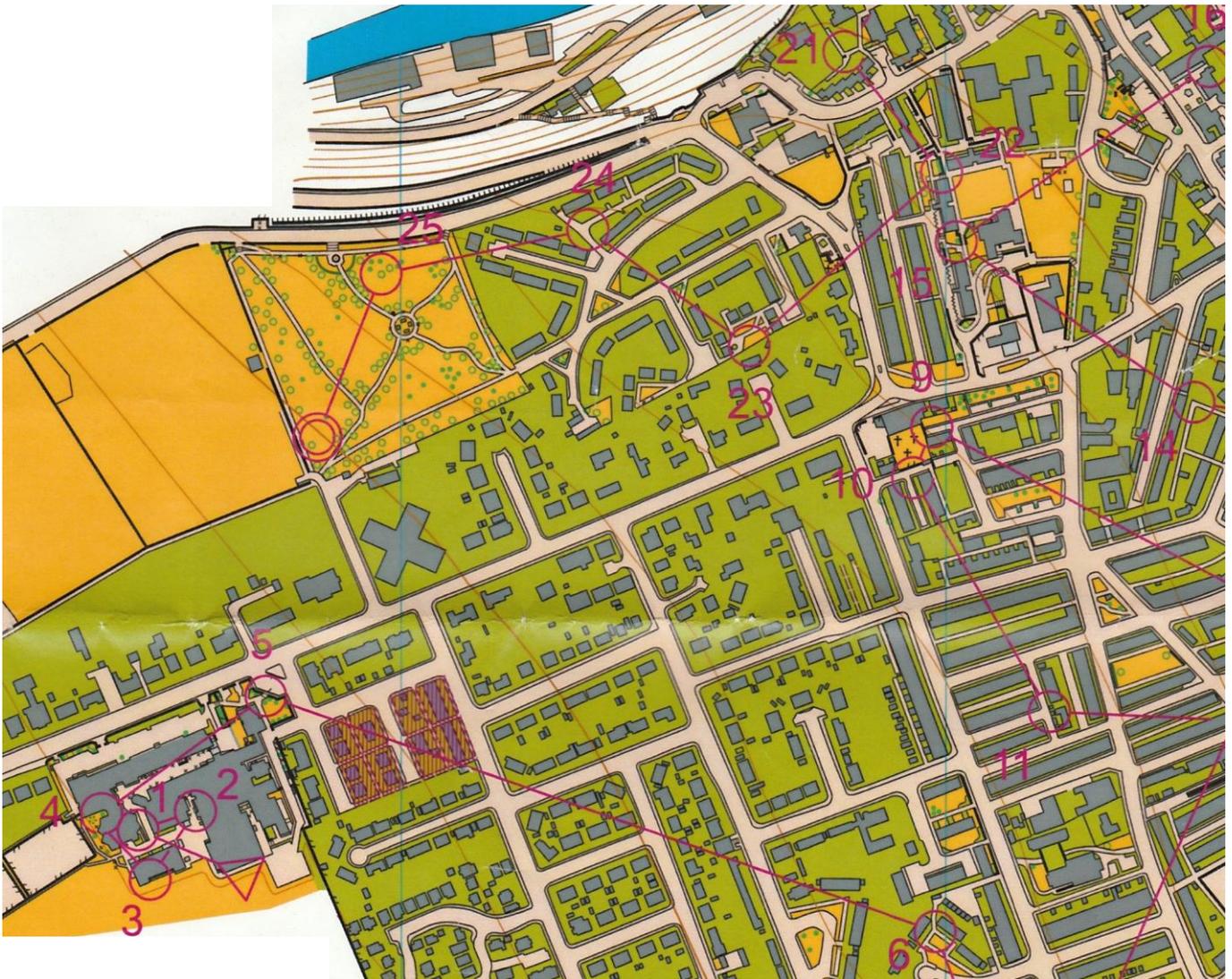




Epistle



No. 232
August - September 2015



Elland Urban Map

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2014/2015

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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

It has been a quieter couple of months with mainly only urban events on offer. However we have the traditional orienteering holidays coming up so good luck to everyone heading to Scotland and the White Rose.

Moving into September the fixtures list becomes busier again and please don't forget to keep Sunday 18th October free for the Compass Sport Final near Kendal and Sunday 25th October for the EPOC event at Ogden. Interestingly EPOC is currently ranked 4th club in the country in the UK Orienteering League clubs competition beating most big clubs and all small clubs. This would seem to indicate that we have the capability to produce an excellent result at the Compass Sport Final if everyone gets behind the event and runs for the club.

I hope you all have a lovely summer, wherever you end up.

Emma Harrison

PENULTIMATE CHAIRMAN'S CHAT

It was very encouraging to see such a good turnout for our latest event at Elland. It was nice to be accepted for the UK Urban League and we certainly provided a high quality event. I was able to test run one of the courses in the week before the event on a very hot humid evening and although exhausted was really impressed with the high level of detail on Richard's excellent map and thoroughly enjoyed the navigational challenges.

We may have been late to the world of urban orienteering compared to other clubs but we are more than making up for lost time as every year yet another of our unique intricate urban landscapes is revealed to the wider orienteering world. Well done to Richard for yet other set of great courses and to Jean for another successfully organised event.

This year's YHOA Urban League concluded with an event hosted by CLOK. We had a very strong showing in this year's league winning 7 of the 12 classes. Well done to all.

