



Epistle



No. 231
June - July 2015



Photo: Paulette Noot

JK Day 2 Assembly Area

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2014/2015

Chair	Alistair Tinto	alistair.tinto@yahoo.co.uk
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OTHER CLUB OFFICIALS

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

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

It seems to have been a very busy couple of months with most of the major UK events falling within 5 weeks of each other this year and several EPOCies travelling further afield to Europe for events. Well done to everyone on all their achievements at these events and to those who have been selected for training camps etc. Special congratulations should go to Alex Crawshaw who must be EPOC's most decorated orienteer this year having come 1st in the JK Sprints, 3rd in the JK and 1st in all 3 British Championships - Classic, Sprint and Middle! Well done Alex!

Alistair Tinto attended the AGM of the English Orienteering Council in April and the minutes of that can be found on the Orienteering England website.

Moving forward, don't forget to keep Sunday 5th July free for a run around Elland at EPOC's next urban event.

Emma Harrison

CHAIRMAN'S CHAT

The last 2 months have been a peak in terms of the Level 'A' events with the various British Championships and the JK Festival. With the JK being in the Lake District, we were guaranteed some top quality terrain and testing navigation which certainly got the better of me and although I

don't tend to travel to the Sprint or Middle Distance Championships there is certainly plenty of choice of format for everyone who does. Whilst I did travel up and down in a day to the Forest of Dean to take part in the 'Classic' British Champs, I found the relatively low key Level C event the next day in Harrogate, at a quarter of the entry fee and less than an hour away, hard to beat. Likewise, SELOC's 50th Anniversary Level D Event at Hardcastle Crag was also a lot of fun and served as a timely reminder that we have some lovely little areas which we should really make more use of.

Permanent Orienteering Courses (POCs) have been a long standing tradition but can take considerable effort to maintain for a variety of reasons, especially if they are the responsibility of a 3rd party. It has been heartening that our recent Sprint event in Greenhead Park served to generate enough interest from the 'Friends of the Park' to revive the plans for a POC and likewise our Urban event in Brighouse has sparked enquiries about the old POC in Wellholme Park.

You will see from the various minutes EOC, YHOA and EPOC that there has been a lot going on in the background where decisions are being made in the best interests of regions and clubs. YHOA has a much needed new website which will be much more up-to-date and informative which will benefit all the clubs in the region.

Our next event is the urban event in Elland in July which is another brand new area for orienteering and I hope to see as many of you there as possible.

Best Wishes

Alistair Tinto

FOOD FOR THOUGHT?

Journal of Sports Sciences (Volume 33 Issue 6 2015)

How do they make it look so easy?

The expert orienteer's cognitive advantage

Abstract

Expertise in sport can appear so extraordinary that it is difficult to imagine how "normal" individuals may achieve it. However, in this review, we show that experts in the sport of orienteering, which requires on-foot navigation using map and compass through wild terrain, can make the difficult look easy because they have developed a cognitive advantage. Specifically, they have acquired knowledge of cognitive and behavioural strategies that allow them to circumvent natural limitations on attention. Cognitive strategies include avoiding peaks of demand on attention by distributing the processing of map information over time and reducing the need to attend to the map by simplifying the navigation required to complete a race. Behavioural strategies include reducing the visual search required of the map by physically arranging and rearranging the map display during races. It is concluded that expertise in orienteering can be partly attributed to the circumvention of natural limitations on attention achieved via the employment of acquired cognitive and behavioural strategies. Thus, superior performance in sport may not be the possession of only a privileged few; it may be available to all aspiring athletes.

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 July 2015

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 Davey Averill. Davey is a member of BAOC and is now living in Huddersfield so has joined EPOC as a social member. Email daveyaverill@live.co.uk

What has your committee been doing?



East Pennine Orienteering Club

Summary of Committee Meeting

Wednesday 20 May 2015

Marsh Liberal Club



Present: Alistair Tinto, David Morgan, Emma Harrison, Paulette Noot & Paul Taylor
Apologies: Viv Barraclough

- Minutes of last meeting:** These were approved subject to the date of the meeting being corrected to 18/3/15. It was also noted that the CompassSport fixture scheduled for 2017 would actually be 2018.
- Treasurer's report:** This had been previously circulated and was accepted showing a loss on the year to date of c. £2.9k. All previous members had renewed and a few new members had joined. The Treasurer had received the quote for equipment insurance which was in line with the previous year. The insurers were asking for details re storage of equipment. All key SI + laptops are at I&J Couch. Batteries and chargers are at A Tinto and the other kit, tables signs, tents etc. are at the Scarf's. It was agreed not to seek insurance for portable toilets as they were not left unattended overnight. **DM** to pay invoice and supply location details. There were still a number of outstanding JK relay fees. **DM** to send out e-mail reminder. The Chairman reported on the recent YHOA meeting where club subs were discussed. The general feeling was that clubs would pay their subs out of general income rather than increasing membership fees.
- JK Update:** DM & AT gave a short update on progress on the JK. Costs were high in some areas and BOF was insisting in a general 10% contingency. As a result it was likely that fees would have to be increased from this year's levels.

4. **Event Safety Workshop:** SYO are holding one at very short notice. AIRE will be putting one on in June. Details have been circulated to all members. EH said that she would be likely to attend.
5. **Fixtures:** Elland (urban) and Ogden were progressing. Jonathan E to update Ogden map if required. For Christmas – considering Norland using a Rugby Club. Viv B has offered to hold a club activity at Beaumont Park on 24th June. In view of the cost of levies for this type of event, **DM** will contact her to register as an activity and whilst timing is OK results should not be published. For 2017 Farnley Tyas 2nd Feb. 3rd July – Urban (location to be decided) Oct/Nov – Possibly Honley Old Wood. Christmas Storthes Hall Night / Day. The YHOA Sprint Champs may be 2017.
6. **Mapping:** Paul T said he was generally happy with the maps for currently planned events. He felt that Honley Old Wood might need an update. The major project for the near future will be a complete re-map of the whole Stoodley area.
7. **Coaching / CRB etc:** No update from VB re the coaching course. Mike P is providing updates on the situation re his CRB checks. DM will reimburse if necessary. There was some discussion about the YHOA Junior squad as EPOC currently has a significant number of promising / good juniors. AT as YHOA chair would ask clubs what their aspirations re Junior coaching are. There may be mileage in linking with SYO who have a regular programme.
8. **Publicity Items:** DM had paid for the advert in Mumbles magazine. It was not clear whether this had proved to be value for money.
9. **Any Other Business:** AT reported from the recent English Orienteering Council Meeting. One decision was to enter two English Teams (East & West) in future for the Interland competition.
10. **Date of next meeting:** Wednesday September 16th 2015 at Marsh Liberal Club 19.30. This would be followed by the AGM at 20.00. **DM** to liaise with APG to send out the notice to all members at the appropriate time.

YORKSHIRE AND HUMBERSIDE ORIENTEERING ASSOCIATION

Minutes of meeting held on 23 April 2015

Attendees: Alistair Tinto (Chair, EPOC), Ray Waight (Secretary, SYO), Mike Cope (Fixtures Secretary, CLARO), Ian Marshall (AIRE), John Butler (Treasurer, HALO), Stan Appleton (CLARO), Nev Myers (EBOR)

- 1) **Apologies:** None
- 2) **Minutes of the meeting held on 25 September 2014** were agreed.
- 3) **Actions from meeting held on 25 September 2014** None
- 4) **Other matters arising from the minutes**
 - (i) Level C controllers course at Ilkley, provisional date 20th June
 - (ii) Pauline Tryner (SYO) may put on a Level B controllers course.
 - (iii) Colin Best (SYO) is putting on an Event Safety course in Sheffield.
 - (iv) Heather Phipps (AIRE) is putting on an Event Safety course at Adel on 16th June.
 - (v) AT has contacted BOF's Mike Hamilton regarding Event Safety courses being available online.

5) **Treasurer's Report**

JB produced finalised Income & Expenditure accounts for 2013/14 which were approved by the committee. He also gave out the 2014/15 Income & Expenditure accounts as at 21st April as well as the 2014/15 Budget/Actual schedule. AT reported that the EOC had held their per capita fee at 65p. The YHOA Junior Squad will receive £500 this year after no request was made in 2013/14.

The committee approved the budget and acknowledged the current situation. The 2015/16 draft budget was discussed and will include a further £500 for the Junior Squad, and an increase to £500 for money available for YHOA grants. JB had previously provided details of whether the YHOA levy could be replaced by an event levy for seniors, and gave examples based on HALO events in the last year. This was discussed but no decision was made and further research is required regarding turnouts at other clubs' events.

It was agreed that the YHOA fee, paid by clubs for seniors would remain at £4.20 for 2015/16.

6) Fixtures

CLARO will stage a CSC heat in 2016 and SYO will host the final. All YHOA leagues are running OK in 2015, and the 2015 SHI's are being hosted by AIRE in September.

7) YHOA Constitution and amendments

The committee was aware that the existing (2002) constitution had become out of date in parts, and went through the whole documents and agreed on the necessary changes. The revised constitution will be available on the new YHOA web site.

8) YHOA Website

The new website has been up and running for two months and the committee expressed appreciation and thanks for the work that Vince Grealy (AIRE) has done. *It is hoped that YHOA officials will be able to have YHOA email addresses and that further web pages can be added, including links to clubs' weekly bulletins.*

9) YHOA Grants

The rules relating to requests for grants were changed as summarised in this statement:

"The YHOA Committee at its meeting on 23 April had a long discussion about its grants policy and agreed that in future YHOA grants to athletes selected to represent the home countries or the UK would only be available to juniors, would be limited to a maximum of £100 per person a year and would be for specified international orienteering competitions as follows -

- *European Orienteering Championships (EOC)*
- *European Youth Orienteering Championships (EYOC)*
- *Junior Home International (JHI)*
- *Senior Home International (SHI) – M/W20 only*
- *Junior World Orienteering Championships (JWOC)*
- *Interland*
- *World Schools Orienteering Championships (WSOC)*

In anticipation of more applications the Committee increased the budget provision next year to £500."

(Editorial note: The application form for a YHOA grant can be found on the YHOA website)

10) BOF Major Events

Mike Hamilton's email, which related to a 'Franchise Model' where clubs or regions would stage one of BOF's 4 major events, was discussed, but a negative response was given to all 4 questions. Individuals currently volunteer at major events and don't see it as a commercial enterprise, plus reciprocal arrangements already exist between some regions when major events are staged. The committee however did agree that the model could be adapted to make it more attractive to clubs or regions, to answer the other question that Mike had asked.

