



Epistle



No. 236
April - May 2016



Photo: Mike Pedley

EPOC at Interland

(or more correctly, EPOC at the Belgian Chocolate Factory on the way home from Interland!)

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

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EDITORIAL

It's fair to say it has been a very busy month for EPOC, along with the rest of YHOA, with the JK just behind us. Despite various trials and tribulations along the way combined with less than ideal weather on Saturday afternoon and Sunday, YHOA as a region put on a fantastic orienteering festival which has been highly praised by many competitors.

Moving into the spring there is a lot on offer both locally and further afield so keep an eye on the fixtures list. The postponed Compass Sport Qualifying round has not yet been rescheduled but keep an eye out for email updates.

Good luck to everyone for the YHOA, Northern and British Championships all coming up within a few weeks of each other.

Emma Harrison

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 May 2016

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

Wednesday 16 March 2016

Marsh Liberal Club



Present: Alistair Tinto, David Morgan, Emma Harrison, Paulette Noot, Davey Averill, Viv Barraclough, Paul Taylor, Jean Lochhead and Rod Shaw

Apologies: Pat Thorpe

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

Treasurer's report: This had not been previously circulated but was accepted when read out by David who had also produced a report on Club income and expenditure for consideration. Bank balance has fallen (deliberately) over last 3 years. Discussed whether to increase entry fees to prevent further falls.

JK Update: Weather forecast good!

Facebook page: Paul to look at (after JK)

Fixtures:

Huddersfield weekend; Sat 2nd July Farnley Tyas incorporating the Yorkshire Schools' Championships. Emma has reservations about the courses so the committee decided to drop the Superleague status and make the event slightly simpler with the emphasis on the YSOC.

Sun 3rd Urban to use Greenhead Park Community Room as base. Jean giving thought to name the weekend's events

Compass Sport Cup Final is on October 15th 2016 at Tankersley; Saturday afternoon (14th) event possibly at Deffer but needs checking for excess bramble cover.

Christmas event 2016 to be at Storthes Hall hopefully

For 2017 we have a level C event in January, Yorkshire sprints in May, Urban event in June, Level B at Rishworth 12th November, possibly using school for event centre, Saturday 23rd December level C event

Mapping: No news

Coaching etc: Viv hoping to do series of activities to lead up to Yorkshire Schools' Orienteering Championships in July;

May 11th World Orienteering Day- event in Greenhead Park in conjunction with Pennine Sports Partnership

June Orienteering Festival Shelley High School after school with Shelley Pyramid. Everyone welcome

Xplorer- 20 events to be held

Training event in Beaumont Park with Moorend Academy and feeder schools.

Joint bike/foot event to be held at Newsome High School with Huddersfield Star Wheelers

Publicity: website committee photos need updating

Any Other Business:

Permanent courses; Jean maintaining Greenhead and Beaumont. Nostell now completed and available on site. David working on Newmillerdam.

YHOA squad: Unfortunately last squad weekend cancelled due to snow. Paul organising next one at Newmillerdam on 23rd April.

Informals: Davey offered to organise Sunday informals when there are gaps in the regional fixtures but there are no gaps until summer.

Yorkshire Schools' Championships: Viv to plan certificates and medals/badges to order after the event and post out to schools for presentation in assemblies. Need to continue publicising YSOC around the region

Compass Sport Cup: Claro Timble Ings postponed. No news of rescheduled event

Event Safety courses: Alistair to pursue again E-learning option

OCAD 12; worth considering or might be preferable to get professional mapper for the cost of it

Clubmark and GAP registration for Kirklees: Viv to look at both as overlap

Date of next meeting: 18th May 2016 at Marsh Liberal Club 19.00

COMPASS SPORT TROPHY 2016

As you are all aware our Compass Sport Qualifying Round was cancelled due to parking issues at Timble. To date the event has not been re-scheduled and it is unclear how easy it will be to find a suitable date due to an already busy fixtures list during the spring/summer. I will keep you all updated by email as soon as I hear anything about the event.

EPOC ORIENTEERING TOPS

There are just a couple of EPOC tops, both size XS (36" chest), available to buy. If there is sufficient interest I can look into ordering some more tops so please let me know if you would like a top in a different size to the ones in stock. Remember they are an athletic fit!

