



# Epistle



No. 224  
April - May 2014



**Spring arrived just in time for Stoodley Pike**

# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

## OFFICERS AND COMMITTEE 2013/2014

|                      |                 |  |
|----------------------|-----------------|--|
| Chair                | Alistair Tinto  | <a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>       |
| Secretary            | Rebecca Lloyd   | <a href="mailto:rebeccajane.lloyd@yahoo.co.uk">rebeccajane.lloyd@yahoo.co.uk</a> |
| Treasurer            | David Morgan    | <a href="mailto:d345morgan@btinternet.com">d345morgan@btinternet.com</a>         |
| Epistle Editor       | Emma Harrison   | <a href="mailto:eah1607@aol.com">eah1607@aol.com</a>                             |
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| Committee Members    | Viv Barraclough | <a href="mailto:viv.barraclough@cantab.net">viv.barraclough@cantab.net</a>       |
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|                      | Paul Taylor     | <a href="mailto:p.c.taylor@warwick.ac.uk">p.c.taylor@warwick.ac.uk</a>           |

## OTHER CLUB OFFICIALS

|                      |                   |  |
|----------------------|-------------------|--|
| Club Coach           | Viv Barraclough   | <a href="mailto:viv.barraclough@cantab.net">viv.barraclough@cantab.net</a>         |
| Club Championship    | Graham Lloyd      | <a href="mailto:thelloydfamily@tiscali.co.uk">thelloydfamily@tiscali.co.uk</a>     |
| Compass Sport Trophy | Emma Harrison     | <a href="mailto:eah1607@aol.com">eah1607@aol.com</a>                               |
| Club Kit Officer     | Vacant            |  |
| Hoodies/Sweatshirts  | Emma Harrison     | <a href="mailto:eah1607@aol.com">eah1607@aol.com</a>                               |
| Mapping Co-ordinator | Paul Taylor       | <a href="mailto:p.c.taylor@warwick.ac.uk">p.c.taylor@warwick.ac.uk</a>             |
| Permanent Courses    | Vacant            |  |
| Publicity            | Graham Lloyd      | <a href="mailto:thelloydfamily@tiscali.co.uk">thelloydfamily@tiscali.co.uk</a>     |
| Relay Organiser      | Alistair Tinto    | <a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>         |
| Stores and Equipment | Scarf Family      | <a href="mailto:thescarfs@hotmail.com">thescarfs@hotmail.com</a>                   |
| E-Punching Equipment | Ian & Julie Couch | <a href="mailto:ian@ircouch.eclipse.co.uk">ian@ircouch.eclipse.co.uk</a>           |
| Website              | Anthony Greenwood | <a href="mailto:anthony.greenwood@talktalk.net">anthony.greenwood@talktalk.net</a> |
| YHOA Chairman        | Alistair Tinto    | <a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>         |

**EPOC WEBSITE** [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)

### EDITORIAL

Since the last Epistle we had a good turnout at the Compass Sport qualifying round with consequent comfortable victory meaning we qualify for the final on Saturday 8<sup>th</sup> November. See later in the Epistle and future updates about it, but it would be great if we could field a full team for this event.

The new club tops have been ordered and we are just awaiting delivery of them so make sure you have paid for yours and watch out for updates about these as well!

Please feel free to send me any articles, photo's etc to be included in future editions – all contributions will be included.

Good luck to everyone going to JK, Northern Championships and all other events over the coming months. Let's hope this spring weather is here to stay!

Emma Harrison

### CHAIRMAN'S CHAT

Thankfully the weather was well and truly on our side for the Stoodley Pike and Langfield Common event which was a complete contrast to Newmillerdam when we soaked. It was nice to see such a good turnout and we couldn't have asked for a better day. Many thanks to all the teams of EPOC

helpers for ensuring everything went smoothly on the day and to the planner, Mike and controller, Chris for all their hard work on a physically challenging area in proving you with testing courses.

We are fast approaching the major events of the year with the JK and British Championships so hopefully all the YHOA championships coming in quick succession will get everyone geared up for these. I'm sure there will be some good individual results and it is very encouraging to have some junior teams at the relays. Our new club tops should arrive soon and with such a good uptake it should look like EPOC are everywhere at events.

There was a strong showing at the Compass Sport Cup qualifying heat which meant we qualified for the final however the timing and location will make things less than straightforward but we should support this as best we can.

We have taken the step at the last committee meeting, in light of our hard earned healthy financial position, to review how we acknowledge the contribution of helpers at events as well as how to encourage more participation of juniors. From now on all helpers will get a free run at the event or a voucher for a free run at a future event as it is not possible for everyone to get or want a run if they have been busy helping. Also, given the cost of maps and the minimal levy, we will not charge for white or yellow courses.

I know a number of club members are away when we hold our urban event, at Sowerby Bridge on the 20<sup>th</sup> July but I'm looking for a planner and organiser for this event so please can you consider it and let me know.

Best wishes

Alistair Tinto

### **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](mailto:Eah1607@aol.com)

Copy to Emma by 20 May

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 that event in some way. If you need to pre-enter the 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

Graham Booth has a new email address: [46gmfbooth@gmail.com](mailto:46gmfbooth@gmail.com)

## Facebook

Lots of clubs are now using Facebook as a means of sharing information quickly to a wide audience. EPOC does have a Facebook page but it isn't maintained or widely used. Is there anyone out there who would like to develop our Facebook page and keep it up to date? Any volunteers please contact Alistair Tinto or Rebecca Lloyd.

## What has your committee been doing?



### East Pennine Orienteering Club Summary of Committee Meeting Wed 12 March 2014 Marsh Liberal Club



**Present:** Alistair Tinto, Emma Harrison, Viv Barraclough, Paulette Noot, Dave Morgan

**Apologies:** Paul Taylor, Rebecca Lloyd

Membership list now completed and distributed, Individual Updates being e mailed by Anthony.

Query on YHOA fee resolved

#### **Chair's Report**

Submission by Mike Cope on behalf of YHOA to Events Committee on capacity of the region to put on major events. Approximately 10 year cycle with either JK and British Champs every 5 years. i.e. BRC 2011, JK 2016. Following concerns raised around OCAD license - I have contacted the other clubs in the region to check their use of OCAD, Purple Pen and CONDES. Full summary for next meeting but clear that no two clubs operate in the same way.

Agreements made for PFO to use Langfield Common for their club championships in October with this event taking place on the Saturday of our Midgley Moor event. This would be a closed Level D event at which EPOC members would also be invited to take part. Having access to Mankinholes Youth Hostel for our recent event had only been possible thanks to contacts within PFO and the involvement of UCCA (Upper Calder Charity Assist) who promote activities in the Todmorden area.

SELOC have also approached the club to hold an event at Hardcastle Crags in 2015 which historically was used by them. This would also be a small closed event as part for their 50<sup>th</sup> Anniversary at which EPOC members would be invited to take part.

#### **Treasurer's Report**

Since the last meeting the accounts for the Newmillerdam finalised. Event made a surplus and despite very poor weather had a reasonable turn out

Membership units - 56 - 26 senior, 29 families, 1 junior.

O tops purchased plus 10 extra.

Internet banking now in place with strict arrangements around access.

Discussion on club's healthy financial position and how to reflect this on event fees for club members.

1. Agreed that white and yellow courses should be free for all entrants

2. Helpers to have a free run.

3. Event officials (planner, organiser, controller) to be written to post event thanking them and to attach a free run voucher (similar to other clubs)

Action - To check that no fee for white and yellow possible on Fabian

Action - Paulette to re-design 'free run' vouchers.

**Secretary's report** - Nothing to report

**Compass Sport Trophy** - First round 16<sup>th</sup> Feb at Guiscliffe - good turn out and club comfortably qualified for the final however with the final being on the Saturday of Remembrance Sunday (8<sup>th</sup> November) near Aldershot it would significantly impact participation by most clubs, not just EPOC. To look at ways of enabling the club to field a competitive team for the final.