11) Any other business

A question was asked that going forward, should the YHOA Sprint Championships have a chasing sprint final, as was the case in 2014 and 2015? The committee's view was that it should be the organising club's decision.

12) Future Meetings

Thursday 24th September 2015 (AGM), Thursday 14th January 2016, Thursday 21st April 2016. All at The Thatched House, Wakefield

Constitution of Yorkshire and Humberside Orienteering Association (YHOA) April 2015

1. Title and Purpose

The Association shall be called the Yorkshire & Humberside Orienteering Association (YHOA), hereafter referred to as the Association. The objects of the Association shall be to encourage, promote, co-ordinate and control the sport of Orienteering in Yorkshire and the former county of Humberside.

2. Affiliation to British Orienteering

The Association shall be affiliated to British Orienteering. It recognises British Orienteering as the ruling body for the sport of Orienteering in Britain and will abide by its directions, rules of competition and bye-laws.

3. Membership

At the adoption of this constitution, the membership of the Association will comprise the open clubs AIRE, CLARO, EBOR, EPOC, HALO and SYO plus British Orienteering affiliated closed clubs in the region. The Association may subsequently admit to its membership open or closed clubs which agree to abide by the directions of YHOA, whose activities are substantially within the YHOA area and agree to register as an affiliated club with British Orienteering. It will remove from membership any club which ceases to be active in orienteering in the YHOA area.

4. Executive Committee

The affairs of the Association shall be conducted by an Executive Committee whose membership shall comprise:

- One member from each open club in the region appointed by those open clubs
- One member from each closed club appointed by those closed clubs
- Four elected officers under clause 5(b)

In addition, the Executive Committee may co-opt not more than three people for a period not exceeding three years who must be members of clubs within the Association. The Executive Committee may terminate a co-option at any time and may co-opt the same person again after their period of office comes to an end.

5. Conduct of the Executive Committee

- (a) The Association shall meet as required for the efficient conduct of its business, including a meeting between 1st September and 31st October to be known as the Annual Meeting.
- (b) At the Annual Meeting the Association shall elect four Officers, a Chairman, a Secretary, a Fixtures Secretary, and a Treasurer, who must be members of existing clubs in membership of the Association. Their period of office will be terminated immediately prior to the election of officers at the following Annual Meeting. The Association, at any time, may rescind an election and may carry out an election to fill a casual vacancy.
- (c) The secretary shall maintain a minute book and record the business of Executive Committee meetings and the names of those present.
- (d) A quorum shall consist of one third of the sum of the club representatives and the officers.
- (e) Voting. Matters at an Executive Committee shall be decided by vote, each open club to have two votes, each closed club and each Officer to have one vote. In the event of a tie, the Chairman shall exercise a casting vote. Motions will be carried by a simple majority.
- (f) In the event of business arising between meetings which requires urgent action, the Officers defined in 5(b) shall collectively have the power to act on behalf of the Association but shall report the matter to the next meeting of the Executive Committee.

6. Powers of the Executive Committee

The Executive Committee must consider any matter raised in writing by any member providing fourteen days' notice has been given to the Secretary. The Executive Committee has the power to:

- Appoint other officials who must be members of YHOA clubs to perform and ensure any of the objects of the Association as laid down in Clause 1
- Constitute sub-committees as may be deemed necessary
- Raise finance in such ways it deems appropriate
- Appoint representatives to other bodies
- Determine the dates and times of its meetings
- But may delegate any of its powers required to fulfil its objects with the exception of those described above in this clause and those outlined in clauses 5 and 7

The Executive Committee must consider any matter raised in writing by any member providing fourteen days' notice has been given to the Secretary.

7. Finance

(a) The financial year of the Association shall run from 1st July to 30th June. The accounts of the Association will be balanced at 30th June each year and submitted, after independent audit, to the Annual Meeting of the Association.

(b) All payments written against the Association funds shall be authorised by the Treasurer, or Chairman, or Secretary.

8. Constitution

Any proposed amendment to the Constitution must be written, signed by any two members of the Executive Committee, and presented to the Secretary who must table the proposal at the next AGM provided the due notice can be given. The agenda of the AGM at which an amendment to the Constitution is to be considered shall be sent to all member clubs at least 14 days prior to the meeting.

9. Dissolution

In the event of the Association being dissolved, its net assets will be disbursed equally between the open clubs in its membership at that time.

COMPASS SPORT TROPHY

Please remember to keep **Sunday 18th October** free to run for EPOC at the Compass Sport final near Kendal. It will take all our efforts to achieve a good result, but if everyone turns up, who knows, perhaps 2015 could be EPOC's victorious year?!

JK 2016

As many of you will know, the Jan Kjellstrom Festival of Orienteering will be coming to Yorkshire in 2016 – Easter weekend 25 to 28 March. This is to update all members in YHOA clubs as to where we now are with plans for it, and to ask for help.

Four areas have been chosen and permissions obtained though there is still some detail to sort out for some of them. Planners have all started work on the courses which are at various stages of development. The Day 1 Sprint will be at Leeds University. Day 2 will be in Wass Forest which has hardly been used for orienteering since JK 1995 and a White Rose weekend soon after that. Day 3 will be on the moors at Kilnsey. The Day 4 relays will be held at Storthes Hall and will include sections where you will not have run before. It should all make for a real festival weekend of orienteering suitable for all, and with a good mix of areas. We have identified arenas and are making progress with plans for them.

Many key officials are in place, though not quite all. However, in addition to these, we will need as many YHOA members as possible to help during the weekend. An estimate from JK 2014 was that 400 helper days would be needed over the weekend. It could be more than that. We were told that 80 people were used on car parking for day 2 of JK 2015 but we hope it will not be quite as bad as that for us. It would provide some reassurance to day organisers to know that plenty of help will be available so YHOA members could volunteer now. You can ask for a specific job or just offer to help with anything. Hopefully helpers will be organised in shifts so that you will also have time for a run. We would be very pleased if people could offer help on more than one day or even on all days, which would help with organisation as a core of helpers would be more familiar with everything.

We will offer a small voucher of some sort to all helpers either for food at the event or cheaper/free entry to a YHOA event. Details are yet to be decided.

Day organisers are taking on the responsibility for recruiting all helpers. To ease their load a little, and provide some continuity throughout the weekend, there are coordinators for two of the jobs which have the greatest helper demand – the starts on Days 1, 2 and 3 and car parking on all days, but even for these tasks, it is the day organisers who are keeping the complete helper list. Day organisers are Neil Harvatt (Day 1), Mike Ridealgh (Day 2), Dave Shelley (Day 3) and Amanda Crawshaw (Day 4) organiser. Chris Dicken will be starts coordinator and Peter Haines will be car parking coordinator.

We do need a few more officials to add to the list to start helping now. We need one or maybe two equipment coordinators ideally able to drive a van, an enquiries coordinator, and assistant local controllers particularly for Days 1, 2 and 3. It would be best if the equipment and enquiries coordinators had some experience, and the local controllers ought to be at least grade C controllers already.

So please consider helping and if you can volunteer now, even better. Please get in touch with the organisers initially with any preferences, and volunteer for more than one day if you can - neil@neilharvatt1.orangehome.co.uk, ridealgh@talktalk.net, dshelley@btinternet.com, and amanda@foliage-interior-landscaping.co.uk,

Thanks

Mike Cope and Alistair Tinto – Joint JK 2016 Coordinators.

The poster features a scenic background of rolling hills and a forest. At the top, it reads: **Jan Kjellström International Festival of Orienteering 2016**, Friday 25th March - Monday 28th March 2016, in the spectacular scenery of Yorkshire. The logo for JK2016 YORKSHIRE is prominent, along with a circular emblem celebrating 50 years of the JK. Logos for British Orienteering and the UK Orienteering League are also present, along with a 'Welcome to Yorkshire' logo. The event schedule is as follows:

Day	Race Name	Location
Day 1	Sprint Race	Leeds University
Day 2	Long Distance Race Elite Middle Distance Race	Wass Forest
Day 3	Long Distance Race	Kilnsey
Day 4	Relay Race	Storthes Hall

A map at the bottom left shows the locations of the four days across Yorkshire: Day 1 - Leeds, Day 2 - Wass, Day 3 - Kilnsey, and Day 4 - Storthes Hall. A small image of an orienteering control marker is shown in the bottom right corner.

EPOC Rankings 2015

These are the current ranking positions (as of 28th May) of EPOC members aged second year M/W16 and over. Ranking points are not awarded to first year M/W16 and younger so they are not included, however juniors will be rewarded for their efforts rather than results in a special prize giving at the end of the year.

