



Epistle



No. 225
June - July 2014



Photo: Rob Lines

Julie Couch, W55L JK Champion

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2013/2014

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

OTHER CLUB OFFICIALS

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

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

I can't believe this is my 29th Epistle which means that the next edition will be the 5th anniversary since I took this job on! This has made me start to think that perhaps now is the time to consider a fresh brain for this role? If anyone would be interested in taking over the Epistle, I am more than willing to pass this on – don't all rush at once!

As most of you will be aware by now, the date for the Compass Sport final has been changed to Sunday 14th December, still near Aldershot, so please keep the day free and consider it to be some light relief from the hustle and bustle of Christmas shopping!

The new EPOC tops have arrived and look good. As expected, and as stated when people were ordering, they are a slim fit designed for moisture wicking, but are a light stretchy material so there is quite a lot of 'give' in them. However, some people have already decided theirs were a bit small and fortunately for now I have been able to swap them from the stock ones we ordered. Hopefully everyone else will be happy with their choices, given that you all knew about the fit when you ordered, but if there are any more problems you will have to let me know and if I can swap tops then I will, but there is absolutely no guarantee that I can.

Have a lovely summer, wherever you end up and I look forward to articles from near and far events!

Emma Harrison

CHAIRMAN'S CHAT

It's been a busy couple months with all manner of orienteering formats on offer to suit every taste and ability. Middle distance events are becoming ever more popular and certainly the recent ones in our region at Loxley, Bramley and Givendale were all good value or is it just my preference for the shorter distances showing through. All the YHOA championships came together in quick succession this year with each one giving a different challenge. It's amazing just how quick the time passes as it seems no time at all that we were gearing up for the Northern Champs at Castle Carr and hoping for good weather which certainly made this year's event hosted by SROC pretty tough going.

The first aid course kindly organised by Viv went very well and was certainly worth attending, even if some of the scenarios weren't for the faint hearted. Everyone who took part really found it useful and it's a shame we didn't have a few more.

BOF are issuing guidance on Permanent Courses over the summer which we will be able to refer to as we review our own POCs. It should give clarity on the age old dilemma of whether or not POC maps can club websites as well as other useful information. At the recent YHOA meeting we compared what each club is doing to develop and encourage participation. It was clear from our discussions that every club is engaged in various initiatives with much depending on the dedication of a few individuals as well as taking advantage of any opportunities that arise.

It was with one eye on the Yorkshire JK in 2016 that I travelled down to Wales at Easter. Given the enormous efforts that go into putting on such events, it's easy to take things for granted when everything goes well. The obvious issue was the constraints and contingencies around car parking which certainly tested both organisers and competitors. Another factor to consider was the tremendous number of helpers involved with around 500 roles being covered over the course of the weekend so there will be the expectation that manpower from all 6 clubs will be required over the 4 days. As a region we have started working through some of the logistical challenges and we will provide regular update.

Good luck to everyone travelling up to the British Championships in Northumbria this week.

Best wishes

Alistair Tinto

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

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

Eah1607@aol.com

Copy to Emma by 20 July

Look forward to hearing from you!

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 14 May 2014 Marsh Liberal Club



The committee meeting scheduled for 14th May has had to be re-arranged to 18th June, so there has been no committee meeting since the last Epistle. However, as a brief update.....

Treasurer's Report – David Morgan

Since the last Epistle we have held and finalised the accounts for Stoodley Pike (Level B). With favourable weather there was a good turnout and it was a financial success.

Membership is slowly increasing, both renewals and new members. There are now 58 membership units. 26 seniors and 31 families & 1 junior. We are up to date with income from BOF.

We have invested in a First Aid course organised by Viv Barraclough, as a result we now have more members trained in basic first aid for event support.

In addition we have received a further payment of £160 has been received from Ramblers Holidays through the Walking Partnership. This is an initiative from Ramblers Holidays whereby groups with walking sections receive a payment if a club member books a holiday. The payments this time relate to Mike and Pat Thorpe's walking tour to Jordan and two trips each by David & Juliet – to Ecuador and the Galapagos and then a cruise to Norway in the depth of winter.

At this stage of the financial year the club has received the vast majority of its' annual income. The main liability remaining is our membership fee to be a member of YHOA, this will be due in the next month or so.

Overall club finances remain healthy and I would expect us to about break even this year.

Compass Sport Trophy 2014

Don't forget to keep a note of the date of the final - **Sunday 14th December near Aldershot.**

EPOC ORIENTEERING TOPS

The new EPOC tops have arrived so if you haven't already got yours it will be with you shortly. If you decide you would like one now you have seen how they look, don't panic as there are 9 extra for stock in a selection of XS (36" chest), S (38"), M (40"), L (42") and XL (44"). As I mentioned when I first did the order, they are an athletic fit so they are designed to be slim fitting. If you want one but don't want it so snug then please ask for a bigger size, or try one on first. This is what they look like.....



EPOC Club Championship 2014

Graham Lloyd

Hello fellow EPOC members. Attached are the current Club Champs after 5 events. Remember you need 5 races to count, with at least one in each category!

