



Epistle



No. 237
June - July 2016



Photo's: Paulette Noot

Euan, Anna and Maebh at the JK Relays

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2015/2016

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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

As usual for this time of year it has been a busy couple of months with most major fixtures taking place during the Spring. Well done to everyone who has competed at these events. The first weekend of June sees the re-scheduled Compass Sport Qualifying round and looking at the entries from all the clubs running, despite having no juniors running on Orange, it looks like EPOC stands a good chance of qualifying for the final. Having said that however, we do need everyone to have a clean run to make sure they score points! The following day is the YHOA Sprints in Sheffield which offers fast and furious running and an opportunity to brush up on your Sprint skills prior to the British Sprints the following weekend at the Olympic Park in London. The British Middle Distance Championships taking place on 12th June on Leith Hill will fill the rest of that weekend.

Moving into summer, don't forget EPOC's weekend of orienteering with the YHOA Schools Championships and Colour Coded event at the newly mapped Farnley Tyas on Saturday 2nd July, followed by Huddersfield Urban event on Sunday 3rd July. Make a note of these dates in your diary and why not offer to help – the more hands on deck the easier it is for everyone!

Emma Harrison

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 2016

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

Summary of Committee Meeting

Wednesday 18 May 2016

Marsh Liberal Club



Present; Davey Averill, Alistair Tinto, Emma Harrison, David Morgan, Jean Lochhead, Rod Shaw, Paul Taylor, Viv Barraclough

1. Apologies Paulette Noot and Pat Thorpe
2. Outstanding items- committee to send photos to Anthony if they want updated version on the website
3. Treasurer's report accepted
4. Report from Fred re Nostell. We hope that the NT work out a system for producing maps on request from visitors. David is doing some work on the Newmilerdam course and thought to explore the option of having a map "keeper"
5. JK finances are still being decided on
6. Fixtures - Davey to update British Orienteering fixtures list. Alistair to put all club events that we have dates for on the website. Viv to set up schools' league. Davey would like to put on informals on midweek evenings. Paul contacted Pauline Tryner (SYO) to check she's sending out details for YHOA Schools champs event to Sheffield schools
7. Honley possibly to be re-mapped for an event the day before the CSC final at Tankersley in Oct 2016 if Deffer is not suitable to be used at present due to the brambles

8. Publicity; email and Facebook becoming more prominent. Twitter account to be set up. Any email addresses of non-members who show an interest and are happy to be on a mailing list about events please fwd to Viv for participation manager newsletter.

9. Juniors: EPOC fielded a team at the Yvette Baker trophy qualifying round for the first time and came a very credible 2nd place behind a strong SYO team. It is hoped to also take a junior team to the Peter Palmer Relays in September. Thanks to Amanda Crawshaw for co-ordinating this

10. Epistle out early June

11. Big Orienteering Day Oakwell Hall 2nd August provisionally. With evening event. Agreed Oakwell a good venue for sprints next year. Sun 14th May provisionally

12. Next meeting and AGM Wednesday 14th September at 7pm Marsh Liberal Club with nibbles and possibly Alistair's quiz

COMPASS SPORT TROPHY 2016

10:32:00	Philip Thompson	M80	EPOC	Veterans Short Green
10:36:00	Fred Ross	M70	EPOC	Veterans Short Green
10:40:00	Brian Mellor	M75	EPOC	Veterans Short Green
10:43:00	John Rawden	M55	EPOC	Blue Men
10:44:00	Esther Logue	W45	EPOC	Green Women
10:45:00	Richard Payne	M65	EPOC	Green Men
10:52:00	Gill Ross	W65	EPOC	Veterans Short Green
10:58:00	Mike Thorpe	M75	EPOC	Veterans Short Green
10:59:00	Bob Steeper	M50	EPOC	Blue Men
11:00:00	Julie Couch	W55	EPOC	Green Women
11:01:00	Ian Couch	M65	EPOC	Green Men
11:04:00	Paul Jackson	M70	EPOC	Veterans Short Green
11:07:00	Adam Breaks	M35	EPOC	Brown
11:08:00	Megan Harrison	W18	EPOC	Junior Women
11:12:00	Margaret Shaw	W65	EPOC	Veterans Short Green
11:15:00	Mike Pedley	M55	EPOC	Blue Men
11:16:00	Helen Pedley	W50	EPOC	Green Women
11:17:00	Alasdair Pedley	M18	EPOC	Junior Men
11:23:00	Alistair Tinto	M50	EPOC	Brown
11:24:00	Laura Harrison	W16	EPOC	Junior Women
11:24:00	David Harrison	M45	EPOC	Short Brown
11:25:00	Emma Harrison	W40	EPOC	Blue Women
11:31:00	Jean Lochhead	W70	EPOC	Veterans Short Green
11:31:00	Jonathan Emberton	M55	EPOC	Blue Men
11:32:00	Joanna Emberton	W55	EPOC	Green Women
11:33:00	Neil Croasdell	M65	EPOC	Green Men
11:35:00	Jackie Page	W65	EPOC	Veterans Short Green
11:40:00	Guy Goodair	M80	EPOC	Veterans Short Green
11:45:00	Corrine Roberts	W70	EPOC	Veterans Short Green
11:47:00	David Averill	M50	EPOC	Blue Men
11:56:00	Judith Goodair	W75	EPOC	Veterans Short Green
12:12:00	Rod Shaw	M75	EPOC	Veterans Short Green
12:12:00	James Logue	M45	EPOC	Short Brown

EPOC ORIENTEERING TOPS

There are just a couple of EPOC tops, both size XS (36" chest), available to buy. If there is sufficient interest I can look into ordering some more tops so please let me know if you would like a top in a different size to the ones in stock. Remember they are an athletic fit!

