



Epistle



No. 244
August - September 2017



Photo: Margaret Sykes

EPOC members Keith Sykes and Margaret Shaw at the Buckingham Palace Garden party on 1st June this year. They each received an invitation after being awarded British Empire Medals - Keith for his work with Scouts and Duke of Edinburgh's Award (over 50 years and 35 years respectively) and Margaret for her work with Girl Guiding (over 50 years)

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2016/2017

Chair	Jean Lochhead	jmloch1621@gmail.com
Vice Chair	Emma Harrison	eah1607@aol.com
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Epistle Editor	Emma Harrison	eah1607@aol.com
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	Paulette Noot	paulette@noots.net
	Pat Thorpe	nirvanalee@hotmail.co.uk
	Mike Thorpe	nirvanalee@hotmail.co.uk

OTHER CLUB OFFICIALS

Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Club Championship	Vacant	
Club Kit Officer	Vacant	
Permanent Courses	Jean Lochhead	jmloch1621@gmail.com
Relay Organiser	Vacant	
Stores and Equipment	Scarf Family	thescarfs@hotmail.com
E-Punching Equipment	Ian & Julie Couch	iancouch@btinternet.com
Website	Anthony Greenwood	aandrgreenwood@gmail.com
YHOA committee rep	David Morgan	d345morgan@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

It doesn't seem 2 minutes since I was finishing the last Epistle and now we are nearly in August with many of us heading to the Scottish 6 days this weekend, hence the slightly earlier circulation of the Epistle this time.

June and July have been a bit quieter with the main orienteering on offer being various urban and sprint events. August is always a quieter month for local orienteering with the focus being on the holiday events, however in September the fixtures list gets busy again with plenty on offer most weekends both within YHOA and further afield. Although it is a little way off, don't forget the EPOC event at Langfield Common on Sunday 12th November and offer your help if possible.

Happy orienteering!

Emma Harrison

CHAIRMAN'S CHAT

Since the last "chat" we held the Urban event in Dewsbury on 11 June 2017 from St. John Fisher Catholic School. In spite of dire warnings by the caretaker of infiltration into the school grounds and with patrols on the gates we had no problems and the event went very well. The caretaker could not have been more helpful and it was nice to hear all the nice comments from the participants about the map, area, planning and competition. I don't think anyone complained about anything!

The next event we have coming up is Langfield Common (Stoodley Pike) B event on 12 November. Mike Pedley has volunteered to be Organiser on the weekend and Karen Poole to do the planning but more volunteers are required please.

Don't forget the AGM on Wednesday 20th September at Marsh Liberal Club now moved to the earlier time of 7.30pm as there is a plan to have the pre AGM Committee meeting in early September. If you want to be involved in the running of the club and join the committee please let either Viv or myself know, updated e-mail:- jmloch1621@gmail.com or phone 01484 687030. There was rumour of an AGM Quiz afterwards with amazing prizes.

Tis the holiday event season so good luck to all who are going to the Scottish 6 Day this weekend and for later in August good luck for the White Rose.

Jean Lochhead

The EPOC Epistle is the club's bi-monthly newsletter

All offerings to the Epistle, including photo's, are gratefully received, especially the unsolicited ones. Reports on small events are just as welcome as those on big events. It really helps if articles, photo's, reports, notices and gossip can be emailed directly to me at

Eah1607@aol.com

Copy to Emma by 20 September 2017

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!

Want to see how you rank on an unofficial BOF ranking list?

And you can also compare yourself with any other runner who regularly runs the same course. Go to <http://oobrien.com/stats/index> and enter your name and club. Very impressive!

Guy

What has your committee been doing?

There was no meeting in July and the next committee meeting is planned for early September. The EPOC AGM will take place on Wednesday 20 September at 7.30pm so please make a note of this on your calendar/phone now!

Your Club Needs You!

SO PLEASE COME TO THE EPOC 2017 AGM



On Wednesday 20th September 2017 at 7.30pm
at Marsh Liberal Club, Huddersfield

Emails will be circulated round the club with further details/reminders

The 2017 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.



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 2016 AGM
3. Chairman's report
4. Secretary's report
5. Treasurer's report
6. Club fees for 2018
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