If you want to see the full chart, Graham has emailed it via Anthony on 29 May as it is too big to copy the whole file into the Epistle. Please check that you have been included for every event you have run at.

Remaining events:

- 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)

Results so far Seniors

		Super	vets	Ladies	Points	Races
1	Amanda Crawshaw		1	1	446	5
2	Megan Harrison			2	435	5
3	David Harrison		2		414	5
4	James Williams				373	4
5	Emma Harrison		3	3	373	4
6	Richard Payne	1			371	4
7	Helen Martland		4	4	365	4
8	Paul Jackson	2			354	4
9	Phil Thompson	3			346	4
10	Paulette Noot	4		5	323	4
11	Mike Pedley		5		292	3
12	Alasdair Pedley				286	3
13	Sarah Noot		6	6	279	3
14	Pat Aspinall	5		7	274	3
15	Alistair Tinto		7		259	3
16	Rod Shaw	6			254	3
17	Judith Goodair	7		8	251	3
18	Jayne Payne	8		9	250	3
19	Rebecca Lloyd		8	10	249	3
20	Graham Lloyd		9		243	3
21	Mike Wood	9			241	3
22	Guy Goodair	10			233	3
23	Margaret Shaw	11		11	232	3
24	Jon Emberton		10		196	2
25	Jean Lochhead			12	195	2
26	Phil Scarf		11		191	2
27	Andy Thorpe		12		185	2
28	Ian Couch	12			182	2
29	Paul Taylor		13		180	2
30	Viv Barraclough		14	13	173	2
31	Jackie Scarf		15	14	161	2
32	Julie Couch		16	15	99	1
33	Dick Spendlove	13			98	1
34	Linda Hayles	14		16	96	1
35	Neil Croasdell	15			95	1
36	Juliet Morgan	16		17	91	1
37	Keith Sykes	17			91	1
38	Steven Wood	18			90	1
38	Brian Mellor	19			90	1
40	Esther Logue		17	18	88	1
41	Pat Thorpe	20		19	85	1
42	Jo Emberton		18	20	84	1
43	Sue Brant	21		21	83	1
44	Helen Pedley		19	22	82	1
45	Will Barraclough		20		80	1
46	Ben Scarf				77	1
47	David Morgan	22			74	1
48	John Elliott		21		73	1

Juniors

1	Megan Harrison	473	5
2	William Martland	387	4
3	Laura Harrison	383	4
4	Adam Thorpe	294	3
5	Sam Crawshaw	293	3
6	Alex Crawshaw	291	3
7	Alasdair Pedley	289	3
8	Anna Thorpe	286	3
9	Imogen Noot-W	197	2
10	Luke Barraclough	99	1
11=	Seth Barraclough	97	1
11=	Ffion Noot-W	97	1
11=	Maebh Logue	97	1
14	Cormac Thomas	94	1
15	Sarah Pedley	93	1
16=	Seth Thomas	90	1
16=	Joe Barraclough	90	1

Club Nights

Viv Barraclough

Lead Coach, EPOC Club Nights

Xplorer events are proving popular again! We are now getting some of the Juniors together for some training. Meeting half an hour before each event where there are two in one day.

See flyer, website or contact me for more details



The flyer features the 'XPLORER' logo at the top, social media icons for Facebook and Twitter, and four small photos showing children participating in the challenge. Below the photos is the text 'Fun, Family Challenge' and 'EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.' At the bottom, there is a table with event details and a website link.

DATE	VENUE	MEETING PLACE	TIME	COST
30th May	Greenhead Park	W/In Playground	11-12 & 1-2pm	£1.50
7th June	Riverside Park	Playground	4-5pm	£1.50
14th June	Greenhead Park	W/In Playground	11-12noon	£1.50
14th June	Greenhead Park	W/In playground	1-2pm	£1.50
18th June	Greenhead Park	W/In playground	4-5pm	£1.50
25th June	Beaumont Park	Playground	4-5pm	£1.50
10th July	Greenhead Park	W/In playground	7-8pm	£1.50
22nd July	Greenhead Park	W/In playground	11-12 & 1-2pm	£1.50
23rd July	Oldwell Hall	Hall	11-12 noon	£1.50
23rd July	Oldwell Hall	Countryside Centre	2-3pm	£1.50
7th Aug	Greenhead Park	W/In playground	11-12 & 1-2pm	£1.50
10th Aug	Crow Nest Park	Car park	11-12 & 1-2pm	£1.50

FOR FURTHER INFORMATION PLEASE VISIT
WWW.XPLORER.ORG.UK

2.1.3.4-6.7.8.9

Guy Goodair

Ian McMillan recently posed the following question

‘What does the above number sequence signify?’

The answer is the birth date and death date of Dick Mackay, one of the founder members of EPOC (2nd of Jan 1934 and 6th July 1989)

But an even more poignant point is Dick collapsed and died whilst riding his bike up Holme Moss on the 6 of July – twenty five years later to the day the Tour de France will be tackling the same hill!