Eah1607@aol.com

EPOC Rankings 2016

These are the current ranking positions (as of 29th May) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos. 	Name	Points	Contributing scores 
1 (49)	James Logue	7974	1324, 1314, 1327, 1342, 1343, 1324
2 (98 -2)	Alasdair Pedley	7815	1306, 1311, 1301, 1292, 1311, 1294
3 (157 -43)	Andy Thorpe	7681	1260, 1270, 1319, 1290, 1271, 1271
4 (190 -20)	Simon Martland	7629	1266, 1288, 1271, 1264, 1271, 1269
5 (263)	Jonathan Emberton	7516	1248, 1253, 1265, 1261, 1245, 1244
6 (327 +2)	Mike Pedley	7430	1251, 1248, 1227, 1243, 1230, 1231
7 (360 -3)	Phil Scarf	7396	1211, 1216, 1263, 1238, 1223, 1245
8 (370 -4)	Paul Taylor	7386	1220, 1257, 1236, 1228, 1222, 1223
9 (707 +32)	Richard Payne	7059	1174, 1165, 1166, 1169, 1216, 1169
10 (713 +7)	David Averill	7054	1182, 1171, 1166, 1184, 1168, 1183
11 (809 +7)	Emma Harrison	6978	1169, 1175, 1160, 1171, 1152, 1151
12 (891 +9)	Graham Lloyd	6909	1139, 1151, 1170, 1162, 1150, 1137
13 (1085 +6)	Alistair Tinto	6783	1125, 1141, 1138, 1124, 1116, 1139
14 (1093 +10)	Amanda Crawshaw	6778	1118, 1125, 1135, 1120, 1118, 1162
15 (1153 +9)	Richard Spendlove	6732	1145, 1110, 1123, 1112, 1133, 1109
16 (1170 +15)	Julie Couch	6714	1107, 1114, 1104, 1120, 1149, 1120
17 (1373 +5)	Megan Harrison	6562	1101, 1091, 1087, 1091, 1096, 1096
18 (1381 +7)	Jackie Scarf	6556	1082, 1126, 1050, 1113, 1154, 1031
19 (1478 +15)	Esther Logue	6498	1041, 1103, 1096, 1124, 1061, 1073
20 (1499 +15)	Ian Couch	6484	1086, 1088, 1073, 1093, 1072, 1072
21 (1577 +12)	Simon Bourne	6423	1287, 1273, 1278, 1293, 1292

Pos. 	Name	Points	Contributing scores 
22 (1686 +11)	James Williams	6338	1299, 1233, 1285, 1241, 1280
23 (1800 +16)	David Harrison	6255	1053, 1039, 1077, 1039, 1020, 1027
24 (1849 +20)	Helen Pedley	6224	1015, 1019, 1023, 1025, 1031, 1111
25 (1860 +21)	Paul Jackson	6218	1059, 1021, 1025, 1039, 1041, 1033
26 (2091 +17)	Brian Mellor	6058	1039, 950, 995, 891, 1041, 1142
27 (2314 -85)	Jean Lochhead	5840	957, 960, 1020, 946, 961, 996
28 (2396 +19)	Keith Sykes	5767	935, 1026, 906, 895, 1030, 975
29 (2400 +18)	Helen Martland	5764	957, 949, 954, 984, 957, 963
30 (2432 +3)	Neil Croasdell	5732	959, 933, 988, 925, 988, 939
31 (2526 +4)	Gill Ross	5633	925, 950, 929, 957, 927, 945
32 (2563 +20)	Joanna Emberton	5591	946, 899, 932, 958, 904, 952
33 (2606 -76)	Guy Goodair	5536	903, 932, 971, 917, 908, 905
34 (2642 -68)	Rod Shaw	5493	926, 881, 924, 915, 922, 925
35 (2817 +16)	Linda Hayles	5255	789, 925, 828, 995, 900, 818
36 (2837 -17)	Mike Thorpe	5230	997, 897, 846, 832, 819, 839
37 (2866 +16)	Fred Ross	5183	900, 879, 849, 845, 846, 864
38 (2886 -11)	Philip Thompson	5151	872, 866, 858, 848, 840, 867
39 (3001 +10)	Judith Goodair	4967	807, 816, 858, 855, 826, 805
40 (3067 +19)	Jane Payne	4856	790, 796, 800, 798, 806, 866
41 (3138 -26)	Jackie Page	4729	756, 752, 830, 899, 751, 741
42 (3176 +6)	Juliet Morgan	4644	834, 803, 817, 781, 638, 771
43 (3215 -15)	Rebecca Lloyd	4562	779, 781, 702, 706, 818, 776
44 (3238 +25)	Corinne Roberts	4503	744, 661, 853, 734, 760, 751
45 (3285 +19)	Matthew Tinker	4395	1093, 1100, 1128, 1074
46 (3321 +17)	Pat Aspinall	4324	732, 703, 736, 697, 753, 703
47 (3324 +18)	Margaret Shaw	4309	730, 717, 708, 700, 773, 681
48 (3432 +25)	Bob Steeper	4058	907, 809, 834, 638, 870
49 (3460 -33)	David Morgan	4003	769, 745, 754, 534, 649, 552
50 (3664 +15)	William Barraclough	3456	1144, 1167, 1145