Junior T-Shirts

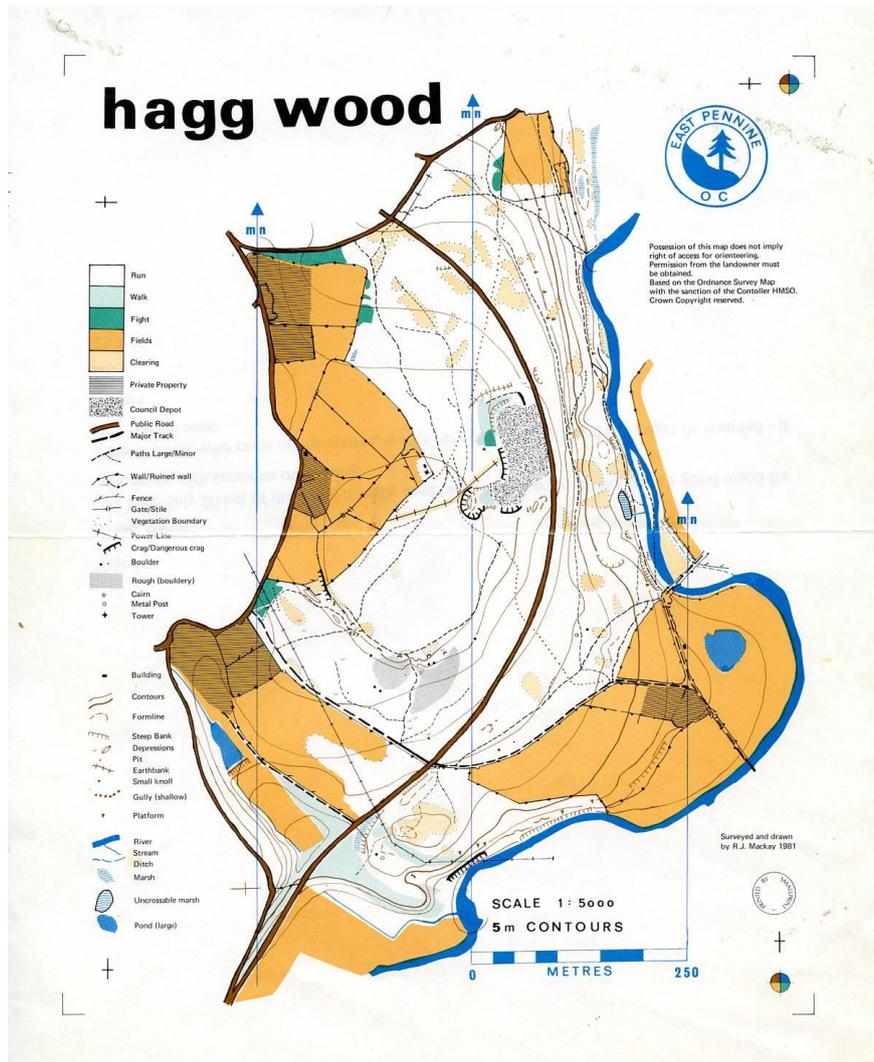
Viv Barraclough

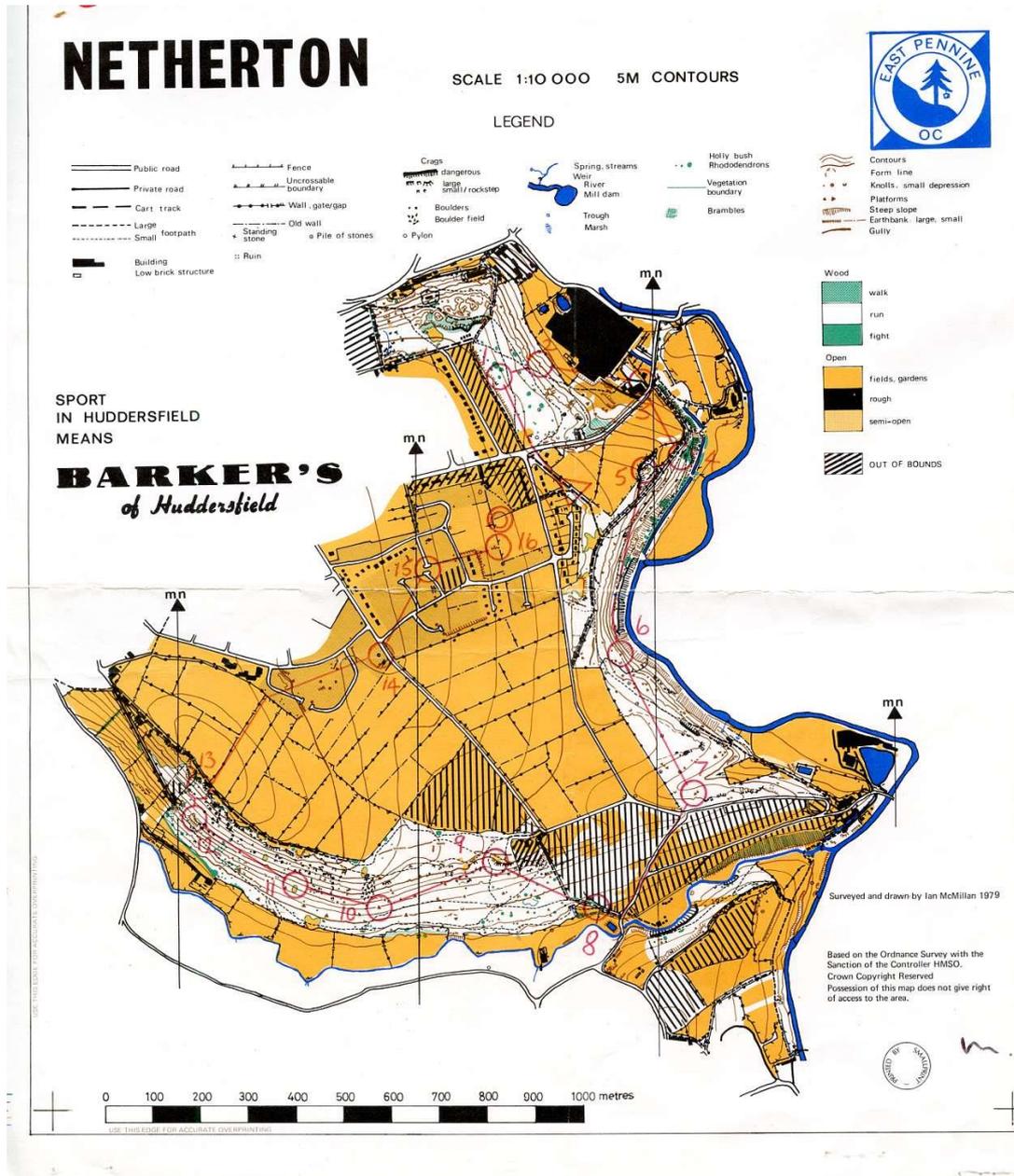
If you would like a t shirt as below please let Viv know. If you have grown out of yours please pass it on.



