



Epistle



No. 254
April - May 2019



Photo: Mid Wales Orienteering Club
Jean Lochhead at the Welsh Championships

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

COMMITTEE 2018/2019

| | | |
|----------------------|-----------------|--|
| Chair | Jean Lochhead | jmloch1621@gmail.com |
| Secretary | Vacant | |
| Treasurer | David Morgan | davidmorgan.stopford@btinternet.com |
| Epistle Editor | Emma Harrison | eah1607@aol.com |
| Fixtures Secretary | Vacant | |
| Membership Secretary | David Morgan | davidmorgan.stopford@btinternet.com |
| Committee Members | Rod Shaw | margrod123@gmail.com |
| | Jackie Page | jackie.page127@ntlworld.com |
| | Neil Croasdell | croasded@gmail.com |
| | Viv Barraclough | viv.barraclough@cantab.net |

OTHER CLUB OFFICIALS

| | | |
|-----------------------|-------------------|--|
| Map Librarian | David Morgan | davidmorgan.stopford@btinternet.com |
| Compass Sport Trophy | Rod Shaw | margrod123@gmail.com |
| Club Coach | Viv Barraclough | viv.barraclough@cantab.net |
| Welfare Officer | Viv Barraclough | viv.barraclough@cantab.net |
| Club Championship | Vacant | |
| Club Kit Officer | Vacant | |
| Permanent Courses | Jean Lochhead | jmloch1621@gmail.com |
| Relay Organiser | Vacant | |
| Stores and Equipment | Scarf Family | thescarfs@hotmail.com |
| E-Punching Equipment | Ian & Julie Couch | iancouch@btinternet.com |
| Website & Club Emails | David Harrison | eastpennineorienteeringclub@gmail.com |
| YHOA committee rep | David Morgan | davidmorgan.stopford@btinternet.com |

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

We seem to have been busy since the last Epistle with 2 EPOC events within 4 weeks of each other and our Compass Sport Qualifying round where we were narrowly beaten into 2nd place by WAOC. We were fortunate that both our events (Judy Woods on 24th February and Elland Urban on 24th March) were blessed with pleasant and dry weather, although the wind was a little chilly at Elland.

Moving into spring a number of club members will be travelling to the JK at Easter. Just a couple of weeks later is the British Championships being held in Yorkshire with many members running in this event. There are also a few EPOC teams entered for the British Mixed Sprint Relay on the 4th May with others opting for the individual sprint instead - good luck to everyone running at these events. EPOC will also be providing the bulk of the manpower for the British Relays on Monday 6th May. Jean is co-ordinating this and will be in touch regarding specific jobs.

We will then have time for a little breather before our weekend of urban orienteering in July. If you are able to help in any way then please do let a member of the committee know. There will always be help and guidance if needed so don't worry if you feel you lack experience, someone will help you out!

Emma Harrison

CHAIRMAN'S CHAT

Since the last Epistle we have promoted two more events - at Judy Woods YHOA Super League and a YHOA Urban League using the already mapped area of Elland. Both events had encouraging comments from the competitors who enjoyed the sunny day at Judy Woods and ran fast enough at Elland to not notice the nithering arctic wind.

Rod made good use of Judy Woods (formerly Royds Hall) to produce some challenging courses in spite of the small area.

Neil produced some very tricky courses in Elland reflecting his experience of Urban orienteering.

We also had a fairly successful Compass Sport Trophy where West Anglia OC beat us by a mere 2 pts. There were some good runs by members including Luke Barraclough who counted with 100 points. The Yellow course was not included in the CST but was won by Francis Stuart.

Rod had given the clubs views to the discussion about extending the age groups so now we have a W70/M80 category so the older members can play a bigger part in the event and that worked well.

Congratulations to Emma & Laura for selection and competing in the Interland competition held on the Belgian border on 10 March 2019. They were not the only mother & daughter as ex-EPOC members Amanda and Alex Crawshaw also competed at Interland. It fascinates me that whole families can compete in orienteering. How lucky they are that there are such opportunities now.

Future events

The next activity for EPOC as a club will be helping at the BOC Relays in Middleton Woods on 6th May. Helpers have not yet been allocated apart from Richard Payne's group who are involved with the courses in the wood. The rest of EPOC's responsibility will be for the Start, Changeover and Finish arena based at the stadium on the North side of Middleton Woods.

On 20 July we are promoting a 2 part urban sprint based in Mytholmroyd. 2 parts means competitors can cross the road at their leisure to the 2nd part so no one gets run over.

The next day 21 July there will be a YHOA Urban event at Hebden Bridge.

Both these events need help in putting out controls, as Jonathon who is planning Mytholmroyd will be away on the day!

Race the Castles seems to be actually happening but we do not have a date apart from the week prior to the White Rose. Whilst the committee thought that Thornes Park would be a suitable venue we considered it might be a waste of a good area for a future sprint event. However, if we have a good entry that would be financially good and if we have a very poor entry that would be good as well as we can run a Sprint there on a different day due to not many competitors having been before.

Bespoke Giraffe buffs with the club logo – are to be ordered as stock and will be sold at £6 each.

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 2019

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!

Membership

Welcome to new member Julian Green, M40

What has your committee been doing?



East Pennine Orienteering Club
Summary of Committee Meeting
Wednesday 20 March 2019 at 7.30pm
Marsh Liberal Club



- 1. Present:** Jean Lochhead, Jackie Page, Emma Harrison, Neil Croasdell, David Morgan
Apologies: Rod Shaw
- 2. Minutes of last Meeting:** These were approved proposed EH, Seconded JP
- 3. Matters Arising:** Funding for junior members selected to represent in Internationals. Congratulations to Laura and Emma re Interland. England were winners. The event scheduled for 6/10/19 has been cancelled due to clash with Euro City Race which would take all key officials. JL reported that she should have sufficient helpers for BRC 19. The Thornes Park POC map still needs finalisation. There had been very little interest in Giraffes. DM suggested that the club could fund the purchase of say 25 at £6 for resale.
- 4. Chairman's Report:** JL commented on a suggested funding application suggested by Peter Brooke. BOF could potentially provide £250 out of a total of £500. The deadline was felt to be far too short. JL had spoken to MDOC and SELOC who had put on a lot of low key local events without recruiting new members. Juniors would only become involved if their parents were keen and would provide transport. DM had spoken to Chris Burden of AIRE who said they almost had two separate clubs – members who would only come to

local events and members who competed more widely. NC suggested that if we found a useful project costing £500 the club could fund it on its own.

- 5. Treasurer's Report:** DM had circulated a report in advance. He felt that the recent legacy should be ring fenced for specific projects. All committee members are asked to come to the next meeting with wish lists for projects especially areas that need mapping. The £500 grant had come from the Post Code Lottery.
- 6. CompassSport Trophy:** The club had performed extremely well but failed by 2 points to qualify for the final. DM reported that he had received all but one of the senior entry fees. He would send a reminder.
- 7. Fixtures:**

2019: Race the Castles. There was still a lack of clarity about this series and unfortunately neither JL or DM had managed to log-in to the Sunday online forum. Members were worried about potentially wasting a new map if the event was poorly attended but DM suggested that if turn out was very low we could still use the area for a sprint in 2020. DM to investigate the potential costs of using the area.

2020: March 15th CompassSport heat. Provisionally Ogden. Anthony G had expressed concerns about parking and JL raised potential problems with Natural England. Still felt to be best area. JL to speak to APG. May 31st. YHOA Championships. Honley Old wood could be suitable if parking could be arranged. This would need to be on the fields above the wood but this could be OK in May. JP to investigate permissions. ??? would the area need to be remapped???. July 19th Urban league. Pontefract was suggested – would RP be willing to map? December 19/20. Night and day. Newmillerdam. Easy to organise and well liked.

2021: YHOA may be asked to host either British schools or British Schools Score. Thornes park?
- 8. BOC 2019:** We have 3 teams entered for the Mixed Relays and 1 junior team for BRC. Roles are becoming clearer and EPOC will be issuing relay team bibs. From the previous weeks meeting it now appears that EPOC will not be using its SI boxes. Not clear re computers. Somehow DM got volunteered to handle relay registration. Hopefully will not need any help.
- 9. Informal Events:** These seem to have been cancelled.
- 10. Controllers:** Jean and Jonathan still have some stages to complete before they are qualified.
- 11. AOB:** EH pointed out that those who attended the First Aid course organised by Viv were now well out of date. JL, DM and Juliet are well in date. DM said he felt that the 12 hour Outdoor Incident Management course (cost £100 plus) whilst necessary for coaches was overkill for first aid at the finish / event centre. Cost effective alternatives need to be investigated.
- 12. Date of Next Meeting:** Wednesday 15th May 2019.

