



# Epistle



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February - March 2015



**Alistair Tinto finishing at the Compass Sport Final**  
*Photo: Tim Nicholls, Southern Navigators*

# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

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### EDITORIAL

It always seems that no sooner have we run the Compass Sport Final, the following year's qualifying round creeps up on us. This year we have been allocated to Sherwood Pines on 15<sup>th</sup> March and we are against more clubs than usual so will need as many people to run as possible to have any chance of making the final. Entries will be by Fabian 4 which makes it easier all round.

Also the major events all fall in the first few months of the year and if anyone wants to run in the JK or British Relays Alistair will enter teams but has asked that people sort out teams with club mates if at all possible.

Viv will be putting on some Xplorer activities during the spring/summer with courses to suit beginners and experienced orienteers. If anyone else is able to arrange an informal event this would also be great. There is more information about Compass Sport, Relays and Xplorer later in the Epistle.

There has been a disappointing response to the club championships so this will not be continuing in its present format for 2015. Graham has written a frank report about this that you can read further on.

Our next event is an urban event at Halifax on 22<sup>nd</sup> February so let's hope we have a good turnout of runners and helpers.

Emma Harrison

## CHAIRMAN'S CHAT

Having had two brand new areas for events this year we finished off the year with an old favourite used from a new direction thanks to the recent building of the Appleton Academy to the east of the woods which provided the opportunity to do something a little bit different giving the courses a different shape to the norm and making more use of Old Hannah Wood. Pairing up the night event with a normal event the next day is now common practice across the region and from a practical point of view certainly at this time of the year makes perfect sense with the limited daylight available. Thank you to all the event officials and helpers without whom both events couldn't have gone so smoothly.

Despite our best efforts, it is getting hard to sort out our future fixtures well in advance plan but our next event, an urban event in February is now well in hand thanks to the efforts of Andy, Jean and Richard. However the date for our next event (3<sup>rd</sup> May) clashes with the newly announced Tour de Yorkshire with the route cutting right through our patch. It's maybe just as well that on this occasion we hadn't yet confirmed that we were doing. We've had a number of knock backs on choice of venue already for a variety of reasons beyond our control but hopefully we can still put an event on which can link in with the cycling,

With FVO opting for the Compass Sport Cup in 2015, this gives us, and all the other smaller clubs, a chance for the first time in a decade. With the qualifying round and the final (should we get there) fairly close I hope that this year as many club members as possible will support this competition after we came tantalisingly close on a couple of occasions in recent years without our strongest possible team.

The requirement for planners, controllers and organisers to have attended an Event Safety Workshop has again been re-iterated by Mike Hamilton. We still have a dearth of club members who have attended one of these workshops and whilst I appreciate it is quite a commitment to give up 3 hours on a weekday night to attend one of these workshops it is something we are going to have to address. BOF in their wisdom have not seen fit to develop an online version of this material which I personally feel (despite attending 2 workshops) would enable more members to complete what is becoming a mandatory requirement. Virtually all such training in the NHS is online and it is quite frustrating that this is so far not the case here.

I end by sadly noting the passing of Malcolm Fleming, who died just before Christmas at the age of 83 following a long illness. Malcolm had been a long standing member of club and in his post orienteering years a regular participant in the Wrinklies' activities and will be fondly remembered.

Best wishes

Alistair Tinto

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

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

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

Copy to Emma by 20 March 2015

Look forward to hearing from you!

## Helping at an EPOC event?

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

## What has your committee been doing?



### East Pennine Orienteering Club

Summary of Committee Meeting

Wednesday 14 January 2015

Marsh Liberal Club



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

**Apologies:** Paulette Noot

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

**Treasurer's report:** This had been previously circulated and was accepted (see below). The Internet Banking Protocol which the Treasurer had proposed was approved (see below).

The majority of long term members had renewed but few of those who had joined since the last list was published. DM to talk to Mike P after the end of January.

**JK Update:** AT gave a short update on the JK. There were still problems over the Day 2 venue and Wass was now being considered.

**CompassSport Trophy:** Emma was congratulated on raising a team despite the difficult date and venue. In view of the low numbers the team performance was excellent. For 2015 the first round would be at Sherwood Pines with the final in the South Lakes. As both events would be considered "normal" for EPOC runners, it was agreed that no travel subsidy would be offered this year but the entry fees for the final would be paid by the club.

**Fixtures:** AT explained the reason behind dropping Marsden Moor (weather, parking etc.) An urban event would be held in Halifax instead. Permissions for Norland Moor in early May are progressing slowly - possibly due to ground nesting birds. Alternatives to be considered are Honley Old Wood or possibly Newmillerdam. The latter would require alternative parking as the public car park would be too busy. DM to investigate the industrial area off the A61.

There was discussion on reinstating a summer informal series as these had been successful in the past. Viv B offered to try to provide something (prob. not timed) alongside her explorer events. Suggested 29<sup>th</sup> April, 27<sup>th</sup> May, 24<sup>th</sup> June & 29<sup>th</sup> July.

**Mapping:** DM suggested that mapping should be tabled as a major item at a future meeting (Paul T needs to be available).

Dave Peel is progressing well with Farnley Tyas.

OCAD - AT has investigated obtaining extra licences. It would seem that only OCAD11 is now available at a cost of £375 + £58 for the course setting package. The meeting felt that whilst a number of club members have copies of OCAD9 the level of mapping activity means that it is unlikely that more than one copy is in use at any time. All members were recommended to use the most recent version of Purple Pen for planning.

VB asked for assistance updating the Berry Brow school map. She had done the field work and had a hand drawn updated map. DM agreed to do an OCAD update.

**Publicity Items:** VB asked about possibly advertising in a magazine called Mumbles aimed at mothers with young children. Generally favourable response. VB to provide further details.

**Any Other Business:** AT said BOF were asking at short notice for details of POC usage. In general we do not know as we don't actually control most. Odgen has just had a 200 reprint and Newmillerdam had a 100 reprint a couple of years ago. AT to do a holding reply.

There was discussion about the club league which is not well supported despite a huge effort by Graham Lloyd. Is it worthwhile at all, perhaps less events or even a one off club championship at a neighbouring club?

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

**Date of next meeting:** Wednesday March 18<sup>th</sup> 2015 at Marsh Liberal Club 19.30

## **Treasurer's Report**

### ***David Morgan - Club Treasurer***

Since the last Epistle we have held a very successful Night and Day event at Royds Hall. The use of Appleton Academy allowed comfortable registration/download and saved the cost of hiring in toilets. Overall the event contributed in excess of £800 to club funds. Outgoings have included subsidies of travel costs to the CompassSport Trophy Final and the purchase of additional SI boxes (plus stakes etc.)

The professional mapping of Farnley Tyas is proceeding well.

Overall, after many years when the club's bank account has grown, I am predicting a deficit of £2-3k this year. However, this year's investment will be more than repaid in years to come.

## **The EPOC Bank Account**

### ***David Morgan - Club Treasurer***

For many years, EPOC has had a business account with Lloyds Banking Group. The Treasurer has held the Cheque and Paying in books and the mandate has required that any cheques must be signed by 2 out of 3 officers (Chairman, Secretary and Treasurer). This system served the club well but could be cumbersome when cheques had to be signed by the Treasurer and then posted to Secretary / Chairman and then posted onwards.

When I became Treasurer in late 2013 one of my first actions was to ask the committee to allow me to set up Internet access to our account. This proved quite easy as I also bank with Lloyds. At that time the intention was that I would use internet access purely to monitor the account on a day to day basis. However it soon became clear that a number of our suppliers (incl. British Orienteering) preferred us to make payments via the internet rather than by cheque – some giving discounts.

