

# Locate

Week 44 - issue 70

30 October 2017

## Upcoming Fixtures....



### Wednesday 1st November

#### Kendal Urban race

First of our Wednesday night events for 2017/18. Mainly streets (with some paths). Always a favourite. Mass start at 18.30, but you can start between 18.00-18.30 if you want. Long and Short options, and courses close at 20.00 prompt! Costs £4 and £2. Parking in Booths car-park.

### Saturday 4th November

#### Club coaching, Blake Holme (from Gummers How side)

Two options - Orange/Light Green and Green+. Great excuse to improve your technique, and also to train on a top class area. Please contact Derek Allison ASAP to book. mailto:[derekab57@gmail.com](mailto:derekab57@gmail.com)

### Sunday 5th November

#### Great Tower Level C (hosted by AIRE)

Pre-entries only... Full details on [www.aire.org.uk](http://www.aire.org.uk)

### Monday 6th November

#### Club meeting - Anglers Arms, Haverthwaite

Everyone welcome. Meeting starts at 20.00, but some members arrive early for a meal/drink/chat.

### Wednesday 8th November

#### Orrest Head, Windermere

First night terrain event of winter. Parking at Windermere School. Long, Short and Easy option - so the whole family can enjoy the delights of night-time 'O'. The area is steep and muddy!! Starts from 18.00-19.00. Courses close 20.00 prompt, but some controls may be collected earlier. Costs £4 and £2

### OMM 2017

A small group of LOC members were enjoying the delights of Langdale and Coniston Fells last weekend. As far as I know only three teams,, all on the same class, and all family generation teams!

Saturday saw some particularly bad weather, with high winds, driving rain and thick clag above about 300m. Sunday was a complete contrast with clear blue skies, light winds and some stunning views...

Iain and Francis Smith-Ward led the LOC contingent on Medium Score finishing in 24th. Derek and Stewart Allison were 41st and Derek and Alison Fryer were 128th.

### LOC Winter Night Events - Safety

Quick reminder - for **Urban racing**, wear something reflective/bright, and take great care when crossing roads. A spare torch might be useful too...

For **terrain events**, have a cagoule, whistle, spare battery/torch, and possibly a phone.

Also, take a note of the course closing times - these will be strictly enforced!

### Grizedale North - selected results

Big thanks to everyone who helped stage this weekends event, particularly whoever organised the weather... Main officials were: Roger Smith planner, John Nash controller and Tony Richardson was organiser. And lots of other club members helped too... Thanks!

Ed Nash visiting home from Germany claimed 3rd on a very competitive Brown course. Chris Heppenstall edged out wife Heather for 4th and 5th on Blue, with Nick Howlett in 7th. Jess Ensoll had a great run on Green finishing 3rd, with Richard Tiley 6th and Connor O'Hara 8th. Andrew Smith, Ian Wilson and Karen Farley were 2nd, 3rd and 4th on Short Green. Diana McClure, Dave Walton and Alan Heppenstall took the top 3 places on Very Short Green. Light Green 4th and 5th were Lucy Gibson and Alice Wood, with Chris Wilson in 7th. Gillian Wells, Luke Simmonds and Emily Turner were top 3 for Orange. Laura Brown and Jessica Bailey were 1st and 3rd on Yellow.

### New LOC Committee

Following our AGM a couple of weeks ago, below is a list of the main club officials;

Chair - Iain Smith-Ward

Vice-Chair - Rob Browne

Secretary - Selwyn Wright

Fixtures - Louise Dunn

Membership - Simon Filmore

Treasurer - Sue Butterfield

Relays - Derek Fryer

Club Captain - Heather Heppenstall

Mapping - Chris Heppenstall

Other committee members - Dave Walton, Richard Tiley, Dick Towler

Apologies if I have inadvertently missed anyone off - let me know and I'll post it next week!

### Other stuff...

Quick reminder of things always going on, but rarely gets a mention...

**Tuesday Mornings** - a (large) group of 'older' club members meet every Tuesday at different locations for a walk or run. Different speeds and distances all catered for. They then usually retire to a pub/cafe for food. More details on the LOC website.

**Park Runs** - Great for improving some basic speed, or just for getting/keeping fitter. Local ones are Fell Foot, Barrow Park, Millom and Lancaster. If there are any more out there, let us all know!

**WCOC Thursday nights** - Year round events courtesy of our neighbours. A mixture of Park, Urban, Terrain and Fell events. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk)