



Night Series Events - Thanks to Bob Barnby for last week's event at High and Low Parks.

On the 4.7km Long course, Dan Heppell took the win in a speedy 29:40, over 5 minutes ahead of nearest rival, Matthew Atkinson who was 2nd in 34:41, with Steve Birkinshaw 3rd in 37:34. The rest of the top ten was made up of Jamie Rennie 4th, Toby Heppell 5th, Ben Breeze 6th, Keith Tonkin 7th, Emma Stuart (BL) 8th and 1st lady, David Spencer 9th and Ben Goodwin 10th. Daisy Rennie was 2nd lady and Lynne Thomas was 3rd lady.

On the 3.2km Short course, Sophie Crawford continued her winning streak, taking the win in a time of 34:31, Lily Clarkson was 2nd in 35:06, and Jeff Goodwin was 3rd in 35:54. The rest of the top ten was made up of Eva Humphreys 4th, Kevin Hodgson 5th, Sue Skinner 6th, John Ferris-Worth (BL) 7th, Richard Cummings 8th, Ann Cummings 9th and Roger Jackson 10th.

On the yellow course, Leena Madden took the win, with Wilf Clarkson 2nd, Sam Morris 3rd, Hiroki Holmes 4th, Finn O'Donnell 5th, and Dava Waterhouse and Candace Waterhouse joint 6th. (Full results are on the website).

This Week's Event - Caer Mote, which has its own Roman Fort (not that you will be able to see it in the dark!). Please see the details on the WCOC website. The area is generally fast running in fields, but you are likely to encounter some boggy areas, with areas that are harder going. The Yellow course will follow linear features as paths are limited. Please see the full details on the website and NB the instructions re closing gates and parking. The start and finish are close to registration.

Make sure you 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: 30/11/23 - Fangs Brow; 02/12/2023 - Whinlatter; 07/12/2023 - Longlands Lake.

Saturday Series - This Saturday - Please spread the word!

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 (this Saturday) from 1.30pm to 3pm. There will be easy and very easy courses on offer. It is a perfect opportunity for novices to come along and try orienteering. Thanks to David Spencer for planning the first event. All details can be found on WCOC website, events section.

2nd event on Saturday 2nd December in Whinlatter - further details to follow.

SROC events - Several Club members took part in the weekend's SROC event at Simpson Ground, with some doing the double, including the Saturday night event, which was part of the NW Night League. It was a successful night for the Rennies with Charlie and Jamie first and second respectively on the Blue, and Alan Irving was 9th. Daisy Rennie was 1st on the Green, with Dave Downes in 8th.

The Sunday regional event was well-supported by WCOC. Results are below.

Brown

8.7km 480m

Pos	Name	Time
2nd	Charlie Rennie	90:03
3rd	Steve Birkinshaw	91:53
11th	Jamie Rennie	126:05

Blue

6.3km 380m

Pos	Name	Time
4th	Alan Irving	92:16
7th	Matthew Birkinshaw	100:32
24th	Steven Breeze	128:05

Green

3.4km 180m

Pos	Name	Time
11th	Richard Cummings	62:49
17th	Hannah Birkinshaw	65:55
36th	Helen Rennie	78:49
37th	Anne Burdidge	78:59
58th	Emma Moody	100:38
61st	Janette McHendry	103:48

Short Green

2.9km 130m

Pos	Name	Time
7th	Tony Duncan	79:13
18th	Elizabeth Elliott	107:48

Tim Watkins -SROC Long O event. Sun 26th Nov 2023.

Entries close this Wed 22nd Nov @ 23:59.

This is a mass start event, combining the maps of Torver High Common and Caw.

Details are available on SROC website and entries are open on SiEntries.

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

Also on FB—public and members' page.

British Schools Orienteering Championships 2023



Well done to the Cockermouth School Team (almost exclusively made up of WCOC members) that took part in BSOC this weekend at Temple Newsam near Leeds. The relatively small team put in some strong performances to take 4th place, and but for an unlucky missed control (the punch not registering), they would have been 2nd. Top-placed finisher was Daisy Rennie who took the win on the Year 13 Girls' course. Isaac Hunter was 2nd, (just 34 seconds behind NWJS pal, Sam Osborne) on the Year 11 Boys' course, Sophie Crawford took 3rd on the Year 11 Girls' course and joined by Myrtle Ashworth and Eva Humphreys, who finished 4th and 5th, they took the Year 11 Girls' team prize. Isaac and George took 3rd place in the team prize on the Year 11 Boys' course. Other scorers were, Evie Youngman, Ruth Walker and Monty Holmes. Well done on a great team effort and a huge thank you to Scott and Lindsey Ashworth for giving up their time on a Sunday to transport the juniors.



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



<https://www.britishorienteering.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 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.

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.



British Night Championships Saturday 10th February 2024

If you don't already know (where have you been!?!) WCOC are hosting this major, national competition next year.

Entries are now open on SIEntries and close on Wednesday 31st January 2024. Information can be found on British Orienteering website -

<https://www.britishorienteering.org.uk/site/bnc2024>

As you can imagine for such a huge event, we will need a big team of volunteers to ensure that everything runs smoothly. If you are able to help, please let the organiser, Steve Breeze, know (BNCenquiries@britishorienteering.org.uk) and confirm if you have a preferred role and whether you are intending to run in the event. It would be great if the roles and volunteers were confirmed early to avoid unnecessary last minute stress and panic. Thank you.

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

Also on FB—public and members' page.