Map Archive

More maps from the late 70's and early 80s from the EPOC archives!





EPOC Rankings 2017

These are the current ranking positions (as of 23 July 2017) 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 (61 +2)	Alasdair Pedley	7987	1351, 1324, 1332, 1325, 1328, 1327
2 (85 +1)	James Logue	7895	1313, 1343, 1291, 1311, 1334, 1303
3 (123 +1)	Simon Martland	7798	1287, 1293, 1323, 1305, 1309, 1281
4 (190)	Andy Thorpe	7647	1277, 1272, 1270, 1274, 1271, 1283
5 (214 +2)	Jonathan Emberton	7610	1261, 1259, 1295, 1254, 1256, 1285
6 (302)	Mike Pedley	7471	1263, 1238, 1240, 1231, 1255, 1244
7 (620 +2)	Emma Harrison	7122	1180, 1179, 1186, 1191, 1197, 1189

Pos.	Name	Points	Contributing scores
8 (662)	David Averill	7092	1164, 1174, 1178, 1194, 1196, 1186
9 (675)	William Barraclough	7079	1187, 1154, 1196, 1167, 1162, 1213
10 (740 +1)	Richard Payne	7028	1169, 1179, 1173, 1164, 1164, 1179
11 (787 +1)	Graham Lloyd	6995	1152, 1167, 1173, 1181, 1149, 1173
12 (1067 +5)	Viv Barraclough	6790	1104, 1093, 1191, 1164, 1106, 1132
13 (1162 +3)	Sarah Pedley	6705	1108, 1127, 1087, 1120, 1117, 1146
14 (1229 +5)	Megan Harrison	6650	1104, 1093, 1092, 1125, 1124, 1112
15 (1380 +4)	Julie Couch	6522	1085, 1092, 1122, 1072, 1077, 1074
16 (1431 +5)	Laura Harrison	6482	1058, 1118, 1062, 1119, 1073, 1052
17 (1433 +5)	Ian Couch	6481	1059, 1095, 1059, 1071, 1062, 1135
18 (1742 -1)	Paul Jackson	6249	1038, 1011, 1059, 1057, 1023, 1061
19 (1776 +3)	Helen Pedley	6222	1032, 1083, 1087, 1009, 1012, 999
20 (1795 +3)	Helen Martland	6210	1025, 1031, 1041, 1041, 1027, 1045
21 (1877 +3)	Roy Lindsell	6139	1004, 1007, 1012, 1030, 1050, 1036
22 (1917 +2)	Phil Scarf	6107	1229, 1210, 1196, 1222, 1250
23 (2016 -1)	David Harrison	6015	1003, 1003, 1010, 965, 975, 1059
24 (2113 +1)	Gill Ross	5918	974, 1001, 970, 1081, 951, 941
25 (2210 +2)	Keith Sykes	5820	985, 973, 977, 947, 983, 955
26 (2316)	Guy Goodair	5707	927, 948, 944, 1023, 925, 940
27 (2317)	Jean Lochhead	5706	889, 947, 960, 967, 1030, 913
28 (2523 +3)	Rod Shaw	5439	980, 872, 874, 879, 947, 887
29 (2571 +4)	Neil Croasdell	5368	883, 968, 860, 948, 843, 866
30 (2579 +2)	Jane Payne	5361	861, 907, 866, 973, 872, 882
31 (2609 +1)	Judith Goodair	5320	923, 869, 920, 897, 885, 826
32 (2609 +1)	Jackie Scarf	5320	1110, 1052, 987, 1091, 1080
33 (2671 +3)	Linda Hayles	5222	682, 949, 867, 993, 933, 798
34 (2742 +3)	Rebecca Lloyd	5111	923, 836, 831, 844, 813, 864
35 (2755 +2)	Mike Thorpe	5096	845, 850, 801, 835, 906, 859
36 (2769 +2)	Fred Ross	5075	887, 866, 793, 810, 856, 863
37 (2788 +2)	Philip Thompson	5041	904, 821, 859, 830, 821, 806
38 (2797 +1)	Joanna Emberton	5021	830, 793, 846, 871, 812, 869
39 (2823 +4)	Jackie Page	4979	839, 817, 819, 825, 831, 848
40 (2885 +19)	Juliet Morgan	4876	800, 813, 845, 895, 770, 753
41 (2934 +6)	Michael Wood	4777	701, 830, 740, 929, 861, 716
42 (3132 +3)	Margaret Shaw	4373	662, 853, 703, 656, 714, 785

