



Upcoming Fixtures....

THIS WEEK 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

Thur 2 October, Curwen Park, Workington. Fifth 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 7th October 6.30-8pm followed by 14th October, 4th November, 11th November

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

Route Gadget

The Routegadget link for the Ling Fell event is up on the club website, Have a look at what other people have done and draw up your route if you wish.

Closing Dates for Entries to Major Events

28 Sept online CD for DEE level B event at Formby Dunes on 5 Oct, BUT entry limit of 500.

28 Sept online CD for Race the Castles on 10/11 and 18/19 Oct

29 Sept online CD for October Odyssey

Junior Inter-Regionals next weekend

Good luck to any of our juniors taking part in the NWOA team. Looking for a win this year!

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).

Twitter. You can follow @WCOC2014

Ling Fell Galoppen.

Lovely weather enhanced some great courses from planner, Chris Emerson, with a new section of terrain being used. Thanks to the Red team for all their efforts with the organising.

Wins for Steve Birkinshaw (Brown), David Spencer (Blue), Daniel Spencer (Green), Vanessa Brierley (Short Green) and Caitlin Irving (Orange), and many other excellent placings. Some good Galoppen points. Well done all!

Silloth 18.9.14

(Selection from results.)

Long		
1st	Alastair Thomas	13:29
2nd	Lewis Taylor	14:57
3rd	Daniel Spencer	15:53
4th	David Spencer	16:30
5th	John Taylor	17:22
6th	Jeff Goodwin	17:23
7th	Roger Thomas	17:44
8th	Stephane Helle	18:00
9th	Kate Charles	18:33
10th	Lynne Thomas	19:21
11th	Stuart Parker	19:23
12th	Steven Breeze	19:35
13th	Niamh Hunter	20:41
14th	Ian Teasdale	21:21
15th	Angela Jackson	21:27
16th	Katherine Lowles	21:37
17th	Matthew Blackley	21:50
18th	Ben Breeze	22:00
19th	Chris Telford	22:29
20th	Paul Tickner	24:37
21st	Ian Lowles	24:58
22nd	Chris Emerson	25:25
23rd	Robert Holder	25:26
24th	Joseph Sunley	26:05
25th	Henry Teasdale	26:16
Short		
1st	Carys Thomas	16:01
2nd	Wilfrid Teasdale	17:13
3rd	Jessica Breeze	18:28
4th	Freya Graham	18:31
5th	Mike Hind	22:45
6th	Jonty Goodwin	22:53
7th	Ben Russell	28:17
8th	Sam Weakley	28:26

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

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