Pos. 	Name	Points	Contributing scores 
1 (54 -1)	James Logue	7971	1324, 1325, 1354, 1318, 1327, 1323
2 (130 +25)	Andy Thorpe	7749	1289, 1281, 1292, 1287, 1294, 1306
3 (134 +6)	Simon Martland	7739	1292, 1285, 1313, 1278, 1283, 1288
4 (174)	Alasdair Pedley	7663	1272, 1284, 1286, 1271, 1274, 1276
5 (287 -1)	Paul Taylor	7479	1245, 1238, 1263, 1229, 1248, 1256
6 (294)	Jonathan Emberton	7469	1258, 1239, 1244, 1242, 1246, 1240
7 (346 +6)	Mike Pedley	7391	1235, 1224, 1226, 1251, 1229, 1226
8 (460 +1)	Phil Scarf	7262	1248, 1204, 1185, 1261, 1148, 1216
9 (713 -13)	Richard Payne	7022	1163, 1170, 1179, 1168, 1167, 1175
10 (897 +2)	Emma Harrison	6861	1136, 1135, 1148, 1157, 1148, 1137
11 (908)	Amanda Crawshaw	6854	1107, 1247, 1158, 1104, 1123, 1115
12 (928 +4)	Alistair Tinto	6837	1131, 1135, 1136, 1132, 1166, 1137
13 (988 -1)	Graham Lloyd	6784	1115, 1149, 1124, 1141, 1114, 1141
14 (1152)	Megan Harrison	6644	1093, 1131, 1091, 1079, 1155, 1095
15 (1234 +7)	Jackie Scarf	6578	1132, 1082, 1100, 1100, 1104, 1060
16 (1283)	Ian Couch	6541	1092, 1076, 1095, 1084, 1105, 1089
17 (1305 +2)	Julie Couch	6521	1077, 1075, 1106, 1076, 1100, 1087
18 (1532 -17)	David Harrison	6360	1094, 1039, 1049, 1063, 1082, 1033
19 (1634 -5)	Paul Jackson	6267	1078, 1032, 1048, 1020, 1020, 1069
20 (1963 -1)	Helen Pedley	5972	1008, 995, 998, 1009, 985, 977
21 (2026 -28)	Jean Lochhead	5918	1016, 979, 981, 987, 976, 979
22 (2117 -2)	Neil Croasdell	5835	952, 966, 958, 969, 1001, 989
23 (2138 -46)	Guy Goodair	5816	962, 965, 950, 987, 968, 984
24 (2212 -16)	Helen Martland	5728	954, 941, 965, 941, 959, 968
25 (2245 -10)	William Barraclough	5691	1206, 1144, 1181, 1088, 1072
26 (2300 -9)	Keith Sykes	5626	927, 976, 937, 923, 901, 962
27 (2402 -1)	Linda Hayles	5501	916, 847, 980, 865, 942, 951
28 (2481 -40)	Rod Shaw	5391	869, 856, 901, 935, 865, 962
29 (2497 -1165)	Richard Spendlove	5364	1057, 1024, 1132, 1148, 1003
30 (2537 +7)	Judith Goodair	5295	858, 901, 870, 898, 916, 852
31 (2582 +4)	Joanna Emberton	5239	862, 838, 935, 896, 817, 891
32 (2624 +3)	Philip Thompson	5165	868, 851, 887, 853, 856, 854
33 (2704 -2)	James Williams	5012	1223, 1269, 1292, 1228
34 (2749 +2)	Pat Aspinall	4919	838, 839, 800, 871, 792, 779
35 (2770 +4)	Jane Payne	4876	781, 844, 855, 792, 833, 771
36 (2826 +9)	Michael Wood	4763	898, 904, 855, 523, 796, 787
37 (2832 +10)	Jackie Page	4753	779, 802, 819, 789, 786, 778
38 (2954 +1)	Bob Steeper	4518	833, 936, 911, 880, 958
39 (3038 +57)	Rebecca Lloyd	4365	726, 710, 703, 772, 720, 734
40 (3180 +271)	Juliet Morgan	3985	864, 733, 774, 859, 755
41 (3256 -2)	Brian Mellor	3787	858, 1101, 1035, 793
42 (3333 +957)	Mike Thorpe	3595	730, 654, 719, 687, 821
43 (3435 -11)	Esther Logue	3317	1244, 1036, 1037
44 (3547 -309)	Margaret Shaw	3044	574, 624, 439, 403, 415, 589
45 (3635 -17)	John Elliott	2823	877, 1024, 922
46 (3664 +272)	David Morgan	2730	658, 730, 712, 630
47 (3724 -20)	Simon Bourne	2550	1265, 1285
48 (3838 -19)	Viv Barraclough	2257	1152, 1105

Pos. ?	Name	Points	Contributing scores ?
49 (3886 -23)	Bryan Parkinson	2200	1063, 1137
50 (3933 -16)	Steven Wood	2130	1062, 1068
51 (4201 -9)	Val Pownall	1655	951, 704
52 (4211 -9)	Paulette Noot	1624	600, 534, 490
53 (4235 -10)	Sarah Noot	1569	1113, 456
54 (4362 -15)	Adam Breaks	1252	1252
55 (4546 -15)	Mike Pownall	1066	1066
56 (4562 -14)	Claire Hanson	1052	1052
57 (4605 -15)	Roland Sansom	1024	1024
58 (4690 -13)	Gillian Markham	978	978
59 (4762 -18)	Tim Hayles	938	938
60 (4941 -14)	Tom Crawshaw	805	805
61 (4943 -14)	Robert Page	803	803
62 (4952 -13)	Siarlot Lloyd	791	791
63 (4991 -14)	Alan Hardwicke	752	752
64 (5025 -14)	Corinne Roberts	711	711
65 (5151)	Donna Wood	461	461

Xplorer

Viv Barraclough

Lead Coach, EPOC Club Nights

Yorkshire Schools' Orienteering Championships

Hazlewood Castle, near Tadcaster - Sun 14th June

EPOC club activity Beaumont Park Weds 24th June

7pm mass start score or self-timed courses available (no results as this is not an event)

Meet near the playground for a variety of options based on the permanent course. I have 20 laminated maps, please book if you would like one or print off your own from the Friends of Beaumont Park website

Xplorer activity available also, 20 markers to find, suitable for novices

Guinea pigs wanted please for a coaching session for the final part of my level 2 assessment.

The session will be at technical difficulty 4/5 ie for orienteers who compete at green or above, or wish to. The date, time, location and content can be agreed with the participants provided it is level 4/5 and not compass bearings as I have used that in part 1.

Coaching sessions for children to be held at Oakwell Hall Weds 22nd July and Greenhead Park Thurs 23rd July 11:30am in conjunction with Xplorer events, see below

Xplorer events, all meeting at the playground

Sun 7th June Greenhead Park 2- 2:45 pm

Weds 10th June Greenhead Park 7:15-8:00pm

Weds 16th June Ravensknowle Park 10:30-11:15am & 5:30-6:15pm

Tues 23rd June Beaumont Park 7;15-8pm

Weds 24th June Beaumont Park 6:15- 7:00pm

Weds 1st July Oakwell Hall 11:30-12:15pm

Weds 22nd July Oakwell Hall 11-11:45 1-1:45 coaching session at 11:30

Thurs 23rd July Greenhead Park 11-11:45 & 1-1:45 coaching session at 11:30

provisional Sat 4th Oct Crow Nest Park

For any more details please contact me on viv.barraclough@cantab.net or 01484 604527 or 07906 500541 www.xplorer.org.uk



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The Jack Bloor Fund is available to

Young people under 26 years who
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Yorkshire Orienteering Clubs	Yorkshire Scout Groups
Yorkshire Mountaineering and Rock Climbing Clubs	Yorkshire Guide Groups

And to members of these National Sport Governing Bodies

British Orienteering Federation	Fell Runners Association
British Mountaineering Council	British Cycling

These are some of the sports we have supported

Rock climbing	Orienteering
Fell running	Athletics
Mountaineering	Cycling

What support can you receive and when should you apply?

Up to 50% of the total cost is available – with a maximum grant of £300
Applications can be made all year round

An application form can be downloaded here www.jackbloor.co.uk

Money for the Jack Bloor Fund is raised through donations and the annual Jack Bloor Races
Held on Ilkley Moor each May and now in its 30th year this classic fell race commemorates Jack's life



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We look forward to helping you soon.

A J Cunnington DO
Amy Dickinson M.Ost
Jane Oates M.Ost



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2015 Overseas Orienteering Races

Guy Goodair

If you are fancying going abroad for an orienteering event this year here is a selection of probably the most interesting.

June

5 -7 Slovenia 3 days <http://www.slo3days.si/>

26 -28 Iceland 3 days <http://orienteering.is/>

26-28 Oslo 3 days <http://www.orienteering.no/o-festivalen/2015/en/Sider/Nyheter.aspx>

July

8 – 12 South Italy Festival <https://www.youtube.com/watch?v=8SlW9S-gEo>

18 - 24 O Ringen Boras http://oringen.se/english.1_en.html

26 – 1 Aug World Masters Gothenburg <http://www.wmoc2015sweden.se/>

August

3 – 8 Tallinn O week <http://tow.ee/en/>

5 -9 Bohemia 5 days Novy Bor <http://ok-bor.cz/bohemia2015/?lang=en>

14 -18 3 days of the Kempen Belgium <http://www.kempen-ol.be/3D/>

September

5 – 6 Antwerp City weekend <https://www.facebook.com/AntwerpSprintOrienteering>

25 - 27 Porto City weekend <http://www.gd4caminhos.com/portocityrace> (details to follow)

October

11 – 12 Krakow City weekend <http://krakowcityrace.pl/>

31 – 1 Nov Barcelona City weekend <http://ticbcn.clubcoc.cat/>

The City weekend races are usually 1 day urban city race and the other in a local park but Porto's 2015 weekend will consist of a night race in Foz, a race in the park & garden in Serralves and the main race in the east part of Porto.

An Electric Mountain Bike!

Anthony Greenwood

For some time I have been thinking of the possibility of adding electric propulsion to my 2 years old Trek Series 6500 mountain bike.



I am one of the slowest of the 20 wrinkly bikers who venture out for a 2 hour ride, on and off road, every Friday morning. There are a lot of hills around Halifax, Bradford and Huddersfield!

Researching the web, I found the well established Sunstar iBike S03 Kit which is suitable for retrofitting by a competent bike mechanic. The kit cost £1229 for the 11Ah battery, a controller and a Japanese 480W electric motor. All supplied by Eddie Kehoe at www.electricbikesales.co.uk/

I went to the York branch to try a demo bike at The Electric Transport Shop in Walmgate. Why are electric bikes sold and used in flat locations like York and London, but hardly at all where it is hilly?

The motor only assists when you are pedalling. It has a fully integrated torque sensing crank drive. It senses how much you are pedalling and gives smooth natural feel assistance. The kit makes the bike about 5kg heavier, but this is not at all noticeable when riding. The centre of gravity of the bike remains low down and it performs wonderfully both on and off road.

The increased weight makes it necessary to have a sturdy bike rack. Lifting onto a roof rack would be difficult.

I decided to fit the kit myself at home. There is a good explanatory video on Youtube: https://www.youtube.com/watch?v=u5Mo56_D50g I then had my DIY fitting checked by John Campbell at The Electric Transport Shop in York.



The three front chainrings on the Trek are replaced by one suitably toothed chainwheel supplied with the kit. The rear derailleur is retained with its 9 gears. New crank arms are supplied.



The controller has an on/off button, and 3 battery level LED's. Three power modes can be selected: E Light/power saving assist, N normal assist and T full turbo assist for very steep hills.



I have now ridden the bike most days, as it is so rewarding and easy. When the motor is assisting there is a whining/buzzing noise. I switch the power off when riding downhill to conserve power. Unlike wheelhub powered bikes the battery does not regenerate when coasting downhill. However on the last 3 wrinkly rides the battery still had around 20% charge at the end. If the battery does run out, then I have to pedal a heavy bike!

