



Epistle



No. 242
April - May 2017



Wrinklies
Lunch !

Photo Collage: Paulette Noot

EPOC Wrinklies on a typical Wednesday lunch-time!

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

We haven't had any EPOC events since the last Epistle but members have been out running at other events. A small team ran at the Compass Sport qualifying round but we had insufficient runners across the range of courses so did not get enough scores to make an impact on the other clubs competing.

Moving into spring many people will be heading off to the JK at Easter and also the British Championships at the beginning of May so good luck to everyone running these events.

Don't forget the YHOA Sprint Champs on 14th May being hosted by EPOC and the Dewsbury Urban event on 11th June. If you haven't already done so, please offer your help at one or both of these events, the more people who help the easier it is for everyone and for people to also have a run if they want to.

Emma Harrison

CHAIRMAN'S CHAT

Firstly Congratulations to Davey who has raised over £5,000 for the charity "Climbing Out". Davey did the whole of the Pennine Way unsupported and the conditions underfoot must have been awful making it even harder.

"Climbing Out" organises activity programmes that help rebuild the confidence and self-belief in young people who have been through life changing injury, illness or trauma. Davey's late son James was a supporter of this charity and he himself benefited from it.

It is still not too late to give your support to "Climbing Out" and to Davey for his fantastic achievement in atrocious conditions. Visit "Just Giving" and type Davey Averill into the search bar to Donate. Thank you.

Since the last Epistle, Results/Auto download team have been working hard and tell me they have nearly finished their exhaustive testing procedure. However I am not allowed to ask – I think it has been construed as nagging. I have had to buy another television so I can pass my old one on to EPOC so we can have rolling results.

SI Control boxes have had their medical check and repairs and we have more than enough serviceable boxes to go round for the two Golcar events and Dewsbury.

The Yorkshire Sprint Championships at Golcar on 14 May is all in place as far as Rod's courses, permissions and everything else is concerned and all equipment is in my garage. Why am I telling you this? Due to my spare part surgery Karen Poole has kindly offered to take over as Organiser on the day and it is nice to see someone new on the team.

Viv has posted some Training/Fun events on the EPOC website, please try and support these events and if you would like to help please let Viv know. Organising a CATI, Training event or a Novelty event is a good place to start your organising career. There is plenty of guidance from experienced "low-key-event" people if you want to give it a go.

Dewsbury 11 June 2017:- Just when I was about to branch out into Planning I found I could hardly walk, anywhere, so Richard has kindly offered to help by planning Dewsbury and by June I should be able to organise on the day. Again the infrastructure and permissions are all in place but if anyone would like to take up the baton of Organiser they are welcome to contact me.

Davey is going to run an Event Safety Workshop on Wednesday 3rd May 2017 and all Organisers, Planners and Controllers need to have attended this course as a requirement of the BO insurance policy and get their accreditation (certificate). At the moment it is to be held at the Barracks in Bradford. It will take about 3 hours and the certificate lasts forever! At the moment we have 6 victims who have put their hand up. If you would like to attend please e-mail Margaret Sykes at: masykes.follingworth@gmail.com. If you are even remotely interested in a future as an Organiser, Planner or Controller please put your name down. It's free!

Viv Barraclough completed the 2-day Outdoors 1st Aid Course so can now deal with all eventualities.

First Aid qualifications need to be updated every three years and we intend to send event helpers on a cyclical basis to fulfil BO insurance policy obligations, but perhaps on a 3hr course and not a two-day outdoor one.

The Compass Sport Trophy did not go as well for our team as in the past. If more members had gone to the event we would have qualified easily but it was felt that due to the Final being held in Devon there was not the same enthusiasm.

Thanks again to the people who have done a lot of work on the IT and Golcar and Dewsbury events and to Viv for her Activities planning and schedule of fun events.

We still need an Organiser, Planner and Controller for Rishworth Moor anybody out there – there is plenty of advice available!

Jean Lochhead

The EPOC Epistle is the club's bi-monthly newsletter

All offerings to the Epistle, including photo's, are gratefully received, especially the unsolicited ones. Reports on small events are just as welcome as those on big events. It really helps if articles, photo's, reports, notices and gossip can be emailed directly to me at

Eah1607@aol.com

Copy to Emma by 20 May 2017

Look forward to hearing from you!

Helping at an EPOC event?

Don't forget you can have half price entry to any EPOC event when you help out at an event in some way. If you need to pre-enter an event the discount code is available from the event organiser to claim a helper discount!

Want to see how you rank on an unofficial BOF ranking list?

And you can also compare yourself with any other runner who regularly runs the same course. Go to <http://oobrien.com/stats/index> and enter your name and club. Very impressive!

Guy

Membership

Welcome to Karen Poole who has joined EPOC this year.

What has your committee been doing?



East Pennine Orienteering Club

Summary of Committee Meeting
Wednesday 8 March 2017 at 7pm
Marsh Liberal Club



- 1 a) Present: David, Alistair, Davey, Mike, Pat, Emma (from 7.40pm), Jean, Rod, Viv
- b) Apologies: Paulette

2. Minutes of last meeting approved

3. Treasurer's Report had been circulated, now approved

4. Fixtures

a) Golcar. Jean organising, Rod planning, David and Juliet controlling (only Juliet on the day). 16 bottles to be purchased for prizes. Certificates hopefully to be presented on the day.

b) Dewsbury. Jean planning. Jean has secured St John Fisher School

c) Rishworth Moor. Planner sought

d) Ogden. Davey has done a lot of preparation already

Event safety workshop. Davey to state the dates he is available. Rod needs to attend before Golcar.

5. Compass Sport Trophy - if we qualify will ask how many are likely to travel to Devon for the final

6. Activities calendar; on website. Viv to promote. Search plan training session at Cliffe House on Weds 12th April at 6pm. All welcome including juniors. Roy Lindsell working on Welhome Park. Jean to get a date from Guy for his street O.

7. a) everyone aware of issue of events being scheduled too close together in time (e.g. 4 weeks apart and over the Christmas season). Hope to avoid this problem in future by selecting dates that are more evenly spread.

b) Jean has been working on the website and EPOC leaflet

8. Date of next meeting Weds 17th May 7pm (permanent courses to be on the agenda)
Emma requested items for Epistle

East Pennine Orienteering Club Summary of Treasurer's Report for Committee Meeting 8th March 2017

1. Since the last meeting, the club has not held any events.
2. Membership renewals have continued and the total now stands at 54 membership units. This is down from 62 units in 2016. To date £433 has been received from BOF as club membership fees. Reminders and a current membership list have been e-mailed to current and past members.
3. Since the last meeting, the club has made major investments in new computers and peripherals. An invoice is also expected from SI for repairs and battery replacements to a number of boxes. This was deemed necessary after a number failed at Storthes Hall.
4. As of 1/3/17 the bank account had a decrease since the start of the financial year.
5. Hardcastle Craggs POC. Mike Pownall has now done a minor update.