This led to complications, I had sole access to the account and to comply with the 2 out of 3 rule meant that Alistair as Chair would also have to register and be available on line. Approval by the Secretary would be even more difficult as currently the club does not have one.

I therefore obtained Committee approval to allow me to set up payments to some of our regular suppliers (Insurance, map printing, toilet hire, BOF) on a single signature basis. Over the last few months however there have been a number of occasions where I needed to make payments to individual members for a variety of reasons.

I therefore developed a protocol for making on-line payments as follows:

1. Any claim should be backed up by appropriate documentation – mileage distances, receipts etc.
2. Items of major expense – equipment, computing, clothing etc. should be pre-authorised by the committee.
3. Payments up to £50 may be made by the Treasurer provided 1&2 above are complied with.
4. Payments above £50 will require e-mail confirmation from either Chairman or Secretary having seen e-copies of the documentation in 1 above.
5. Members who wish or agree to be paid via BACS shall be required to supply the Treasurer with the appropriate bank details. The Treasurer will not divulge or supply these details to any third party other than Lloyds Bank as part of the on-line payment process.

This was circulated to all committee members and to the auditor and was approved at the committee meeting on January 14<sup>th</sup>.

## **COMPASS SPORT TROPHY 2014/2015**

It was always going to be a tough call to persuade people to travel to Aldershot for the Compass Sport Final in 2014 especially with the event being so close to Christmas. Fortunately 16 dedicated EPOC members made the effort to do just that meaning that we were just able to field a full team of 13 across enough courses (given that we also had no runners on Brown or Junior men) so we should be proud of the fact we managed to come 6<sup>th</sup> out of 9. Remarkably FVO, who once again won the Trophy competition, managed to field a team of 22 runners bagging a lowest score of 98 (5 x 100, 5 x 99 and 3 x 98). EPOC's highest score was 97. SROC came second with an impressive overall score. It would be fascinating to know how FVO and SROC manage to motivate such a team spirit that meant their members were willing to travel to the event.

Interestingly FVO have chosen to run in the Cup competition in 2015 which is great news for EPOC but will also motivate all the other small clubs that they might now have a fighting chance in the Trophy competition at the final, so although our chances have improved, we still need everyone to make an effort to make this a reality.

The qualifying round in 2015 will be at Sherwood Pines on 15<sup>th</sup> March. If EPOC are successful in this round, the final is on 18<sup>th</sup> October at Helsington Barrows near Kendal. It is to be hoped that the response to the final, if we get that far, is significantly better in 2015 than it was in 2013 and 2014.

## **NEWS FLASH! – FVO ARE IN THE CUP COMPETITION SO WE WILL NOT BE RUNNING AGAINST THEM IN 2015!**

### **EPOC Club Championships 2014**

**Graham Lloyd**

**Final Results**

**Seniors**

		Super	vets	Ladies	Points	Races
1	Richard Payne	1			495	5
2	Megan Harrison			1	492	5
3	Emma Harrison		1	2	484	5
4	Jean Lochhead	2		3	482	5

5	Helen Martland		2	4	477	5
6	Alistair Tinto		3		469	5
7	Amanda Crawshaw		4	5	464	5
8	Jane Payne	3		6	461	5
9	Judith Goodair	4		7	460	5
10	Rod Shaw	5			458	5
11	Guy Goodair	6			453	5
12	Pat Aspinall	7		8	450	5
13	Jackie Page	8		9	444	5
14	Graham Lloyd		5		437	5
15	Rebecca Lloyd		6	10	432	5
16	David Harrison		7		414	5
17	Margaret Shaw	9		11	414	5
18	Paul Jackson	10			382	4*
19	Andy Thorpe		8		375	4
20	James Williams				373	4
21	Ian Couch	11			369	4
22	Mike Wood	12			360	4*
23	Phil Thompson	13			357	4*
24	Paulette Noot	14		12	323	4
25	Julie Couch		9	13	298	3
26	Mike Pedley		10		292	3
27	Dick Spendlove	15			292	3
28	Brian Mellor	16			290	3
29	Alasdair Pedley				286	3
30	Sarah Noot		11	14	279	3
31	Paul Taylor		12		272	3
32	Viv Barraclough		13	15	268	3
33	Jon Emberton		14		196	2
34	Phil Scarf		15		191	2
35	Pat Thorpe	17		16	177	2
36	Will Barraclough		16		172	2
37	Jackie Scarf		17	17	161	2
38	Simon Martland				100	1
39	Linda Hayles	18		18	96	1
40	Neil Croasdal	19			95	1
41=	Juliet Morgan	20		19	91	1
41=	Keith Sykes	21			91	1
41=	Joy Mellor	22		20	91	1
41=	Mike Thorpe				91	1
45	Steven Wood	23			90	1
46	Siarlot Lloyd			21	90	1
47	Esther Logue		18	22	88	1
48	Jo Emberton		19	23	84	1
49	Sue Brant	24		24	83	1
50	Helen Pedley		20	25	82	1
51	Bob Steeper		21		81	1
52	David Owen	25			79	1
53	Ben Scarf				77	1
54	David Morgan	26			74	1
55	John Elliott		22		73	1

## Juniors

1	William Martland	493	5
2	Megan Harrison	489	5
3	Laura Harison	487	5
3	Adam Thorpe	394	4*
3	Sam Crawshaw	393	4
6	Alex Crawshaw	390	4
7	Anna Thorpe	385	4
8	Alasdair Pedley	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

## EPOC Club Championships 2015

### **Graham Lloyd**

A few years ago, brimming with enthusiasm, having found a way to “level the playing field” I volunteered to re-introduce the club championships. The reason behind it was to get more members of EPOC to more events. Sadly since then, I find even myself going to less and less events, but the club champs for me have at least been an incentive to get out there.

“Inventing” the champs’ format came about having spoken with a statistician, who also happened to be an orienteer and fell runner, I had found a way of people running different courses, yet still being able to be compared to each other. I did not think that how the method worked was of any interest to the membership, just that they believed in the system. After all who actually knows how the BOF ranking system works? In the past under the old age based ranking system I would avidly look at them after every race to see where I was in the country. I was very proud to be in the top 25, albeit for one week! Now the ranking system uses all sorts of calculations that I have no knowledge of, and quite frankly I don’t really look at them any more, as we don’t run age class ranking events any more.

So this year I thought before I went ahead I would ask the EPOC membership how important the club championships were to them.

One simple rating out of 5 question, “How important are the club champs to you?” with 1 being not important at all and 5 being very important.

So analysing the results is somewhat disappointing.

28% of the club responded, but bearing in mind that the email may not have been sent to all members, and just those registered with Anthony for email updates, this may be a higher percentage of those asked to complete the survey.

Over all 51.85 % said that the Club Champs were not important to them, whilst 18.52 % said that they were. 29.63% were indifferent. So not as close as the Scottish Referendum.

Breaking down the “not important” there were 29.63 % that said was not at all important, with 22.22% saying the champs were not important.

Breaking down the “important” there were 7.41 % that said the champs were very important, with 11.11% saying they were important.

Then some surveyed also left comments. This also raised some interesting thoughts.

It was pleasing to get comments which said, “They were when I was competing” and another that said the club champs were “...an extra incentive to get out on a Sunday.” These comments made all the hard work doing the calculations worth it, until it was countered with, “Utter waste of Time – no one can understand it so we aint interested.” If that was the feeling of the entire membership then I would agree I have wasted a lot of time for nothing. Also how difficult is first place, second place, third place to understand? The workings out may be difficult to understand, but like I said, who knows or cares how the ranking system works?

