



# Epistle



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*Photo: Steve Whitehead, EBOR*

**Jonathan Emberton at the YHOA Sprint Championships**

# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

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

## EDITORIAL

At the end of February, AIRE hosted the British Night Championships which 12 hardy EPOCies attended. Out of those 12 an impressive total of 6 climbed on the podium in a top 3 position on a Long course. Three runners also achieved top 3 on Short courses. Additionally Adam Thorpe (first year M14) achieved an impressive run on M16 running against boys up to 3 years older.

We recently had our Compass Sport qualifying round at Sherwood Pines. We had a good turnout and a very successful victory beating second placed SELOC by 45 points. This means that once again we qualify for the final which this year is in the South Lakes. Please keep Sunday 18<sup>th</sup> October free and see updates during the year.

With less than a week to go until Easter and all the main events falling within a few weeks of each other, good luck to everyone travelling to all these events and let's hope for some more EPOC podium places.

Emma Harrison

## CHAIRMAN'S CHAT

It was great to see a good turnout for the club at the qualifying round of this year's Compass Sport Trophy at Sherwood Pines. Thank you again to Emma for co-ordinating the team. We were up against a few different clubs to our usual opponents so there was a degree of uncertainty as to just how strong they would be in comparison but having strong performances across many of the classes guaranteed our qualification for the final with very impressive score. With FVO opting for the Cup, (did they jump or where they pushed ?) and with the final in the Lake District, I hope we can field as full a team as possible, as we probably won't get a better chance to win the competition after a couple of very close finishes a few years ago.

Since we were still deliberating on the best venue for our February event in mid-December it was very well done, at such short notice, to Andy and Jean (with Charlie as Controller) for putting on an excellent urban event in Halifax using the full extent for Richard's new map. The event was well supported and shows the popularity for the urban format which given the vagaries of the winter weather proved the right choice. The fixtures for the region are planned out 12 to 18 months in advance, so it was just bad luck that our May date clashed with the recently announced Tour de Yorkshire but with a focus on sprint races in May we will put on some sprint courses in Greenhead Park which will give folk a chance to stretch their legs and take in the cycling.

As always, I am looking for planners and organisers for our forthcoming events, without which the club can't continue, so please get in touch rather than wait to be asked.

I don't know just how we compare with other clubs in the region with respect to active planners and organisers since when it comes to these categories there is no official accreditation as such but the current active YHOA controller's list is worth noting.

	Grade A	Grade B	Grade C	Total
Club				
AIRE	3	1	9	13
CLARO		2	6	8
EBOR		7	5	12
EPOC	1	1	2	4
HALO			5	5
SYO		6	8	14

When you map (no pun intended) the relative ages of these key officials it makes very interesting reading, especially when you consider the physical demands (as well as the technicalities) of being a controller on many areas.

Born	Age range	Total
1942 – 1949	73 to 66	24
1950 – 1959	65 to 56	18
1960 – 1969	55 to 46	13
1970 – 1979	45 to 36	3

Once we've enjoyed JK2015 in the Lake District, it will be our turn in Yorkshire and everything will start to gather a pace. We had a regional meeting of key officials last week which helped us take

stock but also to highlight just how much needs doing over the next 12 months. Whilst the overall structure is in place after we finally secured 4 areas in the region, which was so mean feat in itself, the detailed organising starts from now and we really need to get team leaders confirmed. We're putting on the JK Relay at Storthes Hall which is being remapped and extended specially. Whilst some things such as car parking might be less complicated than when we put the British Relays in Tankersley in 2011, the same key roles of map issue, registration, starts, etc etc all require a lead. We will be getting assistance from SYO in terms of helpers but the key roles fall to us so please do get in touch with Amanda to offer your services.

In my last chat, I commented on the stipulations being mandated by British Orienteering in connection with Event Safety Workshops and event insurance. I subsequently contacted Mike Hamilton about this and he agreed that an 'on line' version of this training would be made available but it will take some time to produce. By co-incidence British Orienteering has just published an updated version of the Events Safety Appendix from the Rules of Orienteering which is a key reference for all event officials but don't get me started on the there being no liability around putting out road signs for events which can be a pretty fundamental element to finding an event. Perhaps BOF will provide a complementary Sat Nav with every membership as it's often harder to find the actual event than it is to orienteer when you get there !

Just a quick reminder that SELOC are celebrating their 50<sup>th</sup> Anniversary with an event at Hardcastle Craggs on Saturday 25<sup>th</sup> April to which everyone is warmly invited.

Good luck at the JK and various British Championships for those of you who are going

Best wishes

Alistair Tinto

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

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

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

Copy to Emma by 20 May 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

Summary of Committee Meeting

Wednesday 18 March 2015

Marsh Liberal Club



**Present:** Alistair Tinto, David Morgan, Emma Harrison, Viv Barraclough & Paul Taylor

**Apologies:** None had been received

**Minutes of last meeting:** These were approved with no outstanding items

**Treasurer's report:** This had been previously circulated and was accepted showing a loss on the year to date of c. £1150. The majority of members had renewed. Mike Pownall was chasing the last few. David presented a paper on membership fees as it had become clear since BOF changed the system to all members being BOF members, the club was not collecting the cost of YHOA membership. Apparently EPOC are not alone in YHOA. It was agreed to discuss the matter at a future meeting after the next YHOA Committee Meeting.

**JK Update:** Alistair gave a short update on the JK. Day 2 was confirmed as Wass. Paul said that Amanda (Relay Organiser) was still awaiting offers for team leaders.

**CompassSport Trophy:** Emma was congratulated on the success of the team at the qualifying round. There were some outstanding performances but we were still short in some key classes. It is hoped that a really strong team can be motivated for the final in the Kendal area.

**Event Safety Workshop:** Alistair gave an update on the information from BOF who are still looking to clubs to hold them for Organisers, Planners and Controllers. It appears that much of the pressure is from the Insurers. An e-learning pack is being considered. Also suggested that those who have done the workshop should be nominated as Asst. Organiser / Safety Officer for all events. Template for risk assessment to be circulated to all organisers.

**Fixtures:** Elland (urban) and Ogden were progressing. Jonathan Emberton to update Ogden map as required. Viv is organising an Explorer / Informal for Greenhead Park for Tour de Yorkshire Day. For Christmas - considering Norland or Storthes Hall. Paul especially keen to have a good event at Storthes to make use of the JK map before any risk of the old hospital being re-developed.

