

**Wed 26 December 2012**

### **LOC Turkey Sprint**

Start Times 12:00 – 14:00, 2-3km Sprint Race plus Yellow course. SI Cards. Cost £4/2 See LOC website for further details: [www.lakeland-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)

**Thur 27 December 2012**

### **WCOC Winter Evening Series**

Street Event in Cockermouth, taking in the Xmas lights. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short courses. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk) and on club ansaphone in week leading up to event 01768 895539

**Fri 28 December 2012**

### **LOC Turkey Sprint**

Start Times 12:00 – 14:00, 2-3km Sprint Race plus Yellow course. SI Cards. Cost £4/2 See LOC website for further details: [www.lakeland-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)

**Sat 29 December 2012**

### **BL Informal Event**

Christmas Charity Informal Event. Whittas Park on A591 between Bothel and Keswick. Park in the layby at GR NY 392585. Courses suitable for a range of abilities from novice to experienced. Entry fees a donation for local charity. Start – 10.30 – 12.00. Contact - Geoff Armer 016973 71579, [www.bl-orienteeing.org.uk](http://www.bl-orienteeing.org.uk)

**Sun 30 December 2012**

### **LOC Turkey Sprint**

Start Times 12:00 – 14:00, 2-3km Sprint Race plus Yellow course. SI Cards. Cost £4/2 See LOC website for further details: [www.lakeland-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)

**Tue 1 January 2013**

### **WCOC Informal Event**

Special New Year's Day event. Setmurthy, nr Cockermouth. Starts 10.30 – 11.30. Parking at NY166314. Planner Dave Fenwick. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk) and on club ansaphone in week leading up to event 01768 895539

**Tue 1 January 2013**

### **SROC New Year Cracker**

Lancaster University, Lancaster. Signed from the entrance road. Score courses 60 minutes suitable for both experienced and newcomers. Fees £5/£2 Organiser Martyn Roome. 01995 603885 [martyn@mroome.myzen.co.uk](mailto:martyn@mroome.myzen.co.uk) or see website [www.sroc.org](http://www.sroc.org)

**Thur 3 January 2013**

### **WCOC Winter Evening Series**

Whinlatter Visitor Centre, nr Keswick Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk) and on club ansaphone in week leading up to event 01768 895539

**Sat 5 January 2013**

### **MDOC Annual Charity Event**

Lyme Park, Disley. Entrance on A6. SJ964823. John

O'Goats Race + Novice. Register 10.00 to 10.45. Mass Start 11.00. Details on [www.mdoc.org.uk](http://www.mdoc.org.uk) Enquiries to [lyme2013@mdoc.org.uk](mailto:lyme2013@mdoc.org.uk)

**Thur 10 January 2013**

### **WCOC Winter Evening Series**

Mell Fell nr Troutbeck Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk) and on club ansaphone in week leading up to event 01768 895539

**Thur 10 January 2013**

### **MDOC Night Street League**

Event 5. Bollington. Score event. Starts 6.30 to 7.30. Fee £2/£1. SI timing. Hi-Vis clothing. Special rules for under 18s. Pub venue offers meals. Details on [www.mdoc.org.uk](http://www.mdoc.org.uk). Enquiries to [streetleague2012@mdoc.org.uk](mailto:streetleague2012@mdoc.org.uk) or 0145 786 6264

## **Orienteering Club Contacts**

North West Orienteering Association  
[www.nwoa.org.uk](http://www.nwoa.org.uk)

Join the club nearest to you and get involved in all the social activities and training sessions.

BARRO Caroline Arnold, 22 Yarlside Road, Barrow-in-Furness, Cumbria LA13 0ER Tel: 01229 823699

BL Christine Goulding: e-mail (Preferred contact) [xsy\\_goulding@hotmail.com](mailto:xsy_goulding@hotmail.com) 2, Hesket Place, Southwaite CA4 0JU Tel 016974 73628

DEE Jenny Palmer, Hawthorn Cottage, Broomhill Lane, Great Barrow, Chester, CH3 7LB  
Tel: 01829 749 081 e-mail: [secretary@deeside-orienteeing-club.org.uk](mailto:secretary@deeside-orienteeing-club.org.uk)

LOC Jackie Chapman, 42 Greenwood, Kendal, Cumbria LA9 5ED Tel: 01539 733346 e-mail: [secretary@lakeland-orienteeing.org.uk](mailto:secretary@lakeland-orienteeing.org.uk)

MDOC Margaret Gregory, 17 Mersey Meadows, Didsbury, Manchester M20 2GB Tel 0161 445 5653

PFO Gillian Rowan-Wilde, 19 Water Street, Hapton, Burnley BB12 7LQ Tel: 01282 778536