Some respondents said that they found the champs interesting, but not important. One response said that they might be important in a different format, but offered no suggestions to what format that might be.

So where do we go from here? Well I am sorry, but I will not be choosing, nor do any calculating of the club champs for EPOC for the foreseeable future.

The overwhelming results of the survey suggest that the membership is not interested. Perhaps the committee would publish the ranking list for EPOC in each Epistle, and that way the membership would get an idea of who the best runner in the club is. Having said that it is from the best 6 events of the year not a selection of different sorts of races...it currently looks like this: But using this, it is highly likely that Richard Payne and Megan Harrison will probably never be at the top as they have been in the Current Club Champs, so we could go back to age classes...I leave it with the committee. I am happy to show someone how I worked it out.

	Name	M/F	Points	Contributing scores 
	James Logue	M	7924	1328, 1304, 1301, 1320, 1321, 1350
)	Andy Thorpe	M	7712	1284, 1287, 1294, 1284, 1276, 1287
	Simon Martland	M	7700	1280, 1287, 1280, 1309, 1271, 1273
	James Williams	M	7668	1272, 1267, 1271, 1284, 1286, 1288
)	Jonathan Emberton	M	7600	1271, 1284, 1263, 1271, 1258, 1253
	Paul Taylor	M	7463	1231, 1258, 1240, 1233, 1258, 1243
)	Phil Scarf	M	7456	1273, 1253, 1232, 1243, 1199, 1256
)	Mike Pedley	M	7367	1227, 1225, 1217, 1249, 1230, 1219
)	Richard Payne	M	7088	1183, 1193, 1196, 1173, 1170, 1173
+8)	Sarah Noot	F	7042	1169, 1191, 1147, 1195, 1196, 1144
+3)	Alistair Tinto	M	6983	1150, 1153, 1154, 1170, 1177, 1179
+4)	Emma Harrison	F	6885	1176, 1150, 1143, 1143, 1130, 1143
+5)	Graham Lloyd	M	6879	1140, 1159, 1172, 1128, 1144, 1136
+5)	Richard Spendlove	M	6857	1168, 1138, 1151, 1131, 1126, 1143
+7)	Steven Wood	M	6827	1122, 1133, 1100, 1171, 1183, 1118
+5)	Amanda Crawshaw	F	6803	1110, 1116, 1124, 1110, 1101, 1242
+3)	Esther Logue	F	6712	1100, 1088, 1142, 1070, 1073, 1239
-47)	Ian Couch	M	6649	1106, 1129, 1103, 1127, 1096, 1088
-47)	Julie Couch	F	6642	1087, 1104, 1128, 1135, 1088, 1100
+7)	Jackie Scarf	F	6540	1017, 1086, 1143, 1093, 1126, 1075
+9)	David Harrison	M	6519	1083, 1068, 1081, 1130, 1070, 1087
-16)	Paul Jackson	M	6427	1042, 1126, 1054, 1043, 1091, 1071
+9)	Jean Lochhead	F	6028	987, 1015, 1030, 999, 989, 1008
+10)	William Barraclough	M	5936	1216, 1205, 1201, 1139, 1175
+7)	Guy Goodair	M	5834	982, 978, 984, 955, 977, 958
+8)	Helen Martland	F	5805	1004, 974, 955, 973, 944, 955
+4)	Michael Wood	M	5676	917, 930, 1022, 923, 991, 893
-87)	Rod Shaw	M	5617	922, 938, 906, 998, 932, 921
+12)	Helen Pedley	F	5611	823, 878, 1000, 986, 934, 990
+12)	Keith Sykes	M	5609	971, 969, 916, 966, 926, 861
+9)	Brian Mellor	M	5601	946, 902, 849, 1095, 1028, 781
+8)	Neil Croasdell	M	5567	933, 927, 936, 942, 917, 912
+13)	Linda Hayles	F	5546	920, 938, 881, 905, 970, 932
+17)	Bob Steeper	M	5396	864, 889, 925, 900, 870, 948
+11)	Joanna Emberton	F	5267	912, 858, 863, 857, 853, 924
+13)	Judith Goodair	F	5238	870, 858, 853, 906, 890, 861
+14)	Philip Thompson	M	5219	873, 894, 851, 866, 859, 876
+18)	Jane Payne	F	4874	774, 820, 833, 846, 780, 821
+21)	Pat Aspinall	F	4863	778, 827, 828, 788, 862, 780
+17)	Viv Barraclough	F	4670	1184, 1162, 1177, 1147
+17)	Jackie Page	F	4667	768, 760, 790, 807, 765, 777
+20)	Juliet Morgan	F	4583	783, 780, 684, 855, 720, 761
+18)	Rebecca Lloyd	F	4565	770, 803, 777, 743, 713, 759
+8)	Margaret Shaw	F	4274	705, 713, 707, 746, 716, 687
+8)	John Elliott	M	3766	950, 933, 867, 1016
+20)	David Morgan	M	2762	722, 681, 642, 717
+18)	Paulette Noot	F	2747	385, 625, 636, 583, 518

	<b>Name</b>	<b>M/F</b>	<b>Points</b>	<b>Contributing scores</b> 
+19)	Val Pownall	F	2467	835, 941, 691
+13)	Adam Breaks	M	2158	1043, 1115
+3)	Simon Bourne	M	1260	1260
-8)	Pat Thorpe	F	1101	535, 566
-7)	Mike Pownall	M	1059	1059
-7)	Bryan Parkinson	M	1056	1056
-4)	Claire Hanson	F	1045	1045
-5)	John Rawden	M	1011	1011
-6)	Megan Harrison	F	999	999
-6)	Alan Hardwicke	M	927	927
-6)	Tim Hayles	M	927	927
-10)	Robert Page	M	791	791
-10)	Siarlot Lloyd	F	779	779
-9)	Heather Pownall	F	718	718
-9)	Mike Thorpe	M	717	717

## Xplorer

### ***Viv Barraclough***

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

I plan to put on activities in parks on 29<sup>th</sup> April, 27<sup>th</sup> May, 24<sup>th</sup> June & 29<sup>th</sup> July; all Wednesdays, the May and July ones to be in the daytime as it will be the school holidays. The format would include something for experienced orienteers as well as novices. Eg Norweigan/corridor/window orienteering.

It would be great if some members could nominate themselves to put on some low key activities/events of any style, any location, any type of map, it doesn't need to be onerous - there are many ways of avoiding putting out and collecting in controls! The key thing is at this point that we fix some dates so that publicity can get underway. I have a deadline of 8th March for some magazine publicity so please let me know before then if you can do anything at all!

## It's Relay time again

### ***Alistair Tinto***

The JK 2015 Relays will take place in Graythwaite Estate, some of the finest Lake District terrain with mixed plantation, deciduous and coniferous woodland. Hilly in parts with plenty of contour detail and many rock features and few linear features.

**Entries Close:** Sunday 15th March 2015

**Classes:** A - JK Trophy; B - Women's Trophy; C - Men's Short; D - Women's Short; E - Senior Men (M120+); F - Senior Women (W120+); G - Veteran Men (M165+); H - Veteran Women (W165+); J - Ultra-Veteran (M/W210+); K - Intermediate Men (M48-); L - Intermediate Women (W48-); M - Junior Relay (M/W40-); N - Mini Relay (M/W12-); P - Mixed Ad Hoc

### **Entry Fees:**

Senior Relay Team - £39.00 (£48.00 after 15/02/2015)  
 Junior Relay Team - Classes K, L, M & N

Please can you let me know if you would like to take part in the relays.  
I will be sorting out the JK first and then send out a separate request about the British Championships relays which are down in the Forest of Dean.