**Mapping:** Dave Peel is progressing well with Farnley Tyas and this will be used for CSC/CST qualifier in 2017.

Other maps considered were Huddersfield Town Centre (linked to Greenhead Park), Mining Museum for a sprint plus Walton Colliery and the combined Haw Park / Anglers map which has a scale problem.

There was general agreement that the club is lacking enough skilled mappers - OCAD users to produce initial maps but was well able to keep up with updates to existing maps.

Alistair gave an update on the restrictions regarding the free use of Lidar (high definition contour plots). Lidar cannot be free of charge if the map is subsequently to be sold. The meeting felt that providing a map as part of an event did not constitute a sale though selling a POC map did. However there is no need for LIDAR on POC Maps.

**Coaching etc:** Viv will be attending a BOF coaching course and has obtained grant aid from Kirklees though a second officer is now requesting more information. Viv also asked about CRB checks - Mike P may need to have one for work he is doing with schools. The cost is likely to be £12.60 + VAT. Agreed club should pay.

**Publicity Items:** Viv has arranged joint EPOC Explorer adverts in Mumbles magazine (cost £67.50 to the club) - David to pay.

**Club League:** Following a discussion it was agreed not to pursue a club league any further. The committee expressed thanks to Graham Lloyd for all the hard work that he had done through the past few years. It was however considered important to have some rewards to the juniors for effort rather than actual results. Alistair to look into small trophies.

**Any Other Business:** Alistair had entered a number of teams for the JK relays. There was however not much interest in the British Relays in the Forest of Dean.

Alistair reminded all that SELOC were using Hardcastle Craggs on 25<sup>th</sup> April. EPOC's would be welcome.

**Date of next meeting:** Wednesday May 20<sup>th</sup> 2015 at Marsh Liberal Club 19.30

## COMPASS SPORT TROPHY

Congratulations to EPOC on a strong qualification for the Compass Sport Trophy final. We now need everyone to keep **Sunday 18<sup>th</sup> October** free to run for EPOC at the final near Kendal. It will take all our efforts to achieve a good result, but if everyone turns up and FVO are now running in the Cup competition, who knows, perhaps 2015 could be EPOC's victorious year?!

## EPOC ORIENTEERING TOPS

There are just a couple of the new style EPOC tops available to buy at £10 each. Sizes available are XS (36" chest) and M (40").

## JK 2016

As everyone is aware, EPOC need to provide the organisation, team leaders and a lot of the manpower at Storthes Hall for the JK Sprints on Easter Monday 2016. Please get in touch with Amanda [amanda@foliage-interior-landscaping.co.uk](mailto:amanda@foliage-interior-landscaping.co.uk) to offer your services.

## EPOC Club Championships 2015

Unsurprisingly no-one has offered to take over the EPOC Club Champs from Graham Lloyd so I will include the current ranking positions 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.

## Rankings as of 29 March 2015 (BO website)

Pos. 	Name	YOB	M/F	Points
1 (60)	James Logue	1968	M	7913
2 (132 -1)	Andy Thorpe	1969	M	7728
3 (136 -4)	Simon Martland	1965	M	7716
4 (173)	James Williams	1978	M	7659
5 (255 +1356)	Alasdair Pedley	1999	M	7508
6 (259 +2)	Jonathan Emberton	1961	M	7503
7 (301)	Paul Taylor	1965	M	7441
8 (328 +27)	Mike Pedley	1960	M	7408
9 (378 -1)	Phil Scarf	1963	M	7348
10 (691 -12)	Richard Payne	1950	M	7034
11 (782 -28)	Alistair Tinto	1966	M	6957
12 (864 +61)	Amanda Crawshaw	1970	F	6868
13 (870 -3)	Emma Harrison	1972	F	6863
14 (878 -2)	Graham Lloyd	1962	M	6858
15 (1109 -2)	Julie Couch	1958	F	6665
16 (1117 -2)	Ian Couch	1947	M	6657
17 (1136 -3)	Esther Logue	1971	F	6644
18 (1136 -3)	Richard Spendlove	1946	M	6644
19 (1184 +143)	Megan Harrison	1999	F	6612
20 (1192 -4)	Jackie Scarf	1962	F	6605
21 (1317 -8)	David Harrison	1971	M	6507
22 (1601 -104)	Paul Jackson	1944	M	6276
23 (1847 -10)	Jean Lochhead	1946	F	6062
24 (2029 -14)	Helen Pedley	1962	F	5888
25 (2051 -15)	Guy Goodair	1936	M	5870
26 (2174 -19)	Helen Martland	1968	F	5718
27 (2185 +24)	Neil Croasdell	1948	M	5710
28 (2208 -4)	William Barraclough	1976	M	5682
29 (2279 -24)	Rod Shaw	1938	M	5606
30 (2343 -56)	Linda Hayles	1954	F	5520
31 (2361 +39)	Keith Sykes	1946	M	5506
32 (2554 -13)	Joanna Emberton	1961	F	5243
33 (2556 -11)	Judith Goodair	1941	F	5237
34 (2562 -93)	Michael Wood	1941	M	5230
35 (2593 -12)	Philip Thompson	1934	M	5172
36 (2665 -9)	Sarah Noot	1972	F	5039
37 (2724 -8)	Jane Payne	1952	F	4914
38 (2731 -7)	Pat Aspinall	1942	F	4903
39 (2816 -8)	Jackie Page	1950	F	4709
40 (2932 -12)	Bob Steeper	1963	M	4494
41 (2960 -7)	Rebecca Lloyd	1964	F	4443
42 (3079 -42)	Margaret Shaw	1951	F	4161
43 (3196 +3)	Juliet Morgan	1946	F	3837
44 (3222 +4)	Brian Mellor	1941	M	3774
45 (3412 +22)	Steven Wood	1952	M	3248
46 (3564 -8)	Paulette Noot	1942	F	2881
47 (3590 -9)	John Elliott	1961	M	2811
48 (3698 -11)	Simon Bourne	1968	M	2546
49 (3786 -14)	Adam Breaks	1979	M	2369
50 (3853 -19)	Viv Barraclough	1974	F	2254
51 (3896 -22)	Bryan Parkinson	1950	M	2196
52 (3976 -13)	David Morgan	1946	M	2067
53 (4219 -13)	Val Pownall	1956	F	1646
54 (4320 -16)	Mike Thorpe	1941	M	1373