SELOC Caroline Barcham, 3 St John's Close, Crawshawbooth, Rossendale, Lancs BB4 8AR Tel: 01706 221765

SROC Karen Nash, 1 Whitelens Avenue, Lea, Preston PR2 1YA Tel: 01772 721573

WAROC J Laverack, Bleak House, 41 Park Rd, Windermere LA23 2DJ. tel 015394 48778

WCOC Susan Skinner, Greengates, Sunderland, Cockermouth CA13 9SS. Tel: 016973 22558



## **Fixtures November - January 2013**

No.165

The details listed are as accurate as possible. Please use the contact telephone number if you have any doubts about the event. Often the club website has further details available, and is more likely to have information that is up to date. The British Orienteering website has links to all the events. [www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

Many of the areas used for orienteering are also used to graze sheep. PLEASE DON'T TAKE DOGS ONTO A COURSE WITH YOU. PLEASE keep your DOG on a lead in the car parking area.



Colour Coded Events have a set of courses that are graded to accommodate all ages and all abilities. You can normally turn up on the day, pay an entry fee and run a course. Please use any telephone number to ask about the sport and joining a club close to you.

At this time of year the weather can be unpredictable. Please carry adequate clothing for the conditions on the day, and follow any advice given by the organiser of the event.

**Thur 1 November 2012**

### **WCOC Winter Evening Series**

Slate Fell, nr Cockermouth. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk) and on club ansaphone in week leading up to event 01768 895539

**Sat 3 November 2012**

### **SROC Urban event**

Chorley. Final event in the NW urban League Fees £7 (£9 non BOF members) and £4 juniors. Entries via [fabian.4](mailto:fabian.4@gmail.com). Organiser Tony Marlow 01772 698918 email [antonymarlow@gmail.com](mailto:antonymarlow@gmail.com) or see website [www.sroc.org](http://www.sroc.org)

**Sat 3 November 2012**

### **BL Informal Event**

Level D event at Gowbarrow, Ullswater GR NY408219. Courses - Orange and Green Start - 11am. Fees £2/£1. Contact -Christine Goulding 016974 73628 / [www.bl-orienteeing.org.uk](http://www.bl-orienteeing.org.uk)

**Sat 3 November 2012**

### **DEE Schools League**

Little Budworth Schools league and Come and Try It Event. SJ593654. Post code: CW6 9BS Signed from A54/A49 junction. Courses White to Green, suitable for novice

Update of event information to, Roger Jackson, Seaton Mill, Workington, Cumbria CA14 1LW Tel: 01900 602083 [rogersjackson@msn.com](mailto:rogersjackson@msn.com)  
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and intermediate/ experienced orienteers. Registration 10.00-11.30, start times 10.30-12.00. Fees - £2 juniors £4 seniors (£4.50 if not BOF members) . Pre-entry procedure for schools will be advised to schools coordinators. EOD for individuals. Organiser Jenny Beasant 01606 883605

**Sun 4 November 2012**

### **SELOC Level B Event**

NWOL Event at Haslingden Grane, off the B6232. Event centre at Clough Head Cafe and visitor centre BB4 4AT, SD 752232. Last of the 2012

NW Urban League. Courses: White to Black (SI Punching). Course starts: 10:30 to 12:30. Entry on day £13/£6 (£2 discount for adult BO members) and subject to map availability. Further details available on [www.seloc.org.uk/haslingden](http://www.seloc.org.uk/haslingden) Planner: Pete Kidd, Controller: Andy Quickfall, Organiser: Kev Latham Event queries to [kevan.latham@sky.com](mailto:kevan.latham@sky.com)

**Wed 7 November 2012**

### **WARLOC Sprint Race**

Ambleside. Registration 18:00 at Lakes Runner Mass Start 18:30. SI Cards. Cost £4/2 Head Torch Required, reflective clothing recommended. Minimum Age 16. See LOC website for further details: [www.lakeland-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)

**Wed 7 November 2012**

### **SROC Night Street League**

Event 2 Garstang Score event 60 or 75mins. Start times 6.30-7.30 Entry fee £3 seniors/ £1 juniors. Organiser Jane Anthony and John Brewer 01772 865876 [djanthony@uclan.ac.uk](mailto:djanthony@uclan.ac.uk) or see website [www.sroc.org](http://www.sroc.org)

**Thur 8 November 2012**

### **WCOC Winter Evening Series**

Oldside, Workington Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk) and on club ansaphone in week leading up to event 01768 895539

### Sat 10 November 2012 SROC Autumn Series

Williamson Park, Lancaster. Score event suitable for beginners and more experienced orienteers. Start times 12.30-2pm. Fees £3/£1 Organiser Julian Lailey 01524 845990 kezi1@btinternet.com For details see the website www.sroc.org nearer the time

