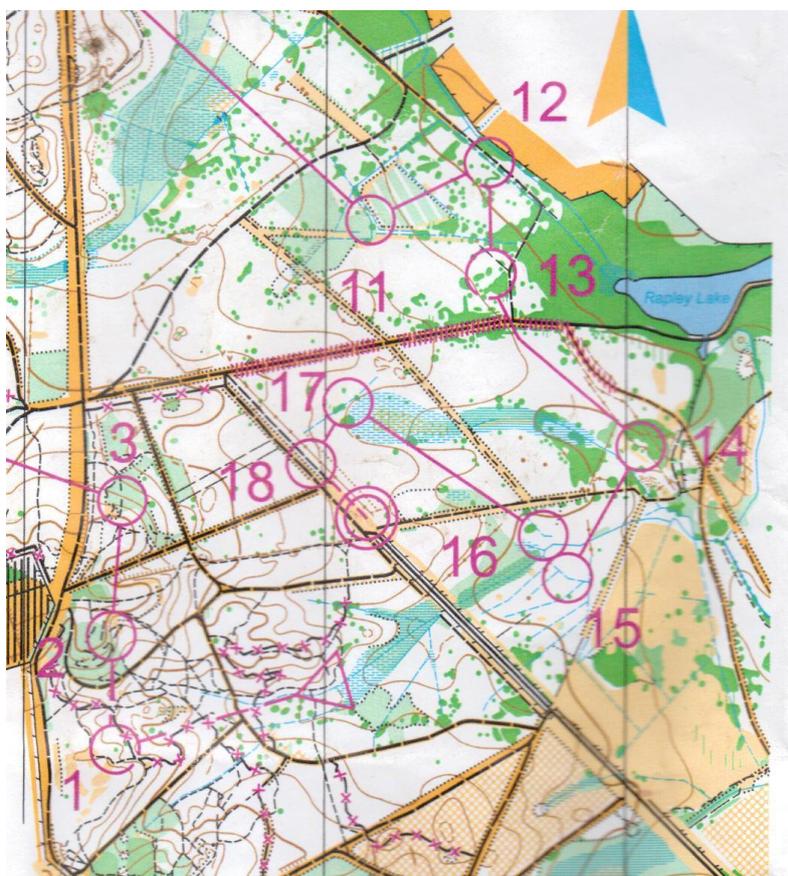




# Epistle



No. 223  
February - March 2014



**Southern Championships, Star Posts  
26<sup>th</sup> January 2014**

# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

## OFFICERS AND COMMITTEE 2013/2014

|                      |                 |  |
|----------------------|-----------------|--|
| Chair                | Alistair Tinto  | <a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>       |
| Secretary            | Rebecca Lloyd   | <a href="mailto:rebeccajane.lloyd@yahoo.co.uk">rebeccajane.lloyd@yahoo.co.uk</a> |
| Treasurer            | David Morgan    | <a href="mailto:d345morgan@btinternet.com">d345morgan@btinternet.com</a>         |
| Epistle Editor       | Emma Harrison   | <a href="mailto:eah1607@aol.com">eah1607@aol.com</a>                             |
| Fixtures             | Alistair Tinto  | <a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>       |
| Membership Secretary | Mike Pownall    | <a href="mailto:mike58pownall@gmail.com">mike58pownall@gmail.com</a>             |
| Committee Members    | Viv Barraclough | <a href="mailto:viv.barraclough@cantab.net">viv.barraclough@cantab.net</a>       |
|                      | Paulette Noot   | <a href="mailto:paulette@noots.net">paulette@noots.net</a>                       |
|                      | Paul Taylor     | <a href="mailto:p.c.taylor@warwick.ac.uk">p.c.taylor@warwick.ac.uk</a>           |

## OTHER CLUB OFFICIALS

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

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

### EDITORIAL

It was only in the last Epistle that I was thanking those who ran for the club at the Compass Sport final in 2013 and already we have the qualifying round for the 2014 competition creeping up on us! Thank you to those that have entered already and it's great to see that the entries are up on last year. It's not too late to enter (quite) but this must be done by Sunday 2<sup>nd</sup> February as there will be no entry on day for competitive courses. Entries are through Fabian 4.

I seem to be a bit short of articles and photo's this time, partly the time of year I'm sure, but please don't be shy or wait to be asked, I will always include things people send me and it doesn't have to be orienteering related, you might have done something outside of the world of orienteering that would still be of interest to our club members.

Finally the committee have agreed on a new club top design which has been sent to a supplier to finalise. Once this has been completed I will email it to the club via Anthony and will look forward to receiving your orders!

See you at Guisecliff for the Compass sport event.

Emma Harrison

## CHAIRMAN'S CHAT

The turn of the year is always a busy time for the club with our traditional pre-Christmas fixture which is usually followed in quick succession with an event in late January/early February as the region's clubs look to fill the New Year with events most weekends in the run up to the JK. Any of you who have ever been to an YHOA fixtures meeting will appreciate that unless you shout and get your bid in quick, available slots can go but hopefully the events get spread out evenly and fairly. The growing number of urban events now stretch into the summer months when fixtures tended to slacken off so there is plenty of orienteering throughout the whole year for the enthusiasts.

Our December event always has a nice feel to it and this year was no exception with the excellent university facilities at Storthes Hall making for a great base. With the BOGOF of the night event on the Saturday evening followed by a traditional event the following day, it seems to work well from a planning and organising perspective. Storthes lends itself well to middle distance races. Many thanks to Andy for this planning of both events and Viv for organising the Sunday.

Last weekend we had our first event of 2014 at a very wet but runnable Newmillerdam. Again having the use of the neighbouring Scout Hut served as a perfect base and a welcome shelter from the elements. Well done to John for organising such an event for the first time and to the Couch and Morgans for their planning and controlling of the very well received courses.

The planning of our Stoodley Pike event in March is well underway and if you haven't been in touch about lending a hand yet, please let me know. The event will be this year's YHOA Championships so we expect it to be well attended. With this part of our territory virtually overlapping with PFO it has presented the opportunity to collaborate and pull resources.

We have an urban event, most likely at Sowerby Bridge, on the 20<sup>th</sup> July which we moved from the 6<sup>th</sup> July to avoid the cyclists. I'm looking for a planner and organiser for this event so please can you consider it and let me know.

The qualifying round of the Compass Sport Trophy is in a couple of weeks and Emma will have details further in Epistle so do enter and compete if you can. It's also time to start thinking about relay teams for the JK and British Champs so let know if you're interested in being in a team.

Best wishes

Alistair Tinto

## NICK JONES, AIRIENTEERS

*Adapted from Aire Affairs with kind permission of Pete Jones, Editor*

As many of you will have heard, Nick Jones, ex-secretary and club stalwart of Aire for many years, passed away on the 7th January aged only 56. He had been poorly for a year or so having been diagnosed with a brain tumour during a skiing holiday last winter, and despite having major surgery and subsequent radiotherapy, his condition worsened over the year. Pete last saw Nick the day before he died, and at that point he was unable to respond although Pete thought he could hear him. In the circumstances it seemed a little surreal telling him how the event at Esholt had gone, but hopefully it still meant something to him. Many Airienteers had been to visit him during his last few months whilst in Fairmont Nursing home, and his family have expressed their appreciation and gratitude. Pete hopes to have a more complete tribute to Nick in the next edition of Aire Affairs, probably in March, which you will also be able to read via the Aire website.

## 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

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 that event in some way. If you need to pre-enter the 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

## Membership

### Mike Pownall

A new EPOC address book is in the process of being distributed. Since going to press the following have re-joined EPOC so do not appear in the address book:

- Gillian and Tom Crawshaw email: [gillandtomc@aol.com](mailto:gillandtomc@aol.com)
- Dave Wakeford email: [wakeford@wheather912.orangehome.co.uk](mailto:wakeford@wheather912.orangehome.co.uk)

If you need their address or telephone numbers please email them or contact Mike Pownall for details.