David Morgan 6/3/17

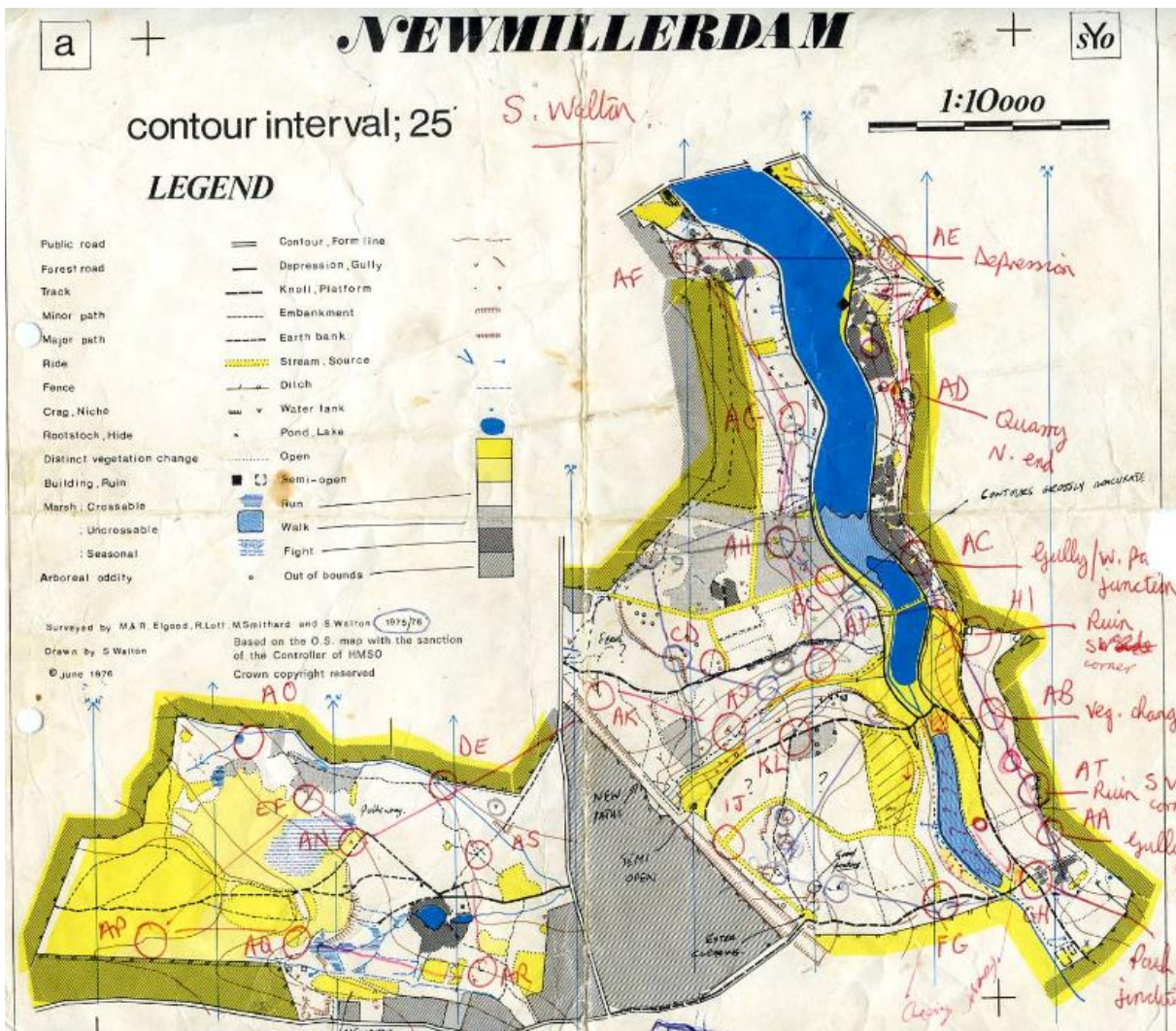
COMPASS SPORT TROPHY 2017

Rod Shaw

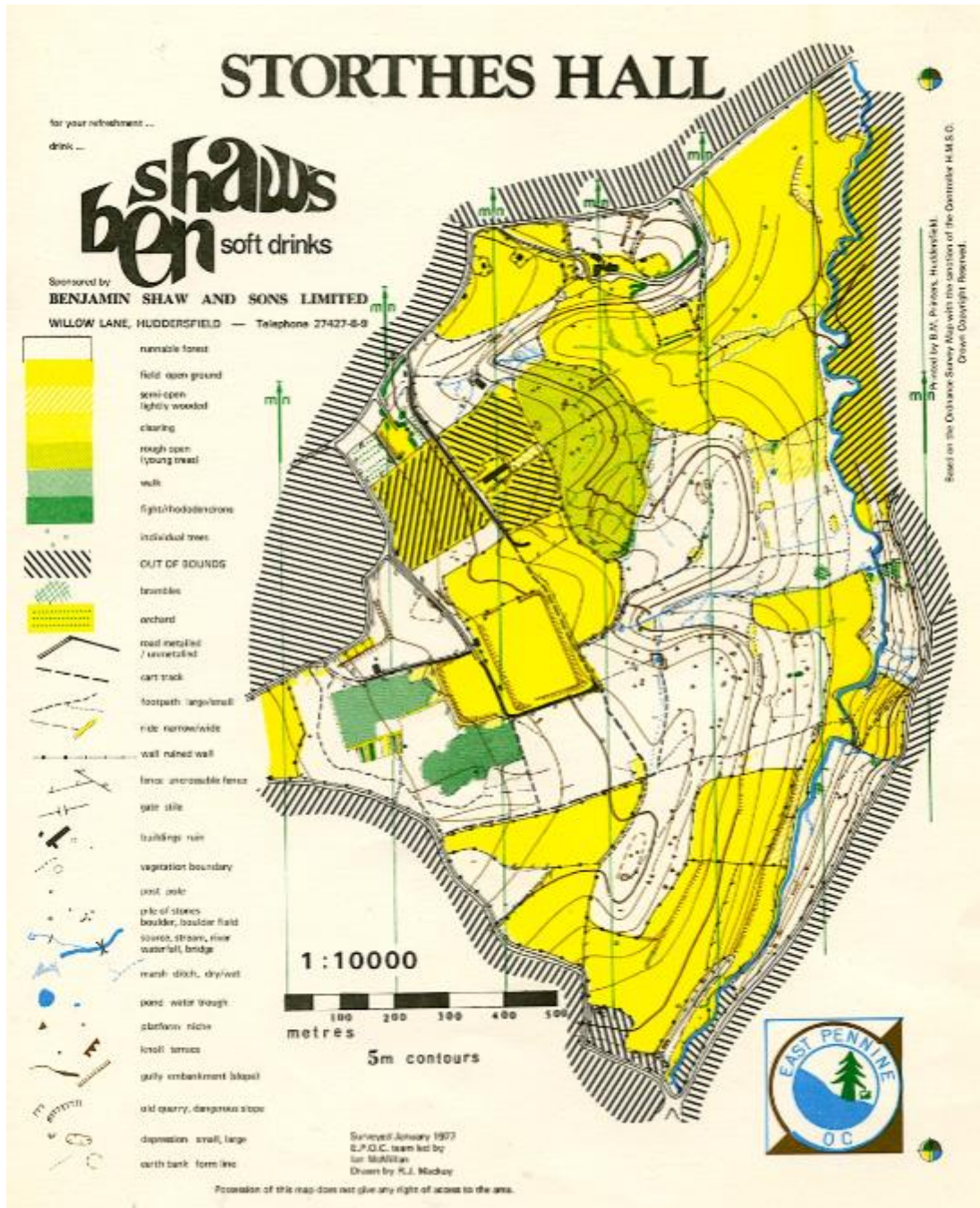
EPOC crashed out of the Compass Sport Trophy qualifying round in 4th place behind CLARO, NATO & NN in that order. We had only 11 potential scorers but with 2 mis-punches brought us down to 9 scorers. The other clubs all had a full compliment of 13 scorers. We did have some excellent runs: Emma Harrison 2nd on Women's Green, Mike Pedley 5th on Men's Blue, Richard Payne 4th on Men's Green & Megan Harrison 5th on Short Green; some good runs: Julie Couch 9th on Women's Green & Laura Harrison 10th on Short Green (these positions are in combined Compass Sport Cup and Trophy). Other scorers were David Harrison, Ian Couch & Jane Payne. Thanks for everyone who represented the club in sunny Cleveland. We didn't really want to travel to Devon in the autumn anyway!

Map Archive

An early orienteering map of Newmillerdam (including Seckar Woods to the west of the A61) dated 1975/76 and at that stage belonging to SYO.



The 1977 version of Storthes Hall!