#### **Fixtures 2014**

20<sup>th</sup> July Sowerby Bridge - **STILL NEED ORGANISER, PLANNER AND CONTROLLER**  
19<sup>th</sup> Oct Midgley Moor - Planner Graham Lloyd, Organiser - Rachel Wilson, Controller - Jim Mitchell PFO  
20<sup>th</sup> December Royds Hall night \*(see below)  
21<sup>st</sup> December Royds Hall

#### **Fixtures 2015**

22<sup>nd</sup> February Marsden  
3<sup>rd</sup> May Nostell  
21<sup>st</sup> June Urban event (Halifax/Brighouse)  
(Look for putting on 2 urbans over a weekend in 2015 ?)  
25<sup>th</sup> October Ogden  
19<sup>th</sup> December Norland  
20<sup>th</sup> December Norland

**2016 Deffer/Cawthorne** (recipical arrangement with SYO)?

JK 2016 Yorks Leeds - sprint Kilnsey day 1 Guiscliffe day 2 Storthes relay

#### **Permanent Courses**

Nostell Priory - progressing  
\*Royds Hall - approach made by Appleton Academy to set up  
Beaumont Park - to update

#### **Mapping.**

Post Stoodley - review the map and extent of the area mapped  
Areas for 2014 in hand  
Yateholme still off limits  
Re-consider Hade Edge again

#### **First Aiders.**

Original course cancelled due to lack of numbers. Viv to set up new date with possibility to share session with another group.

**Club nights** - Explorers events Viv is doing the series this year again.

Aim to hold a club picnic/informal event at Oakwell Hall - **date to be determined**

Martin Reynolds organising a Long O event on Pule Hill on 12th July

Viv looking to like the Nealy races with an explorer event

**Publicity items** - see above. Also try and get our events put on the local council websites. Ask for a volunteer to organise an EPOC facebook page - **still to do so.**

#### **JK 2016**

Organisers and planners look to have been confirmed. Now have a proper logo. BOF seem to be doing more to help the regions. Seems to be being handled in a more professional manner, so everything will need to be run tightly from our end. Two years away but starting to get things sorted.

#### **Club Kit**

Order placed and with increase in subsidy and free for juniors it had a positive impact with additional uptake. Full range of adult and juniors sizes but don't go right down to very young children. Tee shirts previously ordered for juniors by Viv and other alternatives to be considered.

**Next meeting WEDNESDAY 14<sup>th</sup> May 2014 Marsh Liberal Club**

## Compass Sport Trophy 2014

The qualifying round was held at Guisecliff on 16<sup>th</sup> February. A good turnout from EPOC meant that we comfortably qualified for the final to be held on **Saturday 8<sup>th</sup> November near Aldershot**. There has been a lot of discussion (see below) about this date and location but it would be great if we are able to field a strong team at the final so EPOC can have a top 3 result that we know we are more than capable of achieving.

There have been a lot of emails regarding this year's final being so far south and a Saturday date making it virtually impossible for Scottish clubs to get there

Here's one person's 'take' on where is centre of orienteering!

*Having fed the BO ranking data (by club geography) into a Gravity Logistical Model the 'Centre of Gravity' for the UK Orienteering population is Batley (West Yorkshire).*

*Then the locations of the CSC Finals between 2007 and 2015 were fed into the same model and the 'Centre of Gravity' is Matlock!*

*So, in order to realign the Centre of Gravity the 40 miles north to Batley (the optimum position), then the 2016 Final should be in Moray.*

[skybluepete](#)

Anyone know a good forest round Batley?

## EPOC ORIENTEERING TOPS

The new EPOC tops have been ordered and will be with us shortly. If you haven't already done so, please make sure you pay Dave Morgan for your top(s) either by cash or cheque payable to 'East Pennine Orienteering Club'. If you decide you would like one after you have seen how they look, don't panic as 10 extra have been ordered for stock, 2 in each of the most popular sizes ordered – XS (36" chest), S (38"), M (40"), L (42"), XL (44"). Also I can start a new order list and order more once there are another 10 on the list.



## BRITISH RELAYS – 2014

Are you going to the British Championships? If so, would you like to run in a relay team for EPOC? Entries will be subsidized by the club so will be half price for seniors and free for juniors. Please let Alistair Tinto know as soon as possible if you would like a run and if you have any suggestions for teams.

### EPOC Club Championship 2014

#### Graham Lloyd

Hello fellow EPOC members. Attached are the Current Club Champs after two races.

You may notice I have also included Alasdair Pedley and Megan Harrison in the main champs, as they are both M/W16 and therefore running the same courses (Blue and Green respectively) as the seniors so it only seemed right that they can compare themselves to the rest of us...I will let you see for yourself how well they compare!

There has been a little movement, so far there are 40 names on the list. Remember you need 5 races to count, with at least one in each category!

The next event is on April 27th, at either Scot Gate, near Pateley Bridge for you Easterners, or Brun Valley, Burnley for the Westerners. Needless to say you can go to either event, your score is based on your time versus the average race time so it doesn't matter if the one event has a slower average time, as you are up against that!

Have good runs at the JK to those of you going...

Best wishes

Graham

Remaining events:

- 27th April, Scot Gate - CLARO or Brun Valley – PFO (Low Key)
- 4th May, Northern Champs Newby Bridge (Complex)
- Sat 10th May, Ilkley Urban – AIRE (Urban)
- 15th June, Manchester Urban – MDOC (Urban)
- 29th June, Whitby Urban – CLOK (Urban)
- 22nd September, Lindley Moor – CLARO (Low Key)
- 28th September, Clowbridge (Low Key)
- 2nd November, Tankersley Middle - SYO or Tarn Hows Middle - LOC (Complex)
- 23rd November, Dob Park - CLARO (Low Key)
- 7th December, Beverley - HALO or Townley Park Burnley - PFO (Urban ish)

#### Results so far

##### Seniors

|                   | Super | vets | Ladies | Points | Races |
|-------------------|-------|------|--------|--------|-------|
| 1 Alasdair Pedley |       |      |        | 196    | 2     |
| 2 James Williams  |       |      |        | 194    | 2     |
| 3 Sarah Noot      |       |      | 1      | 193    | 2     |
| 4 Mike Pedley     |       | 1    |        | 192    | 2     |
| 5 Paul Jackson    | 1     |      |        | 185    | 2     |
| 6 Alistair Tinto  |       | 2    |        | 183    | 2     |
| 7 Helen Martland  |       | 3    | 2      | 181    | 2     |
| 8 Pat Aspinall    | 2     |      | 3      | 176    | 2     |
| 9 Viv Barracloagh |       | 4    | 4      | 173    | 2     |
| 10 Rod Shaw       | 3     |      |        | 165    | 2     |

##### Juniors

|    |                  |     |   |
|----|------------------|-----|---|
| 1  | Sam Crawshaw     | 200 | 2 |
| 2  | Imogen Noot-W    | 197 | 2 |
| 3  | Alasdair Pedley  | 192 | 2 |
| 3  | Alex Crawshaw    | 192 | 2 |
| 3  | William Martland | 192 | 2 |
| 6  | Megan Harrison   | 182 | 2 |
| 7  | Luke Barraclough | 99  | 1 |
| 8  | Seth Barraclough | 97  | 1 |
| 8  | Ffion Noot-W     | 97  | 1 |
| 10 | Adam Thorpe      | 95  | 1 |
| 11 | Cormac Thomas    | 94  | 1 |
| 12 | Anna Thorpe      | 93  | 1 |
| 12 | Sarah Pedley     | 93  | 1 |
| 14 | Laura Harison    | 92  | 1 |
| 15 | Seth Thomas      | 90  | 1 |
| 15 | Joe Barraclough  | 90  | 1 |