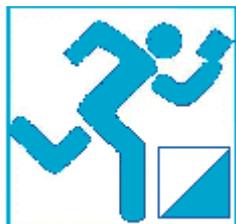
Additionally Ian McMillan has changed his email address

- Ian McMillan email: [imcmhudds@gmail.com](mailto:imcmhudds@gmail.com)

## Facebook

Lots of clubs are now using Facebook as a means of sharing information quickly to a wide audience. EPOC does have a Facebook page but it isn't maintained or widely used. Is there anyone out there who would like to develop our Facebook page and keep it up to date? Any volunteers please contact Alistair Tinto or Rebecca Lloyd.

## What has your committee been doing?



### East Pennine Orienteering Club Summary of Committee Meeting Wed 22 January 2014 Marsh Liberal Club



**Present:** Alistair Tinto, Emma Harrison, Viv Barraclough, Rebecca Lloyd, Paulette Noot, Dave Morgan  
**Apologies:** Paul Taylor, Neil Croasdell

Membership list done and being handed out as far as possible. EPOC car stickers to be included. Can everyone check their details. Any not collected to be posted out.

**Chair's Report** - Neil is standing down from the committee as he is travelling too much, but is still willing to help with POCs. Bob Page has also been thanked for all his work over the years. Anthony to check that Bob has been removed from the web site as a contact for treasurer.

**Treasurer's Report** - Since the last meeting the accounts for the Storthes Hall weekend have been finalised. In addition payment has been received from BOF for memberships. There has been major expenditure on new results computer equipment purchased by Alistair. The 2012/13 accounts have been audited by Richard Payne. As at 13/1/14 there are 51 membership units. 23 seniors and 28 families. Mike Pownall has advised that 3 further seniors intend to rejoin.

Major items of income / expenditure

Membership income £68 with more to come

Storthes Hall Income Night £270 Day £1084 Levy £228 Map printing £255

Surplus £800+

Equipment: Netbook, splits printer, router etc. £414

Queries - YHOA fees - Last year we paid £6 per family and £5 per adult - total £273 - on the basis of this year's fee structure that will be over half our membership income. Alistair to raise at next YHOA meeting although it was acknowledged that originally the membership fee was predominantly to cover the cost of producing the Epistle but since it has only been distributed electronically this no longer generates a cost.

Internet banking - the committee agreed that David should investigate online banking. Even if we do not use it to pay bills, it will allow for easier access to current balances and to check when cheques are cleared.

We have looked at buying some more dibbers, but new ones cost £40+. One suggestion is to ask members who are updating their dibbers to sell them to the club.

**Secretary's Report** - Nothing to report other than membership issues - ask members to update their BOF record to ensure email is up to date and ask if they would like to add mobile numbers to the membership list.

**Compass Sport Trophy** - First round is 16<sup>th</sup> Feb; There have been some changes to some classes and also to the scoring.

#### Fixtures -2014

9<sup>th</sup> March Stoodley Pike + Langfield Common - Mike Pedley planning and everything well under way.

20<sup>th</sup> July Sowerby Bridge re-done to the 'right' standards. Need controller, planner etc.

19<sup>th</sup> Oct Midgley Moor - Planner Graham Lloyd needs map.

20<sup>th</sup> December Royds Hall night \*(see below)

21<sup>st</sup> December Royds Hall

#### 2015

22<sup>nd</sup> February Marsden - Andy Thorpe keen to plan

3<sup>rd</sup> May Nostell

21<sup>st</sup> June Urban event Halifax?

25<sup>th</sup> October Ogden

19<sup>th</sup> December Norland

20<sup>th</sup> December Norland

## 2016

Deffer/Cawthorne?

JK 2016 Yorks: Leeds - sprint, Kilnsey - day 2, Timble - day 3, Storthes - relay

All events - Course requests for Short Green as Green is often too long for many and Light Green is too easy.

**Permanent Courses** - A woman rang Viv and complained about Beaumont Park which needs checking as markers are missing. Ask Neil and Keith to check it out. Alistair will get in touch with Neil and look at it along with a couple of others. Also ask friends of Greenhead park to put the markers in. Viv has the map. Asking to get Newmillerdam POC map at the local pub otherwise people have to go to Anglers Country park to get one.

\*We have been approached by Appleton Academy to set up a POC and in return use their grounds for parking. Discussed informal events but the issue is that they attract the same BO levy as other events (£1 adults and 33p juniors)

### Mapping.

Dave needs to look at Anglers as this map is on two different scales.

### Map scales

Dick Towler from LOC has emailed all clubs regarding an issue around scale of maps. BO have said no to changing map scales for JK 2015 so they are more legible. Unanimously the committee voted in favour of Dick's proposal.

### First Aiders.

Viv's needs updating. Purple Dog will run a course for 6 people for £400, club will pay.

**Club nights** - Explorers events Viv is doing the series this year again. There is also Run Challenge being held at Marsden Moor. We will plan a series of informals at the next meeting which will include a club picnic. Viv to organise publicity at the end of the Park Runs. Send out a message to ask if anyone willing to run an informal - name the date and location.

**Publicity items** - see above. Also try and get our events put on the local council websites. Ask for a volunteer to organise an EPOC facebook page.

### Extra runs at events.

Juniors running can run a second course non-competitively if there are maps available, for free.

Also make sure we give a voucher to planners, mappers, organisers and controllers of events so they get a free run at the next event.

### JK 2016

Now have a proper logo. BO seem to be doing more to help the regions and it seems to be being handled in a more professional manner, so everything will need to be run tightly from our end. Two years away but starting to get things sorted.

**O Tech sheets** - Still need to do, have sussed how to do BOF ranking pages and updated otech sheet as a result, so Alistair now more confident

### Club Kit

YHOA squad kit arrived and is good quality, we will ask for an expression of interest. The club will subsidise each top by £10 which will make it £20 a top for each members first top. Emma to get a proof. Get t-shirts for little members and Viv has already placed one order with a contact she has for junior t-shirts.

**AOB British Schools event in Leeds (Temple Newsham) 16<sup>th</sup> Nov, Peter Haines wants some help.**

Yorkshire Schools 29<sup>th</sup> June in Sheffield.

**Next meeting WEDNESDAY 12<sup>th</sup> March 2014 Marsh Liberal Club**

## Compass Sport Trophy 2014

The qualifying round is being hosted by CLARO at Guisecliff near Pateley Bridge. Entries are through Fabian 4, [www.fabian4.co.uk](http://www.fabian4.co.uk) and there will be **no entry on day** (except white and yellow courses), so please get your entries in as a matter of priority as the closing date is the beginning of February. If you have specific start requests please indicate these on your entry and/or let me know as I have to allocate the start slots I have already been given for our club. Any queries, please email me at [eah1607@aol.com](mailto:eah1607@aol.com)

## EPOC ORIENTEERING TOPS

A while ago it was mentioned that the committee were looking into sourcing some new and modern EPOC orienteering tops. Following extensive 'shopping around' we have decided to use a UK based company called Kukri who have already supplied tops to several other clubs and the YHOA junior squad. They charge £30 inclusive of VAT per top which is about half the price quoted by Trimtex and without the hassle of ordering from overseas. As an additional incentive, for the first order, the club will subsidize each top by £10 making a very affordable £20 orienteering top. The committee has shortlisted from a range of designs and following correspondence with Kukri the design that we plan to use is being created right now. I have included a photo of a YHOA squad top to give an idea of the style of the tops. As a guidance the tops are a moisture wicking material and so are designed to be close fitting, however the material is quite stretchy and I was able to actually fit into Laura's XXS top, although I would never choose that size! I have tried on a Small, which is the size I would expect to be and it fits me well. David however prefers a slightly looser fit and would choose an XL although on paper would be a Large. If you follow this link to the website <http://shop.kukrisports.co.uk/size-guide> then you can choose what size you would like to order from the Men's/Unisex sizing chart. Unfortunately at this stage they are unable to offer children's or women's sizing, however many other companies also only offer unisex sizing.