The local interest generated by our sprint event at Greenhead Park in May has really paid dividends and it was great to see that Jean has managed to make the long planned POC a reality.

I mentioned last time that we had also had an approach from the council about Wellholme Park. The original POC was put in back in 1989 when I believe Pat Aspinall under the auspices of the West Yorkshire Orienteering Development Association (WYODA) was instrumental in creating the courses. I recently went out to the park and although the woods are very overgrown in places and the park has changed a bit, I was impressed to find that 16 out of the 24 original controls markers were still in place. They just don't make things like they used to.

Having thought I had the fixtures list sorted for the next year, potential venues for our events in December 2015 and February 2016 are currently being reassessed. One of the reasons is that our request to use Norland at Christmas was declined because there is currently a council lead consultation process on the future use of Norland Moor. Anthony has kindly sent round the questionnaire which I would ask you all to complete as our use of the area for orienteering may depend on it.

The organisation of the JK in 2016 is starting to really ram up and I can assure that an awful lot of work is happening behind the scenes. The festival will only be successful with the support of as many club members as possible as there are all manner of jobs that will need doing over the weekend. I know it seems like a long way away but as soon as know you will be able to help, primarily at the Relays at Storthes Hall but on any of the other days, please let us know.

I have subtitled this Chat the penultimate one as I won't be seeking re-election at the AGM in September. I have rather unconstitutionally been Chairman since the summer of 2009 and after 12 years serving on the committee with the last 6 as Chairman, it is definitely time for a break. If I'm honest I wasn't really ready to take on the responsibilities of Chairman when I did and only stepped into the breach in what conservatively be called 'a bit of crisis' within the club. A past Chairman told me once that the Chairman's role was more of an honorary position but I have found it anything but and I have tried my best to keep things moving on. With a very busy job and a non-orienteering partner it's never been particularly easy, and has been especially more difficult recently but I've always been firmly of the belief that for a sport like orienteering to survive everyone who takes part in it to needs to put something back in. When I became Chairman I made it my business to understand and be able to do all the different roles required within the club as I could never ask anyone to do anything I haven't done or be prepared to do so myself. I think I've managed to achieve that and would hope that club can continue to develop and adapt to changing demographics and what feels at times to be well intended but crippling bureaucracy.

Our next major event is Ogden in October on one of our nicest areas and I hope everyone who can, will lend a hand to ensure it is a success.

Unfortunately I won't be able to attend the Scottish 6 Day or White Rose this year but wish everyone all the best and hope they are as enjoyable as usual

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

Copy to Emma by 20 September 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!

What has your committee been doing?



East Pennine Orienteering Club



There has been no committee meeting since the last Epistle and the next one will be on Wednesday 16th September, followed by the EPOC AGM at 8pm, so please keep the date in your diaries.

Treasurer's Report

Since the last Epistle the club has had a relatively quiet time. We held a small event at Greenhead Park (our original plans were scuppered by the Tour De Yorkshire) and a very successful urban event on Richard Payne's Elland map. Final accounts for this event are still awaited.

One major expense has been professional mapping (David Peel) of Farnley Tyas.

Overall I anticipate a net deficit of around £3,000 this year. In view of the investments that the club has made I believe this is fully justified.

David Morgan

AGM

East Pennine Orienteering Club

Your Club Needs You!

SO PLEASE COME TO THE EPOC 2015 AGM



On Wednesday 16th September 2015 at 8pm
at Marsh Liberal Club, Huddersfield

Emails will be circulated round the club with further details!

The 2015 AGM will be held at the Marsh Liberal Club, 31 New Hey Road (A640), Huddersfield. Travelling from junction 23 of the M62 towards Huddersfield, Marsh Liberal Club is on the right approximately 200 metres after the first roundabout (near the hospital). The building is set back from the road and the car park is in front of the club.

We need as many club members as possible to attend: it is important for the committee to know what you want from the club.

Please come along and offer any help you may wish to give. We are not going to cajole you in to joining the committee unless you wish to, in which case, yes please. Both the Chair and Secretary roles will need to be filled this year.



This year, again, the formal business of the AGM will be followed by a QUIZ and NIBBLES - teams of 4 (max) are needed so get together with your cleverest orienteering friends and win a prize! We promise the questions will be well easy this time.

The agenda for the AGM is as follows:

1. Apologies
2. Minutes of the 2014 AGM
3. Chairman's report
4. Secretary's report
5. Treasurer's report
6. Club fees for 2015
7. Fixtures secretary's report
8. Election of officers
 - Chair
 - Secretaries (membership and meetings)
 - Treasurer
 - Fixtures Secretary
 - 4 executive committee members
 - Hon. Auditor
9. Any other business

Copies of the agenda, minutes and audited accounts will be available at the meeting

Mike's eNews – 24 July 2015

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As always, feel free to forward this eNews to your members; it's going to be published on the eNews page at <http://www.britishorienteering.org.uk/page/enews> on Monday so if you would rather send them a link please feel free to do so.

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

The poster features a scenic background of a Yorkshire moorland landscape. At the top, it reads "Jan Kjellström International Festival of Orienteering 2016" with dates "Friday 25th March - Monday 28th March 2016" and the tagline "in the spectacular scenery of Yorkshire". A blue stick-figure logo is accompanied by "JK2016 YORKSHIRE". A circular gold emblem marks "50 YEARS OF THE IJO". Logos for British Orienteering and UK Orienteering are present, along with a "Welcome to Yorkshire" sign. The event schedule is listed as follows:

Day	Event	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 shows the locations of the four days across Yorkshire: Day 1 - Leeds, Day 2 - Wass, Day 3 - Kilnsey, and Day 4 - Storthes Hall.