Pos. [?]	Name	Points	Contributing scores [?]
51 (3690 +15)	Viv Barraclough	3399	1153, 1052, 1194
52 (4195 +16)	Bryan Parkinson	2124	1090, 1034
53 (4362 +17)	Robert Page	1826	887, 939
54 (4417 +15)	Paulette Noot	1681	633, 455, 254, 339
55 (4667 +20)	Adam Breaks	1164	1164
56 (4824 +23)	John Rawden	1025	1025
57 (5052 +23)	John Elliott	884	884
58 (5119 +23)	Michael Wood	836	836
59 (5153 +22)	Tom Crawshaw	810	810
60 (5207 +24)	Raymond Stone	749	749
61 (5293 +20)	Siarlot Lloyd	641	641
62 (5429 +12)	Pat Thorpe	131	15, 33, 83

Xplorer

East Pennine Orienteering Club invites you to:

Shelley College Orienteering Festival

Tuesday 7th June 4-5pm - 3 short courses plus a score event to have a go at. Get some practice in for the Yorkshire Schools' Championships. Refreshments available.

Beaumont Park Xplorer and orienteering training event

Thursday 16th June 3:30-4:30. Starting next to the playground on Butternut Road.

The Yorkshire and Humberside Schools' Orienteering Championships. All welcome to run for your school. The rest of the family can have a go too! Saturday 2nd July 10-12:30 Farnley Tyas Hot and cold food and drinks available.

Huddersfield Urban event starting from Greenhead Park. Sunday 3rd July 10-12am

www.eastpennineoc.org.uk Cafés in the park.

Xplorer Orienteering events in Greenhead, Beaumont, Ravensknowle and Crow Nest Park and Oakwell Hall Country Park this summer. Keep an eye on the website www.xplorer.org.uk for updated information.

Drop in anytime between the times shown. All the family are welcome, something for everyone. Some events are free, some have a small charge. If you would like any more information please don't hesitate to contact me:

Viv Barraclough, Coach, East Pennine Orienteering Club

07906 500541

viv.barraclough@cantab.net

Catering by Viv Barraclough

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

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Tel: 01484 604527 or 07906 500541; Email: viv.barraclough@cantab.net

NEWS

Congratulations to Linda Hayles who completed the Long Distance Walkers Association 100 mile walk in Dorset over the Spring Bank Weekend in a time of 35 hours 18 minutes coming 98th out of 491 starters.

EVENT REPORTS AND RESULTS

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

LOC Lakes Weekend, Tarn Hows & Holme Fell - 2 & 3 Apr 16

Tarn Hows Middle Distance - 2 Apr 16

Black

19 Alasdair Pedley 45.54

Brown

25 Paul Taylor 42.49

44= Simon Martland 46.58

Blue

22 Mike Pedley 43.06

Green Women

45 Helen Pedley 57.13

52 Helen Martland 61.45

Green Men

20 Amanda Crawshaw 46.39

21 Ian Couch 47.52

Short Green

3 Julie Couch 37.37

49 Phil Thompson 57.12

Orange

Sam Crawshaw 25.03

Alex Crawshaw 26.50

11 William Martland 28.22

Holme Fell Long Distance - 3 Apr 16

Brown

18 Paul Taylor 75.18

Blue 1

14 Amanda Crawshaw 81.33

Short Blue 2

8 Richard Payne 55.13

40 Ian Couch 71.05

Green

20 Julie Couch 51.00

Very Short Green

6 Jane Payne 49.14

Orange

1 Sam Crawshaw 21.12

5 Alex Crawshaw 33.40

NOC EM League, Sherwood Pines - 3 Apr 16

Short Green (length 3.5km, climb 40m)

17 Jean Lochhead 58:10

20 Guy Goodair 61:46

22 Judith Goodair 61:56

35 Jackie Page 90:54

Green (length 5.1km, climb 60m)

16 Laura Harrison 63:53

35 Neil Croasdell 77:42

Blue (length 6.7km, climb 75m)

22 Emma Harrison 67:36

54 Megan Harrison 86:11

63 Paul Jackson 99:51

Brown (length 10.2km, climb 125m)

24 David Harrison 131:27

BAOC Military League North, Hamsterley Forest - 6 Apr 16

Blue 7.3km

11 Davey Averill 1.24.08

EBOR Urban, Norton-On-Derwent - 9 Apr 16

Technical (3.7km)