This year, it will be free entry for juniors teams and full price for seniors.

Please can you let me have your team combinations once you have agreed them with your fellow team members.

Please let me know your BOF number, SI number, preferred course and which leg you prefer to run.

If you are unable to sort out your own team but will still like a run, please send me your details and I will endeavour to make up some adhoc teams.

Many thanks  
Alistair

## EPOC ORIENTEERING TOPS

There are just 5 of the new style EPOC tops available to buy at £10 each. Sizes available are XS (36" chest), S (38") and M (40").

## New Gadget

### *Alistair Tinto*

Having been with the same old gym for the last 10 years I recently moved to a new one and with the membership I received a new gadget that monitors and transmits heart rate, calories and effort in real time to a live display on the gym as well as recording activity outside the gym which can be wirelessly uploaded later to a logbook that can be accessed online and displays graphically your exercise levels in real time.

Within the system had a measure of intensity with 5 effort zones based on your individual maximum heart rate so the more effort that is put in, the more points are earned.

The MEPs as they are termed are calculated as follows

50%-60% 1 MEPs p/m

60%-70% 2 MEPs p/m

70%-80% 3 MEPs p/m

80%-90% 4 MEPs p/m

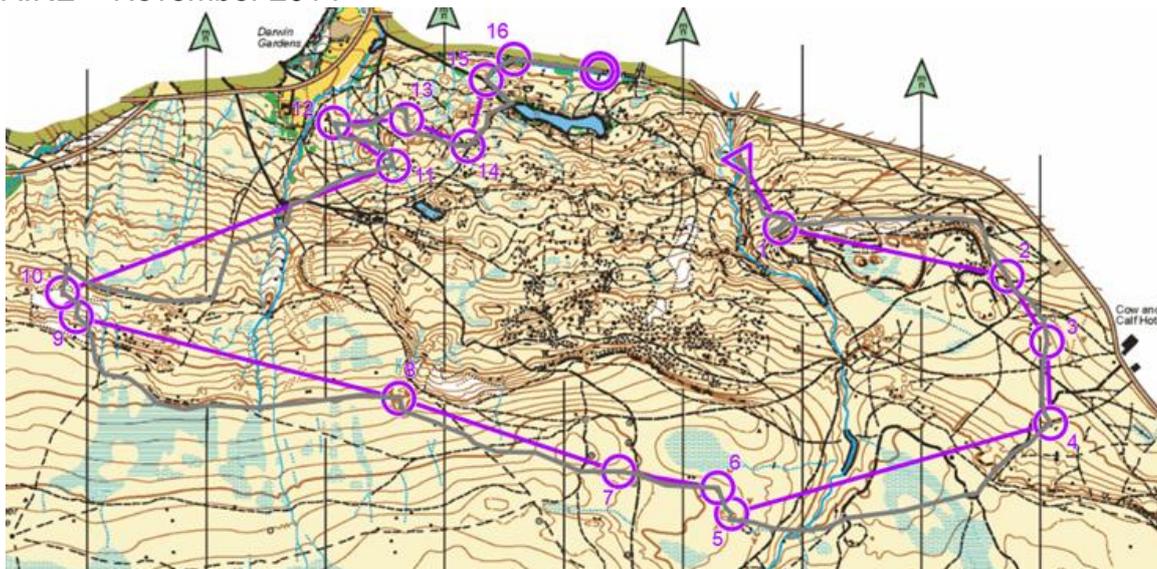
90%-100% 4 MEPs p/m

I have certainly found it quite interesting in the gym as you do get a display on the monitors as you pedal, cycle and row but in this sterile, mechanical and controlled environment I find it hard with some equipment to really get into the higher effort zones without feeling I'm pushing too hard on the machinery and my limbs. The mind may be willing and whilst having a nice low resting heart rate in the low 40s, the body is weak and a number of nasty sprains, strains and dislocations over the years have taken their toll so I have to be careful on the equipment so I thought it would be interesting to test out the device at a few orienteering events just to see how the results compare alongside the usual 'O' data of split times and routegadget route choice.

The three events shown are AIRE's Ilkley Moor event at the end of November, CLARO's Dob Park event in early December and the Compass Sport Trophy in mid December so 3 completely

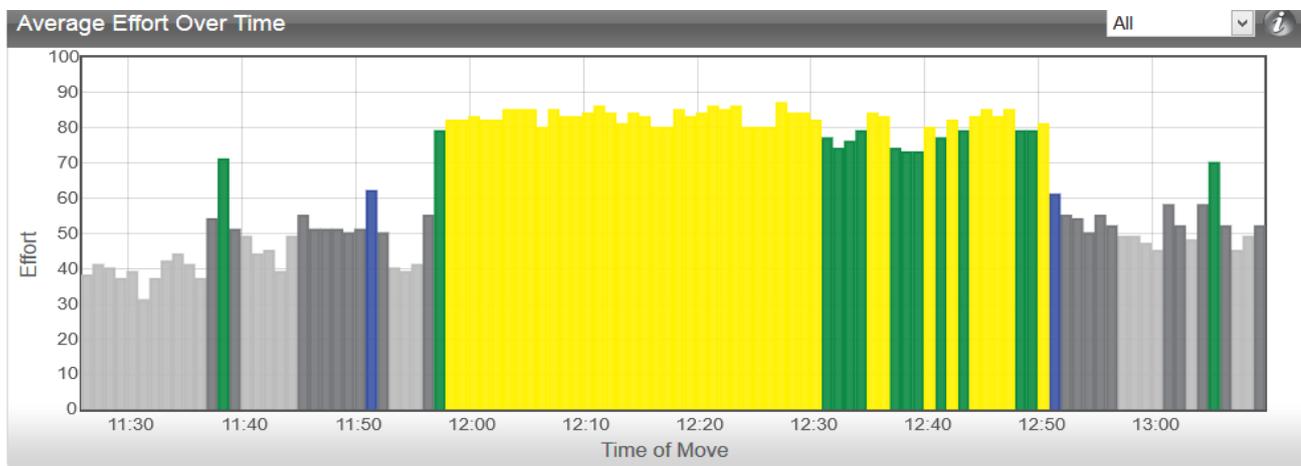
different terrains and level of event which came up with some interesting results (or at least I thought so !)