EPOC Rankings 2015

These are the current ranking positions (as of 26th July) 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	M/F	Points	Contributing scores 
1 (54)	James Logue	M	7974	1325, 1326, 1355, 1318, 1327, 1323
2 (132)	Andy Thorpe	M	7736	1282, 1293, 1274, 1286, 1294, 1307
3 (156)	Alasdair Pedley	M	7696	1284, 1287, 1275, 1277, 1274, 1299
4 (164)	Simon Martland	M	7681	1277, 1279, 1273, 1282, 1289, 1281
5 (282)	Paul Taylor	M	7484	1246, 1239, 1264, 1230, 1249, 1256
6 (305)	Jonathan Emberton	M	7450	1236, 1239, 1244, 1243, 1247, 1241
7 (336)	Mike Pedley	M	7402	1225, 1227, 1251, 1230, 1227, 1242
8 (505)	Phil Scarf	M	7222	1207, 1188, 1262, 1151, 1217, 1197
9 (714)	Richard Payne	M	7032	1161, 1174, 1182, 1172, 1168, 1175
10 (895)	Emma Harrison	F	6882	1140, 1139, 1152, 1160, 1151, 1140
11 (915)	Amanda Crawshaw	F	6870	1111, 1248, 1160, 1107, 1126, 1118
12 (933)	Alistair Tinto	M	6854	1135, 1139, 1138, 1135, 1168, 1139
13 (982)	Graham Lloyd	M	6809	1153, 1128, 1145, 1117, 1144, 1122
14 (1154)	Megan Harrison	F	6662	1095, 1134, 1095, 1156, 1083, 1099
15 (1294)	Julie Couch	F	6553	1079, 1110, 1080, 1103, 1090, 1091
16 (1305)	Ian Couch	M	6543	1099, 1076, 1088, 1108, 1093, 1079
17 (1421)	Jackie Scarf	F	6450	1086, 1103, 1103, 1107, 1064, 987
18 (1455)	Richard Spendlove	M	6429	1028, 1136, 1152, 1008, 1068, 1037
19 (1589)	David Harrison	M	6316	1043, 1052, 1066, 1086, 1032, 1037
20 (1624)	Paul Jackson	M	6290	1082, 1036, 1052, 1024, 1024, 1072
21 (1946)	Helen Pedley	F	6019	1014, 1001, 1004, 1013, 994, 993
22 (2060)	Jean Lochhead	F	5919	985, 987, 989, 982, 979, 997
23 (2144)	Neil Croasdell	M	5842	972, 962, 973, 1006, 994, 935
24 (2170)	Guy Goodair	M	5812	956, 993, 974, 948, 989, 952
25 (2257)	William Barraclough	M	5708	1209, 1148, 1184, 1091, 1076
26 (2262)	Helen Martland	F	5705	971, 936, 917, 947, 962, 972
27 (2319)	Keith Sykes	M	5630	982, 943, 926, 905, 966, 908

Pos. ?	Name	M/F	Points	Contributing scores ?
28 (2360)	Linda Hayles	F	5582	923, 986, 872, 948, 956, 897
29 (2447)	Rod Shaw	M	5456	876, 905, 938, 871, 967, 899
30 (2449)	Brian Mellor	M	5452	865, 1105, 1039, 801, 625, 1017
31 (2534)	Judith Goodair	F	5333	865, 908, 877, 902, 922, 859
32 (2564)	Joanna Emberton	F	5293	869, 845, 942, 900, 895, 842
33 (2616)	Philip Thompson	M	5208	875, 858, 894, 860, 862, 859
34 (2742)	Pat Aspinall	F	4964	845, 846, 808, 878, 800, 787
35 (2773)	Jane Payne	F	4901	851, 862, 800, 840, 771, 777
36 (2821)	Michael Wood	M	4811	905, 911, 862, 534, 804, 795
37 (2824)	Jackie Page	F	4795	810, 826, 785, 797, 792, 785
38 (2958)	Bob Steeper	M	4552	840, 943, 918, 887, 964
39 (3024)	Mike Thorpe	M	4440	738, 727, 693, 828, 707, 747
40 (3081)	Rebecca Lloyd	F	4324	718, 711, 780, 727, 741, 647
41 (3198)	Juliet Morgan	F	4020	871, 741, 782, 864, 762
42 (3284)	James Williams	M	3792	1270, 1293, 1229
43 (3353)	Margaret Shaw	F	3603	584, 633, 598, 693, 606, 489
44 (3433)	Viv Barraclough	F	3400	1156, 1108, 1136
45 (3453)	Esther Logue	F	3326	1245, 1040, 1041
46 (3637)	John Elliott	M	2837	884, 1028, 925
47 (3669)	David Morgan	M	2760	666, 738, 718, 638
48 (3743)	Simon Bourne	M	2550	1266, 1284
49 (3899)	Bryan Parkinson	M	2207	1067, 1140
50 (3950)	Steven Wood	M	2138	1066, 1072
51 (4218)	Paulette Noot	F	1654	610, 545, 499
52 (4254)	Sarah Noot	F	1584	1117, 467
53 (4384)	Adam Breaks	M	1253	1253
54 (4568)	Claire Hanson	F	1056	1056
55 (4615)	Roland Sansom	M	1028	1028
56 (4696)	Gillian Markham	F	981	981
57 (4752)	Tim Hayles	M	944	944

