



Upcoming Fixtures....

THIS WEEK Thur 13 October, Keswick.

The last event of the park series. Pie & Pea supper in Kong Adventure afterwards. See details on the website. Cost £3.50/£2. Starts from 5.15 to 6pm.

Thur 20 October, Cockermouth. AGM meeting at Wild Zucchini on Station Street, Cockermouth for 7.30 pm. A very short AGM followed by discussion groups on future development of WCOC.

Sun 23 October, Galoppen at High Brow.

Usual courses, Brown to Yellow. Something for everyone. Details on website.

Thur 27 October, Spook-O at Whinlatter.

See details on the website.

Junior Home Internationals

Alastair Thomas, Daniel Spencer, Niamh Hunter, Caitlin Irving, Rosie Spencer and Zac Hudd (soon to be WCOC) represented England, and were major contributors to their successful win at the weekend. Brilliant effort!

Upcoming Coaching Sessions

These are very informal sessions intended for both juniors and adults. Come prepared for the weather conditions and let Lynne know by the Thursday before the session so that maps can be printed, and there are enough coaches.

16th October at Kelton Fell Top, with an event to follow the training (compass work) to practise the skills learned.

26th November at Hawse End. Lovely sheltered woodland!

17th December at Whinlatter. The Christmas get-together, so expect exciting games & activities!

SPOOK-O

This year's event will be held on 27th October. Have you plans for an interesting site on the route around the forest? Catherine Wetherfield would like to hear from you, and would very much appreciate some help preparing the venue and co-ordinating the sites.

Twitter. You can follow @WCOC2014

Keep an eye on the Facebook page for Club goings-on!

<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>

Newsheet

Apologies for not getting recent newsheets to you for the last several weeks. Unfortunately, my email service, Outlook, had a major update and subsequently refused to handle the 'group' export to everyone. This has been resolved, for the moment, with the use of a G-Mail account, so I hope the email doesn't end up in your spam folder!

Curwen Park Race 06.10.2016

(Selection from the results.)

Long

1st	Matthew Vokes	13:50
2nd	Daniel Spencer	14:52
3rd	Alastair Thomas	15:16
4th	Simon Hunter	15:44
5th	Joseph Sunley	16:39
6th	Louis Morris	16:48
7th	Ben Breeze	17:59
8th	David Spencer	18:23
9th	Oliver Heron-Southward	18:26
10th	Niamh Hunter	18:28
11th	Alan Irving	18:54
12th	Ben Goodwin	19:29
13th	Jeff Goodwin	19:37
14th	Ian Teasdale	20:54
15th	Wilfrid Teasdale	21:04
16th	Steven Breeze	21:10
17th	Lynne Thomas	21:24
18th	Isabelle White	21:41
19th	Rosie Spencer	21:45
20th	Michael Billingham	21:59
21st	Kate Charles	22:35
22nd	David Downes	23:44
23rd	Vanessa Brierley	26:41
24th	Lily Regan	26:49
25th	David Rodger	27:12
26th	Paul Tickner	27:56

Short

1st	Laura Hazelhurst	15:01
2nd	Roger Thomas	15:06
3rd	Nathan Kemp	17:51
4th	Alice Kemp	17:52
5th	Karen Hazelhurst	22:30
6th	Jasmine Green	25:28
7th	Isaac Hunter	27:21
8th	Alistair Davies	32:58
9th	Olivia Davies	33:03
10th	Amanda Davies	33:07
11th	Hiroki Holmes	37:44
12th	Sola Holmes	37:52