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EVENT REPORTS AND RESULTS

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

SYO Yorkshire Sprint Championships, Parkwood Springs - 5 Apr 14

	Overall	Prologue	Final
M12			
2 William Martland (M10)	79:48	27:00(2)	52:48(3)
Sam Crawshaw (M10)			34:24(2)
M16			
1 Alasdair Pedley	24:35	9:32(1)	15:03(1)
M40			
6 Simon Martland	46:30	22:36(11)	23:54(4)
9 Mike Pedley	48:09	21:22(8)	26:47(8)
18 Alistair Tinto	58:24	27:20(18)	31:04(19)
David Harrison		mp	34:56(21)
Paul Taylor			27:51(12)
M65			
12 Rod Shaw	44:10	17:16(13)	26:54(11)
14 Neil Croasdell	48:05	15:00(9)	33:05(14)
W16			
2 Megan Harrison	30:53	11:20(2)	19:33(2)
4 Laura Harrison (W14)	39:09	15:35(4)	23:34(4)
W40			
1 Emma Harrison	44:44	23:00(1)	21:44(1)
2 Amanda Crawshaw	51:26	26:18(3)	25:08(2)
7 Helen Martland	63:13	31:22(8)	31:51(7)
W55			
6 Jackie Page	62:51	27:28(9)	35:23(6)
7 Margaret Shaw	63:20	25:31(8)	37:49(7)
W65			
3 Jean Lochhead	45:50	16:31(2)	29:19(3)

AIRE Middle Distance Event, Bramley Falls - 6 Apr 14

Black 5.3km 130m

26th David Harrison 63.54

Brown 4.4km 115m

7th Richard Payne 52.21

Light Green 2.4km 55m

4th Laura Harrison 35.03

17th Pat Thorpe 68.07

18th Jane Payne 68.37

Blue 4.2km 100m

2nd Adam Breaks 42.10
 6th Alistair Tinto 45.52
 9th Emma Harrison 47.38

Green 3.2km 65m

5th Megan Harrison 37.17
 19th Helen Martland 46.38
 34th Philip Thompson 61.49

Orange 2.3km 40m

3rd William Martland 35.34
 7th Becky Reynolds 51.10

Yellow 1.7km 25m

3rd Katie Roberts 30.30
 4th Paul Roberts 48.37
 5th Sam Roberts 49.54

White 1.1km 15m

5th Daniel Roberts 19.47

EBOR Pry Rigg Regional Event - 13 April 14**Blue 6.5km 190m**

12th Richard Payne 60.33
 17th Alistair Tinto 65.00

Green 4.7km 105m

20th Michael Wood 60:00
 29th Paul Jackson 67:03
 m8 Jean Lochhead 60:24

Short Green 4.0km 105m

14th Philip Thompson 65.37
 18th Guy Goodair 68.33
 20th Judith Goodair 70.26
 28th Jackie Page 81.27
 30th Jane Payne 85.32

JK 2014

Individual Days at JK 2014: W55 report

Julie Couch

JK2014 was held in South Wales. As usual, we entered the Day 2/3 races, which were held on adjacent areas on the southern edge of the Brecon Beacons.

The Day 2 event took place on the Saturday of the Easter weekend on Merthyr Common. The area was described as open limestone uplands with numerous pits, depressions, sink holes and limestone pavement. From this description I imagined something like Malham or Kilnsey terrain but, in fact, any limestone pavement wasn't as obvious as the Dales areas. It was much more eroded into patches of stoney ground. There were also areas on the map coloured yellow to indicate closer cropped grass, although it was pointed out that the edges of these shouldn't be relied upon for accurate navigation. So armed with all this terrain information, I set off very cautiously trying to tune into the mapping. As most of my controls were in pits and depressions, it was a case of running on a bearing but checking off other features on route. I didn't feel as if I was orienteering very quickly but didn't make any major mistakes, so I was pleased when I finished to discover that I was leading W55. I then dropped a couple of places as later runners came in but finished in 3rd place at the end of the day.

Day 3, Easter Day, dawned with a bit of a change in the weather, with thick cloud as we parked up at the event. The competition area was Llangynidr and the terrain description was the same as for the previous day but including a quarry. Again, control sites were generally in pits and depressions but with early controls in the quarry. The navigation was much trickier because the higher parts of the area were covered in cloud and some of the pits were in areas of heather, making them even harder to pick out. Any navigation errors were costly in terms of time lost because relocation was very difficult. Having left the start with a thunder storm now threatening, I picked off the early quarry controls carefully and headed for the loop of controls on the cloud covered tops. I used the same technique as the previous day, basically running on a bearing but trying to identify the small hills and rocky patches as they appeared out of the cloud. Even then, I made a 5 minute error on one of the pits and thought a podium place had gone. Dropping out of the cloud onto the lower slopes meant that visibility was much better. The final controls on all courses were along a narrow corridor between a forest and the quarry road parking area. This meant lots of easy controls, tempting fast running for those who had some energy left.

On the final run-in by the club tents, the commentary team announced that I was leading W55, though obviously other competitors in my age class were still to finish. However, I did manage to hold onto my lead and finished on top of the podium. I am amazed that I am JK W55 champion. I don't really know how that happened but am really pleased about it. It's good to have a good run at a competition that counts.