Pos. ?	Name	YOB	M/F	Points
55 (4474 -7)	Pat Thorpe	1942	F	1119
56 (4546 -7)	Mike Pownall	1952	M	1064
57 (4561 -6)	Claire Hanson	1978	F	1050
58 (4603 -7)	Roland Sansom	1950	M	1022
59 (4685)	Gillian Markham	1956	F	974
60 (4756 -6)	Alan Hardwicke	1942	M	933
61 (4756 -6)	Tim Hayles	1978	M	933
62 (4931 -5)	Robert Page	1949	M	798
63 (4941 -5)	Siarlot Lloyd	1994	F	786

## Xplorer

**Viv Barraclough**

**Lead Coach, EPOC Club Nights**

### EPOC Coaching

Everyone is welcome to our Orienteering sessions. EPOC get-togethers for Juniors, come and meet other club members, bring a picnic and enjoy a busy day out in the Park!

**Wednesday 15th April and Wednesday 27th May Greenhead Park 11:30am**  
**Wednesday 29th April Ravensknowle Park 6pm**

For some fun map exercises and coaching meet near the playground (look for Xplorer sail banner and registration table). Parents are responsible for their own children although the children may be able to run/walk alone. Children can then take part in the Xplorer event, £2 per child to take part in the event, coaching free. Instruction available at all the Xplorer events, just turn up.

For further information contact:

Viv Barraclough

m. 07906 500541

[viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

Please let me know if possible if you are intending to come to any of the sessions; activities for a range of abilities not just beginners. Hopefully inspirational for newcomers to see young EPOCers in action.



**LEARN TO**

**ORIENTEER**

WITH EAST PENNINE ORIENTEERING CLUB

*No experience necessary, everyone welcome*

15th April and 27th May  
Greenhead Park, Huddersfield  
11:30am-12:30pm

FOR FURTHER INFORMATION:  
Viv Barraclough  
[viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)  
07906 500 541  
[www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)

Free coaching session  
£2 to take part in Xplorer event

*Orienteering is a fun, adventurous activity that is suitable for all fitness levels, ages and abilities*



**HALIFAX OSTEOPATHS**  
**PAIN & INJURY CLINIC**  
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**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 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.

#### May weekend 1 -3 May

Rome 3 days <http://www.romeorimeeting.net/>

Belgian 3 days <http://2015.3days.be/>

Black Forest 3 days <http://www.blackforest3days.com/>

Lisburn 4 days <http://www.ioc2015.org/>

#### Spring Bank Holiday weekend 23 – 25 May

Maccabi Hungary 3 days <http://tajfutas.maccabi.hu/index.php/en/>

#### 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.orientering.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](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.

# Orienteering French style

## *Graham Lloyd*

Having a dodgy knee, and spiraling entry fees I find that I am only orienteering when events are on our doorstep, or of the highest quality, or interest. So when we were visiting Siarlot in France we found an event that fell into the "interesting" category. There was to be an Urban Night Score event on St Stephen's Day, through the Alsatian Christmas Markets of Colmar. Colmar lies half way between Strasbourg and Basle, close to the River Rhine. It is full of half timbered houses, snickets\*, and a Petite Venise\*. It is a delightful, mainly pedestrianised town, made more delightful by the smells of vin chaud\*, barbeapapa\* and pine trees.

Pre entry was a simple affair, you emailed the organiser with your "Licensee" number, your SI puce number, name and age. There were 2 courses, one was called Loisir\* and the other was called "O score." Both events were in actual fact the same course. There were 25 controls dotted around the centre of Colmar, The Loisirs could collect the controls in the light or as "Le Nuit Tombee.\*" but had until the courses closed, so no major time limit. They even had a little booklet with pictures and a potted history of each control location. Each control had something to do with conflicts in the town, from Franco-Prussian war to the Great war. The O Score was exactly that. An hour night score, where one had 1 hour to collect the same 25 controls. There were well over 200 competitors on the O score, and we kept getting tangled up with the children on the Loisirs, as they used the old fashioned clipper punches. In the end it was easier to look for a small group of giddy children than an orienteering kite!

Parking was typical French style, find somewhere to park! We did. We then found the race HQ in the local Office de Sports, loos, warmth, changing rooms, clothing dump and registration. We then got into the queue of pre entries, and in a short while we got to the front. Siarlot pulled out a 10 euro note, and I pulled out a 20. We were asked who was paying, and I said I was. Handing over my twenty, I was expecting maybe a few euros change, I was gobsmacked when I was given 11 euros in change.

Three euros? "Nous sommes trois!"

"Oui, je sais, il est trois euros pour un personne!"

That was a lovely surprise. I was heard to mumble "Three euros!" for the next few days. How could they do this so cheaply?

Anyway as we queued for the loos we got chatting in French with some people, who then wanted to practise their English, introducing us to their children, and getting them to practise too. It was all getting very exciting. The weather was clear and frosty with no wind. There were some mad people in shorts! Not the Lloyd's. Soon the mingling crowd started to meander down the snicket from the Office de Sports to a square, which was actually a rectangle, where we mingled some more. The "cartes\*" were on their way we were told. Then a hooter went and someone said something in French that we didn't quite catch and everyone started to form up in a long line down one side of the square, the dark was almost upon us at 17:00. Then a few helpers came along the line and placed a map under our feet, giving strict instructions not to pick it up until the hooter went! However we could see our map...On closer inspection I had a map of a small village near a place called Ribeuville, with vinyards, forests and streets...my neighbour had a map of Amerschwiller town...and so it went on down the line. Ah, they were using up old maps from bigger events, mine was the middle distance race from 3 days in Alsace, their JK equivalent. (Remember the three euros?)