As soon as I have the design I will forward it by email so you can start placing your orders. I will give a deadline date for orders as it would be great to try to get them off and delivered in time for the JK. Thank you!



**A YHOA Squad Top as an example of a finished product**

# JK AND BRITISH RELAYS – 2014

## **Alistair Tinto**

It's Relay time again

Please can you let me know if you would like to run for EPOC in the relays at either the JK or the British Championships. Usual arrangements with free entry for juniors and half price for seniors. Please let me know your BO number, SI number, preferred course and which leg you prefer to run.

If you can submit team combinations even better.

Details of each event, with the closing dates for entries are listed below

## **JK 2014**

### **Day 4 Pwll Du – Relay Races**

#### **Monday 21st April**

Pwll Du is located to the south west of Abergavenny and to the north of Blaenavon in the borough of Torfaen. It consists of open upland terrain lying between 400 m and 500 m, which, although only about 10 km from the Day 3 terrain, is very different in nature. The technical challenge here was created by a vast amount of historic surface mining (coal and limestone), which has left a legacy of intricate contour detail.

The area has been used for several major events, including Croeso 2008 and the British Individual Championships in 2007.

The World Heritage Site at Blaenavon has an excellent range of landmarks from the Industrial Revolution. The mighty iron foundry which formed the cutting edge of technology only a short time ago, is now being lovingly restored and interpreted.

Relay classes include:

- Mini Relay
- M/W40-
- Intermediate Men (M48-)
- Men's Trophy
- Men's short
- M120+
- M165+
- Intermediate Women (W48-)
- Women's Trophy
- Women's short
- W120+
- W165+
- Mixed Ad Hoc
- M/W210+

Closing dates for entries

|            | Junior | Senior |                             |
|------------|--------|--------|-----------------------------|
| 16/02/2014 | £24.00 | £39.00 | <b>JK Relays (per team)</b> |
| 06/04/2014 | £30.00 | £48.00 | <b>JK Relays (per team)</b> |

## **British Orienteering Championships 2014**

### **Relay Race - Sunday 1st June 2014 - Cragg Estate**

The Relay Day of the British Orienteering Championships 2014 will be held on the Cragg Estate and Chesterhope Common. This day is part of the [UK Relay League](#).

## Location

The Cragg Estate and Chesterhope Common are located 30 miles / 30 minutes north-west of Newcastle, just off the A68.

## Terrain

The Cragg Estate and Chesterhope Common are open grassy moorland areas, with a wealth of contour and rock detail resulting from previous mining activity. They are sure to provide a fast but technically challenging setting for the relay competition.

## Classes

All British relay championship courses will be offered, as well as Ad Hoc classes, as per [Competition Rule D: British Relay Orienteering Championships](#).

Mini relay  
Men's Premier  
Women's  
Premier,  
M/W40,50,60,70  
M/W14,18  
Mixed Ad hoc,  
Junior ad hoc  
Women's short.  
Men's short,

Relay teams MUST be pre-entered before Sunday 18th May 2014 (note the Individual closing dates are one week earlier than those for the relays). There will be NO late entries or entry on the day. Entry fees are as follows:

|             | Enter by Sunday 23rd March 2014 | Enter by Sunday 18th May 2014 |
|-------------|---------------------------------|-------------------------------|
| Senior team | £45.00                          | £51.00                        |
| Junior team | £24.00                          | £30.00                        |

## EPOC Club Championship 2013

**Graham Lloyd**

### Final Results

(The full Excel file with each event score is too big to copy into a word document so I can only include overall scores here. If you want to see the full results please ask Graham for a copy)

### Seniors

|   |                | Super | vets | Ladies | Points | Races |
|---|----------------|-------|------|--------|--------|-------|
| 1 | Richard Payne  | 1     |      |        | 494    | 5     |
| 2 | Julie Couch    |       | 1    | 1      | 492    | 5     |
| 3 | Mike Pedley    |       | 2    |        | 489    | 5     |
| 4 | Simon Martland |       | 3    |        | 487    | 5     |

|     |                      |    |     |    |     |   |
|-----|----------------------|----|-----|----|-----|---|
| 5   | Emma Harrison        |    | 4   | 2  | 476 | 5 |
| 6   | Graham Lloyd         |    | 5   |    | 472 | 5 |
| 7=  | Ian Couch            | 2  |     |    | 470 | 5 |
| 7=  | Alistair Tinto       |    | 6   |    | 470 | 5 |
| 9   | Paul Taylor          |    | 7   |    | 468 | 5 |
| 10  | Guy Goodair          | 3  |     |    | 467 | 5 |
| 11  | Judith Goodair       | 4  |     | 3  | 466 | 5 |
| 12  | Rod Shaw             | 5  |     |    | 459 | 5 |
| 13  | David Harrison       |    | 8   |    | 455 | 5 |
| 14  | Rebecca Lloyd        |    | 9   | 4  | 453 | 5 |
| 15  | Amanda<br>Crawshaw   |    | 10  | 5  | 441 | 5 |
| 16  | Helen Martland       |    | 11  | 6  | 433 | 5 |
| 17  | Jonathon<br>Emberton |    | 12  |    | 388 | 4 |
| 18  | James Williams       |    | 13  |    | 378 | 4 |
| 19  | Phil Thompson        | 6  |     |    | 377 | 4 |
| 20  | Jane Payne           |    | 14  | 7  | 343 | 4 |
| 21  | James Logue          |    | 15  |    | 298 | 4 |
| 22  | Sarah Noot           |    | 16  | 8  | 294 | 3 |
| 23  | Andrew Thorpe        |    | 17  |    | 293 | 3 |
| 24  | Jean Lochhead        | 7  |     | 9  | 281 | 3 |
| 25  | Esther Logue         |    | 18  | 10 | 272 | 3 |
| 26  | Pat Aspinall         | 8  |     | 11 | 271 | 3 |
| 27  | Paul Jackson         | 9  |     |    | 270 | 3 |
| 28  | Helen Pedley         |    | 19  | 12 | 174 | 3 |
| 29  | Bob Steeper          |    | 20  |    | 258 | 3 |
| 30  | Joanna Emberton      |    | 21  | 13 | 166 | 3 |
| 31  | Paulette Noot        | 10 |     | 14 | 255 | 3 |
| 32  | Pat Thorpe           | 11 |     | 15 | 240 | 3 |
| 33  | Siarlot Lloyd        |    |     | 16 | 96  | 2 |
| 34  | Linda Hayles         |    |     | 17 | 179 | 2 |
| 35  | Brian Mellor         | 12 |     |    | 100 | 1 |
| 36  | Mike Pownall         |    | 22  |    | 99  | 1 |
| 37= | Mike Wood            |    |     |    | 98  | 1 |
| 37= | Will Barraclough     |    |     |    | 98  | 1 |
| 39  | Viv Barraclough      |    |     | 18 | 90  | 1 |
| 40  | Sue Brant            | 13 |     | 19 | 89  | 1 |
| 41  | Mike Thorpe          | 14 |     |    | 86  | 1 |
| 42  | Margaret Shaw        | 15 |     | 20 | 85  | 1 |
| 43= | Gillian Crawshaw     |    | 23  | 21 | 84  | 1 |
| 43= | John Rawden          |    | 24  |    | 84  | 1 |
| 45  | Neil Croasdal        | 16 |     |    | 83  | 1 |
| 46  | Bryan Parkinson      | 17 |     |    | 80  | 1 |
| 47  | Jackie Scarf         |    | 25  | 22 | 79  | 1 |
| 48  | Phil Scarf           |    | 26  |    | 75  | 1 |
| 49= | Steve Wood           | 18 |     |    | 71  | 1 |
| 49= | Ray Stone            |    | 27= |    | 71  | 1 |
| 49= | Val Pownall          |    | 27= | 23 | 71  | 1 |

