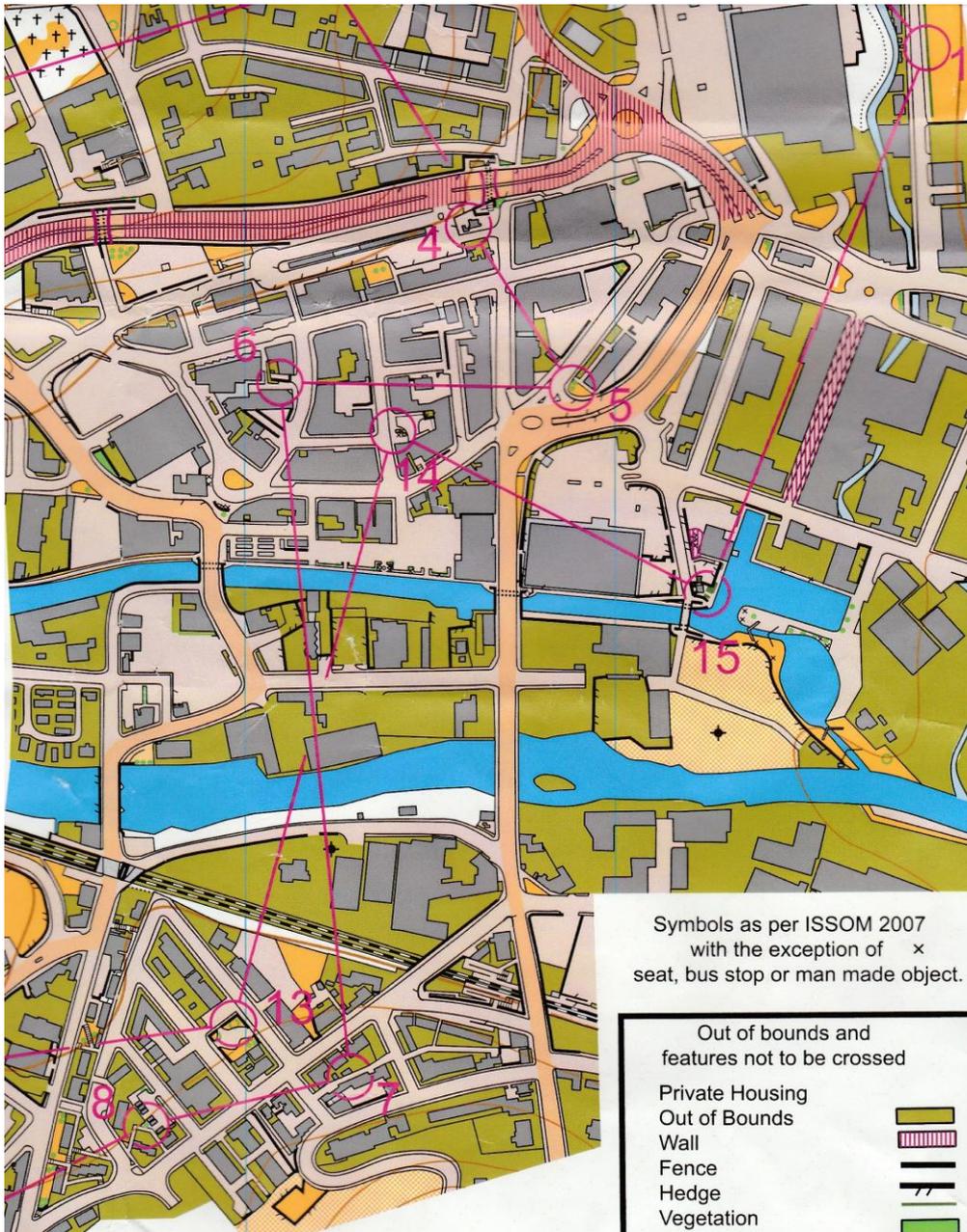




Epistle



No. 227
October - November 2014



Richard Payne's Brighouse Urban Map and Course C

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2014/2015

Chair	Alistair Tinto	alistair.tinto@yahoo.co.uk
Secretary	Vacant	
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

Many people travelled far and wide over the summer so I hope you all enjoyed your adventures. Quite a few EPOCies also went to the British Sprints and Middle distance championships at the beginning of September with a number of podium places in the club which was great. Closer to home the number of events are picking up again. The last event in the YHOA Urban league took place at our very own event at Brighouse on 14th September. Moving into the autumn let's hope our club members and others continue to support our events at Midgley Moor and Royds Hall.

Well done to 4 EPOC juniors who were once again selected to represent the region at the Junior Inter Regional Champs in the Lake District at the end of September.

Don't forget to keep Sunday 14th December free in your diaries for the Compass Sport final – consider it to be a bit of light relief from Christmas shopping!

Emma Harrison

CHAIRMAN'S CHAT

The AGM seemed to come round again quickly and you will find my round up of our year elsewhere in the Epistle which I won't repeat again here.

I'm writing this having just come back from the latest YHOA meeting at which we took time to discuss how the different clubs in the region go about encouraging and engaging new members as well as how they plan and organise their events and activities. It's clear that every club has it's own unique way of doing things with the individual demographics of the club as well as the territory it covers having quite an influence. Coming back to the AGM, whilst it is encouraging that we have a strong nucleus within the club, we had a fairly low attendance this year so it would be useful to know for next time what would make it more appealing since this is the key meeting of the year at which we reflect on how the previous year has gone and look to the future. The committee is fairly settled for the forthcoming year with the main change being Rebecca standing down as secretary for a well deserved break after a long stint in the role. We therefore have a vacancy on the committee and we would welcome any expressions of interest. The committee meets 5 times during the year at Marsh Liberal club with a break over the summer and it's a really good way to get more involved with the club, so whether you have served on the committee in the past or are fairly new to the club you would be very welcome.

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 November

Look forward to hearing from you!

Helping at an EPOC event?

Don't forget you can have half price entry to any EPOC event when you help out at an event in some way. If you need to pre-enter an event the discount code is available from the event organiser to claim a helper discount!

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

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

Guy

What has your committee been doing?



East Pennine Orienteering Club Summary of Committee Meeting Wed 17 September 2014 Marsh Liberal Club



Present: Alistair Tinto, Rebecca Lloyd, Dave Morgan, Emma Harrison, Paulette Noot,

Apologies: Viv Barraclough Paul Taylor,

Minutes from last meeting June 2014 - Alistair still to sort out OCAD licences.

Chair's Report - see AGM minutes

Treasurer's report - see AGM minutes

Secretary's report - will need to let authorities know about change of secretary. Have also contacted Midgley shop re maps, need to go to committee to decide what to do.

Compass Sport Trophy now taking place on 14th December.

Fixtures -2014 (see list and add in)

19th Oct Midgley Moor, Planner Graham Lloyd.

20th December Royds Hall night *(see below)

21st December Royds Hall

22nd February 2015 Marsden, Andy Thorpe keen to plan

3rd May Nostell could change if we want to.

Moving to July Urban event Halifax? (possibly move to July and have a long weekend)

25th October Ogden

19th December Norland

20th December Norland

2016 Deffer/Cawthorne?

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

Course requests for Short Green as Green often too long for many and Light Green too easy.

Mapping.

Sowerby Bridge updated and other maps being updated/have been updated. Some with links with other clubs to develop maps, SYO and PFO. Hade Edge is still on the radar, Nostell is under development with Fred, and also the possibility of mapping Huddersfield. Fred has been helping dig the posts for the Nostell map. Neil and Keith are looking at Royds. Jean and friends of Beaumont Park have got thinks underway after Mike's remap.

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.

JK 2016 - Could do with another meeting to firm stuff up.

O Tech sheets - will do.

PFO are using Langdale Sat 18th Oct for and inviting EPOC to join in. Also SELOC are using Hardcastle Craggs for their 50th Anniversary, again we are being invited.

Major events conference - Alistair going with Mike Cope, in light of JK, but there is a place available.

Club conference - there are places for this but clubs have to pay so do not see why we should go! If BO want to have people to go they should not expect clubs to pay.

Next meeting 19th November 2014 Marsh Liberal Club.

AGM

East Pennine Orienteering Club - 2014 Annual General Meeting Held on 17th September 2014 at Marsh Liberal club, Huddersfield.

The meeting started at 7:45pm

Present: Alistair Tinto, Emma Harrison, Dave and Juliet Morgan, Rod Shaw, Guy and Judith Goodair, Richard Payne, Rebecca Lloyd, Paulette Noot.

Apologies: Paul Taylor and Ian MacMillan, Julie and Ian Couch, Viv Barraclough, and thanks to all for attending.

1. Minutes of the last meeting approved .
2. Matters arising – none.

Chairman's Report

EPOC AGM 2014

Round up of the year

Since last years' AGM we have put on our quota of regional events.