24 Guy Goodair 53.26

m No 16 Judith Goodair mp 68.27

Sprint (1.8km)

13 Jean Lochhead 24.41

16 Sue Levison 45.17

HALO Yorkshire Championships, Londesborough Park - 10 Apr 16

Very Short Green (8) (Length 3.30Km, Climb 80m)

3 Judith Goodair 54:28 (1st W75)

Short Green (32) (Length 4.10Km, Climb 135m)

11 Gill Ross 60:25 (2nd W65)

19 Guy Goodair 67:35 (1st M80)

27 Philip Thompson 85:44

Jean Lochhead mp

Green (23) (Length 5.00Km, Climb 145m)

6 Paul Jackson 54:58 (1st M70)

7 Julie Couch 55:07 (3rd W55)

12 Laura Harrison 60:32 (1st W16)

21 Fred Ross 82:53

Short Blue (28) (Length 5.60Km, Climb 140m)

5 Megan Harrison 59:36 (2nd W18)

12 Ian Couch 70:13

21 Neil Croasdell 79:59

David Harrison mp

Blue (20) (Length 6.30Km, Climb 195m)

8 Emma Harrison 58:32 (1st W40)

Short Brown (21) (Length 7.70Km, Climb 210m)

6 David Averill 64:46 (2nd M50)

12 Alistair Tinto 71:28 (3rd M50)

CLOK UK Urban League, Whitby - 16 Apr 16

M18E / M20E sprint course

25 Alasdair Pedley 17:48

Men Veteran (M40+)

4 Simon Martland 42:03

16 Andy Thorpe 44:42

Paul Taylor disq

Men Super-Veteran (M55+) / Women Veteran (W40+)

5 Jonathan Emberton 38:59

9 Mike Pedley 39:41

55 Amanda Crawshaw 52:01

70 Helen Martland 56:36

Men Ultra-Veteran (M65+) / Women Super-Veteran (W55+)

57 Guy Goodair 53:14

67 Rod Shaw 60:29

72 Mike Thorpe 67:40

73 Joanna Emberton 68:32

Women Ultra-Veteran (W65+)

5 Jean Lochhead 35:39

14 Judith Goodair 52:48

Jackie Page rtd

Juniors (M/W16-)

7 Adam Thorpe 18:27

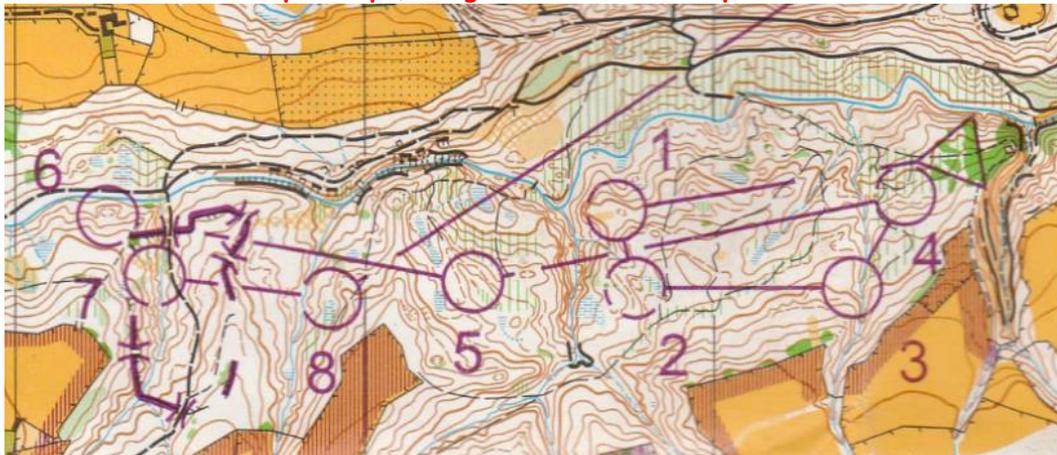
19 Sarah Pedley 22:29

Young Juniors (M/W12-)