|    |                  |    |    |    |     |   |
|----|------------------|----|----|----|-----|---|
| 11 | Phil Thompson    | 4  |    |    | 165 | 2 |
| 12 | David Harrison   |    | 5  |    | 164 | 2 |
| 13 | Amanda Crawshaw  |    | 6  | 6  | 163 | 2 |
| 14 | Paulette Noot    | 5  |    | 7  | 159 | 2 |
| 15 | Megan Harrison   |    |    | 5  | 158 | 2 |
| 16 | Margaret Shaw    | 6  |    | 8  | 154 | 2 |
| 17 | Julie Couch      |    | 7  |    | 99  | 1 |
| 18 | Dick Spendlove   | 7  |    |    | 98  | 1 |
| 19 | Richard Payne    | 8  |    |    | 98  | 1 |
| 20 | Jon Emberton     |    | 8  |    | 96  | 1 |
| 21 | Phil Scarf       |    | 9  |    | 94  | 1 |
| 22 | Paul Taylor      |    | 10 |    | 93  | 1 |
| 23 | Emma Harrison    |    | 11 | 9  | 92  | 1 |
| 24 | Juliet Morgan    | 9  |    | 10 | 91  | 1 |
| 25 | Keith Sykes      | 11 |    |    | 91  | 1 |
| 26 | Steven Wood      | 10 |    |    | 90  | 1 |
| 27 | Brian Mellor     | 12 |    |    | 90  | 1 |
| 28 | Ian Couch        | 13 |    |    | 89  | 1 |
| 29 | Andy Thorpe      |    | 12 |    | 86  | 1 |
| 30 | Jackie Scarf     |    | 13 | 11 | 85  | 1 |
| 31 | Jayne Payne      | 15 |    | 12 | 84  | 1 |
| 32 | Sue Brant        | 16 |    | 13 | 83  | 1 |
| 33 | Will Barraclough |    | 14 |    | 80  | 1 |
| 34 | Graham Lloyd     |    | 15 |    | 77  | 1 |
| 35 | Judith Goodair   | 17 |    | 14 | 76  | 1 |
| 36 | Rebecca Lloyd    |    | 16 | 15 | 75  | 1 |
| 37 | David Morgan     | 18 |    |    | 74  | 1 |
| 38 | John Elliott     |    | 17 |    | 73  | 1 |
| 39 | Mike Wood        | 19 |    |    | 71  | 1 |
| 40 | Guy Goodair      | 20 |    |    | 70  | 1 |

## Club Nights

### ***Viv Barraclough***

#### ***Lead Coach, EPOC Club Nights***

Xplorer begins on 14th April, this year my friend, Annabel Hobbs, and I are adding additional challenges for older children and adults. Xplorer is essentially aimed at young children with their families although I usually am able to plan one of the courses to be visible from the start/finish so that children can run a short course independently. There is always a longer course for older children or families with more time on their hands and controls are usually accessible by pushchair/bike.

**We would like to invite the junior members of EPOC to join us for a picnic and an informal competition at the first Xplorer at Greenhead Park on Monday 14th April. Meet 11:30 onwards by the main playground. At all events look for the Xplorer sail banner.**

All the venues have several attractions including excellent playgrounds and can provide a good day out so please invite your friends along to have a go at orienteering amongst other activities. For example Ravensknowle Park is home to the Tolson Museum (free) and has a skateboard park and green gym, Crow Nest has the Dewsbury Museum (also free) and on Saturdays has an adventure playground where you can leave (temporarily!) 8 year olds and upwards.

The three events in June are a build up to the Yorkshire School's event in Graves Park, Sheffield



on Saturday 28th June and are a competition for local schools, also open to the public. They follow on from the Holmfirth Harriers Neiley Races where some EPOC juniors have had success in recent years.

If anyone would like to plan an event to coincide with the Xplorers please let me know. Also, if any groups eg Scouts would like an Xplorer event staging in any of the parks I have scope for more events.



**WWW.XPLORER.ORG.UK**

Xplorer is an outdoor navigational challenge for the whole family to enjoy and involves a healthy mix of physical activity and decision making.

**EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.**






**Fun, Family Challenge**

**EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.**

| DATE       | VENUE             | MEETING PLACE      | TIME       | COST  |
|------------|-------------------|--------------------|------------|-------|
| 14th April | Greenhead Park    | Main Playground    | 12-2pm     | £1.50 |
| 15th April | Oakwell Hall      | Countryside centre | 11-12 noon | £1.50 |
| 15th April | Oakwell Hall      | Near Hall          | 2-3pm      | £1.50 |
| 10th May   | Crow Nest Park    | Next to car park   | 12-2pm     | £1.50 |
| 11th June  | Ravensknowle Park | Playground         | 4-5pm      | £1.50 |
| 18th June  | Greenhead Park    | Main playground    | 4-5pm      | £1.50 |
| 25th June  | Beaumont Park     | Playground         | 4-5pm      | £1.50 |
| 22nd July  | Greenhead Park    | Main playground    | 11-12noon  | £1.50 |
| 22nd July  | Greenhead Park    | Main playground    | 1-2pm      | £1.50 |
| 23rd July  | Oakwell Hall      | Near Hall          | 11-12noon  | £1.50 |
| 23rd July  | Oakwell Hall      | Countryside centre | 2-3pm      | £1.50 |

**FOR FURTHER INFORMATION PLEASE VISIT:**

**WWW.XPLORER.ORG.UK**

# INFORMAL EVENTS

Would you be interested in organising/planning an informal event? You could decide when and where you would like to host it. Please let a committee member know if you would be able to do this.

## Informal Summer Formats

Reproduced here by kind permission of CompassSport

### Informal Summer Formats

No.35

by Guy Goodair EPOC

With many clubs staging a series of small informal events during summer & winter months, the problem with finding something new to do on the same area becomes acute as the number of available areas is limited. Planners can be very imaginative and produce some exciting and challenging formats. It is important, however, to assess how the competitor will respond to the format, what routes (s)he will take etc. If possible, all elements of luck

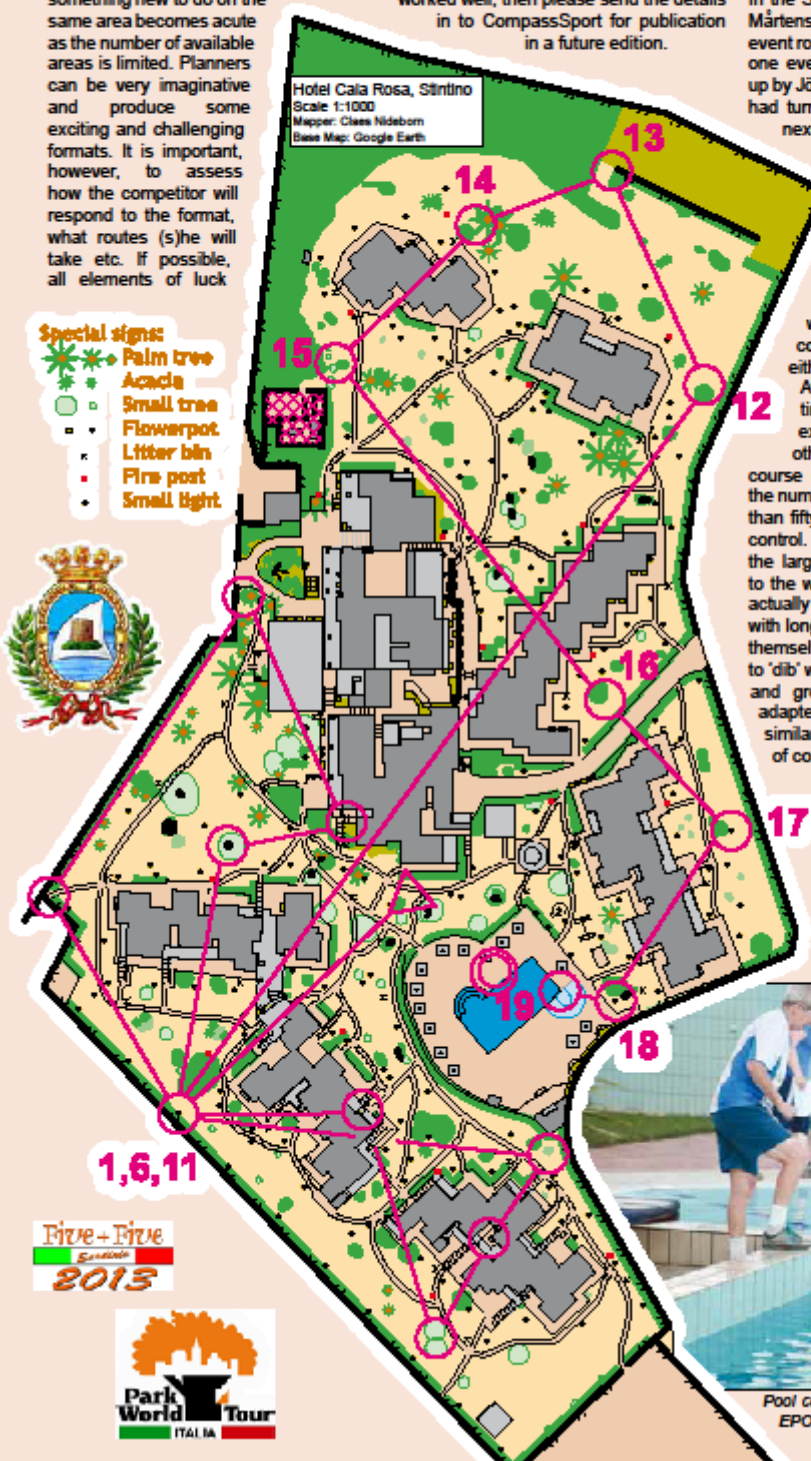
should be removed; trying to make the event as fair as possible for everyone. If your club has tried a format that has worked well, then please send the details in to CompassSport for publication in a future edition.