We started off with a Level B event at Rishworth which enjoyed some unseasonably good weather which meant we had a good turn out on the day after a surprisingly low pre-entry for one of our most scenic areas. After being discouraged by Yorkshire Water from parking in the vicinity of the reservoir after our last event we switched to the east of the area adjacent to Baiting which enabled Graham, the planner, to make best use of the intricate quarried areas. With the moor not suitable for the youngest competitors, a map of the woods around Baitings was produced so that everyone was catered for. One handy lesson we learnt at this event is that you can get into gripple with a hair clip if you don't have a key.

We combined our night league event with another middle distance Christmas event at Storthes Hall which is the last time we will run on the area before it is used for the JK Relay in 2016 which we will look forward to with anticipation. Despite clashing with HALO's Christmas social we had a reasonable turn out for the night event and the format on the Sunday proved more popular than the score events we have sometimes put on at this time of year. Having use of the university building as a base and decent car parking did this a good venue for this time of year.

Our Newmillerdam event in January despite a very wet day was well supported. Using the scout hut by the public car park for registration again means we don't encroach too much on this popular area.

Undoubtedly our biggest event was the level B event at Stoodley Pike and Langfield Common. With the very wet spring, the farmer's fields in Mankinholes were too water logged to park in which did mean a long walk for some but again the weather was very pleasant on the day so wasn't a problem. With it being the Yorkshire Champs it did attract a good turnout with some keen competition. Due to the anomaly with the course combinations within the Yorkshire Superleague there was an appeal against the award of the M65 prize but due to the gentlemanly way the appeal was conducted we used our discretion and awarded 2 prizes. We were fortunate in being able to have the use of the Youth Hostel in Mankinholes and this was thanks to contacts within PFO who requested use the area for their club champs which we will be invited to take part. There was then a bit of a hiatus on the fixtures as our planned July urban event in Brighouse coincided with the Grand Depart so we had to move it to a vacant slot in September. This event took place last weekend with another brand new map which had been surveyed and drawn by Richard who's planning was very well received.

A big thank you to all planners, organisers and mappers for your efforts during the year.

I would also like to thank the committee for their support during the year, especially Becky who is standing down as secretary after over 10 years which is a very long stint in the job. Thank you to Emma for all her efforts editing the Epistle throughout the year and to David who took over as treasurer last year. There are also some non-committee members whose invaluable help is much appreciated, Anthony for help and advice as well as maintaining the website and email circulations without which we would be really stuck, Ian and Julie for looking after the SI kit, Graham for

tabulating the league and Guy for collating the club results and Mike for taking on the membership role. Viv has continued with deliver the BO Community Participation Schemes with the Xplorer. There have been some very performances again during the year and it good to have so many junior relay teams at the JK this year. Shoulder injuries unfortunately seemed quite prevalent this year with a number of misfortunes which emphasised the need to ensure we have adequate first aid cover art events and Viv kindly organised an excellent evening training session with Purple Dog which was well received by those who attended.

The new club tops are now very much in evidence and a big thank you must go to Emma who spent a considerable amount of time and effort in researching manufacturers and designs as well as co-ordinating the orders themselves.

We are another year closer to YHOA hosting the JK in 2016 and thing are starting to fall into place across the region although it is far from straightforward given the numbers of competitors expected and the need to provide 4 high quality events. A small number of us are already heavily involved but as with the previous JK there will be the expectation that all clubs will contribute manpower as it is regional enterprise in collaboration with British Orienteering.

We have our next regional event at Midgley Moor which again in a brand new area for orienteering which a hope as many of you as can will support it and Royds Hall were we finish off the year.

Best wishes

Alistair Tinto

Secretary's report

This year we have had 5 meetings since the last AGM (one earlier this evening), all held at Marsh Liberal club, most of which I managed to attend! I have continued to be the contact point for authorities.

Treasurer's Report for 2013/2014 financial year

The accounts for the 2013/14 year cover the period from 1st October 2013 to 31st August 2014 (11 months) to return the club to its normal year end. During this period the club held 4 major events including the urban / traditional weekend using Halifax and Storthes Hall. All made good surpluses due to careful control of costs by the organisers.

The club committee decided to order and subsidise new O tops, to fund relay runs and CompassSport final entries plus a first aid course. Some new equipment was purchased and it was agreed to grant aid members (especially juniors selected for BOF coaching).

Overall the club incurred a deficit of around £300 on the year but has substantial reserves.

A full copy of the audited accounts will be sent by e-mail to all members along with the A.G.M. minutes.

David Morgan

Club Treasurer

Fees for 2014.

Club fees £5 for Snrs £2 for jnrs and students in full time education.

Prop by Dave Morgan Seconded by Alistair Tinto.

Fees for events keep as they are - £6 for level C, £8 for B up. This is reasonable so keep the same. Yellow and White are free, £3 for juniors for all courses, dibber hire is still 50p.

We are encouraging members to go to the final of the Compass sport Trophy, the club will pay for entries.

Office/role	Nominee	Proposed by	Seconded by
Chair	Alistair Tinto	Rebecca Lloyd	Dave Morgan
Secretary	Vacant Share out over the year minutes.		
Membership	Mike Pownall	Emma Harrison	Dave Morgan

Secretary			
Treasurer	Dave Morgan	Alistair Tinto	Richard Payne
Fixtures Co-ordinator	Alistair Tinto will carry on but would like some help.	Emma Harrison	Rod Shaw
Epistle editor	Emma Harrison	Rebecca Lloyd	Alistair Tinto
Maps	Paul Taylor	Emma Harrison	Rebecca Lloyd
Committee	Viv Barraclough	Dave Morgan	Emma Harrison
	Paulette Noot		
	vacancy		
Honorary Auditor	Richard Payne		

Farnley Tyas is being mapped and will be used for Compass sport 2017, after the JK.

PFO are using Langdale Sat 18th Oct for and inviting EPOC to join in. Also SELOC are using Hardcastle Craggs for their 50th Anniversary, again we are being invited.

Discussion re setting up a multi-day urban event!! ??? Adding a runners course to the urban events.

AOB

Jean and Guy would like to learn ocad. Can the club put on a course/get a course put on, or YHOA? Richard has offered to show people urban mapping.

Meeting closed at 20:50

Compass Sport Trophy 2014

Don't forget to keep a note of the date of the final - **Sunday 14th December near Aldershot**. The committee has agreed that the club will pay for all entry fees for this event.

EPOC ORIENTEERING TOPS

There are just 5 of the new style EPOC tops available to buy at £10 for seniors and free to juniors. Sizes available are XS (36" chest) – 3 left, S (38") – 1 left, M (40") – 1 left.

EPOC Club Championship 2014

Graham Lloyd

Remaining events:

- 2nd November, Tankersley Middle - SYO **or** Tarn Hows Middle - LOC (Complex)
 - 23rd November, Beverley – HALO (Urban ish)
 - 7th December, Dob Park - CLARO (Low Key) **or** Townley Park Burnley - PFO (Urban ish)
- NB – 23rd Nov and 7th Dec to be confirmed as fixtures have been changed around since the fixtures for the Club Champs were first decided.*

Results so far (for full results file email Graham Lloyd)

Seniors

		Super	Vets	Ladies	Points	Races
1	Richard Payne	1			493	5
2	Megan Harrison			1	477	5
3	Emma Harrison		1	2	475	5
4	Amanda Crawshaw		2	3	462	5
5	Helen Martland		3	4	458	5
6	Paul Jackson	2			452	5
7	Jayne Payne	3		6	451	5
8	Judith Goodair	4		5	442	4
9	Guy Goodair	5			424	4*
10	David Harrison		4		414	5
11	Jean Lochhead			7	391	4
12	James Williams				373	4
13	Rod Shaw	6			349	4
14	Phil Thompson	7			346	4
15	Rebecca Lloyd		5	8	340	4
16	Graham Lloyd		6		338	3
17	Mike Wood	8			331	4
18	Margaret Shaw	9		9	325	4
19	Paulette Noot	10		10	323	4
20	Mike Pedley		7		292	3
21	Alasdair Pedley				286	3
22	Sarah Noot		8	11	279	3
23	Pat Aspinall	11		12	274	3
24	Alistair Tinto		9		259	3
25	Dick Spendlove	12			197	2
26	Jon Emberton		10		196	2
27	Phil Scarf		11		191	2
28	Brian Mellor	13			190	2
29	Andy Thorpe		12		185	2
30	Ian Couch	14			182	2
31	Jackie Page	15			181	2
32	Paul Taylor		13		180	2
33	Pat Thorpe	16		13	177	2
34	Viv Barraclogh		14	14	173	2
35	Jackie Scarf		15	15	161	2
36	Simon Martland				100	1
37	Julie Couch		16	16	99	1
38	Linda Hayles	17		17	96	1
39	Neil Croasdal	18			95	1
40	Juliet Morgan	19		18	91	1
41=	Keith Sykes	20			91	1
41=	Joy Mellor	21		18	91	1
43	Steven Wood	22			90	1
44	Siarlot Lloyd			19	90	1
45	Esther Logue		17	20	88	1
46	Jo Emberton		18	21	84	1
47	Sue Brant	23		22	83	1
48	Helen Pedley		19	23	82	1

