



Upcoming Fixtures....

THIS WEEK 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

Thur 11 September, Cockermouth. Second 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

Coaching opportunities

There will be no formal coaching in September because we are all too busy orienteering. However, there will be coaches available for pre-race advice/suggestions and post-race review at the next two Thursday evenings for juniors and adult novices. This is especially for those juniors heading to Peter Palmer competition on 13/14th September.

Junior Inter-regional Champs

The individual races at Junior Inter Regional Competition are pm. 27th September at Greythwaite. We need three Level 2 controllers, preferably, but could be planners, to act as the Jury for this event. Also needed are a couple of bodies to help collect in controls. All volunteers can have a run on JIRCS courses. Contact organiser Lynnethomas99@yahoo.co.uk

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.



Junior Home Internationals.

Great performances from Alastair Thomas and Daniel Spencer at the JHIs at the weekend at Oban where ENG finished second place behind SCO. Alastair and Daniel finished 1/2 in M14. Also, both were running the middle leg in the relays where Alastir brought ENG M4 home in first place and Daniel brought ENG M3 home in third place. Great running.... superb results. Well done guys!

Whinlatter Finale 28.8.14

(Selection from results.)

Long		
1st	Lewis Taylor	26:11
2nd	Richard Wren	28:13
3rd	Alastair Thomas	29:30
4th	David Spencer	32:53
5th	Helen Winskill	33:13
6th	Mike Harrison	34:06
7th	Simon Gardner	34:32
8th	Charlotte Watson	35:50
9th	John Slater	36:07
10th	Andrew Bradley	37:37
11th	Ian Cumpstey	37:47
12th	Daniel Spencer	40:06
13th	Lynne Thomas	40:31
14th	Hannah Bradley	41:32
15th	John Taylor	41:37
Short		
1st	Roger Jackson	37:09
2nd	Michael Pearson	38:54
3rd	David Dunes	39:32
4th	Niamh Hunter	40:57
5th	Ian Teasdale	41:28
6th	Ian Lowles	43:11
7th	Gerry Garvey	46:16
8th	Henry Teasdale	48:00
9th	Rachel Osborn	48:02
10th	Joe Greenwood	49:26
11th	Debbie Watson	50:09
12th	Catherine Wetherfield	50:58
13th	Margaret Mackenzie	51:14
14th	Philip Nichols	53:50
15th	Louise Hagan	54:21
Novice		
1st	Tom Fryers	9:03
2nd	Isobel Greenwood	10:07
3rd	Wilfrid Teasdale	10:37

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Keep an eye on the Facebook page for Club goings-on!
<http://www.facebook.com/pages/West-Cumberland-Orienteering-Club/165760043481944?v=info>