## Juniors

|    |                    | Points | Races |
|----|--------------------|--------|-------|
| 1  | Alasdair Pedley    | 500    | 5     |
| 2  | Sam Crawshaw       | 494    | 5     |
| 3  | Megan Harrison     | 493    | 5     |
| 4  | Laura Harrison     | 489    | 5     |
| 5  | William Martland   | 484    | 5     |
| 6  | Alex Crawshaw      | 469    | 5     |
| 7  | Adam Thorpe        | 391    | 4     |
| 8  | Anna Thorpe        | 385    | 4     |
| 9  | Maebh Logue        | 288    | 3     |
| 10 | Sarah Pedley       | 197    | 2     |
| 11 | Imogen Williams    | 192    | 2     |
| 12 | Euan Logue         | 183    | 2     |
| 13 | Lewis Hodgson      | 94     | 1     |
| 14 | Tom Crawshaw       | 93     | 1     |
| 15 | Seth Thomas        | 91     | 1     |
| 16 | Luke Barraclough   | 91     | 1     |
| 17 | Seth Barraclough   | 88     | 1     |
| 18 | Joseph Barraclough | 87     | 1     |
| 19 | Heather Pownall    | 86     | 1     |

## EPOC Club Championship 2014

### **Graham Lloyd**

As in 2013 there are 12 events, 4 in each category, and your best 5 results count, with at least one from each category:-

- 8th February, Wharnccliffe - SYO (Complex)
- 16th March, Loxley Common Middle –SYO (Complex)
- 27th April, Scot Gate - CLARO or Brun Valley – PFO (Low Key)
- 4th May, Northern Champs Newby Bridge (Complex)
- Sat 10th May, Ilkley Urban – AIRE (Urban)
- 15th June, Manchester Urban – MDOC (Urban)
- 29th June, Whitby Urban – CLOK (Urban)
- 22nd September, Lindley Moor – CLARO (Low Key)
- 28th September, Clowbridge (Low Key)
- 2nd November, Tankersley Middle - SYO or Tarn Hows Middle - LOC (Complex)
- 23rd November, Dob Park - CLARO (Low Key)
- 7th December, Beverley - HALO or Townley Park Burnley - PFO (Urban ish)

I have tried to stay relatively local this year, but I have included a couple further afield  
This year we have the following categories:

- Low Key events at some of our neighbouring club's events.
- Urban (ish) events
- Then Complex (ish) areas

It would be great if everyone on the membership list did at least 5 events, with one from each category.

## Club Nights

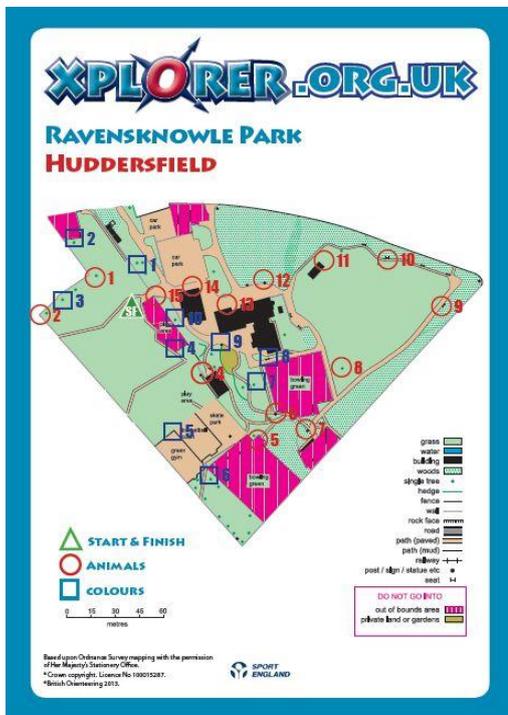
### **Viv Barraclough**

#### **Lead Coach, EPOC Club Nights**

Xplorer events, as reported on in Focus, were very popular. I held 20 events in 2013 with total participation being nearly 1000. Most were families with children under 10 and went round as a unit but many older children went alone. There were many grandparents and dads as well as mums. Some holiday clubs and nurseries took part too. Most people seemed to have found out about the events through the Kirklees 'What's on' website or an advert I placed in "Mumbles" local family magazine.

I have built up a database of the email addresses collected and have invited everyone to EPOC events. British Orienteering have also sent out a newsletter to these people with our event details on. I have discussed the subject of moving people from park events to club events with Colin Best of SYO (now the Chairman and coincidentally one of my teachers at Bradfield School) and SYO have found that despite huge turnouts in the parks of South West Sheffield for Saturday afternoon events very few of these people go along to Sunday events on more remote areas. No doubt discussion on this will continue and I hope some answers found.

I am hoping to run 20 events this year with help from a friend but I believe there is scope for more within the EPOC area. Kirklees and Wakefield councils are interested in delivering events, Kirklees asked to join forces with me last summer and Calderdale are now also on board for 2014. The areas I use are Greenhead, Beaumont, Ravensknowle and Crow Nest Parks and Oakwell Hall. For those who haven't seen a map yet;



I hope to add on an extra challenge this year for older or more experienced children. Possibly a park event for adults could be run at the same time such as map memory or butterfly sprints. If you have any thoughts please contact me!

## INFORMAL EVENTS

Would you be interested in organising/planning an informal event? You could decide when and where you would like to host it. Please let a committee member know if you would be able to do this.

### Who Should Control the Use of Larger Scale Maps at Major Events?

**Dick Towler, LOC**

Who should be responsible for deciding whether map enlargements should be used at major events in intricately contoured terrain, the planners and the controllers or, as at present, the Map Advisory Group? We set out below a case for a transfer of the current responsibility.

This issue is not a new one. The controllers and planners of many major events have beaten a path to the door of Map Group, now Map Advisory Group (MAG), usually to be rebuffed, occasionally to get a grudging approval, after lots of argument. For the 2008 British Long Distance Championships at Culbin, the then Events Committee eventually allowed the event officials to take the final decision. The planners of the 2010 British Middle Distance Championships on Haverthwaite Heights in the Lake District were finally allowed to give the older runners map enlargements, after initially being advised by Map Group that they should avoid placing controls for these runners in more intricately contoured locations.

Following the 2010 Middle Distance Championships, Lakeland OC attempted to get the issue of map scales in complex terrain on to the agenda for the first Association and Club Conference in 2011, but was not successful, even though this was the only issue raised by a Club or Association. The British Orienteering Board offered, instead, to set up a Working Party, but has since taken no further action on this matter.

Day 2 of the 2015 JK is to be on a new map in the Duddon Valley. At the suggestion of Martin Bagness, a very successful elite in his day and now a much respected professional mapper, who is both preparing the new map and planning the elite courses on Day 2, the controller and

planners have requested that all runners should be permitted to use map enlargements, as well as the elite 18s, 20s and 21s, who use 1:10,000 scale maps for their Middle Distance races on Day 2 anyway. A similar application has been made for Day 3, which is on Bigland, near Newby Bridge. These proposals are summarised in the table below:

## **DAY 2 INDIVIDUAL**

| <b>Age Classes</b> | <b>Proposed Map Scales</b>                    |
|--------------------|---|
| M/W 18E, 20E, 21E  | 1:10000 (no change from IOF / BOF guidelines) |
| M/W 16-            | 1:7500 (enlarged from 1:10000)                |
| M/W 18, 21, 35, 40 | 1:10000 (enlarged from 1:15000)               |
| M/W 45+            | 1:7500 (enlarged from 1:10000)                |

## **DAY 3 INDIVIDUAL**

| <b>Age Classes</b> | <b>Proposed Map Scales</b>                    |
|--------------------|---|
| M/W 18E, 20E, 21E  | 1:15000 (no change from IOF / BOF guidelines) |
| M/W 16-            | 1:7500 (enlarged from 1:10000)                |
| M/W 18, 21, 35, 40 | 1:10000 (enlarged from 1:15000)               |
| M/W 45+            | 1:7500 (enlarged from 1:10000)                |

Unfortunately, MAG has already turned down both requests, without any discussions or visits to either area.