AIRE – November 2014



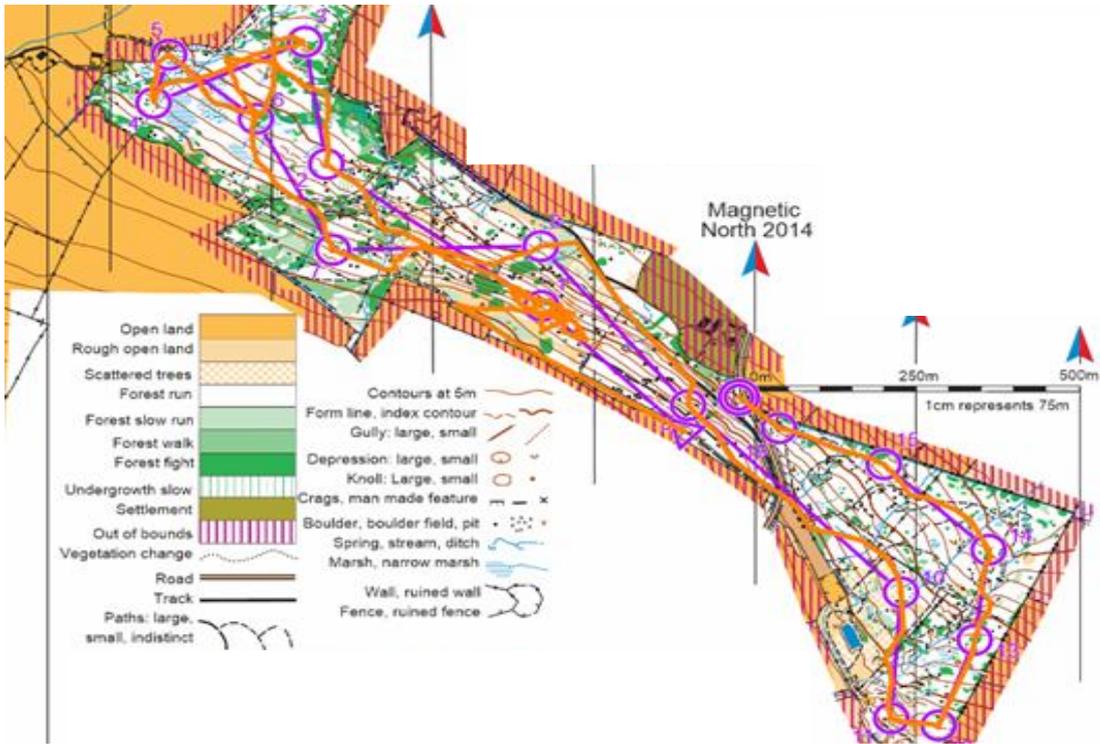
Short Blue 4.8km 240m - route in grey

Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	(F)
	(179)	(194)	(187)	(169)	(206)	(183)	(202)	(211)	(200)	(184)	(178)	(174)	(172)	(171)	(175)	(176)	
	3:45	9:49	11:52	14:09	23:14	23:56	26:01	29:47	36:13	37:09	44:45	46:51	49:22	51:22	52:45	53:14	53:59
	3:45	6:04	2:03	2:17	9:05	0:42	2:05	3:46	6:26	0:56	7:36	2:06	2:31	2:00	1:23	0:29	0:45



You're never quite sure what sort of course you're going to get at Ilkley as the boulder fields confuse and the heather can really impede progress. The trace starts from when I put on the belt and shows only mild activity as I walked briskly to the start with a brief rest before starting at 11.57. The course was scrambling uphill from the start so straightaway it was hard work. Poor route choice from #1 to #2 but still pushing as quick as possible and then a slog across the marsh to #5. Things literally start to go downhill from #10. I don't like/can't run downhill and so the heart rate starts to drop off. Up to this point the course has been fairly straight forward so I'm expecting a sting in the tail and start to slow down, wary about being caught out. I do a double take on #11 as it turns out to be on a track junction rather than hidden away and then have some hesitation as to the best routes meaning it's a bit stop start as the trace shows as I slowly pick off the last few controls so know I should have done better over these but still much better than an hour in the gym so a nice run out on the moor but should have done better at the end.

CLARO – December 2014

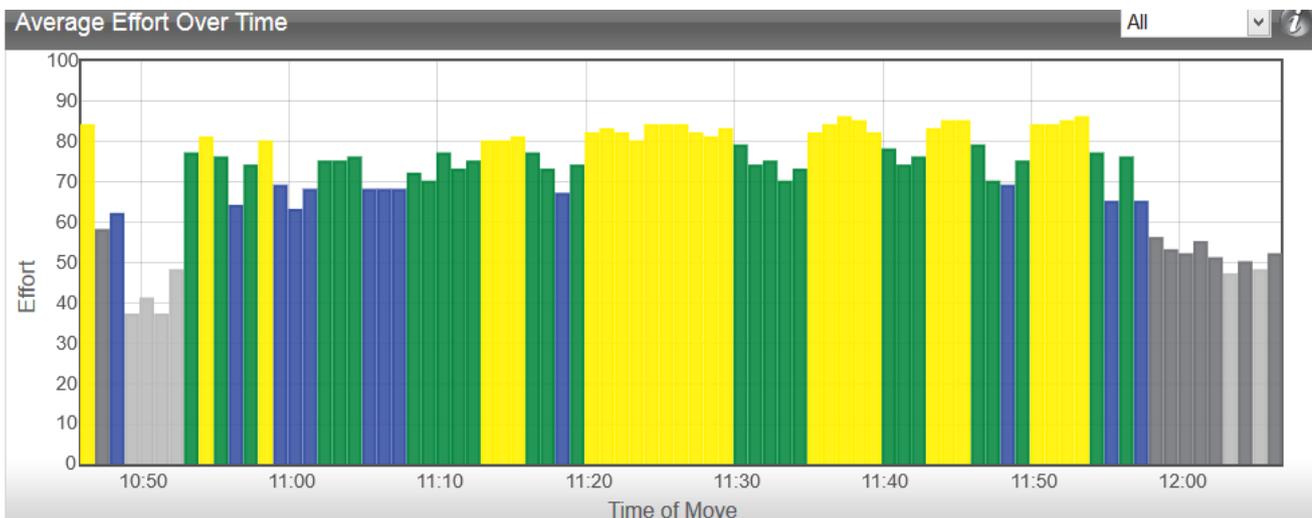


1 (184)2 (176)3 (175)4 (172)5 (195)6 (170)7 (192)8 (191)9 (187)10 (193)11 (198)12 (196)13 (194)14 (188)15 (180)16 (178) (F1)

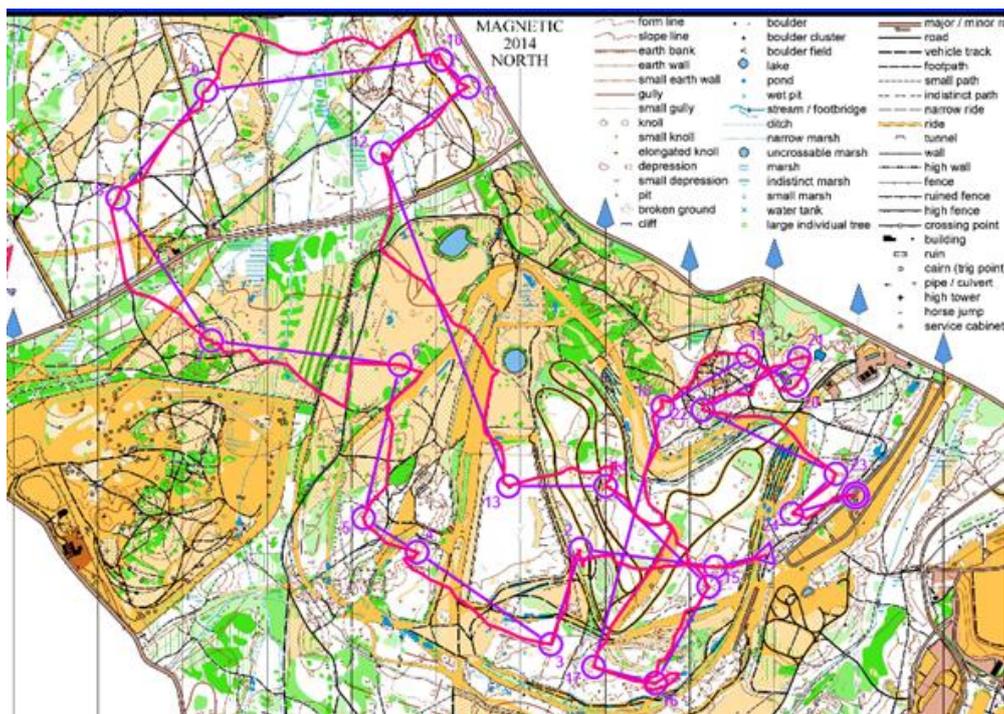
13:29 18:51 26:43 29:59 30:43 32:37 36:56 41:26 45:24 50:35 53:25 54:06 55:21 56:55 58:55 60:53 61:34  
 13:29 5:22 7:52 3:16 0:44 1:54 4:19 4:30 3:58 5:11 2:50 0:41 1:15 1:34 2:00 1:58 0:41

