



Locate

11 January 2016

Upcoming Fixtures....

Wednesday 13th January Ulverston urban

Back to our Wednesday night events. Urban to start off (with a little running across some flat grass)
Parking at Ulverston Leisure Centre (tennis one). Short/Long course, mass start at 18:30. Costs £4 and £2.
Thanks to NCL for use of their car-park - visit them at <http://www.northcountryleisure.org.uk/>

Saturday 16th January Nick O'Pendle - PFO

Following the cancellation of this event due to storm Desmond, PFO are hoping for better weather this time! Another event in the North West Night League. Full details at www.pfo.org.uk

Wednesday 20th January Cunswick night event

First midweek night terrain of the year. A fast, open area just above Kendal. Parking at SD489924. Long/Short courses available, and starts from 18:00-19:00 (Courses close strictly at 20:00hrs). Costs £4 and £2

Please come to the **LOC Ceilidh/barn dance** in Greenodd Village Hall on **Saturday 19 March**. It is aimed at club members, friends and family. No previous experience required.

Live band - **Jump the Gun**, with an excellent caller, Dan Mason.

Pie and peas supper (we can cater for vegetarians with prior notice) Bring your own liquid refreshment
£10 per ticket (£8 for M/W16s and younger) Or use two of your helper vouchers

We need to make commitments very soon, so if you are intending to come, please let us know quickly.

Roger/Ann Smith - roger.smith100@btinternet.com or 01539 568671

LOC training sessions for members

The LOC coaches have arranged a series of Saturday training sessions. These are 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. Individual personal coaching for YOU will be available at each session. The cost for each session is a subsidised £5.

Feb 6th - Graythwaite

Feb 20th - Black Beck

Feb 27th - Tarn Hows

Mar 5th (prov) - Yorkshire Dales (pre JK training!)

Derek Allison - dereka57@gmail.com

Club Champs 2016

A brilliant turn-out for our annual club champs, and a brief good weather window allowed some fast racing on Birkrigg.

Harry Scott (right) had a great run on the Blue and became Club Champion, followed closely in by Matt Rooke and Noah Howlett. Full results can be found on the LOC website.

As usual, more awards were made at the meal afterwards.

Merryn Stangroom won the Ian Blakey trophy for Most Improved Junior.

Noah Howlett and Hannah Cleary-Hughes were top Junior Boy and Junior Girl respectively.

Charlotte Somers-Cocks became the Fast-Cat winner (oldest club member achieving Championship Badge standard and not a previous winner)

Tony Richardson was awarded the Navigator Trophy for services to the club during their membership. Tony has been involved with LOC almost since the start (over 40 years), and has probably done every job going, from parking, starts, finish, planning, organising, controlling and everything in between!

Huge thanks must go to Rob Browne (and family and friends) who helped stage another memorable Club Champs.



Relay Entries

JK is first on Easter Monday 28th March at Storthes Hall near Huddersfield

The **British** Relay Championships follow on 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!**

LOC have again recognised the benefits of encouraging club relay teams by **subsidising the entry fees** by approx 50%. We hope as many club members as possible will have a go. Whether you're a superstar, or not so fast, there will be a team for you.

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

Derek Fryer

derek@fryer.entadsl.com

Club Clothing

If anyone is wanting new club clothing in time for the big races in 2016, now is the time to start thinking about it. We have short-sleeved running shirts, and also jackets available, but they need to be pre-ordered and we need a minimum order too. If you are interested, please contact Rob Browne on rob.browne88@gmail.com