EPOC EVENTS 2019 – 2020

| 2019 | | | Venue | Organiser | Planner | Controller |
|-------------|----------------|-----------------------------|-----------------------------|---------------------------|----------------|------------|
| Sat,Sun,Mon | 4/5/6.5.19 | BOC Champs Relay | Middleton Woods for EPOC | Jean helper | Co-ordinator | |
| Saturday | 20.7.19 | YHOA Urban | Mytholmroyd - Double Sprint | Jean | Jonathan | |
| Sunday | 21.7.19 | YHOA Urban | Hebden Bridge | Jean | ?? | |
| | August | Race the Castles (perhaps) | Thornes Park | Format of Event not known | | |
| Saturday | 21.12.19 | YHOA Night League | Storthes Hall | Jean | Simon Martland | |
| Sunday | 22.12.19 | Regional Event | Storthes Hall | Jean | Simon Martland | |
| 2020 | | | | | | |
| Sunday | 15.3.20 | Compass Sport Cup 1st Round | Ogden | | | |
| Sunday | 31.5.20 | YHOA Champs Long | ???? | | | |
| Sunday | 19.7.20 | YHOA Urban | ???? | | | |
| Sunday | 1.11.20 | Regional | ???? | | | |
| Sat/Sun | 19/20 December | Night & Regional | ???? | | | |

COMPASS SPORT TROPHY 2019

Rod Shaw

Sorry I wasn't able to go to Sherwood Pines but congratulations to those who went and came a very close second. Beating NOC was an achievement.

All the results are on the NOC website but for those not familiar with the scoring here it is: the best 13 score in the Trophy with a maximum number who can be included from any one course. Our scorers were:

100 points: James Logue, Emma Harrison, Laura Harrison & Luke Barraclough.

99 points: James Williams, Richard Spendlove.

98 points: Simon Martland (running up to Brown), Megan Harrison, Paul Jackson & Jean Lochhead.

97 points: Andy Thorpe.

96 points: Richard Payne.

94 points: one of these to count - Jonathan Emberton (running up to Brown), William Barraclough, Adam Thorpe & Juliet Morgan.

Well done to the scorers and everyone who went to Sherwood Pines. Let's hope we can do even better on our own patch next Spring!

Bespoke EPOC Giraffe Bandana's for only £6.00



Made with 100% Coolmax Microfiber with Repel technology (water just runs off the surface keeping your bandana dryer for longer without any loss of functionality. Seamless Knit. GIRAFFE® 1.3oz and measures approx 50cm x 24.5cm. One size fits all. This item is printed to order. Seamless tube for maximum comfort. Perfect for the desert, snow capped mountains, orienteering or just out and about with 30 UPF sun protection. Wicks away moisture when you're hot and keeps you toasty when it's cold. Giraffe boasts extreme versatility and protection. Cover your mouth and nose with your Giraffe bandana to prevent dust and dirt from getting into your lungs when vacuuming. There are over 12 ways to wear a Giraffe Bandana. Ideal for emergency 1st Aid situations! and taking your competitors hostage.

**We have negotiated a reduced price for Giraffe's (Bufs).
If we order 25 they will cost £6.00 each instead of £11.99
To take advantage of this amazing offer contact Jean by e-mail.
*N.B. Shades not included!***

Junior T-Shirts

Viv Barraclough

If you would like a t shirt as below please let Viv know. If you have grown out of yours please pass it on.



EPOC Rankings 2019

These are the current ranking positions (as of 28.03.19) 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 (118) | Simon Martland | 7855 | 1313, 1306, 1304, 1320, 1299, 1313 |
| 2 (127 +13) | James Logue | 7838 | 1316, 1292, 1303, 1291, 1309, 1327 |
| 3 (173) | Andy Thorpe | 7738 | 1275, 1290, 1310, 1301, 1279, 1283 |
| 4 (188 +1) | James Williams | 7701 | 1257, 1306, 1310, 1269, 1261, 1298 |
| 5 (272 +26) | Jonathan Emberton | 7589 | 1259, 1261, 1283, 1262, 1280, 1244 |
| 6 (392 +1) | Mike Pedley | 7439 | 1239, 1242, 1238, 1245, 1238, 1237 |
| 7 (413 +4) | Phil Scarf | 7417 | 1192, 1231, 1251, 1220, 1233, 1290 |
| 8 (639 +1528) | Adam Thorpe | 7206 | 1219, 1176, 1211, 1180, 1207, 1213 |
| 9 (733 -8) | Emma Harrison | 7122 | 1178, 1181, 1190, 1183, 1188, 1202 |
| 10 (770 -11) | Richard Payne | 7094 | 1199, 1169, 1187, 1187, 1176, 1176 |
| 11 (770 -9) | David Averill | 7094 | 1170, 1208, 1176, 1174, 1180, 1186 |
| 12 (773 -10) | Matthew Tinker | 7092 | 1187, 1177, 1178, 1194, 1176, 1180 |
| 13 (815 -10) | Sarah Pedley | 7055 | 1159, 1184, 1163, 1203, 1177, 1169 |
| 14 (883 -11) | Graham Lloyd | 7006 | 1176, 1164, 1158, 1169, 1170, 1169 |
| 15 (975 -13) | Lindsay McMillan | 6934 | 1153, 1158, 1164, 1144, 1172, 1143 |
| 16 (1023 -3) | Viv Barraclough | 6893 | 1169, 1146, 1149, 1167, 1139, 1123 |
| 17 (1044 -9) | Megan Harrison | 6878 | 1149, 1172, 1137, 1137, 1143, 1140 |
| 18 (1074 -9) | Laura Harrison | 6854 | 1140, 1125, 1145, 1127, 1149, 1168 |
| 19 (1419 +7) | Richard Spendlove | 6591 | 1092, 1097, 1092, 1112, 1093, 1105 |
| 20 (1434 +1) | Julie Couch | 6571 | 1082, 1102, 1104, 1081, 1090, 1112 |
| 21 (1471 +18) | Ian Couch | 6544 | 1090, 1081, 1085, 1100, 1093, 1095 |
| 22 (1583 -2) | Julian Green | 6464 | 1048, 1094, 1089, 1110, 1083, 1040 |
| 23 (1626 -9) | Jackie Scarf | 6431 | 1086, 1127, 1090, 1050, 1027, 1051 |
| 24 (1696 -15) | David Harrison | 6378 | 1073, 1050, 1056, 1085, 1065, 1049 |
| 25 (1937 -2) | Paul Jackson | 6185 | 1043, 1016, 1024, 996, 1031, 1075 |
| 26 (1989 +12) | Helen Pedley | 6145 | 1019, 1063, 1009, 1016, 1015, 1023 |
| 27 (2094 -2) | Helen Martland | 6063 | 1013, 1026, 1021, 1005, 1004, 994 |
| 28 (2243 +24) | Keith Sykes | 5922 | 962, 999, 988, 1009, 976, 988 |
| 29 (2313 -7) | Brian Mellor | 5843 | 973, 1017, 951, 948, 1002, 952 |
| 30 (2342 -2) | Arabella Woodrow | 5807 | 973, 956, 980, 950, 985, 963 |
| 31 (2343 +8) | Roy Lindsell | 5804 | 965, 993, 972, 947, 985, 942 |
| 32 (2416) | Neil Croasdell | 5699 | 943, 938, 975, 943, 949, 951 |
| 33 (2444 +3) | Guy Goodair | 5653 | 988, 929, 924, 935, 934, 943 |
| 34 (2478 +7) | Linda Hayles | 5610 | 942, 925, 926, 909, 929, 979 |

| Pos. | Name | Points | Contributing scores |
|----------------|---------------------|--------|------------------------------|
| 35 (2512 +8) | Rod Shaw | 5568 | 949, 917, 920, 908, 904, 970 |
| 36 (2531 +6) | Gill Ross | 5543 | 917, 913, 914, 935, 939, 925 |
| 37 (2623 +1) | Stephen Warner | 5427 | 868, 924, 922, 883, 927, 903 |
| 38 (2732 +18) | Jean Lochhead | 5290 | 903, 886, 872, 865, 878, 886 |
| 39 (2786 +4) | Jane Payne | 5202 | 915, 871, 848, 852, 841, 875 |
| 40 (2793 +6) | Judith Goodair | 5192 | 852, 872, 866, 852, 858, 892 |
| 41 (2826 +5) | Joanna Emberton | 5139 | 861, 844, 879, 867, 845, 843 |
| 42 (2829 +9) | Jackie Page | 5131 | 847, 855, 849, 883, 841, 856 |
| 43 (2931 +5) | Fred Ross | 4964 | 831, 832, 869, 818, 814, 800 |
| 44 (2946 +3) | William Barraclough | 4928 | 1243, 1248, 1235, 1202 |
| 45 (2948 +3) | Rebecca Lloyd | 4919 | 782, 806, 885, 839, 825, 782 |
| 46 (3006 +7) | Juliet Morgan | 4775 | 798, 795, 793, 821, 760, 808 |
| 47 (3046 +4) | Sue Levinson | 4686 | 766, 792, 842, 740, 753, 793 |
| 48 (3072 -11) | Philip Thompson | 4639 | 794, 792, 803, 742, 765, 743 |
| 49 (3137 -6) | Mike Thorpe | 4506 | 717, 792, 735, 758, 790, 714 |
| 50 (3246 -7) | David Morgan | 4204 | 685, 655, 691, 723, 788, 662 |
| 51 (3404 +8) | Bob Steeper | 3722 | 845, 988, 996, 893 |
| 52 (3462 +13) | Margaret Shaw | 3558 | 571, 608, 550, 680, 560, 589 |
| 53 (3503 +4) | Michael Wood | 3462 | 652, 826, 717, 596, 671 |
| 54 (3582 +5) | Mathew Averill | 3305 | 1083, 1107, 1115 |
| 55 (3952) | Daniel Sutcliffe | 2384 | 1222, 1162 |
| 56 (4243 +852) | Richard Stuart | 1925 | 813, 1112 |
| 57 (4264 +827) | Leah Stuart | 1889 | 816, 1073 |
| 58 (4399 +415) | Joy Mellor | 1501 | 622, 377, 502 |
| 59 (4703 -1) | Bryan Parkinson | 1059 | 1059 |
| 60 (4986 -8) | Shaun Camponi | 897 | 897 |