Photo's: Wendy Carlyle



Megan Harrison



Amanda Crawshaw



Neil Croasdell



Andy Thorpe



Juliet Morgan



Richard Payne



Linda Hayles



Paul Taylor



David Harrison

Photo's: Crawford Lindsay



Mike Pedley



Jean Lochhead

Photo's: Paulette Noot



Alex Crawshaw



Anna Thorpe



Maebh Logue



Adam & Andy Thorpe



Emil Noot-Williams

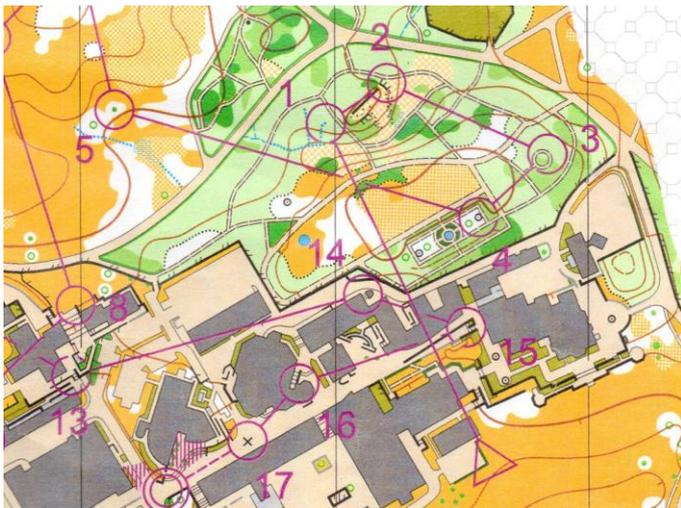


Ffion Noot-Williams

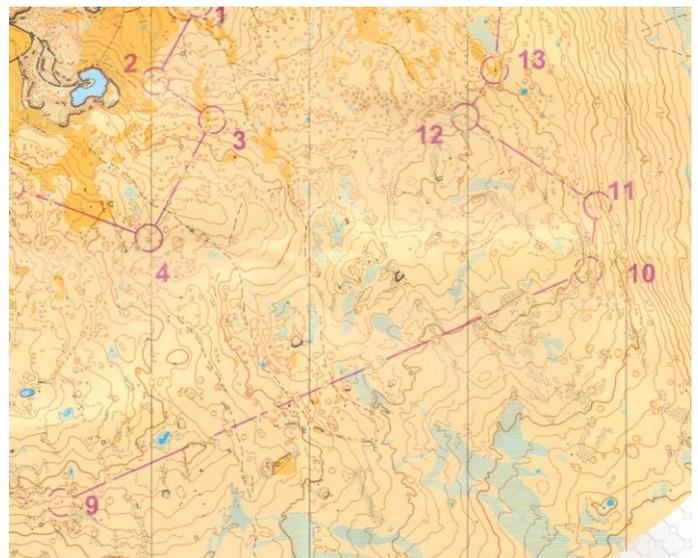


Imogen Noot-Williams

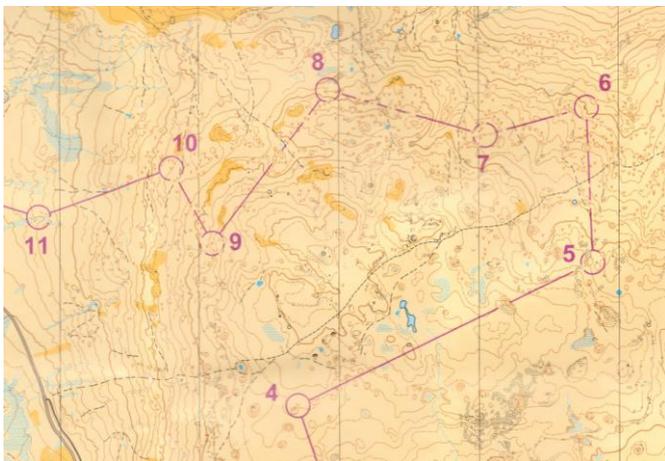
JK Maps



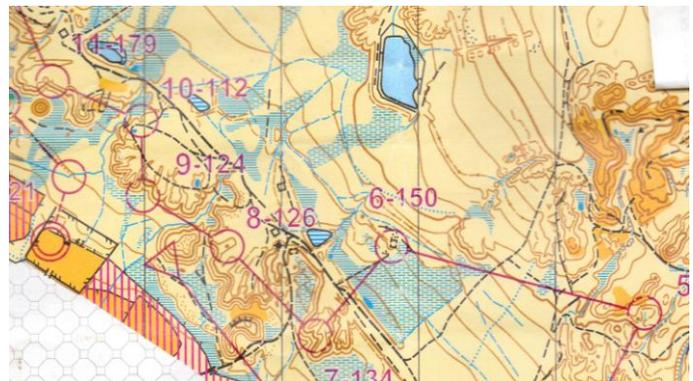
Day 1: W40 Sprint



Day 2: W40L (1:15 000 map)



Day 3: W40L (1:15 000 again!)