Samples of the Bigland map are presented here, at the standard scale of 1:15,000, at the usual enlargement scale, whatever the terrain, of 1:10,000 and at our preferred enlargement scale for older runners in intricately contoured terrain of 1:7,500. Lakeland OC has carried out 2 surveys of runners' preferences, one by Carol McNeill, who offered a choice of map scales, and the other by questionnaire after a major event at which map enlargements were provided. In both instances, the vast majority of competitors preferred the larger scale maps.

Orienteering is a sport involving a combination of both running and navigation. It is not a test of eyesight, yet MAG continues to argue that British Orienteering should only use the map scales specified in the IOF Rules and that allowing the use of map enlargements will encourage mappers to include more detail on their maps. Participation numbers are in long term decline, yet scant attention is being paid to satisfying what is an obvious preference, for runners to be provided with maps that they can read on the run.

Should MAG be responsible for deciding whether map enlargements can be used, when major events are held on intricately contoured terrain? We don't think so. We believe that MAG should concentrate on ensuring that mappers produce maps in accordance with the Rules and that areas are not overmapped. We believe that the right people to decide at what scale those maps should then be provided to the competitors are the event planners and controller. After all, the controller is already responsible for assessing the suitability of the area for the competition in the first place.

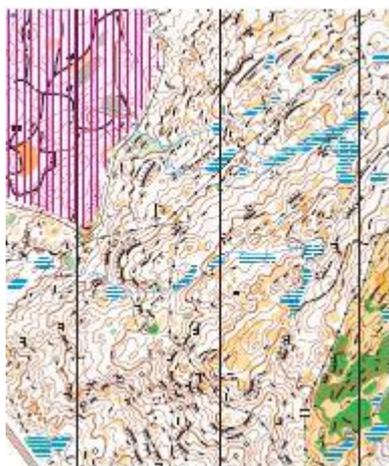
We are making a Proposal to the next British Orienteering AGM, to be held at JK 2014, removing the responsibility, for deciding whether map enlargements should be used, from MAG and delegating it, instead, to the event controllers and planners. Briefly, the Proposal allows the event officials to give younger runners, except the elites, 1:10,000 scale map enlargements and older runners 1:7,500 scale map enlargements, in terrain where it is not possible for experienced orienteers to read their maps at the normally specified scales on the run.

If you prefer to be able to read your map whilst running through intricate terrain, please support this Proposal. If you cannot make it to the British Orienteering AGM, please resolve to send back your proxy voting paper, as soon as you get the AGM paperwork through the post.

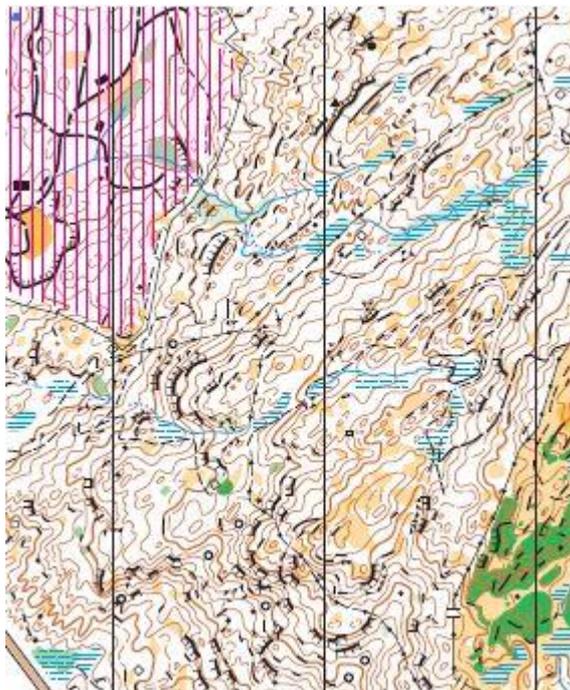
Richard Tiley  
Chairman  
Lakeland OC

Dick Towler  
Vice-Chairman  
Lakeland OC

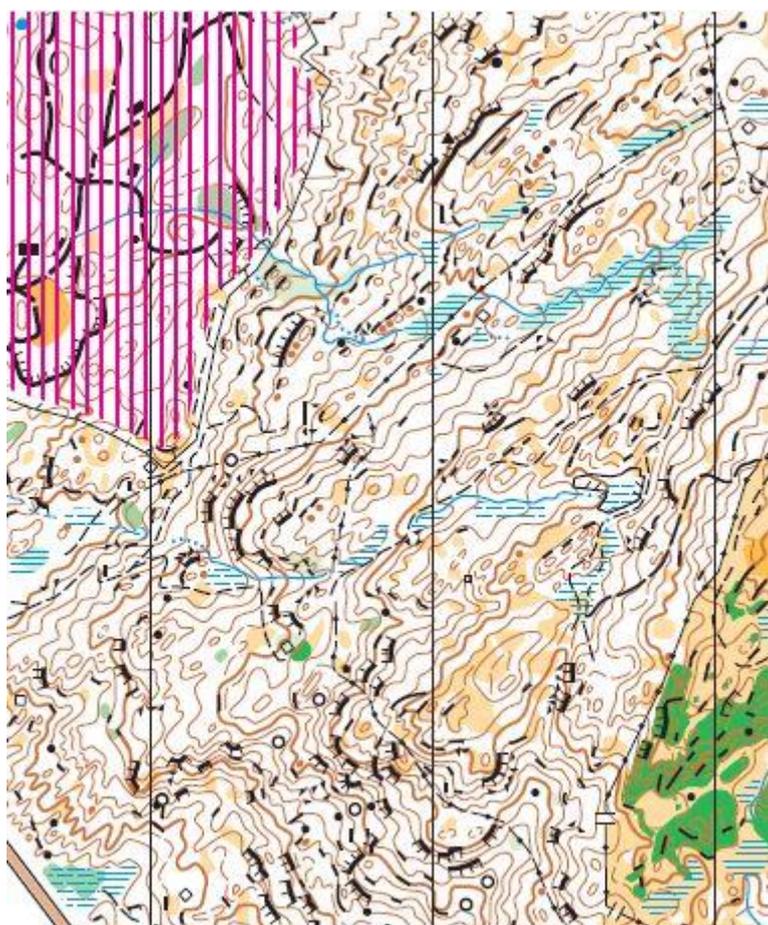
14<sup>th</sup> January 2014



1:15 000



1:10 000



1:7 500

## THE URBAN ORIENTEER'S LITANY

*Stan Appleton, CLARO, copied with kind permission*

It's hard when folks can't find their way round forest, hill and moor;  
They're getting lost, caught in the dark, and ending up footsore.  
But I love my maps and running too, so it's off to town I flee,  
From Haworth and Halifax and Hull, good Lord deliver me.

I've run on Barnard Castle's slopes, and round old Kendal town,  
Where the hills they always seem to climb but never to come down.  
I've sprinted round the colleges at Loughbro', Reading, York,  
And Croeso's Aberystwyth 'til I'm too puffed to talk.  
I've trotted past the Salford Docks down by the BBC  
From Haworth and Halifax and Hull, good Lord deliver me.

I've raced around Livingston Town where the army stood on guard  
Protecting every SI box in almost every yard.  
At Edinburgh and at Banchory amongst my Scottish foes,  
Around the lake at Pocklington as flood waters all arose.  
At Lossiemouth the finish run was on big-screen TV,  
From Haworth and Halifax and Hull, good Lord deliver me.

Near home I must admit that I have also done a few,  
I've chased around the streets and parks of HG1 and 2.  
I've rushed across the cobblestones in Ripon's marketplace,  
And up the hills at Baildon 'til I was red in the face.  
Avoided the 'uncrossables' (as if I would, not me!)  
From Haworth and Halifax and Hull, good Lord deliver me.

But now the cognoscenti say that it's not proper O,  
And back into the forests I really ought to go  
To fall down holes and scratch myself and often finish last,  
Not run down lanes and ginnels where I can go so fast.  
Return to crags and woodland and maybe run down scree,  
From urban orienteering, good Lord deliver me.

