



Upcoming Fixtures....

THIS WEEK **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

Thur 15 November, Crag Hills, nr Eaglesfield. 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

The recent Sprint Series

The autumn Sprint Series is a fairly short set of events, and this year the venues were Maryport, Vulcan Park, Silloth Green, Harris Park, Curwen Park and Keswick. The series usually attracts a number of new people with several new families bringing along youngsters. This year was no exception. Attendance averaged 56 which was fairly close to the numbers expected, although last year it was 76. Probably the weather affected things, certainly for Silloth! (cold and wet)

The later events of the series always suffer from lack of daylight, particularly when the evenings are cloudy. Keswick certainly needed headtorches for the later runners.

The series, and in fact any of the Thursday evening events can't survive without willing planners. So many thanks to those who did the honours this year: Roger Jackson, Alan & Caitlin Irving, Anne Burbidge & Liz Elliott, David & Vanessa Spencer and Charlie & Jamie Rennie. They are great fun to do.... for both runners & organisers!

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>

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.

AGM Report

There was a great turnout (22) for the AGM. Steve Breeze took on Chair, Mike Billingham (Vice Chair), Lesley Wornham (Sec.), Roger Jackson (Treasurer), Rosie Spencer (Junior Rep), along with Helen Rennie, Deborah Goodwin, Alan Irving, Steve Birkinshaw and Jon Eaton.

Many thanks to those retiring.... Mike Harrison, David Spencer and our Chair, Graham Watson.

Club Rankings 2018

You may have seen the recently published (in CompassSport) ranking list of UK clubs based on the performance of their ranked members.

1	EUOC	27	7916	=
2	BL	44	7471	↑8
3	FVO	103	7463	=
4	WCOC	74	7454	↑2
5	INT	47	7451	↓3
6	EPOC	54	7444	↑9
7	ECKO	24	7407	↑36
8	LOC	105	7391	↑1
9	SYO	120	7388	↓2
10	BASOC	27	7382	↑9