

# S R O C



The Red Rose Orienteering Club  
BOF Club of the Year 2008



## Newsletter

January/February 2015

Editor : Dick Collins

**SROC 2<sup>nd</sup> in the CompassSport Trophy.**  
(see article by Quentin Harding, below)

## **50<sup>th</sup> Anniversary Celebration**

The inaugural meeting of SROC was on Dec 4<sup>th</sup> 1964. Exactly 50 years later the Club celebrated its half century with around 70 past and present members. Peter Knott was the main Organiser. The guest Speakers were Mike and Patrick Murray and your Editor also provided a few thoughts from the past. With food, drink and dancing, a generally good time was had by all. Some of the participants are shown below.



**Jane Collins with Richard and Anne Lamb**



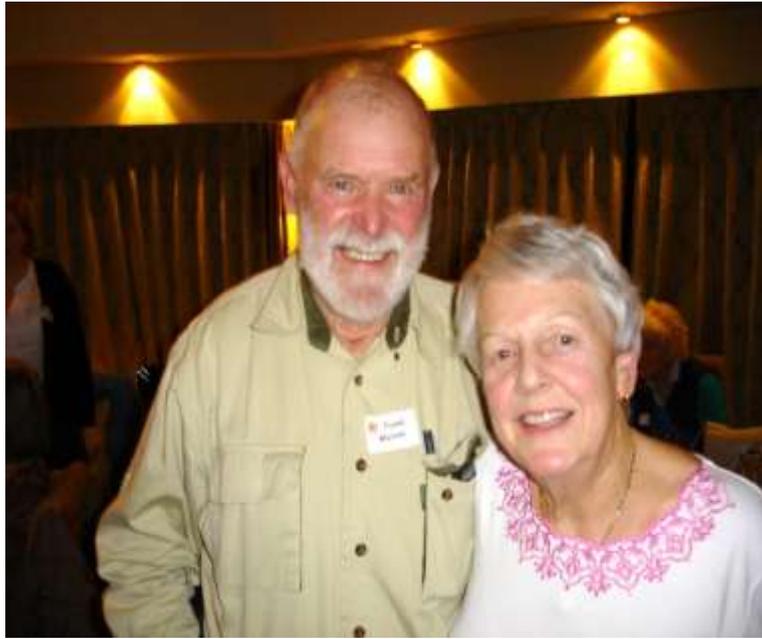
**Martin Stone, Debbie Thompson and Brian Jackson**



**Tony Newton and David Whitaker**



**Dawn Lock and Anne Salisbury**



**Frank Milner (the first SROC Secretary and Treasurer) with Jean Gregson**



**The dancing fraternity**



**Guest Speakers Mike and Patrick Murray**



**Roy Woodcock**

# A summer of orienteering trips

## Helen Ockenden W18

My first orienteering trip this summer was a family trip to the O-Ringen, the world's largest orienteering event, which is held every year in Sweden. Like SROC, O-Ringen was celebrating its 50<sup>th</sup> anniversary, so there were more competitors than ever before, including ten from SROC. I was running D18E, which meant that I was competing against the top Swedish orienteers in my age group. I really enjoyed 5 days of tough races in the complex Swedish terrain, and I was pleased to finish 63<sup>rd</sup> out of 115 in my class.

Next was a trip to Sedbergh, on the western edge of the Yorkshire Dales National park, for the British Orienteering Talent Development Squad training camp. This was three days of physical and technical training, followed by two days of racing which overlapped with the Lakes 5 Days. We covered a wide range of different types of training at the camp, including a run up Winder Hill which overlooks Sedbergh, running drills, strength and conditioning, orienteering sessions at Esthwaite and Skelghyll Woods in the Lake District and a swimming pool session. We were very grateful that Sedbergh School allowed us to use their facilities for some of these sessions.

