

11 December 2017

Upcoming Fixtures....



Final shout for meals following our Sales Bank Night 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@tiscali.co.uk

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...

Tuesday 26th December

Turkey Race #1 - Birkrigg

Decorations all sorted. Presents unwrapped. Toys played with. Turkey and stuffing eaten.

Obvious next step is the first of our annual Turkey Races. One of the best areas we have (ahem!), with a guarantee of fast and furious racing... Please bring a cagoule just in case (though good weather has been booked!!).

Parking near the big quarry with a 10-15 minute walk to the start.

Mass start at 11.00am, and a score event for all (although controls 1-11 make up a yellow course). Prizes for fancy dress, Christmas/novelty jumpers encouraged, as are hats/antlers/etc. etc.

Costs £4 and £2.

Thursday 28th December

Another Plate of Turkey!

Turkey Race #2 - Blind Lane, Grizedale

Staged by our local Warrior friends, with a Long, Short and Yellow on offer. Forest road parking. Starts from 11.00-12.00

Saturday 30th December

Turkey Race #3 - Bethcar South

Parking at Abbot Park Farm (there will be a charge going to the farmers chosen charity). Long, Short and Yellow courses. Costs £4 and £2. Fancy dress encouraged - prizes or discounts available...

And the cafe will be open for hot drinks, cakes, soup, all-day breakfasts and biscuits after you run, so you will be nice and warm (and fed!) when you have your post-race discussions... Starts from 11.00-12.00

Monday 1st January 2018

SROC New Year Cracker - Eaves Wood, Silverdale

Parking at SD466763. Mass-Start score event, with a start time of 1.00pm. Full details on www.sroc.org

Dockney Parrock night event

Thanks to Derek Allison for staging this one... Disappointing numbers as the night wasn't that bad, but a lovely little (though tough!) area. These really are great ways of improving your navigation, and can be brilliant fun and an adventure all at the same time! Give it a go...

Long Course	RaceTime
Hollie Orr	00:33:27
Iain Smith-Ward	00:45:00
Derek Fryer	00:53:30
Nick Howlett	00:59:43
Graham Capper	01:09:47
Lindsey Bayles	01:29:45

Short Course

Mark Simmonds	00:48:53
Diana McClure	01:20:23
Dave Walton	01:21:16
Andrew Smith	01:46:26

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...

Club Championships...

We have an area!! Esthwaite Intake for the running bit, and the meal is sorted for Greenodd Village Hall. Date is set for January 14th, so put it in your diaries now... More details soon...

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 12.00am.