Pos. ?	Name	M/F	Points	Contributing scores ?
58 (4927)	Robert Page	M	811	811
59 (4927)	Tom Crawshaw	M	811	811
60 (4979)	Alan Hardwicke	M	759	759
61 (5009)	corinne roberts	F	722	722
62 (5015)	Val Pownall	F	712	712
63 (5092)	Siarlot Lloyd	F	600	600
64 (5148)	Donna Wood	F	471	471

UK O League Club League

Rank	Club	Points
1	BOK	4507
2	SYO	4295
3	OD	4147
4	EPOC	3800
5	TVOC	3751

Xplorer

Viv Barraclough

Lead Coach, EPOC Club Nights

Xplorer events on;

Weds July 22nd Oakwell Hall

Thurs July 23rd Greenhead Park

Both 11-1:30pm meet near main playground

Informal coaching session 11:30 both events, meet other youngsters

At Oakwell I will also provide an informal white course (one that Alistair held at the picnic in 2012)

Thurs July 30th Crow Nest Park as part of the Flame event (free activities for children from 11am) I will be running an Xplorer event 2-3pm. Meet near the car park by the museum

Guinea pigs still wanted for those of us doing level 2 assessments this summer; anyone who runs or wants to run green or above and would be happy to be coached for an hour please contact me

Viv

07906 500541



Are you under 26?

Want to improve your skills
in the outdoors?

Training for a competition?

Embarking on an expedition?

Doing an outdoor skills course?

Selected for an international event?

The Jack Bloor Fund may be able to help you

The Jack Bloor Fund is available to

Young people under 26 years who
Live in Yorkshire and are a
Member of a Yorkshire Sports Club or a
Member of a National Sport Governing Body

What can you apply for?

Grants to improve a physical and/or technical skill in any recognised outdoor sport

We have awarded grants to members of these clubs

Yorkshire Fell Running and Athletics Clubs
Yorkshire Orienteering Clubs
Yorkshire Mountaineering and Rock Climbing Clubs
Yorkshire Cycling Clubs
Yorkshire Scout Groups
Yorkshire Guide Groups

And to members of these National Sport Governing Bodies

British Orienteering Federation
British Mountaineering Council
Fell Runners Association
British Cycling

These are some of the sports we have supported

Rock climbing
Fell running
Mountaineering
Orienteering
Athletics
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



HALIFAX OSTEOPATHS PAIN & INJURY CLINIC

8, King Cross Street, Bull Green, Halifax HX1 2SH Tel: 01422 320225



EAST PENNINE ORIENTEERING CLUB

50 % off voucher

This voucher when produced at The Pain and Injury Clinic entitles East Pennine Orienteering
Club members to a half price first consultation and treatment at the Clinic

Please contact us at the above address on the telephone number provided to make an
appointment.

We look forward to helping you soon.

A J Cunningham DO
Amy Dickinson 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.

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.qd4caminhos.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.

EVENT REPORTS AND RESULTS

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

Riga O Week

Guy Goodair

Rather than go to the British Long Championships this year we decided to go to Latvia for the Riga O week – this consisted 3 midweek races and the 2 day World ranking Riga Cup. As Ryanair only flew Wednesdays it meant we missed the first event. We'd pre-entered and downloaded the info and all we knew for our first race was which bus-stop to alight at. We checked at the Bus Station and were told it wasn't in Riga but the next town, Balozi. Getting off the bus we hadn't a clue which direction to go but followed the other passengers, most of whom disappeared into the various apartment blocks scattered about, save for a lone old lady with young girl in tow – she smiled, beckoned us on and eventually we entered a wood. A few minutes later we came to Registration

and paid our entry fees, just over £2 per event midweek and just over £4 per day for the WRE event (BOF please note!!)

We were issued with maps with every control in the forest marked on and then we had to go to the appropriate table for our course which showed the ones we had to visit and mark up the route ourselves. The areas were wonderfully runnable, no bracken, brambles etc but basically on sand dunes. By the time we'd got back the organisers had worked out for us the easiest way to get to event 2 – Tram to terminus, cross the road, bus No 22 to terminus then 2km along forest road to assembly.

We'd purchased a 5 day transport ticket (for the princely sum of 15 Euros) which allowed us unlimited travel on bus, tram, trolleybus or train around Riga so we spent Friday sightseeing by jumping on and off various modes of transport round the city. The two events we'd done were open starts and there was nothing on the website early Friday about the Saturday Riga cup race, only the first start was 12pm. We'd planned to get there early as it meant taking two buses (with a long wait between them and a 2.5km walk from the bus stop to assembly and a further 2.5km from Assembly to the start. When we got to assembly around 11am we found that start times had gone on the internet late on Friday night and Judith's start was around 3.30pm and mine an hour later!! We had some soup for lunch but there was stacks of choice at giveaway prices (including even Weiner Schnitzel). Eventually I set off for my start – there weren't many starters after me. I set off to find my No 1 (a depression 82) several minutes later I've found 81, 68, 33 anything but 82 – I return to the start (by now there's no one else starting) eventually I find it - it's now 4.55 – I set off for No 2 and again can find controls but alas not mine. It's now 5.15 and I've 16 controls to go – there are two buses back 6.10 and 6.40 and it's 2.5km from assembly. I decide to retire – but where am I? I head off north and eventually I can hear the loudspeaker at assembly. It's now nearly 5.30. Go to get my rucksack and spot Judith's is still there. She's still out. The prize presentation takes place and people start drifting away. There are two people stood by the last control scanning the forest, I join them. Eventually a runner appears, it's the runner they're waiting for. Still no sign of Judith – when do I go to the organisers and tell them she's still out there? Suddenly I can see her, she dashes in. 'No time to change – just give me my sweat top' she says 'we need to catch the bus' – It's now 6pm – 2.5km down a forest road – bus goes at 6.10pm – not a cat in hell's chance of catching it, but on we jog.