Juniors

1	Megan Harrison	489	5
2	William Martland	487	5
3	Laura Harison	482	5
3	Adam Thorpe	394	4
3	Anna Thorpe	385	4
6	Sam Crawshaw	293	3
7	Alex Crawshaw	291	3
8	AlasdairPedley	289	3
9	Imogen Noot-W	197	2
10	Euan Logue	100	1
11	Luke Barraclough	99	1
11	Seth Barraclough	97	1
11	Ffion Noot-W	97	1
14	Maebh Logue	97	1
15	Cormac Thomas	94	1
15	Sarah Pedley	93	1
19	Seth Thomas	90	1
20	Joe Barraclough	90	1

49	Will Barraclough		20		80	1
50	Ben Scarf				77	1
51	David Morgan	24			74	1
52	John Elliott		21		73	1

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LAGGANLIA 2014

Megan Harrison

Lagganlia is a training camp for second year M/W14s who were born in 2000 and for some M/W16s who were born in 1999 for this year. Lagganlia Centre for Outdoor Education is 9 miles from Aviemore. There were 6 junior coaches and a lot of senior coaches. Each training group of 3 or 4 juniors had a senior and junior coach.

On the first day we learnt about using pacing and bearings together, to become more accurate and competed in a star relay against the junior coaches as well. In the afternoon we did two courses on the checkerboard area at the top end of the wood next to Lagganlia. On these courses the junior coaches tried to distract us, whilst running round the courses. I also got drenched on this day.

On the second day we went to Roseisle but in an area that was only visited by M21E at the Scottish 6 days last year. We did attack points and catching features on the same map and then we did simplification course. We then did an odds and evens relay and a course in a green area.

On day 3 we went to Loch Vaa, to practise our bearings and accuracy. We then moved to north Granish where we used sketch maps that we had drawn ourselves earlier in the day to complete a course, and then compete in a relay.

On the 4th day we did a sprint qualifier in Moor of Alvie and Speybank and a final in an urban area. On this day we also went on a monkey swing over water which had some funny results and we went to a Loch where we all went in the water in our orienteering clothes. A few other girls and I stayed in until we were told we had to get out. We also had a look round Aviemore and went to a sweet shop.

On day 5 we did talk-O. This is where you have to tell someone what you are doing and you must not stop talking. We also did a peg race (see map) but I got really lost on this. In the afternoon we returned to Lagganlia and did some maze-O courses, of which I was the mass start champion.



On the last day we did a classic race, seeded in the reverse order of the results from the sprint qualifier, meaning I had to go first. After this we did a relay where we had to take a balloon around 2 legs each without popping it. The junior coaches surprised us all by dressing up in silly outfits. In the evening we did 'Lagganlia's Got Talent' and had a prize giving where all the juniors were given an award for an achievement or something else e.g. I got the "Pippi Longstocking Award" for the best long socks.

Overall I enjoyed the whole week and learnt lots of new things as well as making new friends. I would thoroughly recommend the week to any junior who is given the opportunity to go. I would also like to thank the Jack Bloor Fund and EPOC for their financial grants to make sure I could go to Lagganlia.

All Photo's were taken by Wendy Carlyle





EVENT REPORTS AND RESULTS

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

D is the last letter in Switzerland

David & Juliet Morgan

This is David and Juliet's report on the Swiss O Week – without details of the Orienteering – we will leave that to others.

12 months ago, Guy and Judith waxed lyrical about the upcoming Swiss O Week in Zermatt. Lovely scenery, beautiful weather and mostly downhill courses following cable car rides to the starts. We couldn't resist and booked.

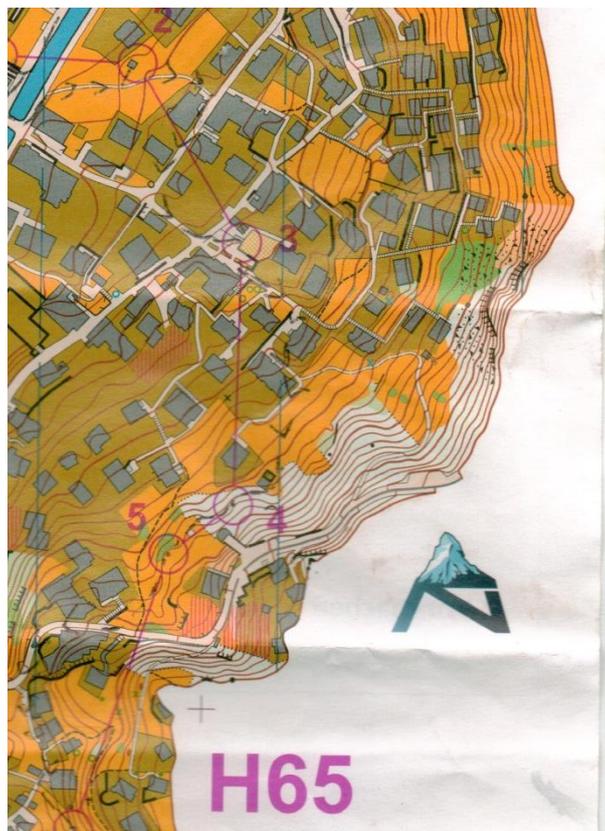
Other EPOC's were booking apartments in Zermatt but we decided to take the motorhome as we were promised a camp site next to the station in Tasch, a 12 minute ride from Zermatt. Warning bells started to ring as the course details were published – the all downhill courses seemed to have an awful amount of up in them. Then for some reason the campsite was moved about 2km down the valley – the organisers suggested that bikes would be helpful.

Anyway, Monday PM saw us set off for Hull, en-route for the Zeebrugge ferry. A flat calm crossing and then it was off through Luxembourg (cheap fuel) to a sunny warm campsite on the banks of the R. Moselle just west of Nancy. Next day we drove east through the Jura into Switzerland and our first experience of Swiss prices. A short day from here led to Randa, (just outside Zermatt) and our campsite for the next 10 nights. Glorious views up the valley to the Kleine Matterhorn.



We then had two days clear before the event started and set off uphill (not on foot I may add) to Zermatt to collect our race numbers, final details booklet (178 pages) and most importantly our 8 day lift pass. This covered every cableway and railway in Zermatt and at full price would have been well over £300. We also wanted to check out some walks for a future trip by Ramblers holidays. It was hot and sunny and we found the walking at 8,000ft + to be tiring and dehydrating. Our fellow EPOC's were not to be seen but we did manage to meet Richard and Nicole from Perth W.A. – I had introduced Richard to O some 30 years ago with WCH. Back at the campsite we found Neil and Linda had pitched next to us and there were a number of DVO nearby.

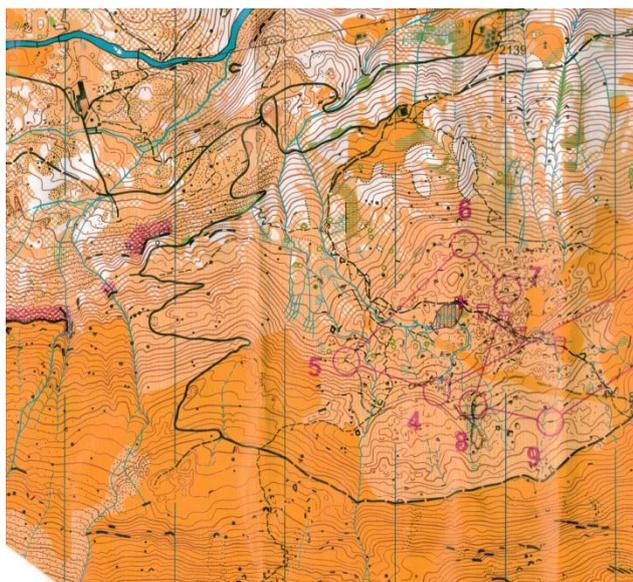
Sunday was Day 1, the sprint race. It poured down from start to finish. We are used to town sprints in the UK but here we were given courses up into the woods and meadows above the town. O shoes were suggested but dobs not allowed. Our confidence was dented when Ian and Julie regaled us of watching runners slipping and sliding whilst watching from their apartment window. These were the early runners and as we were last starters it was very slippery!



That evening it rained and thundered. Up high it snowed so day 3 was impracticable. So just swap days 3 & 5 overnight. No problem to the Swiss despite the fact that they were opening some cableways just for one day and the mountain restaurants were bringing in extra staff to cope with the numbers.