Eah1607@aol.com

EPOC Rankings 2016

These are the current ranking positions (as of 29th March) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos. 	Name	Points	Contributing scores 
1 (45 +1)	James Logue	7980	1322, 1330, 1327, 1323, 1338, 1340
2 (107 -2)	Alasdair Pedley	7795	1289, 1292, 1303, 1306, 1297, 1308
3 (123)	Andy Thorpe	7761	1279, 1272, 1299, 1311, 1315, 1285
4 (197 +2)	Simon Martland	7636	1294, 1263, 1262, 1284, 1266, 1267
5 (278 +3)	Jonathan Emberton	7515	1249, 1253, 1248, 1248, 1260, 1257
6 (332 +2)	Paul Taylor	7430	1263, 1227, 1235, 1252, 1231, 1222
7 (333 -22)	Mike Pedley	7427	1238, 1226, 1234, 1246, 1244, 1239
8 (388 +6)	Phil Scarf	7367	1205, 1209, 1258, 1233, 1220, 1242
9 (717 +8)	Richard Payne	7060	1188, 1170, 1161, 1162, 1166, 1213
10 (761 +7)	David Averill	7024	1169, 1167, 1179, 1167, 1161, 1181
11 (821 +6)	Emma Harrison	6978	1165, 1155, 1165, 1171, 1156, 1166
12 (970 +11)	Graham Lloyd	6887	1136, 1146, 1166, 1157, 1147, 1135
13 (1015 -50)	Alistair Tinto	6853	1181, 1154, 1121, 1124, 1138, 1135
14 (1072 -58)	Amanda Crawshaw	6815	1124, 1143, 1135, 1123, 1131, 1159
15 (1206 +8)	Julie Couch	6720	1120, 1109, 1112, 1116, 1145, 1118
16 (1221 +11)	Richard Spendlove	6712	1142, 1105, 1107, 1119, 1108, 1131
17 (1353 -91)	Megan Harrison	6598	1101, 1115, 1100, 1097, 1092, 1093
18 (1361 +12)	Ian Couch	6594	1125, 1110, 1098, 1087, 1085, 1089
19 (1447 +10)	Jackie Scarf	6541	1080, 1123, 1046, 1111, 1152, 1029
20 (1537 +5)	Esther Logue	6495	1060, 1061, 1100, 1094, 1122, 1058
21 (1628 +9)	David Harrison	6424	1084, 1105, 1053, 1058, 1050, 1074
22 (1652)	Simon Bourne	6402	1283, 1269, 1274, 1289, 1287
23 (1899 +10)	Paul Jackson	6214	1039, 1057, 1019, 1023, 1037, 1039

Pos. 	Name	Points	Contributing scores 
24 (1901 +10)	Helen Pedley	6213	1017, 1017, 1020, 1022, 1027, 1110
25 (2273 -86)	Jean Lochhead	5919	971, 965, 1003, 1002, 960, 1018
26 (2311 -56)	Neil Croasdell	5882	1027, 1016, 960, 939, 956, 984
27 (2363 +9)	Guy Goodair	5846	1013, 965, 972, 951, 976, 969
28 (2511 +5)	Gill Ross	5695	948, 959, 946, 947, 952, 943
29 (2511 -56)	Helen Martland	5695	929, 954, 945, 950, 982, 935
30 (2614 +3)	Joanna Emberton	5596	920, 943, 929, 953, 902, 949
31 (2618 -37)	Rod Shaw	5590	991, 926, 920, 913, 918, 922
32 (2666 +13)	Linda Hayles	5528	861, 875, 979, 925, 991, 897
33 (2812 -5)	Judith Goodair	5313	926, 948, 888, 832, 861, 858
34 (2857 +17)	Philip Thompson	5248	867, 890, 864, 888, 875, 864
35 (2866 +14)	Fred Ross	5243	855, 890, 875, 899, 876, 848
36 (2895 +12)	Mike Thorpe	5190	860, 994, 795, 895, 802, 844
37 (2993 -1)	James Williams	5039	1295, 1228, 1280, 1236
38 (3081 +5)	Juliet Morgan	4915	892, 797, 833, 801, 813, 779
39 (3145 +6)	Jane Payne	4778	801, 801, 789, 793, 797, 797
40 (3164 -23)	Jackie Page	4744	824, 767, 819, 756, 750, 828
41 (3227 +2)	Rebecca Lloyd	4627	776, 776, 778, 706, 817, 774
42 (3228 -577)	Keith Sykes	4626	990, 932, 1024, 904, 776
43 (3256 -1)	Pat Aspinall	4562	820, 786, 732, 740, 735, 749
44 (3274 -3)	Brian Mellor	4532	666, 1037, 947, 993, 889
45 (3293)	Corinne Roberts	4497	756, 743, 658, 853, 733, 754
46 (3368 +13)	Margaret Shaw	4286	733, 713, 703, 688, 772, 677
47 (3394 +14)	David Morgan	4224	753, 679, 766, 742, 750, 534
48 (3472 +14)	Bob Steeper	4044	904, 806, 831, 633, 870
49 (3682 +14)	William Barraclough	3449	1142, 1165, 1142
50 (3712 +9)	Viv Barraclough	3389	1150, 1048, 1191
51 (4389 +10)	Robert Page	1818	884, 934
52 (4461 +11)	Paulette Noot	1667	630, 452, 249, 336
53 (4469 +7)	Tom Crawshaw	1648	844, 804

Pos. ?	Name	Points	Contributing scores ?
54 (4677 +6)	Adam Breaks	1161	1161
55 (4770)	Bryan Parkinson	1088	1088
56 (4868 -3)	John Rawden	1021	1021
57 (5065 -1)	John Elliott	883	883
58 (5177)	Alan Hardwicke	793	793
59 (5225 +3)	Raymond Stone	745	745
60 (5294 +7)	Siarlot Lloyd	640	640
61 (5361 +7)	Donna Wood	523	523
62 (5449 +9)	Pat Thorpe	132	24, 24, 84

Xplorer

Viv Barraclough

Lead Coach, EPOC Club Nights

Xplorer - 20 events to be held

Training event in Beaumont Park with Moorend Academy and feeder schools.

Joint bike/foot event to be held at Newsome High School with Huddersfield Star Wheelers.

KEITH EASTWOOD

I've just heard that Keith Eastwood has died. He was an EPOC member in the 1980's. He was one of the many supportive parents of our orienteering team at Birkby Junior. His children, Michelle and Paul scored for EPOC in several Compass Sport cups. Keith would walk round courses at a brisk pace. He was my partner in the 1984 KIMM in the Peak District. He was a Peak Park warden and his local knowledge helped us finish 4th in the score class (only one score class then). Michelle (now W45) runs for DVO. In the past Keith was a member of Woodhead Mountain Rescue Team. Our condolences to his wife Jackie and to Michelle and Paul.