1 Sam Crawshaw 12:00

3 William Martland 15:19

CLOK Northern Championships, Mulgrave Wood - 17 April 16



Course 9

Northern Champs Results

Course 3

20 Alasdair Pedley 43:38

Course 4

29 Megan Harrison 65:55

Course 6

20 Paul Taylor 82:06

Andy Thorpe rtd

Course 7

6 Jon Emberton 67:39

11 Mike Pedley 77:34

Course 9

6 Emma Harrison 77:06 *W40 Northern
Champion

Course 10

21 Ian Couch 82:40

53 Helen Pedley 109:23

Amanda Crawshaw rtd

Course 11

9 Sarah Pedley 54:15

13 Alistair Tinto 59:32

22 Julie Couch 66:53

35 Laura Harrison 79:15

Course 12

17 Rod Shaw 84:22

Mike Thorpe rtd

Course 13

29 Gill Ross 85:18

34 Margaret Shaw 120:05

Jean Lochhead rtd

Course 14

6 Fred Ross 65:39

8 Philip Thompson 69:02

10 Judith Goodair 71:03 *W75 Northern
Champion

12 Joanna Emberton 72:08

15 Guy Goodair 85:07

Course 17

2 Adam Thorpe 42:52 *M14 Northern
Champion

Course 19

2 Sam Crawshaw 18:49

11 Anna Thorpe 34:09

EBOR Regional Event, White Horse - 24 April 16

Blue 5km 210m

5th Richard Payne 65:41

10th Alistair Tinto 68:37

23rd Ian Couch 78:43

Green 3.5km 180m

7th Julie Couch 57:28

22nd Neil Croasdell 78:17

36th Jean Lochhead 109:01

Short Green 3.1km 140m

6th Mike Thorpe 73:22

9th Jane Payne 79:49

Orange 2.4km 115m

6th Pat Thorpe 120:55

EBOR Urban, Sheriff Hutton - 30 Apr 16

COURSE A 2.5km 20m climb

(best route estimated to be 3.8km)

32 Jean Lochhead 30:35

38 Jackie Page 35:41

COURSE B - 2.4km 20m climb

(best route estimated to be 3.5km)

25 Jean Lochhead 25:32

38 Jackie Page 35:04

British Long Distance Championships, Brown Cleve - 30 April 2016

My Run at Brown Cleve

Judith Goodair, W75 British Champion

After spending the morning looking round Bridgnorth we arrived at Brown Cleve just as the hailstorm was starting. After a quick cup of tea we put on our gear including cagoules and did the 1km uphill to Assembly. But as I was waiting on the start line I took the cagoule off and stuffed in my bumbag. Thought it was safer to go round the rides to No 1 then head northeast to No 2, jumped across the deep-sided stream and noticed the fence to my left so needed to drop down the stream into the control. Then it was a slog across the brambles to the wide track, take the left fork but then realised the ground was too flat, went higher, over the stream and into No 3 following the path through the dark green to the crossing point. Then it was a trudge uphill through the boggy tussocks to No 4 (ditch) It was just as boggy going to 5 shown adjacent to a pond and I went wrong here heading for what I thought was the pond but was, in fact, a wet pit. Went further on and got 5 then skirted the pond to go up to No 6.

Due north until reached the flat ground adjacent to the wall, seeing the lake dropped down in 7. Descending down through the gorse I must have got off my line and ended up in the trees, very boggy here and I saw a woman disappear up to her waist in a bog. Leaving the trees I could see the correct re-entrant. Past a prominent, wet marsh and round the small hill into No 9. Then it's another slog across yet more boggy, tussocks for No 10 which I had no trouble in finding. Here it started to hail again but I didn't bother getting my cagoule out and the hail didn't last long. Head for the crossing point and see lots of little yellow flags – wonder what they are for? Then remember they're to show bellpits which could be hidden by leafmould and be very muddy in the centre. No 11 is a depression adjacent to a section of 'dark green' forest. Never spotted the ride heading for No 12 but went to the right of another dark green block, was heading to the left of the fence but then spotted I'd have to climb it if I did so changed my mind and went right. Had to backtrack slightly for No 12 and a quick dash to 13 and the run-in. Well I didn't do a lot of running over those tussocks but I can't believe many other old folk did either! Get my printout and I'm No.1 of 1 finishers so that could change when the later starters start finishing but on the way back to the car I heard the announcer say:- *'Here comes Judith Powell the pre-race favourite in the W75 class but she's going to be over 20 minutes behind the current leader, Judith Goodair'* - then I realised I might have had a good run after all.

“Is this going to be Andy Thorpe's first British Orienteering title?”

Andy Thorpe, M45L

For those who don't like being held in suspense, the short answer to the question above is...no. For quite some time, however, at last month's British Long Distance Champs at Brown Cleve Hill, there was every possibility.....well, according to the guys doing the commentary, anyway. I guess when you have a single competitor dominating a class (I don't need to tell you whom I'm talking about, do I?), it makes an interesting story when there is an upset on the cards.

I'd had a strong enough run to be well positioned and as I approached the spectator control to complete the final loop before the finish, I was running hard and trying to remain focused. I didn't really pay attention to the commentary and as I ran passed, I just heard the words “Andy Thorpe” “James Logue” and “7 minutes”. As I disappeared along the track, I thought to myself “not bad if I'm only 7 minutes behind James”. It wasn't until I headed into the finish that I heard my name announced as the leader on M45. “Oh, I must have been 7 minutes in front of James.....well, that never happens!” It turned out that James had struggled with a control in the boggy, vague, open area just off the top of the hill and coupled with this wasn't feeling too chipper either.

