



Upcoming Fixtures....

THIS WEEK 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 11 November, Holme Fell, Galoppen. Usual colour courses on this complex open fell. See LOC website for details. Just two more events left in the 2018 series.

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

Night Series starts well

The first event used Slate Fell near Cockermouth, with a really good turnout enjoying some fast, easy orienteering. The straightforward nature of the areas used for the first four or five events gives those who are trying night orienteering for the first time the chance to get around the course successfully.

Parking is a concern for many of our night venues. We often have to park on verges on fairly narrow roads. We must be careful not to block the roads, or to get stuck in soft edges. Please consider carefully where you are parking and find a suitable place, even if you have to walk a few hundred metres to registration.

The weather may not be as kind as we progress through the series. Ice and snow(wonderful!), wind and rain may be the order of the day at some of the events. Please come suitably dressed, and prepared for bad conditions.

Having a bumbag with 'extras' in it is a good idea. Your torch is the weak link, so please consider carrying a spare with you. But do enjoy the run, it really is one of the most exciting forms of orienteering.

Twitter. You can follow @WCOC2014

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.

Slate Fell 1.11.2018

(Selection from the results.)

Long

1st	Joe Hudd	28:16
2nd	Simon Hunter	29:20
3rd	Charlie Rennie	31:10
4th	Andrew Bradley	32:05
5th	Ben Goodwin	32:20
6th	Herbie Ashworth	32:47
7th	Keith Tonkin	32:58
8th	Jamie Rennie	33:04
9th	Alan Hartley	33:13
10th	Niamh Hunter	33:28
11th	John Slater	34:32
12th	Chris Naylor	34:48

Short

1st	Wilfrid Teasdale	28:45
2nd	John Bacon	29:13
3rd	Lily Regan	30:47
4th	Caitlin Pearson	34:11
5th	Christine Kiddier	34:54
6th	Emma Crawford	37:28
7th	Ruben Razzetti	38:09
8th	Anna Brown	38:10
9th	Natalie Hawkrigg	38:17
10th	Clare Rodger	40:11
11th	Anne Burbidge	40:16
12th	Sarah Taylor-Brown	40:49
13th	Deborah Goodwin	41:45
14th	Elizabeth Elliott	42:45
15th	Sarah Chaudhri	42:59
16th	Danny Winterbottom	43:20

Novice

1st	Isaac Hunter	8:24
2nd	Daisy Rennie	8:37
3rd	Myrtle Ashworth	8:55
4th	Hiroki Holmes	9:46
5th	Sophie Crawford	11:02
6th	Harry Woodall	11:44
7th	Daniel Heppell	12:55
8th	Freya Hope	12:58

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

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