Rod Shaw

Catering by Viv Barraclough

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EVENT REPORTS AND RESULTS

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

SOC Level C, Busketts Lane New Forest - 17 Jan 16

Green 5.3km 60m

10 Dick Spendlove 49.47

Lisbon International Orienteering Weekend - 30/31 January 2016

Guy Goodair

I spotted this event last autumn and it seemed like a good mid-winter weekend break. As it was designated a World Ranking Event (for the elite of the sport) it ensured a good entry. We arrived late Thursday night and on the Friday there was a Model event (this is an orienteering course on a similar area to that being used in the competition which gives you an idea of the terrain and the map). It's non competitive and can either be raced or used as sightseeing tour or testing various route options. In fact there were two model maps – the shorter one was designed for a world class runner to get round in 16 minutes (so double that time and add a lot more for us!) and a longer one visiting notable areas of Lisbon. We opted for the former. When we got back we collected our numbers and start times.

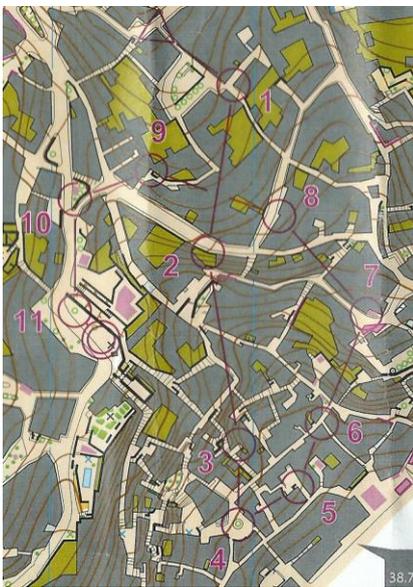
Saturday morning was a Sprint event around the very hilly area of the Alfama, a maze of narrow streets with loads of steps. Sprint in orienteering terms doesn't really mean sprinting all the way but with a winning time of around 12 to 15 minutes, lots of controls requiring quick route decisions. We went to the Assembly area where we entered a quarantine area, then 9 minutes before our start time followed a tape uphill to the start. Only just made it in time I'd forgotten the Pre-start was -3 minutes so only 6 minutes actual time to the start. After the starting bleep it's my usual panic to find the start triangle – Found control 2 on the map, then 1 then back – got it! First few are straightforward but I realise I'm losing height rapidly so there's going to be a lot of climbing later on – not sure I took best route from 5 to 6. Now here's the cruncher - straight across the road and up a flight of steps, on a bit, another flight, round the corner, another flight, a bit further and yet another set to No7. Decision time again – right or left to No 8? I opt left but it's yet more uphill stairs. From there only a small climb to 9 then two level controls to the finish. Downloaded – next question how do we get back to assembly? Fortunately the organisers have printed another map on the back of the competition map showing the way.

Then in the afternoon there was the Middle Distance event held in the Parque dos Poetas about 8 miles west of central Lisbon. Again a lengthy walk from Assembly to the start, start triangle is at park entrance and it's a wonderful area for running on – grassy slopes with strange ovoid walled areas. Made a mess of No 4, not reading the map properly and going inside one of these when, in actual fact, it was on the tree just outside. Then went 'brain-dead' at No 9 thinking No 10 was outside the park wall – headed east to get out of the park then almost at the exit realised it was inside and if I went out of the park I'd be stuck. Back into the park skirting people leaving the stadium. After that we'd a few controls round blocks of flats before going back into the park for the last few controls.

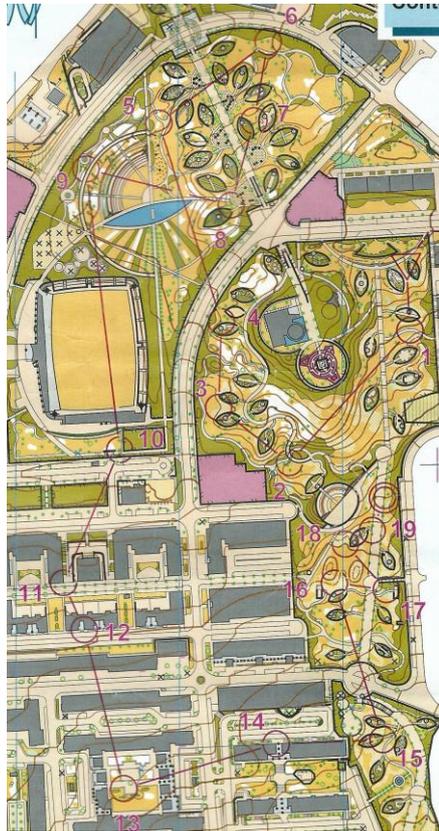
The Long distance event on the Sunday was held on the Atlantic Coast near Sesimbra. Luckily we'd a Portugese friend, Manuel Dias, who would insist on picking us up in his car and taking us there. The organisers seemed to have taken over what was probably the village green and erected an inflatable finish arch download area, stacks of chairs and trestle tables for runners to change, relax, eat & drink from the refreshment stalls. The crèche for those with young children was about 100 metres away towards the start (700m). I walked up to the start with Judith and could see the area was basically forested sandy dunes. Watching runners start (following a tape to the actual start kite) they suddenly disappeared from view downhill. After seeing my wife set off I returned to assembly, had a good chat with lots of friends then set off to the start with Linda. We decided that we must take it very cautiously at the start and not 'muck-up' the first control. Needless to say, I

still managed to over run it, didn't do any better to No 2 missed the clearing completely. After that I started to settle down and began to run on a bearing avoiding the paths where possible because the sand on the paths was so loose and deep it made running hard work. Only one slight hiccup. Glancing at the map for No 13 I thought I was looking for a re-entrant, spotted a control flag, thought it's not mine but just checked the number and it was mine – a shallow spur. I'd read the contour wrongly. Quick dash to the finish.