My performance has now improved from being the slowest in our group, to the fastest!

EVENT REPORTS AND RESULTS

(a huge 'thank you' to Guy, as always, for sifting through and sending me all the results and additionally most of the JK photo's!). Results are up to 17th May due to Guy having a technical glitch on his computer – the rest of the May results will be in the next Epistle.

JK Weekend – 3 to 6 April 2015

My JK - Alexandra Crawshaw

The atmosphere at the JK, whilst it being pressurizing and for some people terrifying, I feel quite at home whether I'm running, or I'm not. I don't mind being in front of a big crowd, but when I'm getting my prize on the podium, it can be a bit nerve racking (*especially if it's Thierry Gueorgiou giving you your prize!).

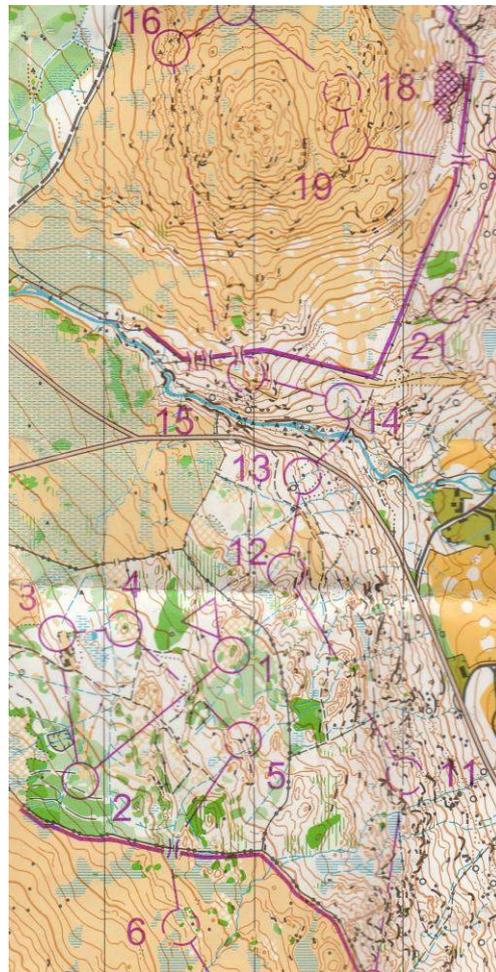
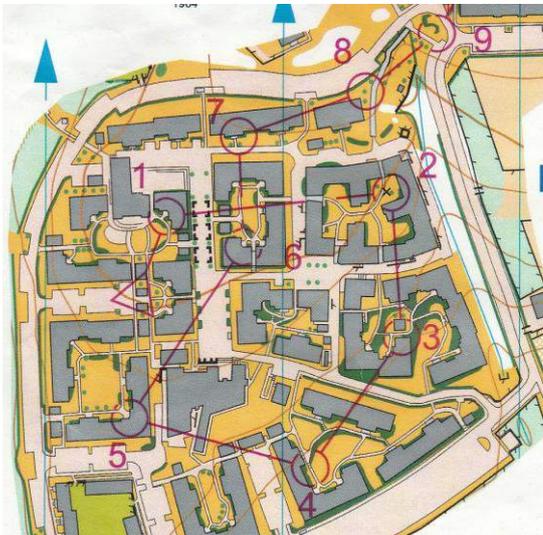
I was delighted to have won the sprint race and being first English girl in the individual. Our relay did great too, it's a shame we didn't make the podium, but I think we were probably the only team fielding a W10! Alasdair and Adam were great and very kind.

The medals were the best yet and this year's JK was up there with the best of the best.

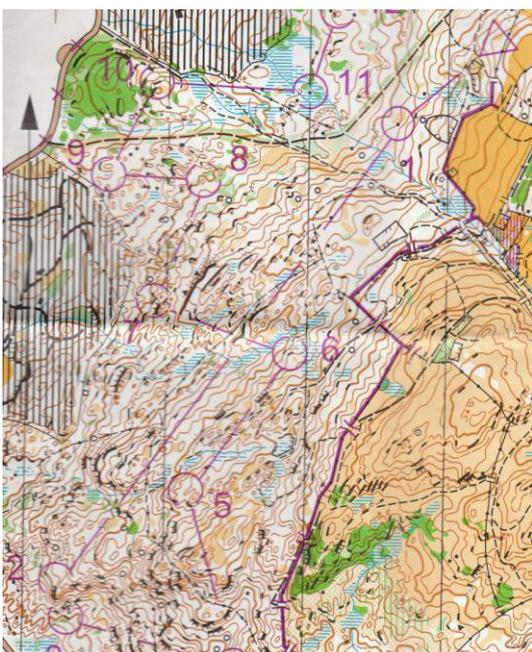
By Alexandra Crawshaw

*I offered to collect it on her behalf, but she declined – Mum ;)

Day 1 Sprint - M40

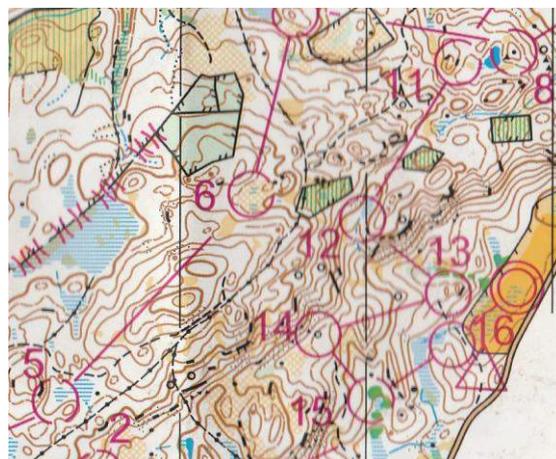


Day 2 W40L



← Day 3 – W16A

Day 4 Relay – W120+



Photo's: Rob Lines



Alex Crawshaw



Richard Payne



Sam Crawshaw



James Logue

Photo's: CLARO Orienteer



Andy Thorpe



David Harrison



Adam Thorpe



Guy Goodair



Paul Taylor



Alistair Tinto



James Logue



Juliet Morgan



Jonathan Emberton

Photo's: Wendy Carlyle



Amanda Crawshaw



Linda Hayles



Julie Couch



Joanna Emberton



Emma Harrison



Megan Harrison



Sarah Pedley



Richard Payne



Helen Pedley



Alasdair Pedley

Photo's: Paulette Noot



JK Results

JK Sprint, Lancaster University - 3 Apr 15

M10 1.6km 15m		
12th	Euan Logue	22:52
M12 1.8km 20m		
12th	Sam Crawshaw	14:17
M14 3.4km 20m		
13th	Adam Thorpe	19:59
M40 3.7km 20m		
30th	David Harrison	25:04
M45 3.5km 20m		
13th	James Logue	16:41
20th	Andy Thorpe	17:12
84th	Alistair Tinto	22:40
M50 3.3km 20m		
6th=	Paul Taylor	17:18
40th	Jonathan Emberton	19:52
M65 2.8km 20m		
2nd	Richard Payne	16:59
47th	Neil Croasdell	22:34
79th	David Morgan	31:58
M75 2.1km 20m		
5th	Guy Goodair	19:27

W10 1.6km 15m		
1st	Alexandra Crawshaw	13:50
W12 1.8km 20m		
28th	Anna Thorpe	21:03
37th	Maebh Logue	54:50
W14 3.1km 20m		
24th	Laura Harrison	26:00
W16 3.1km 20m		
18th	Megan Harrison	20:14
W40 2.8km 20m		
8th	Emma Harrison	18:03
W45 2.8km 20m		
11th	Amanda Crawshaw	18:21
W50 2.6km 20m		
85th	Linda Hayles	24:23
W60 2.6km 20m		
44th	Jane Payne	25:46
W65 2.1km 20m		
20th	Juliet Morgan	20:34
W70 2.1km 20m		
6th	Judith Goodair	19:32

JK International, Ulpha Park & Bigland - 4 & 5 April 15**M10B**

3rd Euan Logue 27:29 (4) 11:33 (1) 39:02

M12A

6th Sam Crawshaw 31:05 (6) 27:04 (9) 58:09

M14A

12th Adam Thorpe 62:48 (23) 47:50 (6) 110:38

M16A

11th Alasdair Pedley 68:10 (22) 50:09 (3) 118:19

M35L

James Williams m14-30m33-34 dns -

M40S

9th David Harrison 105:11 (10) 106:48 (11) 211:59

M45L

1st James Logue 56:03 (1) 56:43 (1) 112:46

18th Andy Thorpe 70:12 (24) 73:03 (14) 143:15

M45S

Alistair Tinto 73:09 (19) m7-8 -

M50L

11th Jonathan Emberton 66:32 (13) 72:37 (14) 139:09

21st Paul Taylor 71:25 (24) 77:40 (20) 149:05

M55L

17th Mike Pedley 72:39 (20) 72:06 (16) 144:45

M60L

23rd Ian Couch 74:18 (21) 87:25 (27) 161:43

25th Richard Payne 78:04 (25) 88:24 (29) 166:28

83rd Neil Croasdell 134:14 (91) 135:51 (85) 270:05

M65S

David Morgan w4 m8-14 dns -

M70L

Paul Jackson 108:28 (39) w5 m8-16 -

Mike Thorpe m13-19 - -

M75L

12th Guy Goodair 122:19 (16) 125:33 (15) 247:52

M80

Philip Thompson w11 96:23 (6) -

W10A

3rd Alexandra Crawshaw 29:17 (3) 19:33 (2) 48:50

W12A

35th Anna Thorpe 62:47 (37) 56:23 (35) 119:10

W12B

3rd Maebh Logue 41:50 (4) 24:28 (2) 66:18

W14A

7th Sarah Pedley 44:51 (11) 35:50 (6) 80:41

22nd Laura Harrison 58:06 (22) 49:16 (24) 107:22

W16A

37th Megan Harrison 55:40 (23) 94:59 (45) 150:39

W40L

11th Emma Harrison 85:19 (14) 84:24 (13) 169:43

21st Esther Logue 100:50 (24) 100:01 (23) 200:51

W45L

Amanda Crawshaw 77:10 (20) rtd -

W50L

55th Linda Hayles 109:36 (67) 112:17 (49) 221:53

Joanna Emberton 100:57 (56) m6-8 m13-15 -

W50S

6th	Helen Pedley	60:10 (5)	68:08 (9)	128:18
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W55L