ORIENTEERING FOUNDATION

Duncan Archer

The Orienteering Foundation is a charity, independent of British Orienteering, and seeks to promote innovation and to support people and projects in orienteering through fund-raising activities. We are keen to increase awareness of the Orienteering Foundation, both with potential donors, and with those who might seek to submit grant applications, and getting more links to our website is one way to do that. Of course if you were able to further help spread the word and otherwise help our cause, then so much the better, e.g.:

- passing this on to your newsletter editor to mention us
- mentioning us to your committee in case they have any projects that could benefit from our funding
- considering whether you personally might donate ☺

<http://www.orienteeringfoundation.org.uk/>

EPOC Rankings 2017

These are the current ranking positions (as of 28th March 2017) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos.	Name	Points	Contributing scores
1 (68 -2)	Alasdair Pedley	7979	1314, 1358, 1328, 1309, 1331, 1339
2 (74 -3)	James Logue	7947	1311, 1316, 1330, 1320, 1320, 1350
3 (153 +18)	Simon Martland	7750	1273, 1321, 1283, 1277, 1295, 1301
4 (190 -3)	Andy Thorpe	7668	1275, 1274, 1276, 1285, 1280, 1278
5 (219 -5)	Jonathan Emberton	7614	1257, 1269, 1267, 1302, 1258, 1261
6 (275 +16)	Mike Pedley	7513	1242, 1244, 1271, 1246, 1247, 1263
7 (628 -8)	Emma Harrison	7146	1190, 1189, 1184, 1188, 1195, 1200
8 (636 -9)	Richard Payne	7141	1186, 1172, 1245, 1179, 1189, 1170
9 (759 -6)	David Averill	7044	1162, 1178, 1174, 1183, 1159, 1188
10 (788 +43)	Graham Lloyd	7026	1158, 1162, 1178, 1182, 1155, 1191
11 (823 +1430)	William Barraclough	7001	1143, 1117, 1196, 1163, 1205, 1177
12 (1107 +194)	Viv Barraclough	6775	1118, 1067, 1114, 1100, 1202, 1174
13 (1149 -10)	Richard Spendlove	6739	1094, 1099, 1136, 1127, 1164, 1119
14 (1326 -8)	Megan Harrison	6591	1091, 1087, 1114, 1103, 1095, 1101
15 (1337 -8)	Julie Couch	6582	1096, 1102, 1132, 1082, 1086, 1084
16 (1402 -12)	Matthew Tinker	6545	1082, 1089, 1120, 1066, 1106, 1082
17 (1420 +29)	Laura Harrison	6533	1067, 1128, 1073, 1129, 1053, 1083
18 (1527 -2)	Ian Couch	6453	1070, 1103, 1067, 1079, 1062, 1072
19 (1661 -15)	Paul Jackson	6351	1062, 1047, 1069, 1067, 1034, 1072
20 (1742 -17)	Roy Lindsell	6293	1067, 1067, 1036, 1022, 1040, 1061
21 (1770 -10)	Helen Pedley	6269	1035, 1044, 1094, 1097, 979, 1020
22 (1770 +204)	Alistair Tinto	6269	1115, 1097, 1106, 1132, 916, 903
23 (1928 -17)	Phil Scarf	6149	1237, 1218, 1205, 1231, 1258
24 (1994 -17)	David Harrison	6097	1013, 1024, 1012, 1014, 1013, 1021
25 (2127 +12)	Helen Martland	5951	953, 1037, 977, 1032, 981, 971
26 (2144 -21)	Keith Sykes	5937	1016, 986, 966, 997, 985, 987
27 (2171 -20)	Jean Lochhead	5917	980, 977, 959, 972, 978, 1051
28 (2278 -18)	Gill Ross	5816	986, 1025, 956, 928, 981, 940
29 (2328 -17)	Neil Croasdell	5771	972, 940, 989, 930, 980, 960
30 (2338 -18)	Guy Goodair	5762	948, 946, 988, 982, 938, 960
31 (2388 -21)	Brian Mellor	5705	1027, 1136, 950, 787, 906, 899
32 (2578 -16)	Rod Shaw	5441	923, 992, 885, 887, 863, 891
33 (2671 -13)	Mike Thorpe	5314	956, 872, 859, 864, 845, 918
34 (2723 +38)	Jane Payne	5241	857, 874, 844, 869, 919, 878

Pos.	Name	Points	Contributing scores
35 (2743 -13)	Esther Logue	5206	1061, 1022, 1098, 978, 1047
36 (2778 -15)	Rebecca Lloyd	5114	936, 850, 845, 824, 804, 855
37 (2812 -17)	Fred Ross	5072	820, 841, 900, 879, 808, 824
38 (2841 -20)	Jackie Page	5022	877, 801, 853, 831, 827, 833
39 (2846 -21)	Judith Goodair	5014	832, 899, 832, 814, 817, 820
40 (2896 -21)	Philip Thompson	4939	778, 810, 812, 844, 780, 915
41 (2985 -24)	Joanna Emberton	4760	791, 799, 842, 748, 772, 808
42 (3056 +93)	Juliet Morgan	4607	772, 790, 705, 701, 814, 825
43 (3097 -19)	Michael Wood	4519	809, 702, 695, 716, 843, 754
44 (3190 -23)	Margaret Shaw	4339	673, 679, 867, 719, 672, 729
45 (3209 -18)	Jackie Scarf	4278	1118, 1061, 998, 1101
46 (3359 -15)	David Morgan	3860	614, 641, 599, 609, 655, 742
47 (3387 -17)	James Williams	3806	1284, 1244, 1278
48 (3493 -18)	Bob Steeper	3524	881, 854, 883, 906
49 (3536 -17)	John Elliott	3415	887, 811, 839, 878
50 (3720 -13)	John Rawden	3024	1020, 1024, 980
51 (3755 +397)	Linda Hayles	2912	377, 697, 959, 879
52 (4362 -22)	Jane Hodgson	1709	813, 896
53 (4456 -26)	Sue Levinson	1496	556, 696, 244
54 (4544 -22)	Corinne Roberts	1282	721, 561
55 (4581 -27)	Karen Poole	1224	1224
56 (4677 -26)	Sarah Pedley	1118	1118
57 (4823 -26)	Bryan Parkinson	1020	1020
58 (4973 -31)	Rod Sutcliffe	938	938
59 (5245 -21)	Graham Booth	714	714

UK Orienteering League 2017

Club League as of 28th March

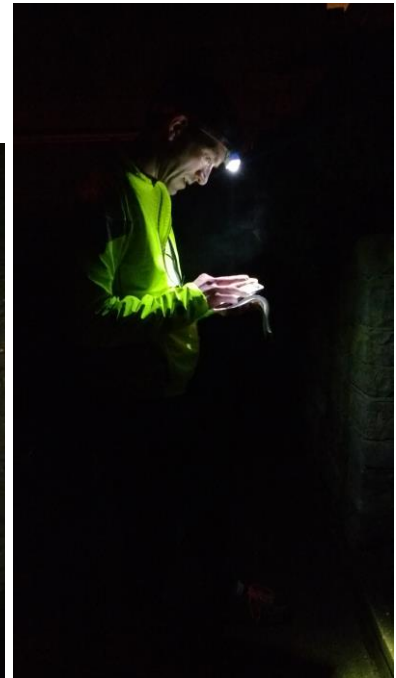
Rank	Club	Points	Contributing members
1	SYO	1838	
2	OD	1778	
3	BOK	1745	
4	WCOC	1669	
5	DEE	1559	
6	EPOC	1510	Andy Thorpe (M45), Adam Thorpe (M16), Phil Scarf (M50), Sarah Pedley (W16), Mike Pedley (M55), Helen Pedley (W55), Alasdair Pedley (M18), Richard Payne (M65), James Logue (M45), Laura Harrison (W16), Emma Harrison (W45), Judith Goodair (W75), Guy Goodair (M80), Jonathan Emberton (M55), Ian Couch (M70)

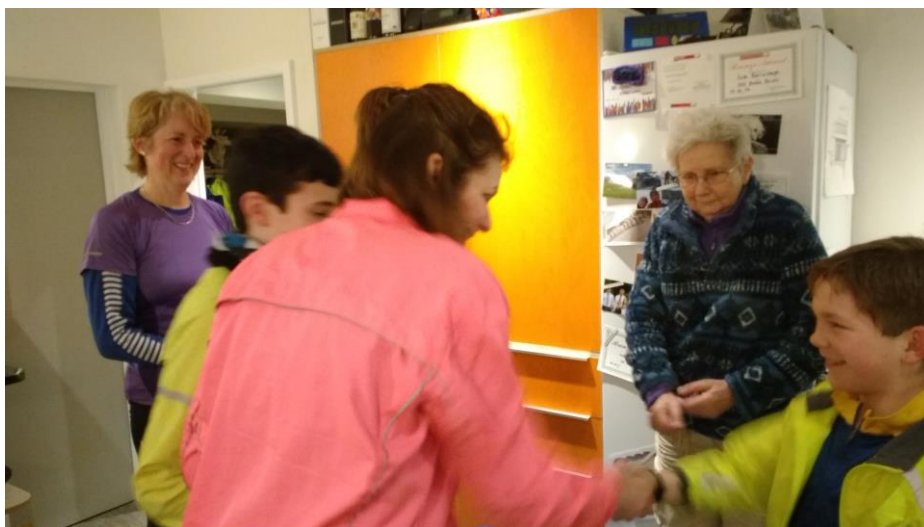
Highburton Hydrant Hunt – 22 March

Viv Barraclough

Possibly the only dry 40 minutes of the day saw several EPOC members searching for fire hydrants and other street furniture in the cul de sacs and quiet roads of Highburton. A torch and good eyesight and observation skills were useful, as well as some speed and good choice of route.