For the last two weeks of my summer holidays, I was lucky enough to go to Stockholm, Sweden, for a Junior Regional Orienteering Squads training camp for second year M/W16s and first year M/W18s. We stayed in the basement of OK Ravinen's club hut (one of the largest clubs in Stockholm) and we went to their club training. As part of the tour we all became members of OK Ravinen, which meant that they paid our entries for all the races we went to. We travelled around Stockholm using public transport every day to get to the training areas, which was fun, although it sometimes involved sprinting to make a connection. I think over the fortnight I went on a plane (to get there), a bus, a train, a tram, a ferry and the metro! Fortunately, every area and event was within walking distance of a bus or train stop.

On weekdays, we went training every day at a different area, and I gained lots more experience in Swedish terrain. In the evening we went to some sprint races, and to OK Ravinen club training, which came in two different types. They did physical training on the trails around the club hut, but they also had technical training evenings. One of these was a mass start one-man relay where there were several similar but different courses. After training each day, we went swimming in the lake and enjoyed being able to use the sauna in the club hut.

At the weekends, we went to orienteering events in the local area. Despite being relatively small in Swedish terms, these events probably had as many competitors as the Northern Championships would in the UK. Both weekends consisted of a middle and a long distance event in areas on either side of a central assembly area (different each weekend). I really enjoyed being able to race in such good quality terrain on both weekends. I think the week of training in between the weekends definitely helped me to improve in that sort of terrain: I had two average races on the first weekend, but I came 2<sup>nd</sup> in the long distance on the second weekend.

The training camp in Stockholm was definitely one of the best I have been on, and I would like to thank Nick Barrable and all the other coaches who made it such an amazing experience.

Because of my results at the JK in April, I was selected to represent Great Britain at the Junior European Cup in Belgium in October. I was very excited, as this was the first time I had been selected to run for Britain. After meeting up with everyone at Brussels airport, we took our bags to the holiday park where we were staying, and then went to the model area to get used to the terrain. The next day was the sprint event, which was around the town of Lommel. I knew that I was not a fast enough runner to be great at sprint events, but I also made a few mad route choices which meant that I finished 28<sup>th</sup> out of 51. The sprint was followed by the long distance the next day, which was held on a complex area of partially forested sand dunes. I started off well, catching up the girl who started two minutes ahead of me, but then I made several mistakes in the second half of the course, and ended up 20<sup>th</sup>. Putting our own races behind us, all the member of the British team were really happy to cheer as our team mate Sasha Chepelin went onto the podium to collect his silver medal for M18. The next day was the final event, the relay, where all the W20s and W18s compete together. Despite all being first year W18s, my team managed to finish in 8<sup>th</sup> position, which we were very happy with. Overall it was a great experience, and I hope to represent Great Britain again in the future.

I would like to thank SROC and the NW Orienteering Association for their fantastic support, as well as all the coaches who have made these trips so enjoyable.



## New Year Cracker

January 1<sup>st</sup> at Traitor's Gill proved to be a testing start to the year. A surprisingly large number of runners turned out for the event. Gale force winds and driving rain didn't seem to deter people and it was OK when you had the wind behind you. However, conditions were so bad that it wasn't possible to hold the prizegiving. Your Editor had a modest run, not helped by deciding that the horizontal rain made it pointless trying to wear my glasses. I wasn't the only one to decide to leave glasses behind but it does make it hard to decipher certain parts of the map. This was my second "glasses problem" in recent weeks. At -4mins at the CompassSport Trophy Start I went to put my glasses on. One of the arms broke and my frantic efforts to repair them didn't work. It was pointed out afterwards that, being only a short distance from the car and at minus 4 mins, I might have been able to sprint back to the car for my spare pair. Then again, with the benefit of hindsight .....



# Compass Points



By Dawn Lock

## 1. Come and Gone

So the anniversary year has come and gone. It seems no time at all when it was still in the future.

Extreme weather bookended the year. If freezing conditions on the icy slopes of Beacon Fell in January 2014 started the year, torrential rain and gales ended it on top of exposed Caton Moor.

## 2. The Anniversary Year

Rumour has it that a certain SROC committee member thought that organizing 50 events for the 50th anniversary year was a good way to celebrate. It would have been but it's probably better for organizers' sanity that the idea was dropped.

