



## Upcoming Fixtures....

### THIS WEEK Thur 12 October, Keswick.

Final event of the autumn series. Long and short courses. Mostly urban. Followed by a pie & pea supper at Kong Climbing Centre with a Q&A session with Jos Naylor. See website for details.

**Thur 19 October, Cockermouth.** The Annual General Meeting at "Wild Zucchini's Bistro" (Station Street, Cockermouth) starting at 7:00pm. Let Lesley Wornham know you are attending for catering numbers.

**Thur 26 October, SpookO, Whinlatter.** This year's 'spooky' treat is being organised by the juniors. See website for details. Always an entertaining event!

**Sun 29 October, Cumbrian Galoppen.** The eighth of the 2017 series will be at Grizedale North, hosted by Lakeland OC. Usual range of colour coded courses, Yellow to Brown, and suitable for all abilities.

**Thur 2 November, Slate Fell.** The start of the night series on easy terrain. Navigating in the dark is great fun and very rewarding. Time to get the head torch charged up!

## Club Coaching Sessions

Several are being planned for the coming months. October 15<sup>th</sup> at Hawse End and November 11<sup>th</sup> at Ladies Table & Hogg Wood will have both beginners (TD1-3) and technical (TD4-5) exercises. Book before THIS Thursday for the Oct one. These are open to all club members, offering opportunities to improve your O skills. See website for details. December 16<sup>th</sup> at Whinlatter for the Junior Xmas Special.

### BOF EGM

Members of British Orienteering will be aware of the upcoming EGM on 14<sup>th</sup> October. There are three proposals being put forward, details of which can be found on the website. Proxy votes have to be in by this Friday (by 11am). Please take the time to vote if you can; supporting the governance of the sport is important.

**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>

### Anniversary Year Quiz

Fifty clues for 'Tarns, Lakes, Waterfalls and Fells of Cumbria'. [They can all be found on the NW, SW, NE and SE Outdoor Leisure maps of the Lake District.

**#41. (NW/SW) Water for the lawn? (10,4)**

Retain your answers till the end of the year. Prizes for highest scores.

Niamh Hunter, Joe Hudd, Alastair Thomas, and Caitlin Irving helped England to the win at the Junior Home Internationals at the weekend.

### Castle Park 05.10.2017

(Selection from the results.)

#### Novice

1	Matthew Smith-Jackson	4:54
2	Sophie Smith-Jackson	4:55
3	Jessica Golightly	8:54
4	Isla	9:30
5	Emily	9:32
6	Sienna	9:56
7	Danni	10:00
8	Ayda	10:04
9	Ruby	10:05
10	Sophia	10:11

#### Course A

1	Joe Sunley	4:13
2	David Spencer	5:00
3	Ian Teasdale	5:08
4	Daniel Spencer	5:09
5	Ben Goodwin	5:10
6	Oliver Heron-Southward	5:35
7	Stuart Crawford	5:47
8	Chris Freer	5:49
9	Steve Breeze	5:51
10	Kate Charles	5:56
11	Isabel Sunley	6:11
12	Roger Jackson	6:19

#### Course B

1	Joe Sunley	5:15
2	Ben Goodwin	5:21
3	Ben Breeze	5:26
4	Joe Hudd	5:57
5	Jamie Rennie	6:28
6	Ian Teasdale	6:56
7	Rosie Spencer	7:42
8	Oliver Heron-Southward	7:43
9	Stuart Crawford	7:57
10	David Spencer	8:00
11	Roger Jackson	8:01
12	Emma Crawford	8:13