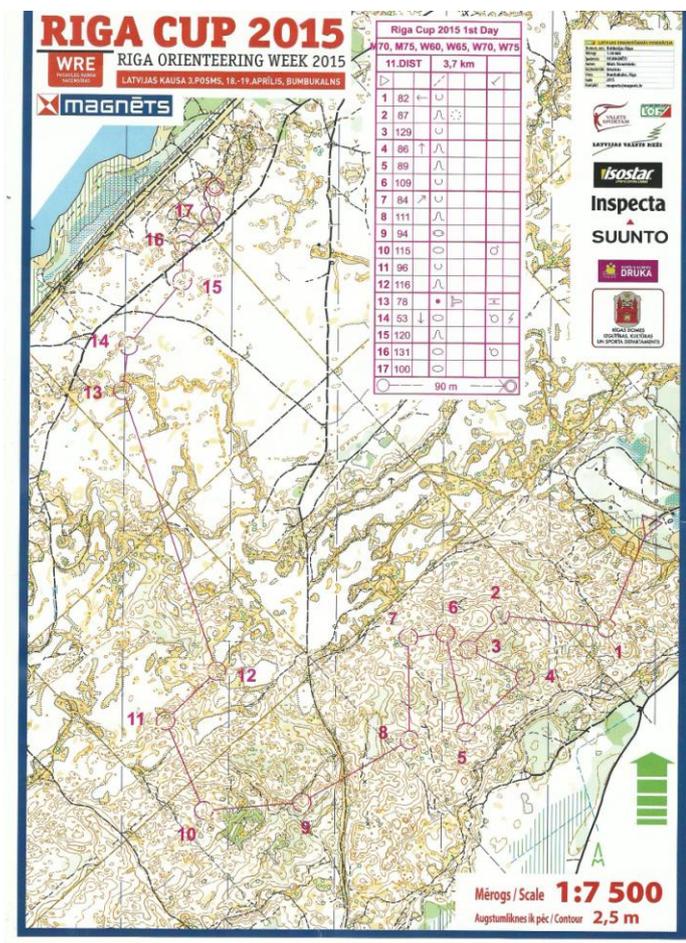
Suddenly a car comes to a stop just in front of us, a woman jumps out, throws a load of gear in the boot – 'Get in' a voice says. We gratefully scramble in. We arrive at the Bus Stop just as the bus is pulling away. 'Where do you want to be?' He asks. 'Next Stop will be fine' I reply. 'We can get a little closer to Riga' he says. He's Russian and thinks it's warm here, we disagree. Eventually we near the river and recognise a stop from the previous day – 'This will do' I say. No, we cross the river and after telling him of other places we can drop off they eventually drop us outside our hotel. 'How did you find it today?' he asks. 'I was lost' I tell him.

'I have been to your Lake District, the mist came down, I too was lost' he replies with a grin. What a Samaritan!!

Assembly had a huge screen with cameras in various parts of the forest and in addition to the rolling screen for results and another one showing splits for everyone going through the 3 radio controls (apparently all the courses went through these, so you could see how people were progressing)

The final day saw us both setting off up the steep sandy track from the start very cautiously – can't afford a repeat of yesterday – I virtually walked to No1 but get it OK as did Judith hers. We both gradually got more confidence as the race progressed and were both running strongly at the finish. Judith finished 6th and I managed 1st in our respective classes. Would we go back? Yes, like a shot.

The local club, Magnets, between 1st of April and 30th Sep put on a total of 78 events, all accessible by public transport, usually three midweek and every weekend. Next year's Riga O week is on 19 to 24 April.



HOC Springtime in Shropshire; Brampton Bryan, Romington, Lan Fawr & Corndon - 23 to 25 May 15

	Day 1	Day 2	Day 3	Total
M14				
1 Adam Thorpe	26.25 (1)	21.14 (1)	18.53 (1)	66.32
M45				
1 Andy Thorpe	54.39 (1)	48.50 (1)	40.51 (1)	144.20
M65				
15 Neil Croasdell	70.57 (22)	91.27 (21)	72.24 (15)	234.48
M75				
4 Rod Shaw	65.58 (18)	39.49 (1)	48.30 (6)	154.12
M80				
2 Phil Thompson	57.29 (4)	47.10 (1)	54.29 (3)	159.08
W12				
6 Anna Thorpe	49.59 (8)	32.43 (5)	34.31 (6)	117.13
W60				
22 Margaret Shaw	141.29 (10)	103.11 (23)	67.16 (21)	311.58

