holmes was 17th and Stuart Crawford 48th, and on the Blue women's Daisy Rennie was 8th, Emma Crawford 10th and Issy Sunley 16th. On the Green men's Mike Billinghurst was 7th, and on Green women's, Lynne Thomas was 18th, Sue Skinner 19th, Janette McHendry 40th, Helen Rennie 47th, Alex Crawford 50th and Sally Heppell 63rd. On the Super Vet Short Green, Liz Elliott was 12th, and on Vet Short Green Anne Burbidge was 35th, Deborah Goodwin 38th and Ray Johnstone 49th. On the Orange, Sola Holmes was 18th, and on the Junior Men Cup, Toby Heppell was 4th, Isaac Hunter 8th and George Rennie 17th, and on the Junior Women Cup, Sophie Crawford was 9th.

There is no doubt that the sheer number of competitors fielded by other Clubs left WCOC at something of a disadvantage in most classes, but despite this, it was a great team effort and WCOC finished in a well-earned 7th place. 1st place went to SYO, with FVO in 2nd and BOK in 3rd.

Next year's event is less of a logistical challenge and so it is hoped that WCOC will be able to field an even bigger team! More details will follow nearer the time but the qualifier will be an SROC event at Helsington Barrows and the final will be organised by PFO so should allow for travel to be there and back in one day. Well done Team WCOC!

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

Also on FB—public and members' page.



## Galoppens 2023



The Cumbrian Galoppen series for 2023 concluded in the sunshine on the fantastic sand dunes of Roan Head. Competition was close with LOC taking the overall lead with the most Galoppen points and in so doing claiming the Borrowdale trophy. LOC, WCOC and BL all had overall winners of colour coded courses with a number of courses being tied overall.

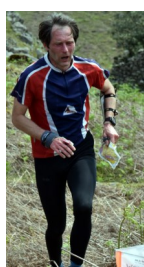
	BL	LOC	WAROC	WCOC
Brown	2060	2158	622	2366
Blue	1556	2201	276	2340
Green	1960	2130	722	2310
S Green	1818	2293	591	2086
L Green	387	1275	0	779
Orange	867	587	98	1344
Yellow	392	1068	0	388
Total	9040	11712	2309	11613

Well done to LOC for taking the overall win this year.

WCOC had several class winners:

Dan Heppell took an impressive win on the Brown. Simon Hunter was 1st on Blue, and on the Green there was a clean sweep with George Rennie and Roger Thomas joint winners on the men's Green and Lynne Thomas taking the win on the women's Green - bragging rights all square in the Thomas household! And on the Orange course, Ian Teasdale took the men's win and Sola Holmes the women's win. Well done everyone and roll on next year when hopefully WCOC can take back the

Cumbrian Galoppen 2023 Course Winners			
	Winning Man		Winning Woman
Brown	Daniel Heppell	WCOC	Karen Parker
Blue	Simon Hunter	WCOC	Amelia Thompson & Jo Cleary
Green	George Rennie & Roger Thomas	WCOC	Lynne Thomas
S Green	Richard Towler	LOC	Gill Browne
L Green	Quinn Thompson	LOC	Jenny Brand
Orange	Ian Teasdale	WCOC	Sola Holmes
Yellow	George Fussell	LOC	Harriet Rooke



And on the Orange course, Ian Teasdale took the men's win and Sola Holmes the women's win. Well done everyone and roll on next year when hopefully WCOC can take back the



Borrowdale Trophy!



**Membership renewals** - You can now renew your membership with British Orienteering by visiting-

<https://www.britishtorienteering.org.uk/> This year's membership costs are in the box opposite - NB the new family membership rate. Ensure that you sign in as an existing member to retain your current BOF number and assuming you want to remain a member of WCOC, choose us from the list of clubs. The benefits of membership can be found on the BOF website.

Senior (any member aged 26 or older at the end of the membership year)	£15
Young Adult (any member aged 21-25 at the end of the membership year)	£10
Junior (any member aged 20 or younger at the end of the membership year)	£5
Family membership offer (for a maximum of 2 seniors and 1 or more juniors)	£35



**Big Weekend 2024**

## Edinburgh Big Weekend 2024

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

To really get the party started for WOC 2024, **all of this year's 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.

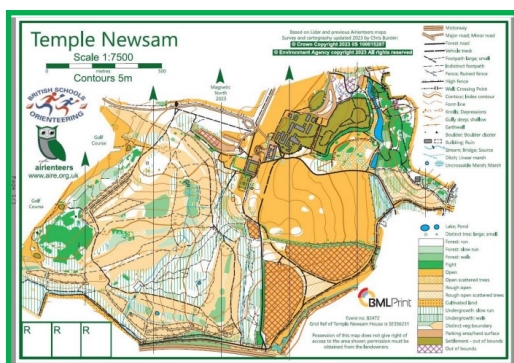
**Held at the end of January, interesting terrain, great courses, and lively social events help attract over 600 participants every year.**

The 2024 event will be no different...

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## British Schools Championships 2023

Good luck to the Club juniors who are competing for Cockermouth School in the BSOC this weekend which takes place near Leeds. Live results are planned to be available (comms allowing) and the action can be followed on this link: <https://www.bsoa.org/home/raw?htm=BSOC23>



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