EVENT REPORTS AND RESULTS

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

Madeira 3 Days

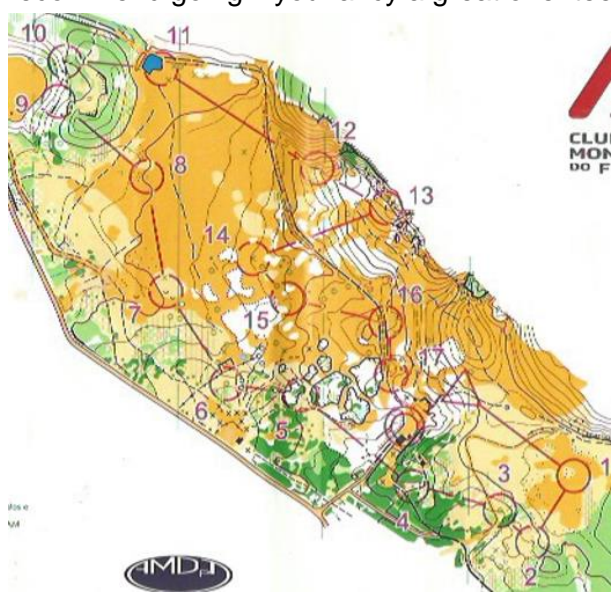
Guy Goodair

At the Funchal City Race last December we picked up a flyer for the Madeira 3 days and over the Christmas period decided to go for a bit of winter sunshine. The local club is very laid back, enter and pay when you arrive – they laid on transport for us from Funchal, a nine seater people carrier and Steve & Julia Jarvis from Southdown Orienteers and ourselves were the only occupants. First day was up at Fanal in the mountains and the weather was diabolical – driving rain and visibility down to about 15 yards. Found No 1 (pile of rocks) on open heathland OK, but looking for 2 a re-entrant found myself at No 3, when I got to 2 decided to try going straight back to 3 – big mistake got tangled up in a load of brambles. The paths were now streams and major 180 degree error going to 4 saw me nearly run off the map. Couldn't find the fence adjacent to 5 so called it a day, whilst Judith bravely carried on and eventually got round the course.

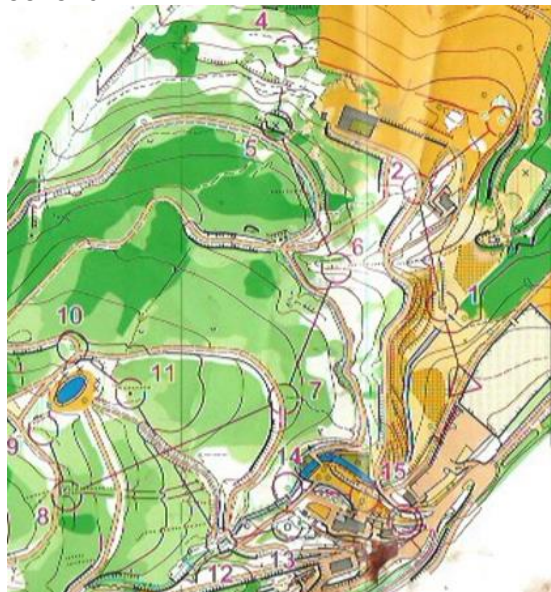
Day 2 was to Santana then up a narrow hair-raising drive up to Queimadas – so hairy that Brendan Bolland from WAROC, who had hired a car, got vertigo so bad he never made it to the assembly. The courses were fairly short because after everyone had finished the whole set up had to be dismantled, packed up, driven across to Machico and re-assembled for the afternoon’s urban race. I’d stuffed up my calf pretty badly going uphill to No 7 in the morning and the first few controls in the afternoon (especially the climb to No 4) knackered it completely and I shuffled round from then on.

Day 3 our driver took us up to the highest point on the island accessible by car, Pico do Areeiro 1808m unfortunately it was so misty there was no view. Last event was at Chao Feiteiras which was a rocky open area with steep impenetrable woods on three sides. I didn’t start as my calf had stiffened up so much and Judith ran past control 13 but had looked at 14 on her control descriptions and didn’t punch it, so mis-punched but fortunately best 3 scores counted so overall she won W70.

At the finish everyday there was a choice of tea, isotonic drink, coca cola, nuts, biscuits, oranges, pears, apples, cake, energy bars and crisps. For a small club it’s an amazing amount of hard work but I can recommend going if you fancy a great orienteering weekend.



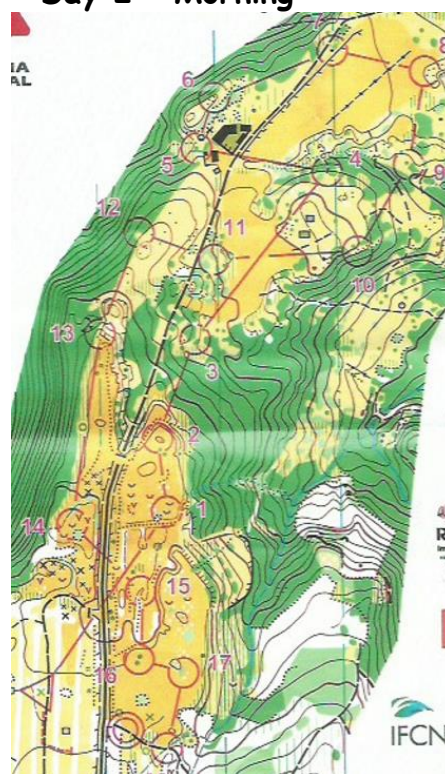
Day 1



Day 2 - Morning



Day 2 - Afternoon



Day 3



SYO Saturday Series, Botanical Gardens Sheffield - 2 Feb 19

Short Green (length 3.5km, climb 75m, 23 controls)

24 Jean Lochhead 51:43

25 Jackie Page 55:47

Blue (length 5.9km, climb 75m, 31 controls)

31 Linda Hayles 87:01

mp Neil Croasdell 61:30 Missing no 23 m

NOC East Midlands League, Bramcote Hills and Hemlock Stone - 3 Feb 19

Short Green (length: 3.1km, climb: 140m, 20 controls)

2 Helen Pedley 49.07

28 Philip Thompson 89.28

29 Jean Lochhead 90.06

SELOC Saturday Series, Haigh Woodland - 9 Feb 19

Technical

19 Jean Lochhead 57.58

CUOC Icenian Event, Wormley Wood - 9 Feb 19

Brown 10km 205m

18 Megan Harrison 115.03

SYO Night Event, Ladies Spring Woods & Beauchief Golf Course - 9 Feb 19

Long (length 5.3km, climb 215m, 27 controls)

17 Emma Harrison 52:36

10 Mike Pedley 47:25 25 Viv Barraclough 61:28

MDOC Regional Event, Philips Park - 10 Feb 19

| | | | |
|-------------------------|-------|-----------------------------------|-------|
| Brown 8.2km 195m | | 24 Helen Martland | 61.43 |
| 3 Simon Martland | 62.51 | 29 Rod Shaw | 67.33 |
| Blue 6.2km 130m | | Very Short Green 2.6km 50m | |
| 7 Emma Harrison | 60.55 | 1 Gill Ross | 40.29 |
| 16 Laura Harrison | 66.22 | Light Green 3.6km 75m | |
| Green 4.3km 100m | | 3 Jean Lochhead | 52.58 |
| 14 William Martland | 54.53 | 4 Jackie Page | 56.02 |
| 18 Roy Lindsell | 56.42 | | |

SUFFOC Regional Event, Knettishall Heath - 10 Feb 19

Blue (length: 7.1km, climb: 45m, 22 controls)

19 Megan Harrison 66.15

DVO EM League, Birchen Edge - 10 Feb 19

| | | | |
|--|-------|--|-------|
| Green (length 4.5km, climb 80m) | | Blue (length 7.1km, climb 120m) | |
| 33 Paul Jackson | 58:25 | 46 Linda Hayles | 99:09 |
| 70 Neil Croasdell | 80:17 | | |

AIRE Northern Night Championships, Ilkley Moor - 16 Feb 19

| | | | |
|-----------------------------|-------|--------------------------------|-------|
| Men 40+ 4.875km 210m | | Women Open 4.875km 210m | |
| 2 James Logue | 41.27 | 9 Lindsay McMillan | 70.02 |
| Men 55+ 3.8km 145m | | Women 40+ 3.8km 145m | |
| 3 Mike Pedley | 35.00 | 2 Emma Harrison | 43.25 |

