



## Upcoming Fixtures....

### **THIS WEEK 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.

### **Thur 25 September, Whitehaven.**

Fourth 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

### **Orient8 sessions**

There are a set of four sessions being planned for older juniors taking place at Cockermouth School. These are on Tuesday 7<sup>th</sup> October 6.30-8pm followed by 14<sup>th</sup> October, 4<sup>th</sup> November, 11<sup>th</sup> November

Also, a coaching session is planned for Mawbray Dunes on Saturday, October 4<sup>th</sup>. Further details from Lynne.

### **AGM**

Thursday, 23<sup>rd</sup> 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.

**Twitter.** You can follow @WCOC2014

### **Peter Palmer Junior Relays.**

A brilliant second place in the Joan George category for 007-OHMSS team of Alastair Thomas, Daniel Spencer, Niamh Hunter, Henry Teasdale, Joseph Sunley & Jonty Goodwin, Katie Lowles. The second team (Crazy Cumbrians) also did well; Matthew Blackley, Kate Skinner, Ben Goodwin, Caitlin Irving, Billy Robinson & Carys Thomas, Joe Goodwin. Many congratulations!

### **Cockermouth Centre 11.9.14**

(Selection from results.)

Long		
1st	Chris Hope	18:16
2nd	Alastair Thomas	18:51
3rd	David Spencer	19:17
4th	Jeff Goodwin	20:14
5th	Chris Steele	20:25
6th	Alan Irving	21:09
7th	Howard Leslie	21:30
8th	Daniel Spencer	21:46
9th	Nick Moore	22:40
10th	John Taylor	22:57
11th	Andrew Bradley	23:11
12th	Chris Pollitt	23:33
13th	Roger Thomas	23:45
14th	Kate Charles	23:57
15th	Chris Emerson	24:01
16th	Hannah Bradley	24:12
17th	Lynne Thomas	24:58
18th	Matthew Blackley	25:08
19th	Angela Brand-Barker	25:24
20th	Steven Breeze	25:38
21st	Pete Nelson	25:44
22nd	Tony Brand-Barker	26:55
Short		
1st	Rosie Spencer	14:26
2nd	Isobel Greenwood	14:59
3rd	Ellen Lister	15:01
4th=	Ruth Elliott	15:02
4th=	Caitlin Irving	15:02
6th	Henry Teasdale	16:03
7th	Carys Thomas	16:43
8th	Wilfrid Teasdale	17:56
9th	Isabelle White	18:16
10th	Jonty Goodwin	18:37
11th	Steve Stanger	20:51
12th	Isabel Stanger	20:53

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

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