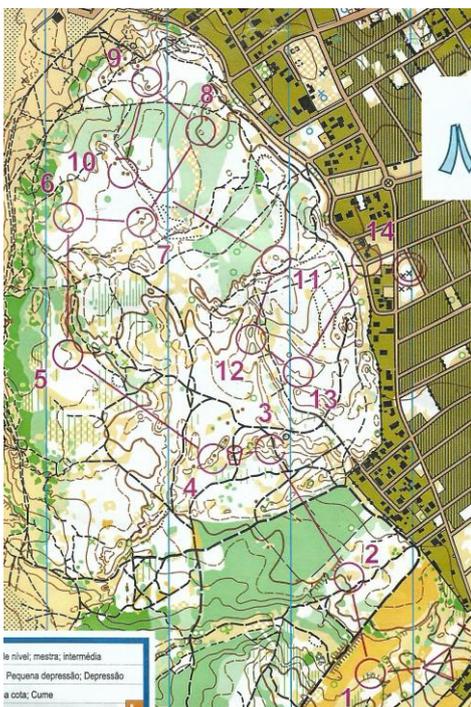
When it came to the prize giving both Judith and I got medals for winning our respective classes. Hope the weekend is on again next year – Oh forgot to mention – brilliant sunshine the whole weekend.



Lisbon Sprint



Lisbon Middle



Lisbon Long



Judith ready to start

Lisbon International O Meeting - 30 & 31 Jan 16

	Sprint Alfama	Middle Distance Parque dos Poetas	Long Distance Sesimbra
W50			
5 Linda Hayles	24.37 (6)	32.18 (5)	96.37 (6)
W70			
1 Judith Goodair	21.22 (1)	35.51 (mp)	44.53 (1)
M65			
16 Neil Croasdell	16.42 (mp)	26.27 (7)	79.24 (13)
M75			
1 Guy Goodair	15.38 (1)	31.56 (1)	52.13 (1)

BKO Concorde Chase, Barossa Camberley - 31 Jan 16

Short Blue 5.5km 130m

6 Dick Spendlove 45.51

POM O Meeting, Penamacor, Portugal - 5 to 9 Feb 16

Model Event 5 Feb

W50

6 Linda Hayles 77.16

M65

9 Neil Croasdell 58.10

POM

Middle Day 1

Night Day 1

Middle Day 2

Long Day 3

Long Day 4

W50

27 Linda Hayles 25 (84.37) dnf 30 (80.29) 23 (110.18) 23 (99.22)

M65

60 Neil Croasdell 152 (67.11) 24 (31.43) mp 55 (108.34) 48 (107.15)

SOWERBY BRIDGE URBAN – 7 FEBRUARY 16

Davey Averill - Organiser

I have recently joined EPOC after 34 years in the British Army and 10 years orienteering for BAOC. Imagine my surprise when I found myself volunteering to be the organiser for the Sowerby Bridge Urban Event.

I was very fortunate that Sowerby Bridge High School was mentioned as a possible location to run the event from. I immediately started work finding the right person to book it through, the company managing the sports facilities were Interserve Support Services, who were friendly and helpful throughout the process.

I then started on the remaining processes that the organiser has to complete. Gaining all of the permissions was painless as was completing the risk assessment (thank you Alistair).

I was greatly impressed with the amount of Volunteers I received from EPOC. In my previous club, I used to press gang my soldiers into volunteering! All of the EPOC volunteers were veterans of many many events and started setting up before I even knew it! One of my difficulties was, that as I was a new member of EPOC, I only knew a few of the volunteers so had to go around asking everyone's name.

A special thanks must go to Jean Lochhead for keeping me pointing in the right direction and to Fred Ross for covering the road marshalling all day at short notice, thank you to both of you.

I thought the event was a great success and I hope all of the competitors had a good experience at the event.

My final thank you goes to all of the EPOC volunteer helpers, without you the event would not have been the success it was.

EPOC Yorks Urban League, Sowerby Bridge - 7 Feb 16

MYJ 1km 25m

1 Sam Crawshaw	8:12
2 William Martland	10:12
3 Seth Thomas	14:20
4 Luke Barraclough	17:08
6 Seth Barraclough	17:33
7 Callum Watts	17:42
8 Joseph Barraclough	18:52
9 Emil Noot-Williams	20:02
12 Cormac Thomas	34:21

MJ 2.4km 55m

2 Adam Thorpe	23:39
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MO 6.8km 105m

2 Alasdair Pedley	43:21
11 Adam Breaks	52:45
12 Phil Scarf	53:18
w24 James Williams	44:07

MV 5.5km 65m

1 Simon Martland	43:05
4 Jonathan Emberton	49:07
5 David Averill	51:08
6 William Barraclough	51:34
9 Graham Lloyd	54:53
15 David Harrison	68:48
m22 Paul Taylor	48:36

