



Epistle



No. 238
August - September 2016



EPOC's YHOA Sprint Champions 2016

Gill Ross (WUV), William Martland (MYJ), Simon Martland (MV), Emma Harrison (WV),
Laura Harrison (WJ), Jonathan Emberton (MSV), Richard Payne (MUV)

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2015/2016

Chair	Vacant	
Secretary	Viv Barraclough	viv.barraclough@cantab.net
Treasurer	David Morgan	d345morgan@btinternet.com
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Fixtures Secretary	Davey Averill	daveyaverill@live.co.uk
Membership Secretary	Mike Pownall	mike58pownall@gmail.com
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	Paul Taylor	p.c.taylor@leeds.ac.uk
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	Pat Thorpe	nirvanalee@hotmail.co.uk
	Rod Shaw	margrod123@gmail.com
	Jean Lochhead	jean@lochheadj.fsnet.co.uk

OTHER CLUB OFFICIALS

Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Club Championship	Vacant	
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@leeds.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	aandrgreenwood@gmail.com
YHOA committee rep	Alistair Tinto	alistair.tinto@yahoo.co.uk

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

It has been a busy couple of months with the re-scheduled Compass Sport Trophy qualifying event at the beginning of June which saw EPOC qualify for the final on Sunday 16th October at Tankersley so please keep the date free in your diaries. Interestingly EPOC are currently leading the UK Orienteering League Club Competition so we really should be able to field a strong team for the Compass Sport Final, especially with it being literally on our doorstep.

The first weekend of July saw EPOC hosting the YHOA Schools Championships at Farnley Tyas on Saturday followed by Huddersfield Urban Event on Sunday, both areas newly mapped for orienteering. Farnley saw a good turnout of younger juniors for the school's event however a disappointing turnout of seniors on the longer courses. The urban event fared a bit better with entries.

Quite a few EPOCies headed to South Wales for Croeso 2016 during the last week of July with a mixed set of results between them. Other club members have headed further afield to Europe to get their fix of orienteering.

Have a great summer, wherever and whatever you are doing!
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 September 2016

Look forward to hearing from you!

What has your committee been doing?



There was no committee meeting in July. The next meeting will be on 14th September alongside the club AGM.



AGM

East Pennine Orienteering Club

Your Club Needs You!

SO PLEASE COME TO THE EPOC 2016 AGM



On Wednesday 14th September 2016 at 7pm
at Marsh Liberal Club, Huddersfield

Emails will be circulated round the club with further details!

The 2016 AGM will be held at the Marsh Liberal Club, 31 New Hey Road (A640), Huddersfield. Travelling from junction 23 of the M62 towards Huddersfield, Marsh Liberal Club is on the right approximately 200 metres after the first roundabout (near the hospital). The building is set back from the road and the car park is in front of the club.

We need as many club members as possible to attend: it is important for the committee to know what you want from the club.

Please come along and offer any help you may wish to give. We are not going to cajole you in to joining the committee unless you wish to, in which case, yes please. The role of Chair will need to be filled this year.



This year, again, the formal business of the AGM will be followed by a QUIZ and NIBBLES - teams of 4 (max) are needed so get together with your cleverest orienteering friends and win a prize! We promise the questions will be well easy this time.

The agenda for the AGM is as follows:

- | | |
|--------------------------------|---|
| 1. Apologies | 8. Election of officers |
| 2. Minutes of the 2015 AGM | - Chair |
| 3. Chairman's report | - Secretaries (membership and meetings) |
| 4. Secretary's report | - Treasurer |
| 5. Treasurer's report | - Fixtures Secretary |
| 6. Club fees for 2017 | - 4 executive committee members |
| 7. Fixtures secretary's report | - Hon. Auditor |
| | 9. Any other business |

Copies of the agenda, minutes and audited accounts will be available at the meeting

COMPASS SPORT TROPHY 2016

A big thank you to everyone who ran at the re-scheduled qualifying event at Timble in June. Despite running a somewhat depleted team due to the event clashing with school holidays, mountain marathons and weddings, EPOC came 2nd behind SROC. However, SROC won the Compass Sport Trophy in 2015 and the rules state that if they won their qualifying round this year the 2nd placed team would also qualify for the final. So please keep Sunday 16th October free to run for EPOC at the Compass Sport Final at Tankersley near Barnsley!

