West Cumberland Orienteering Club

WCOC 50th Birthday celebrations

Triple O event, Keswick.

Sunday 17th September

Course	Distance	Starts	Course closing
Classic Long Distance	8.3 km	1030-1230 hrs	1430hrs
Middle Distance Urban	4.0 km	1030hrs- 1430hrs	1530hrs
Sprint	2.0 km	1030 -1530hrs	1600hrs

You can choose how many of the three events you want to run; one, two or three. **Junior runners** under the age of 16 may NOT undertake the Middle Distance Urban course.

Please note the closing times for each distance and make sure you start the courses with enough time to complete them. Controls will be removed immediately at closing time.

Registration/ Start/ Finish: Adjacent to Keswick Sports Centre/ Cycle Path GR 270 238. Parking in car park or adjacent streets. The ticket machines appear to be out of order at present but it is the competitor's responsibility to check this on the day.

Water/Juice will be provided at the registration area. Toilets are available in the nearby Keswick Museum (in Fitz Park). You are kindly asked to make a donation to the Museum if not also making purchases at the cafe.

Entry on the day: Cost £6 BOF seniors or £8 non BOF members, Juniors £3.
SI dibbers can be hired at registration.

No dogs on courses. First Aid will be available at Download /Registration

Competitors take part at their own risk and are responsible for their own safety. In the event of bad weather a cagoule may be compulsory, the long course will visit fell top areas. You will be advised at registration if this is the case.

YOU MUST DOWNLOAD even if you retire.