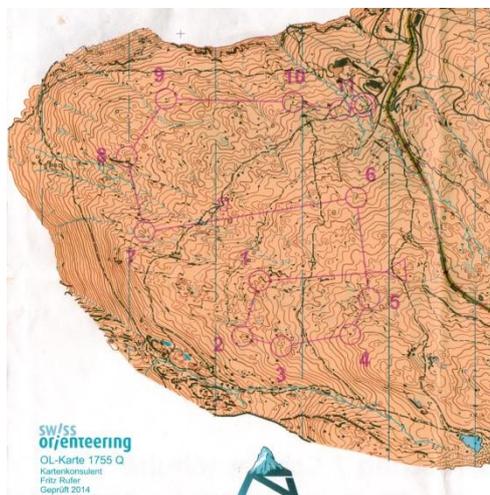
Day 2 Schwarzee gave us our first experience of Swiss cable way expertise. 5,000 orienteers and helpers needed to go 3,000 metres uphill on one gondola system. We arrived at the entrance to find the queue snaked 200m down the hill before coming back. We joined the queue, checked our watches and 10 minutes later we boarding a gondola along with Ian and Julie – what happened to the queue?

At the top, the weather was super with magic views of the Matterhorn.



The start was a solid 2km walk and 160m downhill with the finish nearby. All well and good but after finishing we had to climb 2km + 160m back up to download. It was hard work especially as we would have liked to walk down to Zermatt without climbing back up first. In the event we did walk back down on a short but very steep route.

Day 3 now was the Gornergrat. The Swiss did a magnificent job again getting us all up the mountain by railway or gondola. The trains were specially reserved for us and were a bit full but everyone got on.



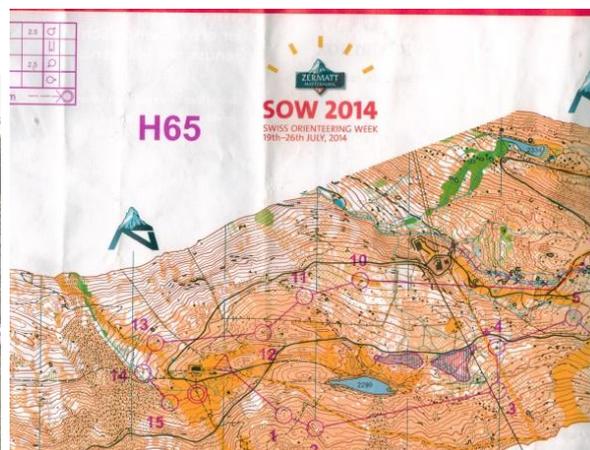
The terrain was fast open and runnable but with a sting in the tail before the finish. My worst section was a 1km contour leg on a single track path – being slow I had to continually stop to let faster runners through. After the event we took the train on up to the Gornergrat to look at the view (it was cloudy) and walk part of the way back down. On the way down we met a number of the Swiss O squad running hard uphill whilst chatting, after completing their courses!

We then had the free day (note NOT the rest day). We did the touristy thing and went up towards the Kleine Matterhorn – decided the queue was too long to go to the top – so we came back down and did a delightful walk back to Zermatt via the hamlet of Zmutt - 5 barns, a café and a restaurant and hundreds of years of history.

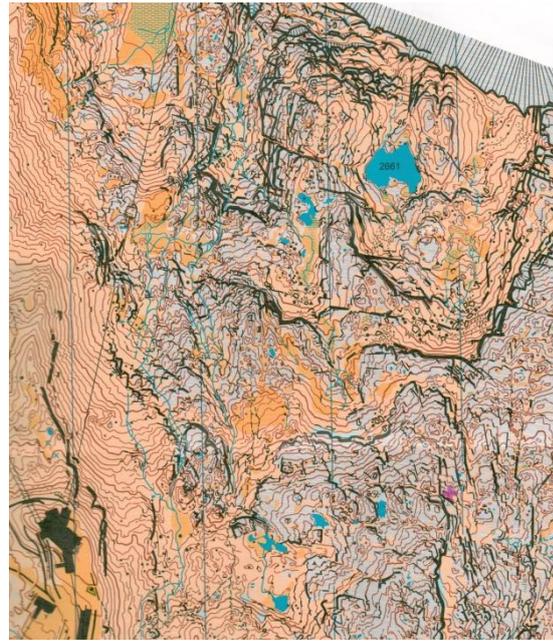


We were eating out that night with Richard and Nicole and had just enough time to travel back up to the Gornergrat – the included lift pass was going to earn its value. As we left Zermatt the clouds rolled in and by the summit it was raining and thundering. Back down as fast as possible to meet R&N and eat Rosti at the Bar du Pont (the oldest cheese making house in Zermatt). The rain did not stop and we had a very wet bike ride back from Tasch Station to the campervan.

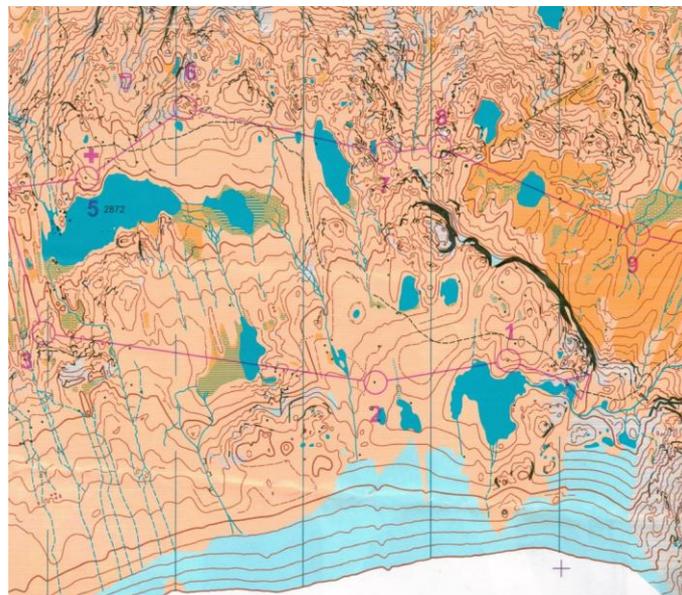
Day 4 - Gruensee. We were promised open running with boulders and grassy forest. Who were they kidding? I started steeply uphill through and over massive boulders and then started a long diagonal downhill leg again mostly through a boulder field. My third control was shown just before a prominent open strip of land – I could see the cable car wires ahead and assumed that was under the cableway. Wrong, the mapper had decided not to mark this one (all the others were shown) so I was searching 100m too soon. This was also the time that the mass start of the women's elite came past – runners flying past on all sides! I admitted defeat and retired. Juliet finished and has rarely looked so tired. It was a tiring ride back to the campsite that afternoon.



Day 5 Trockner Steg



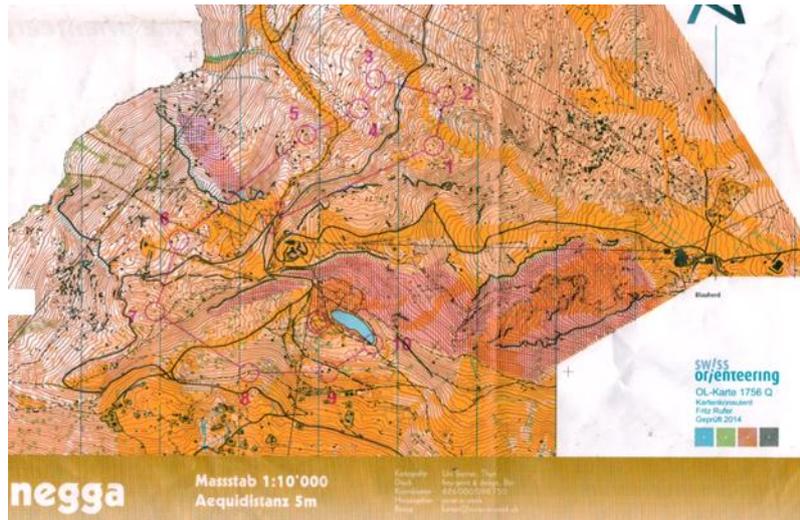
This was described as the Icy Day. Back up the cableway to 9,000 ft. The weather was glorious, sun, snow, bare rock and everything dominated by the Matterhorn. This was probably the easiest day in terms of navigation and to be fair it was OK underfoot – bare rock, mud, snow and a number of very large crags. Again we had a climb back up to download ending up with a steep rock and mud slope that some needed assistance with.



Overall it was a good day – until we came to leave. We thought we could shorten the journey by taking the fast cable car for the first section but there was a long queue so we went back to the Gondola. Unfortunately this only went to the next station as there had been a major electrical fault. So what to do – well obviously we walked – back down past the day 2 start and through the hummocks down to a mountain restaurant where Juliet had the most expensive Coca Cola in the world and back eventually to Zermatt to meet the rest of the team for the last night meal. Guess what another Rosti at the Café du Pont.

Day 6 - Sunnegga. The programme said that this would not be an easy run down day - they weren't joking. Rain, low cloud and really steep vegetated and boulder filled woodland. How anyone managed to move quickly through it I do not know. One memory was of Neil sliding down

one of the steepest slopes on his backside. Afterwards he said it was to protect his knee. I had missed one day so had to finish – which I eventually did. One of the toughest courses we have ever done!