MSV 3.0km 90m

1 Richard Payne	26:34
5 Bryan Parkinson	32:59
28 David Morgan	61:16
m25 Rod Shaw	53:11

WYJ 1km 25m

1 Anna Thorpe	11:36
2 Imogen Noot-Williams	12:07
3 Lauren Watts	12:12
6 Alex Crawshaw	16:16
8 Ffion Noot-Williams	24:51

WJ 2.4km 55m

1 Sarah Pedley	24:17
2 Laura Harrison	29:56
3 Imogen Noot-Williams	50:01

WO 5.5km 65m

2 Megan Harrison	58:53
4 Jackie Scarf	60:49

WV 5.0km 125m

3 Emma Harrison	46:51
5 Amanda Crawshaw	49:48
7 Helen Martland	61:32
11 Rebecca Lloyd	77:06
w28 Viv Barraclough	43:21

WSV 3.0km 90m

9 Joanna Emberton	49:56
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WUV 2.4km 50m

2 Gill Ross	30:20
3 Jean Lochhead	31:04
4 Juliet Morgan	35:27
7 Judith Goodair	39:48
10 Pat Aspinall	46:37
13 Sue Levinson	58:05

NAOM Meeting, Castelo de Vide, Portugal - 13 & 14 Feb 16

	Middle Distance	Night Sprint	Middle Distance
W50			
Linda Hayles	13 (45.44)	21 (48.41)	15 (135.54)
M65			
Neil Croasdell	22 (58.05)	27 (29.52)	26 (48.34)

MDOC Northern Night Championships, Philips Park - 13 Feb 16

Blue Course 5.4km 145m

2 Alasdair Pedley	44.58 (1 st M18)
6 Simon Martland	49.31 (2 nd M50)
9 Paul Taylor	51.58 (3 rd M50)
19 Alistair Tinto	69.45 (11 th M50)
m17 David Averill	108.23

Brown Course 7.7km 200m

1 James Logue	63.14 (1 st M21)
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Green Course 3.8km 115m

2 Jon Emberton	38.09 (1 st M55)
17 Mike Pedley	50.04 (6 th M55)
28 Amanda Crawshaw	57.49 (1 st W45)

NOC EM League, Bestwood Country Park - 14 Feb 16

Short Green (length 3.2km, climb 65m)

12= Jean Lochhead	57:10
22 Jackie Page	66:40
26 Jane Payne	67:59

Blue (length 5.4km, climb 165m)

10 Richard Payne	59:12
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DVO NT Challenge, Longshaw - 20 Feb 16

60 min Score

12 Jean Lochhead	230pts
41 Jackie Page	70pts

LOC Cumbrian Gallopen, Haverthwaite Heights - 21 Feb 16

Brown 5.7km 350m

3 Alasdair Pedley 58.51

Blue 4.8km 250m

13 Amanda Crawshaw 71.14

Green 3.2km 160m

7 Sarah Pedley 55.14

13 Sam Crawshaw 58.58

Short Green 2.2km 125m

12 Helen Pedley 88.12

Yellow 1.7km 110m

4 Alex Crawshaw 23.12

EBOR Level C Event, Cawthorne & Keldy - 21 Feb 16

Blue 6.2km

7 Alistair Tinto 81.33

Green 4.5km

1 Richard Payne 53.16

Short Green 2.8km

12 Jean Lochhead 62.12

21 Jane Payne 77.36

WIM Regional, Turf Hill & Millersford, New Forest - 21 Feb 16

Blue 6.95km 210m

30 Dick Spendlove 63.16

INTERLAND 2016, BRASSCHAAT, BELGIUM

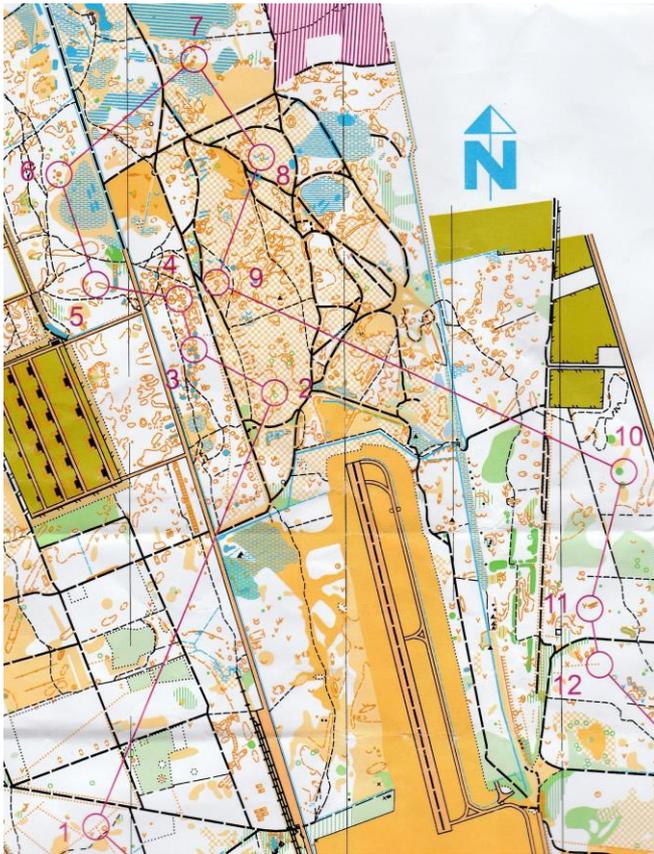
Mike Pedley

Interland is one of two opportunities each year for runners of all age groups to run for England. EPOC were the equal second most represented club alongside SYO (after BOK) with four representatives on the bus to Antwerp in Belgium... Adam Thorpe (M14), Emma Harrison (W40), Jon Emberton (M50) and Mike Pedley (reserve for M50). The event was held at Brasschaat military training area, just outside Antwerp. An area of about 8km² surrounding an airfield with hardly a proper contour on the whole map (but LOTS of pits, knolls and depressions). What the map didn't show was that most of it was also waterlogged with paths looking like ditches and some 'fast open' areas looking like lakes! Add to that tussocks and brashings and you had a very physical area when not on an unsaturated path!