Having scoured my local area for fire hydrants whilst out and about over the last few weeks I found using the Open Orienteering Maps website to produce a map very quick; select the area I want, click to add control circles, type in the control number, move the position of the number if necessary, add descriptions, points per control, title and instructions. Then print! Kirkburton next time.





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EPOC Schools League

Viv Barraclough

Name	School	Points	Events	Newmillerdam	Storthes Hall	Oakwell Hall	Dewsbury
Year 2 boys- White course							
Matthew Reid	Berry Brow						
Year 3 boys- White course							
Callum Watts	Meltham Moor Primary School						
Year 4 boys- White course							
Adam Metcalf	Highburton First School						
Gabriel Leece	Highburton First School	98	1	98			
Guy Bailey	Thurstonland First School						
Joseph Barraclough	Highburton First School	200	2	100	100		
Ollie Brougham	Highburton First School						
Thomas Brandon	Barkisland Primary School						
Year 6 boys- Yellow course							
Luke Barraclough	Kirkburton Middle School	200	2	100	100		
Oliver Hirst	Old Earth Primary	98	1			98	

Year 7 boys- Yellow course					
Seth Barraclough	Kirkburton Middle School	199	2	99	100
Year 8 boys- Orange course					
Daniel Metcalf	Kirkburton Middle School				
Dan Brennan	Kirkburton Middle School				
William Martland	Honley High School	200	2	100	100
Will Brennan	Kirkburton Middle School				
James Marsden	Kirkburton Middle School				
Year 10 Boys- Light Green Course					
Edward Jackson	Shelley College	99	2	99	
Year 11 Boys- Light Green Course					
Tom Whitworth	Royds Hall High School				
Richard Carter	Heckmondwike Grammar	93	1		93
Eddy Briggs	Heckmondwike Grammar	93	1		93
Tom Byrne	St John Fisher, Dewsbury	93	1		93
Year 2 girls- White course					
Kirsty McDougald	Lindley Infant School				
Daisy Jones	Lindley Infant School				
Annabel Bailey	Thurstonland First School				
Year 3 Girls- White course					
Ada Martin	Wilberlee J and I School				
Year 4 Girls- White course					
Mya Larder	Highburton First School				
Year 5 Girls- White course					
Lauren Watts	Meltham Moor Primary School				
Freya Larder	Highburton First School				
Ruby McLellan	Highburton First School				
Megan Casey	Shirley Manor Primary Academy	99	1	99	
Year 6 Girls- Yellow course					
Maisy Brougham	Kirkburton Middle School				
Year 7 Girls- Yellow Course					
Mia Casey	North Halifax Grammar School				
Year 11 Girls- Light Green Course					
Sarah Pedley	Calder High				
Laura Harrison	Kettlethorpe High	100	1		100
Year 13 Girls					
Megan Harrison	Pontefract New Collge	100	1		100

School	Points
Kirkburton Middle School	399
Highburton First School	298
Honley High School	200
Heckmondwike Grammar	186
Shirley Manor Primary Academy	99
Shelley College	99
Old Earth Primary	98
St John Fisher	93

EVENT REPORTS AND RESULTS

(a huge 'thank you' to Guy, as always, for sifting through and sending me all the results)

STOCKHOLM INDOOR CUP

Steve Whitehead, EBOR

Wow! Really wow!! This was mind-blowing on day 1 and that turned out to be the easy day. About a quarter of the 900 entries mis-punched (or couldn't work out how to get to a control or had to give in because the 2km course was taking too long - you get the picture). Josh Beech came 45th

in the open with 17 minutes per km (but only 1 minute per control) and Steve Whitehead managed 20th (but first over 65) on the veteran course (M40+) with 20 minutes per km... the slowest he's ever done by a long way.

Day 2 H40+ was a classic. The first control was fairly easy, just one floor up and along a bit but then it was a bit of a challenge - like a locked door mystery - as control 2 was on the 3rd floor of a building with no obvious links to anywhere else on the map. So from floor 2 you had to go up to floor 3 and then along the corridor and down to floor 1 and then cross a carpet to another building where you seemed to be in another locked room but there were 3 escape routes, one through an apparently endless succession of classrooms, another going up and then back down stairs and a third using a spiral staircase. But still hard to work out how to get to the control (2 remember). The only way was over a bridge to a third building and then down to floor 1 in order to access the bottom of the stairs leading up to the control. It took Steve 11.56, that's 9 minutes of thinking time and 3 minutes actually moving. And so it went on, ending in a maze accessed by crawling under a curtain and then leaving under another curtain to sprint to the line. Spectator controls and a live video feed added to the excitement/embarrassment. Well worth the trip!

You'll get a feel for the difficulty of control 2 if you watch the first few minutes of this (the guy gets to control 1 at 3.50 then there's a lot of standing around mixed with running one way then back again):

<https://www.youtube.com/watch?v=4Ox6bmJTDA8>

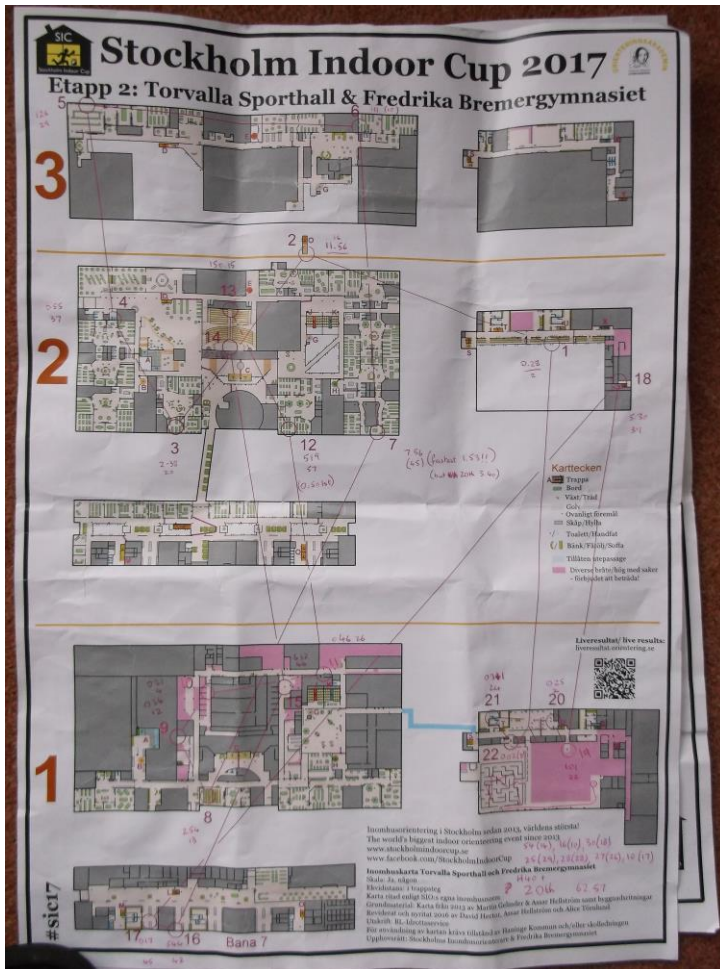
Video highlights of day 2 (starting with Simon Brook climbing through the window to the start in the woodwork room and then moving "fluently" to his first control) here:

<https://www.youtube.com/watch?v=dm7DW4-pxkg>

Results here <https://eventor.orientering.se/Events/Show/17419>



Day 1 Men's Open



Day 2 M40+

BAOC Military League North, Gaza Barracks Catterick - 1 Feb 17

Blue 7.6km 120m		Light Green 4.0km 60m	
14 Davey Averill	57.53	19 Guy Goodair	47.17
		24 Phil Thompson	50.45
		27 Sue Levinson	51.51
		31 Judith Goodair	53.50

SYO YHOA Night League, Bowden Housteads - 4 Feb 17

Medium (length 3.6km, climb 65m, 15 controls)

2 Emma Harrison	40:44
17 John Elliott	71:03

LOG Level C EM League, Stapleford Woods - 5 Feb 17

Blue 7.48km 5m		Short Green 3.89km 5m	
6 Emma Harrison	71.14	19 Judith Goodair	77.32
Green 4.99km 5m		Guy Goodair	dnf
10 David Harrison	65.30		

LORCA WRE O Meeting Spain, Sprint - 11 Feb 17

M65		W65	
1 Richard Payne	12.23	6 Jane Payne	17.25

MDOC Twin Peaks

Day 1, Torver Back Common - 11 Feb 17

Green 2.8km 135m		Short Green 2.4km 110m	
51 Paul Jackson	61.00	26 Phil Thompson	66.36

Day 2, Bleathwaite & Little Arrow Moor - 12 Feb 17

Black 8.4km 450m		Green 3.1km 170m	
19 Alasdair Pedley	65.19	22 Paul Jackson	46.36
Short Brown 6.3km 300m		Short Green 2.7km 130m	
18 Jon Emberton	55.10	23 Phil Thompson	65.26
Blue 4.7km 240m			
5 Mike Pedley	42.05		

NOC EM League, Harlow Wood - 12 Feb 17

Short Green (length 3.4km, climb 50m)		Blue (length 5.8km, climb 90m)	
7 Gill Ross	51:15	9 Emma Harrison	53:56
25 Michael Wood	70:34	23 Megan Harrison	65:07
Green (length 4.1km, climb 55m)			
10 Laura Harrison	48:02		
49 Fred Ross	72:16		

BAOC MLN, Ellington Banks - 15 Feb 17

Blue		Light Green 4.3km 75m	
17 Davey Averill	79.46	34 Judith Goodair	87.08
		37 Guy Goodair	92.41
		38 Phil Thompson	93.19

HALO Northern Night Championships, Knapton- 18 Feb 17

M18 3.7km, 180m		W18 2.7km, 120m	
1 Alasdair Pedley	29.07	2 Megan Harrison	34.52
M55 2.7km, 120m		W45 2.7km, 120m	
2 Mike Pedley	23.48	1 Emma Harrison	27.03

SROC Tim Watkins Trophy, Whitbarrow - 19 Feb 17

Womens Open 11.3km 445m		Men 45+ 11.3km 445m	
2 Karen Poole	116.37	6 Jon Emberton	98.18

EBOR Hollicars & Common Woods - 19 Feb 17

Blue 6.8km		Short Green 3.5km	
4 Andy Thorpe	52.29	8 Gill Ross	52.42
8 Adam Thorpe	57.01	14 Guy Goodair	60.23
22 Emma Harrison	64.36	15 Judith Goodair	61.33
35 Paul Jackson	79.17	22 Mike Thorpe	64.27
Green 4.5km		28 Jackie Page	68.50
9 Roy Lindsell	43.28	32 Margaret Shaw	80.46
10 Laura Harrison	44.29	Jean Lochhead	rtd
11 Megan Harrison	44.33	Light Green 3.5km	
27 David Harrison	50.55	7 Anna Thorpe	61.00
44 Rod Shaw	58.32	12 William Martland	72.46
47 Helen Martland	58.53	Orange 2.9km	
		5 Pat Thorpe	74.10

Portugal Orienteering Meeting 2017

Guy Goodair

This year meeting, 4 days 5 races, was held in the Alentejo region, about 2 hours drive east north east of Lisbon with the event centre being in Alter de Chao (which is the home of the Alter Stud where the top Portugese horses are bred)

Day 1 was a middle distance race near Crato with linear parking up to 2km away from the arena so we arrived early only to be shunted into a car park for camper vans around 1.5km from the arena with the start a further 1.75km beyond that. The finish and download were 600m from the arena, so consequently, there was no real need to visit it that day. The area was quite open but with lots of rock features.

Later that day the night event was held round the streets of Alter de Chao with the last few controls in a pitch dark park. Judith, who refuses to wear a head torch but relies on a small hand torch to read the map, had an excellent run to win her W75 class whilst I made a big mistake going to No 5 before No 3 so losing a lot of time. With ageing eyes I struggle to read the map and run at the same time (unlike most women I can't 'multi-task').

Day 2 was back to the same arena with the start and finish being in the arena but using a completely different area and it was a long distance event. A long downhill run to the start kite then fast runnable areas with scattered rock features and it must have been a very gradual climb back to the finish field because I never noticed the climb.

Day 3 saw the meeting move to Portalegre and it was a middle distance race and for the elite runners it was also a World Ranking Event, so many of the sport's greatest runners were turning out.

Simone Niggli, greatest ever women's orienteer, and now supposedly retired from serious international competition, showed a clean pair of heels to the rest of the field in the Women's elite class but World Champion Thierry Gueorgiou was pushed down into 4th place on Men's Elite.

Judith had a very good run to finish 4th whilst I had a real disaster, going up the wrong re-entrant, in my head making it all fit, until I realised what I'd done. However a Norwegian rival also messed up one of his controls so we commiserated each other after the race.

Day 4 used the same arena as the previous day but an entirely different start area.

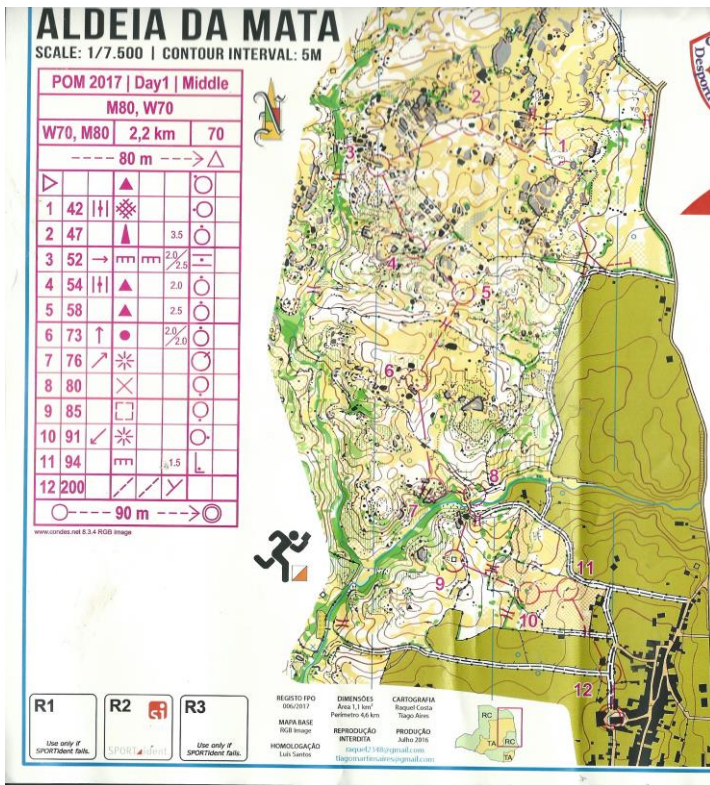
For the elite it was a chasing start and both Niggli and Gueorgiou showed their class to win their courses. The runout to the start triangle seemed to last forever but it was really runnable. I made my usual 'cock-up', instead of using a path to No 5 I decided to go straight – big mistake! When the control didn't appear I wasn't sure where I was, saw a rock face – that must be a crag I reasoned but couldn't see one anywhere near. Foolishly I didn't go to it, if I had I would have seen it was the side of a small reservoir and I would have easily re-located. As it was I floundered around until I eventually got to No 5. OK after that but the final run-in was a sea of mud.