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 30th July) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos. ?	Name	M/F	Points	Contributing scores ?
1 (42)	James Logue	M	7995	1325, 1328, 1343, 1344, 1325, 1330
2 (103)	Alasdair Pedley	M	7804	1312, 1291, 1302, 1293, 1312, 1294
3 (157)	Andy Thorpe	M	7686	1261, 1271, 1320, 1291, 1272, 1271

Pos. 	Name	M/F	Points	Contributing scores 
4 (186)	Simon Martland	M	7637	1272, 1265, 1272, 1270, 1284, 1274
5 (262)	Jonathan Emberton	M	7522	1249, 1254, 1266, 1262, 1246, 1245
6 (328)	Mike Pedley	M	7430	1249, 1244, 1232, 1233, 1233, 1239
7 (349)	Paul Taylor	M	7411	1258, 1238, 1230, 1224, 1225, 1236
8 (355)	Phil Scarf	M	7406	1218, 1213, 1264, 1240, 1225, 1246
9 (704)	Richard Payne	M	7069	1168, 1169, 1171, 1218, 1172, 1171
10 (737)	David Averill	M	7050	1167, 1173, 1169, 1186, 1170, 1185
11 (813)	Emma Harrison	F	6993	1171, 1177, 1163, 1173, 1155, 1154
12 (898)	Graham Lloyd	M	6929	1154, 1172, 1165, 1153, 1140, 1145
13 (1060)	Amanda Crawshaw	F	6823	1114, 1138, 1123, 1121, 1165, 1162
14 (1097)	Alistair Tinto	M	6801	1128, 1144, 1141, 1119, 1127, 1142
15 (1119)	Richard Spendlove	M	6781	1148, 1114, 1126, 1115, 1136, 1142
16 (1194)	Julie Couch	F	6724	1117, 1101, 1108, 1123, 1152, 1123
17 (1384)	Megan Harrison	F	6586	1105, 1095, 1091, 1095, 1100, 1100
18 (1391)	Jackie Scarf	F	6579	1086, 1129, 1055, 1116, 1157, 1036
19 (1411)	Esther Logue	F	6565	1107, 1100, 1127, 1066, 1077, 1088
20 (1522)	Ian Couch	M	6487	1092, 1077, 1069, 1097, 1076, 1076
21 (1600)	Simon Bourne	M	6428	1288, 1274, 1279, 1294, 1293
22 (1739)	James Williams	M	6344	1300, 1235, 1286, 1242, 1281
23 (1819)	David Harrison	M	6284	1058, 1044, 1081, 1044, 1025, 1032
24 (1854)	Helen Pedley	F	6259	1024, 1028, 1030, 1036, 1114, 1027
25 (1877)	Paul Jackson	M	6248	1064, 1026, 1030, 1044, 1046, 1038
27 (2421)	Helen Martland	F	5799	963, 955, 960, 989, 963, 969
28 (2457)	Neil Croasdell	M	5770	931, 993, 931, 993, 945, 977
29 (2484)	Jean Lochhead	F	5745	949, 952, 967, 1001, 937, 939
30 (2560)	Gill Ross	F	5667	956, 935, 963, 933, 929, 951
31 (2597)	Joanna Emberton	F	5627	952, 905, 938, 964, 910, 958
32 (2652)	Guy Goodair	M	5547	914, 911, 912, 922, 949, 939
33 (2722)	Rod Shaw	M	5469	930, 921, 928, 931, 884, 875
34 (2799)	Mike Thorpe	M	5368	1002, 903, 852, 845, 916, 850