#### Hotel Cala Rosa, Stintino Sprint Event at Italy's 5+5 Event

In the Sardinia 5 week last year, Jörgen Mårtensson organised an extra 'sprint' event round the Hotel Cala Rosa complex one evening. All competitors were lined up by Jörgen and as soon as a competitor had turned past the first bush then the next competitor was started. The map scale was 1:1000 which meant everything seemed to come up very quickly. There were no control descriptions (although the control boxes were numbered). Everyone had to go to Control #1 first, then there were two butterfly loops which could be taken in either order and either clockwise or anticlockwise. After visiting control #1 for the third time it was a straightforward course excepting there were numerous other 'dummy' controls out on the course on similar features. However if the number on the control box was higher than fifty then you weren't at the correct control. With head to head racing and the large scale map it was easy to go to the wrong bush. The last control was actually in the swimming pool and people with long arms and prepared to prostrate themselves on the pool's edge were able to 'dib' without getting wet. It was exciting and great fun which could easily be adapted to any small area with plenty of similar features (minus the 'pool' finish of course!)

Swedish Mapper Claes Nideborn comments, "The map of our hotel, Cala Rosa in Stintino, Sardinia is made completely using Google Earth. The GE images are of very good quality. I used some special symbols for fun. 7 hours field work & 33 hours drawing."

- Special signs**
-  Palm tree
  -  Acacia
  -  Small tree
  -  Flowerpot
  -  Litter bin
  -  Pine post
  -  Small light



Pizza + Five  
2013



Pool control at Cala Rosa. Jean Lochhead EPOC waits to punch.

## FIRST AID COURSE

If you are interested in completing a First Aid course (paid for by the club), please let Viv Barraclough know. It is anticipated that the course will run on Monday 14<sup>th</sup> April from 6pm-10pm.

## CAR STICKERS



Pat Aspinall has a supply of EPOC car stickers which stick on the inside of the window but are easily removeable if needed. Make sure you collect yours from Pat when you next see her and advertise the club (and sport) while you are on the road!

## DIBBERS

If anyone has a spare dibber that is no longer in use, or is planning to upgrade to a faster dibber in the near future, would you be willing to sell your old dibber to the club for use as a hire dibber at EPOC events?

## EPOC HOODIES & SWEATSHIRTS



If anyone would like to compliment their new orienteering top with an EPOC hoody or sweatshirt then please let me know. Minimum order was around 6-8 for the first order so I would have to confirm if there is sufficient interest.

[Eah1607@aol.com](mailto:Eah1607@aol.com)



# The Orienteering Foundation

The 'O' Foundation is an independent Charity established to support Orienteers and Orienteering.

## It makes grants at the discretion of the Trustees to encourage

- the enhancement of events
- innovation
- or the alleviation of hardship.

## In the recent past it has made grants to support

- National Schools teams to attend The World Schools' Championships
- The Ward Junior Home internationals
- Junior Inter- regional competition.
- Junior regional squad training overseas and in the British Isles.

The Trustees are committed to widening the support they can give to the Orienteering community beyond junior participation.

To sustain the present level of activity and to widen the scope of the Foundation's support requires money.

The Orienteering Foundation fund raising Campaign is gradually accumulating much needed capital to make increasing grants possible.

## CAN YOU, WILL YOU HELP US?

### For further information contact:

The 'O' Foundation administrator, Viv  
Macdonald  
([viv.macdonald@btinternet.com](mailto:viv.macdonald@btinternet.com))

or visit the British Orienteering Website  
([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk))



## Catering by Viv Barraclough

Quality hot and cold food with emphasis on seasonal and local produce

Private Functions and Special Occasions  
Corporate Events and Business Lunches, Morning Coffee, Afternoon Tea,  
Dinner Parties and Ready Meals

Menus to suit your taste and budget

Tel: 01484 316707 or 07968 243536; Email: [viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