Pos.	Name	Points	Contributing scores
43 (3223 +37)	David Morgan	4159	638, 726, 697, 722, 666, 710
44 (3224 -1)	John Elliott	4148	859, 798, 826, 866, 799
45 (3473)	Brian Mellor	3490	937, 772, 894, 887
46 (3525 +1)	Richard Spendlove	3330	1155, 1102, 1073
47 (3557 +1)	Alistair Tinto	3265	719, 904, 891, 751
48 (3571 +2)	Matthew Tinker	3222	1055, 1096, 1071
49 (3593 +3)	Mathew Averill	3186	1163, 1038, 985
50 (3662 +4)	Esther Logue	3018	966, 1035, 1017
51 (3807 +2)	Bob Steeper	2605	840, 870, 895
52 (3850 +2)	James Williams	2506	1236, 1270
53 (3901 +5)	Karen Poole	2390	1214, 1176
54 (4136 +3)	John Rawden	1984	1015, 969
55 (4196 +5)	Stephen Warner	1879	939, 940
56 (4302 +5)	Jane Hodgson	1684	800, 884
57 (4868 +2)	Rod Sutcliffe	927	927
58 (4870 +2)	Sue Levinson	925	680, 245
59 (5132)	Graham Booth	699	699
60 (5246 +1)	Corinne Roberts	542	542
61 (5330 +1)	Pat Thorpe	155	155

UK Orienteering League 2017

Club positions as of 23rd July 2017

Rank	Club	Points	Contributing members
1	SYO	4684	
2	BOK	4668	
3	OD	4562	
4	TVOC	4269	
5	DEE	3880	
6	EPOC	3838	Andy Thorpe (M45), Adam Thorpe (M16), Philip Thompson (M80), Sarah Pedley (W16), Mike Pedley (M55), Helen Pedley (W55), Alasdair Pedley (M18), Richard Payne (M65), James Logue (M45), Laura Harrison (W16), Emma Harrison (W45), Judith Goodair (W75), Guy Goodair (M80), Jonathan Emberton (M55), Julie Couch (W55)

Wrinklies Photo's - Paulette Noot



Water Steps



Name the Runners



Wild Orchids



Walkers Steps

EVENT REPORTS AND RESULTS

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

SYO YHOA School Champs & Regional Event, Treeton - 4 Jun 17

Orange (length 2.9km, climb 75m)		Green (length 5.5km, climb 155m)	
6 William Martland	37:03	1 Emma Harrison	51:04
Long Orange (length 4.9km, climb 140m)		35 Rod Shaw	87:52
5 Laura Harrison	62:15	39 Fred Ross	100:48
Short Green (length 3.3km, climb 65m)		Blue (length 7.0km, climb 215m)	
10 Gill Ross	54:33	10 Megan Harrison	75:10
15 Guy Goodair	61:28		
18 Jackie Page	63:22		
22 Michael Wood	75:24		
23 Judith Goodair	82:58		
24 Philip Thompson	85:07		

BOK City Euro Tour, Bristol Harbourside North - 10 Jun 17

Supervet Women 4.6km 75m		Ultravet Women 3.5km 80m	
62 Rebecca Lloyd	74.02	27 Judith Goodair	55.54
Supervet Men 6.2km 175m		Ultravet Men 4.4km 100m	
47 Graham Lloyd	66.25	65 Guy Goodair	70.42