Then the day picked up, Ramblers Holidays had asked us to check out the hotel we were planning to use and have a meal (on expenses!). So it was back to the camp site, shower then taxi back to the station. The hotel meal was superb and afterwards we told the manager that we were there for the Orienteering. His comment “5,000 people have come for this week – Nice People” Doesn’t that sum up our sport!

For the journey back we decided to go over the passes to Interlaken. Rain, low cloud and a major cycle race coming the other way. This was followed by a last night in Switzerland at the only campsite in Europe that didn’t have bread in the morning and then a really wet day back into France. For our last night we parked up in an Aire de Camping Car in the centre of Brugges and listened to the Carillon over a beer in the market square.

Oh – ‘D’ was not quite the last letter – I actually beat about 5 people in my class!

Rod Shaw's Swiss O Week Photo's



Swiss O Week, Zermatt - 19 to 26 July 14

M60

Day	1	2	3	4	5	6	
37 Payne Richard	21:20 (27)	54:55 (42)	52:28 (43)	51:42 (27)	55:15 (33)	1:18:14 (84)	
	815	690	722	758	681	578	3666

M65

64 Couch Ian	23:06 (52)	57:34(67)	57:10 (43)	55:52 (67)	53:10 (61)	1:03:00 (73)	
	766	599	713	623	627	602	3331
129 Croasdell Neil	29:16	114 1:25:46	122 1:36:05	122 mp	1:16:54	119 1:32:08	120
	605	402	424	0	433	412	2276
136 Morgan David	43:06 (134)	2:00:50: (126)	151:03 (127)	dnf	1:46:59 (131)	2:20:05 (124)	
	411	286	367	0	312	271	1647

M75

16 Shaw Rodney	20:28 (19)	45:15 (8)	1:11:23 (15)	59:43 (22)	58:26 (19)	1:53:27 (19)	
	753	745	573	558	508	352	3137
25 Goodair Guy	19:19 (9)	1:05:02 (22)	mp	57:33 (20)	54:42 (16)	dns	
	798	519	0	579	543	0	2439

W50

113 Hayles Linda	35:38(122)	58:54 (69)	1:34:22 (130)	1:22:27 (130)	1:02:43 (81)	1:27:11 (102)	
	486	589	361	393	579	438	2485

W55

15 Couch Julie	19:17 (17)	44:10 (10)	44:22 (17)	47:37 (24)	49:13 (29)	47:10(11)	
	825	858	801	770	711	841	4095

W60

85 Shaw Margaret	49:20 (94)	1:39:39 (1:25:13 (82)	1:21:47 (82)	1:07:39 (75)	1:36:42(77)		
	302	312	391	428	463	420	2014
92 Payne Jane	25:22 (71)	1:34:57 (80)	dnf	1:50:01 (95)	dns	dns	
	587	328	0	318	0	0	1233

W65

53 Morgan Juliet	25:57 (52)	1:17:43 (1:04:16 (46)	1:36:30 (57)	1:22:03 (53)	1:43:20 (45)		
	520	503	487	290	381	421	2312

W70

14 Goodair Judith	16:02 (7)	1:09:43 (15)	1:02:32 (17)	44:43(14)	1:02:29 (17)	dns	
	879	451	502	611	484	0	2927

OO CUP 5 Days, Kamnik Savinja Slovenia - 1 to 5 Aug 14

M65

Neil Croasdell	60:46 (10)	112:30 (13)	87:28 (12)	117:27 (11)	dns	disq
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W55

Linda Hayles	83:50 (20)	88:15 (15)	mp	mp	dns	disq
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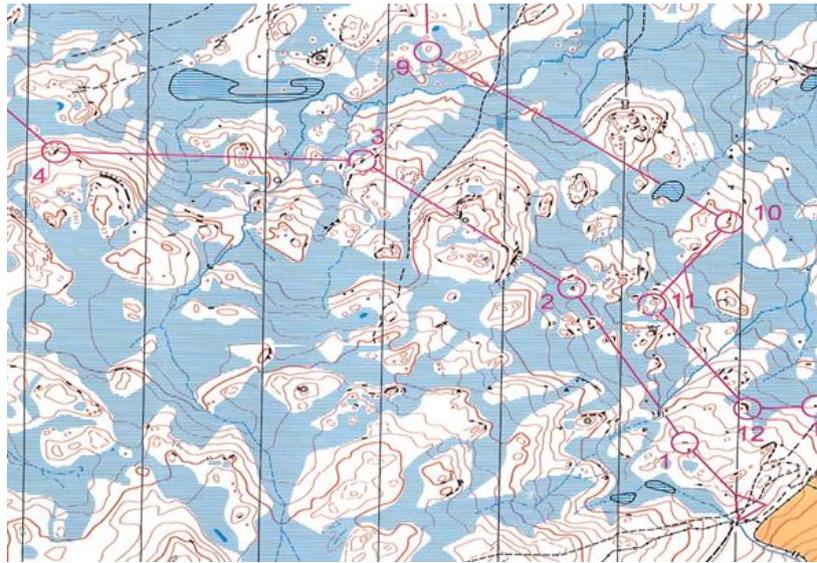
LAKES 5 DAY – 3 to 8 August 2014

Alistair Tinto

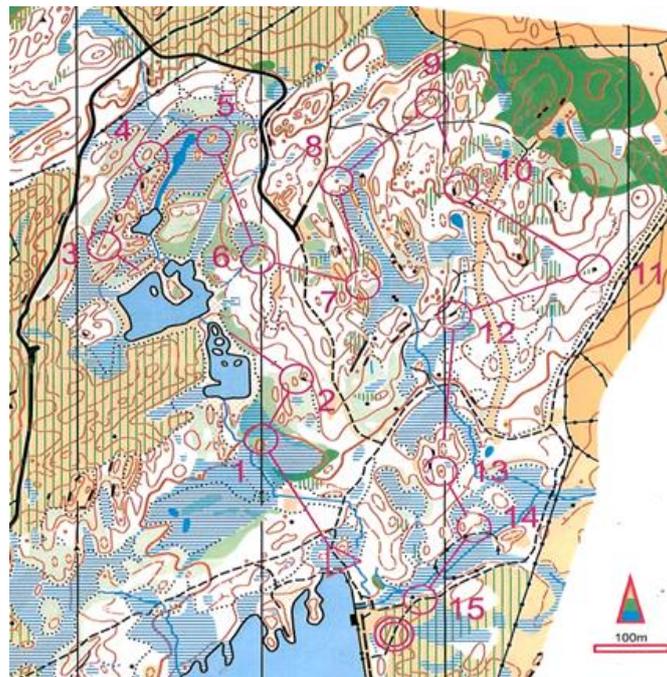
This event has been blighted over the years with bad weather which has resulted in one of days being either cancelled or abandoned on the day. 1998 saw the campsite in the Langdale Valley flooding and the last 2 events in 2006 and 2010 lost a day so the organisers has put in the contingency of a reserve day just in case.

Day 1 took place on the exposed open fell of Swindale South near Shap and has to be one the wettest events I've ever had taken part in. A 3.4Km trek to the start and a 1.8Km descent back to assembly added to the challenge and I was so pleased not to be camping this year. Whilst it was fairly straightforward and you could pick out the features, the main problem was finding your way across the boggy ground. There was one of those 'macho' endurance events on as well with meant there was a continuous stream of very muddy and in some cases rather forlorn competitors

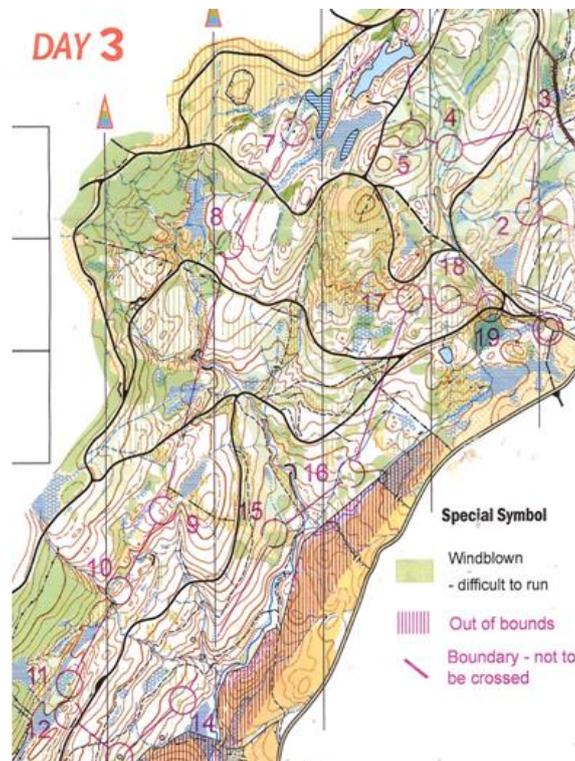
slogging their way around the area who we kept cutting across as we navigated across the area.