Instead SROC turned out a good list of fixtures including two major A events, the Northern Championships at Blakeholme and Gummers How on 4th May and Day 5 of the Lakes 5 Days at Hampsfell and Eggerslack in August; the out-of-the-ordinary tree planting and the wonderful December party. Then, of course, there were the usual round: 10 street-Os (5 early year and 5 late), 3 Spring and 3 Autumn Series D events, a round of the Northwest Night League and no doubt several I didn't attend and have thus forgotten. It mightn't have added up to 50 but it was a creditable number. They also attended the first and final round of the Compass Sport Trophy finishing second.

## 3. Tree Planting on Beacon Fell

Tree-planting is a novel way to celebrate anything. Collectively we planted five 'big' trees ('big' being a relative term with 'twig' more apt) followed by large numbers of small trees in small groups until icy blasts and snow drove us into the Visitor Centre to unfreeze fingers. It was a very worthwhile experience - if a cold one.

## 4. A Great Do

The anniversary party was a great success with planners Peter Knott, Mark Edwards et al to be congratulated on their brilliant organization. I confess to being rather unsure that I wanted or needed to wear a name badge but it turned out I was wrong. When you've been part of an organization so long you've aged and so have others, recognition of those not seen for decades needed a boost. I was surrounded by names I knew but faces I didn't.

## 5. My Favourite

I know it's very low-key but the orienteering I really enjoy are the little local events and the three-event Autumn Series was just my metier. My performance was more on the lines of getting value for money than creditable i.e. entry fees / minutes out = very low cost orienteering. The figures: £15 entry fees / 300 minutes = 5p / minute. Compare this with the leaders' excellent total 118 minutes but 'expensive' 17p / minute.

## 6. Autumn Series v Autumn Watch

We were admonished to visit toilets at Silverdale Village before reaching the toiletless Eaves Wood, second of the Autumn Series. Silverdale Village wasn't on my way but RSPB Leighton Moss was and Leighton Moss has toilets *and* a pleasant café.

On the road in I was struck by the number of people, grey-green clad and carrying gigantic telescopes, and, turning into the car park already relishing the hot sweet coffee, I was rebuffed. I was redirected to the overflow car park three miles away. It turned out to be adjacent to Eaves Wood - and the delights of hot sweet coffee receded. Leighton Moss on 1st November was the site of the immensely popular televised Autumn Watch and that day naturalists outnumbered orienteers hundreds to one.

### **7. That was fast!**

Sunday 7th December, the day after the 50th Anniversary Party, SROC members were mostly making tracks for Graythwaite, but for me Towneley Park and Colliery were a bigger draw.

It was midday when I stood on the not-very-busy start line of PFO's event with just one other competitor, also on the blue course. I was going to wait the statutory two minutes after him when Controller Jim Mitchell told me there was no need as Chris Goddard (the just left competitor) was very fast and, spoken in awe, was the author of a walks book of Yorkshire.

I saw Chris Goddard only once more. It was after the timed-out road crossing on the gate into Towneley Colliery. I was going in as he was leaving. In the time I'd taken to cross the park between Control 1 and Control 6, he'd completed the Colliery section, Controls 6 to 14 as well and was on his way to the finish.

Chris Burgess' finishing time: 38:35; mine: 99:24.

### **8. Great Birnam Wood to high Dunsinane Hill shall come**

It was in the aftermath of a particularly muddy event that I sat on the hall floor contemplating my fell shoes from the day before's event. A thick layer of mud caked both shoes. On an impulse I scraped the mud/earth/soil onto the scales. In one event I'd taken away 300 gms. Multiply this much mud by the number of competitors and it becomes a wonder that our orienteering parks aren't seriously short of top soil.

### **9. A Cracker of an Event**

This year's New Year Cracker was something else again. It would have been trying enough in usual list of venues: Lord's Lot, Low Park, Knotts Wood etc but on top of desolate Caton Moor the weather was truly horrible. I can't believe DEE's Edward Calow could get 28 controls and 500 points in those conditions in an hour; what a performance! My own favourite memory - apart from my husband's admiring looks when I got back - was the bliss of crouching over a log fire holding a cup of steaming coffee in Brookhouse's Black Bull.