Green 4km 170m - route in orange

This weekend had a choice of 3 events and I choose Dob Park, not necessary for its terrain but it allowed a visit to Otley as a bonus. Those of you who have been will know it for its steep slopes and extensive swampy ground to the west although the eastern section is quite nice. You will see that I made a real hash of the first control having initially thought #7 was #1 which pretty much wrecked any chance of a respectable time although I was not alone when hunting forlornly around for the control on a slippery slope with various vegetation changes. The trace dropping into the blue zone a lot shows that I was virtually at a standstill trying to spot the first control. I didn't fair much better with #3 and actually found #6 first before re-locating, The nature of the terrain and the copious amounts of mud were such that it was hard to get momentum or rhythm going so a bit frustrating but glad to get round in one piece.

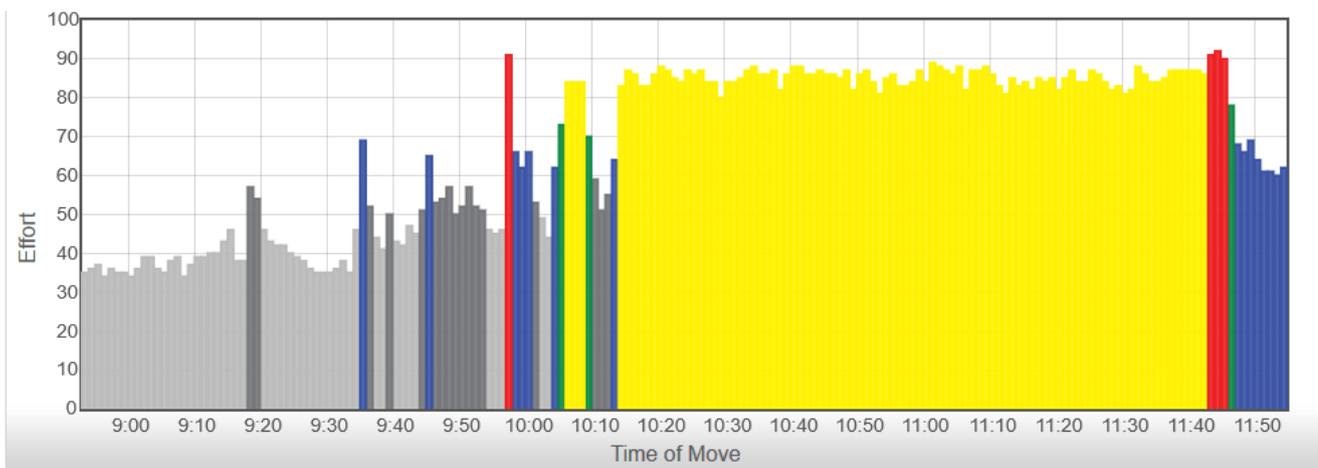


# Compass Sport Trophy Final Short Brown 9.4km 90m 92.07 – route in red



1 (181)	2 (230)	3 (204)	4 (208)	5 (206)	6 (209)	7 (201)	8 (219)	9 (252)	10 (179)	11 (200)	12 (210)	13 (240)	14 (246)	15 (253)	16 (207)	17 (197)	18 (217)	19 (183)	20 (238)	21 (193)	22 (214)	23 (243)	24 (242)	(F1)
01:38	05:40	07:50	12:19	14:03	18:35	24:19	29:29	32:16	40:35	41:26	45:09	54:25	59:24	63:17	68:13	69:39	76:20	79:28	81:35	82:26	85:51	89:45	90:54	92:07
01:38	04:02	02:10	04:29	01:44	04:32	05:44	05:10	02:47	08:19	00:51	03:43	09:16	04:59	03:53	04:56	01:26	06:41	03:08	02:07	00:51	03:25	03:54	01:09	01:13

I'm not a quick runner and this course was always going to test my endurance as I tend to run out of puff after 6km. The day didn't get off to a good start as after negotiating an early start time I mistaking ran to the warm up area at 10.00 instead of the start which meant I had to dash back a considerable distance just to get right place which the early red spike on the trace shows. Since the area was reasonably level it was, for me, always going to be a case of not rushing off but getting into a steady rhythm and trying not to get lost which I largely managed to do although I feel I was a little unlucky on controls #4, #10 and #16 before going into the exhausting and quite tricky section from #18 to #22. I was a little disappointed in my time but at least the trace shows I was giving it my all and definitely gave it everything on the run in!



## 2015 Overseas Orienteering Races

### **Guy Goodair**

If you are fancying going abroad for an orienteering event this year here is a selection of probably the most interesting.

### **May weekend 1 -3 May**

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

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

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

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

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

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

### **June**

5 -7 Slovenia 3 days <http://www.slo3days.si/>

26 -28 Iceland 3 days <http://orienteering.is/>

26-28 Oslo 3 days <http://www.orienteering.no/o-festivalen/2015/en/Sider/Nyheter.aspx>

### **July**

8 – 12 South Italy Festival <https://www.youtube.com/watch?v=8SlW9S-gEo>

18 - 24 O Ringen Boras [http://oringen.se/english.1\\_en.html](http://oringen.se/english.1_en.html)

26 – 1 Aug World Masters Gothenburg <http://www.wmoc2015sweden.se/>

### **August**

3 – 8 Tallinn O week <http://tow.ee/en/>

5 -9 Bohemia 5 days Novy Bor <http://ok-bor.cz/bohemia2015/?lang=en>

14 -18 3 days of the Kempen Belgium <http://www.kempen-ol.be/3D/>

### **September**

5 – 6 Antwerp City weekend <https://www.facebook.com/AntwerpSprintOrienteering>

25 - 27 Porto City weekend <http://www.qd4caminhos.com/portocityrace> (details to follow)

### **October**

11 – 12 Krakow City weekend <http://krakowcityrace.pl/>

31 – 1 Nov Barcelona City weekend <http://ticbcn.clubcoc.cat/>

The City weekend races are usually 1 day urban city race and the other in a local park but Porto's 2015 weekend will consist of a night race in Foz, a race in the park & garden in Serralves and the main race in the east part of Porto.