12th	Julie Couch	70:25 (12)	76:31 (21)	146:56
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W60S

14th	Jane Payne	90:45 (9)	138:02 (17)	228:47
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W70L

Judith Goodair	m14	102:42 (19)	-
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W70S

1st	Pat Aspinall	55:38 (1)	65:33 (1)	121:11
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JK Relays, Graythwaite - 6 April 15**M120+**

6th	107:47 Bulldogs EPOC (GBR)	43:04 (19=)	30:19 (3)	34:24 (3)
		Andy Thorpe/James Williams/James Logue		

W120+

9th	112:19 Wildcats EPOC (GBR)	34:43 (10)	38:43 (14)	38:53 (10)
		Emma Harrison/Esther Logue/Amanda Crawshaw		

M165+

10th	98:52 Rams EPOC (GBR)	29:09 (2)	34:19 (23=)	35:24 (19)
		Jonathan Emberton/Richard Payne/Mike Pedley		

W/M40-

4th	38:38 Giants EPOC (GBR)	11:21 (2)	16:05 (13)	11:12 (1)
		Adam Thorpe/Alex Crawshaw/Alasdair Pedley		

10th	45:54 Tigers EPOC (GBR)	15:00 (20=)	15:01 (9)	15:53 (17)
		Laura Harrison/Maebh Logue/Sarah Pedley		

15th	50:35 Terriers EPOC (GBR)	13:29 (9)	20:36 (21)	16:30 (18)
		Sam Crawshaw/Anna Thorpe/Megan Harrison		

Mixed Ad Hoc

37th	93:30 Whirlwinds EPOC (GBR)	39:14 (55)	22:55 (41)	31:21 (22)
		Linda Hayles/Neil Croasdell/Alistair Tinto		

Trois jours de Paques en Alsace

Rebecca Lloyd

When Graham found out that the JK was going to be at Bigland and we were going to be in France (as some of you may remember what happened at Easter 21 years ago), he decided we weren't going to miss out on any orienteering, and when we visited at Christmas and took part in a night urban event in Colmar, he had picked up a flyer for 3 jours en Alsace. To say that Siarlot was not exactly enthusiastic was an understatement, but she took part and was not last on D21B. Graham entered me for DVC (Veteran women, short) as he entered just after Christmas and before I started doing park runs. They only have one short course for 40 + women and one for men.

I was a bit miffed when I found out it was actually FOUR days and not three, the street event was not included in the overall event and was just a prologue. However we rolled up to the sports centre in the delightful little town of Altkirch to the west of Mulhouse. It was typical Alsatian architecture. The helpers were lovely and so welcoming, and their English was impeccable. We could either park there or park nearer the start which was in the town centre and just go to the start when we were ready. We drove down into town and parked about 30m from the start, which was amazing. There were two commentators, one speaking German and the other French, holding a conversation with each other and commentating all in their particular language. It helped that it was a lovely sunny day and the scenery was pretty good. Finally we set off and I whizzed around my 1.4km course in 19:08 and was amazed it was over, I felt I could have done it again it was such fun. Mind you, the enormous pretzel we were given at the finish helped! In the finish area

there was also a bar selling local beer and wine, as well as the usual hot drinks and cakes. I was 4th out of 6 participants on the DVC course. If it was this much fun, four days would be fine.

Saturday dawned, Siarlot's 21st, grey and wet. Siarlot had her friend visiting and so had not taken part in the prologue. We decided to go for lunch in Kaysersberg one the beautiful villages of Alsace, as we were not starting until 3:30 ish. The event was in Forst near the tiny village of Egilngen, a new area, a forest full of pits and also evidence of wartime activities, pill boxes etc. Unfortunately the rain meant that the parking was not on a sloping field but wherever you could park in the adjacent village streets. Typically laid back French attitude, find somewhere to park, just don't block anyone in or any streets. This was a shame as the assembly and finish had become a slithering quagmire by the end of the day and was still too wet to use the following day as the finish was the same for both days. The bar and food had to wait for another day as we just wanted to get dry and warm by the time we finished on day 1 which was a middle distance event. My course was 2.9km with 50m of climb, the hardest part of which was the slither up a muddy field to the run in, which was downhill. I took 46:17 and was 5th out of 13 finishers. We waited for Siarlot until we were shivering too much and then left her friend to wait (he wasn't an orienteer and was wearing a thick warm coat) and made our way back to the dry van.

Sunday dawned dry and sunny, but VERY cold. What had been rain where we were had resulted in fresh snow on the tops of the Vosges. Our starts on Sunday were just after 9am and the event was an hours' drive from Siarlot's flat, it meant a very early start. Again we had to park in the village and walk an extra 500m, or not if you were smart and realised there was a cut off to the start. I wasn't and they were and although I set off first, having the earliest start, they got there first! We arrived with what should have been 5 mins to spare, to see them putting up the start! No being set up half an hour before first start. This turned out to be a problem, as when we saw the start clock it was already 10 mins delayed. There were then frantic conversations, and finally an announcement to the effect that starts were delayed until at least 9:30! Something wrong technically somewhere. Typically French and laid back about it all, people just stood and chatted huddling into the patches of sunlight and trying to keep out of the icy blast. Eventually it was ready to roll, which was greeted by a huge cheer, as by this time there were quite a few people gathered. Today was classic distance and a WRE for the elites etc. My course was 3.1km and 60m climb which I did in 46:57, was 5th again, this time out of 14. As it was Easter Sunday every finisher was presented with a chocolate bunny at the finish. 😊

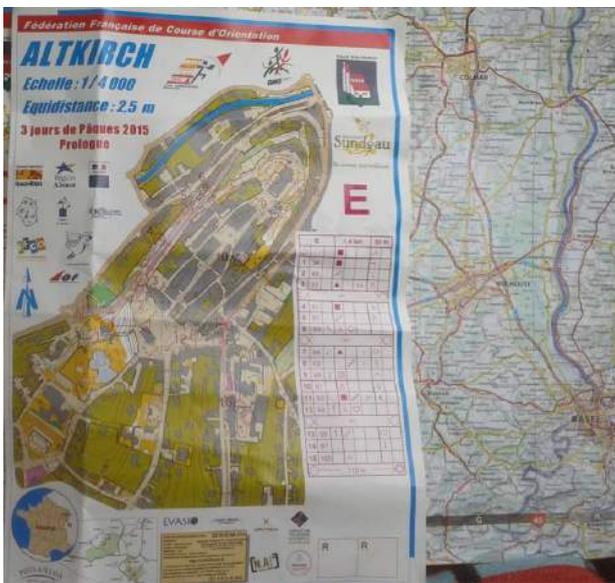
The final day was a chasing start, and I had to wear a special bib, being one of the top 5! Again it was a beautiful sunny day, and we were back in Altkirch, starting and finishing by the sports centre. The final leg was a loop around the back of the building. The forest was quite intricate, with a lot of pits and gullies, easy to make mistakes if you weren't concentrating. Obviously the person who was starting in 4th wasn't as she mis-punched, that made me 4th. However the 3rd placed runner was a no show, so I was 3rd! I kept my place above the runners behind me and did 2.7km and 60m climb in 43:09. All that park running had paid off, it was much easier to drag my sorry butt around the forest and I actually ran, well trotted, most of it. When we went through the finish we were all given a boot bag with the event logo on it, a lovely memento, and useful too. As I went back they were starting to put up the podium, I wondered did I qualify for a prize, at home short courses get no recognition. I asked the lovely lady from day 1 and she said yes, EVERY course top 3 get prizes even 'string' (this was actually a taped course with strips of tape to mark the route, rather than what we think of as string). I was delighted, I was going to win something for the first time when I had actually beaten quite a few others, I was 3rd out of 12 who took part in all three days. So we waited in the sunshine, drank beer and ate knack in French bread. Siarlot said this ALMOST made up for having to orienteer in the rain on her birthday. As Graham said, she'll never forget what she did on her 21st, how many can say that!!!

The prize giving was done in French and English with a tiny bit of German. They went through in age order apart from elites and Initiation Jalonné (the taped course). Although the short course winners did not get bottles of wine or beer, we still got a goody bag of prizes. The juniors got

puzzles and games and all sorts of fun things, almost too much for some of them to carry. One thing that was fabulous was that after the elites were presented with their prizes, they stayed on the podium and the Jalonné winners joined them, as “they are the elites of tomorrow”. The final prize of the day was to the club with the most competitors other than local clubs. This went to the very vocal Zimmerberg OLG from near Zurich, they were brilliant fun and very vocal whenever one of their members won a prize (quite a few did). They were given a massive trophy and a huge cheer from everybody.

The whole event was great fun, even with the rain. When the commentators weren't commenting there was music (typical Europop) blasting out which added to the party atmosphere. Everybody was very welcoming and I would definitely do it again. This time we were the only Brits, out of over 2000 competitors from 15 different countries, all of whom were made welcome by the organisation. To top it all the events were 10 euros a day!!!! Bargain!

<http://3j2015.comulhouse.fr/index.php/en/> Link for anybody who is interested.



Left urban map and atlas showing where it is.
Above Pretzel given to every finisher, no pictures of the bunnies, they didn't last long enough!





Above typical
Alsacian
architecture.
Me on the podium.
Right. There was a
flag from every
nation participating.