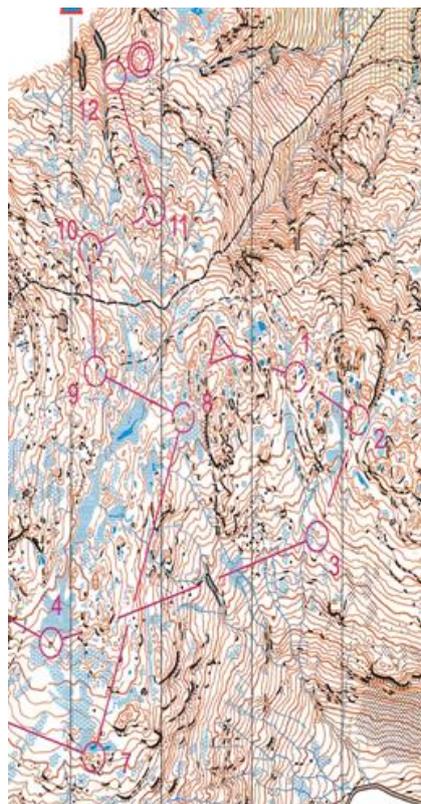
Day 2 saw a vast improvement in the weather as Simpson Ground above Newby Bridge was the next challenge. It's a tough area which is probably why the format for this day was Middle Distance which meant that even the slightest mistake dropped you down the field. Running on the area a number of times of years wasn't much help as the area used was the top left hand corner has in the past been quite often been out of bounds.



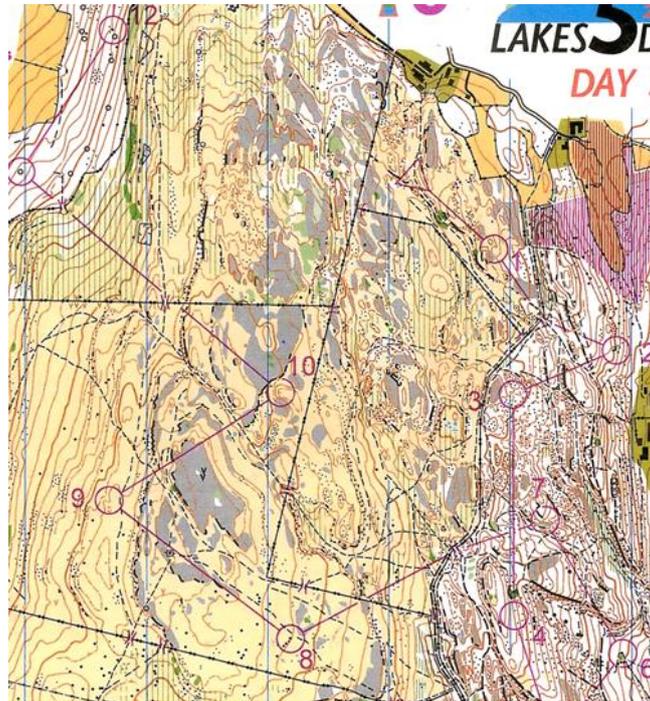
Day 3 took us to a bit of Grizedale forest which I've never been in before and after navigating some very narrow roads to get there we were parked up with fantastic views looking over Windermere from the West and for a second day the sun shone bright so the bad weather on Day 1 was forgotten. This was not a day for an early start as there a lot of undergrowth and competitors with the latter start times really benefitted from the elephant tracks. Quite a physical course which offered some good route choice conundrums.



Day 4 for me was by far the most spectacular and took us up to the Langdales to run on Pike O'Blisco with a separate area around Blea Tarn for the juniors and more senior veterans. The reason for the split was the 2km and 400m climb up to the start which afforded wonderful views. Again the weather was near perfect and we were all thankful that there wasn't a repeat of Day 1's whether which would surely have caused the event to be cancelled. A little bizarrely, the reserve day was Angle Tarn Pikes which itself would have entailed a 250m climb up into the hills and if bad weather has caused a cancellation elsewhere, then this exposed area might have suffered the same fate. As it didn't get used in the end we can look and hopefully look forward to an event there in the near future on what again quite a picturesque location. Day 4 can be summed up in one word - exhilarating and had an almost Alpine feel to it.



The final day saw us back at Hampsfell which is where the event finished last time as well. This was definitely a course of 2 halves with the first section in the devilishly tricky ancient woodland with complex areas of limestone rock underfoot and a confusing path network before getting out onto the open grassland on top of Hampsfell so it was definitely a day for careful navigation. The wet weather made a return which made the terrain a bit more treacherous.



Having had a very steady week or what some might class as boringly consistent I was hoping to finish with strong result and was frustrated to hurt my knee and go lame just as I existed the wood on the way to control #8 having survived the first half without any major mishaps.

Overall it was an excellent week and a very well organised series of events which offered some great variations on terrain.

Lakes 5 Days - Results

Swindale South(1), Simpson Ground(2), Grizedale NW(3), Pike O'Blisco(4), Hampsfell & Eggerslack(5)

		Day1	Day2	Day3	Day4	Day5	Total
M10A							
1st	Sam Crawshaw	1	1	8	2	2	6
10th	William Martland	10	13	10	9	9	38
M12A							
5th	Adam Thorpe	6	3	7	1	7	17
M45L							
1st	James Logue	1	2	3	1	1	5
26th	Paul Taylor	*61	*61	10	17	12	100
M45S							
12th	Alistair Tinto	10	10	12	8	11	39
M60L							
43rd	Richard Payne	43	20	43	55	*83	161
M70L							
32nd	Paul Jackson	37	36	36	7	32	111
49th	Brian Mellor	32	*57	*57	*57	*57	203
M75L							
25th	Guy Goodair	*45	36	25	16	19	96
M80							
5th	Philip Thompson	*13	7	4	5	3	19

W10A

2nd	Alexandra Crawshaw	2	3	3	2	1	8
7th	Anna Thorpe	7	7	8	6	9	28
11th	Maebh Logue	8	6	11	*14	12	37

W40L

9th	Amanda Crawshaw	4	9	9	13	*19	35
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W45S

18th	Helen Martland	14	20	18	21	11	63
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W60S

11th	Jane Payne	11	13	18	8	8	40
20th	Jackie Page	*22	*22	12	*22	*22	78

W65L

29th	Corinne Roberts	21	*42	28	23	*42	114
30th	Jean Lochhead	*42	24	13	*42	*42	121

W70L

11th	Judith Goodair	11	11	10	10	12	42
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W70S

1st	Pat Aspinall	2	6	1	2	1	6
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White Course

Euan Logue	16	8	8	3	4
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LOC Ulverston Urban - 6 Aug 14**Blue Men**

30th	Richard Payne	45:48
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Green Men

43rd	Guy Goodair	45:56
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Green Women

30th	Jane Payne	49:28
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Short Green

14th=	Judith Goodair	34:32
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**White Rose Weekend, Scarborough South Bay & Oliver's Mount - 22 to 25 Aug 14
(Classic Distance & Middle Distance - 23 & 24 Aug 14)**

Brown		Classic		Middle		Total
2nd	James Williams	M35	66:17 (2)	37:23 (1)		103:40

Short Brown

3rd	Simon Martland	M45	52:21 (4)	35:04 (3)		87:25
5th	Paul Taylor	M45	55:55 (9)	39:55 (7)		95:50
43rd	Bob Steeper	M50	95:24 (53)	66:47 (51)		162:11

Blue

23rd	Amanda Crawshaw	W40	61:36 (33)	42:41 (20)		104:17
41st	Linda Hayles	W60	76:42 (50)	67:34 (50)		144:16
	Emma Harrison	W40	m18	46:07 (30)		-
	David Harrison	M40	m18	49:15 (35)		-
	Sarah Noot	W40	56:26 (20)	-		-
	Steven Wood	M60	61:42 (34)	-		-
	Richard Payne	M60	m18	-		-

Short Blue

12th	Richard Spendlove	M65	51:01 (25)	34:40 (8)		85:41
15th	Ian Couch	M65	48:59 (19)	38:08 (14)		87:07
37th	Keith Sykes	M65	54:22 (35)	52:16 (48)		106:38
50th	Neil Croasdell	M65	59:26 (52)	61:41 (58)		121:07

Green

2nd	Megan Harrison	W16	39:21 (2)	32:11 (2)		71:32
9th	Julie Couch	W55	44:45 (6)	36:01 (15)		80:46
29th	Paul Jackson	M70	57:47 (42)	38:15 (20)		96:02
	Jane Payne	W60	72:06 (61)			