### **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 604527 or 07906 500541; 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)

### EBOR Autumn Night League, Hazlewood Castle - 27 Nov 14

#### Stars

4 Emma Harrison 25.37

#### Superstars

3 Emma Harrison 31.32

### DVO EM League, Stanton Moor - 7 Dec 14

Green (length 3.3km, climb 115m, 14 controls)

9 Julie Couch 42:04

### CLARO Coloured Coded, Dob Park - 7 Dec 14

#### Green 4km 170m

7th Alistair Tinto 61:34

#### Short Green 3.2km 95m

8th Helen Martland 66:44

9th Guy Goodair 70:13

12th Judith Goodair 83:21

#### Light Green 3.1km 80m

10th Mike Thorpe 79:02

#### Yellow 1.8km 45m

1st William Martland 17:53

### PFO Towneley Park & Colliery Level C - 7 Dec 14

#### Blue 6.4km 180m

4th Graham Lloyd 51:37

#### Short Blue 5.2km 105m

2nd Richard Payne 40:18

7th Rod Shaw 65:12

#### Green 5km 100m

13th Rebecca Lloyd 75:35

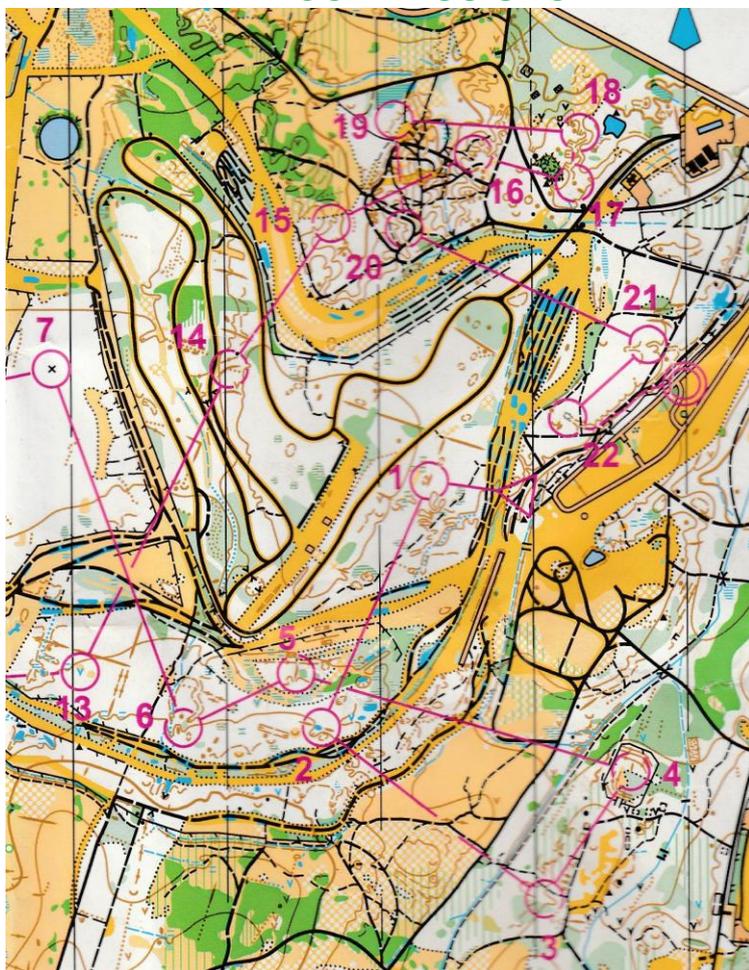
14th Margaret Shaw 118:03

#### Short Green 3.6km 75m

10th Jane Payne 53:23

13th Pat Aspinall 59:45

## COMPASS SPORT FINAL – 14 December 2014



Women's Blue – 7.6km

*All Photo's: Tim Nicholls, Southern Navigators*



**Laura Harrison**



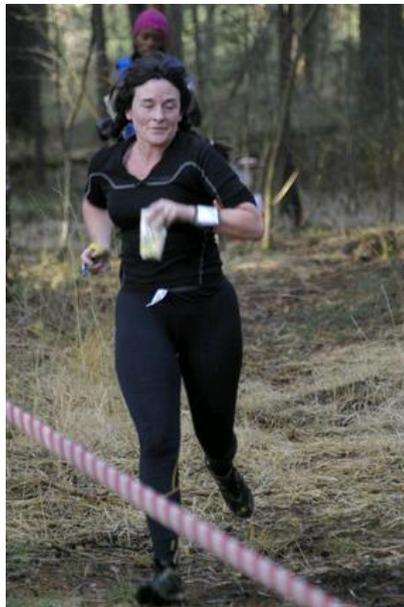
**Julie Couch**



**Megan Harrison**



**Paul Jackson**



**Amanda Crawshaw**



**Rebecca Lloyd**



**Michael Wood**



**Richard Payne**



**Mike Pedley**

### SN Compass Sport Cup Final, Long Valley North - 14 Dec 14

#### Short Brown (length: 9.4km, climb: 90m)

36	Paul Taylor	76:34
60	Alistair Tinto	92:07

#### Blue Men (length: 7.6km, climb: 110m)

6	Mike Pedley	68:24
12	Graham Lloyd	77:05

#### Blue Women (length: 7.6km, climb: 65m)

17	Emma Harrison	69:53
25	Amanda Crawshaw	78:05

#### Green Men (length: 5.4km, climb: 55m)

12	Richard Payne	48:29
43	Ian Couch	60:48

#### Green Women (length: 5.1km, climb: 60m)

29	Julie Couch	57:31
76	Rebecca Lloyd	90:10

#### Vets Short Green (length: 4.4km, climb: 50m)

54	Paul Jackson	70:06
70	Jane Payne	81:27
90	Michael Wood	111:35

#### Junior Women (length: 4.5km, climb: 70m)

19	Megan Harrison	65:17
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#### Orange (length: 3.5km, climb: 30m)

44	Laura Harrison	42:13
45	Sam Crawshaw	42:22

### EPOC Royds Hall Woods YHOA Night League Event - 20 Dec 14

#### Long 5.5km 150m

3rd	Simon Bourne	42:11
8th	Andy Thorpe	45:46
m5-18	James Logue	13:38

#### Short 1.6km 50m

1st	Megan Harrison	14:52
2nd	Anna Thorpe	45:34

#### Medium 3.3km 100m

1st	Phil Scarf	32:50
7th	Emma Harrison	41:54
9th	Viv Barraclough	42:46
16th	Amanda Crawshaw	54:51
18th	John Elliott	66:52
19th	Adam Thorpe	69:12
22nd	Claire Hanson	76:12

### EPOC Royds Hall Woods Level C Christmas Event - 21 Dec 14

#### Brown 7.4km 265m

7th	Jonathan Emberton	59:46
8th	Andy Thorpe	61:09

#### Blue 6.2km 200m

2nd	Paul Taylor	47:21
10th	William Barraclough	53:39
27th	Amanda Crawshaw	61:40
31st	Emma Harrison	65:02
33rd	Ian Couch	67:46
46th	David Harrison	85:39

#### Green 5km 140m

3rd	Adam Thorpe	51:48
5th	Megan Harrison	59:27
10th	Julie Couch	62:09
29th	Bob Steeper	83:19
m9-10	Jackie Scarf	63:11

#### Short Green 3.9km 95m

8th	Paul Jackson	57:17
10th	Philip Thompson	60:37
16th	Jane Payne	65:53

#### Light Green 3.6km 100m

1st	John Elliott	45:54
6th	Tom Crawshaw	54:15
7th	Joanna Emberton	59:52
8th	Laura Harrison	62:25
10th	Mike Thorpe	69:43
12th	Bethany Elliott	84:43

#### Orange 3.2km 65m

2nd	Seth Thomas	51:10
4th	Cormac Thomas	58:06
6th	Gillian Crawshaw	64:03
7th	Sue Brant	69:30
m7	Dave Owen	67:42

#### Yellow 2.2km 70m

1st	Sam Crawshaw	18:39
2nd	Luke Barraclough	37:16
3rd	Seth Barraclough	39:45
4th	Joseph Barraclough	40:50

#### White 1.8km 40m

1st	Alexandra Crawshaw	16:07
2nd	Paulette Noot	25:24
4th	Ffion Noot	28:19
m1-10 rtd	Emil Williams	