LEI EM League, Beacon Hill - 17 Feb 19

| | | | |
|------------------------|-------|------------------------|-------|
| Blue 4.3km 100m | | Green 3.6km 85m | |
| 10 Megan Harrison | 41.31 | 20 Helen Martland | 47.11 |

EBOR Saturday Series, Bishopthorpe - 23 Feb 19

| | | | |
|--------------------|-------|----------------|----|
| Short Green | | Green | |
| 13 Guy Goodair | 31.09 | Neil Croasdell | mp |
| 17 Sue Levinson | 33.24 | | |
| 21 Judith Goodair | 36.08 | | |

EPOC Yorks Super League, Judy Woods - 24 Feb 19

| | | | |
|-------------------------------|-------|-----------------------------------|-------|
| Black 8.5km 300m | | Green 4.4km 100m | |
| 4 Daniel Sutcliffe | 87.08 | 15 Julie Couch | 57.49 |
| Brown 7.4km 225m | | 18 Keith Sykes | 61.51 |
| 4 Will Barraclough | 60.15 | 26 Roy Lindsell | 66.42 |
| 7 Matthew Tinker | 65.41 | 43 Stephen Warner | 92.26 |
| Short Brown 6.3km 205m | | Short Green 3.3km 95m | |
| n/c Emma Harrison | 49.23 | 1 Paul Jackson | 36.23 |
| 18 Davey Averill | 59.40 | 14 Rebecca Lloyd | 59.15 |
| Blue 5.7km 200m | | 15 Arabella Woodrow | 61.05 |
| 1 Phil Scarf | 39.37 | Very Short Green 2.9km 70m | |
| 3 Graham Lloyd | 50.37 | 1 Judith Goodair | 45.09 |
| 4 Lindsay McMillan | 50.55 | Light Green 3.8km 100m | |
| 22 Jackie Scarf | 67.08 | 3 Luke Barraclough | 48.33 |
| mp Matthew Averill | m11 | 6 Seth Barraclough | 82.19 |
| Short Blue 5.1km 150m | | Orange 3.0km 85m | |
| 1 Viv Barraclough | 46.21 | 3 Joseph Barraclough | 43.11 |
| 7 Laura Harrison | 54.33 | 5 Sue Levinson & Teresa | 63.29 |
| 18 Ian Couch | 67.18 | 7 Chris Turner | 69.22 |
| 24 Will Martland | 89.55 | | |

MWOC Welsh Championships, Nash Wood - 3 March 19

Blue (length: 5.2km, climb: 210m)

1 Phil Scarf

53.05

Green (length: 3.3km, climb: 170m)

18 Jackie Scarf

53.11

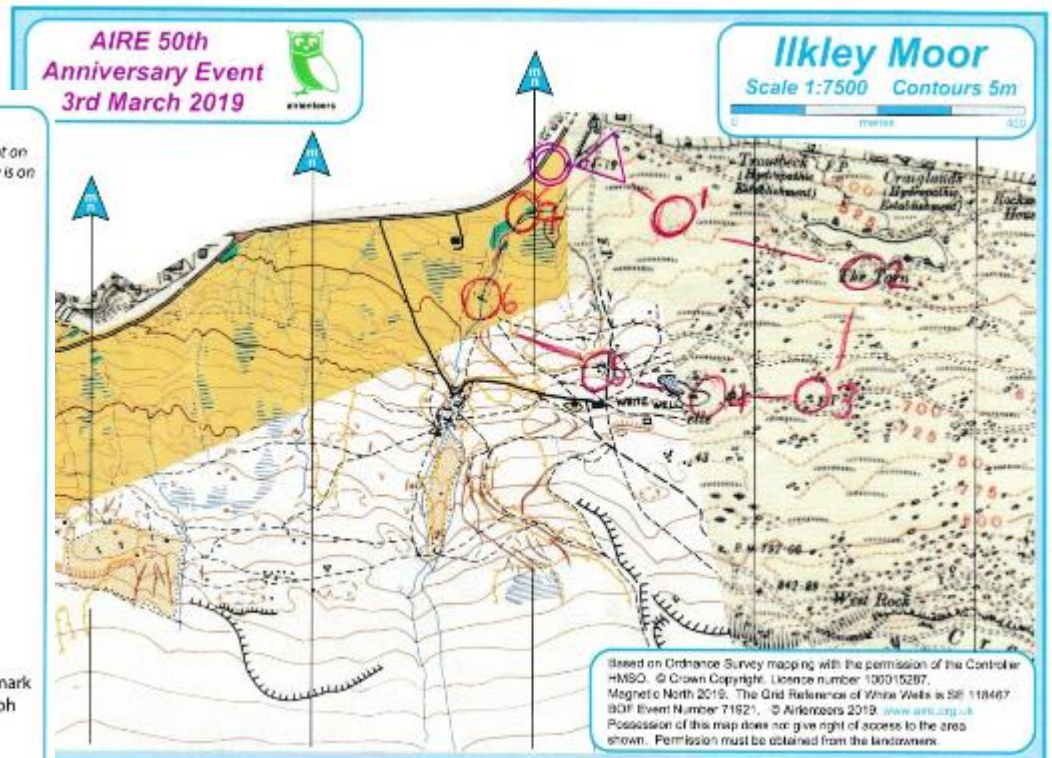
33 Jean Lochhead

72.10

Aire 50th Anniversary Event, Ilkley Moor - 3 Mar 19



Photo: Wendy Carlyle
David Harrison doing things the 'old fashioned' way - copying his course from the Master Map!



HISTORIC SHORT course

(note that "a" or "an" is used to describe a feature that is not on the map but is on the ground. "The" means that the feature is on both the map and the ground.)

SHORT 1.3km 60m

1960s: Start A Path

- 1 F A marsh (1960s flag)
- 2 N A boulder, 1m (normal marker hung high)
- 3 T The boulder, 2.5m S side (1960s flag)
- 4 A The lake, E edge (normal marker)

1970s: (all normal markers from here onwards)

- 5 P The boulder 1m, W side

1980s:

| | | | | | | |
|---|-----|---|---|---|---|---|
| 6 | 175 | ↗ | ↘ | ↖ | ↙ | T |
| 7 | 200 | ↗ | ↘ | ↖ | ↙ | T |

○-----50m-----○
This course closes at 1400.
Please report to the Finish.

Punching advice

Start/Finish use SI dibber for timing.

1960s controls: use either the self-inking stamp to mark your control card or mark a cross with the chinagraph pencil (colour proves it's the right control).

1970s/80s controls: use the pin punch. This includes 175 and 200 where there are SI boxes to confuse you.

Map advice

Map 1 1960s: OS map enlarged from 1:10560 series. 25ft contours. Several paths no longer exist, and there are many new ones. Prominent rocks are black circles.

Map 2 1975: First orienteering map, drawn by Malcolm Cox. 25ft contours. Moorland shown in white, woodland in yellow. Yellow tagged lines were areas of bracken.

Map 3 1981: One of the early photogrammetric base maps in England. But paths and green have changed.

Results

Blue (length: 5.325km, climb: 165m)

| | |
|---------------------|-------|
| 6 Mike Pedley | 53.02 |
| 14 Emma Harrison | 60.10 |
| 17 Graham Lloyd | 61.05 |
| 22 Lindsay McMillan | 63.12 |
| 23 Matthew Tinker | 63.32 |
| 32 Laura Harrison | 66.07 |
| 44 Ian Couch | 75.29 |
| 52 Julian Green | 98.49 |
| mp William Martland | 98.34 |

Green (length: 4.325km, climb: 110m)

| | |
|-------------------|--------|
| 9 Julie Couch | 55.23 |
| 24 Helen Pedley | 64.29 |
| 35 Roy Lindsell | 68.55 |
| 38 David Harrison | 69.46 |
| 42 Helen Martland | 74.07 |
| 50 Keith Sykes | 84.56 |
| 56 Linda Hayles | 104.59 |

Short Green (length: 3.2km, climb: 85m)

| | |
|------------------|-------|
| 19 Gill Ross | 69.36 |
| 27 Rebecca Lloyd | 86.45 |

SYO UK Urban League UKOL, Ponderosa - 9 Mar 19

Women's Elite

| | |
|-------------------|-------|
| 15 Megan Harrison | 29.55 |
|-------------------|-------|

U1 (length: 7.4km, climb: 170m, 30 controls)

| | |
|---------------------|-------|
| 13 Daniel Sutcliffe | 70.51 |
|---------------------|-------|

U2 (length: 6.6km, climb: 145m, 24 controls)

| | |
|------------------|-------|
| 1 Simon Martland | 45.23 |
|------------------|-------|

U3 (length: 5.2km, climb: 140m, 23 controls)

| | |
|----------------|-------|
| 10 Mike Pedley | 46.30 |
|----------------|-------|

| | |
|-------------------|-------|
| 58 Helen Martland | 65.27 |
|-------------------|-------|

