

Locate

Week 12 - issue 87

19 March 2018

Upcoming Fixtures....



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 - Tech Race 1

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

Saturday 14th April

LOC Graythwaite Middle Race

Full details on the LOC website. Obviously most club members will be helping on one (or both) days... Should be a great weekend!

Sunday 15th April

LOC Lingmoor Long distance

Top class area... Best time of year... What's not to like?!

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.

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...

British Orienteering

Quick reminder... If you haven't renewed your membership, please either get in touch with Simon Filmore, our current membership sec, or renew directly via the British Orienteering website. Biggest advantage of being a member is that you will get continued insurance coverage at events.

LOC Coaching

Thanks to Derek Allison for staging the session last weekend in Black Beck. Over 20 members were present enjoying one of the best areas we have to offer (despite the cold wind) Sorry, but the last session has been cancelled as we haven't got a coach available, but we will endeavour to organise more training in the Autumn.

LOC Google Group reminder

Quick reminder...

This group should only be used for orienteering purposes... And if/when you reply to an email, DO NOT use the 'Reply to All'...

The main idea of the group email is to keep members informed, and if too many mails are posted people will stop reading them.

Thanks

www.lakeland-orienteering.org.uk