I suppose there's always a silver lining and for the NY Cracker it was the clean mud-free state I return in: mud-free because the drenching from above and beneath had washed shoes and clothes clean.

### **10. Thanks to all Organizers**

Thanks to the SROC organizers who have arranged these enjoyable and engaging events for us to orienteer at.



## Do you want to be in a 2015 SROC Team - JK Relays or British Relays?

That time of year is here again where we decide which of the big events we want to attend. Not only do we have the JK and British championships but this year there is the Scottish 6 Day (S6D) which is running alongside the World Championships (WOC2015). If you want to take advantage of the cheaper entry fees then you have until the end of January to make your JK I last attended a World Championships in 2011 in France and was much more of a spectacle with GPS coverage and cameras in come round rarely so do not miss this opportunity. By taking part <http://www.scottish6days.com/2015> for details.

The JK is in the NW this year with SROC being responsible for asked to help. Having seen that through you can enjoy both Graythwaite. This is not in the rough green part but the lovely <http://www.thejk.org.uk/jk2015> for details of the event. You are accommodation but if you would like to enter the relay please get The British Champs are in the Forest of Dean, Saturday and the relays on the Sunday.

While all are welcome to take part in the relays, entries are co-teams of three people. So if you want to give it a go and run in the JK or British Relays tell me as soon as possible. Entries are cheaper if made before mid February, so if you want to run at £10 for adults and £5 for juniors, contact me before 8<sup>th</sup> February with name(s), age class and SI numbers: Tel: 01524 770637 or Email: [sueandq@escowbeck.wanadoo.co.uk](mailto:sueandq@escowbeck.wanadoo.co.uk)

After this date entries can be made but they will cost you £3 more and there may not be a suitable place in a team



and Scottish entries. very impressed at how it had moved on from the time before. It terrain. This chance to see it for yourself on home soil will in the S6D you can then enjoy running in the same terrain, see

the sprint event at Lancaster University for which you will be individual long days before finishing with a fun relay in natural deciduous woods to the east. Check out the website responsible for your own individual entries, travel and in touch.

<http://www.boc2015.org.uk> with the individual on the ordained by the club captain who tries to put club members in Entries are cheaper if made before mid February, so if you want to run at £10 for adults and £5 for juniors, contact me before 8<sup>th</sup> February with name(s), age class and SI numbers:

Quentin Harding – Club Captain



# SROC 2<sup>nd</sup> at Compass Sport Trophy Final - 14<sup>th</sup> Dec 2014

## Quentin Harding

The Compass Sport competition has been running since 1982 and provides the only inter-club competition in the orienteering calendar. When it started it took the form of a knock out competition using local events between just two clubs in a region at a time. This was both difficult to co-ordinate and conclude in the time allowed such that it evolved to a just one regional round followed by the big final. What has always been in place is the two competitions; the Cup for large clubs and the Trophy for small clubs. For a long time SROC has been a small club in the Cup competition but this year for the first time we were a large club in the Trophy competition with the potential to do well. It was with this in mind that we headed

In 2015 we are hosting the final on Helsington Barrow but this area near Farnborough. It was therefore very encouraging when members all willing to make the journey south. While some used who lived nearby, 14 members of the team stayed at the Holiday evening meal together despite competing Christmas festivities the Ball family that is who suffered a noisy heating system that Come the day, I had only had one withdrawal due to illness and cold but dry day. The car parking for the event is worth a organisers had gone to the efforts of parking all club members experience. It was also good to see Julian safely arrive with Lancaster that morning after a 6am start!



final was 260 miles away on a military training we managed to make an entry with 38 club this as an excuse to visit friends or relations Inn in High Wycombe. Most managed to eat an and most had a good night's sleep, except for eventually led to a refund. so 37 members converged on the car park on a mention, not only was it flat and firm but the together. A nice touch, and a first time in my Philip and Rowena who had driven down from



The terrain for the final was a military training area that appeared to be used for vehicles as there was a maze of tracks that weaved back and forth very close together. Some appeared to be mapped as vehicle tracks while others were mapped as yellow open areas. This combination led to many being confused as to which path they were on. The area was also very flat and fast which was very alien to our typical NW areas. All made it to their start on time and contrary to previous finals all took the correct map for their course. All that was then needed was for everyone to have the best run of the year, a small ask. It was good to see so many wearing their new club tops, they looked good, were easy to pick out and made us look like a team.