After I'd downloaded my Norwegian rival was waiting for me "Where've you been" he asked and I explained how I'd taken 18 mins + to No 5. "Don't worry he's taken over 27 mins for the same control" he said as he pointed to his companion. Apparently the other runner had virtually gone off the map to the east.

Overall Judith finished 6th behind the Swedes and the Finns whilst I languished in 13th place but with a few behind me.

It was a great 4 days and if you can spare the time I can thoroughly recommend it.

Next year's POM is 10-13 February, again in the Alentejo region but the first day is an urban event around the UNESCO world heritage town of Evora (about an hour's drive from Lisbon) with the remaining 3 days around San Bartolomeu do Outeiro

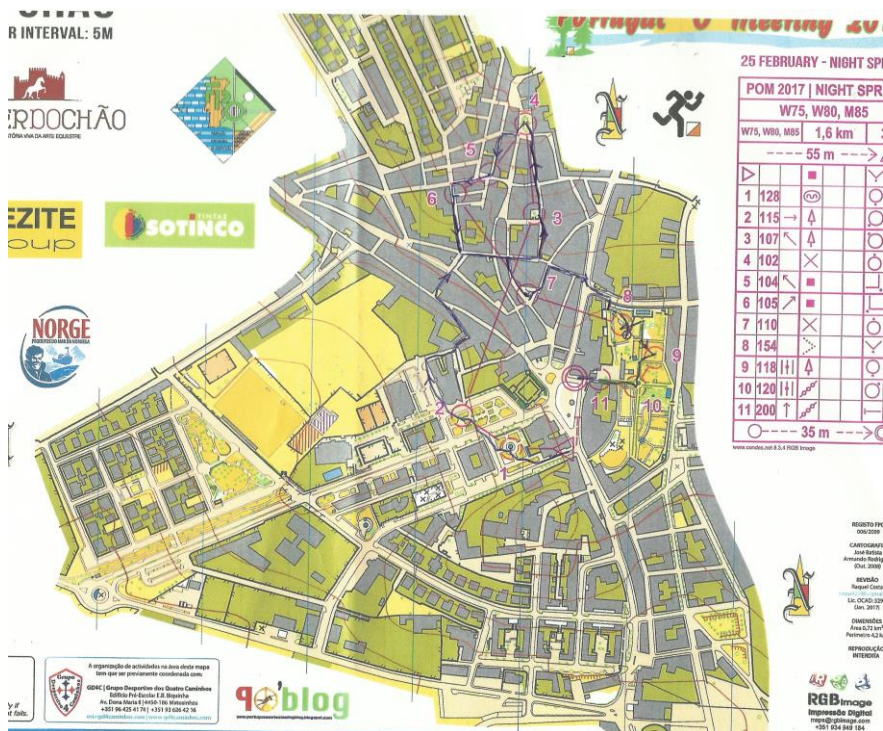


POM Night Event

Judith Goodair

The night sprint was held in Alter do Chao, with the assembly in the square at the side of the castle. I was one of the early starters but something went wrong with the start clock so everything got delayed by 10 minutes. I dislike the weight of using a headtorch and although Guy had brought one for me I decided on the walk from our hotel that the street lighting was good enough to run without one. Instead I just carried a small handtorch to read the map. The start was just around the corner from the main square and the first control was no problem – it being on the town’s water fountain, then across the road to a garden area for No 2. Directly opposite this was an unlit alley so I went slightly left down a wide well lit street. Right, left, right, right again took me to a tree which was No 3 then a slog uphill for No 4 back down again for 5 and 6 then left and right to a statue (7). Back up the road to find the street with the entrance to the park. Had to be careful once I got in the park as there were no lights at all here. Momentarily set off down a wrong path but then checked and went left across the grass to the veg. boundary (8) out to a path then through gap in the hedge corner for 9 out to the path and head for No 10 which was by the side of a fountain then just a quick straight dash along a path for No 11 and into the finish. Went back to the hotel for a bath as Guy was not off until much later and was quite surprised to find out that I’d managed to win. I’m afraid my success will not convert me to running any night events in England though. One a year is quite enough!





Portugese 4 days, Crato & Portslegre - 25 to 28 Feb 17

	Day 1	Day 2	Day 3	Day 4
W75				
6 Judith Goodair	47.51 (6)	58.57 (8)	41.47 (4)	33.59 (8)
M80				
13 Guy Goodair	43.51 (9)	42.41 (12)	48.49 (13)	88.09 (14)

Night Sprint, Alter do Chao - 25 Feb 17

W75		M80	
1 Judith Goodair	16.57	3 Guy Goodair	20.16

British Night Championships 2017 Great Tower Wood, Lake District

James Logue

I've just received one of those automated emails from BOF telling me how many ranking points I got for the British Night Champs. Apparently it's my highest scoring result this year which may seem unsurprising unless you have looked at last year's night champs which was probably my lowest scoring result of 2016.

The thing is, I'm not very good at night orienteering, mainly because it requires a lot of accurate map reading and that doesn't fit well with my normal technique for daytime orienteering, which is to run in the general direction of a control and relocate. So it was with some trepidation that I started this year's race, aware of my night O limitations especially on a complex Lakes area with very few paths and added to that someone decided it should be in run in the dark...how rude!!

So the plan: lots and lots of compass
 Lots of stopping and checking
 Don't tell the compass it's wrong
 Take simplest routes if there are any
 Let the running take care of itself

Got controls 1 and 2 well enough, doubling back on myself to reduce navigation, always nice to get the first couple of controls cleanly.



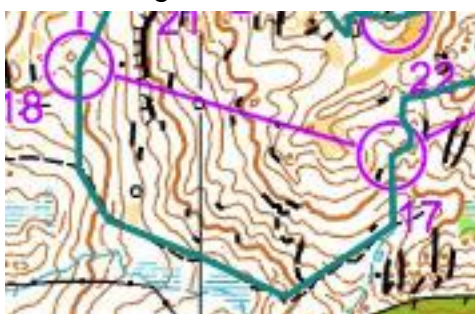
However I then drifted off line on my way to 3 but fortunately relocated quickly and if nothing else, this mistake reinforced the need to be extra careful for the rest of the race.



The planner put a long leg in from 5-6 with a very definite route choice, I took the long way round, nearly all path, why have to concentrate when there is a simple route was my thinking.

After 6 I was into the middle part of the race, a tricky bit of rough forest, mostly downhill, no paths and testing planning. I was grateful to emerge from this section with minimal time loss and start to head back towards the last part of the course. Before then though was the best bit of running on the course, a road, a field, a big hill this was the only time on the race that I consciously ran hard "make up some time" was my thinking, up to then and after this point it was a very clichéd "one control at a time" approach.

Into the last part of the course, a large loop on a steep hillside, I caught up a rival who started 2 minutes in front of me, always comforting to have someone else out there, and we hit the next two controls together. Then he wandered downhill a bit at 17, I nipped in and out of the control before



he noticed (should I have told him??) and then looked at the next leg. Straight looked very tough, I wasn't brave enough to tackle that so down the hill, follow the path, keep it simple again and it worked.

I thought now, for the first time, that I was having a good run, just had to keep it together for the last 6 controls but I also knew that I had time to be careful, to check regularly and to not panic and that's exactly what I did, nice careful navigation, lots of stops and picked off controls well. Then 2 controls from the end my torch flashed at me, battery running low!!!! What a disaster that would be so I started eyeing up other competitors, could I share their light to get to the last control? Would they mind if I ran right next to them? But it didn't come to that, the finish was closer than I feared and that was it, race done.

At download it was clear that a lot of people were still out and that's when I knew I'd had a good run, the plan had worked.

What a great area it was for a night race, excellent orienteering, so challenging and with the conditions we'd had all day that added to the challenge. This was one of those races where switching off wasn't an option, total concentration was required and it was a relief to reach the end. It was also one of those races that reminds us of why we enjoy orienteering, nothing dull in this race.

