

Locate

Week 9 - issue 56



27 February 2017

Upcoming Fixtures....

Saturday 4th March

Holme Fell - coaching session

Details below...

Sunday 5th March

Faulds Brow, BL Galloppen Event

First Galloppen of the year. You need to run the same course standard 5 times through the year, and it's the top 25 club members scores that count to the Borrowdale Trophy which LOC won last year. Full details on www.bl-orienteering.org.uk

Sunday 12th March

Simpson Ground - Compass Sport Cup Match

We need all club members at this event! It's nice and local, so no excuses there. And it's quite a nice area too! All entries have to be made through our Club Captain - Heather Heppenstall, so please let her know you want to go.

Reminder... WCOC have some sort of event EVERY week. They vary depending on the time of year (parks, urban, fell races, normal events). Full details on their website. www.wcoc.co.uk

Club Coaching...— Another great session in Thwaite Head - these days on local technical areas should really help when you get to the British on High Dam... We aim to run the sessions for all abilities, so no matter your current skill level, everyone will learn something you can then take to your next event.

Next session is Holme Fell on March 4th. Contact Derek Allison if you are interested...

British Night Championships/Northern Champs

Firstly - a massive thank you to the main officials who planned/organised/coordinated the weekend. There are so many man-hours put in behind the scenes to make these events happen, and when it all comes together, you get a fantastic weekend like this...

Next - thanks to all the club members who helped out in whatever way. Whether it was setting the event up, car-parking, registration/enquires, starts, finishes, results, prize-giving, control collecting - the events cannot go on without you.

Finally, congratulations to Simon Cane and Charlotte Somers-Cocks who became BNC Champions at Great Tower.

We had one winner at Bigland with Stan Johnston winning M80. Also, Stewart Allison, Alex O'Donovan, Dick Towler, Cliff Etherden, Ellie Simmonds, Heather Heppenstall and Charlotte S-C all in the top 3...

Wilf's Cafe...

Current season of Slide and Supper evenings are running until March 16th, and there is a great mix of different speakers and their respective sports and interests.

The link is this <http://www.wilfs-cafe.co.uk/wp-content/uploads/2017-Wilfs-Talks.pdf>

Thwaite Head - 15.2.17

A great turn-out for our last winter event. Thanks to Derek Allison for the event. Almost as tough as Dockney!!

Long Course		Race Time
1	Richard Wren	00:36:11
2	Martin Bagness	00:38:42
3	Alastair Thomas	00:38:54
4	Zac Hudd	00:49:09
5	Nick Howlett	00:50:21
6	Graham Patton	00:52:24
7	Johanna Cleary	01:06:04
8	Iain Smith-Ward	01:09:17
9	Mark Simmonds	01:16:23
10	Derek Fryer	01:17:30
11	Martin Smith	01:17:45
12	Simon Cane	01:23:35
13	Charlotte Somers-Cocks	01:24:06
	Lindsey Bayles	rtd w4 m7-8
	Graham Capper	00:55:26 m12-17
	Richard Tiley	01:04:37 m9
Medium Course		
1	Joe Hudd	00:44:44
2	David Rosen	01:19:32
	Rebekah Beadle	01:25:15 m13-14
Short Course		
1	Simon Filmore	00:40:19
2	Louise Dunn	00:44:32
3	Judy Burge	00:44:54
4	Lucy Fryer	00:49:26
5	John Pullin	00:59:42
	Diana McClure	01:09:52

Carols' planning challenge

Don't forget about this... It goes on all year (maybe not every week!) It is for all club members, not just those out there who already plan and control events. It will also help you at future events, as you will start to get a better understanding of what the planners are trying to achieve, and how you can try and beat them!!

Last weeks newsletter...

Apologies for the non-appearance of last weeks newsletter - can only cite 'too busy', and then for-

RELAYS

The JK on Easter Monday, 17th April at Pippingford Park, Ashdown Forest, Sussex. It's an excellent orienteering area of semi-natural woodland and heathland.

The British Relay Championships follow on 7th May at Summerhouse Knott, Finsthwaite.

Anyone who wants a run must contact me (either direct or via [Mrs Bartlett for UVHS British Relays](#)) as all entries for relays go through the club coordinator. There are classes for all ages and I will endeavour to include you in the most appropriate teams.

Please contact Derek Fryer

The Harvester (7 or 9-person, with night running!) is local this year - would be great to have some LOC teams there again... ☺