

Locate

12 March 2018

Week 11 - issue 8



Upcoming Fixtures....

Saturday 17th March

Black Beck Training

Training session in some of the best terrain in the area... See below:

Wednesday 25th March

Farleton Knott, SROC Galoppen event

Rescheduled date for this event. Full details on the SROC website at www.sroc.org

Friday 30th March-2nd April

JK 2018.

Best of luck to all travelling down to Cannock for this years JK. Sprint, Middle distance, Long distance and Relays.

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.

Coaching:

Despite having to cancel our last training session, you still have two more opportunities to improve, and in some of the best terrain we have to offer. Next session is Saturday 17th March in Black Beck. Contact Derek Allison to book you place... [Dereka57 @ gmail.com](mailto:Dereka57@gmail.com)

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...

Compass Sport Cup

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

Despite some of our top runners not being available, we had some great results and came out ahead of AIRE by just 7 points, and our local rivals WCOC by nearly 100.

Big shouts to Ellie Simmonds and Noah Howlett who were our only class winners, but it is all about the full team, and even some of our non-counters were able to push down other teams runners so they scored less than we did. Scoring runners listed below.

We will now be travelling down to Abraham's Valley, Rugeley for the final... More details later in the year.

Thanks to our team captain Heather Heppenstall for coordinating our entries, and to everyone who ran for the club.

Ellie Simmonds	Connor O'Hara
Noah Howlett	Simon Filmore
Cliff Etherden	Emily Turner
Heather Heppenstall	Louise Dunn
Derek Fryer	Nick Howlett
Lizzie Hampshire	Iain Smith-Ward
Catherine Bloom	Graham Capper
Harry Scott	Simon Cane
Luke Simmonds	Alice Wood
Mark Simmonds	Sam Yates
Anna Lister	Rowan Capper
Norman French	Harry O'Donovan
	Ella Wood

Interland 2018

Well done to Jess Ensell and Rebecca O'Donovan who both travelled to Holland whilst the rest of us were down at Clowbridge.

Picked to run for England in the match, Jess finished with a great 4th place in W17-, and Rebecca was 6th in W14-.

Picture of Jess below - sorry, couldn't find one of Rebecca!



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