LOC British Night Championships, Great Tower - 25 Feb 17

M16		M50L	
Adam Thorpe	rtd	7 Phil Scarf	88.11
M18L		M55L	
3 Alasdair Pedley	65.21	4 Jon Emberton	64.07
M45L		7 Mike Pedley	68.17
1 James Logue	60.24	W55L	
10 Andy Thorpe	91.41	3 Jackie Scarf	64.25

LOC Northern Championships, Bigland - 26 Feb 17

M14B		W16L	
3 William Martland	86.21	9 Sarah Pedley	77.22
M16L		19 Laura Harrison	96.35
17 Adam Thorpe	91.28	W45L	
M18E		2 Emma Harrison	73.13
4 Alasdair Pedley	80.32	W45S	
M45L		3 Helen Martland	97.31
6 Andy Thorpe	86.25	W50S	
M50L		10 Rebecca Lloyd	120.45
5 Simon Martland	86.35	W55L	
8 Phil Scarf	91.50	12 Helen Pedley	93.33
Davey Averill	rtd	Jackie Scarf	rtd
M55L		Julie Couch	rtd
5 Jon Emberton	76.32	W55S	
10 Mike Pedley	81.40	5 Jo Emberton	81.59
13 Graham Lloyd	101.55	W65S	
M65L		1 Jane Payne	89.23
15 Richard Payne	94.51		
M70L			
12 Ian Couch	89.42		
Paul Jackson	rtd		
M75L			
Mike Thorpe	rtd		

BAOC MLN Rowntree Park, York - 1 Mar 17

Blue 6.8km		Light Green 4.1km	
12 Davey Averill	54:07	27 Philip Thompson	51:11
34 Richard Spendlove	63:51	33 Sue Levinson	53:59
		34 Neil Croasdell	55:12

EBOR Spring Series, Pocklington Urban - 4 Mar 17

Medium 3.5km		Long 5.6km	
7 Guy Goodair	42.53	Neil Croasdell	76.48
18 Judith Goodair	59.02		

AIRE Yorks Superleague, Burley & Ilkley Moor - 5 Mar 17

Blue 6km		Short Green 3.8km	
11 Graham Lloyd	70.09	12 Gill Ross	70.28
Short Blue 4.9km		14 Jan Payne	81.05
2 Richard Payne	57.20	15 Rebecca Lloyd	82.17
8 Ian Couch	70.01	16 Guy Goodair	87.30
20 Helen Martland	113.39	Mike Thorpe	dnf
Green 4.4km		Very Short Green 2.4km	
2 Julie Couch	57.23	3 Judith Goodair	81.12
6 Paul Jackson	58.41	Light Green 3.2km	
26 Roy Lindsell	68.19	William Martland	111.32
		Orange 2.4km	
		3 Pat Thorpe	103.18

NOC EM League, Silverhill Wood - 5 Mar 17

Green (length 4.3km, climb 125m)		Blue (length 5.6km, climb 170m)	
5 Laura Harrison	52:53	20 Emma Harrison	68:08
		37 David Harrison	98:46

CLOK CompassSport Cup Heat, Cringle Moor - 12 Mar 17

Short Brown course		Short Green course	
17 David Harrison	108:39	5 Megan Harrison	33:01
Alasdair Pedley	m18	10 Laura Harrison	36:44
Blue Men course		16 Ian Couch	41:02
5 Mike Pedley	66:49	35 Jane Payne	57:08
Green Women course		38 Michael Wood	59:50
2 Emma Harrison	32:33	42 Guy Goodair	61:18
9 Julie Couch	46:07	43 Mike Thorpe	61:35
Green Men course		44 Margaret Shaw	61:49
4 Richard Payne	39:23	48 Judith Goodair	67:34
Rod Shaw	m8		

SYO Fat Cat Urban, Kelham Island - 14 Mar 17

Long (length 6.4km, 27 controls)

5 Simon Martland 53.28

BAOC MLN, Primrose Hill - 15 Mar 17

Light Green 4.4km 45m

27 Phil Thompson	0:59:08
29 Judith Goodair	1:00:31
31 Guy Goodair	1:01:46
33 Neil Croasdell	1:06:14
35 Sue Levinson	1:06:25

SYO Yorks Urban League, Norfolk Park - 18 Mar 17

Light Green (length 3.6km, climb 80m)		Green (length 4.6km, climb 95m)	
3 Laura Harrison	31:13	3 Richard Payne	39:24
6 William Martland	37:52	35 Neil Croasdell	63:02
Short Green (length 3.3km, climb 80m)		41 Fred Ross	74:57
6 Jane Payne	46:18	43 David Morgan	81:03
7 Gill Ross	46:45	Blue (length 6.4km, climb 180m)	
9 Juliet Morgan	55:39	1 Mike Pedley	50:08
11 Judith Goodair	56:49	13 Emma Harrison	61:57

mp Guy Goodair
Missing no 11

40:19

24 Helen Martland 75:51
Brown (length 7.8km, climb 230m)
19 David Harrison 94:32
23 Alistair Tinto 105:40

YHOA Middle Distance Championships, Hugset – 19 March 2017

Barraclough Family

Luke writes; It was muddy in some places but still really fun. I did the orange course and I found number ten hard. Parallel error. I'll double check with my compass next time.

Joseph says; The muddy section from 7-8 was hard to get through. First I got stuck in the mud, then my shoe came off then I couldn't get it back on for a really long time. I got my sock really dirty by walking over to the drier side to put my shoe back on. My hands were really muddy and so was my map as I fell on it in the mud. I had to wash my hands in the stream near the finish.

Seth says; I got one of Joseph's shoes out of the mud as I was passing but it sunk back in when Joseph was trying to get it back on. Easy course but not easy terrain.



Photo's: Viv Barraclough

SYO YHOA Middle Distance Champs Hugset Wood - 19 Mar 17

Yellow (length 2.0km, 11 controls)

8 Joseph Barraclough 44:44

Orange (length 2.1km, 12 controls)

4 Luke Barraclough 28:09

5 Seth Barraclough 33:40

9 Pat Thorpe 63:42

Light Green (length 2.5km, 13 controls)

7 William Martland 56:14

Very Short Green (length 2.5km, 14 cont)

1 Juliet Morgan 64:02

7 Judith Goodair 83:15

Short Green (length 2.9km, 17 controls)

3 Julie Couch 43:39

18 Jane Payne 62:18

24 Gill Ross 68:20

28 Mike Thorpe 68:41

29 Guy Goodair 70:10

35 Rebecca Lloyd 77:07

Green (length 3.9km, 18 controls)

5 Emma Harrison 48:10

10 Richard Payne 53:26

13 Laura Harrison 56:33

14 Ian Couch 58:06

51 Helen Martland 99:49

54 Fred Ross 109:14

mp Roy Lindsell 80:20 Missing no 13

dnf David Morgan Missing nos 9-18

dnf Neil Croasdell Missing nos 9-18

Blue (length 4.1km, 21 controls)

7 Viv Barraclough 50:15

44 Linda Hayles 84:15

Brown (length 5.2km, 18 controls)

3 Simon Martland 42:16

32 Megan Harrison 74:41

David Harrison Missing nos 10-17

Black (length 5.7km, 21 controls)

10 Graham Lloyd 64:46

13 William Barraclough 66:31

AIRE Yorks Urban League, Beckett Park - 25 Mar 17

Brown (length: 6.5km, climb: 75m)

1 Simon Martland 51.14

10 William Barraclough 65.25

15 David Harrison 73.36

Blue (length: 5.5km, climb: 60m)

5 Emma Harrison 54.51

7 Viv Barraclough 57.21

11 Helen Martland 64.51

Green (length: 4.3km, climb: 35m)

2 Richard Payne 41.00

17 Fred Ross 67.54

Short Green (length: 3km, climb: 20m)

2 Gill Ross 37.43

3 Jane Payne 40.30

5 Jackie Page 46.41

Light Green (length: 2.5km, climb: 25m)

2 William Martland 26.35

3 Luke Barraclough 26.43

Yellow (length: 1.4km, climb: 15m)

