

Locate

Week 3 - issue 79

17 January 2018

Upcoming Fixtures....



Wednesday 17th January

Stony Hazel, Rusland

Night terrain event with parking at Rusland Church. Starts from 18.00-18.30, Costs £4 and £2. Long/Short options. Courses close at 20.00

Sunday 21st January

Ulverston Urban Race

Special fund-raising event. Staged by two of our junior members. Parking at Ulverston Victoria High School. Starts from 10.30-12.00. Costs £5 and £3. Teas/coffees/cakes available to buy afterwards. Prizes too!!!

Wednesday 24th January

Ambleside Night Urban

Usual Long/Short option, costs £4 and £2, starts 18.00-18.30, courses close at 20.00. Parking is to be confirmed...

Wednesday 31st January

Tarn Hows

Night terrain event, parking at the National Trust car-park (don't forget your NT card for free parking). Starts from 18.00-18.30, Costs £4 and £2. Long/Short options. Courses close at 20.00

LOC Quiz Evening

February 16th

To be hosted at Kendal Golf Club. Either find yourself a team of four before you get there, or just turn up on the night and join in with whoever else turns up... Promises to be good fun, very sociable, and there will also be a food break for pie and peas.

LOC Safety Phones

The club has now purchased two mobile phones, which will be with the registration/results team at every event and can be used as an emergency event contact if required. The numbers are:

07786 536240 and 07498 814798

LOC Winter Night Events - Safety

(this can also apply to any other day event... Especially in winter!)

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**, take a bum-bag with a cagoule, whistle, spare battery/torch, and possibly a phone. It's better to have it and not need it, than be without and find you need it...

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

Club Champs report...

A big thanks to Hollie Orr for planning some demanding courses in a little used part of Grizedale. I still don't know whether going in there for the night event the day before was a useful exercise or not... Judging by my performance - the answer was 'NO'. Also, thanks to Richard and Anne Wilson for organising the event, Dick Towler and Dave Walton (and others) for the computing, Janet and John Nash (and others) for the post-event meal, drinks, biscuits, and anyone else involved. Also, thanks to some of our 'guest' runners who assisted with control collecting. These events don't just happen... but with the enthusiasm and experience from our club members, when they do, they seem to be effortless. They aren't - so big thanks to all concerned.

First over the line this year was **Fiona Newby** on the Green course, followed very closely by Rick Browne 9 seconds behind.

The **fastest Male and Female runners** on each course were:

Harry Scott and Anna Lister on the Blue course
Ellie Simmonds and Simon Filmore on Green
Emily Turner and Luke Simmonds on the Orange
We also give out a number of other awards annually, as follows:

Best Junior performances Junior Boy and Girl - Harry Scott, for consistently achieving top results in almost every competition he enters, and Merryn Stangroom for her Gold and Silver medal in the World Schools O Champs in Sicily back in May, and a 4th place in British Schools in November.

Ian Blakey Award - for most improved Junior.

This years recipient is Emily Turner, who has progressed on to Light Green, and also some great results in British School Score Champs (3rd) and winning year 8 girls at British Schools.

Fast-Cat Award - for oldest club member achieving Championship Standard, and who hasn't won the award before, goes to Louise Dunn this year in W55 - winning by a single year from Lindsey Bayles. The full list of our Championship standard runners is...

Carol McNeill (W70), Simon Cane (M70), Cliff Etherden (M65), Dick Towler (M65), Judy Burge (W60), Charlie Somers-Cocks (W55), **Louise Dunn (W55)**, Lindsey Bayles (W55), Graham Patten (M55), Jo Cleary (W50), Nick Howlett (M50), Rhys Findlay-Robinson (M21), Noah Howlett (M20), Merryn Stangroom (W14)

(Note: Louise is in bold as she wins the Fast Cat Trophy 2017 as the most senior member not to have won it previously.)

