

5 March 2018

Upcoming Fixtures....



Thursday 8th March

Club Meeting - Anglers Arms, Haverthwaite

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

Sunday 11th March

Compass Sport Cup round -

Our team is now entered (looks light on the Senior ladies - we really must try and recruit some!!), and full details will be published soon.

See the SELOC website on www.seloc.org.uk

Heather Heppenstall is our team captain, so look out for her on the day for final instructions, and also to pay for your run.

Wednesday 11th April

Stock and Park Wood, Oxen Park

First of our Spring Technical races. Usually a single course with a cut-off option. Starts from 17.30-18.30

Wednesday 18th April

Stickle Pike 50 at 50 - Tech Race 2

Something slightly different... This year marks my 50th birthday, and to mark the event, I am staging a '50 control special'.

Mass start event at 18.00 (ish). This will be a 50 control Score event, and is suitable for all abilities - there will be a number of easy controls to make any course from Yellow upwards. Prizes and cakes will follow at the end...

Wednesday 25th April

Torver High Common, near Torver

Third of our Tech races.

Wednesday 2nd May

Rusland Beeches

Tech Race 4.

LOC Events - Safety

Given the on-going wintery weather, this reminder is still applicable...

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...

Winter Night Events

Many thanks to all our volunteers/helpers/officials for our recent Night Series. We staged 13 events through the series, and also saw the event at Guards wood postponed TWICE - firstly for excessive rain and flooding, and then due to snow and ice. Hopefully we will have better luck next winter.

We are always looking for thoughts and ideas for future events. If you have one, PLEASE let us know...

Now that the Winter series has finished, we have Tech Races in April, the WAROC Battlexe series in May, and our own Summer events to follow...

Roll on Spring and better weather...

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...