Day 4: W120+ relay

JK International South Wales 18-21 April 2014 Sprint, Swansea University - 18 Apr 14

M10

6 Sam Crawshaw 10.52

M12

13 Adam Thorpe 13.25

M35

7 James Williams 15.00

M40

31 David Harrison 20.21

M45

37 Andy Thorpe 17.11

72 Paul Taylor 20.12

M60

11 Richard Payne 15.49

M65

59 Neil Croasdell 20.43

84 David Morgan 27.45

M75

2 Guy Goodair 15.59

W10

7 Alex Crawshaw 13.03

11 Anna Thorpe 13.53

21 Maebh Logue 31.47

W14

26 Laura Harrison 26.32

W16

33 Megan Harrison 21.51

W40

6 Emma Harrison 16.16

15 Amanda Crawshaw 17.58

W50

66 Linda Hayles 23.27

W60

37 Jane Payne 30.36

W65

3 Jean Lochhead 14.00

W70

10 Judith Goodair 19.18

JK Days 2 & 3, Merthyr Common & Llangynidr - 19 & 20 Apr 14**M10A**

2nd Sam Crawshaw 16:16 (1) 21:47 (3) 38:03

M12

4th Adam Thorpe 22:15 (5) 23:30 (3) 45:45

M16A

34th Alasdair Pedley 71:26 (42) 60:18 (28) 131:44

M40S

8th David Harrison 61:54 (7) 74:19 (11) 136:13

M45L

6th Andy Thorpe 62:20 (7) 66:08 (7) 128:28

42nd Paul Taylor 76:47 (41) 85:47 (47) 162:34

M45S

5th Alistair Tinto 61:42 (11) 58:51 (3) 120:33

M50L

28th Mike Pedley 73:32 (39) 67:27 (18) 140:59

M60L

19th Richard Payne 82:20 (31) 74:18 (15) 156:38

81st Neil Croasdell 141:59 (95) 96:44 (81) 238:43

M75L

25th Guy Goodair 91:13 (18) 105:24 (27) 196:37

M80

2nd Philip Thompson 53:56 (3) 65:14 (3) 119:10

W10A

9th Alex Crawshaw 24:51 (11) 31:43 (10) 56:34

11th Maebh Logue 22:57 (7) 37:23 (12) 60:20

12th Anna Thorpe 29:30 (14) 32:50 (11) 62:20

W14A

12th Sarah Pedley 36:01 (13) 52:37 (13) 88:38

20th Laura Harrison 39:51 (23) 58:53 (19) 98:44

W16A

45th Megan Harrison 72:19 (54) 77:56 (53) 150:15

W40L

2nd Sarah Noot 66:05 (1) 72:33 (3) 138:38

4th Emma Harrison 87:18 (13) 72:48 (4) 160:06

7th Esther Logue 79:15 (5) 92:48 (15) 172:03

11th Amanda Crawshaw 83:41 (9) 92:48 (15) 176:29

W50L

47th Linda Hayles 114:10 (49) 115:22 (52) 229:32

W50S

28th Helen Pedley 70:25 (33) 61:47 (30) 132:12

W55L

1st Julie Couch 51:06 (3) 60:48 (5) 111:54

W60S

10th Jane Payne 83:28 (21) 72:59 (7) 156:27

W65L

Juliet Morgan 104:40 (55) rtd -

Jean Lochhead 60:24 (7) - -

W70L

19th Judith Goodair 81:25 (21) 83:07 (21) 164:32

W70S

1st Pat Aspinall 47:48 (2) 54:53 (1) 102:41

6th Paulette Noot 62:30 (6) 77:09 (6) 139:39

Pat Thorpe 68:15 (10) - -

JK Relays, Pwll Du - 21 Apr 14

Senior Men M120

9th 126:03 EPOC Bulldogs 39:36 (6) 41:21 (15) 45:06 (9)

Andy Thorpe/Mike Pedley/James Williams

33rd 169:41 EPOC Rams 50:05 (29) 60:08 (39) 59:28 (34)

Paul Taylor/David Harrison/Alistair Tinto

Senior Women W120

8th 101:44 EPOC Wildcats 40:36 (15) 29:21 (8) 31:47 (5)

Emma Harrison/Esther Logue/Sarah Noot

mp 84:05 EPOC Whirlwinds m1-15 42:15 (16) m1-2 m5-

Amanda Crawshaw/Linda Hayles/Helen Pedley

Junior Relay M/W-40

15th 61:56 EPOC Tigers 15:21 (2) 24:23 (24) 22:12 (16)

Alasdair Pedley/Anna Thorpe/Sarah Pedley

16th 63:32 EPOC Terriers 21:55 (20) 20:23 (17) 21:14 (12)

Laura Harrison/Maebh Logue/Megan Harrison

Mixed AdHoc

dnf EPOC Rangers 50:43 (77)

Neil Croasdell/Paulette Noot/

Mini Relay

5th 56:47 EPOC Giants 13:05 (3) 31:03 (16) 12:39 (1)