### Sun 11 November 2012 WCOG Copeland Chase

Long (20k), Medium (15k) and Short (10k) courses. Contact John Slater for more details or check the Copeland Chase website www.copelandchase.org.uk

### Tues 13 November 2012 MDOC Night Street League

Event 2. Hale and Bowdon. The Bulls Head, Hale Barns SJ791859. Score event 40,60 or 75 minutes. Starts 6.30 to 7.30. Fee £2/£1. SI timing. Lights and high visibility clothing essential. Under 16s must be accompanied by an adult. 16 and 17 year olds need parental consent. Pub venue offers meals. Details on www.mdodc.org.uk. Enquiries to streetleague2012@mdoc.org.uk or 0145 786 6264

### Wed 14 November 2012 WARLOC Sprint Race

Kendal. Registration 18:00 Mass Start 18:30. SI Cards. Cost £4/2 Head Torch Required, reflective clothing recommended. Minimum Age 16. See LOC website for further details: www.lakeland-orienteering.org.uk

### Thur 15 November 2012 WCOG Winter Evening Series

Rannerdale, Buttermere Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Sat 17 November 2012 Schools Selection Race

Selection race for World Schools Championships in Delamere Forest North Closed Event For M/W 14 and 16 only Pre Entry Only, Entry Forms via schools. More details on BSAO web site

### Sun 18 November 2012 Schools Championships

British Schools Orienteering Championships Delamere Forest Closed Event For Pupils in Year 5 to 13. Pre entries only. Details on BSAO web site. Entry Form via schools.

### Wed 21 November 2012 WARLOC Sprint Race

Windermere. Registration 18:00 Mass Start 18:30. SI Cards. Cost £4/2 Head Torch Required, reflective clothing recommended. Minimum Age 16. See LOC website for further details: www.lakeland-orienteering.org.uk

### Wed 21 November 2012 SROC Night Street League

Event 3 Morecambe. Score event 60 or 75mins Start times 6.30-7.30 Entry fee £3 seniors/ £1 juniors. Organisers David and Miriam Rosen 01524 811553 dandmrosen@btopenworld.com or see website www.sroc.org

### Thur 22 November 2012 WCOG Winter Evening Series

Scale Hill, nr Cocker mouth. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Sat 24 November 2012 MDOC Park Score Event

Werneth Low Country Park SJ960937. Higham Lane. Brown tourist signs from A560/A627 at Gee Cross (Hyde). Score event with a twist (and Yellow course). Starts 10.30 to 11.30. Fee £3/£1.50. Details on www.mdodc.org.uk. Enquiries to autumn2012@mdoc.org.uk

### Sat 24 November 2012 SROC Night Event.

Part of NW night league Traitors Gill, Caton near Lancaster Courses Orange, blue and green Start times 6-7.15 Fees £6/£3 Organiser Rowena Browne 01524 32428 rowenacrowne@gmail.com or see website www.sroc.org

### Sat 24 November 2012 MDOC Park Score Event

Werneth Low Country Park SJ960937. Higham Lane. Brown tourist signs from A560/A627 at Gee Cross (Hyde). Score event with a twist (and Yellow course). Register 10.00 to 11.00, starts 10.30 to 11.30. Fee £3/£1.50. SI punching. Details on www.mdodc.org.uk. Enquiries to autumn2012@mdoc.org.uk

### Sat 24 November 2012 SELOC Level D Event

Saturday Park Series no.10, Worsley Woods, Salford, M28 2QW SD747015. Courses: Yellow, Orange & Light Green. Courses open from 10:00 to 12:00. Cost : £3/£1. SI Punching. Organiser: Paul Booth. See http://www.seloc.org.uk/ for further details

### Sun 25 November 2012 WCOG Cumbrian Galoppen

Greta Gorge, nr Keswick. Full range of colour coded courses from Yellow to Brown, including Short Green. SI punching. Planner Steve Birkinshaw, organisers Paul and Jenny Jennings 01946 861084 Parking and assembly on old A66 at NY295245, start 60m from assembly. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539



### Sun 25 November 2012 PFO Regional Event

Witton Country Park, Blackburn. O/S103 GR 831222 Signed from B6238 2.5kmSW of Town Centre. Registration 10.00-11.30 – Starts 10.30 – 12.00. Seniors £6.00 Juniors £3.00 Final details & location map on www.pfo.org.uk

### Tues 27 November 2012 MDOC Night Street League

Event 3. Handforth. Score event. Starts 6.30 to 7.30. Fee £2/£1. SI timing. Hi-Vis clothing. Special rules for under 18s. Pub venue offers meals. Details on www.mdodc.org.uk. Enquiries to streetleague2012@mdoc.org.uk or 0145 786 6264

