

Locate

Week 5 - issue 81

29 January 2018

Upcoming Fixtures....



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

Tuesday 6th February

LOC Club meeting - Anglers Arms, Haverthwaite

Regular club meeting - all members welcome. Starts at 8.00pm

Wednesday 7th February

Bowness Night Urban

Parking along Glebe Road. Long/Short option. Costs £4 and £2. Starts from 18.00-18.30

Sunday 11th February

Black Beck Galoppen event, Bouth

Full range of courses (white-brown). One of our best areas, and we need to try and wrestle the Borrowdale Trophy back from our neighbours WCOC... Starts from 10.30-12.30. Price is £6 and £3. Parking is at Old Hall Farm, Bouth. NOTE: You must share transport - parking is VERY tight. We are using the old road at Haverthwaite cross-roads for some parking where you can park and then share transport to the event. There will be some large tents at registration to leave kit/get changed.

Full event details on the LOC web-site.

Wednesday 14th February

Thwaite night terrain

Parking at grid ref: SD361909. Long/Short option. 18.00-18.30 starts. Costs £4 and £2. Courses close at 20.00

Relays...

Reminder for anyone wishing to run in the JK, British or Scottish relays that names need to be with Derek Fryer asap.

Thanks

derek@fryer.entadsl.com

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...

Long Course

1 Harry Scott	LOC	00:28:47
2 Dan Duxbury	IND	00:29:41
3 Alan Hartley	BL	00:32:46
4 Nick Howlett	LOC	00:33:20
5 Ellie Simmonds	LOC	00:36:10
6 Graham Capper	LOC	00:36:11
7 Jo Cleary	LOC	00:36:50
8 Loz Colyer	LOC	00:37:12
9 Iain Smith-Ward	LOC	00:38:01
10 Angela Brand-Barker	WCOC	00:39:09
11 Derek Fryer	LOC	00:42:32
12 John Gomersall	WAROC	00:47:49
13 Julia Laverack	WAROC	00:48:52
14 Tony Brand-Barker	WCOC	00:52:25
15 Emma Key	IND	00:53:31

Short Course

1 Simon Filmore	LOC	00:33:30
2 Jackie Chapman	LOC	00:37:53
3 Luke Simmonds	LOC	00:44:30
4 Isobel Williamson	LOC	01:19:29

Ambleside Results above - Thanks to Sel Wright (and Katie) for organising.

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 hot-pot or cheese and onion pie.

Cost is £7 - names and food orders to Judy and Steve Burge on

burge811@btinternet.com or 01229 889102

Lakes-5 2018 - cheap entries

If you are planning on going to this years events, the first price rise is due on Feb 1st, so get your entries in quick for the cheapest rates...

It runs from Sunday 29th July to Friday 3rd August. A good variety of areas, with Silver Howe, Angle Tarn, Graythwaite, Harrop Tarn and Askham Fell being used. There is also an Urban race in Ulverston on one of the 'rest' days. Full details and entries on www.lakes-5.org.uk

There is also a range of souvenir t-shirts, hoodies and running tops available, with any profits going to the North West Junior Squad. Details on the LOC website, or from mel.simmonds@talktalk.net

www.lakeland-orienteering.org.uk