1 Seth Barraclough 11.26

2 Joseph Barraclough 13.48

OD UK Urban League, Rugby - 25 Mar 17

M55 Length 5.0km, 40m climb

6 Mike Pedley 38:21

M65 Length 3.7km, 25m climb

53 Neil Croasdell 55:05

M75 Length 3.0km, 25m climb

4 Guy Goodair 42.01

W75 Length 3.0km, 25m climb

2 Judith Goodair 44.59

BOF Junior Sprint Selection Race, Warwick University - 25 Mar 17

Male

17 Alasdair Pedley 16.10

Female

26 Sarah Pedley 20.38



Photo's: Brian Ward, HALO

CLARO Yorks Super League, Lindley Moor - 26 Mar 17

Green 4.1km 80m

18 Rod Shaw	85:32
23 Michael Wood	102:57

Short Green 3.1km 45m

5 Phil Thompson	73.34
7 Mike Thorpe	79.58

Orange 2.4km40m

6 Pat Thorpe	124.17
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OD Midlands Championships, Bentley Woods - 26 Mar 17

M18E (length: 6.4km, climb: 205m)

2 Alasdair Pedley	39.32
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W18E (length: 4.8km, climb: 180m)

20 Megan Harrison	51.45
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M45L (length: 9.9km, climb: 360m)

2 Andy Thorpe	70.00
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M45S (length: 6.8km, climb: 240m)

9 David Harrison	90.35
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M55L (length: 9.5km, climb: 260m)

1 Jon Emberton	68.45
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9 Mike Pedley	73.40
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M16L (length: 8.3km, climb: 215m)

13 Adam Thorpe	60.21
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M65 (length: 6.8km, climb: 240m)

12 Richard Payne	71.03
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W45L (length: 6.8km, climb: 240m)

7 Emma Harrison	69.07
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M70L (length: 6.2km, climb: 200m)

12 Ian Couch	67.51
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15 Roy Lindsell	70.40
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W16A (length: 6.2km, climb: 200m)

7 Sarah Pedley	58.47
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13 Laura Harrison	68.42
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W55L (length: 6.2km, climb: 200m)

4 Julie Couch	68.05
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19 Helen Pedley	100.0
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M80 (length: 4.2km, climb: 135m)

4 Guy Goodair	71.44
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W75 (length: 4.2km, climb: 135m)

2 Judith Goodair	71.37
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W65S (length: 3.2km, climb: 120m)

2 Jane Payne	57.30
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BAOC MLN, Catterick - 29 Mar 17

Light Green - 3.9km

32 Judith Goodair	1.05.17
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34 Guy Goodair	1.07.18
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37 Sue Levinson	1.10.08
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38 Philip Thompson	1.10.16
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YHOA URBAN LEAGUE – 2017

Details at www.yhoa.org.uk

Best 6 out of 11 races to score.

1	SYO	Norfolk Park & Park Hill	18-Mar	
2	AIRE	Beckett Park	25-Mar	
3	CLARO	Wetherby	28-May	UKUL08
4	EBOR	York	29-May	
5	EPOC	Dewsbury	11-Jun	
6	HALO	Hull	24-Jun	
7	HALO	Hull City	25-Jun	UKUL11
8	AIRE	Peel Park & Lister Park	08-Jul	
9	AIRE	Bradford	09-Jul	UKUL12
10	SYO	Sheffield	03-Sep	
11	EBOR	Selby	15-Oct	

YHOA SUPER LEAGUE - 2017

Details at www.yhoa.org.uk

League Dates 2017

5 Mar 17	AIRE (C) – Ilkley and Burley Moors
19 Mar 17	SYO YHOA Middle Distance Championships (B) – Hugset, Barnsley
26 Mar 17	CLARO (C) – Guisecliff
9 Apr 17	EBOR YHOA Championships (B) – Pickering Forest
27 Aug 17	EBOR White Rose Weekend (B) – Pickering
17 Sep 17	AIRE Dales Weekend Day 2 (B) – Malham Moor
29 Oct 17	HALO (C) – Humberside
12 Nov 17	EPOC (B) – Rishworth Moor
17 Dec 17	SYO (C) – Blackamoor, Sheffield

YHOA NIGHT LEAGUE – 2016/17

For final results of the 2016/17 Night League go to www.yhoa.org.uk

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

Everyone welcome. We tailor the runs to accommodate those who turn up and we cater for all standards!

Further details and updates from Graham Lloyd

Phone: 01422 882899 or Email: thelloydfamily@tiscali.co.uk (note 3 l's)

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

Usually at 10am but sometimes 9.30am. We move around the hills and dales keeping out of towns. The runners do about 1 ½ to 2 hours while the walking group aim for around 2 to 2 ½ hours, don't slouch but aren't aggressive either. The run/walk usually ends up with a pub lunch. Contact Jackie Page 01484 316170 or Roland Sansom 01484 862475. Alternatively email either Jackie or Roland to put your name on the mailing list which goes out each weekend with the following Wednesday's details.

FIXTURES – April to June 2017

A complete list of fixtures can be found on the BO website

www.britishorienteeing.org.uk

Date	Club/Region	Type/Area	Location
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April

2	HALO/YHOA	Primrose Woods Regional Event	Scunthorpe
9	EBOR/YHOA	YHOA Champs and Superleague, Pickering Forest	Pickering
14-17	SEOA	JK Weekend	South East
30	AIRE/YHOA	Regional Event, Danefield	Otley

May

6	LOC/NWOA	British Championships, High Dam	Newby Bridge
7	LOC/NWOA	British Relay Championships, Summer House Knott	Newby Bridge
14	EPOC 	YHOA Sprint Championships, Golcar	Huddersfield
21	DVO/EMOA	Calke Abbey	Ticknall
21	PFO/NWOA	Peel Park & The Coppice	Accrington
27-29	WMOA	Springtime in Shropshire	Church Stretton
28	CLARO/YHOA	YHOA and UK Urban League	Wetherby
29	EBOR/YHOA	York City Race and YHOA Urban League	York

June

3	YHOA	The Threshfield Challenge – Trail O	Grassington
4	YHOA	The Threshfield Challenge – Trail O	Grassington
4	SYO/YHOA	Regional Event and YHOA Schools Champs, Treeton	Sheffield
11	EPOC 	Dewsbury Urban Event	Dewsbury
17	EBOR/YHOA	EBOR Relays	Helmsley
17	NOC/EMOA	East Midlands Sprint Champs, The Meadows	Nottingham
17	SELOC/NWOA	North West Sprint Champs, Skelmersdale	Skelmersdale
18	LEI/EMOA	EM Urban League, Loughborough University	Loughborough
18	SELOC/NWOA	UK Urban League, Queens Park/Bolton School & Horwich Centre	Horwich & Bolton
18	EBOR/YHOA	EBOR Club Champs	York
24	HALO/YHOA	Hull City of Culture Weekend Day 1 Tri-O	Hull
25	HALO/YHOA	Hull City of Culture Weekend Day 2 Hull City Race	Hull

Check with club and/or BO websites for further information about an event. Club websites can be found via the BO website (details above).

Fire Hydrant Frolic

Tuesday May 23rd 2017

You are cordially invited to the above event. At the start you will be given a map showing various fire hydrants, stop valves and water outlets around Skelmanthorpe. You have 45 minutes to visit as many as possible and for each one you visit you are awarded 10 points, however if you misjudge your speed and are over time you lose 15 points for every minute (or part of a minute) late. (eg 62 seconds over time will cost you 30 points!!)

This is what you are looking for:



They are usually around 20" (0.5m) high from the ground. If however you get to a location and you can't spot it, try looking up at the nearest lamppost.

The winner is the one with the most points - if more than one runner manages to get all the controls within the 45 minutes then the one with the fastest time is the winner. There is no set route - you can visit them in any order.

To prove you've been to a control you need to write the check numbers on your map, so don't forget to bring a pen or pencil plus, of course, a watch.

The maps aren't waterproof so if it's raining please bring a polythene bag to protect it.

The race is run on the roads and paths around Skelmanthorpe - although the estate and minor roads should have fairly light traffic on them. Please be aware of the traffic and take care running along and or crossing the main roads through Skelmanthorpe.

Prizes for the first man and woman with the highest score.

There is no entry fee but please make a small donation to:

<https://www.thebraintumourcharity.org/>

There will be a donation box at the start.

(One of the EPOC members has had an operation recently to remove a brain tumour and we're all hoping he'll make a full recovery).

So I have enough maps for every competitor, if you intend coming, would you please let me know by Sunday night 21st May.

Either email me.

guygoodair@gmail.com or phone 01924 278043