Navigator Trophy - for contributions to the club. Gill Browne is this years winner. Since joining LOC when Sarah (and later Rob) were part of the UVHS team, Gill has been a tireless coach and helper to the LOC juniors, particularly the year 7's. Gill has also organised a number of events ranging from local evening events to JK Day1 in 2015, Always cheerful, always enthusiastic, and always wearing a smile... a really worthy winner.

Congratulations to all this years winners...

www.lakeland-orienteering.org.uk

Full results from Club Champs 2018

Blue Course			Fin-	RaceTime
1	Matthew Elkington - non comp	M21	11:31:26	00:32:02
2	Harry Scott	M18	12:23:44	00:34:23
3	Matthew Rooke	M21	11:45:30	00:38:55
4	Chris Heppenstall	M35	12:23:30	00:40:09
5	Nick Howlett	M50	12:26:28	00:41:07
6	Adam Conway - non comp	M16	11:48:37	00:44:13
7	Sam Yates	M18	12:31:37	00:44:15
8	Alex O'Donovan	M18	12:27:01	00:44:39
9	Duncan Harris - non-comp	M50	11:47:06	00:45:50
10	Iain Smith-Ward	M50	12:32:24	00:46:02
11	Anna Harris - non-comp	W16	11:49:03	00:47:24
12	Francis Smith-Ward	M18	12:28:17	00:47:57
13	Harry O'Donovan	M16	12:27:09	00:48:43
14	Daniel Lister	M16	12:27:06	00:50:45
15	Anna Lister	W18	12:29:50	00:55:27
16	Mark Simmonds	M55	12:36:55	00:55:31
17	Mike Hooper	M45	12:36:54	00:57:31
18	Lindsey Bayles	W55	12:34:27	01:00:58
19	Graham Farley	M55	12:34:19	01:01:56
20	Graham Capper	M60	12:41:26	01:04:03
21	Derek Fryer	M60	12:39:57	01:04:30
22	Phil Conway - non-comp	M55	12:07:58	01:05:30
23	Selwyn Wright	M60	12:57:40	01:26:17

Orange Course

1	Emily Turner	W14	11:45:39	00:25:18
2	Luke Simmonds	M14	11:37:58	00:34:32
3	Rebecca O'Donovan	W14	11:58:07	00:34:44
4	Janet Nash	W65	11:06:46	00:35:05
5	Laura Brown	W12	11:58:10	00:36:48
6	Jess Evens	W14	11:59:09	00:40:39
7	Amelia Thompson	W12	12:52:23	00:55:56
	Verena Johnston	W80		rtd

Yellow Course

1	Harriet Rooke	W10	11:56:34	00:45:27
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Selected results from NWNL Esthwaite Intake

Blue

1	Daniel Spencer	M18	WCOC	00:40:04
2	Jonny Malley	M21	MDOC	00:45:30
3	Iain Embrey	M21	SROC	00:49:43
4	Adam Conway	M16	GO	00:53:03
5	Alan Hartley	M40	BL	00:53:51
6	John Ockenden	M21	DRONGO	00:55:24
7	Heather Roome	W35	SROC	00:56:07
8	Chris Heppenstall	M35	LOC	00:57:54
9	David Spencer	M45	WCOC	01:00:05
10	Jeff Powell Davies	M35	BL	01:02:14
11	Joe Hudd	M16	WCOC	01:02:27
12	Dan Parker	M55	BL	01:12:17
13	Iain Smith-Ward	M50	LOC	01:17:12
14	Peter Haines	M60	AIRE	01:24:43
15	Pauly-D Jones	M50	DEE	01:25:42