BOK UK Urban League, Bristol Harbourside East - 11 Jun 17

Veteran Women 5.3km 30m		Hypervet Women 3.25km 30m	
43 Rebecca Lloyd	85.28	1 Judith Goodair	40.00
Veteran Men 6.3km 40m		Hypervet Men 3.25km 30m	
39 Graham Lloyd	54.31	2 Guy Goodair	36.16

EPOC YHOA Urban League, Dewsbury - 11 Jun 17

Black 7.7km 155m		Green 4.7km 90m	
7 Davey Averill	59.24	17 Roy Lindsell	54.27
James Williams m24	48.16	Mike Thorpe w2 w4 m6-8 w11 m13-14	86.49
Brown 6.6km 145m		Short Green 3.5km 95m	
1 Simon Martland	41.08	4 Stephen Warner	48.19
Blue 5.6km 120m		5 Juliet Morgan	51.57
1 Will Barraclough	39.50	Light Green 3.5km 80m	
17 Viv Barraclough	49.55	3 William Martland	33.11
20 Helen Martland	60.32	4 Luke Barraclough	33.66
21 John Elliott	71.51	Yellow 2.4km 65m	
		2 Seth Barraclough	29.05
		4 Joseph Barraclough	35.48
		6 Ffion Noot Williams	40.47

BAOC Military League North, Scotton Moor - 14 Jun 17

Light Green 4.3km		Blue 8.5km	
16 Stephen Warner	79.00	5 Davey Averill	74.56
19 Guy Goodair	82.48		
20 Sue Levinson	83.29		
21 Philip Thompson	86.37		
22 Judith Goodair	87.06		

SELOC NW Sprint Championship, Skelmersdale - 17 Jun 17

M50	Prologue	Final
2 Simon Martland	12.20 (3)	15.35 (2)
M14		
4 William Martland	15.19 (4)	18.48 (4)
M65		
11 Neil Croasdell	23.58 (10)	29.47 (12)
W45		
2 Helen Martland	19.58 (2)	18.48 (2)

SELOC Festival of Racing, Horwich - 18 Jun 17

JM 16		
3 William Martland	15.19 (3)	22.23 (4)
MV		
5 Simon Martland	15.30 (2)	22.33 (5)
MUV		
16 Neil Croasdell	23.48 (21)	21.42 (15)
WV		
Helen Martland	17.41 (4)	w6
WUV		
Jackie Page	21.13 (5)	25.19 (4)
Jean Lochhead	30.03 (9)	33.49 (7)

LEI EM League, Loughborough - 18 Jun 17

WO 7.4km		MV 7.4km	
5 Megan Harrison	83.32	16 David Harrison	79.01
6 Laura Harrison	89.47	WV 5.8km	
		1 Emma Harrison	53.43

Euro City Tour, Treviso - 17 & 18 Jun 17

	Conegliano 17th	Treviso 18th
WUV		
Judith Goodair	23.45 (3)	28.43 (5)
MUV		
Guy Goodair	39.53 (10)	26.18 (8)

HULL TRI-O

Emma Harrison

On 24th June HALO hosted a Tri-O event consisting of 3 events on 3 separate areas on the same day, each event with a different twist. No mean feat for a small club especially given they were also hosting the Hull City Race on 25th June!

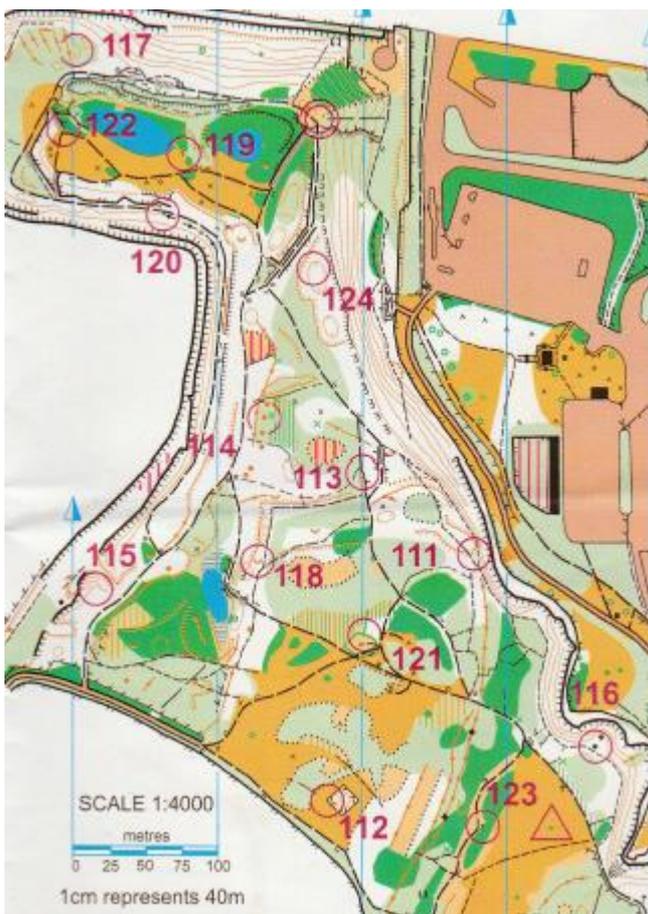
The first round was in a country park and was a 35 minutes score of 14 controls, 7 even numbered and 7 odd. You could start on any control, e.g I started on an even control but when you switched to the opposite (in my case odds) then you couldn't get any more even controls. All controls were worth 10 points so the challenge was deciding when to switch. Fortunately on this course it soon became apparent that it would be possible to comfortably get all the controls and a lot of people did this in the time limit allowed so places were dependant more on times than scores.