I waited for runner after runner to come in and the commentary guys were still announcing me as the leader. People were coming up to me and congratulating me before everyone had finished. I, however, knew that my run wasn't a winning run. It was good but I had lost time in the easier part

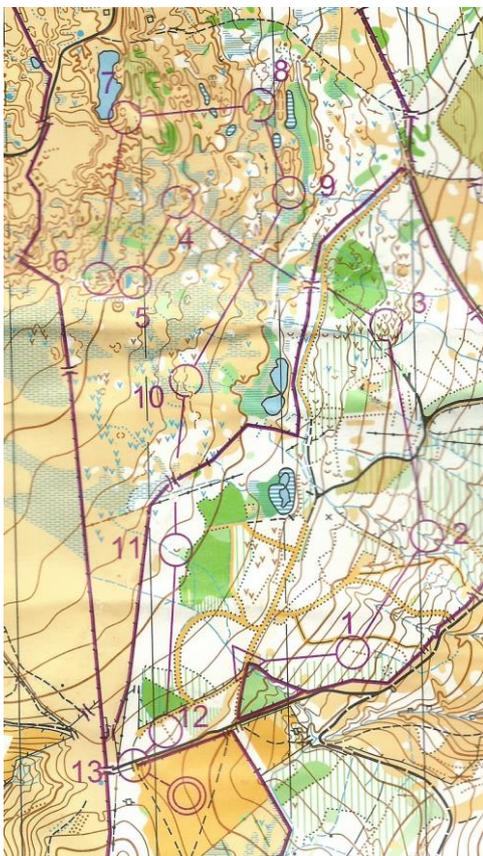
of the map, the wooded area. I knew that with 32 controls I was bound to lose concentration somewhere and so it transpired. What kept me on the podium (I came third in the end) was an uncharacteristically accomplished, error free, navigation section through the tricky semi-open part of the course. This had bought me some precious minutes which I almost squandered towards the end. I don't know if anyone else does this but I tend to talk to myself (in my head) whilst I orienteer. The conversation goes something like this:

Me: "come on Andy, don't chuffing mess this up"

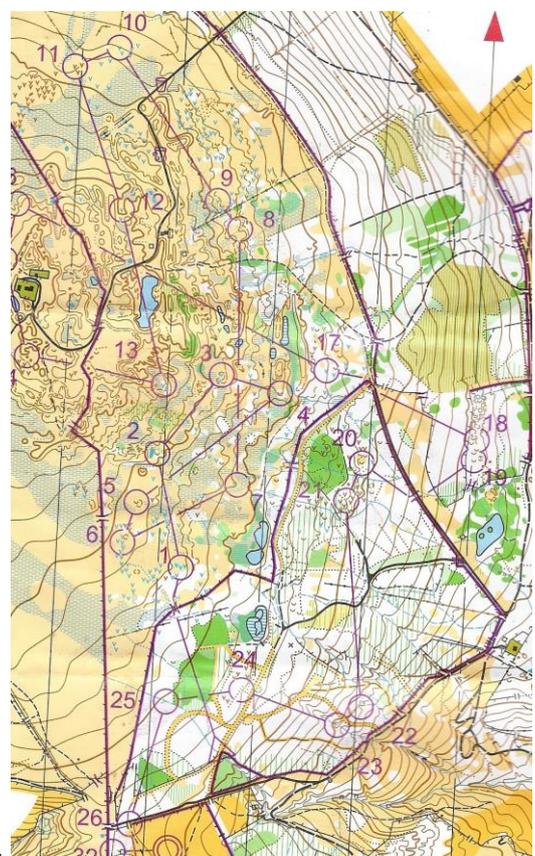
Me in reply: "concentrate, you idiot, stop distracting yourself"

Then the inevitable happens and I run around aimlessly for a couple of minutes.....

Overall, I was happy to get a medal and you never know, maybe this year an England Vets call up? (I won't hold my breath). Anyway, the real achievement is still being able to beat Adam and Anna's time on the run in (on this occasion, anyway).....At my age, you've got to take your victories where you can.



W75



M45L

British Champs Results

M12A 3.5km 90m

6th Sam Crawshaw 32:14

M14A 5.2km 205m

5th= Adam Thorpe 45:09

M18E 9.775km 400m

5th Alasdair Pedley 74:12

M35S 6.275km 235m

2nd Matthew Tinker 86:37

M45L 9.225km 280m

3rd Andy Thorpe 78:19

9th James Logue 85:50

M50L 8.875km 240m

26th Paul Taylor 88:39

W12A 3.5km 95m

7th Alex Crawshaw 39:30

12th Anna Thorpe 47:16

W16A 5.225km 175m

22nd Laura Harrison 98:03

W18E 7.175km 225m

13th Megan Harrison 91:01

W40L 7.175km 225m

5th Emma Harrison 85:49

W45L 6.275km 235m

21st Amanda Crawshaw 95:16

W50L 6.125km 195m

35th Helen Pedley 132:32

M50S 6.125m 195m

1st Alistair Tinto 71:33

M55L 8.075km 280m

7th Jon Emberton 66:45

13th Mike Pedley 82:23

M65L 6.2km 180m

12th Richard Payne 75:29

33rd Ian Couch 91:00

M80 3.55km 95m

5th Philip Thompson 75:58

10th Guy Goodair 107:22

W55L 5.725km 185m

10th Julie Couch 76:55

W55S 3.55km 95m

m5-10 Jo Emberton 72:36

W60S 3.55km 95m

1st Jane Payne 76:08

W75 3.55km 95m

1st Judith Goodair 84:24

WMOA British Relay Championships, Brown Clee - 1 May 16**Mixed Ad Hoc**

2nd 95:46 EPOC	34:50 (5)	21:13 (1)	39:43 (9)
	Amanda Crawshaw	Sam Crawshaw	Paul Taylor