### HALO Level C Event, Normandy Barracks, Leconfield - 28 Dec 14

<b>Orange (Length 2.90Km, Climb 40m)</b>			<b>Green (Length 5.10Km, Climb 75m)</b>		
4	Anna Thorpe	63:51	1	Andy Thorpe	38:42
<b>Light Green (Length 3.60Km, Climb 85m)</b>			7	Adam Thorpe	51:13
3	Laura Harrison	51:32	11	Megan Harrison	54:22
5	Mike Thorpe	58:49	25	Bob Steeper	65:00
<b>Short Green (Length 4.10Km, Climb 80m)</b>			33	Guy Goodair	72:36
21	Jane Payne	91:54	43	Judith Goodair	89:22
			<b>Blue (Length 7.50Km, Climb 90m)</b>		
			7	Alistair Tinto	70:43
			11	Richard Payne	74:48
			21	Emma Harrison	84:08
				David Harrison	mp

### DVO Ilkeston New Year Urban - 1 Jan 2015

#### Medium (length 4.5km, climb 60m, 13 controls)

21	Guy Goodair	39:34
30	Judith Goodair	54:15

### AIRE New Year Chevin Score Event - 1 Jan 15

26	Neil Croasdell	160pts
50=	Jackie Page	100pts
63	Jean Lochhead	50pts

### MDOC John O'Goats Charity Event, Lyme Park - 3 Jan 15

<b>Very Short Course 4km 18c</b>		<b>Short Course 6.1km 22c</b>			
1	Jean Lochhead	42.54	37	Neil Croasdell	81.32
4	Guy Goodair	49.31			
10	Judith Goodair	54.03			
14	Jackie Page	77.06			
	Phil Thompson	DNF (lost dibber)			

### AIRE Level C Event, Shipley Glen & Hirst Wood - 4 Jan 15

<b>Brown 7.7km 230m</b>			<b>Short Green 3.1km 90m</b>		
9th	Phil Scarf	58:50	11th	Philip Thompson	54:39
11th	Andy Thorpe	62:07	17th	Judith Goodair	62:07
<b>Blue 5.9km 175m</b>			23rd	Jane Payne	78:06
21st	Emma Harrison	59:16	w10	Guy Goodair	59:02
30th	Jackie Scarf	63:01	<b>Light Green 3km 40m</b>		
46th	Megan Harrison	71:00	9th	Adam Breaks	46:43
57th	David Harrison	77:22	12th	Laura Harrison	54:25
<b>Green 4km 120m</b>			<b>Orange 2.7km 40m</b>		
1st	Richard Payne	39:50	4th	Anna Thorpe	46:51
7th=	Adam Thorpe	48:19	<b>Yellow 1.6km 10m</b>		
11th	Bryan Parkinson	49:13	10th=	Katie Roberts	27:46
18th	John Elliott	52:44	12th	Paul Roberts	29:21
20th	Paul Jackson	53:03	n/c	Sam Roberts & Darren Roberts	29:32
43rd	Keith Sykes	66:16	<b>White 1km 5m</b>		
48th	Brian Mellor	73:13	5th	Daniel + Lee Roberts	12:35
49th	Michael Wood	73:47			
52nd	Mike Thorpe	78:51			

### **NOR Colour Coded, Kelling Heath Holiday Park - 11 Jan 15**

**Short Green (length: 3.75km, climb: 50m, 12 controls)**

6 Sarah Noot 51:01

### **EBOR YHOA Night League, Walmgate Stray York - 17 Jan 15**

**Medium 4.4km 60m**

2nd Emma Harrison 31:50

3rd Megan Harrison 33:47

### **DVO East Midlands League, Crich Chase - 18 Jan 15**

**Green (length 3.5km, climb 145m, 17 controls)**

41 Neil Croasdell 61:58

47 Paul Jackson 64:39

### **DEE UK Urban League, Crewe - 25 Jan 15**

**Womens Open 6km**

4th Amanda Crawshaw 55:06

**Mens Vet 6km**

26th Paul Taylor 58:51

**Mens Ultravet 4.55km**

5th Richard Payne 43:39

## **YHOA URBAN LEAGUE – 2015**

The following events will make up the 2015 YHOA Urban League with your best 6 results to count.

1	EPOC	Halifax	22-Feb	
2	EBOR	Linton on Ouse	21-Mar	
3	SYO	Sheffield	02-May	
4	HALO	Hull University	16-May	
5	HALO	Hull Old Town	17-May	UKUL05
6	CLARO	Knaresborough	24-May	
7	EBOR	York	25-May	
8	AIRE	Holt Park/Golden Acre Park	06-Jun	
9	AIRE	Colton, Leeds	07-Jun	UKUL08
10	CLOK	Preston Park/Eaglescliffe	28-Jun	
11	EPOC	Elland	05-Jul	UKUL10

For further information go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA SUPER LEAGUE – 2014**

Congratulations to the following EPOCies who were in the top 3 in their class:- M45S – 1<sup>st</sup> Alistair Tinto; M65L – 2<sup>nd</sup> Paul Jackson; M75 – 1<sup>st</sup> Rod Shaw; M14 – 1<sup>st</sup> Adam Thorpe; M10 – 1<sup>st</sup> Sam Crawshaw, 2<sup>nd</sup> William Martland; W35L – 1<sup>st</sup> Emma Harrison, 2<sup>nd</sup> Amanda Crawshaw, W45S – 1<sup>st</sup> Helen Martland, 2<sup>nd</sup> Jane Payne; W65L – =1<sup>st</sup> Judith Goodair; W65S – 2<sup>nd</sup> Pat Aspinall; W20S – 3<sup>rd</sup> Heather Pownall; W16 – 1<sup>st</sup> Megan Harrison; W14 – 1<sup>st</sup> Laura Harrison; W10 – 1<sup>st</sup> Alex Crawshaw, 2<sup>nd</sup> Anna Thorpe. For full results go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA SUPER LEAGUE - 2015**

For further information about the 2015 Superleague go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA NIGHT LEAGUE – 2014/15**

For details of the final event and overall results of the 2014/15 YHOA Night League go to [www.aire.org.uk](http://www.aire.org.uk)

### **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  $\frac{1}{2}$  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 – February to April 2015

A complete list of fixtures can be found on the BO website  
[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

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

1	SYO/YHOA	Ramsley Moor	Chesterfield
7	MV/SEOA	Southern Championships Weekend Short Event	Dorking
8	MV/SEOA	Southern Championships	Dorking
8	AIRE/YHOA	Haworth Moor & Penistone Hill	Keighley
8	CLOK/NEOA	Coate Moor	Great Ayton
15	WCH/WMOA	Midland Championships	Cannock
<b>22</b>	<b>EPOC</b> 	<b>YHOA Urban League Halifax Urban Event</b>	<b>Halifax</b>
28	AIRE/YHOA	British Night Championships	Leeds

### March

1	SYO/YHOA	Deffer and Cawthorne	Barnsley
8	DVO/EMOA	Kedleston	Derby
8	CLOK/NEOA	CLOK Acorn Event, Hutton Mulgrave	Whitby
<b>15</b>	<b>NOC/EMOA</b>	<b>Compass Sport Qualifying Round Sherwood Pines</b>	<b>Ollerton</b>
21	EBOR/YHOA	YHOA Sprint Championships and Urban League, Linton-on-Ouse	York
22	EBOR/YHOA	Gilling	Pickering
29	HALO/YHOA	YHOA Middle Distance Championships, Knapton Wood	Malton

### April

3-6	NWOA	JK Weekend	Lancaster & South Lakes
12	AIRE/YHOA	Calverley Woods	Bradford
18-19	BOK/SWOA	British Individual and Relay Championships Weekend	Forest of Dean
19	CLARO/YHOA	Hanging Moor	Harrogate
26	EBOR/YHOA	Regional Event and Yvette Baker Trophy Heat, Dalby	York

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