

18 December 2017

Upcoming Fixtures....



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

LOC Winter Night Events - Safety

(this can also apply to any other day event... Take care out there...)

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...

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.

Sales Bank night event

Thanks to Carol McNeill and The Simmonds Family for our final night event of the year. Decidedly mixed weather but still great fun, and a nice meal at The Manor afterwards for those who stayed.

Long Course

1st	Hollie Orr	00:33:00
2nd	Iain Smith-Ward	00:39:03
3rd	Paul Ferguson	00:51:28
4th	Chris Roberts	00:52:34
5th	Rebekah Beadle	00:53:01
6th	Jo Cleary	00:58:29
7th	Graham Capper	01:01:09
8th	Derek Fryer	01:04:52
9th=	David Rosen	01:09:13
9th=	Miriam Rosen	01:09:13

Short Course

1st	Francis Smith-Ward	00:28:16
2nd	Ellie Simmonds	00:31:19
3rd	Cliff Etherden	00:36:22
4th	Derek Allison	00:36:55
5th	Richard Towler	00:37:47
6th	Simon & Rachel Cane	01:00:09
7th	Norman French	01:01:44
8th	Evelyn Morgan	01:11:40
9th	Tim Lees & Trevor Slater	01:26:05
m10-11	Dave Walton	01:28:35

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...

Richard and Anne Wilson are our organisers for this year, and will be sending out an email just after Christmas asking for run and food orders. This is always one of the best events in the year, and is a great chance for the whole club to get together and enjoy a fun event followed by a warm drink, a meal, and a chat...

More details soon...

Extra Special Fundraising Event!!

Two of our junior members are going on a trip to Kenya next year where they will undertake some building and teaching in a local school, followed by a trek up Mount Kenya.

They are staging a special event in Ulverston. It is a mixture of a traditional Urban event and a treasure hunt, and should be great fun.

They will also be selling tea/coffee/soup/cakes afterwards.

Date is **Sunday 21st January**, and starts are from 10.30-12.00, based at Ulverston Victoria High School.

Put it in your diaries now...

British Orienteering Membership

Don't forget to renew your membership for the coming year. You should all have received your renewals now...