WCH Tamworth Urban - 2 May 16**Mens Vets 40+**

Mp Paul Taylor 46.00 (m 1)

Mens Ultravet 65+

1 Richard Payne 33.36

Womens 12-

5 Alex Crawshaw 15.27

Womens Senior Vet 55+

24 Jane Payne 61.12

NOC East Midlands Urban League, Southwell - 8 May 16**Mens Ultravet Length 4.3km, 40m climb, 21 controls**

17 Neil Croasdell 56:20

AIRE YHOA Middle Distance Champs, Harden Moor - 8 May 16**Black 5.7km**

5 Andy Thorpe 54.40

Blue 4.62km

3 Paul Taylor 51.58

12 Adam Thorpe 60.37

15 David Averill 61.50

19 Emma Harrison 66.35

24 Megan Harrison 70.20

31 David Harrison 78.38

Linda Hayles rtd

Amanda Crawshaw rtd

Alistair Tinto rtd

Green 3.35km

3 Richard Payne 40.20

9 Brian Mellor 52.07

10 Bryan Parkinson 52.55

20 Keith Sykes 59.33

21 Laura Harrison 61.01

32 Helen Martland 73.02

37 Fred Ross 81.25

Dick Spendlove rtd

Short Green 2.77km

11 Guy Goodair 65.53

13 Mike Thorpe 67.39

16 Gill Ross 72.17

22 Judith Goodair 86.13

25 Jane Payne 101.10

26 Pat Aspinall 102.49

Phil Thompson mp 88.30

Light Green 2.92km

1 Sam Crawshaw 38.41

Orange 1.9km

1 Sam Crawshaw 24.19

3 Alex Crawshaw 27.37

6 William Martland 42.22

7 Anna Thorpe 44.01

9 Chris Turner 44.26

11 Joy Mellor 71.07

Pat Thorpe rtd

INVOC SOL, Glen Affric North - 8 May 16**Green 3.82km 145m**

40 Rod Shaw 98.07

Short Blue 4.1km 150m

30 Bill Hunter 124.50

PFO YBT Heat & Open Event, Peel Park & The Coppice - 15 May 16

Blue 6.4km 270m

26 Ian Couch 72.50

Green 4.6km 200m

3 Julie Couch 53.52

SYO YBT Heat & Regional Event, Sandall Beat Wood - 15 May 16

Yellow (length 2.5km, 14 controls)

6 Seth Thomas + Cormac Thomas 20:58

22 Callum Watts 33:23

23 Lauren Watts 34:21

Orange (length 3.5km, 17 controls)

1 Sam Crawshaw 27:14

5 Alexandra Crawshaw 34:23

11 William Martland 48:06

12 Anna Thorpe 54:42

18 Joy Mellor 88:54

21 Pat Thorpe 117:14

Light Green (length 4.1km, 20 controls)

1 Adam Thorpe 29:29

8 Rachel Wilson 53:37

9 Mike Thorpe 53:49

10 Michael Wood 53:59

13 Jean Lochhead 55:25

Green (length 5.0km, 22 controls)

7 Sarah Pedley 41:39

12 Megan Harrison 48:49

25 Neil Croasdell 61:54

27 Gill Ross 62:34

31 Guy Goodair 66:09

33 Helen Martland 70:40

38 Jane Payne 72:34

39 Fred Ross 74:17

40 Judith Goodair 74:48

Brian Mellor rtd

Short Blue (length 6.1km, 25 controls)

1 Richard Payne 48:28

4 Amanda Crawshaw 55:18

14 David Harrison 63:19

17 Paul Jackson 75:01

Blue (length 7.3km, 28 controls)