Short Green

8th	Helen Martland	W45	44:20	(7)	35:48	(13)	80:08
11th	Jean Lochhead	W65	44:28	(8)	38:06	(19)	82:34
26th	Guy Goodair	M75	48:05	(15)	46:41	(45)	94:46
32nd=	Judith Goodair	W70	52:57	(32)	45:09	(41)	98:06
37th	Juliet Morgan	W65	51:31	(31)	50:35	(52)	102:06
45th	Philip Thompson	M80	67:43	(61)	42:45	(32)	110:28
	David Morgan	M65	66:53	(58)	rtd		-

Very Short Green

7th	Jackie Page	W60	52:23	(9)	35:48	(9)	88:11
15th	Paulette Noot	W70	61:19	(16)	56:00	(18)	117:19
	Patricia Thorpe	W70	-		m1 rtd		

Light Green

6th	Sarah Pedley	W14	33:18	(7)	28:03	(5)	61:21
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Orange

1st	Adam Thorpe	M12	17:00	(1)	11:08	(1)	28:08
11th	Laura Harrison	W14	36:46	(14)	22:53	(16)	59:39

Yellow

1st	Sam Crawshaw	M10	14:33	(1)	8:20	(1)	22:53
3rd	Alexandra Crawshaw	W10	15:38	(2)	10:22	(3)	26:00
4th	William Martland	M10	16:51	(4)	10:33	(4)	27:24
5th	Anna Thorpe	W10	19:51	(7)	14:47	(8)	34:38

White

3rd	Imogen Noot-Williams	W10	10:11	(5)	9:13	(3)	19:24
6th	Ffion Noot-Williams	W10	13:10	(7)	13:32	(9)	26:42
	Bryn Sykes	M7	-		19:20	(12)	-
	Cian Sykes	M5	-		27:06	(14)	-

Sprint Event, Hull University Scarborough Campus - 22 Aug 14**Young Junior Women**

6th	Anna Thorpe	31:03
7th	Alex Crawshaw	31:16
8th	Laura Harrison	36:40

Junior Women

1st	Megan Harrison	17:35
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Veteran Women

1st	Emma Harrison	18:14
4th	Amanda Crawshaw	19:13

Senior Veteran Women

14th	Linda Hayles	23:17
20th	Jackie Page	26:01
28th	Judith Goodair	28:34
30th	Jean Lochhead	29:47
m11	Juliet Morgan	27:01

Young Junior Men

1st	Adam Thorpe	15:05
5th	Sam Crawshaw	19:31

Senior Men

9th	James Williams	12:53
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Veteran Men

3rd	Paul Taylor	14:02
26th	David Harrison	17:39

Senior Veteran Men

9th	Richard Spendlove	16:37
40th	Guy Goodair	23:50
41st	Neil Croasdell	24:04
46th	Keith Sykes	25:09
53rd	David Morgan	32:25

Night Score Event, Raincliffe Woods - 23 Aug 14**Junior Women**

5 th	Megan Harrison	120pts
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Veteran Women

1 st	Emma Harrison	170pts
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EPOC White Rose Prize Winners

All Photo's courtesy of EBOR

Congratulations also to the EPOC prize winners who weren't at the prize giving!



Megan Harrison (1st)



Adam Thorpe (1st)



Emma Harrison (1st)



Alex Crawshaw (2nd), Anna Thorpe (3rd)



Imogen Noot Williams (2nd), Ffion Noot Williams (3rd)



Sarah Pedley (3rd)



Laura Harrison (2nd)



Amanda Crawshaw (3rd)



Simon Martland (2nd), Paul Taylor (3rd)



Helen Martland (3rd)



James Williams (2nd)



Paulette Noot (1st)



Philip Thompson (1st)



Sam Crawshaw (1st), William Martland (2nd)

PFO Capricorn Score Event, Gisburn - 30 Aug 14

4 hour

5th Phil Scarf 545pts
 20th Jackie Scarf 420pts

3 hour

17th Philip Thompson 145pts

SYO Sheffield Chasing Sprint - 30 Aug 14

MV

9 Jonathan Emberton 66:30 33:17 (9) 33:13 (11)

MSV

Mp Richard Payne 36:43 (11) 32:20 (mp)

MUV

15 Neil Croasdell 88:29 48:17 (16) 40:12 (13)

Mp Guy Goodair 40:19 (14) 44:26 (mp)

WJ

2 Megan Harrison 34:18 15:33 (2) 18:45 (2)

WV

3 Emma Harrison 75:59 40:14 (3) 35:45 (3)

Joanna Emberton 62:31 (10) rtd

WSV

5 Jackie Page 95:15 46:31 (5) 48:44 (7)

8 Jane Payne 102:26 53:55 (8) 48:31 (6)

WUV

2 Jean Lochhead 56:38 29:36 (1) 27:02 (2)

4 Judith Goodair 73:24 36:13 (6) 37:11 (4)

LOG Lincoln Urban, Birchwood - 31 Aug 14

W55 Length 4.2km, 13 controls

3 Jean Lochhead 44:00

9 Jackie Page 61:10

W65 Length 3.3km, 9 controls

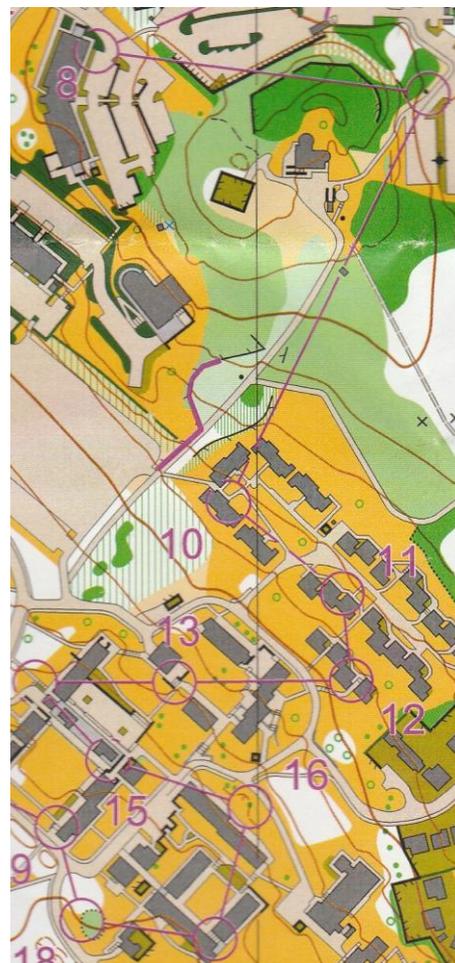
7 Judith Goodair 42:44

M65 Length 4.2km, 13 controls

8 Guy Goodair 47:21

POTOC British Sprint Championships, Keele University - 6 Sep 14

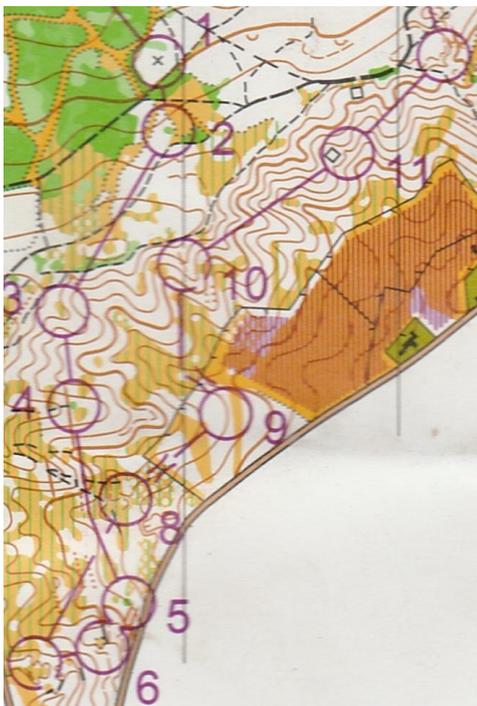
W40 Sprint Qualifier (below) and 'A' Final (right)



Results

	Final	Heats
M10		
3 Sam Crawshaw	10:31 (A)	14:31 (3)
M12		
1 Adam Thorpe	12.02 (A)	11:21 (2)
M16		
12 Alasdair Pedley	18.33 (A)	17:54 (4)
M40		
5 David Harrison	20:12 (B)	23:52 (6)
M45		
1 James Logue	12.02 (A)	14:12 (1)
M50		
15 Jonathan Emberton	16:40 (B)	16:30 (7)
1 Mike Pedley	13:55 (C)	18:33 (16)
M60		
15 Richard Payne	14:07 (A)	16:48 (5)
M75		
2 Guy Goodair	19.38 (A)	15:35 (1)
W10		
5 Alexandra Crawshaw	13:15 (A)	12:32 (1)
6 Anna Thorpe	14:50 (A)	22:01 (8)
W14		
9 Sarah Pedley	14:42 (A)	15:03 (4)
7 Laura Harrison	18:58 (B)	19:25 (6)
W16		
2 Megan Harrison	19:21 (B)	19:19 (6)
W40		
1 Emma Harrison	14:42 (A)	17:15 (2=)
2 Amanda Crawshaw	16:12 (A)	17:33 (4)
W60		
7 Jane Payne	19:16 (B)	16:56 (6)
W70		
4 Judith Goodair	20.21(A)	16:15(5)