AIRE Yorks Superleague, Calverley Woods - 12 Apr 15

Black 5.2km 180m

14th Andy Thorpe 50:43

Brown 4.5km 150m

9th David Harrison 62:20

Blue 4.1km 110m

7th Alistair Tinto 46:56

9th Emma Harrison 48:25

20th Amanda Crawshaw 55:20

m11-12 m21-22 m24-25 Esther Logue 60:05

Green 3.6km 90m

1st Adam Thorpe 40:51

4th Megan Harrison 50:59

15th Paul Jackson 59:29

19th Keith Sykes 62:11

46th Jean Lochhead 79:02

48th Tom Crawshaw 79:57

50th Philip Thompson 91:57

Light Green 2.8km 80m

3rd Laura Harrison 50:20

7th Jackie Page 56:50

Orange 2.2km 60m

2nd Anna Thorpe 46:45

3rd Sue Brant 47:04

5th Gillian Crawshaw 49:39

6th Andrew Thorpe? 51:12

Yellow 2km 50m

1st Alexandra Crawshaw 20:13

m8-14 Maebh Logue 34:00

SOLWAY CompassPoint Scottish O League 3, Mark Hill SOLWAY - 12 Apr 15

Blue (length: 5.7km, climb: 205m, 24 controls)

3 Alasdair Pedley 01:00:05

13 Mike Pedley 01:18:48

British Long Distance Champs, New Beechenhurst - 18 April 15

LtGrn 33 Joanna Emberton 76:05

M12A 11 Sam Crawshaw 32:11

M14A 11 Adam Thorpe 60:26

M16A 1 Alasdair Pedley 52:06

M40S 3 David Harrison 93:51

M45L 1 James Logue 68:45

11 Andy Thorpe 77:41

M45S 1 Alistair Tinto 66:30

M50L 10 Jonathan Emberton 78:11

24 Paul Taylor 87:45

M55L 9 Mike Pedley 76:09

M65L 9 Richard Payne 68:11

30 Ian Couch 81:22

M70S 8 Alan Hardwicke 83:01

M80 7 Philip Thompson 69:27

W10A 1 Alexandra Crawshaw 19:25

W12A 20 Anna Thorpe 47:17

W14A 3 Sarah Pedley 40:50

10 Laura Harrison 47:46

W16A 8 Megan Harrison 74:09

W40L 5 Emma Harrison 83:44

W45L 14 Amanda Crawshaw 84:39

W50S 3 Helen Pedley 61:55

W55L 10 Julie Couch 69:38

W60S 2 Jane Payne 81:58

W65L 7 Jean Lochhead 77:11

W70L 21 Pat Aspinall 97:40

BOK British Relays, Cannop Ponds - 19 Apr 15

Mixed Ad Hoc

1st 83:04 EPOC 30:22 (9) 20:16 (3) 32:26 (1)
Amanda Crawshaw, Sam Crawshaw, Paul Taylor

CLARO Hookstone Woods - 19 Apr 15

Blue 5.6km 125m

17th Alistair Tinto 45:34

Green 4km 95m

25th Rod Shaw 56:11

Magnets Riga Cup, Latvia - 18 & 19 Apr 15

W70

Judith Goodair

Day 1

9th (2.24.20)

Day 2

6th (58.17)

M75

Guy Goodair

dnf

1st (54.10)

DVO Yvette Baker Trophy, Cromwell Moor - 26 April 15

Short Green (length 2.9km, climb 135m, 14 controls)

10 Jean Lochhead 79:50

EBOR Dalby Forest Regional - 26 April 15

Blue 5.7km 100m

14th Richard Payne 78:22

Short Green 2.9km 65m

14th Jane Payne 63:40

Black Forest 3 Days May 2015

David Morgan

We had been thinking about a spring event for some time and when Guy & Judith said they were going to the Black Forest rather than Rome we jumped at the chance of joining them. Entry was simple, payment via World Remit was a bit more complicated but eventually we got confirmation that the cash had been received.

Initially we planned to take the motor van but the cost of the ferry crossing (for such a short break) and the difficulty of parking at the events persuaded us to book the same flight as Guy and Judith with EasyJet via Basel. The journey was smooth, car to Manchester airport multi-story, 1.5 hours via EasyJet to Basel and then a bus to Freiburg. The bus was due at 12.00 and at 11.55 to we were approached by a taxi driver who said the buses were on strike. Another bus arrived and the driver confirmed that there was no strike and at 10 past we were on a really comfortable coach to Freiburg (by then the taxi driver had disappeared!). The driver dropped us at the railway station and I managed to buy a group ticket (for 5 – they only do 1 or 5 – for 22€ for the 30 minute train ride to Hinterzarten and our hotel. We arrived at 14.15! Here the manager handed us our Hochschwarzwald Karte which would give us free travel on all the buses and trains in the area plus many other reduced entries.



A short walk round the village, a bit of a rest and it was dinner in the hotel and an early night. Thursday was a free day and whilst our room was being done we visited the tourist office for the local walking map. We met Guy and Judith at 10.00 and set off for our version of the Wrinklies walk, an 8km round walk through two of the local gorges. En-route (most un-wrinkly-like) we

found a small village with a large cuckoo / dancer's clock and just got there in time for the 11.00 performance.



Then it was time for a hot chocolate or coffee before the 175m climb up the second gorge. We were back at the hotel just after 12.30 and immediately caught the train (free of charge) for the 6 minute ride to Titisee.

What a change. Titisee is a world class resort and was heaving with coach parties of all nationalities but we found a sunny café for lunch (asparagus soup) and then had a peek at the lake before taking the 5 km walk back to the hotel. The route did take us through the Day 2/3 areas but we stuck to the footpaths and did not gain any advantage.

Back at the hotel I heard a commotion outside and looked out to see that the town's people were erecting the traditional Maypole – a process that involved an Oompah band, a Hiab, lots of beer and the Fire-brigade. It took 90 mins. with the police trying to control the traffic but finally it was up. An Italian meal followed by yet another early night ready for Day 1 in Freiburg.



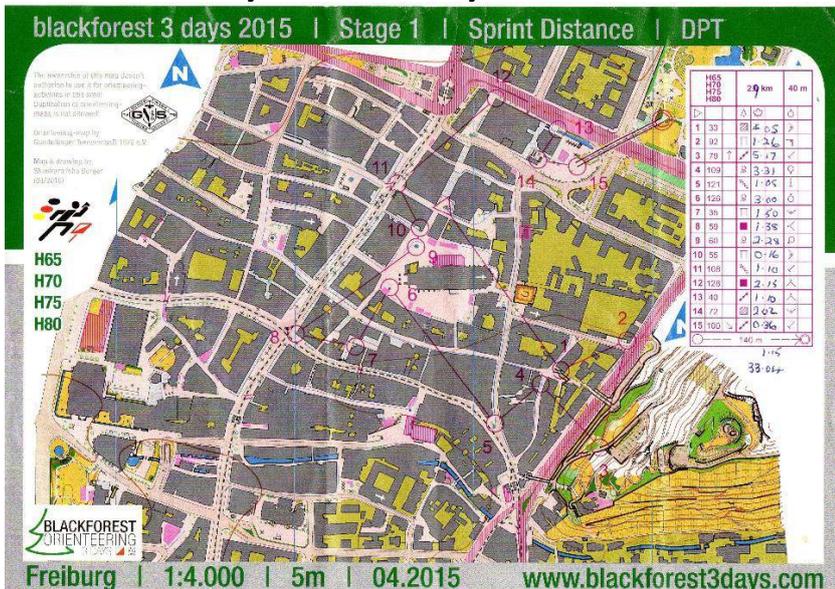
Friday 1 Friday 1st May. This was to be a street event in the mediaeval city of Freiburg. The old town is a square contained within a busy ring road. It is crossed by 2 tram lines running at right angles and has some lovely buildings.



The day did not start well with low cloud and heavy rain but we all set off at 11.15 by train (free again) to look at the old town and have a coffee knowing that the event centre did not open until 2pm with the first starts at 3.30. Presumably this was to allow the Swiss in particular time to get there on the day. To those of us already there it just meant time to kill.

Eventually it was time to leave the overcrowded sports centre and walk the 1km to the finish which was just across a footbridge over the ring road. It was then 750m to the start involving crossing the next road bridge and going half way back to the event centre! Just to avoid having a marshalled crossing! The start itself was a bit chaotic as it was in a covered area of a shopping centre – nice and dry but very noisy.

Eventually we all got off at the right time. Between us we only had 2 courses -one for M65-M80 and one W65-W75. Generally they were pleasant urban courses, not much route choice but plenty of quick decisions. However the start of both courses was very poor. A nice leg to 1. Straight back out to 2. Back past 1 to the only crossing of the ring road, up a long dreary hill to a very simple no. 3 and straight back down with many runners choosing to go back past 1 again. It was physical and not imaginative. The planner would probably explain that it was done to avoid the elderly and infirm having to cross the active tram tracks. I would have settled for that option. We all had reasonable runs but Guy, amongst a number of Vet men missed one control. Do we really need 2 controls only 25m apart in an areas full of tourists? I am slow but my split was only 16 secs. and part of that was wondering if it was really a joke! Back as soon as possible and quite a late dinner as Guy had had a very late start.

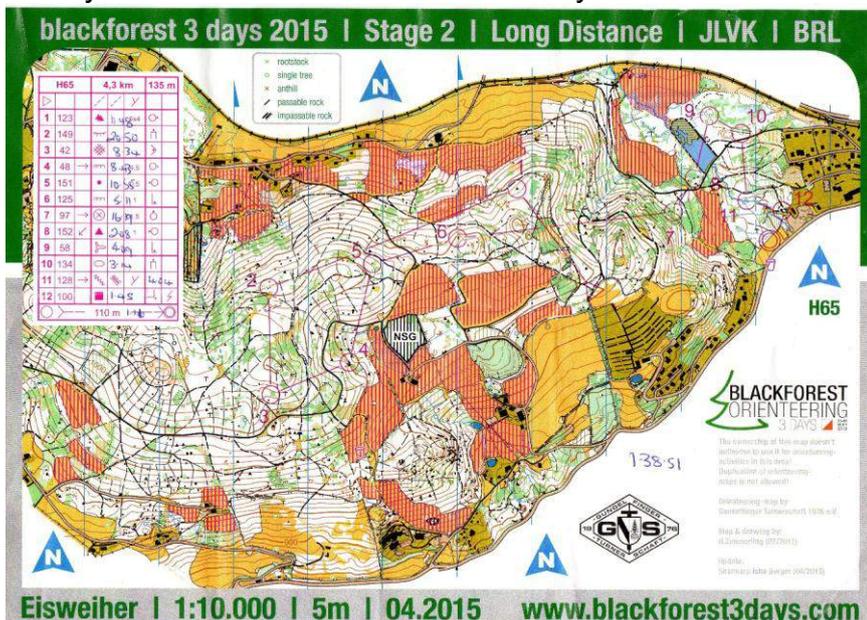


Saturday 2nd May. Long Distance – Titisee. We woke to dry roads but the whole area was swathed in mist. Again we had late starts Juliet first off just before 1pm and Judith last at 3.15! After breakfast the cloud lifted for a sunny morning. Off on the train again for the 3 min. journey to Titisee during which time we had our race numbers (acting as tickets) checked. Then a pleasant 15min walk to the event centre which was in a field opposite to the lakeside park. This was good news as there were loads of benches and tables, coffee / tea / hot & cold food and shelter. The flowers also we really beautiful.