Sam Crawshaw/Alex Crawshaw/Adam Thorpe

CLARO Level C, Valley Gardens - 27 Apr 14

Brown 8.3km 175m

2nd Andrew Thorpe 49.41

w1 David Harrison 78.22

Blue 6km 150m

7th Richard Payne 48.38

10th Amanda Crawshaw 51.02

21st Emma Harrison 56.51

rtd Paul Jackson

Green 4.4km 45m

16th Megan Harrison 39.38

37th Helen Martland 46:14

47th Michael Wood 51:47

Short Green 3.3km 40m

19th Jane Payne 52.23

20th Philip Thompson 53.34

Light Green 3.2km 30m

6th Adam Thorpe 26.19

13th Laura Harrison 31.53

24th Pat Thorpe 55.15

Yellow 1.9km 15m

11th Anna Thorpe 24:41

19th William Martland 50:24

PFO Level C Event, Brun Valley Burnley - 27 Apr 14

Blue 6.2km 165m

1 Mike Pedley 68.46

mp Graham Lloyd 61.33

Green 4.4km 95m

5 Esther Logue 55.46

Short Green 3.6km 85m

5 Rebecca Lloyd 61.35

Light Green 3.3km 85m

6 Jean Lochhead 64.08

Yellow 2.7km 65m

4 Euan Logue 35.14

7 Imogen Noot-Williams 55.05

8 Ffion Noot-Williams 55.55

9 James Williams 63.34

mp Maebh Logue 44.11

LOC Middle Distance Event Summerhouse Knott - 3 May 14

Black 5.76km 310m

22nd James Williams 52:02

Mens Blue 4.4km 240m

39th Richard Payne 53:34

52nd Alasdair Pedley 57:37

81st Ian Couch 66:33

Short Green 2.77km 130m

26th	Jean Lochhead	41:44
49th	Guy Goodair	50:33
56th	Philip Thompson	52:34
59th	Joanna Emberton	52:50
93rd	Margaret Shaw	65:34
104th	Jane Payne	71:07

Very Short Green 2.32km 110m

12th	Judith Goodair	58:06
m9 rtd	Paulette Noot	

Light Green 2.64km 165m

24th	Sarah Pedley	54:36
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Orange 2.14km 115m

1st	Adam Thorpe	21:07
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Yellow 2.08km 100m

3rd	Sam Crawshaw	18:55
10th	Thea Crowther	31:09
11th	Imogen Williams	31:22
18th	Anna Thorpe	36:15
rtd	Maebh Logue	
m5-11	Alexandra Crawshaw	36:27

Mens Brown 4.71km 250m

18th	Andy Thorpe	47:36
46th	Graham Lloyd	59:17
rtd	Paul Taylor	

Mens Green 3.28km 170m

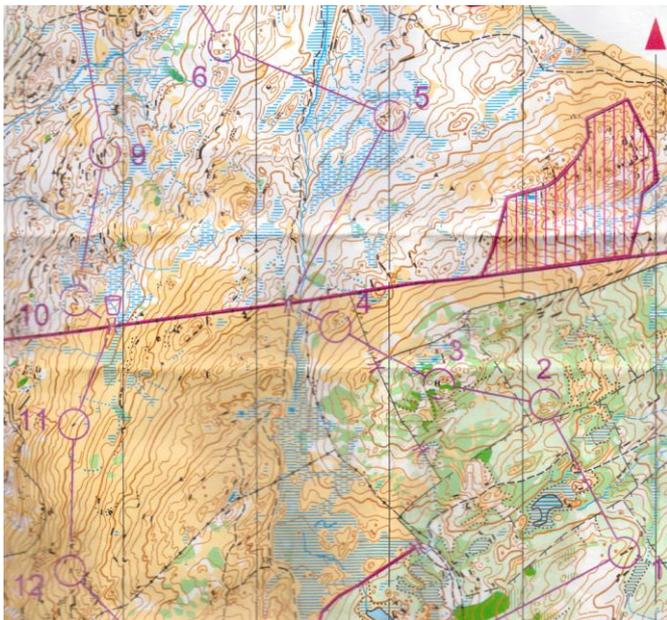
50th	Paul Jackson	57:42
82nd	Rod Shaw	87:38

Womens Blue 4.4km 225m

9th	Sarah Noot	53:58
13th	Amanda Crawshaw	60:17
16th	Esther Logue	62:59

Womens Green 3.3km 170m

27th	Julie Couch	47:43
90th	Rebecca Lloyd	81:09
94th	Helen Pedley	91:31

Northern Championships 2014**W40L (1:7 500 map)****SROC Northern Championships - 4 May 14****W10A**

2nd	Alexandra Crawshaw	36:21
5th	Anna Thorpe	50:39

W10B 1.5km 45m

2nd	Maebh Logue	28:26
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W14A 2.7km 130m

17th	Laura Harrison	63:40
m5-11	Sarah Pedley	46:15

W16A 3.9km 200m

20th	Megan Harrison	77:13
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M10A 2.1km 130m

rtd	Sam Crawshaw	
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M12A 2.4km 130m

1st	Adam Thorpe	20:58
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M16A 5.1km 250m

11th	Alasdair Pedley	59:42
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M35L 7.5km 375m