### FIRST AID COURSE

Please can anyone who is interested in completing a First Aid course please let Viv Barraclough know. The club will pay for it on the proviso that you agree to be a nominated first aider at a forthcoming EPOC event. Suggested dates are Monday 3rd March or Tuesday 4th from 6-10pm.

### CAR STICKERS



Pat Aspinall has a supply of EPOC car stickers which stick on the inside of the window but are easily removeable if needed. Make sure you collect yours from Pat when you next see her and advertise the club (and sport) while you are on the road!

## DIBBERS

If anyone has a spare dibber that is no longer in use, or is planning to upgrade to a faster dibber in the near future, would you be willing to sell your old dibber to the club for use as a hire dibber at EPOC events?

# Calling EPOC Members under 25

Do you lack the means to pursue your dreams  
in the outdoors?

Have you heard of the Jack Bloor Fund?

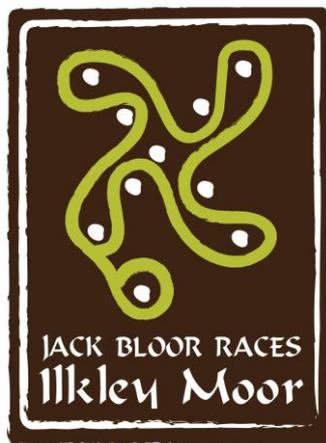
The **Jack Bloor Fund** is

- Available to young people up to 25 years who are members of an eligible Yorkshire Club (see below)
- Grants are to be used to improve a physical and/or technical skill in any recognised outdoor pursuit
- Up to 50% of the total cost is available with a maximum grant of £300

Eligible Clubs are

- Yorkshire Orienteering Clubs affiliated to the British Orienteering Federation
- Yorkshire Mountaineering Clubs affiliated to the British Mountaineering Council
- Yorkshire Fell Running Clubs affiliated to UK Athletics (North of England AA) or the FRA
- Yorkshire Scout or Girl Guide Groups affiliated to the Scout Association

Further details and application forms can be found at [www.jackbloor.co.uk](http://www.jackbloor.co.uk)



## Catering by Viv Barraclough

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

Private Functions and Special Occasions  
Corporate Events and Business Lunches, Morning Coffee, Afternoon Tea,  
Dinner Parties and Ready Meals

Menus to suit your taste and budget

Tel: 01484 316707 or 07968 243536; Email: [viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

## EVENT REPORTS AND RESULTS

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

### HOC West Midlands League Event, Postensplain - 1 Dec 13

Light Green (length: 3km, climb: 80m, 8 controls)

2 Alan Hardwicke 54.56

### YHOA Night League, Beverley Westwood - 7 Dec 13

Medium 3.7km

8 Megan Harrison 51:48

Long 5.7km

13 Emma Harrison 56:10

### PFO NW Night League, Dean Clough - 7 Dec 13

Blue 6.4km 180m

1 James Logue 40.40

### CLOK COLOUR Coded Event, Goathland - 8 Dec 13

Brown (length: 8.24km, climb: 205m, 22 controls)

4 Andrew Thorpe 58:16

Light Green (length: 2.68km, climb: 60m, 12 controls)

7 Adam Thorpe 40:59

Yellow (length: 1.79km, climb: 40m, 10 controls)

5 Anna Thorpe 18:46

### PFO Level C Event, Dean Clough - 8 Dec 13

Brown 7.8km 230m

1 James Logue 45.12

8 Mike Pedley 62.59

Blue 6.7km 180m

2 Graham Lloyd 53.50

3 Richard Payne 53.56

12 Alisdair Pedley 61.45

Green 4.8km 105m

7= Jean Lochhead 53.39

17 Rebecca Lloyd 72.47

Light Green 4.1km 95m

7 Phil Thompson 49.12

11 Pat Aspinall 59.59

Yellow 2km 30m

3 Maebh Logue 24.00

### HALO Colour Coded Event, Beverley Westwood - 8 Dec 13

Blue 6.9km

7 Steve Wood 49.19

### DEE Regional Event, Bickerton Hill - 8 Dec 13

Blue (length: 7.775km, climb: 300m, 22 controls)

4 Paul Taylor 74.03

Yellow (length: 2.55km, climb: 70m, 14 controls)