The next round was an urban score, again 35 minutes and 10 points per control but this time there were 15 controls with 5 from 3 'decades' – 30's, 40's and 50's. This time the rule was that you started on any decade but once you moved to another one you couldn't get any more from a previous decade. This was considerably harder to achieve than the morning race and only a few on men's open actually got them all in the time limit allowed. I managed to get 11 out of 15 controls with nearly 4 minutes to spare but with no further qualifying control that I could get to in the time allowed. A lot of people had misjudged their running speed and were heavily penalised for being late back.

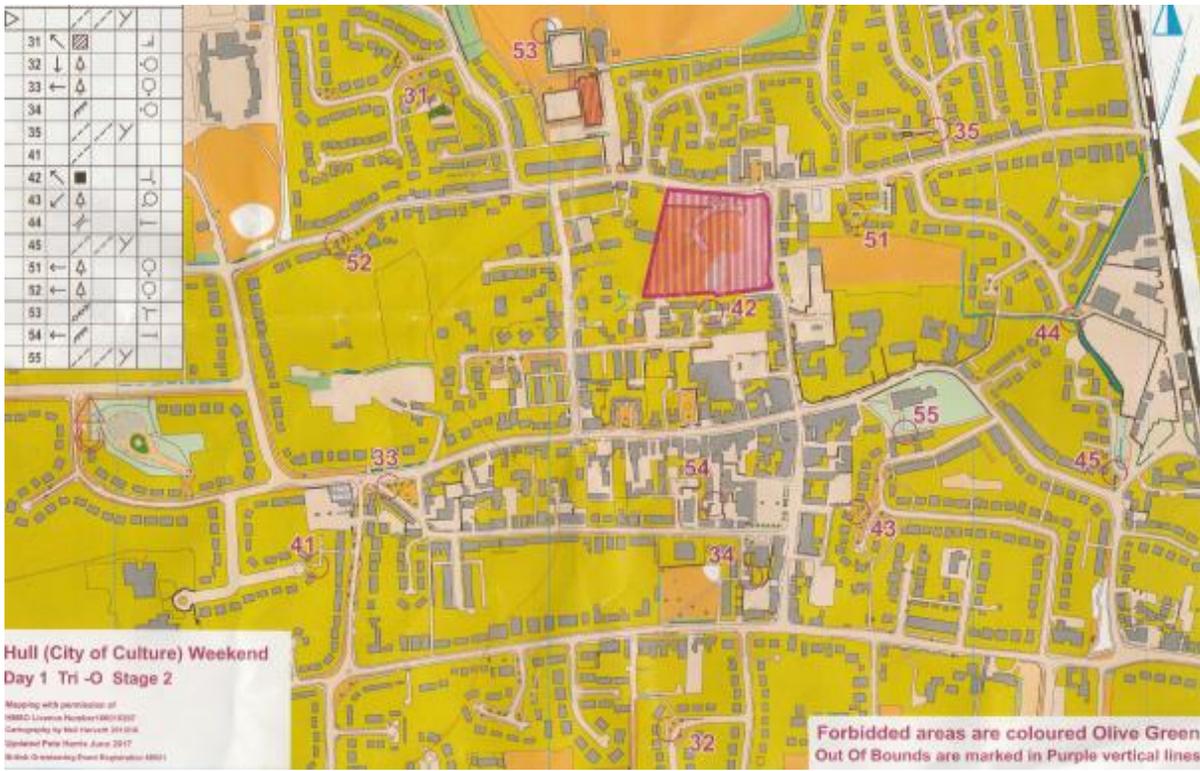
Both the score events were punching start and finish with competitors starting between about 10-30 second intervals.

Finally there was a standard sprint race round a high school. There were just 2 standard courses of the same distance and difficulty so age groups were just randomly allocated to a course with competitors starting at the usual 1 minute interval. The first control on my course was slightly confusing being at the bottom of the upper set of a flight of steps! Once I had got this it was a case of picking the best route round buildings and other obstacles. A well planned fast and furious sprint requiring close concentration and catching a few people out with mis-punches.