5th	James Williams	74:36
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M40S 5.1km 250m

m10-11 m13-14	David Harrison	115:32
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W40L 5.1km 250m		
5th	Amanda Crawshaw	81:19
7th	Emma Harrison	84:09
8th	Esther Logue	86:27
W50L 4.7km 245m		
m3	Jackie Scarf	107:22
W50S 3.6km 150m		
11th	Joanna Emberton	83:30
13th	Helen Pedley	90:46
16th	Rebecca Lloyd	97:32
W55L 3.9km 200m		
10th	Julie Couch	63:17
W60L 3.8km 190m		
23rd	Margaret Shaw	137:34
W60S 2.9km 125m		
rtd	Jane Payne	
W65L 3.6km 150m		
8th	Jean Lochhead	67:15
W70L 3.6km 150m		
9th	Judith Goodair	102:08
W70S 2.2km 100m		
1st	Pat Aspinall	54:19
rtd	Paulette Noot	

M45L 6.5km 320m		
2nd	Andy Thorpe	67:59
20th	Paul Taylor	87:27
M45S 4.7km 245m		
m4-10	Alistair Tinto	55:30
M50L 6.5km 320m		
7th	Jonathan Emberton	70:07
13th	Phil Scarf	77:05
37th	Graham Lloyd	103:59
M60L 5.1km 250m		
m11	Richard Payne	62:39
M65L 4.7km 245m		
16th	Ian Couch	80:15
M70L 3.9km 200m		
17th	Paul Jackson	77:31
24th	Michael Wood	108:11
M75L 3.8km 190m		
8th	Rod Shaw	90:09
rtd	Guy Goodair	
M80 2.9km 125m		
2 nd	Phil Thompson	81:59

SO Level B, Charlton Forest West Sussex - 4 May 14

Blue (length: 7.4km, climb: 255m, 18 controls)

9	Richard Spendlove	01:04:14
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LOC Kendal Urban Race - 5 May 14

Black 7.7km 225m		
12th	James Williams	54:36
Brown 6.7km 210m		
8th	Andy Thorpe	45:25
91st	Paul Taylor	84:34
Blue 5.5km 150m		
19th=	Phil Scarf	43:04
22nd	Ben Scarf	43:18
28th	Richard Payne	44:16
54th	Jackie Scarf	49:41
73rd	Amanda Crawshaw	52:06

Green 3.8km 95m		
65th=	Guy Goodair	43:24
119th	Rod Shaw	61:10
Short Green 3.3km 85m		
11th	Jean Lochhead	41:48
13th	Judith Goodair	44:17
27th	Jane Payne	50:08
Light Green 2.8km 110m		
21st	Adam Thorpe	28:50
Yellow 1.2km 35m		
2nd	Sam Crawshaw	12:08
13th	Alexandra Crawshaw	17:44
20th	Anna Thorpe	22:24

AIRE YHOA Urban League, Ilkley - 10 May 14

Brown 6.5km 210m		
38th	David Harrison	75:03
Blue 4.9km 150m		
10th	Richard Payne	44:34
20 th	Emma Harrison	49:18
39th	Amanda Crawshaw	54:34
47th	Helen Martland	61:56
Green 3.6km 90m		
17th	Linda Hayles	47:04
18th	Neil Croasdell	47:10
28th	Guy Goodair	55:31

Light Green 2.6km 90m		
3 rd	Megan Harrison	26:47
4th	Jean Lochhead	31:46
8th	Laura Harrison	37:18
16th	Judith Goodair	54:30
Yellow 1.8km 60m		
4th	William Martland	23:59

AIRE Middle Distance Event, Baildon Moor - 11 May 14

Brown 9.4km 330m

4th Jonathan Emberton 86:33
7th Paul Taylor 100:47

Blue 6.4km 195m

9th Richard Payne 57:53
19th Emma Harrison 65:53
m1-4 m11-17 rtd Amanda Crawshaw
w6 David Harrison 77:02

Short Blue 5.7km 180m

2nd Alistair Tinto 51:54
5th Ian Couch 58:21

Green 4.7km 135m

3rd Julie Couch 48:53
26th Megan Harrison 65:58
29th Neil Croasdell 69:45
37th Margaret Shaw 112:45
m4 m7 Michael Wood 90:53

Short Green 3.8km 110m

1st Rod Shaw 42:22
7th Guy Goodair 53:22
9th Judith Goodair 54:30
12th Philip Thompson 59:40
15th Jane Payne 61:07
m7-8 Joanna Emberton 66:38

Light Green 3.4km 55m

3rd Adam Thorpe 37:33
4th Laura Harrison 37:35
6th Tom Crawshaw 48:08

Orange 2.7km 45m

2nd Alexandra Crawshaw 38:30
5th Gillian Crawshaw 48:57
6th Sue Brant 52:34

Yellow 2.4km 45m

1st Anna Thorpe 27:14

NOC East Midlands Urban League, Newark - 18 May 14

W65+ Length 2.8km, 14 controls (course 5)

8 Judith Goodair 40:01

M65+ Length 3.6km, 19 controls (course 4)