The buzz of the line subsided down the line like a Mexican wave as the starter at one end asked for quiet in order for him to give the pre-race briefing, I caught the gist of it, watch out for members of the publique\*, the trottoirs etait glisse\* and so on. We were then given cinq minutes of warning, then at each minute, until we had ten seconds to go, and no picking up of the map, but everyone counted down from dix quite raucously, had they been on the vin chaud already? Then the air horn went and it was pandemonium. People in cars looking for a car park stopped abruptly jaws dropping as the two hundred plus runners scattered before their eyes. Like a rabbit in the headlights I didn't even look at my map I just ran in the vague general direction of the first control that was about fifty metres away, it was a mistake as I had to queue for what seemed the whole hour, it was probably half a minute. I used that time to work out a rough route. Then it was properly off. Having visited Colmar before I had a rough idea of where things were, but at night, when you think street light will help you see OK, it was a whole different ball game. You can't really see the map, so I pulled out my phone torch, being the gentleman I gave the decent torch to Siarlot, and Rebecca had the other one.

I ran through La Petite Venise, picking up a few controls, remembering that all controls were only worth one point, through the car park stopping at the van to see if we had another torch, we didn't! I then went through street of apartment blocks with snickets and youth s shouting perhaps the French equivalent of get those knees up! One control I ran past as it was hidden behind those giddy children. I went back picked it up and slowly picked my way around Colmar, around the fun fair, through one Christmas market, and another, past the happy shoppers and hordes of visitors from all over the world, I heard Canadian and American accents, I heard Dutch, Italian, German, Spanish, Japanese (a very popular manga film called Howl's Moving Castle used Colmar as an inspiration, as have many others) and some eastern European, a truly cosmopolitan experience. The smells of two types of vin chaud filled the air, the a la anciennes\* with its smell of liquorice, or the more conventional cinnamon. Wafts of barbeapapa too came wafting up the nostrils, when I saw little children with candy floss I remembered what barbeapapa was! There were people selling all kinds of things in the Christmas markets, from trinkets, to paintings through to tarte flambee\* and pizza. My mouth is watering at the remembrance of it all. It was really hard not to be distracted by it all, but I was and I ran down a street only to find it went no where, and certainly not to my control! Running out of it I glanced up at the street name, Impasse de Frederich or some such! On one leg a got to a square and had to run off it down a street towards a little patch of grass. I hammered down the pedestrianised street, found my patch of grass, but no control or giddy children, had it been taken? Not with the security they had on the SI boxes! I ran back to the previous square and control, and realised I had made a classic parallel error. Got back on track

and continued my spiral into the centre of the town, it seemed if I did that I would pick up all most of the controls. I got to the last one, only a couple of minutes from the finish, and looked at my watch, I was only 35 minutes into the race...wow...then it dawned on me, I had absolutely no idea how many controls I had visited nor which ones I hadn't visited! I had to run through my mind's eye re tracing my steps on the map, I reckoned I'd missed two controls, I'd know when I got there. Thankfully I didn't recognise the control sites and picked up the last controls, and legged it back to the finish. I'd finished with about twenty minutes to spare. If I had been more savvy at the start I may have done much better, but that mad panic was enough to put anyone into headless chicken mode! Downloading I congratulated the CO Colmar officials on what was a brilliant run. It then got even better, we all got vin chaud, and if we wanted slices of tarte flambee. Rebecca and Siarlot were not far behind. They had grins as wide as the river Humber!

"That was ace!" Siarlot declared.

Rebecca too was equally enthusiastic, "I ran lots, but those perishing kids at the controls!"

What a fantastic event. It was low key, low cost, but exceptionally high value... though it did cost a bit to go to France. Would we do it again? Well yes if we were in that region of France again at Christmas.

#### Results of the Colmar St Stephen's Day O Score

1 <sup>st</sup>	Celine Dodin	D21	25 points	22.46
56 <sup>th</sup>	Graham Lloyd	H50	25 points	45.47 3 <sup>rd</sup> H50
114 <sup>th</sup>	Siarlot Lloyd	D20	22 points	48.02 3 <sup>rd</sup> D20
122	Rebecca Lloyd	D50	19 points	49.33 6 <sup>th</sup> D50

\*Glossary for those without schoolboy/girl French:

Petite Venise= Little Venice

vin chaud= Mulled Wine

barbeapapa= candy floss

Licensee= Membership number, though it could be Nombre d'adherence.

Puce de Si= Dibber (puce literally means flea! Or computer chip!)

Loisir= leisure or casual

Quand Le Nuit Tombee.=Dusk (literally when the night falls)

Cartes=maps

Snicket= a small alleyway, not French ;)

Publique=The public!

Trottoirs etait glisse=Pavement were slippy, should have an accent on the last e!

Cinq=five

Dix= ten

a la anciennes= literally "ancient's style"= olde worldy traditional

tarte flambee= a kind of Alsace thin crispy pizza with crème fraiche and either sweet or savoury topping, usually apple or bacon bits. They have them in Lidl every now and again.

## EVENT REPORTS AND RESULTS

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

### BAOC Military League, North Scotton Moor Catterick - 4 Feb 15

#### Light Green 4.5km 10 controls

15 Judith Goodair 84.36

16 Guy Goodair 87.06

### Idanha-a-Nova International Meeting, Portugal - 7&8 Feb 15

Event	1	2	3
<b>W50</b>			
Linda Hayles	1:17:48 (5)	mp	mp
<b>M65</b>			
Neil Croasdell	45:50 (15)	24:55 (6)	1:58:27 (15)