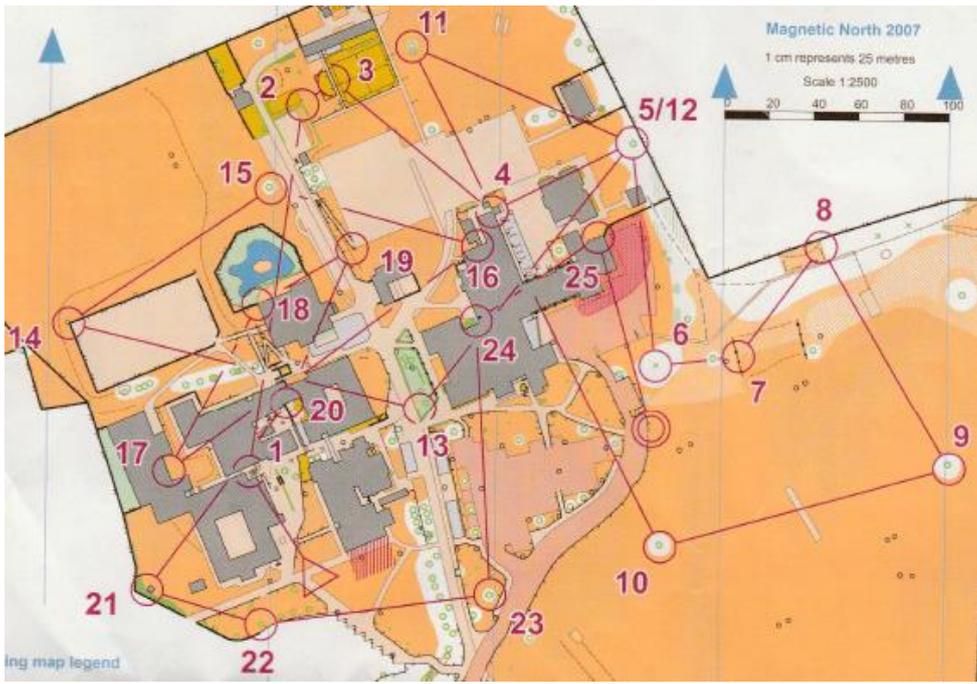
By the end of the 3 rounds I had covered 11.6km but I had really enjoyed the novelty of the event. Well done and thank you to HALO!



Humber Bridge Country Park



Cottingham



Cottingham High School

HALO Race Weekend 24 & 25 June 17
Tri O Yorks Urban League - 24 Jun 17

	Race 1 Humber Bridge CP	Race 2 Cottingham	Race 3 Cottingham High School
Women Vet			
1 Emma Harrison	140p (2) 20.50	110p (2) 31.05	(1) 20.15
6 Helen Martland	130p (6) 26.57	80p (7) 36.03	(5) 25.51
Men Ultravet			
9 Neil Croasdell	100p (11) 27.48	60p (9) 32.45	(10) 33.13
Women Hypervet			
1 Judith Goodair	100p (2) 29.45	50p (1) 37.12	(1) 33.49

Men Hypervet

1 Guy Goodair	130p (1) 33.41	80p (1) 36.56	(1) 31.20
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Junior Men

William Martland	120p (2) 21.12	(2) 13.02	(2) 23.09
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Hull City Race, UK Urban League - 25 Jun 17**Veteran Men (M40+) 7.60Km**

Graham Lloyd mp

David Harrison mp

Ultra Veteran Men (M65+) 4.80Km

35 Neil Croasdell 59.08

Hyper Vet Men (M75+) 3.70Km

1 Guy Goodair 37.45

Junior Men (M16-) 3.60Km

4 William Martland 34.15

Women Open (W18-W35) 7.60Km

8 Megan Harrison 60.09

11 Laura Harrison 64.08

Veteran Women (W40+) 5.90Km

4 Emma Harrison 44.10

12 Helen Martland 50.46

Super Veteran Women (W55+) 4.80Km

21 Rebecca Lloyd 64.07

Ultra Veteran Women (W65+) 3.70Km

13 Jackie Page 44.11

20 Jean Lochhead 59.20

Hyper Vet Women (W75+) 3.70Km

1 Judith Goodair 43.09

DVO EM League, Longstone Moor - 2 Jul 17**Orange** (length 3.0km, climb 70m)

10 Jean Lochhead 72:02

Short Green (length 3.3km, climb 105m)

9 Judith Goodair 63:02

13 Guy Goodair 67:40

25 Jackie Page 79:18

28 Jane Payne 82:54

Green (length 4.3km, climb 130m)