As people downloaded the team scores were displayed on a monitor next to download. Early on positions changed wildly up until each club had the full number of scorers, but after this point SROC seemed to be settling in to 3<sup>rd</sup> place and this is what was announced at the prize giving. It was only after the prize giving that we noted we had no score from our Green Men course 5, closer investigation showed that no club had any score from the Green Men course. After reporting this and a recalculation made we had made up ground on SARUM to take second place behind FVO.

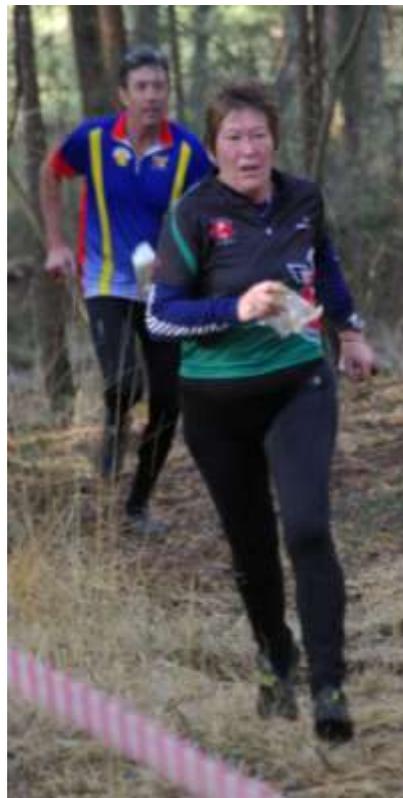
Pos.	Club	Score	Course										
			1	2	3	4T	5	6	7	8A	8B	9A	9B
1st	FVO	1289	199 (2)	199 (2)	197 (2)	99 (1)	197 (2)	100 (1)	0 (0)	0 (0)	98 (1)	100 (1)	100 (1)
<b>2nd</b>	<b>SROC</b>	<b>1256</b>	<b>0 (0)</b>	<b>0 (0)</b>	<b>197 (2)</b>	<b>196 (2)</b>	<b>95 (1)</b>	<b>193 (2)</b>	<b>189 (2)</b>	<b>0 (0)</b>	<b>194 (2)</b>	<b>98 (1)</b>	<b>94 (1)</b>
3rd	SARUM	1245	194 (2)	189 (2)	0 (0)	188 (2)	196 (2)	89 (1)	193 (2)	196 (2)	0 (0)	0 (0)	0 (0)
4th	WIM	1223	92 (1)	93 (1)	185 (2)	0 (0)	191 (2)	184 (2)	100 (1)	94 (1)	92 (1)	94 (1)	98 (1)
5th	SOS	1175	186 (2)	172 (2)	90 (1)	163 (2)	0 (0)	0 (0)	196 (2)	176 (2)	0 (0)	96 (1)	96 (1)
6th	EPOC	1165	0 (0)	170 (2)	190 (2)	184 (2)	91 (1)	185 (2)	81 (1)	0 (0)	86 (1)	88 (1)	90 (1)
7th	LOG	1130	170 (2)	193 (2)	85 (1)	75 (1)	173 (2)	177 (2)	87 (1)	90 (1)	0 (0)	80 (1)	0 (0)
8th	SUFFOC	1117	180 (2)	77 (1)	173 (2)	81 (1)	168 (2)	90 (1)	84 (1)	98 (1)	90 (1)	76 (1)	0 (0)
9th	BL	1097	183 (2)	91 (1)	95 (1)	93 (1)	180 (2)	193 (2)	166 (2)	0 (0)	96 (1)	0 (0)	0 (0)

FVO have won the Trophy for the last 7 years and I knew we would need both a poor turn out from them, some out of character performances from us and some help from individuals from other clubs if we were to beat them. The table above shows the scores and number of counters on each course. It shows that we only matched FVO on course 3 on the open women's course, on all other performance would have made the difference. We did have many noteworthy performances: John Taylor, a fit M65, intention of a win but just to provide a finish and potentially a counting on that course. John was not our lowest scorer.

