**Known bug in MS Office Excel 2013 affecting WMOST performance with solution**

There is a known bug in MS Office Excel 2013 that affects performance of spreadsheets with embedded macros. When you enter data manually and cursor through the worksheet there will be significant delays before you can enter data into the next cell. This does not affect performance if you are just cutting and pasting data into the spreadsheet. However, to avoid this problem you can change a configuration setting in Excel by going to Option/Advanced/Editing Options/Enable AutoComplete for cell values/Automatically Flash Fill and unchecking this option.