



Night Series Events - Thanks to Jamie Rennie for last week's event at Longlands Lake. The area provides relatively easy, non-technical terrain but Jamie's use of moth loops added interest and fun, and made sure that competitors had to concentrate throughout to ensure they went to the right controls.

Long 3.5km			Short 2.1km		
Pos	Name	Time	Pos	Name	Time
1st	Joe Sunley	18:06	1st	Roger Thomas	17:00
2nd	Jacob Tonkin	20:29	2nd	Susan Skinner	17:31
3rd	Daisy Rennie	21:30	3rd	Julie Ferris-Worth	18:26
4th	Jonty Goodwin	22:55	4th	John Ferris-Worth	18:31
5th	George Rennie	23:09	5th	Helen Rennie	18:45
6th	Fiona Eades	23:16	6th	Kevin Hodgson	19:02
7th	Urszula Bronkowska	23:45	7th	Roger Jackson	19:04
8th	Phil Newall	23:51	8th	Bob Barnby	19:46
9th	Kate Charles	27:19	9th	Deborah Goodwin	22:57
10th	Carl Humphreys	29:18	10th	Richard Cummings	23:19
11th	Pete Nelson	32:42	11th	Adele Newall	23:59
12th	Ann Cummings	37:37	12th	Mark Fleming	25:30
13th	Mike Harrison	39:56	13th	Glyn Blakey	25:34
14th	Ray Johnstone	40:19	14th	Penny Kingsland	26:56
15th	Angela Jackson	42:57	15th	Jonathan Eaton	30:45

Easy 1.2km		
Pos	Name	Time
1st	Richard Graham	10:53
2nd	Katie Graham	12:32
3rd	Martin Skinner	18:29

On the 3.5km long course, Joe Sunley took the win in 18:06, with Jacob Tonkin 2nd in 20:29, and Daisy Rennie 3rd (1st lady) in 21:30. The rest of the top ten was made up of Jonty Goodwin (EUOC) 4th, George Rennie 5th, Fiona Eades (EUOC) 6th (2nd lady), Urszula Bronkowska 7th (3rd lady), Phil Newall (KERN) 8th, Kate Charles 9th and Carl Humphreys 10th.

On the 2.1km Short course, Roger Thomas took the win in 17:00, Sue Skinner was 2nd in 17:31, and Julie Ferris-Worth (BL) was 3rd. The rest of the top ten was made up of John Ferris-Worth (BL) 4th, Helen Rennie 5th, Kevin Hodgson 6th, Roger Jackson 7th, Bob Barnby 8th, Deborah Goodwin 9th, and Richard Cummings 10th.

On the Easy course, Richard Graham was 1st, Katie Graham 2nd and Martin Skinner 3rd.

This week's event - Whinlatter

Parking is in the main carpark at the Whinlatter Visitors' Centre. NB usual parking charges apply. Please see the detailed information on the WCOC website, relating to course length and technicality, in particular, the advice that the Long course should only be taken on by experienced orienteers. Course close 7.45pm.

You will need a good head torch (and spare battery or torch), and remember to dress for the weather which may be very changeable.

Entries are open on Racesignup and close 23:59 on Tuesday.

Copeland Chase - Threlkeld Knotts/Common



Thanks to Alan Irving for organising this year's event. This is a Long-O on open fell, with parking at Threlkeld Cricket Club - parking charges apply. The event is a Score event with options of either 3 hours, 2 hours or 1 hour. All competitors MUST carry full Winter kit as set out in the FRA rules. Full details are on the WCOC website.

Entries are via SiEntries and close at 23:59 on Wednesday 13th December.

Christmas Events (so far)

LOC Events (see LOC website for full details) - Entries via SiEntries

26/12/23 - Turkey Race #1 - Rydal Hall - Yellow, Orange and 2-part 'Long' course. Entries close 23rd Dec.

28/12/23 - Turkey Race #2 - Bogle Crag - 2 x technical courses (Long and Short), Orange and Yellow. Entries close 25th Dec.

30/12/23 - Turkey Race #3 - Torver Low Common - Long, short and yellow/orange. Entries close 27th Dec.

BL Events (see BL website for full details) - Entries via SiEntries

27/12/23 - Binsey (Whittas Park) Charity Event - 45 min score event (fun event for novices) - Entries close 24th Dec.



BodyFit Cumbria · Follow

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Cockermouth Greenway 5K

Sunday 7th January and Sunday 4th February 2024.

A new route exploring the potential for a parkrun in Cockermouth. Ideally 80+ people are needed of ALL abilities, including brisk walkers, run/walkers and full on racing whippets to try the route.

It's 2.5 laps of Cockermouth Greenway starting near Bellbrigg Lanning. Please spread the word.

Accurately measured, course certificate: 23/324, race licence pending. Enter here:



ENTRY.EVENTSUPNORTH.CO.UK

Events up North

Find out about upcoming races that you can enter on RaceBest, check out who is signed up an...

Parkrun trial events

Sam Ayers (former WCOC member) is looking to run two events in the New Year using the Greenway in Cockermouth with a view to exploring whether it can be used as a parkrun event in Cockermouth. You will see that she is looking for an entry of 80+ people of all abilities.

Pre-entry is required and race fees apply.

[https://entry.eventsupnorth.co.uk/races?](https://entry.eventsupnorth.co.uk/races?fbclid=IwAR32IvyA6X39epIwk8ZfCJ-H2T8_bGZqftZXcM6JHlxvzTirnf2YPJhN5cA)

[fbclid=IwAR32IvyA6X39epIwk8ZfCJ-](https://entry.eventsupnorth.co.uk/races?fbclid=IwAR32IvyA6X39epIwk8ZfCJ-H2T8_bGZqftZXcM6JHlxvzTirnf2YPJhN5cA)

[H2T8_bGZqftZXcM6JHlxvzTirnf2YPJhN5cA](https://entry.eventsupnorth.co.uk/races?fbclid=IwAR32IvyA6X39epIwk8ZfCJ-H2T8_bGZqftZXcM6JHlxvzTirnf2YPJhN5cA)



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



Renewals are live!

<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



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...

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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.