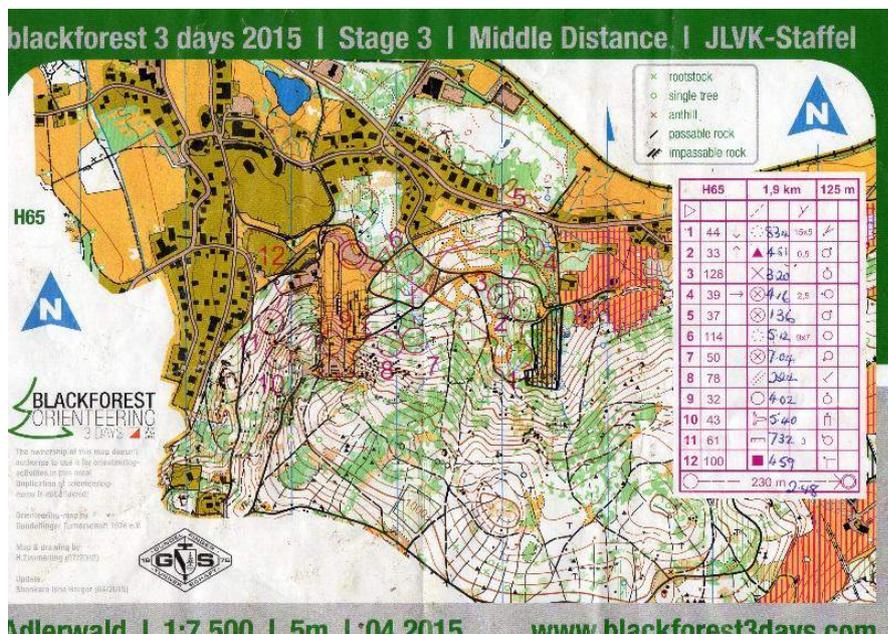
The start was uphill 650m with 70m climb, the last bit being really steep – actually we knew how steep, as it was the route that we had taken on Thursday at the end of our walk! The courses were relatively short but with a lot of climb, M65 4.3km + 135m and you only realised just how much you had climbed when you came back down towards the end the event.

The forest itself was lovely – clear runnable pine forest with little undergrowth and good visibility. There was a good path network (not necessarily going in the right direction) and well defined contours. From what I saw the planning was good and controls were obvious once you were nearby. And for once all EPOC's actually finished!



Sunday 3rd May. Hinterzarten - Middle Distance. Today the event centre was just 15 mins. walk from the hotel. We woke to rain and it didn't stop. Therefore we donned our O shoes on the front step of the hotel and I kept mine on until we were back. The courses were very short 1.5 – 2.km but with a lot of climb. After the runnable forest of day 2 today came as a nasty shock. Steep green forest with masses of young trees and no visibility. The controls were well hidden but probably fair. The event centre was at the foot of the town's ski jumps and there was a spectator / radio control just below the take-off point on the big jump





After that the M65 course had a short but very steep, slippery and rocky descent to the last control and then a pointless 240m run in – much of which had to be repeated to get back to download. Yet again the sponsors had set up a large outdoor café and the frites and coffee were very welcome but rather spoiled by the weather.

Another good meal – by now we had learned to ask for small portions and we said farewell to the Black Forest – still raining!

I will leave Guy to post the results – suffice it to say none of us were on the podium at the end!

Black Forest 3 days - 1 to 3 May 15

		Freiburg	Titisee	Hinterzarten	Total
W65					
10	Juliet Morgan	27:49 (12) 641	52:55 (13) 572	43:55 (10) 518	1731
W70					
5	Judith Goodair	22:18 (4) 898	50:05 (6) 571	23:55 (5) 748	2217
M65					
10	Richard Spendlove	16:24 (2) 993	50:28 (13) 816	32:48 (21) 671	2480
37	David Morgan	33:04 (33) 492	1:38:51 (37) 417	1:02:18 (33) 353	1262
M75					
9	Guy Goodair	mp 0	43:16 (6) 676	36:06 (5) 640	1316

Rome 3 days - 1 to 3 May 15

		Rome City	Villa Ada	Villa Pamphilj
M65				
9 th	01:46:28 Sykes Keith	00:33:30 (9)	00:49:09 (10)	23:49 (6)
M70				
7 th	02:34:51 Thorpe Mike	00:44:14 (7)	01:08:51 (7)	41:46 (8)

SYO YHOA Urban League, Ponderosa Sheffield - 2 May 15

			Race1	Race 2
MV				
16	David Harrison	61:12	32:36(18)	28:36(19)
	Paul Taylor (M50)		mp	24:25(11)
MUV				
1	Richard Payne	54:12	29:08(1)	25:04(1)
12	Neil Croasdell	74:21	39:55(13)	34:26(13)

MJ

2 Sam Crawshaw	21:10	12:02(3)	9:08(1)
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WV

1 Emma Harrison	51:04	26:14(3)	24:50(1)
4 Amanda Crawshaw	53:52	27:35(4)	26:17(3)

WSV

6 Jane Payne	88:04	46:23(8)	41:41(7)
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WUV

2 Jean Lochhead	73:07	36:14(2)	36:53(2)
4 Jackie Page	85:53	41:55(4)	43:58(4)

WJ

1 Megan Harrison	22:22	11:29(1)	10:53(3)
2 Laura Harrison	22:24	11:55(2)	10:29(2)

NOC EM Urban League, Nottingham - 3 May 15**W65 Length 3.0km, 60m climb, 16 controls**

3 Jean Lochhead	33:25
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NGOC Triple Gloucester - 2 to 4 May

	Day 1	Day 2	Day 3
M65			
Richard Payne	dns	(5) 32:44	dnf
M75			
Rod Shaw	(8) 51:50	mp	(74) 111:55
W60			
Jane Payne	dns	(36) 58:52	(19) 74:47
Margaret Shaw	(14) 57:03	(38) 69:12	(75) 144:40

BAOC British Sprint Champs, Aldershot Barracks - 9 May 15

M12A		W10A	
7 Sam Crawshaw	16:58	1 Alexandra Crawshaw	15:22
M14A		W12A	
mp Adam Thorpe	14:43	9 Anna Thorpe	21:42
M16A		W14A	
6 Alasdair Pedley	14:41	mp Sarah Pedley	14:54
M45A		W14B	
1 James Logue	13:34	3 Laura Harrison	14:16
7 Andy Thorpe	15:43	W40A	
M50A		4 Emma Harrison	16:17
7 Paul Taylor	16:14	W45A	
M55A		5 Amanda Crawshaw	15:32
3 Mike Pedley	15:05	W50B	
M75A		5 Helen Pedley	19:23
2 Guy Goodair	14:50	W70A	
		2 Judith Goodair	16:50

TVOC British Middle Championships (UKOL), Naphill and Park Wood - 10 May 15

M12		W10	
4 Sam Crawshaw	16:01	1 Alexandra Crawshaw	19:11
M14		W12	
21 Adam Thorpe	36:28	13 Anna Thorpe	29:39
M16		W14	
2 Alasdair Pedley	30:48	3 Laura Harrison	31:45
		W40	
		3 Emma Harrison	45:20

M45		
2 James Logue	33:43	
22 Andy Thorpe	49:49	
M50		
25 Paul Taylor	50:23	
M55		
10 Mike Pedley	40:21	
M65		
13 Ian Couch	47:52	
M75		
15 Guy Goodair	65:45	
M80		
5 Philip Thompson	55:15	

W45		
6 Amanda Crawshaw	41:46	
W55		
17 Julie Couch	39:20	
W70		
5 Judith Goodair	38:53	

HALO YHOA Urban League, Hull University Sprint - 16 May 15

M65+ C	Prologue 1.90Km	C Chase 1.80Km	Total
1 Richard Payne	16:56	1 15:06	1 32:02
4 Neil Croasdell	18:53	3 18:11	6 37:04
8 Guy Goodair	21:23	10 18:42	7 40:05
W16- (1) C	Prologue 1.90Km	C Chase 1.80Km	Total
1 Megan Harrison	17:53	1 18:37	1 36:30
W40+ (10) B	Prologue 2.10Km	B Chase 2.40Km	Total
2 Emma Harrison	19:27	2 18:56	2 38:23
W55+ C	Prologue 1.90Km	C Chase 1.80Km	Total
8 Jane Payne	26:52	7 26:05	10 52:57
W65+ C	Prologue 1.90Km	C Chase 1.80Km	Total
1 Jean Lochhead	24:01	1 19:30	1 43:31
2 Judith Goodair	24:43	2 23:02	3 47:45

HALO UK Urban League, Hull - 17 May 15

Veteran Men (M40+)		Ultra Veteran Women (W65+)	
22 David Harrison	65:03	2 Jean Lochhead	36:26
Ultra Veteran Men (M65+)		9 Judith Goodair	46:56
7 Neil Croasdell	49:46	Junior Women (W16-)	
10 Guy Goodair	50:50	2 Laura Harrison	31:08
Veteran Women (W40+)		Young Junior Women (W12-)	
5 Emma Harrison	52:27	1 Alexandra Crawshaw	5:40
Amanda Crawshaw	dnf		

CLOK Regional Event, Sneaton - 17 May 15

Blue (length: 5.8km, climb: 170m)		Green (length: 3.4km, climb: 135m)	
6 Ian Couch	01:47:50	4 Julie Couch	00:55:51

YHOA URBAN LEAGUE – 2015

The following events will make up the rest of the 2015 YHOA Urban League with your best 6 results to count.

8	AIRE	Holt Park/Golden Acre Park	06-Jun	
9	AIRE	Colton, Leeds	07-Jun	UKUL08
10	EPOC	Elland	05-Jul	UKUL10
11	CLOK	Preston Park/Eaglescliffe	19-Jul	

For results and further information go to www.aire.org.uk

YHOA SUPER LEAGUE - 2015

There have been significant changes to the way the YHOA Superleague will be scored for 2015. For further information go to www.aire.org.uk.

Yorkshire Superleague 2015

The new rules for the 2015 Yorkshire Superleague are as follows:

- The Superleague remains open to all from M/W 10 to M/W 80. It will continue to run on a calendar year basis and will include around nine nominated fixtures across the YHOA region.