### **MV UKOL 1, The Nower - 7 Feb 15**

#### **Course 1 3.1km 135m**

45th Alasdair Pedley 24:59

#### **Course 2 2.7km 85m**

17th Jonathan Emberton 19:42

rtd Andy Thorpe

#### **Course 3 2.2km 50m**

3rd Mike Pedley 16:36

37th Adam Thorpe 20:57

97th Helen Pedley 32:07

107th Joanna Emberton 48:01

#### **Course 4 1.9km 50m**

20th Sarah Pedley 19:00

### **MV Southern Championships, Surrey Hills - 8 Feb 15**

#### **Interland W14 4.4km 125m**

9th Sarah Pedley 62:18

#### **Interland M16 7.9km 200m**

2nd Alasdair Pedley 60:12

#### **W40L 7.7km 235m**

2nd Emma Harrison 77:38

#### **W50S 5.3km 140m**

2nd Helen Pedley 86:23

6th Joanna Emberton 111:53

#### **M14A 6.1km 160m**

2nd Adam Thorpe 52:37

#### **M45L 10.2km 270m**

1st Andy Thorpe 72:45

#### **M50L 10.2km 270m**

7th Jonathan Emberton 80:23

#### **M55L 9km 260m**

8th Mike Pedley 80:30

### **AIRE Regional Event, Haworth Moor & Penistone Hill - 8 Feb 15**

#### **Brown (length: 9.1km, climb: 190m, 18 controls)**

16 Phil Scarf 01:25:08

#### **Blue (length: 6.8km, climb: 140m, 14 controls)**

2 Paul Taylor 00:54:39

29 Alistair Tinto 01:18:40

#### **Green (length: 4.6km, climb: 65m, 15 controls)**

1 Richard Payne 00:44:41

4 Jackie Scarf 00:49:00

5 Megan Harrison 00:49:36

12 David Harrison 00:52:57

54 Paul Jackson 01:07:47

68 Rod Shaw 01:24:06

- Helen Martland 00:59:02

#### **Light Green (length: 3km, climb: 70m, 11 controls)**

1 Laura Harrison 00:36:29

2 Sam Crawshaw 00:39:59

#### **Short Green (length: 2.6km, climb: 45m, 9 controls)**

6 Guy Goodair 00:41:24

7 Jean Lochhead 00:42:58

15 Judith Goodair 00:53:29

16 Jackie Page 00:55:07

21 Pat Aspinall 00:58:28

29 Margaret Shaw 01:38:30

#### **Orange (length: 2.4km, climb: 40m, 9 controls)**

3 William Martland 00:39:01

9 Jane Payne 01:07:43

#### **Yellow (length: 1.6km, climb: 25m, 11 controls)**

1 Alexandra Crawshaw 00:12:25

### **BAOC Military League North, Rowntree Park York - 11 Feb 15**

#### **Light Green 4.2km**

11 Juliet Morgan 0:50:46

12 Guy Goodair 0:51:21

13 Judith Goodair 0:54:25

15 Jackie Page 0:56:08

Jean Lochhead mp 0:43:47

### **WCH Midlands Champs, Cannock Chase - 15 Feb 15**

#### **M12A 3.7km 125m**

8th Sam Crawshaw 55:04

#### **M14A 6.4km 280m**

3rd Adam Thorpe 60:16

#### **M16A 7.6km 320m**

2nd Alasdair Pedley 51:27

#### **W10A 2.8km 95m**

1st Alexandra Crawshaw 28:00

#### **W12A 3.7km 125m**

11th Anna Thorpe 80:43

#### **W14A 4.3km 190m**

7th Sarah Pedley 58:08

9th Laura Harrison 62:41

**M40S 7.3km 300m**

6th David Harrison 101:49

**M45L 9.8km 360m**

4th Andy Thorpe 67:25

**M50L 9.8km 360m**

7th Jonathan Emberton 76:00

10th Paul Taylor 79:53

**M55L 9km 350m**

5th Mike Pedley 77:38

**M65L 6.7km 265m**

2nd Richard Payne 66:25

**M70L 6.1km 250m**

m1 m5-6 Paul Jackson 98:45

**M80 4km 130m**

3rd Philip Thompson 77:54

**W16A 6.1km 250m**

8th Megan Harrison 69:09

**W40L 7.3km 300m**

1st Amanda Crawshaw 78:34

3rd Emma Harrison 81:57

**W50L 6.7km 265m**

5th Jackie Scarf 72:23

**W50S 5km 180m**

1st Helen Pedley 60:26

5th Joanna Emberton 74:42

**W60S 4km 130m**

2nd Jane Payne 85:27

**RED 5.3km 195m**

6th Beth Emberton 64:37

**Portugese Orienteering 4 days - 14 to 17 Feb 15**

Day		1	2	3	4
<b>W50</b>					
54	Linda Hayles	1:14:02(42)	1:04:42(54)	dnf	1:45:08(52)
<b>W65</b>					
23	Jean Lochhead	41:40 (11)	36:26 (11)	55:53 (21)	dns
29	Jackie Page	1:10:20 (34)	49:37 (31)	1:06:13 (28)	1:23:52(25)
<b>W70</b>					
9	Judith Goodair	47:29 (8)	42:47 (9)	1:10:40 (12)	54:48 (8)
<b>M65</b>					
73	Neil Croasdell	1:30:11(83)	52:48 (78)	1:29:32(79)	1:37:52(71)
<b>M75</b>					
23	Guy Goodair	1:21:48 (24)	1:14:52 (26)	1:30:03(24)	1:31:48 (21)

**NOC East Midlands League, Harlow Wood - 22 Feb 15****Blue (length: 6.3km, climb: 110m, 23 controls)**

46 Paul Jackson 01:25:17

Ian Couch dnf

**Green (length: 4km, climb: 85m, 14 controls)**

6 Julie Couch 00:40:57

**EPOC YHOA Urban League, Halifax - 22 Feb 15****Course 1 (length: 12.5km, climb: 130m, 19 controls)**

15 William Barraclough 01:04:56

**Course 2 (length: 10.1km, climb: 120m, 17 controls)**

1 Simon Martland 00:40:41

3 Adam Breaks 00:41:57

5 Paul Taylor 00:43:47

18 Graham Lloyd 00:50:33

22 Phil Scarf 00:51:38

25 Alistair Tinto 00:55:45

30 David Harrison 01:00:43

**Course 3 (length: 7.8km, climb: 85m, 15 controls)**

3 Richard Payne 00:40:27

7 Jackie Scarf 00:43:55

11 Emma Harrison 00:45:03

29 Helen Martland 00:57:05

36 Rebecca Lloyd 01:12:19

**Course 5 (length: 5.5km, climb: 60m, 13 controls)**

2 Jean Lochhead 00:38:17

3 Rachel Wilson 00:40:47

6 Judith Goodair 00:50:48

**Course 6 (length: 4.5km, climb: 60m, 12 controls)**

1 Adam Thorpe 00:27:17

2 Megan Harrison 00:30:33

6 Luke Barraclough 00:58:39

7 Joseph Barraclough 00:58:47

8 Seth Barraclough 00:58:54

**Course 7 (length: 2.3km, climb: 15m, 11 controls)**

2 William Martland 00:16:27

4 Cormac Thomas 00:17:31

5 Anna Thorpe 00:18:00

8 Imogen NootWilliams 00:20:45

11 Seth Thomas 00:28:11

13 Lauren Walls 00:28:20

14 Saffron WilsonE 00:28:31

<b>Course 4 (length: 6.6km, climb: 70m, 15 controls)</b>			16	Ffion NootWilliams	00:36:18
1	Bryan Parkinson	00:32:51	17	Callum Watts	00:38:06
18	Keith Sykes	00:47:50			
30	Guy Goodair	00:52:04			
34	Joanna Emberton	00:57:46			
35	Jane Payne	01:03:33			
36	Mike Thorpe	01:06:34			