Somewhat bizarrely, the Saturday warm up event was mainly on an adjacent urban area and included a control on the top of a multi-storey car park that confused almost everyone (Mike never did find it after twice searching inside the unlit building!). The main event on Sunday was more orthodox, the main complication coming from the fact that the forest was 'double booked' with a mountain bike event featuring several hundred riders who criss-crossed our courses throughout. The courses themselves were a strange mixture, easy to get close to most controls but difficult to pick the right hill or knoll. The M50 course at 8km was typical of most in that it felt like a 3.5km cross country race (3 controls including a single 2.3km leg) followed by a 4.5km orienteering event (15 controls). My first 4km of running distance took me about 22 minutes, the remaining 6 km took another 50 minutes!

We all had 'steady' but not spectacular runs: Adam 9th (M14), Jon 7th (M50), Emma 7th (W40) out of the 15 entrants (3 from each country). Reserves got to run the same courses and Mike's run would have been good enough for 11th on M50. Overall in the combined race across all age groups, the home team (Belgium Walloons) won with England being 'only' second. The lack of any genuine M21's or W21's proving costly. The selectors really do need to look at the selection policy

and race dates. At least the juniors still won the junior competition so Adam got to stand on the top of the podium with his team mates and eat/drink the prizes on the way home.



Interland W40

TROL International Interland, Brasschaat, Belgium - 21 Feb 16

W40 - 6.3km

7. Emma Harrison 64.00

M14 - 4.7km

9. Adam Thorpe 49.26

M50 - 8.1km

7. Jonathan Emberton 64.56

H:02 - 8.1km

9. Mike Pedley 72.17

BAOC MLN Event, Rowntrees Park York - 24 Feb 16

Blue 7.8km

11 David Averill 54.59

46 Linda Hayles 75.40

Light Green 4.6km

22 Jean Lochhead 43.29

LEI British Night Championships, Thringstone and Cademan Woods - 27 Feb 16

M18L 7.4km 155m

2 Alasdair Pedley 61.35

M45L 7.4km 155m

6 James Logue 74.40

M50L 7.4km 155m

7 Paul Taylor 86.49

M50S 4.8km 110m

1 Alistair Tinto 75.24

M55 6.1km 130m

3 Jonathan Emberton 64.27

8 Mike Pedley 81.07

W40L 6.1km 130m

2 Emma Harrison 95.18

W45L 4.8km 110m

3 Amanda Crawshaw 73.10

AIRE O-Lite, Hirst Wood Saltaire - 27 Feb 16

Yellow

4 Cormac Thomas 64 min

Orange

2 Chris Turner 31min

Green

7 Adam Breaks 38min

NOC Midlands Championships, Sherwood Forest - 28 Feb 16

M14A 6.5km 65m

1 Adam Thorpe 41.52

M18E 12.9km 125m

7 Alasdair Pedley 78.00

M45S 8.2km 80m

10 David Harrison 82.50

M50S 6.9km 65m

14 Alistair Tinto 67.51

M55L 9.5km 95m

2 Jonathan Emberton 60.31

14 Mike Pedley 69.41

M65L 8.2km 80m

10 Richard Payne 63.42

M70L 6.9km 65m

8 Paul Jackson 63.12

M70S 4.5km 45m

9 Fred Ross 61.18

M75L 6.4km 60m

7 Mike Thorpe 84.33

M80 4.5km 45m

6 Phil Thompson 69.38

W12A 4.1km 40m

3 Alex Crawshaw 40.31

W16A 6.9km 65m

9 Sarah Pedley 57.15

mp Laura Harrison 69.34

W40L 8.8km 85m

1 Emma Harrison 73.40

W45L 8.2km 80m

13 Amanda Crawshaw 75.56

W55L 6.9km 65m

7 Julie Couch 62.01

W60S 4.5km 45m

4 Jane Payne 68.46

W65L 5.8km 55m

9 Gill Ross 70.01

Men's Open (Army) 12.9k 120m

4 Davey Averill 96.54

Light Green 4.8km 45m

21 Jean Lochhead 55.17

38 Jackie Page 70.21

SOC Level C, Bratley, New Forest - 28 Feb 16

Blue 7.3km 165m

37 Dick Spendlove 78.54

SOC Wessex Night League, Southsea Score Event - 5 Mar 16

18 Dick Spendlove 380pts

AIRE O-Lite, Shipley Glen - 5 Mar 16

Orange

9 Chris Turner 83 min

PFO Level C Event, Brun Valley - 7 Mar 16

Blue 7.1km 155m

4 Andy Thorpe 52.15

