



Upcoming Fixtures....

THIS WEEK 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

Sun 18 November, Copeland Chase. 4, 3, 2, 1 hour score format in Whinlatter Forest. LongO. Enter online with SIEntries.

Spook O at Whinlatter

The Spook O was organised once again by the club juniors. The event attracted 270 folk, and along with a cake stall made about £460 for the junior fund.

Quite a team effort on the night to stage the seven sites and run registration and the cake stall. Thanks to all the helpers (families mainly); Ashworths (Lindsey, Herbie & Myrtle), Morris (Ingrid & Louis), Hunters (Jane, Simon, Niamh & Isaac), Hudds (Jenn, Zac & Joe), Regans (Chris & Lily), Goodwins (Deborah, Richard & Jonty), Goodwins (Jeff & Ben), Crawfords (Stuart, Alex, Emma & Sophie), Rodgers (Andy & Clare), Lynne Thomas, Liz Elliott & Roger Jackson. Many thanks to all.



© Alex Crawford

Coaching Opportunity

WCOC Coaching 2018 10 November
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.

Current WCOC Ranking List - Top 40

1 (34)	Alastair Thomas	8119
2 (43 -2)	Daniel Spencer	8058
3 (83)	Steve Birkinshaw	7905
4 (92 -2)	Zac Hudd	7889
5 (209 -2)	Ben Breeze	7623
6 (212 -2)	Simon Hunter	7620
7 (216 -2)	David Spencer	7618
8 (227 -3)	Niamh Hunter	7609
9 (257 -3)	Michael Billinghurst	7564
10 (262 -3)	Jamie Rennie	7555
11 (288 -2)	Joseph Goodwin	7522
12 (301 -2)	Martin Skinner	7510
13 (313 -1)	Ben Goodwin	7494
14 (336 -3)	Alan Irving	7468
15 (364 -5)	Louis Morris	7441
16 (380 -7)	Mike Harrison	7429
17 (415 -4)	Helen Winskill	7386
18 (485 -5)	John Slater	7321
19 (488 -6)	Steve Holmes	7320
20 (580 -5)	Steven Breeze	7219
21 (632 -6)	Howard Leslie	7185
22 (668 -11)	Jeff Goodwin	7153
23 (755 -4)	Roger Thomas	7072
24 (809 -6)	Fred Boardman	7030
25 (870 -9)	Peter Hudd	6985
26 (946 -11)	Chris Pollitt	6932
27 (961 -11)	Colin Valentine	6922
28 (979 -8)	David Downes	6912
29 (1001 -7)	Ian Teasdale	6888
30 (1006 -6)	Graham Watson	6883
31 (1011 -6)	Susan Skinner	6877
32 (1056 -10)	Kate Charles	6830
33 (1084 -6)	Lily Regan	6812
34 (1105 -10)	Rosie Spencer	6799
35 (1150 -2)	Ange Jackson	6765
36 (1152 -2)	Lynne Thomas	6764
37 (1233 -10)	Michael Pearson	6703
38 (1304 -8)	Jessica Breeze	6652
39 (1305 -8)	Bob Bamby	6651
40 (1318 -4)	Richard Cummings	6641

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>