## EVENT REPORTS AND RESULTS

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

### AIRE Northern Night Championships, Middleton Woods - 1 Feb 14

#### W18 3.4km 125m

4 Megan Harrison 63.28

#### W40 3.4km 125m

1 Emma Harrison 42.22

#### M40 4.9km 210m

1 James Logue 48.25

3 Jon Emberton 55.16

4 Andy Thorpe 56.12

mp Ben Crowther 78.41

#### M55 3.4km 125m

28 Rod Shaw 115.11

#### Orange 1.6km 0m

3 Adam Thorpe 74.29

### NOC EM League, Thieves Wood - 2 Feb 14

#### Yellow (length 2.4km, climb 30m, 9 controls)

5 William Martland 20:10

#### Short Green (length 3.5km, climb 45m, 12 controls)

9 Guy Goodair 47:43

10 Judith Goodair 49:12

#### Green (length 4.7km, climb 65m, 15 controls)

42 Rod Ryall 57:40

46 Paul Jackson 58:24

58 Helen Martland 66:24

#### Blue (length 6.8km, climb 80m, 16 controls)

17 Steven Wood 57:43

### WCH Colour Coded & WMOA League 3, Beaudesert - 2 Feb 14

#### Brown (length: 8.4km, climb: 280m, 24 controls)

14 Paul Taylor 75.37

#### Blue (length: 6.1km, climb: 235m, 18 controls)

15 Richard Payne 56.00

45 Amanda Crawshaw 71.50

#### Short Green (length: 3.3km, climb: 130m, 13 controls)

38 Jane Payne 82.35

#### Yellow (length: 2.5km, climb: 105m, 10 controls)

1 Sam Crawshaw 18.17

#### White (length: 2.1km, climb: 95m, 11 controls)

1 Alex Crawshaw 18.25

### **PFO Waterfoot Event, Staghills Woods - 8 Feb 14**

#### **White (length: 1.2km, climb: 35m, 12 controls)**

1 Thea Crowther 00:30:13

mp-Euan Logue + 1 00:19:25

#### **Yellow (length: 2km, climb: 55m, 17 controls)**

5 Esther Logue 00:38:31

-mp Anna Crowther 01:00:29

#### **Lt. Green (length: 4km, climb: 155m, 24 controls)**

Mp Ben Crowther 41.33

### **SYO YHOA Superleague Level B Event, Wharncliffe Woods - 9 Feb 14**

#### **Short Brown Length 7.2km, 190m climb, 18 controls**

5 Jonathan Emberton 68:14

7 Phil Scarf 70:14

11 Paul Taylor 72:37

22 Andy Thorpe 80:24

23 William Barraclough 80:25

34 Viv Barraclough 87:02

43 Graham Lloyd 90:06

#### **Blue Length 5.6km, 180m climb, 16 controls**

1 James Williams 54:42

8 Alasdair Pedley 62:59

10 Sarah Noot 64:51

20 Steven Wood 71:14

23 Emma Harrison 72:23

33 Amanda Crawshaw 80:27

35 David Harrison 81:14

50 John Elliott 105:16

#### **Short Blue Length 4.7km, 160m climb, 14 controls**

1 Mike Pedley 61:15

2 Richard Spendlove 63:26

11 Alistair Tinto 73:02

17 Jackie Scarf 76:33

#### **Green Length 4.7km, 160m climb, 14 controls**

27 Paul Jackson 77:06

33 Megan Harrison 80:10

56 Michael Wood 99:29

67 Margaret Shaw 137:43

#### **Short Green Length 2.9km, 95m climb, 12 controls**

6 Helen Martland 75:52

15 Philip Thompson 88:04

16 Rebecca Lloyd 89:07

17 Juliet Morgan 91:54

18 Rod Shaw 92:23

21 Judith Goodair 98:24

22 David Morgan 100:21

Guy Goodair rtd

#### **Very Short Green Length 2.1km, 70m climb, 11 controls**

2 Pat Aspinall 91:53

6 Paulette Noot 104:00

#### **Light Green Length 3.2km, 120m climb, 13 controls**

5 Adam Thorpe 60:17

10 Laura Harrison 78:49

#### **Orange Length 2.7km, 65m climb, 9 controls**

10 Pat Thorpe 82:19

#### **Yellow Length 2.1km, 60m climb, 10 controls**

1 Sam Crawshaw 17:15

2 Alexandra Crawshaw 25:11

4 William Martland 28:20

5 Anna Thorpe 32:57

7 Cormac Thomas 36:05

9 Seth Thomas 48:59

#### **White Length 1.9km, 20m climb, 10 controls**

1 Imogen Williams 24:58

### **Andalucia 3 Days, Punta Umbria - 14 to 16 Feb 14**

#### **Sprint**

##### **W50**

8 Linda Hayles 17.01

##### **M50**

53 Neil Croasdell 21.14

#### **Middle**

##### **W50**

6 Linda Hayles 37.52

##### **M65**

14 Neil Croasdell 38.53

#### **Long**

##### **W50**

9 Linda Hayles 62.14

##### **M65**

18 Neil Croasdell 57.06

## CLARO Compass Sport Trophy, Guisecliff - 16 Feb 14

### Brown 7.4km 350m

13<sup>th</sup> James Williams 60:40

25<sup>th</sup> Alistair Tinto 95:20

### Short Brown 6.7km 300m

1st James Logue 46:23

6th Andy Thorpe 54:45

12th Paul Taylor 62:35

27th David Harrison 82:08

### Blue Women 6.1km 270m

8th Sarah Noot 62:27

15th Amanda Crawshaw 77:01

16th Esther Logue 77:09

18th Emma Harrison 81:32

### Blue Men 6.2km 270m

3rd Jonathan Emberton 53:25

9th Mike Pedley 60:40

18th Graham Lloyd 67:31

54th Bob Steeper 105:09

### Green Women 5.0km 230m

7th Julie Couch 67:06

24th Helen Martland 78:37

41st Joanna Emberton 106:08

44th Rebecca Lloyd 130:25

### Green Men 5.1km 220m

1st Richard Payne 47:58

13th Steven Wood 58:13

24th Ian Couch 67:52

### Veterans Short Green 3.7km 130m

4th Paul Jackson 43:39

8th Jean Lochhead 48:34

16th Michael Wood 54:39

21st Rod Shaw 57:12

27th Philip Thompson 64:43

28th Judith Goodair 64:47

32nd Pat Aspinall 69:11

42nd Jane Payne 86:49

46th Paulette Noot 102:52

48th Margaret Shaw 112:01

### Junior Men 5.1km 220m

11th Alasdair Pedley 58:00

### Junior Women 3.7km 130m

11th Megan Harrison 45:32

### Orange Men 3.0km 90m

4th Adam Thorpe 25:17

### Orange Women 3.0km 90m

7th Laura Harrison 37:28

### Light Green 3.2km 145m

20th Pat Thorpe 146:16

w2 m9 Emma Crowther 73:56

### Yellow 2.5km 80m

1st Sam Crawshaw 18:52

3rd William Martland 28:46

4th Maebh Logue 29:03

5th Alexandra Crawshaw 32:03

7th Cormac Thomas 35:23

### White 1.6km 35m

6th Imogen Noot-Williams 20:50

m8 Thea Crowther 19:46

### Team result

| Pos. | Club                  | Score | 1       | 2       | 3       | 4       | 5       | 6       | 7       | 8A      | 8B      | 9A      | 9B      |
|------|-----------------------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1st  | <a href="#">EPOC</a>  | 1286  | 100 (1) | 199 (2) | 198 (2) | 198 (2) | 100 (1) | 199 (2) | 98 (1)  | 0 (0)   | 96 (1)  | 98 (1)  | 0 (0)   |
| 2nd  | <a href="#">NATO</a>  | 1249  | 195 (2) | 192 (2) | 0 (0)   | 190 (2) | 197 (2) | 192 (2) | 191 (2) | 0 (0)   | 92 (1)  | 0 (0)   | 0 (0)   |
| 3rd  | <a href="#">CLARO</a> | 1238  | 0 (0)   | 190 (2) | 182 (2) | 97 (1)  | 187 (2) | 93 (1)  | 99 (1)  | 100 (1) | 94 (1)  | 100 (1) | 96 (1)  |
| 4th  | <a href="#">PFO</a>   | 1231  | 191 (2) | 93 (1)  | 193 (2) | 91 (1)  | 193 (2) | 0 (0)   | 190 (2) | 92 (1)  | 98 (1)  | 90 (1)  | 0 (0)   |
| 5th  | <a href="#">NN</a>    | 1231  | 192 (2) | 91 (1)  | 96 (1)  | 93 (1)  | 93 (1)  | 189 (2) | 179 (2) | 98 (1)  | 100 (1) | 0 (0)   | 100 (1) |
| 6th  | <a href="#">HALO</a>  | 1189  | 92 (1)  | 87 (1)  | 93 (1)  | 191 (2) | 86 (1)  | 186 (2) | 176 (2) | 84 (1)  | 0 (0)   | 96 (1)  | 98 (1)  |

## British Night Championships – 22 February 2014

### Emma Harrison

The experts say that if you stick at something for long enough, eventually you will reap your reward.....

A few years ago Megan and I decided to have a go at night orienteering. Armed with warm clothes and a camping torch we walked round the short course at an SYO event discussing the random noises we heard and the shadows we saw along the way, but that was it, we seemed to be hooked. For a while we managed with mediocre head torches and continued doing the short course as we couldn't imagine how we would go off line features and find controls with the light we

had. We looked on in envy at the 'car headlights' that the hard core seemed to have but at several hundred pounds a go it seemed an extravagant investment for a maximum of 6 YHOA night events per year. Towards the end of 2012 I saw a thread on a well known orienteering forum about head torches and Megan was privileged to get a new headtorch at a much more reasonable price, courtesy of generous grandparents – what a difference the right tools make! I was so impressed with the difference in light given out that I decided I would borrow the new headtorch and be brave enough to enter the British Night Championships in 2013 as they were being hosted in February at Tankersley, a mere 20 minute drive from Wakefield (being a W14 at the time, Megan wasn't allowed to enter a competitive course that year which was why I felt justified borrowing the torch!). As it turned out I didn't need to borrow Megan's torch as I was lucky enough to get one of my very own from Santa (aka generous parents). Somehow I managed to come 3<sup>rd</sup> on W40L at the British Nights in 2013.

