

Locate

Week 48 - issue 74



27 November 2017

Upcoming Fixtures....

Wednesday 29th November

Windermere Urban

Parking at Grid Ref: SD415982, Postcode: LA23 2AW. Long and Short courses available, £4 and £2, Starts from 18.00-18.30, closing at 20.00. NOTE: There will most likely be some off-road too!

Saturday 2nd December

LOC Training - Dockney Parrock, Bouth

Last chance of the year for some training, and yet another great little area. Good practice for the night event the following week too...

Names to Derek Allison please. [Email Derek here:](#)

Wednesday 6th December

Dockney Parrock, Bouth

Terrain event. Long/Short options. Starts from 18.00-18.30, courses close at 20.00. £4 seniors and £2 juniors

Thursday 7th December

LOC Club Meeting - Anglers Arms, Haverthwaite

All club members welcome to come and see who and what we do... Or if you have anything you want to ask/discuss.

Wednesday 13th December

Sales Bank, Oxen Park

Last night event of the year, followed by a meal in The Manor, Oxen Park. Long/Short option, £4 and £2. Starts 18.00-18.30, courses close 20.00 latest, but ideally before if you want to eat!! See below...

Club Championships...

No venue for the running bit yet (we are working on it!), but the meal is sorted for Greenodd Village Hall, and the date is set for January 14th, so put it in your diaries now...More details soon...

Please send your order to Carol McNeill on Sales Bank Night Event

Event - The last night event of the year, followed by our now traditional post-race meal, this time at The Manor in Oxen Park.

Date is 13th December. Put it in your diaries now... If you just want to come along to the meal, that's fine too... See you there. You should have the menu sent via the email group.

Please send your order to carolmcneill@tiscalinet.co.uk

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.

And take a note of the course (strictly enforced) closing times...



Congratulations...

To Ulverston Victoria High School, Junior Girls... who last Friday collected yet another trophy by winning the Junior Sports Team of the Year at the annual Sports Awards ceremony at Low Wood Hotel. Over the last 4 years they have been at the top of their age group every year, culminating in finishing second at this years World Schools Champs in Sicily. Top row: Ellie Simmonds, Jess Ensoll and Merryn Stangroom. Front: Lucy Gibson and Alice Wood.

Guards Wood event

Wasn't that a good move to cancel!!

Following the cancellation of last weeks event, it will now run at the end of our current winter series. More details later.

Tuesday Mornings - The Tuesday Run on 19th December will be followed by a Jacob's Join lunch at Crosthwaite Village Hall. All LOCers are welcome. No obligation to run first, just bring some food to share. Run sets off 10.00am prompt, lunch around

Dates for the Post-Christmas Turkey races are now set... Dec 26th on Birkrigg, Dec 28th (to be decided) and Dec 30th at Oxen Park/Bethcar.