

19 February 2018

Upcoming Fixtures....



Wednesday 21st February

Great Tower Night Terrain

Parking at the usual Scouts Car Park. Long/Short, 18.00-18.30 starts, £4 and £2. Courses close 20.00

Wednesday 28th February

Guards Wood night terrain - rescheduled

Hopefully better weather than the last time we tried for this event... Long/Short options, 18.00-18.30 starts (may be slightly delayed if it's not dark!!) Costs £4 and £2. Parking opposite Coniston Junior School.

Sunday 4th March

SROC Galoppen at Farleton Knott

Limited Entry event, so get your entry in early.

Pre-entries via www.sroc.org

Sunday 10th March

Compass Sport Cup round - see right...

Coming soon...

April Tech series - more details to follow, or see the [LOC web-site](http://www.loc.org)

LOC Quiz Evening

February 16th

Big thanks to Steve and Judy Burge for sorting out this. A real variety of questions (shame there was no map round... ☺), and some good food at the interval.

Congratulations to the winning team of Dave and Helen Neild and Mike and Sheila Hobson who won on a tie-break question (how many motorway services are there in the UK?)...

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

1st	Chris Heppenstall	54:35
2nd	Hollie Orr	55:53
3rd	Jo Cleary	86:29:

Short Course

1st	Charlotte Somers-Cocks	52:10
2nd	Lucy Fryer	68:27
3rd	Derek Fryer	70:10
4th	Rebekah Beadle	74:49
5th	Simon Filmore	78:57

Compass Sport Cup

This year's Compass Sport Cup heat is being hosted by SELOC at Clowbridge on Sunday 11th March.

Please let me know ASAP if you are available to run. Entries need to be in to me by Saturday 24th February (apologies for being disorganised and not contacting sooner, I've been busy)

There will be a bus going, with pick ups Ulverston, Haverthwaite and Brettargh Holt. Times and exact price tbc.

As usual LOC will subsidise entries, so adult entries will cost you just £5, £2.50 for juniors and the bus will be around £7 per person.

I need to know: name, age class, BOF number, SI card number and whether you want to use the bus.

Entries to Heather NOW please...