For 2015 the current list is:

1 Mar 15 SYO BNC Weekend Event (UKOL) (B) Cawthorne & Deffer

22 Mar 15 EBOR Level B Event, Gilling

29 Mar 15 HALO YHOA Middle Championships (B), Knapton Wood

12 Apr 15 AIRE Level C Middle Distance, Calverley Wood

30 Aug 15 EBOR White Rose Weekend (B), Pickering Forest

20 Sep 15 AIRE Dales Weekend Day 2(UKOL)/YHOA Championships (B), Hawkswick Clowder

1 Nov 15 SYO Level C Event, Wharnccliffe

22 Nov 15 CLARO Level C Event, Brimham Rocks

- The Superleague will be organised by age class. Individuals are eligible for the relevant age class based on their age on 1 Jan of the year of the competition. What is new is that individuals will score only in their age class, even if they run up or down (using the rules below).
- Individuals will automatically get a placing in the league once they have completed **two or more** events successfully.
- The standard colour course for each age class is defined in the table below.

Course	Men	Women
Black	M21	
Brown	M35 M40	
Short Brown	M18 M20 M45 M50	W21
Blue	M16 M55 M60	W35 W40
Short Blue	M65	W18 W20 W45 W50
Green	M70	W16 W55 W60
Short Green	M75 M80	W65 W70 W75 W80
Light Green	M14	W14
Orange	M12	W12
Yellow	M10	W10

- Individuals can choose to run up (run a harder/longer course) or run down (run a shorter/easier course)
- Scoring will be based on speed compared to a target speed for your class. Speed will be calculated as time taken divided by adjusted course distance (to allow for height gain), where the distance is increased by 0.1km per 10m of climb.
- If you run up, you score at the mins/km rate for your age class, but for the distance for the course run.
- If you run down, you score at the mins/km rate for your age class and a proportion of the resulting score is awarded. Running 1 course down will reduce your score by 25%, 2 courses down by 50% and 3 courses down by 75%. Running 4 or more courses down will score 1 point.
- Speeds will also be adjusted proportionally between events by using the average of all winning times for each event so there is no bias for runnability.

Scoring

Individual scores will be calculated as follows:

- The target time for each age class is calculated by multiplying the target speed by the adjusted course distance. Achievement of this time is worth 100 points.
- For each whole 1% more than the target time you take, you lose 1 point. For each whole 1% less than the target time you gain 1 point.
- The lowest score for a successful course completion is 1pt.

EXAMPLES:

An M55 runs the Blue course.

- Blue course distance is 5.0km with 100m climb. Adjusted course distance is $5.0 + (0.1 \times 10) = 6.0$ km. M55 target rate is 7 mins/km, so M55 target time is $6 \times 7 = 42$ minutes.
- A time of 51 minutes is $(51/42)$ or 121% of 42, so scores $(100-21)$ or 79 points.

- A time of 39 minutes is (39/42) or 92%, so scores 108 points.

An M55 runs down on the 4.0km (100m climb) Short Blue (target time of 5 x 7 = 35 mins) in 33 mins. He scores (33/35 = 94%) so 106 points, less 25% for running down 1 course makes 80 points.

Target speeds for 2015

Class	Speed (min/km)	Class	Speed (min/km)
M10	7.50	W10	9.00
M12	8.50	W12	11.00
M14	8.00	W14	10.50
M16	7.00	W16	8.50
M18	6.75	W18	8.25
M20	6.50	W20	7.75
M21	5.75	W21	7.00
M35	6.00	W35	7.50
M40	6.40	W40	8.00
M45	6.60	W45	8.50
M50	6.75	W50	9.00
M55	7.00	W55	9.50
M60	7.50	W60	10.00
M65	8.00	W65	11.00
M70	9.50	W70	13.75
M75	11.50	W75	15.50
M80	15.00	W80	18.00

Summary of Factors for Scoring YHOA Superleague Current Issues (2014)

- One person - multiple results: if a runner does not do the nominated course they get a second result if they were running up, but nothing running down.
- Wide age group groupings, but still offers L and S options for many classes.
- Confusing where some age groups can run different courses.
- Uses linear points allocation basis that does not allow for time variation - a victory by 5 seconds scores the same as by 5 minutes.
- The majority of competitors only do one or two events.
- Unpopular events provide greater scoring opportunity than popular events and event numbers vary significantly

Analysis of 2014

In 2014 there were 1169 people who did a total of 1945 runs. 42% of the people were YHOA, so the events draw considerable interest from outside the YHOA region, but the vast majority (92%) of the non-YHOA individuals only ran once or twice. It is probably reasonable to say that this majority are more interested in being able to run in our terrain than being part of a league.

2014	YHOA	Non-YHOA
1169 people	496 (42%)	673 (58%)
1945 runs	1037 (53%)	908 (47%)

2014	YHOA	Non-YHOA
% with 4 or more scores	15%	2%
% with 3 or more scores	27%	8%
% only ran once	53%	79%

Overall, the majority (84%) only ran one or two events.

Number of runs	YHOA	Non-YHOA	Grand Total	
1	264	523	787	67%
2	99	98	197	17%
3	58	36	94	8%
4	27	6	33	3%
5	18	5	23	2%
6	16	3	19	2%
7	7	2	9	1%
8	5		5	0.4%
9	2		2	0.2%

Grand Total	496	673	1169
	42%	58%	

Short and Long Courses

About 20% of runs were on a Short course. Of those, 73 people ran some long and some short. 194 people (16%) ran Short only. This presents a problem if the model of each individual having just one league class and score is to be adopted, as runners would need to declare somehow which class they wanted to be part of in the league (and stick to it). This would be necessary to distinguish those running down from those on Short.

	YHOA	Non-YHOA	Total
Long / No option	807 (78%)	740(81%)	1547 (80%)
Short	230 (22%)	168(19%)	398 (20%)

Variations in Attendance

There was a significant variation in attendance, with the most popular event resulting in 221 league scores (less than actual attendance as those running down don't score), which was over 4 times larger than the least popular at 54.

Assessment

Assuming the principle is to have a league that encourages the widest spread of people, then an age class based system (result per class) is better than a colour system (result per course). Using the same age categories that are used for championships would provide consistency. If so, as most Superleague events will be colour coded, a system of allocating age classes to colours is needed, but preferably with a means of allowing people to run up or down without getting multiple results in multiple classes.

With the relative systems, there is a significant issue with varying field sizes. It is far more profitable for all except winners to go to the less popular events with small fields. Whilst there is a case for incentivising attendance at such events, to do would be to favour the diligent over the more capable orienteer. This is particularly significant for our league where there are usually less than 10 events and field size can vary by a factor of as much as four.

Pretty much all the other associations run their league for individuals from their area only. Outsiders still compete at the events, but don't get scored in the league. A key implication of not doing so is to add to the bias of unpopular events scoring highly, as visitor numbers are disproportionately larger for the popular events.

Proposal

- Individuals appear just once in their proper age class.
- Running up or down is scored.
- Use the full set of age classes (M&W) mapped to colours as suggested.
- Abandon Long and Short variants.
- Score the league for YHOA club members only to be consistent with Championships, especially given that 92% of outsiders only run one or two events.
- Calculate league positions for only those scoring at two events or more.
- Consider a scheme where planners, organisers or controllers get a representative score of the average of their best 5.

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

Further details and updates from Graham Lloyd

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

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

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

FIXTURES – June to August 2015

A complete list of fixtures can be found on the BO website
www.britishorienteering.org.uk

Date	Club/Region	Type/Area	Location
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June

6	AIRE/YHOA	Fat Rascal Weekend, Holt Park/Golden Acre Park	Leeds
7	AIRE/YHOA	Fat Rascal Weekend, Colton	Leeds
13	EBOR/YHOA	EBOR Relays, Skipwith Common	Selby
14	EBOR/YHOA	EBOR Club Champs/YHOA Schools Champs, Hazlewood Castle	Tadcaster
14	DVO/EMOA	Chesterfield Urban Event	Chesterfield
21	SELOC/NWOA	Horwich Sprint Event, Lever Park & Horwich Town Centre	Horwich
21	LEI/EMOA	Ashby Urban Event	Ashby

July

5	EPOC 	YHOA Urban League	Elland
12	PFO/NWOA	Holcombe Ranges	Ramsbottom
19 *	CLOK/NEOA	CLOK Urban (inc YHOA Urban League), Preston Park/Eaglescliffe	Eaglescliffe

*Note change of date from 28th June to 19th July

August

2-8	SOA	Scottish 6 Days and World O Champs	Inverness
28-31	EBOR/YHOA	White Rose Weekend	Pickering

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



eborienteers
 invite you to
 a Level C Regional event
 (incorporating the YHOA schools
 championships)
at Hazlewood Castle
 On Sunday, 14th June 2015

Parking Car park in the grounds of Hazlewood Castle Hotel. Entrance at GR SE444405. Post code LS24 9NJ. Approach from A64, westbound carriageway – the hotel is signposted with brown tourist signs. If approaching from the A1, continue on the A64 to the slip road and cross the bridge and return on the westbound carriage way – all this is well-signposted “Hazlewood Castle Hotel”. Once in the grounds, follow signs to the Visitors Car Park. Caution: runners crossing the drive and exiting the car park (which is in the former walled garden).

Terrain/map Mature plantation with good path network used for outdoor activities including quad-biking. Map 1:5000 with 5 metre contours

Courses	Colour	EBOR Champs classes	Schools Champs classes
	White	M/W 10-	M/W year 6 or younger
	Yellow	M/W 12-	M/W Y7
	Orange	M/W 14-	M/W Y8
	Light Green	M/W 16-	M/W Y9
	Short Green	W 45+, W55 +, M55+	M/W Y10 and 11
	Green	W open, M open, M 45+	M/W Y12 and 13

Entries On the day only. SI electronic punching will be used at this event. SI cards will be available for hire (50p). Lost hired cards will be charges at £30.

Times

Registration	1000 to 1200
Starts	1030 to 1230
Fees Seniors	£6.00
Juniors (under 21)	£3.00 (students must produce valid ID card)

Results will be posted on the Eborienteers website, www.eborienteers.org.uk

Dogs On lead in assembly area only

Safety Competitors take part at their own risk and are responsible for their own safety, however those travelling alone should leave their car keys and particulars at the ‘Information Point’. Cagoules and whistles are recommended and may be compulsory in the case of bad weather.

Cancellation In the event of cancellation due to bad weather, changes will be posted on the EBOR website or available by ringing the organiser

Officials

Planner: Steve Whitehead
 Controller: Graham Todd
 Organiser: John Smales (01904 744656) info@orienteers.org.uk