WCH British Middle Distance Championships, Brereton Spurs - 7 Sep 14



W40 Middle Distance

Results

M10		
3 rd	Sam Crawshaw	24:04
M12		
9 th	Adam Thorpe	35:30
M16		
16 th	Alasdair Pedley	37:21
M40		
23 rd	David Harrison	75:03
M45		
5 th	James Logue	34:19
M50		
w24	Jonathan Emberton	37:17
M60		
17 th	Richard Payne	43:38
M65		
27 th	Ian Couch	53:22
M70		
23 rd	Paul Jackson	76:37
M75		
6 th	Guy Goodair	46:50
10 th	Rod Shaw	57:47
M80		
3 rd	Philip Thompson	65:55

W10		
2 nd	Anna Thorpe	20:30
10 th	Alexandra Crawshaw	42:10
W14		
3 rd	Sarah Pedley	31:23
23 rd	Laura Harrison	70:34
W16		
22 nd	Megan Harrison	66:50
W40		
2 nd	Emma Harrison	47:59
3 rd	Amanda Crawshaw	49:59
W50		
21 st	Helen Pedley	57:21
28 th	Joanna Emberton	66:01
W55		
8 th	Julie Couch	35:21
W60		
23 rd	Jackie Page	60:56
24 th	Jane Payne	62:10
W65		
10 th	Jean Lochhead	50:54
W70		
10 th	Judith Goodair	52:50

AIRE Long O & Regional Event, Conistone - 13 Sep 14

Long C 12.15km 415m

14th Linda Hayles 135:28

Blue 6km 145m

15th Ian Couch 58:09

Green 4km 80m

2nd Julie Couch 36:50

16th Judith Goodair 55:17

18th Guy Goodair 61:56

Light Green 3.1km 40m

1st Adam Thorpe 25:26

Orange 2.8km 48m

3rd Anna Thorpe + 1 48:56

5th Pat + Mike Thorpe 69:32

EPOC Nopesport & YHOA Urban League, Brighouse - 14 Sep 14

YJM 1.7km 5m

1st William Martland 22:17

2nd Joseph, Luke and Seth Barraclough 25:25

4th Thomas Cormac 28:50

5th Sam Roberts 29:39

6th Daniel Roberts 30:30

7th Edward Payne 30:47

8th Paul Roberts 30:53

MJ 3.3km 30m

1st Adam Thorpe 30:37

MV 5.7km 100m

2nd Simon Martland 34:14

9th Graham Lloyd 41:41

10th Phil Scarf 42:15

16th Tim Hayles 55:22

WYJ 1.7km 5m

1st Lucy Payne 18:24

3rd Imogen Noot-Williams 28:14

4th Ffion Noot-Williams 30:53

WJ 3.3km 30m

1st Megan Harrison 26:03

3rd Sam & Alex Crawshaw 33:06

4th Anna Thorpe + 1 51:51

WO 5.7km 100m

1st Claire Hanson 47:57

WV 4.8km 50m

3rd Emma Harrison 42:47

9th Helen Martland 53:44

11th Linda Hayles 61:14

12th Rebecca Lloyd 65:03

n/c Siarlot Lloyd 66:42

MUV 4.3km 65m

7th	Guy Goodair	47:16
10th	Neil Croasdell	49:57
13th	Rod Shaw	55:26
w6	Charles Smith	119:51

WUV 3.5km 40m

3rd	Judith Goodair	46:19
4th	Pat Aspinall	50:51

GO Guildford City Race - 20 Sep 14**Womens Vet 5.5km 165m**

13th	Linda Hayles	70:33
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Mens Ultra Vet 4.36km 135m

23rd	Neil Croasdell	63:29
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EBOR Sprint Races, Pocklington - 20 Sep 14**Improvers Course**

5	Jean Lochhead	15.46
9	Jackie Page	20.22

Superstars Course

15	Jean Lochhead	28.48
20	Jackie Page	35.00

CLARO YHOA Superleague, Lindley Moor - 21 Sep 14**Blue 5.2km 95m**

6th	Richard Payne	51.14
9th	Emma Harrison	55.12

Green 3.7km 50m

3rd	Brian Mellor	43.40
6th	Paul Jackson	47.58
13th	Megan Harrison	55.14
29th	Margaret Shaw	99.35
m6-12	Michael Wood	103:07

Short Green 3km 40m

6th	Rod Shaw	49.18
9th	Jane Payne	61.47

Light Green 2.5km 35m

1st	Adam Thorpe	29.42
9th	Pat Thorpe	79.58

Orange 2km 30m

2nd	Anna Thorpe	34:50
11th	Joy Mellor	85:27

DVO East Midlands League, Longstone Moor - 21 Sep 14**Short Green (length 3.4km, climb 90m, 14 controls)**

9	Judith Goodair	48:40
16	Guy Goodair	52:38

Green (length 4.2km, climb 100m, 20 controls)

8	Julie Couch	46:25
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Blue (length 6.2km, climb 190m, 26 controls)

28	Ian Couch	64:59
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SLOW London City Race - 21 Sep 14**Junior M/W12-**

1	Sam Crawshaw	8.55
7	Alex Crawshaw	12.05

Womens Vet 40+

21	Amanda Crawshaw	52.16
51	Linda Hayles	63.07

Mens Vet 40+

24	Paul Taylor	53.27
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Mens Ultravet 65+

45	Neil Croasdell	61.25
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BAOC Military League, North Stewart Park Middlesbrough - 24 Sep 14**Light Green**

6	Guy Goodair	49.39
14	Judith Goodair	61.59

PFO Calf Hey - 27 Sep 14**Green**

5 th	Neil Croasdell	96:42
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SYO Regional Event, Wombwell Woods - 28 Sep 14

Yellow (length 2.0km, 8 controls)

1 William Martland 21:06

Orange (length 2.7km, 7 controls)

5 Helen Martland 32:25

6 Susan Brant 37:09

Short Green (length 3.5km, 9 controls)

15 Philip Thompson 64:30

19 Jane Payne 80:49

Green (length 4.4km, 10 controls)

25 Paul Jackson 61:18

35 Rod Shaw 66:31

44 Laura Harrison 76:01

49 Jackie Page 83:45

Blue (length 5.8km, 14 controls)

28 Emma Harrison 62:42

SELOC Regional Event, Clowbridge - 28 Sep 14

Blue 5km 220m

16th Ian Couch 64:39

Green 3.4km 150m

2nd Julie Couch 49:05

25th Michael Wood 127:33

YHOA URBAN LEAGUE – 2014

The final event for the 2014 league was held at Brighouse on 14th September, however SYO haven't yet loaded the results from their event at Sheffield at the end of August so final overall results are not yet available. For details go to www.aire.org.uk

YHOA SUPER LEAGUE – 2014

For further information and results for the 2014 Superleague go to www.aire.org.uk

YHOA NIGHT LEAGUE – 2014/15

The 2014/15 night league starts on Saturday 15th November at Adel Woods in Leeds. For further information about the 2014/15 YHOA Night League 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 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 – October to December 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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October

4	NN/NEOA	October Odyssey Day 1, Hamsterley, Low Redford & Windy Bank	Bishop Auckland
5	NN/NEOA	October Odyssey Day 2, Hamsterley, Cabin Hill, Doctors Gate & Gull Quarry	Bishop Auckland
5	DEE/NWOA	Formby Dunes	Formby
12	EBOR/YHOA	Brayton Barff Middle Distance	Selby
19	EPOC 	Midgley Moor	Hebden Bridge
26	DVO/EMOA	Midland Championships, Longshaw	Chesterfield

November

2	SYO/YHOA	YHOA Superleague, Tankersley	Sheffield
15	AIRE/YHOA	British Schools Training Event and World Schools Qualification Event, Adel Woods	Leeds
15	AIRE/YHOA 	YHOA Night League, Adel Woods	Leeds
16	AIRE/YHOA	British Schools Orienteering Championships, Temple Newsam	Leeds
16	CLOK/NEOA	Eston Moor	Middlesbrough
22	HALO/YHOA 	YHOA Night League, Primrose Warren	Scunthorpe
23	HALO/YHOA	Twigmoor Woods	Scunthorpe
29	CLARO/YHOA 	YHOA Night League, Hookstone Woods/Bathing Well Woods	Harrogate
30	AIRE/YHOA	YHOA Superleague, Ilkley Moor	Ilkley

December

7	CLARO/YHOA	Dob Park	Otley
14	SN/SCOA	Compass Sport Trophy Final, Long Valley North	Aldershot
20	EPOC  	YHOA Night League, Royds Hall	Bradford
21	EPOC 	EPOC Christmas Event, Royds Hall	Bradford

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