

12 September 2018

Upcoming Fixtures....



Saturday 15th September

LOC Park Race - Ulverston Leisure Centre

First of our Autumn Park Races. These are a two-part race, with both counting to the overall positions. Starts from 10.30-12.00. Costs £5 and £2.50

Saturday 15th September

Swindale North - BL Cumbria Galoppen

Full range of courses available - starts from 10.30-12.30. Full details on BorderLiners website. <http://www.bl-orienteering.org.uk/>

Sunday 16th September

High Brow - WCOC Cumbria Galoppen

Second day of the Cumbrian Weekend, this time hosted by WCOC. Again, full range of courses available, and starts from 10.30-12.30. www.wcoc.co.uk

Thursday 4th October

LOC AGM - Haverthwaite

Annual General Meeting. All club members are welcome (and encouraged!) to attend. In particular we are looking for someone to take over duties from our current Treasurer. Sue Butterfield has been doing this task for a number of years now, and is looking for someone to carry on the good work.

Grand Raid des Pyrennes Results...

Tom Gibbs (yet again!) has just finished this mammoth race - 105 miles and over 33,000 feet of ascent! - in a very impressive time of just over 31 hours. He was 5th overall, and first foreigner!!

WCOC Evening Events

Quick reminder that our Cumbrian neighbours have an evening event every week... Some really good areas coming up soon, and they don't stop for holidays or any other minor distractions.....

www.wcoc.co.uk

Italian Sprint Results...

Nick Howlett has just returned from Italy with a win in the M45 Sprint class, held in Martina Franca...

Juniors...

UVHS School Champs 2018

Congratulations to **Dan Lister**, who became the 2018 Champ after crossing the finish line first in the annual handicap event.

Fastest times as below...

Short - Amelia Thompson and Luke Simmonds

Medium - Emily Turner and Dylan Kenny

Long - Jess Ensoll and Francis Smith-Ward

I'm sure that 'Miss' will be interested to note that the fastest time on each course was done by a girl... (and saying 'but I'm not surprised...!') ☺

Closest to the 6.00pm finish, and thereby running closest to handicap, was Catherine Bloom.

Usual Wednesday training now begins in earnest, with the new year 7's starting tonight under the watchful eyes of Gill Browne and Karen Farley, with all eyes looking to the British School Champs in November. The older kids are going out onto various areas for terrain training over the next few weeks...

Peter Palmer 2018

Lakeland sent over two teams for the annual Peter Palmer Relays, which is a junior relay competition starting at 5.00am! Thanks to Isabel O'Donovan and Brian Gibson who looked after them. Report from Isabel below...

A huge thank you and well done to the children who travelled to Burnley and Sheffield at the weekend. They were an absolute credit to themselves, their parents and their club and it was a pleasure to go away with them. In spite of the rain (Saturday) and a very early start (Sunday) they were well behaved, good fun and always organised, on time and with the correct kit. Brilliant!

Some great results from Saturday:

Green: Jess E 1st and Lucy 6th.

Light green: Rebecca 2nd Peter 3rd Luke 4th, Laura 5th and Dylan 6th.

Orange: Amelia 5th

Yellow: Jess B 1st and Tilly 3rd

Our 2 Peter Palmer teams on Sunday competed against some very strong opposition- coming 10th and 15th out of 21 teams. The results were re-calculated after we left and LOC Coniston actually came 3rd in the Joan George trophy class (combined ages must be 90 or less). We didn't get a chance to appear on the podium but prizes are on their way and I believe will include chocolate!!

Well done LOC CONISTON - Francis, Harry, Emily, Luke, Amelia, Jess B, Tilly and Jess E!