CLARO YUL, Knaresborough Urban Race - 24 May 15

Course A 6.6km 100m

3 rd Simon Martland	44.19
33 rd Sam Crawshaw	61.57
35 th David Harrison	62.06

Course B 5.7km

13 th Emma Harrison	51.55
m8 Helen Martland	63.16

Course D 3km 50m

2 nd Jean Lochhead	35.56
12 th Judith Goodair	46.35

Course E 3.3km 50m

3 rd Megan Harrison	27.07
5 th Laura Harrison	29.03
m14-19 dnf Alex Crawshaw	31.40

Course C 4km 50m

1 st Richard Payne	34.55
12 th Guy Goodair	42.55
31 st Jane Payne	55.43

Course F 1.7km 40m

2 nd William Martland	16.49
3 rd Sue Brant	30.11

EBOR YUL, York City Race - 25 May 15**Men's Young Junior 2.8km**

2 nd William Martland	36.23
----------------------------------	-------

Men's Vets 5.7km

1 st Simon Martland	39.23
17 th Graham Lloyd	53.48

Men's Ultra Vet 4km

2 nd Richard Payne	35.04
13 th Guy Goodair	44.01

Women's Young Junior 2.8km

2 nd Alex Crawshaw	28.49
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Women's Junior 2.8km

2 nd Megan Harrison	23.18
3 rd Laura Harrison	24.57

Women's Vet 5km

3 rd Emma Harrison	45.48
13 th Helen Martland	57.58
17 th Rebecca Lloyd	69.02
m7-15 Amanda Crawshaw	dnf

Women's Senior Vet 4km

11 th Jane Payne	56.26
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Women's Ultra Vet

2 nd Jean Lochhead	36.08
8 th Judith Goodair	46.56
10 th Jackie Page	47.15
11 th Juliet Morgan	48.34

MDOC Twin Peaks, Place Fell & Angle Tarn Pikes - 30 & 31 May 15

	Day 1	Day 2	Overall
Short Brown 1			
4 th Andy Thorpe	60.07 (7)	59.13 (4)	119.20
Blue 1			
1 st Alasdair Pedley	46.38 (1)	43.56 (1)	90.34
7 th Mike Pedley	53.59 (8)	56.49 (8)	110.48
Blue 2			
31 st Linda Hayles	115.56 (35)	91.40 (33)	207.36
Short Blue 1			
15 th Ian Couch	55.20 (26)	62.59 (13)	118.19
34 th Rod Shaw	83.16 (43)	83.45 (32)	167.01
37 th Neil Croasdell	87.44 (44)	99.54 (40)	187.38
Green 1			
3 rd Julie Couch	44.06 (12)	59.22 (5)	103.28
Green 2			
39 th Margaret Shaw	89.59 (40)	97.01 (44)	187.00
Mike Thorpe		81.52 (41)	
Short Green			
1 st Helen Pedley	37.49 (12)	47.53 (4)	85.42
Very Short Green			
1 st Philip Thompson	55.55 (4)	56.12 (3)	112.07
Pat Aspinall		70.32 (8)	
Light Green			
3 rd Adam Thorpe	36.11 (3)	24.57 (2)	61.08
8 th Sarah Pedley	47.16 (10)	31.37 (4)	78.53
Orange			
15 th Anna Thorpe	55.15 (18)	59.36 (18)	114.51
Silver			
Mike Thorpe	54.52 (8)		

AIRE Fat Rascal Weekend - 6 & 7 Jun 15**Holt Park Prologue/Golden Acre Park Chasing Sprint - 6 Jun 15**

	Prologue	Chase	Total
MYJ			
1 st William Martland	13.38 (1)	16.38 (3)	30.16
WJ			
1 st Megan Harrison	13.20 (1)	17.34 (1)	30.54
Laura Harrison	18.04 (3)	w8	-
WV			
2 nd Emma Harrison	19.53 (3)	24.23 (1)	44.16
Amanda Crawshaw	19.52 (2)	m 5-6	-
WSV			
10 th Jane Payne	26.33 (11)	43.28 (10)	70.01
WUV			
1 st Jean Lochhead	16.18 (1)	23.11 (1)	39.29
2 nd Judith Goodair	19.21 (3)	28.26 (2)	47.47
MV			
1 st Simon Martland	16.33 (1)	18.35 (1)	35.08
David Harrison	26.37 (10)	m19	-
MUV			
Richard Payne	17.52 (2)	m14	-
Guy Goodair	22.52 (8)	m9 m14-15	-

UK Urban League, Colton Village - 7 Jun 15

WYJ		WUV	
2 nd Alexandra Crawshaw	14.16	2 nd Jean Lochhead	35.57
5 th Sue Levinson	29.27	9 th Judith Goodair	46.50
WJ		MYJ	
1 st Megan Harrison	22.24	2 nd William Martland	14.53
6 th Laura Harrison	26.02	MV	
WV		1 st Simon Martland	31.54
3 rd Amanda Crawshaw	34.13	16 th David Harrison	46.45
4 th Emma Harrison	34.42	MUV	
WSV		2 nd Richard Payne	29.57
20 th Jane Payne	50.39	4 th Richard Spendlove	31.35
		19 th Guy Goodair	39.25

DVO East Midlands Urban League, Chesterfield - 14 Jun 15

Mens Senior Vet		Womens Senior Vet	
7 Richard Payne	47:49	12 Jane Payne	60:39
Mens Ultravet		Womens Ultravet	
17 Neil Croasdell	45:42	4 Jean Lochhead	43:54