Thomas Somers a very new member to the club was actually leading while unfortunately he could not sustain this to the 25<sup>th</sup> control he did members.

We had wins in three courses with both Helen and Rebecca seeing off Mary Ockenden completed her course with her arm in a sling after fall over.

Sue Roome and Miriam out shone both the men on the short Vet Green The juniors Oliver, Alice, Craig and Finlay all performed well and Thanks also to all our other runners who helped make it a team second place. In the end we had more members at the final than SYO This year, 2015, the qualifying round will be on Sunday 15<sup>th</sup> March please try and keep that day clear. With the final at Helsington on issues and all the advantages of a home fixture.



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Name		Age	Course	Points	Name		Age	Course	Points
Oliver	Ball	M10	Yellow	n/c 2nd	Julian	Lailey	M65	Green	98
John	Taylor	M65	Brown 1	81	Martyn	Roome	M60	Men	95
Mark	Edwards	M45	Short	79	David	Rosen	M60	6	87
Jeff	Ball	M45	Brown 2	75	David	Hargreaves	M60		86
Rebecca	Rooke	W21	Blue	100	Matthew	Cochrane	M60		84
Katrin	Harding	W21	Women	97	Philip	Gager	M65		71
Sarah	Watkins	W40	3	84	Susan	Roome	W60	Vet	96
Quentin	Harding	M50	Blue	100	Miriam	Rosen	W65	Short	93
Mike	Johnson	M50	Men	96	Peter	Marett	M70	Green	91
Alex	Finch	M55	4T	94	Dick	Collins	M70	7	86
Thomas	Somers	M50		92	Helen	Ockenden	W18	Junior	100
Gavin	Smith	M55		91	Anne	Ockenden	W16	Women	94
Jon	Carberry	M55		85	Sophie	Roberts	W18	8B	82
Chris	Roberts	M55		84	Finlay	Johnson	M12	Orange	98
Anthea	Feaver	W55	Green	n/c 36th	Alice	Ball	W12	9	94
Sue	Harding	W50	Women	95	Craig	Somers	M12		92
Rowena	Browne	W50	5	90					
Jill	Cochrane	W55		85					
Joanne	Taylor	W50		80					
Mary	Ockenden	W55		78					
Jane	Collins	W55		68					



## **SROC Handicap and Social.**

The handicap was held at White Coppice in slightly chilly conditions. I have run on this area many times and it was always called Wheelton Plantation. White Coppice was the name of the map a bit further along on the open area. Julian Lailey's new map had renamed it. This was quite correct as for many years I (and others) had pointed out that the area known as Wheelton Plantation was ...a) not at Wheelton and..b) not a plantation. Not that the competitors cared. They had been handicapped into 6 groups, their position determining which of the 23 controls they should start at. They were warned that it was muddy but several of the returnees reported that it wasn't. Brian Jackson arrived late and started on his own after which we set up the finish and waited. The finish was the closest that I have experienced in 30-odd years. The first three were separated by about 3 metres, the winner being Oliver Ball.

