



Upcoming Fixtures....

THIS WEEK **Thur 4 October, Curwen Park, Workington.** Long & short courses with winning times of 15 minutes or so. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 11 October, Fitz Park, Keswick. Long & short courses with winning times of 15 minutes or so. Social 'do' following event. Easy, fast orienteering. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 18 October, AGM, Cockermouth. 7pm start in Wild Zucchini in the centre of Cockermouth. All welcome to attend. Food provided. Discussion of various topics to follow the formal meeting.

Thur 25 October, Spook O, Whinlatter. Great fun for the younger families, with spookie control sites on a 'dark' walk through the woods.

Coaching Sessions

Lynne Thomas has organised several sessions over the coming months. Sun, 14th October at Derwent Hill, Portinscale for Beginners to Progressers. Sat 10th November, at Dale Park, near Grizedale, for Advanced. Christmas 'do' on Sat 15th December, everyone welcome. There is fitness training every Tuesday, so just turn up. Details are on the website. Please let Lynne know if you want to go to any of the three sessions above (by the Tuesday before the session), so maps & coaches can be organised.



SpookO at Whinlatter

The juniors will once again be involved with the SpookO this year, on Thursday 25th October. Adults are more than welcome to help create a 'spooky' control site. Reply to this EMAIL if you are interested. It's a great event for young families and usually attracts a couple of hundred people.

Twitter. You can follow @WCOC2014

AGM 2018

This year's AGM will be held at Wild Zucchini, Cockermouth 7 pm on Thursday 18th October. Please can any nominations and proposals be sent to The secretary, Lesley by 20th September. The 2017 minutes and Officer's reports will be on the website shortly.

Silloth 20.09.2018

(Selection from the results.)

Jun LONG

1st	Tom Hope	12:39
2nd	Jack Woodhall	12:41
3rd	Freya Hope	13:01
4th	Oliver Lumb	13:08
5th	Micahel Haley	13:28
6th	Harry Woodhall	13:30
7th	Thomas Lumb	16:03
8th	Hiroki Holmes	17:55
9th	Jake Meekeley	18:05
10th	Matthew Farrell	18:12
11th	Matthew Haley	20:54
12th	Katie Burrows	21:30
13th	Regan Jukes	27:58
14th	Rebecca Cook	28:00

Jun SHORT

1st	Tom Hope	6:59
2nd	Michael Haley	7:07
3rd	Tom Hope	8:15
4th	Sophie Smith-Jackson	8:25
5th	Abigail Sansom	9:16
6th	Freya Hope	9:28
7th	Hiroki Holmes	9:37
8th	Matthew Haley	9:53
9th	Kay Liaw	9:59
10th	Ollie Bickerton	10:00
11th	Patrick Stevenson	10:01
12th	Jessica Lord	16:44
13th	Lily Murphy	16:49
14th	Rowan Lord	16:59
15th	Tristram Patterson	17:05
16th	Steffie Stein	20:10

SENIOR

1st	Joe Sunley	23:07
2nd	Jamie Rennie	24:45
3rd	Joe Hudd	26:14
4th	Charlie Rennie	26:33
5th	Louis Morris	26:53
6th	Niamh Hunter	27:08
7th	Jeff Powell Davies	28:03
8th	Ben Goodwin	28:34
9th	Mike Billinghurst	28:58
10th	Alan Irving	30:18
11th	Herbie Ashworth	31:20
12th	Caitlin Irving	31:23

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

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