EBOR Hazelwood Castle, EBOR Champs & YHOA Schools Champs - 14 Jun 15

Green 4.3km 90m		Yellow 1.7km 15m	
4 th Paul Taylor	34.23	3 rd Lauren Watts	15.49
8 th Viv Barraclough	40.08	White 1.6km 15m	
12 th Emma Harrison	41.29	1 st Sam Crawshaw	11.12
17 th Amanda Crawshaw	45.53	3 rd Alexandra Crawshaw	12.17
42 nd Brian Mellor	82.22	5 th William Martland	13.08
Short Green 3.3km 50m		6 th Luke Barraclough	13.29
2 nd Megan Harrison	38.21	8 th Seth Barraclough	14.12
27 th Philip Thompson	74.41	12 th Joseph Barraclough	20.11

Light Green 3.2km 40m		14 th Cormac Thomas	21.56
2 nd Laura Harrison	41.26	15 th Callum Watts + 1	27.03
Orange 2.7km 40m			
m 4-12 Joy Mellor	35.59		

Schiehallion Weekend

FVO Day 1, Bannockburn Sprint Race - 19 Jun 15

Course 1 (length: 3.7km, 23 controls)

38 Alasdair Pedley 00:16:59

Course 3 (length: 2.9km, 21 controls)

7 Mike Pedley 00:19:28

34 Amanda Crawshaw 00:24:48

FVO Day 2, CompassPoint SOL 5 and UK Cup, Tullochroisk - 20 Jun 15

Blue (length: 5.65km, climb: 245m, 13 controls)

2 Alasdair Pedley 00:42:08

15 Mike Pedley 00:51:21

54 Amanda Crawshaw 01:10:44

TAY Day 3, Dunalastair CompassPoint SOL 6 - 21 Jun 15

Blue (length: 6.2km, climb: 220m, 16 controls)

7 Alasdair Pedley 00:55:37

17 Mike Pedley 01:06:52

59 Amanda Crawshaw 01:32:18

SELOC Horwich Festival of Racing, Urban Event - 21 Jun 15

	Lever Park	Urban	Combined
Supervet Men			
7 th Richard Payne	22.46	15.37	38.23
13 th Neil Croasdell	26.42	18.35	45.17
15 th Guy Goodair	29.56	19.08	49.04
Supervet Women			
3 rd Jean Lochhead	23.08	17.02	40.10
7 th Jane Payne	34.56	21.59	56.55
8 th Jackie Page	40.55	25.41	66.36
Judith Goodair	38.50	mp 21.44	

Tyrol 3 Days, Innsbruck - 3 to 5 Jul 15

	Day 1	Day 2	Day 3
M60			
15 Neil Croasdell	27:47 (15)	1:08:15 (16)	1:15:56 (16)
W50			
5 Linda Hayles	41:15 (6)	1:26:45 (8)	1:32:09 (7)

EPOC UKOL, Elland Urban - 5 Jul 15

MYJ		WYJ	
1 st William Martland	25.52	1 st Imogen Noot-Williams	26.43
2 nd Callum Watts	44.19	2 nd Lauren Watts	26.51
rtd Emil Noot-Williams		3 rd Alex Crawshaw	28.36
MJ		5 th Anna Thorpe	30.02
1 st Alasdair Pedley	20.00	6 th Ffion Noot-Williams	46.35
2 nd Adam Thorpe	26.00	WJ	
MO		3 rd Sarah Pedley	35.56
m17-24 Sam Crawshaw		4 th Laura Harrison	41.03
		5 th Lucy Payne	48.47

MV		
3 rd Simon Martland	42.22	
5 th Jonathan Emberton	46.50	
6 th Phil Scarf	47.28	
11 th = Graham Lloyd	52.51	
19 th David Harrison	66.54	

MSV		
3 rd Mike Pedley	36.11	

MUV		
5 th Richard Spendlove	41.50	
13 th Guy Goodair	47.05	
24 th Rod Shaw	58.38	
m8 Mike Thorpe	68.24	

Course G		
1 st Joy Mellor	52.35	

WO		
5 th Jackie Scarf	60.19	
6 th Megan Harrison	65.02	

WV		
4 th Emma Harrison	46.20	
14 th Helen Martland	60.43	
18 th Rebecca Lloyd	75.09	
19 th Jackie Page	75.37	

WUV		
1 st Jean Lochhead	32.07	
8 th Jo Emberton	40.39	
11 th Judith Goodair	47.12	

Course D		
3 rd Siarlot Lloyd	67.06	

PFO Holcombe Ranges - 12 Jul 15

Blue		
1 st Simon Martland	71.11	
11 th Graham Lloyd	89.03	

Short Blue		
1 st Richard Payne	61.58	
8 th Ian Couch	74.48	
24 th Rod Shaw	93.27	

Green		
3 rd Julie Couch	58.48	
5 th Brian Mellor	61.35	
10 th Keith Sykes	70.01	
14 th Kathryn Willis	76.06	
21 st Margaret Shaw	102.22	
22 nd Rebecca Lloyd	104.30	

Short Green		
5 th Jean Lochhead	65.06	
16 th Philip Thompson	78.47	
17 th Helen Martland	79.44	
18 th Jane Payne	83.05	
24 th Jackie Page	95.00	

