

# Locate

14 March 2016

*Upcoming Fixtures....*



Week 11 - No. 18

## Compass Sport Cup - March 13th 2016

The first round was held at Bickerton Hill, South Cheshire, and matched us against DEE and MDOC.

Despite some great results from many club members across all courses, we finished a close second, so miss out on another trip to the finals.

Thanks to all runners who made the trip - hope you enjoyed your day and run.

Notable results were by Harry Scott, Sarah Atkinson, Carol McNeill, Merryn Stangroom and Milo Williamson who were all class winners. Other point scorers for LOC were: Will Rigg, Hannah Cleary-Hughes, Matthew Haddow, Noah Howlett, Katie Wright, Mark Simmonds, Cliff Etherdon, Iain Smith-Ward, Derek Fryer, Jess Ensoll, Daisy Fletcher-Cooney, Jo Hughes, Dick Towler, Mike McIver, Anna Lister, Rob Browne, Janet Nash, Nick Howlett, Roger Smith and Sam Yates

### Sunday 20th March 2016

#### Leaps Beck, Ennerdale

First Galoppen offering of the year from our neighbours West Cumberland. A fast open area, with some great views if the weather is nice. Remember to take a cagoule, as they may be needed if the weather isn't nice! Usual courses on offer. See [www.wcoc.co.uk](http://www.wcoc.co.uk) for more details.

### Friday 25th-Monday 28th March 2016

#### JK 2016 - Yorkshire

Many club members will be making the trip across to Yorkshire for the JK. The weekend starts with a sprint race, followed by Wass Forest and Kilnsey, and then finishes with relays on the Monday. Best of luck to you all.

### Safety Workshop, Anglers Arms, Haverthwaite, Tuesday 19th April, 19:00 to 22:00 (note new time!)

#### To All LOC Members Who Might Do ANY Organising, Planning or Controlling

From 1st January 2017, British Orienteering is requiring, on behalf of its insurers, that all organisers, planners and controllers have attended a Safety Workshop.

If you haven't attended a Safety Workshop, and ever do any planning, organising or controlling, or think you might in the future, please make a diary note now to attend the Safety Workshop on Tuesday evening, 19th April, at the Anglers Arms in Haverthwaite. Then send me an email to say that you'll be coming.

Our Safety Workshops are run very professionally by Derek Allison. They are actually very enjoyable and really useful, even if you don't do any planning or organising. Of course, attendance is free and everybody gets a certificate.

If you can't make this session, there will be another one put on in September

[Dick Towler - LOC Fixtures Secretary](mailto:dick@towler.org.uk)

### LOC April Weekend...

#### Tarn Hows and Holme Fell—April 2nd and 3rd

This should be a great weekend of orienteering, and isn't that far away now. Dick Towler and Roger Smith are our organisers, and I'm sure they would love to hear from you for offers of help if you are not already on their lists! We are particularly short of helpers for the Sunday, so it would be great to hear from you soon...

### Better late than never....

Big congratulations to Mike McIver who recently got married to Brittany in a small ceremony in the USA. Once visas are sorted, they are hoping to start married life in America...

### 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](mailto:dick@towler.org.uk)

### Relay Entries

**JK** - 28<sup>th</sup> March at Storthes Hall near Huddersfield

**British Relay Championships** 1<sup>st</sup> 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 22<sup>nd</sup> May at Balmoral; **Harvester** 26<sup>th</sup> June, Cleeve Hill (Cheltenham); **Peter Palmer** Relays 10/11<sup>th</sup> September at Ratby, Leicester. MDOC are also planning an 'informal' **sprint relay** 9<sup>th</sup> July as part of their UKOL urban weekend.

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