

Locate

22 February 2016

Upcoming Fixtures....



Week 8 - No. 15

Birkrigg results - 17/2/16

Another small turn-out, but much better weather than our last visit to Birkrigg! Excellent courses with some really fast racing.

Long Course

1 Tom Gibbs	00:32:55
2 Hannah Cleary-Hughes	00:34:18
3 Iain Smith-Ward	00:34:20
4 Nick Howlett	00:37:40
5 Kevin Hodgson	00:39:57
6 Richard Tiley	00:42:24
7 Rob Humphreys	00:43:36
8 Johanna Cleary	00:43:50
9 Charlotte Somerscocks	00:46:43
10 Russell Cannon	00:51:22
11 David White	00:52:17
12 Selwyn Wright	00:52:36
13 Martin Smith	00:52:57

Short Course

1 John Armstrong	00:36:59
n/c Carol McNeill	00:37:09
2 Jacob Wild	00:51:43

Wednesday 24th February Windermere Urban

Last of our winter night events. A great venue. Parking on/near Broad Street car-park, Grid Ref: SD 414 983, Postcode: LA23 2AB. Usual Long/Short option, with some off-road bits so you trail/studded shoes are recommended. Costs £4 and £2. Registration from 17:30 (ish) - starts from 17:45-18:30

BUCS (British University Champs)

Will Rigg had a great run (running for Herriot Watt, Edinburgh), finishing in 10th. Sarah Jones was 5th as part of a very strong Edinburgh University ladies team taking four of the top five places.

Spring Tech Races...

Coming soon, our annual series of four technical races are each Wednesday in April. Using prime terrain at the best time of year, you won't get better training events than these! More details soon, or take a look at our (brand new!) web-site...

Haverthwaite Heights

Wet and slippery, but great technical racing for our first Galoppen of the year.

Bruce Duncan and Tom Gibbs were 4th and 5th on Brown. Sam Yates, Heather Heppenstall and Harry Scott were 2nd, 3rd and 4th all within a minute of each other on Blue. Richard Tiley 4th on Green, and Jackie Chapman won the Short Green. Merryn Stangroom won the Light Green, with Alex Bloom second. Harry O'Donovan won Orange, followed by Patrick Christian 2nd, Tom Leech 3rd and Matthem Haddow 5th. Joe Jackson Won Yellow, Alice Wood 3rd and Lizzie Hampshire 5th.

Tuesday running/walking group...

Just a quick reminder...

There is a significant number of club members who meet (nearly) every Tuesday morning for a run or walk, usually followed by a lunch at either a cafe or pub. Venues vary, and there are normally three or four groups at differing speeds and distances, so there should be something for everyone.

NOTE: These sessions are all run on an ad-hoc basis, and are not an organised club activity.

If you are interested, please contact Dick Towler via email

dick@towler.org.uk

LOC training sessions for members

FINAL LOC training session for members this Spring.

Another good turn-out for our third training session; thanks to Jo. These sessions aimed at both beginners and experienced competitors; i.e. EVERYONE to improve YOUR performance. If you ever make mistakes in events, these are your opportunities to reduce these mistakes in frequency or size or both. The cost for each session is a subsidised £5.

Tarn Hows - Feb 27th (parking at National Trust car-park)

Please contact Derek Allison ASAP to reserve your map

dereka57@gmail.com

Relay Entries

JK - 28th March at Storthes Hall near Huddersfield

British Relay Championships 1st May at Brown Clee Hill in the West Midlands.

Anyone who wants a run must contact me (either direct or via Miss Evans for UVHS) as all entries for relays go through the club coordinator. **Do it now please!**

Other relay dates for your diaries: **Scottish** Relays 22nd May at Balmoral; **Harvester** 26th June, Cleeve Hill (Cheltenham); **Peter Palmer** Relays 10/11th September at Ratby, Leicester. MDOC are also planning an 'informal' **sprint relay** 9th July as part of their UKOL urban weekend.

Derek Fryer

derek@fryer.entadsl.com

Compass Sport Cup - March 13th 2016

First round is to be held at Bickerton Hill, South Cheshire. All club entries are coordinated by Steve Buckley, who will need your SI and BOF number and preferred course. There will be a coach travelling down to ensure you arrive fresh and ready to run, and as usual, LOC will be paying half your entry costs. Contact Steve before February 13th. steve.buckley770@btinternet.com

Final reminder to get those entry details to Steve - please do it now as it takes some time to collate all the entries, and then allocate people to the different classes so we can maximise our chances of winning.

www.lakeland-orienteering.org.uk