



Upcoming Fixtures....

THIS WEEK Thur 28 August, Whinlatter. Final event of the summer series with presentation in the pub afterwards. See website for the parking details. Usual courses, long, short and novice. Starts 6-7pm. Cost £3/£1.50.

Thur 4 September, Maryport. First event of the Autumn Park Series. Fast running on small areas close to home. Two courses, long, short. Starts 5.30-6.30pm. Cost £3/£1.50. See website for details

Sprint Series

The Autumn sprint series is taking shape at the moment with a seven event programme visiting Maryport, Cockermouth, Silloth, Whitehaven, Workington and Keswick. These events are always very popular and are ideal as an introduction to the sport. Please tell as many friends as possible about them and bring them along. There will be some fliers, so please take some of those and advertise the series as widely as you can.



Next Newsletter!

So many major events over the summer, with Slovenia, Croatia, Swiss week, Lakes5, World Uni Champs! ... not to forget our own summer series. There will be some good stories to tell from them.... Graham would love to hear from you on your exploits. How about writing about.... an O highlight, short paragraph and photo would be great!
You can email it all over to Graham.

Latterbarrow 21.8.14

(Selection from results.)

Long		
1st	Richard Wren	31:24
2nd	Charlotte Watson	36:56
3rd	John Slater	38:14
4th	Rob Stein	38:25
5th	Ian Cumpstey	39:27
6th	Jeff Goodwin	39:38
7th	Andrew Bradley	40:32
8th	Mike Harrison	41:20
9th	Pete Nelson	41:23
10th	John Taylor	44:41
11th	Matthew Blackley	44:52
12th	Steven Breeze	45:30
13th	Susan Skinner	45:38
14th	Ray Johnstone	46:43
15th	Bob Barnby	46:55
16th	Mark Collins	47:19
17th	Lynne Thomas	47:27
18th	Michael Billingham	47:46
19th	Mike Hind	50:58
20th	Angela Jackson	53:12
21st	Howard Leslie	54:30
22nd	Chris Pollitt	57:19
Short		
1st	Ged Hagan	35:38
2nd	Syd Thomas	38:18
3rd	Louise Hagan	38:53
4th	Margaret Mackenzie	39:56
5th	Hannah Rumney	44:11
6th	David Downes	46:53
7th	Julie Collins	56:41
8th	Tony Pennick	61:16
9th	Donald Scarrott	69:59
10th	Pam Rumney	75:24
Novice		
1st	Isabel Sunley	21:45

AGM

Just a quick 'early flag up' for the AGM in October. If you would like to get involved in the running of the club and help to make sure all the jobs get done please have a word with the chair (John Taylor) or the secretary (Lesley Wornham). Is there a topic you would like discussed at the AGM, or something you feel the club ought to be doing? Email your ideas if you wish. This is the perfect time for ideas to move the club forward & improve what we do.

2014 Galoppens

Please be sure you complete five galoppens on the same colour course to get your maximum points in the league! The Borrowdale Trophy is at stake!

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>