### Andalucia Meeting, Punta Umbria Spain - 28 Feb 15

	Middle AM	Sprint PM
<b>W50</b>		
7 Linda Hayles	59.15 (11)	52.35 (7)
<b>M65</b>		
16 Dick Spendlove	51.33 (20)	31.55 (50)
21 Neil Croasdell	54.56 (21)	44.18 (17)

### AIRE British Night Championships, Middleton Park Leeds - 28 Feb 15

<b>M16 7.06km 190m</b>			<b>M50S 5.58km 140m</b>		
3rd	Alasdair Pedley	55:25	3rd	John Elliott	78:02
8th	Adam Thorpe	77:25	<b>M55L 7.06km 190m</b>		
<b>M45L 8.81km 235m</b>			13th	Mike Pedley	79:25
1st	James Logue	60:08	<b>M75S 3.61km 80m</b>		
3rd	Simon Bourne	62:57	1st	Rod Shaw	116:22
11th	Andy Thorpe	76:11	<b>W16 4.98km 125m</b>		
<b>M45S 5.58km 140m</b>			3rd=	Megan Harrison	54:08
2nd	Alistair Tinto	53:32	<b>W40L 7.06km 190m</b>		
<b>M50L 8.81km 235m</b>			3rd	Emma Harrison	83:10
3rd	Jonathan Emberton	69:26			

### Andalucia O Meeting, Punta Umbria - 1 Mar 15

<b>Long Distance</b>			<b>M65 3.8km 55m 10c</b>		
<b>W50 4.3km 100m 11c</b>			5	Dick Spendlove	31.55
7	Linda Hayles	52.35	17	Neil Croasdell	44.18

### SYO YHOA Superleague, Cawthorne & Deffer - 1 Mar 15

<b>Yellow</b>		<b>Green</b>	
1	Alex Crawshaw 17.20	8	Megan Harrison 58:44
<b>Orange</b>		23	Adam Thorpe 66:27
3	Sam Crawshaw 36.16	40	Julie Couch 77:17
5	William Martland 45.56	mp	Margaret Shaw 149:27
7	Anna Thorpe 49.54	<b>Short Blue</b>	
<b>Light Green</b>		6	Richard Payne 66:01
2	Sarah Pedley 43.51	<b>Blue</b>	
3	Laura Harrison 59.06	33	Mike Pedley 77:39
<b>Very Short Green</b>		47	David Harrison 86:32
3	Pat Aspinall 53.06	<b>Short Brown</b>	
<b>Short Green</b>		7	Andy Thorpe 68:39
2	Roland Sansom 45:48	17	Paul Taylor 75:01
9	Helen Pedley 56:16	23	Jonathan Emberton 77:59
12	Helen Martland 59:15		
15	Jean Lochhead 62:47		
22	Rod Shaw 70:06		
24	Jo Emberton 70:55		
25	Guy Goodair 72:01		

29 Judith Goodair 78:44  
 33 Jackie Page 95:43  
 mp Philip Thompson 80:18

**DVO EM League Event, Kedleston - 8 Mar 15**

**Short Green (length 4.2km, climb 35m, 12 controls)**      **Green (length 5.1km, climb 75m, 16 controls)**  
 8 Jean Lochhead 42:29      42 Neil Croasdell 51:21  
 27 Jackie Page 52:41

**LOC Galoppen, Claife Heights - 8 Mar 15**

**Brown 7.5km 330m**      **Orange 2.8km 75m**  
 6th Andy Thorpe 66:00      2nd Sam Crawshaw 27:24  
 15th= Paul Taylor 75:43      **Yellow 2.1km 45m**  
**Blue 5.3km 190m**  
 1st Alasdair Pedley 45:33      1st Alexandra Crawshaw 17:57  
**Green 3.7km 145m**  
 1st Adam Thorpe 39:43

**CLOK Acorn Event, Hutton Mulgrave & Skelder - 8 Mar 15**

**Blue**  
 13 Paul Jackson 65:17

**BAOC Military League North, Easingwold - 11 Mar 15**

**Light Green 4.3km**      **Blue 7.3km**  
 9 Jean Lochhead 39:59      22 Linda Hayles 74:44  
 10 Neil Croasdell 40:18  
 11 Guy Goodair 40:24  
 30 Judith Goodair 51:34

**NOC CompassSport Trophy, Sherwood Pines - 15 Mar 15**

**Brown (length 10.7km, climb 130m, 25 controls)**      **Veterans Short Green (length 3.9km, climb 45m, 11 controls)**  
 39 William Barraclough 97:00 87      10 Paul Jackson 40:50 100  
**Short Brown (length 8.6km, climb 105m, 23 controls)**      20 Jean Lochhead 45:20 99  
 16 Jonathan Emberton 62:17 98      26 Rod Shaw 47:31 97  
 34 Alistair Tinto 70:23 94      35 Guy Goodair 49:15 94  
**Blue Women (length 6.9km, climb 75m, 18 controls)**      50 Jane Payne 57:49 88  
 10 Viv Barraclough 60:19 98      52 Judith Goodair 58:07 87  
 15 Emma Harrison 62:54 95      57 Jackie Page 59:13 86  
**Blue Men (length 6.8km, climb 75m, 18 controls)**      66 Pat Aspinall 63:08 82  
 1 Simon Martland 39:16 100      89 Philip Thompson 76:14 76  
 6 Phil Scarf 45:47 99      90 Paulette Noot 80:20 75  
 15 Paul Taylor 48:23 96      **Junior Wmn (Short Green) (length 3.9km, climb 45m, 11 controls)**  
 30 Graham Lloyd 53:03 93 **Green Women**      2 Megan Harrison 32:10 100  
**(length 5.0km, climb 55m, 14 controls)**      **Orange Men (length 3.2km, climb 30m, 7 controls)**  
 7 Amanda Crawshaw 39:58 100      4 Sam Crawshaw 21:23 94  
 12 Jackie Scarf 41:31 99      35 William Martland 37:10 82  
 32 Helen Martland 49:53 93      **Orange Women (length 3.2km, climb 30m, 7 controls)**  
 35 Helen Pedley 50:29 91      3 Sarah Pedley 29:18 100  
 63 Joanna Emberton 61:27 85      11 Laura Harrison 29:18 96  
 67 Rebecca Lloyd 69:16 83 **Green Men**      21 Alexandra Crawshaw 36:35 90  
**(length 4.9km, climb 50m, 14 controls)**  
 6 Richard Payne 36:17 100  
 52 Neil Croasdell 51:22 87