1 Sam Crawshaw 24.41

### **SYO Level C Event, Canklow Woods - 15 Dec**

**Yellow** (length 2.4km, climb 40m, 10 controls)

2 William Martland 24:12

**Light Green** (length 3.4km, climb 110m, 13 controls)

5 Philip Thompson 64:19

**Short Green** (length 3.1km, climb 70m, 14 controls)

Jane Payne rtd Missing nos 4-6,8-14

**Green** (length 3.9km, climb 135m, 15 controls)

20 Sam Crawshaw 66:01

31 Michael Wood 72:50

42 Megan Harrison 76:27

44 Laura Harrison 78:19

57 Rod Shaw 92:56

**Blue** (length 5.4km, climb 190m, 19 controls)

15 Richard Payne 58:21

35 Amanda Crawshaw 70:10

43 Paul Jackson 74:18

45 Emma Harrison 75:59

mp Steven Wood 73:27 Missing nos 17-19

### **EPOC YHOA Night League, Storthes Hall - 21 Dec 13**

**Introduction (Yellow) 1.4km 15m**

1<sup>st</sup> William Martland 18:55

2<sup>nd</sup> Sam Crawshaw 22:34

3<sup>rd</sup> Alexandra Crawshaw 23:00

6<sup>th</sup> Anna Thorpe 32:13

7<sup>th</sup> Joseph Barraclough 33:50

8<sup>th</sup> Seth Barraclough 34:12

**Short (Orange) 2.3km 45m**

1<sup>st</sup> Adam Thorpe 32:52

2<sup>nd</sup> Bob Steeper 37:23

**Medium (Lt Green) 3km 105m**

4<sup>th</sup> John Elliott 39:38

rtd Neil Croasdell

**Long (Green) 3.9km**

8<sup>th</sup> James Logue 35:04

26<sup>th</sup> Viv Barraclough 49:14

### **EPOC Middle Distance Event, Storthes Hall - 22 Dec 13**

**White 1.4km 20m**

1<sup>st</sup> Maebh Logue 15:11

5<sup>th</sup> Lucy Payne 18:31

9<sup>th</sup> Euan Logue 25:32

11<sup>th</sup> Seth Barraclough 39:50

12<sup>th</sup> Luke Barraclough 41:04

**Yellow 2.1km 30m**

1<sup>st</sup> Sam Crawshaw 21:17

3<sup>rd</sup> Anna Thorpe 23:36

5<sup>th</sup> Alex Crawshaw 24:48

7<sup>th</sup> Lewis Hodgson 28:33

8<sup>th</sup> Fiona Hodgson 34:17

14<sup>th</sup> William Martland 70:45

**Orange 2.4km 70m**

3<sup>rd</sup> Gillian Crawshaw 48:38

5<sup>th</sup> Sue Brant 5 3km 75m 1:41

8<sup>th</sup> Diane Lee 58:22

10<sup>th</sup> Kelly Mellor 63:54

rtd Anna Crowther

**Light Green 3km 75m**

4<sup>th</sup> Adam Thorpe 44:17

7<sup>th</sup> Judith Goodair 47:57

8<sup>th</sup> Guy Goodair 49:10

10<sup>th</sup> Tom Crawshaw 53:19

11<sup>th</sup> Philip Thompson 53:33

m5 rtd Helen Sansome

**Green 3.6km 100m**

3<sup>rd</sup> Richard Spendlove 38:51

5<sup>th</sup> Julie Couch 39:21

8<sup>th</sup> Gemma Wren 44:14

15<sup>th</sup> Roland Sansome 46:54

22<sup>nd</sup> Jane Hodgson 49:14

30<sup>th</sup> Keith Sykes 53:09

46<sup>th</sup> Siarlot Lloyd 67:10

47<sup>th</sup> Rebecca Lloyd 67:33

54<sup>th</sup> Neil Croasdell 81:48

**Blue 4.5km 165m**

1<sup>st</sup> Paul Taylor 42:17

6<sup>th</sup> Richard Payne 48:40

17<sup>th</sup> Ian Couch 53:31

18<sup>th</sup> Jackie Scarf 53:37

19<sup>th</sup> Esther Logue 55:16

29<sup>th</sup> Martyn Hodgson 59:38

33<sup>rd</sup> Brian Mellor 64:08

w5 Adam Breaks 58:59

**Brown 5.4km 135m**

2<sup>nd</sup> James Logue 36:47

5<sup>th</sup> Richard Wren 38:25

8<sup>th</sup> Jon Emberton 43:11

15<sup>th</sup> William Barraclough 49:01

27<sup>th</sup> Graham Lloyd 56:19

45<sup>th</sup> Gillian Markham 83:30

46<sup>th</sup> Bill Hunter 83:41

## WIM Boxing Day Canter Score Event - 26 Dec 13

### 1 Hour Score

26 Dick Spendlove 510pts (58.13)

## EBOR Regional Event, Skipwith Common - 29 Dec 13

### Blue 6km

6 Richard Payne 46.05  
20 Ian Couch 56.08  
25 John Elliott 57.35  
47 Linda Hayles 82.16  
Mp Steven Wood 51.59

### Green 4.1km

8 Julie Couch 39.13  
42 Jean Lochhead 55.32  
51 Bob Steeper 60.42  
66 Karen & Bethany Elliott 70.06

### Short Green 3.3km

8 Judith Goodair 45.35  
12 Guy Goodair 47.20  
25 David Morgan 59.56  
27 Jane Payne 68.03

### Light Green 3.2km

14 Juliet Morgan 41.57

## DVO Urban Event Bakewell - 1 Jan 14

Medium (length 4.6km, climb 60m, 19 controls)

20 Jean Lochhead 48.44  
25 Guy Goodair 51.19  
39 Judith Goodair 67.45

## MDOC John O'Goats Event, Lyme Park - 4 Jan 14

### Yellow 2.5km 65m

1<sup>st</sup> Alexandra Crawshaw 20.23  
2<sup>nd</sup> William Martland 20.31

### Medium Course

10<sup>th</sup> Paul Taylor 50.49  
13<sup>th</sup> Amanda Crawshaw 52.38

### Short Course

26<sup>th</sup> Helen Martland 50.55

### Very Short Course

3<sup>rd</sup> Guy Goodair 26.19  
5<sup>th</sup> Lewis Hodgson 30:54  
7<sup>th</sup> Jean Lochhead 31:42  
11<sup>th</sup> Fiona Hodgson 37:51  
12<sup>th</sup> Judith Goodair 41:15  
15<sup>th</sup> Phil Thompson 45:04

## AIRE Colour Coded, Esholt - 5 Jan 14

### Blue 6 6.1km 280m.1km 280m

7<sup>th</sup> Andrew Thorpe 48.01  
13<sup>th</sup> Phil Scarf 55.30  
50<sup>th</sup> Emma Harrison 75.38  
55<sup>th</sup> Megan Harrison 84.09  
56<sup>th</sup> Linda Hayles 99.50  
Rtd Amanda Crawshaw

### Short Blue 5.4km 140m

6<sup>th</sup> Jackie Scarf 56.37  
10<sup>th</sup> Adam Breaks 59.24  
15<sup>th</sup> David Harrison 64.53  
19<sup>th</sup> John Elliott 69.45  
27<sup>th</sup> Esther Logue 76.54  
33<sup>rd</sup> Rod Shaw 88.52

### Green 4km 250m

10<sup>th</sup> Sam Crawshaw 56.37  
20<sup>th</sup> Brian Mellor 62.14  
23<sup>rd</sup> Jean Lochhead 63.34  
36<sup>th</sup> Keith Sykes 71.38  
46<sup>th</sup> Margaret Shaw 97.42

### Light Green 2.7km 140m

2<sup>nd</sup> Paul Jackson 33.52  
12<sup>th</sup> Laura Harrison 45.41  
19<sup>th</sup> Neil Croasdell 55.41  
28<sup>th</sup> Pat Thorpe 97.02  
M15 Adam Thorpe 32.42  
M15 Philip Thompson 43.02  
M7-9 Paulette Noot 67.31

### Orange 1.9km 115m

7<sup>th</sup> Joy Mellor 53.52  
n/c Abby (& Thea, Louis, Alison & Matt) Cromack 45.09

### Yellow 1.4km 60m

2<sup>nd</sup> Anna Thorpe 17.40  
4<sup>th</sup> Thea Crowther 18.54  
5<sup>th</sup> Anna Crowther 19.34  
6<sup>th</sup> Maebh Logue 25.32  
9<sup>th</sup> Paul Roberts 32.00  
10<sup>th</sup> Sam Roberts 33.23  
13<sup>th</sup> Katie Roberts 45.27

**White** 1.1km 35m  
2<sup>nd</sup> Euan Logue 10.56  
3<sup>rd</sup> Alex Crawshaw 12.21  
n/c Imogen Noot-Williams 14.52  
n/c Daniel Roberts 24.55

**DEE Level B, Delamere - 5 Jan 14**

**Blue** 6.3km 95m  
37<sup>th</sup> Richard Payne 70.36

**SYO YHOA Night League, Treeton - 11 Jan 14**

**Medium** (length 4.6km, 16 controls)  
3 Emma Harrison 55:43

**SYO Level C Event, Treeton - 12 Jan 14**

**Yellow** (length 2.2km, 10 controls)  
3 Louis Cromack 34:20  
4 Scott Sinfield 36:33  
mp Thea Cromack 39:06 Missing no 4

**Orange** (length 3.0km, 11 controls)  
8 Sue Brant 47:53

**Light Green** (length 4.1km, 15 controls)  
10 Guy Goodair 56:17  
12 Laura Harrison 57:06  
16 Judith Goodair 68.12  
19 Margaret Shaw 78:49

**Short Green** 2.9km 55m  
38<sup>th</sup> Jane Payne 87.54

**Short** (length 3.0km, 14 controls)  
1 Megan Harrison 29:52

**Green** (length 5.0km, 17 controls)  
6 Julie Couch 48:27  
10 Matt Cromack 51.18  
13= Megan Harrison 53:14  
15 Paul Jackson 53:17  
26 Rod Shaw 59:01  
34 Sam Crawshaw 61:20  
36 Jean Lochhead 62:23  
47 Michael Wood 67:32  
**Blue** (length 6.1km, 23 controls)  
11 Amanda Crawshaw 58:03  
13 Emma Harrison 58:47  
17 Ian Couch 61:11  
35 David Harrison 73:59

**LOG Grantham Urban Event - 18 Jan 14**

**Long** (length 5.1km, climb 50m, 20 controls)  
26 Guy Goodair 54.36  
34 Judith Goodair 71.05

**EBOR Yorks Night League, Bishopwood - 18 Jan 14**

**Long 4.5km**  
20<sup>th</sup> Emma Harrison 57:25  
25<sup>th</sup> Megan Harrison 59:42

**Medium 3km**  
16<sup>th</sup> Bob Steeper 69:38

**DVO EM League, Matlock Moor - 19 Jan 14**

**Short Green** (length 2.9km, climb 30m, 12 controls)  
10 Philip Thompson 49:00

**Blue** (length 5.6km, climb 50m, 16 controls)  
12 Ian Couch 62:42

**EUOC SOUL 1, Edinburgh Street Race - 25 Jan 14**

**Veteran Women 40+ 4.3km**  
17 Amanda Crawshaw 50.46  
21 Helen Martland 53.25

**EUOC SoSOL4, Holyrood Park - 26 Jan 14**

**Blue 5.8km 385m**  
63 Amanda Crawshaw

**Green 4.3km 260m**  
52 Helen Martland 111.04

## **EPOC Level C Event, Newmillerdam - 26 Jan 14**

### **White 1.7km**

|                        |       |
|------------------------|-------|
| 2 Seth Barraclough     | 17.21 |
| 3 Luke Barraclough     | 18.30 |
| 5 Imogen Noot Williams | 20.49 |
| 6 Daniel Roberts       | 24.09 |