U5 (length: 2.7km, climb: 75m, 15 controls)

| | |
|--------------|-------|
| 18 Gill Ross | 53.06 |
|--------------|-------|

| | |
|---------------------|-------|
| 20 Arabella Woodrow | 54.17 |
|---------------------|-------|

| | |
|------------------|-------|
| 22 Jean Lochhead | 55.31 |
|------------------|-------|

| | |
|----------------|-------|
| 24 Jackie Page | 57.55 |
|----------------|-------|

| | |
|-----------------|-------|
| Roy Lindsell mp | 46.51 |
|-----------------|-------|

| | |
|-----------------|-------|
| Sue Levinson mp | 76.50 |
|-----------------|-------|

U6 (length: 4.7km, climb: 100m, 21 controls)

| | |
|---------------------|-------|
| 12 William Martland | 51.52 |
|---------------------|-------|

SYO Northern Champs, Wharnccliffe Woods - 10 Mar 19

Course 2 (length: 7.1km, climb: 235m)

| | |
|----------------|-------|
| 60 Adam Thorpe | 91.39 |
|----------------|-------|

Course 3 (length: 6.8km, climb: 230m)

| | |
|---------------|-------|
| 3 James Logue | 57.43 |
|---------------|-------|

| | |
|------------------|-------|
| 5 Simon Martland | 59.39 |
|------------------|-------|

| | |
|----------------|-------|
| 10 Andy Thorpe | 63.23 |
|----------------|-------|

Course 4 (length: 6.2km, climb: 205m)

| | |
|--------------|-------|
| 2 Phil Scarf | 57.19 |
|--------------|-------|

| | |
|----------------|-------|
| 3 Jon Emberton | 58.30 |
|----------------|-------|

| | |
|---------------|-------|
| 9 Mike Pedley | 66.54 |
|---------------|-------|

Course 6 (length: 4.7km, climb: 150m)

| | |
|-------------------|-------|
| 22 Matthew Tinker | 56.19 |
|-------------------|-------|

| | |
|-------------------|-------|
| 26 Megan Harrison | 61.56 |
|-------------------|-------|

Course 7 (length: 4.4km, climb: 160m)

| | |
|--------------------|-------|
| 10 Viv Barraclough | 65.10 |
|--------------------|-------|

Course 8 (length: 3.9km, climb: 155m)

| | |
|--------------|-------|
| 33 Ian Couch | 59.58 |
|--------------|-------|

| | |
|-----------------|-------|
| 58 Jackie Scarf | 69.22 |
|-----------------|-------|

| | |
|----------------|-------|
| 94 Anna Thorpe | 89.38 |
|----------------|-------|

Course 9 (length: 3.5km, climb: 150m)

| | |
|----------------|-------|
| 17 Julie Couch | 68.21 |
|----------------|-------|

| | |
|-----------------|-------|
| 28 Paul Jackson | 79.49 |
|-----------------|-------|

| | |
|-----------------|-------|
| 29 Brian Mellor | 81.12 |
|-----------------|-------|

Roy Lindsell retired

Course 10 (length: 3.1km, climb: 95m)

| | |
|-------------------|-------|
| 21 Helen Martland | 66.24 |
|-------------------|-------|

| | |
|--------------|-------|
| 31 Gill Ross | 72.49 |
|--------------|-------|

| | |
|----------------|--------|
| Maggie Shaw mp | 112.26 |
|----------------|--------|

Jean Lochhead retired

Jackie Page retired

Course 11 (length: 2.6km, climb: 85m)

| | |
|------------|-------|
| 9 Rod Shaw | 59.19 |
|------------|-------|

| | |
|----------------|-------|
| 15 Jo Emberton | 64.06 |
|----------------|-------|

Course 12 (length: 2.1km, climb: 55m)

| | |
|-----------------|-------|
| 7 Phil Thompson | 58.10 |
|-----------------|-------|

Course 17 (length: 2.6km, climb: 70m)

| | |
|--------------------|-------|
| 12 Joe Barraclough | 38.52 |
|--------------------|-------|

INTERLAND 2019

Laura Harrison

Interland is an annual 5 cornered match between teams from France, The Netherlands, Belgium (Flemish), Belgium (French speaking) and England which this year took place in the setting of Saint Michel, Northern France. After being selected along with my mum, we both headed south on Friday night and the excitement was building.

The England Team were meeting at Beaconsfield for an early start on Saturday morning and at 6:30am we left and headed to pick up the rest of the team from multiple pick points on our way to Folkstone. Once everyone was on board we began to catch up and make friends. We arrived at the terminal, all went through passport control and then headed on the tunnel to Calais. When we arrived in France, we were greeted by the sun shining and the juniors had just about managed to wake up so spirits were lifting after such an early morning. We then were on our way and travelled to the training event via a stop in a little town where we were supplied with our kit and then carried on with our journey. Fortunately, the training was not too far or dissimilar from where the main competition was going to be held on Sunday.

This training event allowed us to get used to the mapping and the terrain of the foreign area and help us to understand further what we would have to face the next day. I had a clean run, I took it steady and let myself understand how to tackle the terrain and navigation as I had never competed abroad before. Ironically, however, it was fairly similar to the terrain that I am used to in Yorkshire and the sun had held out so it was nice to get a run in and some fresh air after spending all day on the coach.

Once we were all finished up at the training event, we headed to the accommodation for the night and we all got told who we would be sharing rooms with. Fortunately, it was in age classes so I had Chloe, Lucy and Anne to accompany me for the night. We all headed straight for tea as soon as we had arrived and then had showers before getting organized for the next day. We then had a team meeting where the team manager, John, discussed with us any changes from the original details, a run through of the next day and the distances for the start and the plan after we had run. After that we all got ready for bed, ready to race the next day.



Waking up on Sunday morning was tough, it had been a long day before and I was in for another long day ahead. Despite this we pulled ourselves out from bed, changed into our kit and headed to breakfast. Once we were all packed onto the coach, we set off for a 30 minute journey to the event. As the coach pulled up, Chloe and I sprang into action, got our kit on and headed to the start. Here we all started warming up, photo's were taken of each athlete running and then it was time to focus. As 9:40am was called up I took a step into the first box and took a deep breath. It felt like the longest minutes waiting and the adrenaline was pumping. However, I then had a shaky start after getting confused with the age classes layout and being unsure which descriptions and map to pick up. The start team made sure I was OK and then I was out and heading to number 1. I just knew I had to refocus, which luckily I did, and I settled down into my course. It was so nice to run through the forest although the streams/rivers did give me a fright when they were deeper and faster flowing than I had ever faced before, but I just gave it my all the whole way around as I also knew my fellow teammate Lucy was only 8 minutes behind me.



I had been having a good run and as I left control 13, I noticed I just had to cross a river and then I would be heading towards the finish with just a few controls to go. The river, however, had other ideas for me. I took a step into it and I felt confident I could cross it OK as I had seen 2 French

girls make it across before me, but it was fast flowing and deeper than I thought. I took another step further into the river and in the space of a few seconds I was swept off my feet and holding on to my map and a rock with all the strength that I had, however the panic began to hit me and I really began to struggle. Luckily one of the girls that crossed before me helped me out but it was a shock to my legs and mind. I decided to take it steady to the rest of the controls but I had no idea how anyone else had done so I knew I needed to focus and make it to the end despite the wet and cold starting to hit my body. Once I had made it back and downloaded, I realized I was only 10 minutes behind Lucy and I was second counter for England as I had beaten Chloe by just over 10 minutes. I changed and warmed up before the prize giving began.

The anticipation for the results was nerve wracking, no one knew how England had done overall and after being previously beaten the past 2 times we really hoped we had done it. The results came in. I was pleased to be 6th out of 12 on my course and in the junior competition England narrowly missed first place by 1 point to one of the Belgian teams. Overall England came 1st by around a 30 point gap. We were over the moon, but with a train waiting for us in Calais we had a fairly prompt exit after inviting the other teams to come to England next year for Interland 2020. We all hustled onto the coach and we set off back.

During the journey the coach was fairly quiet, the tiredness had hit and we all just wanted to get to the terminal but we did get to share out the goody bags of biscuits and other treats the team had won at the prize giving! Once arriving at Calais, we all went through passport control, had a quick tea and then it was back on the coach to head onto the train. Once we had arrived back into Britain we drove off and headed back to Beaconsfield with some stops on the way. After we had arrived back at Beaconsfield mum and I jumped into the car and eventually, 3 hours later, arrived back home.

The experience of an international race was unforgettable and to be able to run for the team and gain the result I did topped off the weekend. Even though it wasn't the smoothest of rides when I was out on my race, I shocked myself at how much I had improved and what I was capable of. I made some amazing friends throughout the weekend and memories that will last a lifetime, and to finally earn my England kit made me feel so proud of everything I had achieved.



I would like to thank East Pennine Orienteering Club and Yorkshire and Humberside Orienteering Association for aiding me to be able to have this opportunity. I would also like to thank the England Orienteering Committee for giving me the opportunity to compete and to John, our Team Manager, who made sure we were organized for the weekend and ensured the athletes knew what was always going on.