Towards the end of 2013 I had noted the date and area for the 2014 competition but it was way down south. Was it really worth driving all that way for the event? Shortly before the closing date we did the Northern Night Championships at Middleton Woods (Ilkley) which was also the last event of the YHOA night league for the year. I had a good run and won the Women's Vets (W40/45/50) for both the Northern Night Champs and the YHOA league. That got me thinking about the British Nights again - deep down I knew I couldn't resist and also knew that if I didn't go I would sit at home on the night of the event wishing that I had gone, so I entered Megan and I and booked a Holiday Inn in Crawley. I had no knowledge of Pippingford Park, or so I thought! Less than a week before the event, I discovered that the area was used for day 3 of the JK in 2008, but called Ashdown Forest, an area I had run on and from recollection had not done very well in daylight – how on earth was I going to manage in the dark? I dug out the JK map which confirmed all my fears – what had I done? Why had I thought it a good idea to go? On top of that I had a stinking cold that had started just before our Compass Sport qualifying event the week before. However, we had entered and paid for accommodation, so we might as well just get on with it and muddle through as best we could.

The night of the event was mild, dry, still and clear – perfect for night orienteering. I set off with number 1 very close to the start – a perfect opportunity to mess up straight away, but I took a safe route and remained focussed finding the control quickly. I ran OK although my throat was sore from my cold, but my head was clear and I remained focussed, having a clean run until just after number 5 when I came across Megan who had found her number 9 before number 8 (quite close together) and was relocating. She wanted reassurance of exactly where she was and I couldn't say 'no' so frantically tried to show her where she was all the time thinking that I hoped I didn't end up 30 seconds behind someone as I was having such a clean run. That sorted I carried on, aware that I needed to keep my head in order and not panic about the time I had just lost. I had a slight blip at number 9 which seemed further up the hill than I was expecting so kept over reading the map, but that done I carried on and despite a massive tumble between 10 and 11 leaving me with a dead leg (still bruised 3 weeks later) all down my right shin, I managed to complete the course with no particular mishaps. Still my injury was not as bad as Megan's who also fell, bruising her right hip and thigh as well as banging her head on her head torch!

I was really pleased with my run – I had done better in the dark than in daylight! I seem to manage to remain focussed much better at night events, maybe because I know I have to as it would be so easy to get lost and so difficult to relocate. I won W40L by nearly 10 minutes and so it happened that finally, after 32 years of orienteering, I became a British Champion!

### **British Night Championships Results**

**W40L 5.9km 185m**

1 Emma Harrison 65.05

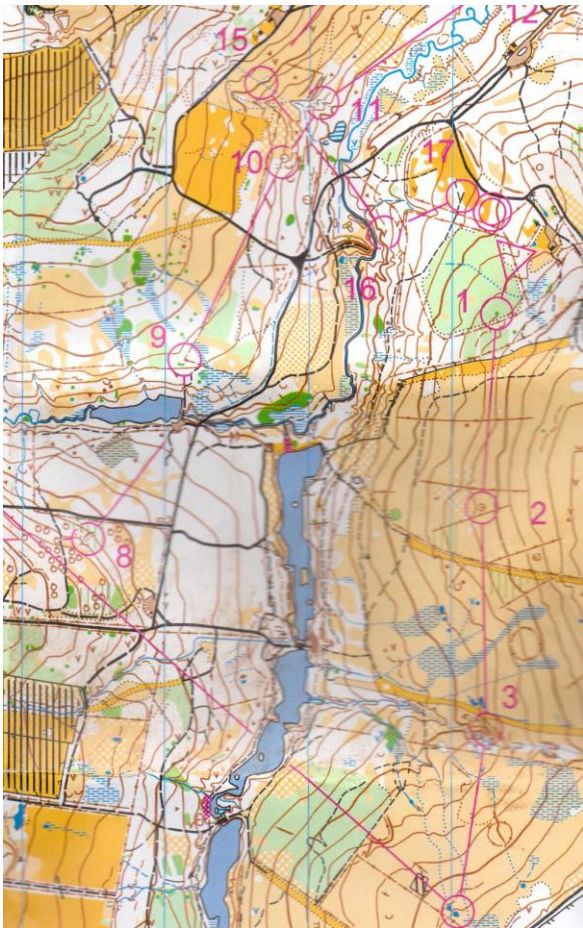
**W16 4.2km 130m**

6 Megan Harrison 80.40

**M45S 4.9km 145m**

1 Alistair Tinto 53.50





**W40L, British Night Championships Course**

**DVO EM League, Lindop - 23 Feb 14**

**Yellow** (length 1.9km, climb 100m, 9 controls)

4 Sam Crawshaw & Lucy Lindley 23:07

**Orange** (length 2.9km, climb 115m, 12 controls)

10 Susan Brant 80:59

**Short Green** (length 3.1km, climb 150m, 15 controls)

4 Jean Lochhead 53:15

10 Philip Thompson 60:33

15 Joanna Emberton 63:20

26 Jane Payne 76:02

28 Jackie Page 77:45

**Green** (length 4.3km, climb 160m, 16 controls)

3 Paul Jackson 53:26

21 Julie Couch 64:30

**Blue** (length 5.4km, climb 235m, 18 controls)

5 Paul Taylor 54:58

12 Richard Payne 62:52

38 Ian Couch 75:01

Amanda Crawshaw dnf No finish time

**Brown** (length 7.5km, climb 280m, 23 controls)

5 Jonathan Emberton 73:07

**PFO Burnley Event Hurstwood South - 1 Mar 14**

**Yellow** (length: 2.1km, climb: 65m, 7 controls)

1 Maebh Logue 24.56

3 Ewan & Rhiannon Logue 28.48

**Blue** (length: 6km, climb: 250m, 21 controls)

Emma Crowther +1 mp 1.32.39

**NOC Robin Hood Trophy, Clumber Park - 2 Mar 14**

**M10A** Length 2.4km, 35m climb, 15 controls

1 Sam Crawshaw 19:29

**M12A** Length 3.0km, 60m climb, 13 controls

1 Adam Thorpe 35:43

**M35L** Length 10.7km, 145m climb, 26 controls

1 James Williams 75:45

**M40L** Length 10.7km, 145m climb, 26 controls

2 Andy Thorpe 72:42

**W10A** Length 2.4km, 35m climb, 15 controls

2 Alexandra Crawshaw 21:04

5 Anna Thorpe 27:19

**W10B** Length 1.5km, 20m climb, 13 controls

1 Imogen Noot-Williams 16:05

**W14A** Length 3.7km, 55m climb, 12 controls

8 Laura Harrison 72:11

**W16A** Length 4.9km, 75m climb, 17 controls

2 Megan Harrison 55:30

**M40S** Length 7.0km, 80m climb, 20 controls  
 7 David Harrison 73:49  
**M45L** Length 8.6km, 125m climb, 23 controls  
 4 Paul Taylor 65:15  
 16 Alistair Tinto 85:15  
**M50L** Length 8.6km, 125m climb, 23 controls  
 19 John Elliott 97:38  
**M60L** Length 7.0km, 80m climb, 20 controls  
 4 Steven Wood 58:19  
 5 Richard Payne 62:00  
**M65L** Length 5.6km, 75m climb, 16 controls  
 11 Ian Couch 55:00  
**M70L** Length 4.9km, 75m climb, 17 controls  
 2 Paul Jackson 52:16  
 6 Rod Ryall 56:44  
 11 Michael Wood 63:11  
**M80L** Length 4.0km, 60m climb, 14 controls  
 1 Philip Thompson 62:09