Orange		
7 th William Martland	63.04	

Yellow		
3 rd Joy Mellor	71.21	

NATO Killingworth Urban - 12 July 15

WUV 3.7km 15c		
Judith Goodair mp w8	42.32	

MUV 3.4km 20c		
7 Guy Goodair	38.42	

CLOK YHOA Urban League, Preston Park & Eaglescliffe - 19 July 15

WSV		
18 Jane Payne	62.27	

WUV		
1 Jean Lochhead	25.56	
4 Judith Goodair	37.47	
6 Jackie Page	42.11	

MUV		
1 Richard Payne	36.47	
11 Guy Goodair	49.18	

Swedish O Ringen, Boras - 19 to 24 Jul 15

	Day 1	Day 2	Day 3	Day 4	Day 5	Total
W10						
63 Alex Crawshaw	26.34 (57)	26.08 (99)	23.50 (25)	21.05 (53=)	29.30 (95)	127.07
W14						
70 Sarah Pedley	54.57 (82)	49.35 (79)	56.55 (94)	40.06 (62)	38.10 (48)	239.43
W40						
41 Amanda Crawshaw	92.21 (44)	68.53 (39)	66.14 (46)	53.53 (50)	68.32 (51)	349.53
W50						
94 Helen Pedley	114.07 (104)	88.58 (102)	87.55 (107)	55.54 (100)	61.02 (84)	407.56

102 Linda Hayles M11	187.25 (114)	124.24 (113)	109.05 (112)	68.08 (107)	68.48 (96)	557.50
14 Sam Crawshaw M13	24.37 (9)	24.41 (36)	26.08 (28)	19.52 (22=)	23.11 (24)	118.29
67 Adam Thorpe M16	47.45 (67=)	59.41 (108)	35.08 (58)	30.50 (49)	47.25 (114)	220.49
Alasdair Pedley M45	dns	dns	52.15 (94)	35.22 (88)	41.43 (53)	-
129 Andy Thorpe M50	101.35 (198)	66.18 (97)	68.51 (111)	44.28 (139)	69.01 (86)	350.13
106 Paul Taylor	75.30 (129)	69.25 (126)	59.32 (87)	38.43 (105)	62.26 (98)	305.36
109 Mike Pedley M65	70.49 (107)	72.40 (140)	64.57 (115=)	38.50 (106)	60.43 (87)	307.59
114 Neil Croasdell	175.56 (135)	92.55 (126)	97.14 (134)	84.40 (133)	103.19 (120)	554.04

YHOA URBAN LEAGUE – 2015

The YHOA Urban league finished on 19th July at Eaglescliffe. Congratulations to the following EPOC members who came in the top 3 in their age class:- Young Junior Men – 1st William Martland; Young Junior Women – 2nd Alex Crawshaw, 3rd Anna Thorpe; Junior Women – 1st Megan Harrison, 2nd Laura Harrison; Veteran Men – 1st Simon Martland; Veteran Women – 2nd Emma Harrison; Ultra Veteran Men – 1st Richard Payne; Ultra Veteran Women – 1st Jean Lochhead, 3rd Judith Goodair. For full results 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.

For 2015 the remaining list is:

30 Aug 15	EBOR White Rose Weekend (B), Pickering Forest
20 Sep 15	AIRE Dales Weekend Day 2(UKOL)/YHOA Championships (B), Hawkswick Clowder
25 Oct 15	EPOC Level B Event, Ogden Water
1 Nov 15	SYO Level C Event, Ramsley Moor
22 Nov 15	CLARO Level C Event, Brimham Rocks
6 Dec 15	SYO Level C Event, Wharncliffe

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 – August to October 2015

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

Date	Club/Region	Type/Area	Location
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August

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

September

5	LOG/EMOA	Lincoln City Race	Lincoln
6	SYO/YHOA	Bowden Housteads Middle Distance	Sheffield
6	CLOK/NEOA	South Gare Dunes Regional Event	Redcar
12	SLOW/SEOA	London City Race	London
13	CLARO/YHOA	Hanging Moor Regional Event	Harrogate
19	AIRE/YHOA	Dales Weekend Day 1/Northern Championships, Monk's Road	Settle
20	AIRE/YHOA	Dales Weekend Day 2/YHOA Championships, Hawkswick Clowder	Upper Wharfedale
27	DVO/EMOA	Chinley Churn	Hathersage
27	SELOC/NWOA	Haslingden Grane	SE Lancashire

October

3	CLOK/NEOA	October Odyssey Day 1, Eston Moor	Middlesbrough
4	CLOK/NEOA	October Odyssey Day 2, Boltby	Northallerton
10	DEE/NWOA	DEE Sprint Weekend, Forest Sprint, Eastham Country Park	Wirral
10	DEE/NWOA 	DEE Sprint Weekend, Night Sprint, Grosvenor Park	Chester
11	DEE/NWOA	DEE Sprint Weekend, Urban Sprint, City Centre and The Dale Barracks	Chester
11	EBOR/YHOA	Regional Event	York
18	SROC/NWOA	Compass Sport Final, Helsington Barrows	Kendal
25	EPOC 	Regional Event, Ogden	Halifax
31	NATO/NEOA 	Northern Night Champs, Slayley Hall Estate	Hexham
31	SYO/YHOA 	YHOA Night League, Ramsley Moor	Chesterfield
1 st Nov	SYO/YHOA	Regional Event, Ramsley Moor	Chesterfield

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