### **Yellow 2.2km**

|                                    |       |
|------------------------------------|-------|
| 5 <sup>th</sup> Sam Crawshaw       | 18.30 |
| 6 <sup>th</sup> Alexandra Crawshaw | 18.40 |
| 7 <sup>th</sup> William Martland   | 19.12 |
| 10 <sup>th</sup> Anna Thorpe       | 21.29 |
| 13 <sup>th</sup> Sam Roberts       | 32.21 |
| 14 <sup>th</sup> Paul Roberts      | 36.26 |

### **Light Green 3.9km**

|                                 |       |
|---------------------------------|-------|
| 1 <sup>st</sup> Adam Thorpe     | 45:26 |
| 3 <sup>rd</sup> Alistair Tinto  | 48:09 |
| 5 <sup>th</sup> Joanna Emberton | 55:03 |
| 7 <sup>th</sup> Guy Goodair     | 57:57 |
| 8 <sup>th</sup> Judith Goodair  | 61:25 |
| 9 <sup>th</sup> Rebecca Lloyd   | 65:22 |
| 12 <sup>th</sup> Pat Aspinall   | 82:06 |

### **Green 4.7km**

|                                     |       |
|-------------------------------------|-------|
| 1 <sup>st</sup> Andrew Thorpe       | 34:36 |
| 2 <sup>nd</sup> William Barraclough | 39:04 |
| 3 <sup>rd</sup> Viv Barraclough     | 41:30 |
| 6 <sup>th</sup> Sarah Noot          | 45:56 |
| 10 <sup>th</sup> Graham Lloyd       | 48:44 |
| 21 <sup>st</sup> John Rawden        | 56:00 |
| 49 <sup>th</sup> Rod Shaw           | 76:27 |

### **Blue 6.6km**

|                  |       |
|------------------|-------|
| 10 Richard Payne | 56.47 |
| 22 Adam Breaks   | 71.06 |
| 27 Jackie Scarf  | 74.08 |
| 32 Bob Steeper   | 91.21 |

### **Brown 8.4km**

|                |       |
|----------------|-------|
| 7 Jon Emberton | 62.04 |
| Phil Scarf     | mp    |

## **BKO Southern Championships, Star Posts - 26 Jan 14**

### **M40S**

|                  |       |
|------------------|-------|
| 6 David Harrison | 91.39 |
|------------------|-------|

### **W14A**

|                   |       |
|-------------------|-------|
| 10 Laura Harrison | 65.09 |
|-------------------|-------|

### **W16A**

|                   |        |
|-------------------|--------|
| 16 Megan Harrison | 103.20 |
|-------------------|--------|

### **W40L**

|                 |       |
|-----------------|-------|
| 3 Emma Harrison | 78.51 |
|-----------------|-------|

## **YHOA URBAN LEAGUE – 2014**

Best 5 out of 9 races to score.

|         |                               |        |
|---------|-------------------------------|--------|
| 1 EBOR  | Thirsk                        | 22-Mar |
| 2 AIRE  | Ilkley                        | 10-May |
| 3 CLARO | Jennyfields, Harrogate        | 25-May |
| 4 EBOR  | York                          | 26-May |
| 5 HALO  | Beverley                      | 08-Jun |
| 6 CLOK  | Whitby                        | 29-Jun |
| 7 AIRE  | Leeds Metropolitan University | 12-Jul |
| 8 AIRE  | Otley                         | 13-Jul |
| 9 EPOC  | Brighouse                     | 20-Jul |

May be late additions when SYO & SHUOC sort their race out

For further information about the 2014 Urban League and results go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA SUPER LEAGUE – 2013**

Congratulations to the following EPOC members who came in the top 3 in their age class: M35S – 1<sup>st</sup> David Harrison; M45L – 1<sup>st</sup> Paul Taylor, 3<sup>rd</sup> Mike Pedley; M45S – 1<sup>st</sup> Alistair Tinto; M75 – 1<sup>st</sup> Rod Shaw, 2<sup>nd</sup> Guy Goodair; M14 – 1<sup>st</sup> Alasdair Pedley; M12 – 2<sup>nd</sup> Adam Thorpe; M10 – 1<sup>st</sup> Sam

Crawshaw; W35L – 1<sup>st</sup> Emma Harrison, 3<sup>rd</sup> Amanda Crawshaw; W45S – 3<sup>rd</sup> Rebecca Lloyd; W65S – 2<sup>nd</sup> Pat Aspinall; W14 – 1<sup>st</sup> Megan Harrison; W12 – 1<sup>st</sup> Laura Harrison. **For full results go to [www.aire.org.uk](http://www.aire.org.uk)**

## **YHOA SUPER LEAGUE – 2014**

For further information about the 2014 Superleague and results go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA NIGHT LEAGUE – 2013/14**

The YHOA Night League finishes on Saturday 1<sup>st</sup> February in Ilkley. **Results are available at [www.aire.org.uk](http://www.aire.org.uk)**

### **CLUB NIGHTS**

Club Nights will now be held in different locations so look out for regular updates via email or contact Viv directly for more information  
Everyone welcome and all abilities catered for!

For further information contact Viv Barraclough  
Phone: 01424 316707 or Email: [viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

### **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 – February to April 2014

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

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

| Date | Club/Region | Type/Area | Location |
|------|-------------|-----------|----------|
|------|-------------|-----------|----------|

### February

|           |   |   |                  |
|-----------|---|---|------------------|
| 1         | AIRE/YHOA  | YHOA Night League/Northern Night Championships, Middleton Woods   | Ilkley           |
| 2         | CLOK/NEOA   | CLOK Acorn, Mulgrave Woods  | Whitby           |
| 2         | NOC/EMOA  | Thieves Wood Level C  | Mansfield        |
| 9         | SYO/YHOA  | YHOA Superleague, Wharncliffe                                     | Sheffield        |
| <b>16</b> | <b>CLARO/YHOA</b>   | <b>Compass Sport Qualifying Round, Guisecliff, Pateley Bridge</b> | <b>Harrogate</b> |
| 22        | MV/SEOA    | British Night Championships (UKOL), Pippingford Park              | Crowborough      |
| 23        | MV/SEOA   | MV Regional (UKOL), Pippingford Park                              | Crowborough      |
| 23        | DVO/EMOA  | Lindop Level C Event  | Chesterfield     |
| 23        | CLOK/NEOA   | Level C tbc   | tbc              |

### March

|          |   |   |                      |
|----------|---|---|----------------------|
| 2        | NOC/EMOA  | Robin Hood Trophy, Clumber  | Worksop              |
| <b>9</b> | <b>EPOC</b>  | <b>YHOA Superleague/YHOA Championships, Stoodley Pike</b>                           | <b>Hebden Bridge</b> |
| 16       | SYO/YHOA  | Middle Distance, Loxley   | Sheffield            |
| 22       | EBOR/YHOA   | YHOA Urban League Event   | Thirsk               |
| 23       | EBOR/YHOA   | YHOA Superleague/YHOA Middle Distance Championships, Givendale and White Cliff Rigg | Pickering            |
| 30       | HALO/YHOA   | YHOA Superleague, Houghton Moor   | Market Weighton      |

### April

|       |            |   |                |
|-------|------------|---|----------------|
| 5     | SYO/YHOA   | ??YHOA Sprint Championships, Parkwood Springs | Sheffield      |
| 6     | AIRE/YHOA  | Middle Distance, Bramley Fall                 | Leeds          |
| 13    | EBOR/YHOA  | Pry Rigg                                      | Pickering      |
| 13    | NOC/EMOA   | Rufford Country Park and New Park Wood        | Ollerton       |
| 18-21 | WOA        | JK Weekend                                    | South Wales    |
| 20    | EBOR/YHOA  | Easter Bunny, Earswick                        | York           |
| 27    | CLARO/YHOA | Scot Gate                                     | Pateley Bridge |

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