**W40L** Length 7.0km, 80m climb, 20 controls  
 2 Sarah Noot 61:14  
 3 Amanda Crawshaw 65:51  
 8 Emma Harrison 77:31  
**W50S** Length 4.0km, 60m climb, 14 controls  
 5 Jane Payne 74:40  
**W55L** Length 4.9km, 75m climb, 17 controls  
 2 Julie Couch 49:29  
**W65L** Length 4.0km, 60m climb, 14 controls  
 1 Jean Lochhead 52:25  
**W70L** Length 4.0km, 60m climb, 14 controls  
 5 Judith Goodair 68:39  
**W70S** Length 3.5km, 50m climb, 13 controls  
 1 Pat Aspinall 68:52  
 mp Paulette Noot 87:06

**Portugese 4 Days, Gouveia - 1 to 4 March 14**

**Day 1 VNTazem**  
**W50** 4.3 km 145 m 19 C  
 45 Linda Hayles 1:50:26

**M65** 3.9 km 130 m 18 C  
 68 Neil Croasdell 1:14:43

**Day 1 Night Event Gouveia**  
**W50 (31)** 1.6 km 18 C  
 Linda Hayles mp

**M65** 1.5 km 18 C  
 Neil Croasdell mp

**Day 2 Arcozelo Este**  
**W50**

Linda Hayles mp

**M65**  
 76 Neil Croasdell 1:34:07

**Day 3 - Arcozelo**  
**W50** 2.9 km 100 m 13 C  
 Linda Hayles mp

**M65** 3.0 km 70 m 15 C  
 71 Neil Croasdell 65.10

**Day 4 - Arcozelo**  
**W50**  
 20 Linda Hayles 1:17:39

**M65**  
 48 Neil Croasdell 1:13:01

**EPOC STOODLEY PIKE – 9 MARCH 2014**

*Photo's: Paulette Noot*





*Photo's: Alistair Tinto*





**EPOC Yorkshire Championships, Langfield Common - 9 Mar 14**

**Brown 8,1km 380m**

|     |              |       |
|-----|--------------|-------|
| 1st | James Logue  | 61:25 |
| 2nd | Andy Thorpe  | 68:19 |
| 3rd | Ben Crowther | 72:16 |
| mp  | Adam Breaks  | 76:05 |

**Short Brown 6.9km 250m**

|                  |                   |       |
|------------------|-------------------|-------|
| 6 <sup>th</sup>  | Phil Scarf        | 63:06 |
| 8 <sup>th</sup>  | Jonathan Emberton | 65:22 |
| 10 <sup>th</sup> | Paul Taylor       | 67:32 |
| M3               | Graham Lloyd      | 75:52 |

**Blue 5.7km 210m**

|                  |                 |       |
|------------------|-----------------|-------|
| 7 <sup>th</sup>  | Sarah Noot      | 53:40 |
| 8 <sup>th</sup>  | Alasdair Pedley | 54:22 |
| 9 <sup>th</sup>  | Steven Wood     | 55:01 |
| 17 <sup>th</sup> | Richard Payne   | 58:13 |
| 29 <sup>th</sup> | Esther Logue    | 65:50 |
| 32 <sup>nd</sup> | Emma Harrison   | 71:26 |
| 33 <sup>rd</sup> | Michael Pownall | 71:31 |
| 37 <sup>th</sup> | Amanda Crawshaw | 73:27 |
| 40 <sup>th</sup> | David Harrison  | 77:09 |

**Short Blue 4.5km 185m**

|                  |                   |       |
|------------------|-------------------|-------|
| 3 <sup>rd</sup>  | Jackie Scarf      | 48:40 |
| 4 <sup>th</sup>  | Richard Spendlove | 49:11 |
| 12 <sup>th</sup> | Ian Couch         | 57:25 |

**Short Green 3.3km 135m**

|                  |                 |       |
|------------------|-----------------|-------|
| 3 <sup>rd</sup>  | Rod Shaw        | 53:02 |
| 11 <sup>th</sup> | Judith Goodair  | 61:58 |
| 18 <sup>th</sup> | Helen Martland  | 78:34 |
| 20 <sup>th</sup> | Heather Pownall | 82:14 |
| M8               | Joanna Emberton | 70:09 |

**Very Short Green 2.7km 120m**

|                 |               |       |
|-----------------|---------------|-------|
| 1 <sup>st</sup> | Pat Aspinall  | 75:15 |
| M6-10           | Paulette Noot | 84:46 |

**Light Green 3.2km 125m**

|                  |                |       |
|------------------|----------------|-------|
| 3 <sup>rd</sup>  | Adam Thorpe    | 37:35 |
| 11 <sup>th</sup> | Laura Harrison | 62:45 |
| 12 <sup>th</sup> | Emma Crowther  | 65:58 |

**Orange 2.8km 105m**

|     |              |       |
|-----|--------------|-------|
| n/c | Sam Crawshaw | 28:48 |
|-----|--------------|-------|

**Yellow 1.7km 95m**

|                 |                    |       |
|-----------------|--------------------|-------|
| 1 <sup>st</sup> | Sam Crawshaw       | 12:44 |
| 2 <sup>nd</sup> | Alexandra Crawshaw | 17:36 |
| 4 <sup>th</sup> | William Martland   | 19:52 |
| 5 <sup>th</sup> | Maebh Logue        | 21:48 |
| 6 <sup>th</sup> | Anna Thorpe        | 21:50 |
| M3-6            | Anna Crowther      | 25:13 |

**Green 4.1km 140m**

11<sup>th</sup> Paul Jackson 52:36  
 13<sup>th</sup> Michael Wood 55:02  
 17<sup>th</sup> Megan Harrison 57:10  
 20<sup>th</sup> Keith Sykes 60:13  
 25<sup>th</sup> Brian Mellor 62:41  
 41<sup>st</sup> Margaret Shaw 87:39  
 Rtd Neil Croasdell

**White 1.5km 90m**

2<sup>nd</sup> Imogen Noot-Williams 19:21  
 4<sup>th</sup> Thea Crowther 19:59

**PFO Padiham Event, Gawthorpe Hall - 15 Mar 14****Green (length: 4.4km, climb: 110m, 20 controls)**

1 James Logue 26:39

**Yellow (length: 0.6km, climb: 10m, 6 controls)**

1 Euan Logue 6:49  
 4 Maebh Logue 7:54  
 7 Anna Crowther 10:07

**SYO Level C Middle Distance Event, Loxley Common - 16 Mar 14****White (length 1.2km, climb 50m, 9 controls)**

1 Seth Barraclough 11:08  
 2 Luke Barraclough 12:07  
 3 Imogen Williams 12:17  
 4 Ffion Noot-Williams 15:15  
 6 Joseph Barraclough 16:53

**Yellow (length 1.6km, climb 65m, 11 controls)**

3 William Martland 14:56  
 4 Alex Crawshaw 15:48

**Orange (length 1.9km, climb 75m, 11 controls)**

1 Sam Crawshaw 24:51  
 5 Susan Brant 46:41

**Light Green (length 2.8km, climb 130m, 17 controls)**

2 Sarah Pedley 54:08

**Short Green (length 2.9km, climb 130m, 18 controls)**

5 Pat Aspinall 70:13  
 17 Philip Thompson 70:33  
 18 Jane Payne 71:02  
 Paulette Noot Missing nos 12-18

**Green (length 3.2km, climb 175m, 21 controls)**

1 Julie Couch 43:17  
 21 Paul Jackson 54:00  
 25 Keith Sykes 57:29  
 30 Helen Martland 59:19  
 52 Margaret Shaw 110:54

**Blue (length 4.0km, climb 200m, 26 controls)**

3 Alasdair Pedley 46:05  
 6 Alistair Tinto 49:52  
 15 Sarah Noot 55:52  
 27 Megan Harrison 65:50  
 29 Ian Couch 70:48  
 34 Brian Mellor 78:56  
 mp Rod Shaw 84:03 Missing no 23

**Brown (length 4.6km, climb 215m, 27 controls)**

7 Mike Pedley 48:09  
 11= Richard Payne 52:14  
 16 Viv Barraclough 54:49  
 Amanda Crawshaw rtd Missing nos 7-18,20-27

**Black (length 5.3km, climb 270m, 36 controls)**

7 James Williams 53:06  
 mp David Harrison 90:38 Missing no 14

**LOC Cumbrian Galoppen, Stickle Tarn - 23 Mar 14****Blue 6.61km 310m**

Sarah Noot retired

**White 1.35k 65m**

1<sup>st</sup> Imogen Noot-Williams 22:03  
 3<sup>rd</sup> Ffion Noot-Williams 24:01

