



Upcoming Fixtures....

THIS WEEK 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

Thur 18 September, Silloth. Third 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

Sun 21 September, Ling Fell Galoppen.

Usual colour coded courses, Yellow to Brown. Try to complete your five scoring runs on your chosen colour course to get the maximum total.... so we can win the Borrowdale Trophy again this year! See all the details on the website... for parking, times, cost etc.

AGM

Thursday, 23rd October for the AGM! 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).

Nominations for the committee should be sent to Lesley in the next couple of weeks.

The committee are proposing that the 2015 membership subscription for WCOC will be £0 (free), which will bring it in line with almost a third of clubs currently. It will make the joining of WCOC easier and reduce the complication of our structured (family) membership. Any shortfall in income from this move can easily be recovered by a modest increase in participation fees at our events.

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.

Twitter. You can follow @WCOC2014

British Sprints & Middle.

In the Sprint Champs Alastair Thomas was second in M14 (just five seconds adrift), with Mike Pearson second in M70 and Caitlin Irving third in W12.

At the Middle distance Champs Alastair was first in M14, Mike Pearson was first in M70, Charlotte Watson was second and Helen Winskill third in W21. Impressive racing guys!

Maryport CP 4.9.14

(Selection from results.)

Long

1st	Alastair Thomas	20:10
2nd	Michael Billingham	20:25
3rd	David Spencer	20:29
4th	Charlotte Watson	21:06
5th	Daniel Spencer	21:17
6th	Alan Irving	22:08
7th	Andrew Bradley	22:22
8th	Jeff Goodwin	22:37
9th	Rosie Watson	23:55
10th	John Taylor	24:01
11th	Matthew Blackley	25:32
12th	Lynne Thomas	25:40
13th=	Stephane Halle	26:22
13th=	Howard Leslie	26:22
15th	Roger Thomas	26:23
16th	Roger Jackson	26:54
17th	Steven Breeze	27:00
18th	Kate Charles	27:28
19th	Chris Pollitt	27:31
20th	Graham Watson	27:54
21st	Hannah Bradley	28:15
22nd	Angela Jackson	28:38
23rd	Ian Lowles	28:54
24th	Bob Barnby	29:03
25th	Ian Teasdale	30:36
26th	Katherine Lowles	30:40
27th	Niamh Hunter	30:51

Short

1st	Rosie Spencer	17:37
2nd	Chris Telford	19:14
3rd	Billy Robinson	22:06
4th	Carys Thomas	23:11
5th	Deborah Goodwin	23:47
6th	Annette Milburn	26:02
7th	Caitlin Irving	26:10

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

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