Photo credits: Philip Gristwood

Interland International, Hauts de France - 10 Mar 19

W20 8.4km 17c

6 Laura Harrison

94.53

W40 8km 16c

9 Emma Harrison

85.58



Interland W20, 8.4km course

Portugese O Holiday 2019

Guy Goodair

Neil Croasdell, Judith and myself went to Portugal for a few days orienteering. We Flew to Lisbon then drove to Figueira da Foz for the POM2019.

It started with a relay around Figueira itself but if you didn't want to or couldn't run in a team it was possible to do a leg individually which is what we did. The event couldn't have been closer – it was outside our hotel door!

Storms and a forest fire last year meant that the area south of Figueira intended for the event was now ruled out so the first day was in Dunas da Tocha with the remaining 3 days in Quiaios using the same arena on each day but utilising different sections of forest. This was typical Portuguese Sand Dunes terrain, with pine forest and some very small open areas. Several small green areas/dots mostly caused by mimosas and some undergrowth vegetation areas.

On the Saturday night there was a night event in the adjoining village of Buarcos and we'd got almost the last starts, just before 9pm lots of little alleys and quite steep in places.

We moved on to Coimbra for a couple of days before driving over to Portalegre for the 2 day NAOM meeting. On arrival we went to the model event at Vale Lobo which was very runnable underfoot but with loads of boulders.

The first day was a middle distance event at Monte Melio (Crato) on an area similar to Brimham Rocks only much more extensive. Judith had a disaster here. In the start lanes the loose control descriptions were in a line rising in age up to W70 then an empty peg so she assumed that W70 was the oldest class. She took the descriptions then stood by the nearest map box (W70).

Eventually she finished (and got one control wrong). As we were sat having a coffee I noticed she'd visited 4 extra controls and then I noticed she'd run W70/M80 course. We went back to the start and asked about W75 – apparently they'd put the descriptions and map box furthest away in front of the W10s for some unknown reason.

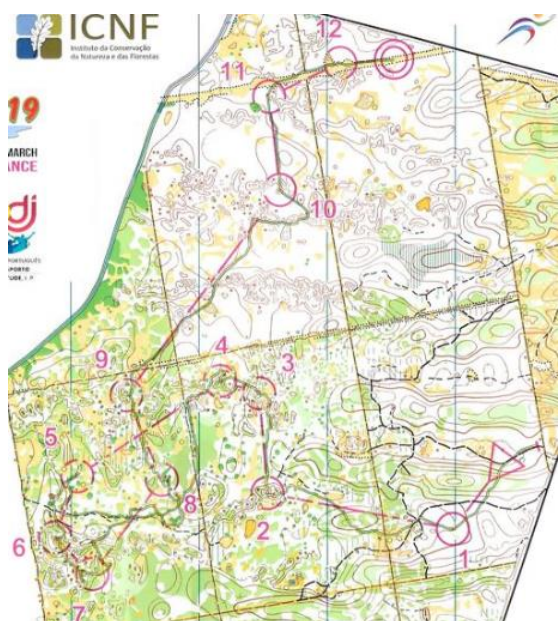
In the afternoon we visited the lovely hilltop village of Marvao and whilst walking round it noticed lots of orienteers wandering round with o maps in their hands. We knew one of them and apparantly they'd had an event here a couple of years ago and had lots of maps left so they were flogging them off at the event centre for folk to use (no controls out of course). Map attached – I'll bet it took a lot of head scratching on the day.

In the evening there was a night event which started and finished inside the local municipal market with a ramp to run up and down to the finish.

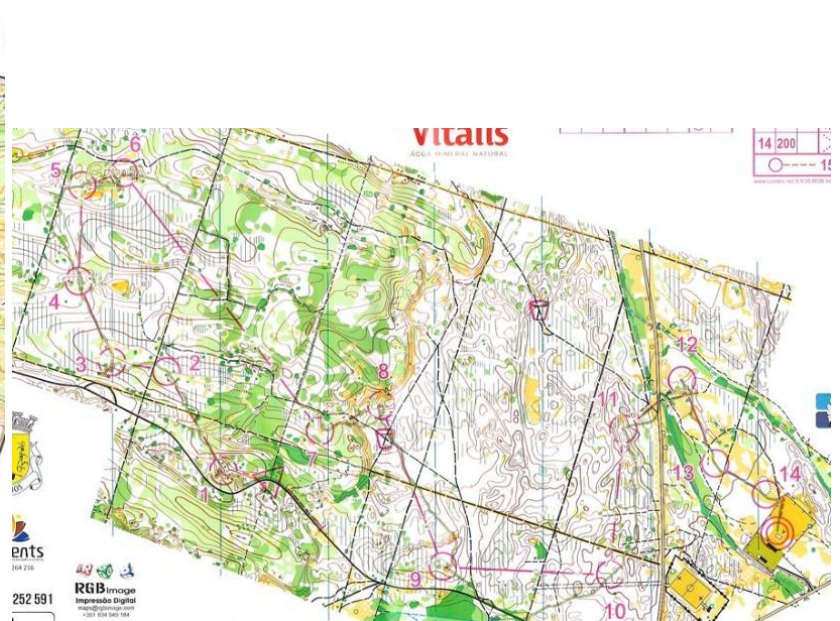
On the last day it was a World Ranking Event at Alagoa and on the approach road we were stopped by the police and asked if we were orienteering – yes - then waved through to the event. The road was closed completely for several hours by the police whilst the event was on – can't imagine that ever happening over here. The terrain was even more rocks and more tracks on the ground than on the map. Didn't do all that well but had a great time.



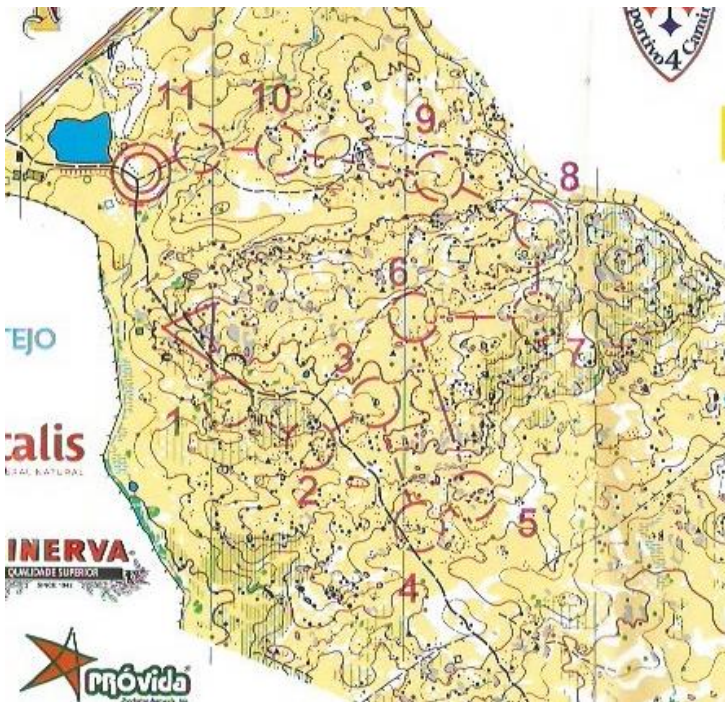
Goodair Tours get you closer to the action! View of sprint area from our bedroom window - finish arch to the right and start kite just to left of Vitalis banner