**EBOR YHOA Urban League, Thirsk - 22 Mar 14****Course A 6.7km 35m**

9<sup>th</sup> Simon Martland 46:23  
 24<sup>th</sup> Andy Thorpe 51:46  
 27<sup>th</sup> Paul Taylor 52:57  
 53<sup>rd</sup> David Harrison 65:15

**Course D 3.3km 15m**

6<sup>th</sup> Jean Lochhead 45:40  
 12<sup>th</sup> Judith Goodair 50:35

**Course E 2.7km 5m**

5<sup>th</sup>= Adam Thorpe 22:17  
 7<sup>th</sup> Megan Harrison 23:40  
 10<sup>th</sup> Laura Harrison 27:42

**Course B 5.7km 35m**

18th Richard Payne 46:56  
 37th Emma Harrison 55:38  
 46th Amanda Crawshaw 57:47  
 50th Steven Wood 59:16  
 58th Helen Martland 62:57  
 73rd Linda Hayles 73:54

**Course C 3.8km 30m**

45th Neil Croasdell 45:59  
 50th Guy Goodair 47:55  
 58th Jane Payne 61:01

**Course F 1.9km 5m**

2nd Sam Crawshaw 16:30  
 6th Alex Crawshaw 21:55  
 7th William Martland 22:38  
 9th Anna Thorpe 28:08

**EBOR UKOL Middle Distance Event, Givendale - 23 Mar 14****Black 5.6km 115m**

22nd David Harrison 72:29

**Brown 4.9km 115m**

11th Andy Thorpe 44:34  
 12th Paul Taylor 45:47

**Blue 4.4km 75m**

10th Richard Payne 42:56  
 12th Alistair Tinto 43:16  
 22nd Emma Harrison 49:08  
 27<sup>th</sup> Amanda Crawshaw 52:28  
 rtd Steven Wood

**Green 3.4km 75m**

7th Paul Jackson 38:02  
 17th Megan Harrison 42:14  
 40th Michael Wood 52:30  
 41st Linda Hayles 52:42  
 60th Neil Croasdell 73:12

**Short Green 2.9km 40m**

20th Rod Shaw 42:39  
 23rd Jean Lochhead 43:14  
 31st Philip Thompson 50:24  
 36th Margaret Shaw 60:25

**Very Short Green 2.4km 40m**

5th Judith Goodair 39:57

**Light Green 2.6km 35m**

4th Adam Thorpe 33:27  
 5th Laura Harrison 35:47

**Yellow 1.6km 35m**

2nd Sam Crawshaw 13:00  
 5th Alex Crawshaw 17:22  
 7th Anna Thorpe 19:20

**DVO East Midlands League Event, Shining Cliff - 30 Mar 14****Yellow (length 2.5km, climb 135m, 11 controls)**

1 Alex Crawshaw 30:26

**Green (length 3.6km, climb 180m, 16 controls)**

16 Julie Couch 67:54  
 31 Sam Crawshaw 76:21

**Blue (length 5.6km, climb 280m, 19 controls)**

18 Ian Couch 89:57  
 20 Amanda Crawshaw 92:19

**HALO Yorkshire Superleague, Houghton Woods - 30 Mar 14****M75 (Length 4.20Km)**

2 Guy Goodair 55:33

**M70 (Length 4.60Km)**

4 Michael Wood 77:59

**M45s (Length 5.50Km)**

1 Alistair Tinto 51:30

**W14 (Length 3.50Km)**

1 Laura Harrison 63:54

**W60L (Length 4.60Km)**

3 Jean Lochhead 61:10

**M60L (Length 6.30Km)**

1 Steven Wood 60:59

**W40L (Length 6.30Km)**

1 Emma Harrison 62:11

**M40L (Length 7.70Km)**

3 David Harrison 91:41

**Very Short Green (Length 3.40Km)**

2 Pat Aspinall 52:06

**W70 (Length 4.20Km)**

1 Judith Goodair 56:51

## **YHOA URBAN LEAGUE – 2014**

For further information about the 2014 Urban League and results go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA SUPER LEAGUE – 2014**

For further information about the 2014 Superleague and results go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA NIGHT LEAGUE – 2013/14**

The YHOA Night League finished on Saturday 1<sup>st</sup> February in Ilkley. **Results are available at [www.aire.org.uk](http://www.aire.org.uk)**

### **CLUB NIGHTS**

Club Nights will now be held in different locations so look out for regular updates via email or contact Viv directly for more information  
Everyone welcome and all abilities catered for!

For further information contact Viv Barraclough  
Phone: 01424 316707 or Email: [viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

### **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](mailto: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  $\frac{1}{2}$  to 2 hours while the walking group aim for around 2 to 2  $\frac{1}{2}$  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 2014

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

[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

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

### April

|       |            |  |             |
|-------|------------|--|-------------|
| 5     | SYO/YHOA   | YHOA Sprint Championships,<br>Parkwood Springs | Sheffield   |
| 6     | AIRE/YHOA  | Middle Distance, Bramley Fall                  | Leeds       |
| 13    | EBOR/YHOA  | Pry Rigg                                       | Pickering   |
| 13    | NOC/EMOA   | Rufford Country Park and New Park<br>Wood      | Ollerton    |
| 18-21 | WOA        | JK Weekend                                     | South Wales |
| 20    | EBOR/YHOA  | Easter Bunny, Earswick                         | York        |
| 27    | CLARO/YHOA | Valley Gardens and the Pinewoods               | Harrogate   |
| 27    | PFO/NWOA   | Brun Valley Forest Park                        | Burnley     |

### May

|    |            |  |              |
|----|------------|--|--------------|
| 3  | LOC/NWOA   | Northern Champs Weekend, Middle<br>Distance Race, Summer House Knott | Newby Bridge |
| 4  | SROC/NWOA  | Northern Championships,<br>Gummer's How and Blakeholme               | Newby Bridge |
| 5  | LOC/YHOA   | Northern Champs Weekend Urban  | Kendal       |
| 10 | AIRE/YHOA  | YHOA Urban, Town and Country<br>Weekend                              | Ilkley       |
| 11 | AIRE/YHOA  | YHOA Superleague, Town and<br>Country Weekend, Baildon Moor          | Baildon      |
| 18 | NOC/EMOA   | Newark Urban Event   | Newark       |
| 24 | INT/SOA    | Scottish Championships, Linn of<br>Tummel                            | Pitlochry    |
| 25 | CLARO/YHOA | YHOA Urban Event, Jennyfields  | Harrogate    |
| 26 | EBOR/YHOA  | YHOA Urban Event, York   | York         |
| 31 | NEOA       | British Orienteering Championships,<br>Thrunton & Callaly            | Newcastle    |

### June

|    |           |  |            |
|----|-----------|--|------------|
| 1  | NEOA      | British Relay Championships, Cragg<br>Estate & Chesterhope Common        | Newcastle  |
| 8  | HALO/YHOA | YHOA Urban League  | Beverley   |
| 14 | MDOC/NWOA | NW Sprint Champs/Twin Peak Day 1,<br>Platt Fields and Fallowfield Campus | Manchester |
| 15 | MDOC/NWOA | City of Manchester Race,<br>Twin Peak Day 2                              | Manchester |
| 21 | EBOR/YHOA | EBOR Relays, Cawthorne Camps   | Pickering  |
| 22 | DVO/EMOA  | Carsington Pastures  | Matlock    |
| 22 | PFO/NWOA  | Tockholes  | Darwen     |
| 28 | SYO/YHOA  | YHOA School Champs, Graves Park  | Sheffield  |
| 29 | CLOK/NEOA | Whitby Urban Event   | Whitby     |

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