



Upcoming Fixtures....

THIS WEEK **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.

Thur 1 November, Slate Fell. Start of the Night Series, with easy terrain for those trying night orienteering for the first time. Long, short and easy courses. Cost £3.50/£2. Starts 5.45 to 7.15pm

Thur 8 November, Bridekirk. Long, short and easy courses. Easy terrain for those trying some orienteering in the dark. Cost £3.50/£2. Starts 5.45 to 7.15pm

Start of the Night Series

The 2018-19 Night Series starts in two weeks time. The early part of the series, up to Xmas, always proves popular, with the areas used offering easy orienteering for those who wish to try navigating at night. It is great fun, particularly for youngsters, who can run in pairs or with a parent, or even solo if they wish. The events require a good headtorch and suitable clothing and footwear. You know it is going to be wet and muddy (well, sometimes!), so come prepared. The easy course can usually be completed in half an hour. Come and enjoy!



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.

Coaching Opportunity

WCOC Coaching 2018 - 10th November 2018

Next coaching will be in conjunction with the Orienteering Foundation Day at Dale Park. This is TD5 coaching suitable for experienced orienteers only.

WCOC will be taking a minibus to the activity, this should be booked with lynnethomas99@yahoo.co.uk by 31st October.

Cost for the coaching and minibus is £10, Spaces on the bus and the WCOC coaching on a First Come First Served basis.

Keswick 11.10.2018

(Selection from the results.)

Easy

1st	Daisy Rennie	7:16
2nd	Tom Hope	10:03
3rd	Isaac Hunter	11:04
4th	Toby Kitchin	11:39
5th	Isla Kitchin	11:42
6th	Sophie Crawford	12:01
7th	George Rennie	12:05
8th	Freya Hope	12:06
9th	Rebecca Cook	17:25
10th	Regan Jukes	17:30

Long

1st	Joe Sunley	22:41
2nd	Joe Hudd	22:59
3rd	Matthew Vokes	23:09
4th	Rhys Findlay-Robinson	24:29
5th	Steve Birkinshaw	24:36
6th	David Spencer	26:46
7th	Michael Billinghamurst	26:47
8th	Jeff Powell Davies	26:59
9th	Ben Goodwin	27:01
10th=	Niamh Hunter	27:25
10th=	Louis Morris	27:25
12th	Chris Hope	27:43
13th	Simon Hunter	29:20
14th	Caitlin Irving	29:59
15th	Lily Regan	33:15
16th	Wilfrid Teasdale	33:22

Short

1st	Stuart Crawford	18:47
2nd	Alex Crawford	21:52
3rd	Clare Rodger	22:47
4th	Carys Thomas	23:10
5th	Emma Crawford	23:26
6th	Jessica Breeze	26:23
7th	Janette McHenry	29:39

Twitter. You can follow @WCOC2014