

23 April 2018

*Upcoming Fixtures....*



## Wednesday 25th April

### Torver High Common, near Torver - Tech Race 3

Third of our Tech races. Top quality open area with few line features. As a contrast to the previous weeks control picking, this has some long legs promised.... Long/Short options. £4 and £2. Parking in the quarries near GR 263933 off the A593 Torver/Broughton road

## Sunday 29th April

### High Rigg, Keswick - WCOC Cumbria Galoppen

Fast open area with some great contour detail, and some stunning views of the Lakeland fells to all around you. Full range of colour courses. Starts from 10.30-12.30. Full details on [www.wcoc.co.uk](http://www.wcoc.co.uk)

## Wednesday 2nd May

### Rusland Beeches - Tech Race 4

Last of our Tech races, and one of the best areas in Cumbria. Steep, intricate contours, lots of rock detail...TD5 at it's best! Long/Short, £4 and £2. Roadside parking - please share as there is limited space.

# Congratulations

To Carol McNeill - W70 Northern Champ.. Cliff Etherden was 3rd on M70L, as was Stan Johnston on M80. Jess Evans was 3rd on W14, and Lindsey Bayles was another 3rd place on W55.



Well done to everyone who travelled over... Next big event is the British Champs up in Balmoral in May, together with the British relays.

*Carol and Stan collecting their prizes*

## LOC Events - Safety

Hopefully winter is now behind us, and we can look forward to some warmer weather.

For **terrain events**, especially ones which venture onto higher open areas (such as Lingmoor), a bum-bag with a cagoule, and possibly overtrousers, may still be required if the weather is inclement. A whistle should always be carried on any event. 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...

[www.lakeland-orienteering.org.uk](http://www.lakeland-orienteering.org.uk)

## Stickle 50 at 50...

Thanks to everyone who came to my 'special' Tech Race on Stickle.

Fifty controls in 50 minutes sounds daunting, but hopefully you all got over the initial fears and found plenty of controls...

Top marks went to Matt Elkington who collected all the controls in just over 42 minutes.. And he even remembered where he had been!

I don't think the results show any penalty points (I know a few of you were late!), but as it was a birthday special, we'll overlook it just this once...

Many thanks to Lecky for helping putting controls out with me, and to those who collected some in at the end.

			points
1st=	Matthew Elkington	M21	2500
1st=	Jack Wright	M21	2500
3rd	Matthew Rooke	M21	2450
4th	Calvin Routledge	M50	2400
5th=	Robert Browne	M21	2250
5th=	Sam Yates	M20	2250
7th=	Lizzie Adams	W21	2200
7th=	Nick Howlett	M50	2200
9th	Alex O'Donovan	M18	2150
10th	Mark Simmonds	M55	2150
11th=	Alan Irving	M50	2050
11th=	Dai Bedwell	M50	2050
13th=	Francis Smith-Ward	M18	1950
13th=	Jeff Goodwin	M55	1950
15th=	Chris Roberts	M60	1900
15th=	Jess Ensoll	W16	1900
15th=	Darren Baker	M50	1900
15th=	Tony Marlow	M50	1900
15th=	Ellie Simmonds	W16	1900
15th=	Harry Scott	M18	1900
15th=	Mike Wimpenny	M70	1900
15th=	Derek Fryer	M60	1900
23rd=	Mark Edwards	M50	1850
23rd=	Andy Sykes	M50	1850
25th=	Rowena Browne	W55	1800
25th=	Derek Radcliffe	M60	1800
27th	Alex Finch	M55	1800
28th=	Dan Lister	M16	1750
28th=	Julian Lailey	M70	1750
28th=	Richard Ensoll	M45	1750

## Cumbria Galoppen

It would be great to have a good LOC showing at this weekend's event on High Rigg - it would be nice to regain the Borrowdale Trophy from our WCOC neighbours...