3 Richard Payne 47:08

58 Neil Croasdell 81:59

62 Michael Wood 100:19

AIRE Fat Rascal Prologue & Chasing Sprint, Peel & Lister Park - 8 Jul 17

MJ	Prologue	Chasing Sprint	Total
4 William Martland	16.17 (3)	17.26 (3)	33.43
MUV			
2 Richard Payne	11.56 (4)	12.42 (2)	24.38
22 Neil Croasdell	20.30 (23)	21.20 (24)	41.50
25 Fred Ross	24.01 (26)	22.55 (25)	46.56
MHV			
Guy Goodair	16.02 (2)	m No 8	
WV			
7 Helen Martland	17.04 (8)	19.39 (7)	36.43
WUV			
6 Gill Ross	13.45 (6)	15.17 (6)	29.02
8 Jane Payne	16.31 (9)	17.39 (8)	34.10
10 Jackie Page	17.34 (10)	19.15 (10)	36.49
13 Jean Lochhead	22.17 (14)	24.28 (14)	46.45
WHV			
1 Judith Goodair	14.20 (2)	17.01 (1)	31.21

AIRE UK Urban League Fat Rascal, Bradford City Centre - 9 Jul 17

MJ		WV	
3 William Martland	21.28	10 Helen Martland	54.42

MV			WUV	
4 Simon Martland	46.36		5 Gill Ross	41.18
18 Davey Averill	56.48		9 Jackie Page	49.05
MUV			11 Jane Payne	49.09
25 Stephen Warner	53.03		13 Juliet Morgan	50.42
29 Neil Croasdell	58.24		15 Jean Lochhead	55.41
34 Fred Ross	67.46		WHV	
39 David Morgan	72.49		1 Judith Goodair	47.39
MHV				
2 Guy Goodair	47.39			

MDOC Northern Rocket Sprint Weekend, Birchwood - 15 Jul 17

Course C	Part 1	Part 2	Total
23 Guy Goodair	20.14 (27)	16.54 (23)	37.08
27 Jane Payne	22.41 (32)	19.06 (30)	41.47
32 Juliet Morgan	23.25 (33)	23.00 (35)	46.25
33 David Morgan	25.05 (37)	22.15 (33)	48.49
34 Jean Lochhead	25.45 (36)	23.30 (36)	49.29
36 Judith Goodair	20.13 (26)	38.08 (41)	58.21
Richard Payne	w4	12.10 (5)	
Jackie Page	w13	18.48 (27)	

DEE Northern Rocket Weekend British Mixed Sprint Relays, Edge Hill Uni - 16 Jul 17

Ultravet 65+ class

5 EPOC Wrinklies	90.34	Jackie Page	29.47	David Morgan	31.03	Judith Goodair	29.44
n/c EPOC Ancients	73.57	Gerry Symes	18.54	Juliet Morgan	31.04	6 Guy Goodair	23.59

YHOA URBAN LEAGUE – 2017

Details at www.yhoa.org.uk

Best 6 out of 11 races to score. Remaining events:-

10	SYO	Sheffield	03-Sep
11	EBOR	Selby	15-Oct

YHOA SUPER LEAGUE - 2017

Details at www.yhoa.org.uk

Remaining League Dates 2017

27 Aug 17	EBOR White Rose Weekend (B) – Pickering
17 Sep 17	AIRE Dales Weekend Day 2 (B) – Malham Moor
29 Oct 17	HALO (C) – Humberside
12 Nov 17	EPOC (B) – Rishworth Moor
17 Dec 17	SYO (C) – Blackamoor, Sheffield

FIXTURES – August to October 2017

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

1 - 5	SOA	Scottish 6 Days	Royal Deeside
20	LOG/EMOA	Lincoln City Race	Lincoln
20	DEE/NWOA	Frodhsam Urban Event	Frodsham
25 - 28	EBOR/YHOA	White Rose Weekend	Helmsley

September

3	SYO/YHOA	Sheffield Urban Event	Sheffield
9	SLOW/SEOA	London City Race	London
16	AIRE/YHOA	Dales Weekend, Attermire	Settle
17	AIRE/YHOA	Dales Weekend, Malham Moor	Settle
24	CLARO/YHOA	Hookstone Woods	Harrogate
24	DVO/EMOA	Kedleston Hall	Derby
30	EAOA	British Sprint Championships, Campbell Park	Milton Keynes

October

1	EAOA	British Middle Distance Championships, Wendover Woods	Aylesbury
7	NN/NEOA	October Odyssey, Bewick Moor South	Alnwick
8	NN/NEOA	October Odyssey, Bewick Folly & Blawearie	Alnwick
14	SYO/YHOA	British Schools Score Championships, Rother Valley Country Park	Rotherham
14	MDOC/NWOA	Finland 100 Event, Lyme	Disley
15	EBOR/YHOA	Selby Urban	Selby
15	MDOC/NWOA	Stockport Urban	Stockport
29	HALO/YHOA	tbc	Humberside
29	DVO/EMOA	Chesterfield Urban	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).

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.