**Medium (length 3.3km, climb 30m, 7 controls)**

4 Beth Emberton 29:34

19 Susan Brant 56:14

**Short (length 2.4km, climb 20m, 9 controls)**

11 Seth Barraclough 30:09

12 Luke Barraclough 31:07

15 Joseph Barraclough 33:53

## **YHOA Sprint Championships – 21 March 15**

*All Photo's: Bill Griffiths, EBOR*



**Richard Payne (1<sup>st</sup>)**



**Sam Crawshaw (1<sup>st</sup>) & William Martland (2<sup>nd</sup>)**



**Mike Pedley (1<sup>st</sup>)**



**Paul Taylor (2<sup>nd</sup>)**



Alex Crawshaw (3<sup>rd</sup>)



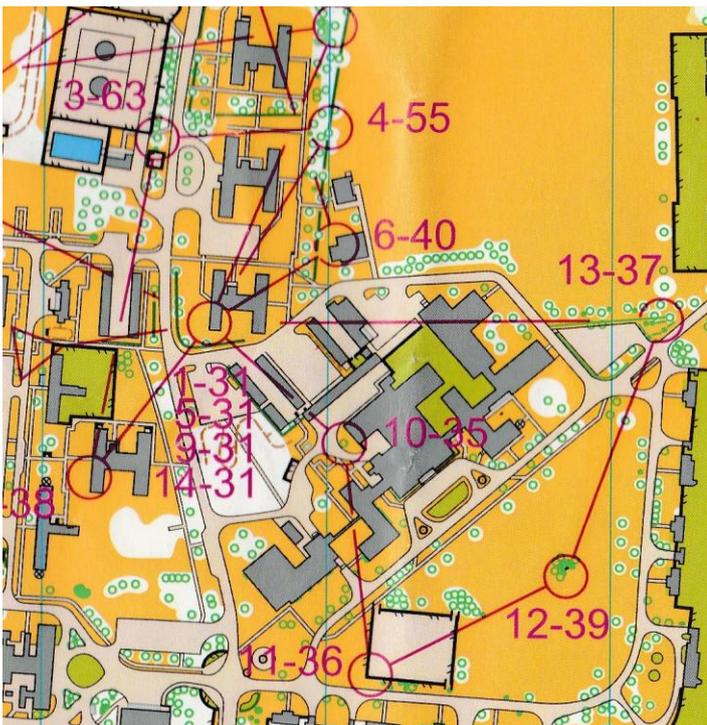
Megan Harrison (1<sup>st</sup>) & Sarah Pedley (2<sup>nd</sup>)



Amanda Crawshaw (1<sup>st</sup>) & Emma Harrison (2<sup>nd</sup>)



Jean Lochhead (2<sup>nd</sup>)



Course A: Final

**EBOR YHOA Sprint Championships/YHOA Urban League, RAF Linton-on-Ouse - 21 Mar 15**

<b>MYJ</b>		<b>Prologue</b>		<b>Final</b>		<b>Overall</b>
2nd	Sam Crawshaw	11:38	(1)	13:53	(2)	25:31
3rd	William Martland	16:06	(3)	21:38	(4)	37:44
<b>MO</b>						
10th	Alasdair Pedley	14:50	(12)	13:16	(7)	28:06
<b>MV</b>						
2nd	Paul Taylor	15:58	(2)	15:24	(5)	31:22
7th	Jonathan Emberton	16:57	(9)	15:58	(8)	32:55
15th	Alistair Tinto	18:07	(14)	18:38	(21)	36:45
17th	Graham Lloyd	20:51	(21)	17:16	(14)	38:07
28th	David Harrison	26:01	(29)	22:50	(29)	48:51
	Simon Martland		m14	14:38	(1)	-
<b>MSV</b>						
1st	Mike Pedley	13:59	(1)	13:56	(1)	27:55
<b>MUV</b>						
3rd	Richard Payne	14:23	(5)	11:45	(2)	26:08
6th	Richard Spendlove	15:42	(9)	12:19	(3)	28:01
13th	Neil Croasdell	16:30	(13)	15:58	(16)	32:28
16th	Guy Goodair	18:18	(19)	15:36	(13)	33:54
17th	Keith Sykes	18:04	(18)	17:15	(18)	35:19
<b>WYJ</b>						
	Alexandra Crawshaw	12:47	(1)	dnf		-
<b>WJ</b>						
2nd	Megan Harrison	13:58	(3)	12:15	(1)	26:13
3rd	Sarah Pedley	15:33	(4)	12:36	(3)	28:09
	Laura Harrison	m13		w1		-
<b>WV</b>						
1st	Amanda Crawshaw	15:52	(1)	16:15	(1)	32:07
3rd	Emma Harrison	16:39	(4)	16:55	(2)	33:34
13th	Helen Martland	19:45	(11)	20:59	(16)	40:44
18th	Joanna Emberton	30:13	(22)	23:52	(18)	54:05
20th	Rebecca Lloyd	32:45	(23)	25:02	(20)	57:47
<b>WSV</b>						
15th	Jane Payne	21:23	(14)	21:03	(15)	42:26
<b>WUV</b>						
2nd	Jean Lochhead	16:21	(2)	15:28	(2)	31:49
7th	Jackie Page	21:08	(4)	23:33	(8)	44:41
	Judith Goodair	w9		21:23	(7)	-