10 Guy Goodair 41:08

WCOG, Threlkeld Knotts - 18 May 14

Blue 6km 250m

50 Linda Hayles 88:51

Green 4.08m 250m

56 Neil Croasdell 109:11

Tamar Triple

Day 1 Fernworthy - 24 May 14

Green 4km 155m

34 Rod Shaw 63:39
66 Maggie Shaw 84:32

Day 2 Inny Foot - 25 May 14

M75 3.35km 75m

4th Rod Shaw 59:04

W60 4.03km 100m

9th Margaret Shaw 78:31

Tavistock Urban Race - 25 May 14

MUV 4.9km

20th Rod Shaw 62:25

Day 3 Cookworthy - 26 May 14

Green 4km 50m

37th Rod Shaw 68:15
69th Margaret Shaw 104:48

CLARO YHOA Urban League, Jennyfields - 25 May 14

A Mens Open 6.7km 100m

15th Sam Crawshaw + 1 72:41

B Mens Vets/Women Open 5.7km 75m

5th Simon Martland 35:01
19th David Harrison 48:44
26th Amanda Crawshaw 51:52

C Womens Vets/Mens Supervets 4.4km 55m

8th Richard Payne 33:23
19th Emma Harrison 37:46
48th Helen Martland 46:22

E Womens Ultravet 3km 45m

6th Jean Lochhead 34:32
12th Judith Goodair 42:08
14th Jane Payne 43:17
18th Sue Brant 49:36

F M/W16 2.6km 25m

3rd Megan Harrison 19:48
5th Laura Harrison 22:37
6th Dylan Mitchell 22:58

D Ultravet Men/Supervet Womens 4.2km 60m

2nd	Richard Spendlove	32:53
21st	Guy Goodair	44:17
27th	Neil Croasdell	46:28
m11	Jackie Page	57:51

G M/W -12 1.9km 20m

1st	William Martland	15:11
2 nd	Alex Crawshaw	16:01

EBOR YHOA Urban League, York City Race - 26 May 14**Course A MV 6.1km**

24th	David Harrison	54:23
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Course B MSV 5km

10th	Richard Payne	40:54
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Steve Wood? (was seen in York but doesn't appear in the results!)

Course C MUV 3.9km

8th	Guy Goodair	36:34
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17th	Neil Croasdell	43:06
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MYJ 1.2km

5th	William Martland	17:28
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WJ 2.4km

4th	Megan Harrison	18:46
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7th	Laura Harrison	23:16
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Course B WV 5km

3rd	Amanda Crawshaw	43:11
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5th	Emma Harrison	44:25
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15th	Helen Martland	55:32
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Course C WSV 3.9km

16th	Jackie Page	53:09
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Course D WUV 3.3km

2nd	Jean Lochhead	30:52
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11th	Judith Goodair	41:44
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Other D

1st	Jane Payne	44:10
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Photo's: Wendy Carlyle

Some of the new EPOC tops making an appearance in York!

YHOA URBAN LEAGUE – 2014

For further information about the 2014 Urban League and results go to www.aire.org.uk

YHOA SUPER LEAGUE – 2014

For further information about the 2014 Superleague and results go to 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

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

Further details and updates from Graham Lloyd
Phone: 01422 882899 or Email: thelloydfamily@tiscali.co.uk (note 3 l's)

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

Usually at 10am but sometimes 9.30am. We move around the hills and dales keeping out of towns. The runners do about 1 $\frac{1}{2}$ to 2 hours while the walking group aim for around 2 to 2 $\frac{1}{2}$ hours, don't slouch but aren't aggressive either. The run/walk usually ends up with a pub lunch. Contact Jackie Page 01484 316170 or Roland Sansom 01484 862475. Alternatively email either Jackie or Roland to put your name on the mailing list which goes out each weekend with the following Wednesday's details.

FIXTURES – June to August 2014

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

Date	Club/Region	Type/Area	Location
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June

1	NEOA	British Relay Championships, Cragg Estate & Chesterhope Common	Newcastle
8	HALO/YHOA	YHOA Urban League	Beverley
14	MDOC/NWOA	NW Sprint Champs/Twin Peak Day 1, Platt Fields and Fallowfield Campus	Manchester
15	MDOC/NWOA	City of Manchester Race, Twin Peak Day 2	Manchester
21	EBOR/YHOA	EBOR Relays, Cawthorne Camps	Pickering
21	NOC/EMOA	NOC Sprint, Nottingham University	Nottingham
22	DVO/EMOA	Carsington Pastures	Matlock
22	PFO/NWOA	Tockholes	Darwen
28	SYO/YHOA	YHOA School Champs, Graves Park	Sheffield
29	CLOK/NEOA	Whitby Urban Event	Whitby

July

12	AIRE/YHOA	Fat Rascal/YHOA Urban League, Beckett Park	Leeds
13	AIRE/YHOA	Fat Rascal/YHOA Urban League	Otley

August

3-8	NWOA	Lakes 5 Days	Lake District
22-25	EBOR/YHOA	White Rose Weekend	Scarborough
30	SYO/YHOA	YHOA Urban	Sheffield
31	LOG/EMOA	Lincoln City Race	Lincoln

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