The full results:-

**1 Oliver Ball** 28-00 2 Brenda Rutter 28-01 3 Beth Davey 28-03 4 Alice Ball 28-24 5 Bill Hyslop 28-44 6 Miriam Rosen 30-54 7 Tom Barkas 31-20 8 Sue Roome 32-39 9 Quentin Harding 33-28 10 Mike Johnson 33-53 11 Frances Watkins 35-54 12 Luigi Lerosé 36-26 13 Helen Ockenden 40-14 14 Gavin Smith 41-04 15 Ray Pickett 41-19 16 Jane Anthony 41-23 17 Sarah Watkins 42-13 18 Rowena Browne 42-20 19 Alex Finch 42-56 20 Mark Edwards 42-59 21 David Downes 45-11 22 Brian Jackson 45-51 23 Roy McGregor 45-54 24 Tony Marlow 48-12 25 Chris Roberts 48-21 26 Finlay Johnson 48-45 27 David Hargreaves 50-06 28 Deb Murrell 58-02 29 Annie Ockenden 61-35 30 John Carberry 64-08 ret Martyn Roome and Steve Davey.

The Social was held at the Methodist Hall up the road and involved the usual food, drink, competitions and prizegiving.

A competition involved finding the names of animals contained within a section of the BOF Rules. I began to wonder what sort of mind would have started looking for something like this. (Does anyone actually read the BOF rules never mind looking for the names of hidden animals?). The person in question (let's call him Gavin) didn't really come up with an answer.

National and Provincial Trophy winner was Tony Marlow, primarily for his work in organising the Northern Champs. Overall Men's and Women's Champions were Quentin Harding and Helen Ockenden. Trophy for the most improved orienteer went to Craig Somers and best newcomer was Calum Chambers.

The Club Champions in the different age-classes were :

M10 Oliver Ball M12 Finlay Johnson W12 Alice Ball W14 Niamh Marlow M16 Laurence Johnson W16 Annie Ockenden  
M18 Philip Rutter W18 Zoe Harding M21 James Walsh W21 Becca Rooke W40 Sarah Watkins M40 Steve Davey M45 Mark Edwards W45 Deb Murrell M50 Quentin Harding W50 Sue Harding M55 Gavin Smith W55 Jane Anthony M60 Martyn Roome W60 Sue Roome M65 Julian Lailey  
W65 Miriam Rosen M70 Bill Hyslop M75 Peter Knott

## Ann Clarke 1938 -2015

Ann was one of the founder members of SROC and was present at the inaugural meeting on 4<sup>th</sup> December 1964. She passed away in a nursing home at Lostock Hall in late January. Her funeral was at Charnock Richard Crematorium on Feb. 4<sup>th</sup>. To the best of my knowledge she was never a competitive orienteer, unlike other family members. Husband Lol was another founder member and my Statistician's records for 1977 show daughter Jacky (born 1955) competing in many events. Many were disappointed that Ann was unable to attend the 50<sup>th</sup> anniversary celebrations.

The picture below shows Ann at the Club's 21<sup>st</sup> anniversary celebration at Haverthwaite.



Older members may recognise Ken Turner, (white hair, just visible on the left behind Ann), Tom Sykes (in red), Mel Wilkinson (white tee-shirt) and behind Tom and Mel, your Editor (with rather more black hair than he has now). Photo by Maurice Dean.

## Odds and Ends

I have noticed a tendency recently for Clubs (or at least those who put the information on the web) to assume that everyone knows where their areas are. An example is the recent Skelghyll Woods/Wansfell event where the Final Details gave no travelling instructions and simply said that the parking was at Miller Bridge Car Park. This was OK for those of us who are familiar with the area but for those from afar, assuming they had cottoned-on that the event was in Ambleside, it may have created a problem.

Having spent big bucks on new head-lights I am a bit concerned about using them for the night league urban events. They are so bright if viewed head-on that passing pedestrians could be temporarily blinded. Jane and I have been running round trying not to look directly at anyone.

## Fixtures

[See web-site for details](#)

### Spring Series

Starts 12.30 - 1.30 £5/£2

Sat 7 Feb Astley Park

Sat 7 March Yarrow Valley

Sat 11 April Astley Park

### Night Street League

60/75 min score Starts 6.30-7.30 £3/£1

Wed 11 Feb Chorley

Wed 25 Feb Longridge

Wed 11 March West Bolton

Wed 18 March Fulwood

### Tim Watkins Trophy

Sun 22 March Blawith and Subberthwaite