



Upcoming Fixtures....

THIS WEEK 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

Thur 9 October, Oldside, Workington. Sixth 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

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).

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.

Spook-O

Plans are being drawn up for this annual extravaganza! Do you have an idea for a spooky site or do you want to redo one you used a few years ago. Catherine Wetherfield would like to hear from you if you have some time available to be involved. It is such good fun and always attracts a large audience of youngsters. At Whinlatter Forest as usual..... on Thursday, October 30th.

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.

Twitter. You can follow @WCOC2014

Junior Inter-Regionals

These were held at the weekend in South Lakes. No official overall winning region declared as yet, but Alastair Thomas and Daniel Spencer cleaned up on M14, and were in the first and third relay teams to finish, so good points there.

Katie Lowles and Niamh Hunter also performed brilliantly and were in the fourth and sixth women's relay teams to finish.

Awaiting final positions to be declared! SOA or NWOA????

Whitehaven 25.9.14

(Selection from results.)

Long / Snr

Control #7 missing, leg times either side removed.

1st	Matthew Vokes	11:30
2nd	Chris Hope	12:32
3rd	Daniel Spencer	13:37
4th	Jeff Goodwin	13:40
5th	John Slater	14:13
6th	John Taylor	14:31
7th	Pete Nelson	14:33
8th	Mike Harrison	15:01
9th	Chris Emerson	15:18
10th	Steven Breeze	15:53
11th	Matthew Blackley	16:12
12th	Roger Thomas	16:32
13th	Stephane Helle	16:39
14th	David Downes	16:57
15th	Kate Charles	17:34
16th	Angela Jackson	17:42
17th	Ben Breeze	18:02
18th	Lynne Thomas	18:34
19th=	Roger Jackson	19:07
19th=	Katherine Lowles	19:07
21st	Niamh Hunter	19:37
22nd	Mike Hind	21:15
23rd	Joe Goodwin	22:16
24th	Catherine Wetherfield	22:34
25th	Paul Tickner	22:41
Short / Junior		
1st	Rosie Spencer	7:16
2nd	Carys Thomas	8:31
3rd	Jessica Breeze	8:40
4th	Freya Graham	8:44
5th	Wilfrid Teasdale	9:01
6th	Caitlin Irving	9:19
7th	Jonty Goodwin	17:06

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

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