**EBOR Level B Event, Gilling - 22 Mar 15****Short Brown (length: 6.5km, climb: 300m, 21 controls)**

3	Andy Thorpe	01:05:52
9	Paul Taylor	01:12:55
15	Alistair Tinto	01:23:51

**Blue (length: 6.1km, climb: 280m, 20 controls)**

14	Emma Harrison	01:31:10
16	Steven Wood	01:34:41
20	Gillian Markham	01:54:20
mp-	David Harrison	01:04:37

**Short Blue (length: 5.4km, climb: 245m, 21 controls)**

4	Richard Payne	01:21:14
8	Ian Couch	01:32:08

**Green (length: 4.4km, climb: 225m, 17 controls)**

2	Megan Harrison	00:59:42
6	Adam Thorpe	01:10:06
8	Julie Couch	01:12:22
24	Paul Jackson	01:35:20
34	Margaret Shaw	03:03:49

**Short Green (length: 3.1km, climb: 120m, 14 controls)**

1	Jean Lochhead	01:02:16
5	Rod Shaw	01:06:01
12	Judith Goodair	01:15:15
14	Guy Goodair	01:17:52
17	Philip Thompson	01:20:52

**Very Short Green (length: 2.7km, climb: 105m, 10 controls)**

3 Jane Payne 01:02:04

**Light Green (length: 3.4km,) climb: 130m, 12 controls**

4 Laura Harrison 00:59:32

**Orange (length: 2.8km, climb: 100m, 10 controls)**

1 Sam Crawshaw 00:27:43

3 Alexandra Crawshaw 00:30:50

11 Anna Thorpe 00:47:02

### **HALO YHOA Middle Distance Champs, Knapton - 29 Mar 15**

**Black (Length 4.70Km, Climb 320m)**

10 David Harrison 66:46

**Blue (Length 4.00Km, Climb 245m)**

1 Alasdair Pedley 26:29

4 Mike Pedley 37:44

9 Emma Harrison 43:07

**Green (Length 2.90Km, Climb 195m)**

1 Richard Payne 31:28

3 Megan Harrison 33:53

6 Paul Jackson 39:55

**Very Short Green (7) (Length 1.80Km, Climb 115m)**

1 Judith Goodair 32:31

**Short Green (Length 2.40Km, Climb 140m)**

8 Jean Lochhead 32:15

14 Philip Thompson 36:55

17 Guy Goodair 38:44

22 Jane Payne 43:14

23 Jackie Page 44:54

**Light Green (Length 2.40Km, Climb 130m)**

1 Sarah Pedley 25:38

3 Laura Harrison 28:11

## **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.

3	SYO	Sheffield	02-May	
4	HALO	Hull University	16-May	
5	HALO	Hull Old Town	17-May	UKUL05
6	CLARO	Knaresborough	24-May	
7	EBOR	York	25-May	
8	AIRE	Holt Park/Golden Acre Park	06-Jun	
9	AIRE	Colton, Leeds	07-Jun	UKUL08
10	CLOK	Preston Park/Eaglescliffe	28-Jun	
11	EPOC	Elland	05-Jul	UKUL10

For results and further information go to [www.aire.org.uk](http://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](http://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), Hawswick 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
<b>Black</b>	M21	
<b>Brown</b>	M35 M40	
<b>Short Brown</b>	M18 M20 M45 M50	W21
<b>Blue</b>	M16 M55 M60	W35 W40
<b>Short Blue</b>	M65	W18 W20 W45 W50
<b>Green</b>	M70	W16 W55 W60
<b>Short Green</b>	M75 M80	W65 W70 W75 W80
<b>Light Green</b>	M14	W14
<b>Orange</b>	M12	W12
<b>Yellow</b>	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  $5 \times 7 = 35$  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

### TRAINING RUNS

#### HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

Further details and updates from Graham Lloyd

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

### WEDNESDAY WRINKLIES COUNTRY RUN & WALK

Usually at 10am but sometimes 9.30am. We move around the hills and dales keeping out of towns. The runners do about 1 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 – April to June 2015

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

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

Date	Club/Region	Type/Area	Location
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### April

3-6	NWOA	JK Weekend	Lancaster & South Lakes
12	AIRE/YHOA	Calverley Woods	Bradford
18-19	BOK/SWOA	British Individual and Relay Championships Weekend	Forest of Dean
19	CLARO/YHOA	Hookstone Woods	Harrogate
<b>25</b>	<b>EPOC</b>	<b>Simon Martland's 50<sup>th</sup> Ultra Sprint and Maze</b>	<b>Shelley</b>
25	SELOC/NWOA	SELOC 50 <sup>th</sup> Anniversary	Hardcastle Crags
26	EBOR/YHOA	Regional Event and Yvette Baker Trophy Heat, Dalby	York

### May

2	SYO/YHOA	YHOA Urban League	Sheffield
<b>3</b>	<b>EPOC</b> 	<b>Greenhead Park</b>	<b>Huddersfield</b>
4	NOC/EMOA	NOC Urban Event	Nottingham
9	BAOC/SCOA	British Sprint Championships, Aldershot Barracks	Aldershot
10	TVOC/SCOA	British Middle Distance Championships, Naphill & Park Wood	High Wycombe
16	HALO/YHOA	YHOA Urban League, Hull University	Hull
17	HALO/YHOA	YHOA Urban League, Hull Old Town	Hull
23-25	WMOA	Springtime in Shropshire	West Midlands
23	ECKO/SOA	Scottish Championships, Dalmally	Oban
24	CLARO/YHOA	YHOA Urban League	Knaresborough
25	EBOR/YHOA	YHOA Urban League	York
30	MDOC/NWOA	Twin Peak Day 1, Place Fell	Glenridding
31	MDOC/NWOA	Twin Peak Day 2, Angle Tarn Pikes	Glenridding

### 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	York
14	EBOR/YHOA	EBOR Club Champs/YHOA Schools Champs, Hazlewood Castle	Tadcaster
14	DVO/EMOA	Chesterfield Urban Event	Chesterfield
21	SELOC/YHOA	Horwich Sprint Event, Lever Park & Horwich Town Centre	Horwich
21	LEI/EMOA	Ashby Urban Event	Ashby
28	CLOK/NEOA	CLOK Urban (inc YHOA Urban League), Preston Park/Eglescliffe	Eglescliffe

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