

# Locate

29 March 2016

*Upcoming Fixtures....*



Week 13 - No. 20

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

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@lakeland-orienteering.org.uk)

**Sat 2nd April**

## Tarn Hows Middle Race

Part of our Spring Weekend - courses planned by Derek Allison and organised by Dick Towler. It's still not too late to enter, and you can still offer your services for helping too...

**Sunday 3rd April**

## Holme Fell

Second day, and full distance courses for all. Planned by Nick Howlett and Iain Smith-Ward, and day organiser Roger Smith. Remember to fill your car with runners/helpers as parking is very limited. Full details for both days on the LOC website [www.lakeland-orienteering.org.uk](http://www.lakeland-orienteering.org.uk)

**Wednesday 6th April**

## Devil's Gallop (near Hawkshead)

First of our Tech Races - a single TD5 course approx 4.3km, with a shorter option of approx 3.1km. Starts from 17:30-18:30. Registration starts from 17:00. Park in the field at GR SD 368 941. Costs £4 and £2 for juniors. Courses close at 19:30. The clocks will have changed, but it would still pay to start early if you think you may take a while...

## JK 2016

The usual Easter weekend of orienteering provided some challenging courses for those who travelled over to Yorkshire last weekend.

Leeds University was a great sprint venue, and some beautiful spring weather made for a very enjoyable day. Special mention must go to Hal Rastelli, who was the last competitor of the day to finish. Most of the safety barriers had been removed, much of the download tent dismantled, and controls were started to be collected when Hal came back (much to Mum and Dad's relief!) and was given a fantastic reception from his UVHS team-mates at the finish line.

Wass Forest wasn't as bad as many were expecting, and was a big contrast to Day 3 on Kilnsey where many club members were caught in some horrendous wintery showers on a very exposed moor.

Overall, Sam Yates won M18L with two great runs. Stan Johnston was 3rd in M80. Harriet Wood was 3rd on W16B

The only relay podium was by one of our Junior boys teams in the M48-, with Noah Howlett, Dan Lister and Harry Scott finishing in third (*picture left*)

Well done to all who went. The next big event is the British Champs, now only four and a half weeks away. Keep training one and all, and may all your controls be in the right place!



## 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... It's still not too late!

[www.lakeland-orienteering.org.uk](http://www.lakeland-orienteering.org.uk)