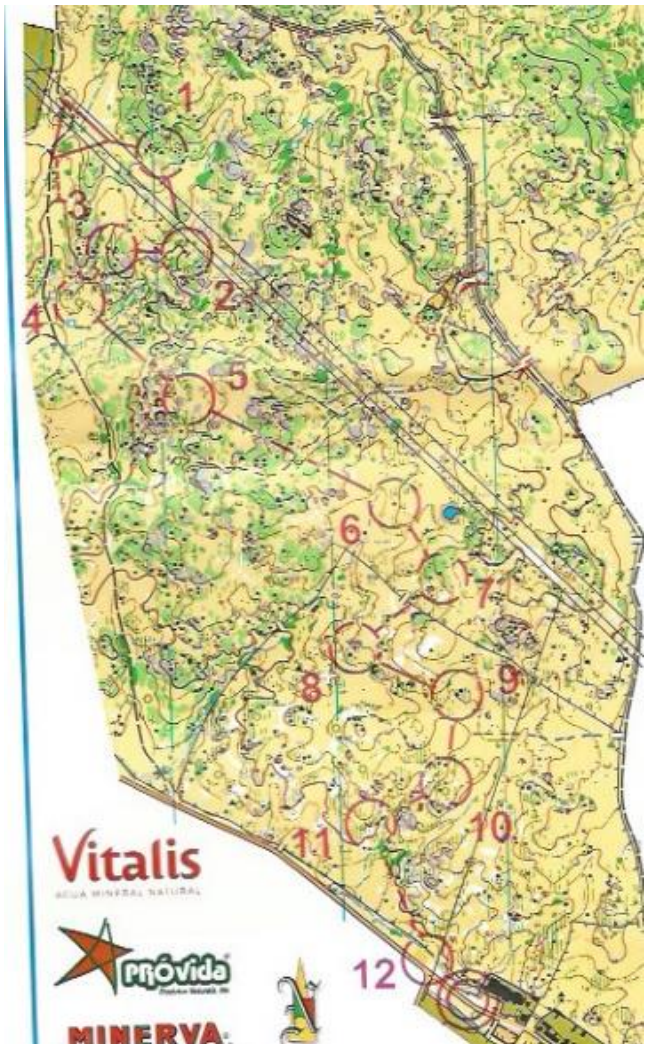
POM Day 1



POM Day 4



NAOM Day 1



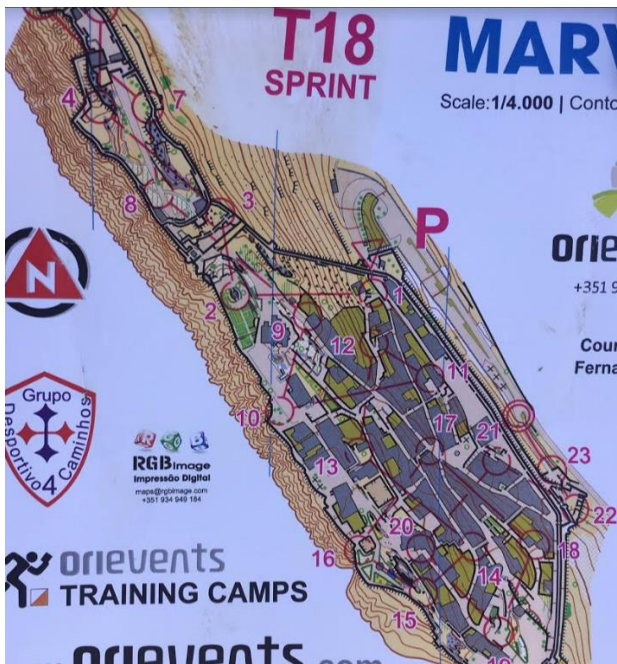
NAOM Day 2



Judith Starting the Night Event



Judith Finishing the Night Event



Marvao O Map



Marvao



Marvao

POM 2019, Figueira da Foz Portugal - 1 to 5 Mar 19

| M70 | Ind Relay | Day 1 | Day 2 | Day3 | Day 4 | Night |
|----------------|------------|------------|------------|------------|-------------|-----------------------|
| Neil Croasdell | 20.25 (48) | 65.56 (87) | 64.37 (99) | 61.48 (88) | 120.30 (89) | 18.53 (37) W75 |
| Judith Goodair | 19.08 (23) | 33.22 (7) | 45.58 (8) | 92.43 (13) | 52.06 (10) | 19.05 (3) |
| M80 | | | | | | |
| Guy Goodair | 26.12 (69) | 77.06 (24) | 72.55 (23) | 89.21 (24) | 87.26 (24) | 18.44 (8) |

NAOM 2019, Portalegre - 9 & 10 March 19

| M70 | Day 1 | Day 2 | Night Event |
|----------------|------------|------------|-------------|
| Neil Croasdell | 49.57 (26) | 61.59 (26) | 21.37 (31) |
| W75 | | | |
| Judith Goodair | mp | 78.59 (7) | 18.45 (2) |
| M80 | | | |
| Guy Goodair | dns | 67.16 (2) | 20.28 (3) |

NOC CompassSport Trophy, Sherwood Pines - 17 March 19

1 Brown (length 10.3km, climb 85m)

| | | |
|----------------------|--------|----|
| 4 Simon Martland | 70:12 | 98 |
| 13 Jonathan Emberton | 81:02 | 94 |
| 29 Daniel Sutcliffe | 102:30 | 88 |

2 Short Brown (length 8.4km, climb 65m)

| | | |
|------------------------|--------|----|
| 4 James Williams | 54:18 | 99 |
| 14 William Barraclough | 69:40 | 94 |
| 20= Matthew Tinker | 73:14 | 92 |
| 37 David Harrison | 96:06 | 85 |
| 47 Richard Stuart | 131:58 | 80 |

3 Blue Women (length 7.0km, climb 70m)

| | | |
|----------------|--------|----|
| 33 Leah Stuart | 109:38 | 91 |
|----------------|--------|----|

4 Blue Men (length 6.9km, climb 75m)

| | | |
|----------------|-------|-----|
| 2 James Logue | 44:30 | 100 |
| 9 Andy Thorpe | 50:55 | 97 |
| 15 Mike Pedley | 56:38 | 94 |

5 Green Women (length 4.7km, climb 45m)

| | | |
|--------------------|-------|-----|
| 3 Emma Harrison | 39:30 | 100 |
| 10 Megan Harrison | 45:45 | 98 |
| 23 Viv Barraclough | 54:20 | 94 |
| 26 Helen Pedley | 57:10 | 93 |
| 40 Helen Martland | 65:32 | 90 |
| 68 Jo Emberton | 92:26 | 80 |

6 Green Men (Senior) (length 4.9km, climb 55m)

| | | |
|------------------|-------|----|
| 10 Richard Payne | 44:18 | 96 |
|------------------|-------|----|

7 Short Green (length 4.0km, climb 25m)

| | | |
|---------------------|-------|----|
| 5 Richard Spendlove | 37:00 | 99 |
| 6 Paul Jackson | 37:26 | 98 |
| 14 Ian Couch | 41:16 | 95 |
| 15 Julie Couch | 41:43 | 94 |
| 33 Brian Mellor | 50:22 | 88 |

| | | |
|-----------------|-------|----|
| 57 Roy Lindsell | 59:09 | 79 |
|-----------------|-------|----|

| | | |
|-------------------|-------|----|
| 67 Neil Croasdell | 67:44 | 73 |
|-------------------|-------|----|

| | | |
|----------------|-------|----|
| 75 Jackie Page | 76:03 | 70 |
|----------------|-------|----|

| | | |
|---------------|-------|----|
| 77 Jane Payne | 77:41 | 68 |
|---------------|-------|----|

| | | |
|-----------------|-------|----|
| 82 David Morgan | 85:14 | 66 |
|-----------------|-------|----|

8a Junior Men (Green) (length 4.9km, climb 55m)

| | | |
|---------------|-------|----|
| 6 Adam Thorpe | 34:41 | 94 |
|---------------|-------|----|

| | | |
|---------------------|-------|----|
| 26 William Martland | 70:21 | 80 |
|---------------------|-------|----|

8b Junior Women

(Short Green) (length 4.0km, climb 25m)

| | | |
|------------------|-------|-----|
| 3 Laura Harrison | 34:13 | 100 |
|------------------|-------|-----|

| | | |
|---------------|-------|----|
| 8 Anna Thorpe | 64:47 | 90 |
|---------------|-------|----|

9a Orange Men (length 3.0km, climb 40m)

| | | |
|---------------------|-------|-----|
| 10 Luke Barraclough | 25:52 | 100 |
|---------------------|-------|-----|

| | | |
|---------------------|-------|----|
| 19 Seth Barraclough | 41:57 | 92 |
|---------------------|-------|----|

| | | |
|-----------------------|-------|----|
| 22 Joseph Barraclough | 46:14 | 90 |
|-----------------------|-------|----|

10 Super Veteran

(Short Green) (length 4.0km, climb 25m)

| | | |
|-----------------|-------|----|
| 5 Jean Lochhead | 57:05 | 98 |
|-----------------|-------|----|

| | | |
|------------------|-------|----|
| 15 Juliet Morgan | 65:03 | 94 |
|------------------|-------|----|

| | | |
|-------------------|-------|----|
| 17 Judith Goodair | 71:43 | 90 |
|-------------------|-------|----|

| | | |
|----------------|-------|----|
| 19 Guy Goodair | 73:29 | 88 |
|----------------|-------|----|

| | | |
|--------------------|--------|----|
| 33 Philip Thompson | 116:22 | 76 |
|--------------------|--------|----|

Yellow (length 2.9km, climb 20m)

| | | |
|------------------|-------|--|
| 1 Francis Stuart | 24:41 | |
|------------------|-------|--|

| | | |
|---------------|-------|--|
| 11 Joy Mellor | 47:16 | |
|---------------|-------|--|

White (length 2.0km, climb 25m)

| | | |
|----------------|-----|--|
| Stanley Stuart | rtd | |
|----------------|-----|--|

| | | |
|-------------|-----|--|
| Dora Stuart | rtd | |
|-------------|-----|--|

LOC Middle Distance Galoppen, Haverthwaite Heights - 23 Mar 19

Brown 3.9km 260m

| | |
|-----------------|-------|
| 12 Jon Emberton | 42.25 |
| 15 Andy Thorpe | 44.05 |
| 28 Adam Thorpe | 52.23 |

Blue 3.4km 200m

| | |
|--------------|-------|
| 87 Ian Couch | 63.44 |
|--------------|-------|

Green 2.6km 180m

| | |
|----------------|-------|
| 15 Julie Couch | 41.54 |
|----------------|-------|