8 Adam Thorpe 56.25

Short Blue 6.2km 110m

8 Rod Shaw 89.38

w9 Graham Lloyd 52.48

Green 5.2km 105m

16 Mike Thorpe 78.03

Orange 2.5km 55m

3 Anna Thorpe 38.40

8 Pat Thorpe 90.21

DVO Level B, Longshaw - 7 Mar 16

Orange

9 Alexandra Crawshaw 42:33

Short Green

5 Jean Lochhead 62:05

16 Joanna Emberton 75:31

17 Jackie Page 75:43

26 Philip Thompson 88:58

30= Jane Payne 89:54

Green

3 Julie Couch 48:14

16 Paul Jackson 54:44

Short Blue

2 Richard Payne 54:48

9 Ian Couch 66:17

n/c Sam Crawshaw 58:28

Blue

Amanda Crawshaw rtd

Short Brown

3 Jonathan Emberton 67:03

EBOR, Thornton le Dale Urban - 12 Mar 16

INTERMEDIATE COURSE - 3.1km 35m climb

8 Guy Goodair 37.16
16 Judith Goodair 44.36

MDOC National Trust Challenge Score, Lyme Park - 12 Mar 16

15 Neil Croasdell 128pts
26 Jean Lochhead 110pts
37 Jackie Page 82pts

BAOC/DVO Military League Central, Hardwick Park - 16 Mar 16

Light Green (length 4.4km, climb 130m, 16 controls)

4 Neil Croasdell 48:18
11 Judith Goodair 58:30
12 Guy Goodair 59:17
mp Jean Lochhead 54:20 Missing no 10
mp Philip Thompson 61:18 Missing no 16
mp Sue Levinson 61:29 Missing no 3

AIRE O-Lite, Bingley St Ives - 19 Mar 16

21 Jean Lochhead 60 min
26 Jackie Page 65 min

LOG EMOA League, Grimsthorpe Castle - 20 Mar 16

Blue 4.58km 100m

1st Paul Taylor 35:52
2nd Sam Crawshaw 37:07
10th Amanda Crawshaw 43:13

Orange 1.78km 10m

3rd Alex Crawshaw 16.40

Jan Kjellstrom International Weekend, Yorkshire - 25 to 28 Mar 2016

Sprint, Leeds University - 25 Mar 16

M12

3rd Sam Crawshaw 12:39
14th William Martland 17:37

M14

1st Adam Thorpe 19:14

M18E

9th Alasdair Pedley 18:45

M35

4th James Williams 18:05

M45

1st James Logue 16:39
18th= Andy Thorpe 19:47
90th David Harrison 30:25

M50

5th Simon Martland 16:56
17th Paul Taylor 18:24
59th David Averill 21:24

M55

5th Mike Pedley 17:19

M65

8th Richard Payne 15:52
39th Neil Croasdell 21:21

W12

5th Alexandra Crawshaw 17:30
17th Anna Thorpe 24:29

W16

32nd Sarah Pedley 25:04
42nd Laura Harrison 27:45

WOpen

17th Megan Harrison 19:24

W40

6th Emma Harrison 16:15

W45

17th Amanda Crawshaw 18:42
50th Helen Martland 23:59

W50

96th Linda Hayles 39:47

W60

34th Jane Payne 24:29

W65

15th= Jackie Page 16:50
20th Gill Ross 17:18

W70

12th Jean Lochhead 20:12
20th Juliet Morgan 24:07

M70

3rd Richard Spendlove 14:41
 30th= Keith Sykes 21:51
 49th David Morgan 28:52

M80

2nd Guy Goodair 16:41

W75

1st Judith Goodair 18:04

Day 2, Wass Forest - 26 Mar 16; Day 3, Kilnsey - 27 Mar 16**Overall Results****M10B**

1st Euan Logue 16:25 (1) 25:23 (1) 41:48

M12A

3rd Sam Crawshaw 25:08 (2) 27:05 (3) 52:13
 26th William Martland 42:21 (24) 55:25 (30) 97:46

M14A

10th Adam Thorpe 35:24 (13) 50:10 (9) 85:34

M18E

7th Alasdair Pedley 35:05 (9) 90:12 (7) 125:17

M35S

2nd Matthew Tinker 76:09 (2) 71:57 (3) 148:06

M45L

1st James Logue 56:15 (1) 62:40 (1) 118:55
 13th Andy Thorpe 78:09 (25) 73:36 (5) 151:45

M45S

19th David Harrison 89:28 (27) 84:00 (20) 173:28

M50L

36th David Averill 85:03 (42) 89:43 (39) 174:46
 Paul Taylor 76:55 (32) - -

M55L

16th Mike Pedley 75:19 (21) 77:27 (16) 152:46

M65L

54th Neil Croasdell 108:35 (66) 114:10 (65) 222:45
 Richard Payne 66:28 (5) - -
 Ian Couch 89:31 (44) - -

M70L

6th Richard Spendlove 60:59 (5) 71:29 (10) 132:28
 18th Paul Jackson 73:04 (16) 89:01 (24) 162:05
 25th Keith Sykes 94:59 (31) 78:37 (18) 173:36

M70S

8th Fred Ross 74:44 (13) 70:06 (8) 144:50

M75S

1st Mike Thorpe 65:30 (1) 92:15 (3) 157:45

M80

Philip Thompson dns 74:41 (5) -
 Guy Goodair 92:05 (13) m3-9 -

W12A

15th Alexandra Crawshaw 37:15 (8) 57:08 (17) 94:23
 20th Anna Thorpe 46:39 (17) 63:03 (21) 109:42