21 David Averill 54:50

MAROC Scottish Championships, Balmoral - 21 May 16

M70L 4.8 km 240 m 12 C

3 Richard Spendlove 67:50

12 Keith Sykes 101:0

HALO UK & Yorks Urban League, Willows & Freshney - 22 May 16

B - Veteran Men (M40+) 7.2Km

20 David Harrison 68.19

D - Ultra Veteran Men (M65+) 4.7Km

19 Neil Croasdell 51.50

21 Guy Goodair 54.48

28 David Morgan 71.24

B - Women Open (W18-35) 7.2Km

5 Megan Harrison 68.49

C - Veteran Women (W40+) 5.9Km

6 Emma Harrison 50.55

D - Super Veteran Women (W55+) 4.7Km

9 Jane Payne 58.10

E - Ultra Veteran Women (W65+) 3.5Km

2 Jean Lochhead 32.30

3 Juliet Morgan 40.25

6 Jackie Page 41.53

10 Judith Goodair 48.10

F - Junior Women (W16-) 3.5Km

1 Laura Harrison 31.04

BAOC Military League North, Richmond - 25 May 16

Light Green 3.5km 15c

15 Guy Goodair 48.28

19 Sue Levinson 50.26

24 Judith Goodair 59.15

MDOC Summer Evening Event, Lyme Park - 26 May 16

Short Green 3.1km 100m

1 Sam Crawshaw 26.44

2 Amanda Crawshaw 30.50

DEVON Tamar Triple, Plymouth City Race - 28 May 16**Mens Ultravet 4km 120m**

31 Rod Shaw 77.00

KERNO Tamar Triple, Davidstow - 29 May 16**Blue 8.4km 140m**

93 Rod Shaw 92.33

Green 5.6km 60m

77 Margaret Shaw 94.23

CLARO Yorks Urban League, Ripon - 29 May 16**2 Mens Vet, Womens Open 7.3km**

2 Simon Martland 45.16

29 David Harrison 66.24

31 Megan Harrison 69.31

3 Mens Sen Vet, Womens Vet 5.4km

12 Emma Harrison 46.53

42 Helen Martland 59.35

4 Mens Ultra Vet, Womens Sen Vet**4.2km**

2 Richard Payne 37.57

29 Guy Goodair 55.52

34 Jane Payne 60.19

39 Fred Ross 65.20

41 Mike Thorpe 68.26

5 Womens Ultra Vet 3.7km

5 Gill Ross 49.24

11 Judith Goodair 56.16

6 Juniors 2.9km

1 Laura Harrison 22.26

7 Young Juniors 1.7km

2 William Martland 11.53

EBOR Yorks Urban League, York City Race - 30 May 16**WYJ 1.2km**

1st Alex Crawshaw 10:27

WJ 2km

5th Laura Harrison 16:06

WO 4km

12th Megan Harrison 40:25

WV 4km

7th Emma Harrison 37:35

11 Amanda Crawshaw 40:06

19th Helen Martland 47:20

26th Rebecca Lloyd 63:32

WSV 3.1km

17th Jane Payne 48:09

WUV 3.1km

9th Juliet Morgan 48:06

12th Jackie Page 49:40

15th Judith Goodair 52:20

18th Sue Levinson 59:45

MYJ 1.2km

1st William Martland 11:45

MV 5.8km

3rd Simon Martland 42:48

14th David Averill 50:08

15th Graham Lloyd 50:26

MUV 3.1km

1st Richard Payne 31:08

24th Guy Goodair 40:36

4th Mike Thorpe 48:45

39th David Morgan 57:42

40th Fred Ross 60:31

Other course D

1st Mathew Averill 15:45

DEVON Tamar Triple, Mount Edgcumbe - 30 May 16**M75 2.8km 100m**

4 Rod Shaw 45.57

W65 2.8km 100m

15 Margaret Shaw 76.12

YHOA URBAN LEAGUE – 2016

For details go to www.yhoa.org.uk

Best 5 Events to count. Remaining Events:

5	SYO	Attercliffe/Don Valley	05-Jun
6	AIRE	Settle & Giggleswick	25-Jun
7	EPOC	Huddersfield	03-Jul
8	EBOR	Peasholme Park	22-Oct
9	AIRE	Saltaire & Shipley	30-Oct

YHOA SUPER LEAGUE - 2016

For further information go to www.yhoa.org.uk

For 2016 there will again be 9 events, with the best 5 scoring. Remaining Events:

26 Jun 16	The Dales Town and Country Weekend (B) – Yockenthwaite, Buckden
28 Aug 16	White Rose Weekend (B) – Dalby Forest, Pickering
25 Sep 16	CLARO Regional Event (C) – Harlow Carr & Hill, Harrogate
6 Nov 16	SYO Regional Event (C) – Burbage, Sheffield
18 Dec 16	EPOC Regional Event (C) – Storthes Hall

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 2016

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

4	CLARO/YHOA	Compass Sport Qualifying Round, Timble	Harrogate
5	SYO/YHOA	YHOA Urban Sprint, Attercliffe/Don Valley	Sheffield
11	SEOA	British Sprint Championships, Olympic Park	London
12	SEOA	British Middle Distance Championships, Leith Hill	Dorking
18	EBOR/YHOA	EBOR Relays	York
19	EBOR/YHOA	EBOR Club Champs	York
25	AIRE/YHOA	Town & Country Weekend, YHOA Urban League, Settle & Giggleswick	Settle
26	AIRE/YHOA	Town & Country Weekend, YHOA Superleague, Yockenthwaite	Buckden
26	NGOC/SWOA	Harvester Relays, Cleeve Hill	Cheltenham

July

2	EPOC 	YHOA Schools and Colour Coded, Farnley Tyas	Huddersfield
3	EPOC 	YHOA Urban League, Huddersfield Urban Event	Huddersfield
9	MDOC/NWOA	Twin Peak Sprint, Offerton	Stockport
10	MDOC/NWOA	Twin Peak Urban, Central Manchester	Manchester
17	NOC/EMOA	Nottingham Urban Event	Nottingham
24-30	WOA	Croeso Welsh Orienteering Week	South Wales

August

26-29	EBOR/YHOA	White Rose Weekend	Pickering
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Check with club and/or BO websites for further information about an event. Club websites can be found via the BO website (details above).