



Upcoming Fixtures....

THIS WEEK 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.

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. 26th November at Hawse End. Lovely sheltered woodland! 17th December at Whinlatter. The Christmas get-together, so expect exciting games & activities!

BOF EGM

The proposal at the BOF AGM at the JK this year, for an increase in membership fees and event levy, was defeated at the meeting. BOF have brought forward two new proposals to support the funding of the NGB going forward. The EGM is being held on 29th October. If you wish to influence the way the sport is funded, and how the money is raised then you could send in a proxy voting form (at the back of the EGM booklet). There is considerable debate over what the NGB should be doing for the sport and how the funds are raised. Have your say by voting at the EGM, by putting a cross in one of the four boxes.

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

Winter is a coming.....

Winter weather comes as a bit of a shock! Please come to events prepared for the unpleasant conditions that might occur. It is advised that cagoules should be carried (perhaps in a bumbag), along with a whistle, and a bivvy bag if you have one. Keep your personal safety in mind and come prepared. Stay safe & enjoy the run.

Keswick Streets 13.10.2016

(Selection from the results.)

Long		
1st	Matthew Vokes	14:52
2nd	Phil Winskill	15:25
3rd	Alastair Thomas	15:48
4th	Zac Hudd	16:07
5th	Simon Hunter	16:53
6th	Daniel Spencer	17:55
7th	Steve Birkinshaw	18:03
8th	Ben Breeze	18:24
9th	Joseph Sunley	19:33
10th	Niamh Hunter	19:42
11th	Louis Morris	19:58
12th	David Spencer	20:01
13th	Ben Goodwin	20:04
14th	Jeff Powell Davies	20:07
15th	Michael Billinghurst	20:18
16th	Joe Hudd	20:19
17th=	Ian Maxwell	20:23
17th=	Jeff Goodwin	20:23
19th	Mike Harrison	20:25
20th	Ian Cumpstey	20:56
21st	Wilfrid Teasdale	21:48
22nd	Graham Capper	21:55
23rd	John Taylor	22:09
24th	Joe Goodwin	22:10
25th	Ian Teasdale	22:16
Short		
1st	Isabel Sunley	20:25
2nd	Vanessa Brierley	20:38
3rd	Isobel Greenwood	21:03
4th	Ellen Lister	22:15
5th	Jessica Breeze	22:55
6th	Karen Hazelhurst	25:47
7th	Robert Holder	25:57
8th	Laura Hazelhurst	26:07
Beginners		
1st	Izzy Winskill	10:15
2nd	Isaac Hunter	12:11
3rd	Alistair Davies	13:44

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

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