W12B

5th Maebh Logue 17:33 (1) 67:10 (8) 84:43

W16A

21st Sarah Pedley 72:03 (16) 70:35 (23) 142:38
 30th Laura Harrison 89:59 (35) 71:08 (24) 161:07

W18L

5th Megan Harrison 74:00 (3) 82:16 (10) 156:16

W40L

7th Emma Harrison 78:04 (7) 103:10 (9) 181:14

W45L

22nd Esther Logue 81:56 (21) 84:54 (24) 166:50

W45S

19th Helen Martland 63:49 (13) 86:36 (29) 150:25

W50L

51st Helen Pedley 91:34 (43) 108:55 (59) 200:29

W55L

Julie Couch 72:43 (21) - -

W60S

Jane Payne 71:41 (13) - -

W65L

Gill Ross 94:20 (24) m8-12 -

Jackie Page 114:36 (30) m4-9 m11 -

W70L

6th Jean Lochhead 63:16 (3) 76:42 (9) 139:58

Corinne Roberts 90:13 (17) m9-13 -

W75L

7th Judith Goodair 94:22 (11) 93:51 (5) 188:13

Orange

1st Mathew Averill 32:02 (1) 30:55 (1)

White

Rhiannon Logue 20:47 (m9) 30:13 (17)

JK Relays, Storthes Hall - 28 Mar 16**Intermediate Women (W48-)**

11th 94.12 EPOC Wildcats 28.56 (7th) 28.20 (15th) 36.56 (12th)

Laura Harrison, Alex Crawshaw, Megan Harrison

Intermediate Men (M48-)

13th 84.52 EPOC Terriers 30.59 (17th) 18.41 (8th) 35.02 (12th)

Adam Thorpe, Sam Crawshaw, Sarah Pedley

Mini Relay

4th 42.39 EPOC Giants 13 Anna.25 (5th) 15.09 (6th) 14.05 (5th)

Euan Logue, Thorpe, Maebh Logue

YHOA URBAN LEAGUE – 2016For details go to www.yhoa.org.uk**Best 5 Events to count**

1	EPOC	Sowerby Bridge	07-Feb	
2	HALO	Freshney & Willows	22-May	UKUL05
3	CLARO	Ripon	29-May	
4	EBOR	York	30-May	
5	SYO	Attercliffe/Don Valley	05-Jun	
6	AIRE	Settle & Giggleswick	25-Jun	
7	EPOC	Huddersfield	03-Jul	
8	EBOR	Peasholme Park	22-Oct	
9	AIRE	Saltaire & Shipley	30-Oct	

YHOA SUPER LEAGUE - 2016

For further information go to www.yhoa.org.uk

For 2016 there will again be 9 events, with the best 5 scoring.

10 Jan 16	SYO Middle Distance Event (C) – Canklow, Rotherham	
10 Apr 16	YHOA Championships (B) – Londesborough Park, Market Weighton	
24 Apr 16	EBOR Regional Event (C) – White Horse, Thirsk	
8 May 16	YHOA Middle Distance Championships (C) – Harden Moor, Keighley	
26 Jun 16	The Dales Town and Country Weekend (B) – Yockenthwaite, Buckden	
2 Jul 16	EPOC Regional Event (C) – Farnley Tyas, Huddersfield	
28 Aug 16	White Rose Weekend (B) – Dalby Forest, Pickering	
25 Sep 16	CLARO Regional Event (C) – Harlow Carr & Hill, Harrogate	
6 Nov 16	SYO Regional Event (C) – Burbage, Sheffield	

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 – April to June 2016

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

www.britishorienteing.org.uk

Date	Club/Region	Type/Area	Location
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April

2	LOC/NWOA	Middle Distance, Tarn Hows	Coniston
3	LOC/NWOA	Holme Fell	Coniston
3	NOC/EMOA	Sherwood Pines	Ollerton
10	HALO/YHOA	YHOA Championships & Superleague, Londesborough Park	Market Weighton
16	CLOK/NEOA	Whitby Urban	Whitby
17	CLOK/NEOA	Northern Championships	Whitby
24	EBOR/YHOA	YHOA Superleague, White Horse	Thirsk
30	WMOA	British Championships, Brown Clee	Bridgnorth

May

1	WMOA	British Relays, Brown Clee	Bridgnorth
2	WCH/WMOA	Tamworth Urban Event	Tamworth
8	AIRE/YHOA	YHOA Middle Distance Championships & Superleague, Harden Moor	Keighley
15	SYO/YHOA	Regional Event & Yvette Baker Trophy Heat, Sandall Beat	Doncaster
21	MAROC/SOA	Scottish Championships, Balmoral	Braemar
22	HALO/YHOA	UK Urban League, Freshney & Willows	Grimsby
29	CLARO/YHOA	YHOA Urban League, Ripon Urban Event	Ripon
30	EBOR/YHOA	YHOA Urban League, York Urban Event	York

June

5	SYO/YHOA	YHOA Urban Sprint, Attercliffe/Don Valley	Sheffield
11	SEOA	British Sprint Championships, Olympic Park	London
12	SEOA	British Middle Distance Championships, Leith Hill	Dorking
18	EBOR/YHOA	EBOR Relays	York
19	EBOR/YHOA	EBOR Club Champs	York
25	AIRE/YHOA	Town & Country Weekend, YHOA Urban League, Settle & Giggleswick	Settle
26	AIRE/YHOA	Town & Country Weekend, YHOA Superleague, Yockenthwaite	Buckden

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