### Wed 28 November 2012 WARLOC Sprint Race

Ulverston. Registration 18:00 Mass Start 18:30. SI Cards. Cost £4/2 Head Torch Required, reflective clothing recommended. Minimum Age 16. See LOC website for further details: www.lakeland-orienteering.org.uk

### Thur 29 November 2012 WCOG Winter Evening Series

Bridekirk, nr Cocker mouth. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Sat 1 December 2012 BL Urban Event

Lowry Hill & Kingmoor Woods, Carlisle. NY392585. Runners under 16 years must be accompanied by an adult. Starts 11 – 12. Fee £2/£1. Followed by an indoor 'picnic'. Contact – Chris Lates chrishelen@waitrose.com or www.bl-orienteering.org.uk

### Sat 1 December 2012 DEE Schools Event

Calderstones Park, Liverpool Schools league and Come and Try It Event Map ref: O.S. Landranger no. 108 SJ405876 Post Code: L18 3JD Directions: The event will be signposted from Menlove Avenue (A562), which is part of the Liverpool Ring Road. Courses White to Green, suitable for novice and intermediate/experienced orienteers. Registration 10.00-11.30, start times 10.30-12.00. Fees - £2 juniors £4 seniors (£4.50 if not BOF members). Pre-entry procedure for schools will be advised to schools coordinators. EOD for individuals. Organiser Malcolm Irvine 0151 648 7201

### Sun 2 December 2012 LOC Cumbrian Galoppen

Bethecar Moor. Courses Yellow to Brown Registration 10.00 – 12.00 Start Times 10.30 – 12.30. SI Cards. Cost £8/3 (£2 Discount for adult BOF members). See LOC website www.lakeland-orienteering.org.uk



### Wed 5 December 2012 SROC Night Street League

Event 4 Freckleton and Warton Score event 60 or 75mins. Start times 6.30-7.30 Entry fee £3 seniors/ £1 juniors. Organiser Ray Pickett email rpickett051@aol.com or see website www.sroc.org

### Thur 6 December 2012 WCOG Winter Evening Series

Knock Murton, near Kirkland. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Sat 8 December 2012 MDOC Park Score Event

Longford Park Stretford. SJ808943 Signed from A5145 2.5 km from M60 junction 7 Score event with a twist (and Yellow course). Starts 10.30 to 11.30. Fee £3/£1.50. Details on www.mdodc.org.uk. Enquiries to autumn2012@mdoc.org.uk

### Sat 8 December 2012 PFO Night Event

NWNL Night Event (Changed venue) Aitken Wood & Moors, Barley. Barley car park £1 & Pendle Inn. BB12 9JX Orange, Green, Blue. £6/£3. Starts from 6:00. Final details on www.pfo.org.uk

### Sat 8 December 2012 SROC Autumn Series

Beacon Fell, Garstang. Score course suitable for beginners and experienced orienteers Start times 12.30-2pm Fees £3/£1 Organiser Martyn Roome 01995 693885 martyn@mroome.myzen.co.uk or see website www.sroc.org

### Sun 9 December 2012 PFO Regional Event

(Changed venue) Whitehough & Aitken, Barley Roadside parking, BB12 9LF White to Blue. £6/£3. Starts from 10:30. Final details on www.pfo.org.uk

### Thur 13 December 2012 WCOG Winter Evening Series

Mawbray Dunes near Silloth. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Thur 13 December 2012 MDOC Night Street League

Event 4. Bramhall. Score event. Starts 6.30 to 7.30. Fee £2/£1. SI timing. Hi-Vis clothing. Special rules for under 18s. Pub venue offers meals. Details on www.mdodc.org.uk. Enquiries to streetleague2012@mdoc.org.uk or 0145 786 6264

### Wed 19 December 2012 SROC Night Street League

Event 5 Kirkham Score event 60 or 75mins Start times 6.30-7.30 Entry fee £3 seniors/ £1 juniors Organiser Bob Nash 01772 721573 nash.family@talktalk.net or see website www.sroc.org

### Thur 20 December 2012 WCOG Winter Evening Series

Bleach Green, near Ennerdale. Starts 6.00pm – 7.00pm. Seniors £3, Juniors £1.50 Long, short and easy courses. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539

### Wed 26 December 2012 WCOG Informal Event

Special Christmas event. Powter How, nr Keswick. Starts 10.30 – 11.30. Parking at NY220265. Planner Dave Fenwick. Full details on www.wcoc.co.uk and on club ansaphone in week leading up to event 01768 895539