Green

1	Anna Harris	W16	DEE	00:47:32
2	Derek Allison	M60	LOC	00:50:58
3	Paul Ferguson	M65	SROC	00:53:59
4	Caitlin Irving	W16	WCOC	00:57:34
5	Joe Sunley	M16	WCOC	00:58:16
6	Graham Capper	M60	LOC	00:59:04
7	Stephen Richards	M65	SELOC	01:00:12
8	Phil Conway	M55	GO	01:01:27
9	Richard Tiley	M60	LOC	01:01:33
10	Jo Cleary	W50	LOC	01:09:31
11	Miriam Rosen	W65	SROC	01:11:52
12	David Rosen	M65	SROC	01:11:57
13	Peter Hudd	M55	WCOC	01:13:21
14	Anne Ockenden	W20	SROC	01:18:01
15	Robin Thomas	M65	BL	01:18:36

Orange

1	Ruth Harris	W45	DEE	00:46:24
2	Dave Walton	M65	LOC	01:03:46
3	Isobel Williamson	W65	LOC	01:03:58
4	Janette McHendry	W45	WCOC	01:09:48

Green Course

1	Ellie Simmonds	W16	12:21:01	00:34:37
2	Merryn Stangroom	W16	12:23:39	00:39:17
3	Lucy Gibson	W16	12:23:43	00:42:17
4	Jo Cleary	W50	12:32:29	00:43:05
5	Simon Filmore	M60	12:26:04	00:43:36
6	Fiona Newby	W18	12:18:44	00:44:20
7	Louise Dunn	W55	12:32:50	00:45:26
8	Judy Burge	W60	12:26:58	00:46:33
9	Roger Smith	M70	12:30:21	00:46:57
10	Richard Tiley	M55	11:54:30	00:48:03
11	Tim Field	M50	12:23:49	00:48:20
12	Simon Cane	M70	12:34:22	00:48:58
13	Carol McNeill	W70	12:19:45	00:50:10
14	Charlotte Somers-Cocks	W55	12:43:41	00:53:20
15	Lois Jefferson	W21	12:05:02	00:55:36
16	Norman French	M70	12:30:09	00:58:44
17	Rachel Powell	M50	12:25:34	00:59:10
18	Rick Browne	M60	12:18:53	01:00:27
19	Dave Neild	M70	12:34:00	01:03:31
20	Richard Bartlett	M60	12:19:47	01:06:22
21	Martin Powell	M65	12:34:36	01:07:10
22	Steve Burge	M75	12:26:53	01:09:53
23	Gill Browne	W60	12:35:48	01:10:20
24	Bob Gibbs	M70	12:34:08	01:10:34
25	Hazel Gibbs	W70	11:58:21	01:10:58
26	Alison Hooper	W45	12:29:15	01:18:50
27	Helen Neild	W70	12:35:51	01:19:16
28	Chris Wilson	M14	12:14:45	01:19:42
29	Karen Farley	W55	12:41:10	01:21:46
30	Pauline Richardson	W60	12:35:50	01:22:27
31	Dave Walton	M65	12:37:25	01:25:00
32	Ruth Harris - non-comp	W45	12:25:24	01:26:34
33	Rebecca Holland	W40	12:25:31	01:34:31
34	Isobel Williamson	W55	12:50:14	01:38:43
35	Mike Atherton	M75	12:39:53	01:39:02
36	Tom Barkas	M70	12:40:51	01:42:51
37	Judy Filmore	W60	13:08:15	01:45:50
	John Nash	M65	11:08:24	00:36:51 m2-9 m11-13
	Stan Johnston	M80	11:51:48	00:42:26 m1-13
	Andrew Smith	M70	12:18:39	01:03:09 w13
	Jackie Chapman	W60	12:19:10	00:40:42 w2 m4-10
	Sophie Evans	W16	12:28:14	00:51:50 m10-14
	Hal Rastelli	M16	12:37:12	00:57:43 m4-10
	Julia Sier	W45	13:03:49	01:26:24 m4-5 m7-14
	Jess Ensoll	W16		rtd

Results from Kendal Urban Event

Thanks to Graham Capper and Louise Dunn for our first Urban of 2018. Bruce Duncan won the Long course with Hollie Orr in second. Jo Cleary won the Short and Jackie Chapman was second on the Short. Full results on the website.