Short Green 2.1km 150m

| | |
|------------------|-------|
| 36 Phil Thompson | 87.45 |
|------------------|-------|

| | |
|----------------|-------|
| 39 Jo Emberton | 91.15 |
|----------------|-------|

SROC Junior Selection Sprint Event, Lancaster University - 23 Mar 19

Women

| | |
|-----------------|-------|
| 28 Sarah Pedley | 19.13 |
|-----------------|-------|

EBOR Saturday Series, Walmgate Stray - 23 Mar 19

Long Beginners 3.2km

| | |
|----------------|-------|
| 3 Sue Levinson | 31.35 |
|----------------|-------|

Short Difficult 2.9km

| | |
|----------------|-------|
| 22 Guy Goodair | 44.01 |
|----------------|-------|

| | |
|-------------------|-------|
| 23 Judith Goodair | 44.47 |
|-------------------|-------|

DVO EM League, Crich Chase - 24 Mar 19

Green (length: 3.2km, climb: 155m, 15 controls)

| | |
|-----------------|-------|
| 47 Paul Jackson | 74.07 |
|-----------------|-------|



All Photo's: Steve Rush

SROC Red Rose Classic, Hampsfell - 24 Mar 19

| | |
|---|-------|
| Brown (length: 7.9km, climb: 355m) | |
| 1 James Logue | 57.54 |
| Short Brown (length: 6.1km, climb: 275m) | |
| 19 Andy Thorpe | 59.13 |
| Blue (length: 4.5km, climb: 235m) | |
| 2 Jon Emberton | 40.07 |
| Short Blue (length: 4.1km, climb: 185m) | |
| 53 Ian Couch | 55.00 |

| | |
|--|-------|
| Green (length: 3.6km, climb: 135m) | |
| 32 Sarah Pedley | 41.49 |
| 35 Julie Couch | 42.42 |
| 68 Helen Pedley | 65.05 |
| Very Short Green (length: 2.8km, climb: 100m) | |
| 28 Jo Emberton | 62.13 |
| 31 Phil Thompson | 69.53 |

EPOC Yorks Urban League, Elland - 24 Mar 19

Course 1 Black 7km 90m

3 Daniel Sutcliffe 50.48

Course 2 Brown 6km 80m

4 Simon Martland 39.18

13 Lindsay McMillan 55.08

14 Richard Stuart 55.32

16 Laura Harrison 58.08

20 David Harrison 65.35

Course 3 Blue 5.7km 80m

Nc James Williams 38.41

3 Emma Harrison 47.28

5 Viv Barraclough 49.56

8 Davey Averill 51.47

11 Leah Stuart 54.05

nc Matthew Averill 55.04

16 Helen Martland 62.11

nc Julian Green 86.05

Course 4 Green 4.6km 70m

3 Dick Spendlove 44.32

11 Keith Sykes 55.27

22 Stephen Warner 72.15

Course 5 Short Green 4km 40m

1 Roy Lindsell 47.28

2 Jean Lochhead 52.34

4 Gill Ross 57.26

5 Judith Goodair 59.50

6 Rod Shaw 60.36

13 Mike Thorpe 75.39

14 Joy Mellor 87.47

mp Guy Goodair 56.15

Course 6 Light Green 3.7km 20m

3 Luke Barraclough 38.07

5 William Martland 42.41

Course 7 Yellow 2.6km 20m

1 Joseph Barraclough 36.50

2 Ffion Noot Williams 44.46

EBOR Saturday Series, Pocklington - 30 Mar 19

Course B 3.6km

12 Guy Goodair 46.49

17 Jackie Page 52.13

18 Judith Goodair 52.36

19 Sue Levinson 53.52

24 Jean Lochhead 60.13

PFO Regional Event, Peel Park Accrington - 31 Mar 19

Short Blue 4.5km 185m

8 Ian Couch 62.22

16 Rod Shaw 87.50

Green 4km 155m

1 Richard Payne 43.55

2 Julie Couch 50.01

12 Roy Lindsell 59.56

Short Green 3.4km 125m

1 Paul Jackson 46.41

6 Jean Lochhead 67.48

7 Jackie Page 70.07

YHOA URBAN LEAGUE – 2019

Details at www.yhoa.org.uk

Races 2019

Best 7 out of 13 races to score. [Scoring system.](#)

| | | | | |
|----|-------|---------------------------|--------|--------|
| 1 | SYO | Sheffield Ponderosa | 09-Mar | UKUL02 |
| 2 | EPOC | Elland | 24-Mar | |
| 3 | CLARO | Ripon | 26-May | |
| 4 | EBOR | York | 27-May | |
| 5 | SYO | Rotherham Wingfield | 02-Jun | |
| 6 | HALO | Gainsborough Park Springs | 22-Jun | |
| 7 | HALO | Gainsborough | 22-Jun | |
| 8 | AIRE | Lower Baildon | 07-Jul | |
| 9 | EPOC | Mytholmroyd | 20-Jul | |
| 10 | EPOC | Hebden Bridge | 21-Jul | |
| 11 | AIRE | Leeds University | 07-Sep | |
| 12 | AIRE | Leeds | 08-Sep | UKUL16 |
| 13 | HALO | Hessle & Humber Bridge | 19-Oct | |

YHOA SUPER LEAGUE - 2019

Details at www.yhoa.org.uk

League Dates 2019

Best 5 scores to count. Minimum of 2 scores needed for the league.

| | |
|-----------|--|
| 24 Feb 19 | EPOC Royds Hall Woods (Regional) |
| 3 Mar 19 | AIRE 50th Anniversary Event, Ilkley Moor (Regional) |
| 24 Apr 19 | HALO Mausoleum Woods & Cottagers Dale Wood (Regional) |
| 17 Aug 19 | SYO Race the Castles in Yorkshire (UKOL), Mam Tor (National) |
| 25 Aug 19 | EBOR Race the Castles in Yorkshire – White Rose (National) |
| 13 Oct 19 | SYO YHOA Championships, Wombwell (National) |
| 3 Nov 19 | EBOR York (Regional) |
| 24 Nov 19 | CLARO YHOA MD Champs, Brimham Rocks (Regional) |
| 1 Dec 18 | AIRE Shipley Glen (Regional) |

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: egrahamlloyd@yahoo.co.uk

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 2019

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

www.britishorienteeing.org.uk

| Date | Club/Region | Type/Area | Location |
|------|-------------|-----------|----------|
|------|-------------|-----------|----------|

April

| | | | |
|----|------------|--|---------------|
| 7 | CLOK/NEOA | CLOK Acorn, Eston, Wilton & Lazenby | Middlesbrough |
| 14 | CLARO/YHOA | Dob Park Wood | Otley |
| 19 | BAOC/SCOA | JK Sprint, Aldershot Garrison | Aldershot |
| 20 | SN/SCOA | JK Middle, Windmill Hill | Frimley |
| 21 | BKO/SCOA | JK Long, Cold Ash | Newbury |
| 22 | SCOA | JK Relay, Minley | Fleet |
| 28 | HALO/YHOA | YHOA Superleague and Yvette Baker Trophy Heat, Mausoleum Woods | Brigg |
| 28 | MDOC/NWOA | MDOC Urban, Birchwood | Warrington |

May

| | | | |
|----|------------|---|---------------|
| 4 | YHOA | British Mixed Sprint Relays, Bradford University | Bradford |
| 5 | YHOA | British Championships, Kilnsey North & Arncliffe | Grassington |
| 6 | YHOA | British Relay Championships, Middleton Park | Leeds |
| 12 | SYO/YHOA | YHOA Schools and Regional Event, Canklow | Rotherham |
| 18 | LOC/NWOA | LOC National Event Weekend, Caw | Lake District |
| 19 | LOC/NWOA | LOC National Event Weekend, Stickle Pike | Lake District |
| 19 | DVO/EMOA | East Midlands League, Calke Abbey | Ticknall |
| 25 | SOLWAY/SOA | Scottish Championships, Dalbeattie Forest | Dalbeattie |
| 25 | WRE/WMOA | Springtime in Shropshire, Shrewsbury Urban | Shrewsbury |
| 26 | CLARO/YHOA | YHOA Urban League, Ripon | Ripon |
| 26 | HOC/WMOA | Springtime in Shropshire, Midland Championships, Brown Clee | Bridgnorth |
| 27 | EBOR/YHOA | YHOA Urban League, York City Race | York |
| 27 | WRE/WMOA | Springtime in Shropshire Middle, The Wrekin | Telford |

June

| | | | |
|-------|------------|--|----------------|
| 2 | SYO/YHOA | YHOA Urban League, Rotherham (Wingfield) | Rotherham |
| 9 | EBOR/YHOA | Tadcaster Urban Event | Tadcaster |
| 16 | DVO/EMOA | Allestree Urban | Derby |
| 16 | SELOC/NWOA | Horwich Festival of Racing | Horwich/Bolton |
| 22 am | HALO/YHOA | YHOA Sprint Championships, Gainsborough Park Springs | Gainsborough |
| 22 pm | HALO/YHOA | YHOA Middle Urban, Gainsborough Town | Gainsborough |
| 23 | LOG/EMOA | Sprint Event Witham St Hughs | Newark |

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