Pos. 	Name	M/F	Points	Contributing scores 
35 (2894)	Fred Ross	M	5219	906, 885, 855, 851, 852, 870
36 (2941)	Philip Thompson	M	5152	872, 864, 854, 843, 846, 873
37 (2982)	Judith Goodair	F	5084	821, 864, 861, 831, 856, 851
38 (3001)	Brian Mellor	M	5044	956, 1000, 897, 1046, 1145
39 (3056)	Jane Payne	F	4959	805, 803, 811, 872, 847, 821
40 (3057)	Bob Steeper	M	4958	913, 814, 840, 645, 876, 870
41 (3145)	Juliet Morgan	F	4807	840, 808, 822, 787, 776, 774
42 (3150)	Jackie Page	F	4801	762, 758, 836, 905, 776, 764
43 (3161)	Linda Hayles	F	4786	833, 1000, 906, 823, 785, 439
44 (3209)	Rebecca Lloyd	F	4684	785, 787, 712, 823, 782, 795
45 (3275)	Corinne Roberts	F	4540	750, 668, 859, 740, 766, 757
46 (3331)	Matthew Tinker	M	4409	1097, 1104, 1131, 1077
47 (3387)	Margaret Shaw	F	4274	723, 714, 665, 706, 779, 687
48 (3420)	Pat Aspinall	F	4219	709, 742, 597, 703, 759, 709
49 (3466)	David Morgan	M	4103	775, 751, 760, 656, 589, 572
50 (3699)	William Barraclough	M	3465	1147, 1170, 1148
51 (3747)	Viv Barraclough	F	3359	1057, 1196, 1106
52 (4253)	Bryan Parkinson	M	2133	1094, 1039
53 (4314)	John Rawden	M	2034	1030, 1004
54 (4428)	Robert Page	M	1838	893, 945
55 (4477)	Paulette Noot	F	1720	640, 464, 265, 351
56 (4706)	Adam Breaks	M	1167	1167
57 (5069)	John Elliott	M	890	890
58 (5132)	Michael Wood	M	842	842
59 (5161)	Tom Crawshaw	M	815	815
60 (5218)	Raymond Stone	M	755	755
61 (5355)	Sue Levinson	F	551	551
62 (5440)	Pat Thorpe	F	169	28, 46, 95

UK Orienteering League - Club League

Rank	Club	Points	Contributing members
1	EPOC	4886	Andy Thorpe (M45), Gill Ross (W65), Sarah Pedley (W16), Mike Pedley (M55), Alasdair Pedley (M18), Richard Payne (M65), Simon Martland (M50), James Logue (M45), Jean Lochhead (W70), Laura Harrison (W16), Emma Harrison (W40), Judith Goodair (W75), Guy Goodair (M80), Jonathan Emberton (M55), Amanda Crawshaw (W45)

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

EVENT REPORTS AND RESULTS

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

BAOC Military League North, Ripon City Centre - 1 Jun 16

Blue 6.3km		Light Green 4.4km	
39 Neil Croasdell	66.06	3 Guy Goodair	52.45
Red 4.3km		11 Judith Goodair	66.07
9 Sue Levinson	70.46		

CLARO CompassSport Cup, Timble Ings - 4 Jun 16

Brown 9.7km 260m		Veteran Short Green 3.8km 110m	
15 Davey Averill	116.19	10 Paul Jackson	62.48
Adam Breaks	rtd	15 Mike Thorpe	69.18
Short Brown 7.9km 22m		17 Jean Lochhead	70.59
2 James Logue	59.09	21 Judith Goodair	75.59
22 David Harrison	115.23	22 Gill Ross	76.28
		24 Rod Shaw	83.36
Blue Women 6.5km 160m		26 Fred Ross	90.05
6 Emma Harrison	70.26	27 Guy Goodair	92.35
Blue Men 6.6km 160m		32 Jackie Page	98.59
4 Jon Emberton	59.30	39 Phil Thompson	117.52
11 Mike Pedley	71.02	40 Maggie Shaw	122.26
31 John Rawden	96.38	Corinne Roberts	rtd
37 Bob Steeper	120.20	Junior Men 4.7km 120m	
Green Women 4.1km 140m		1 Alasdair Pedley	36.18
6 Esther Logue	50.06	Junior Women 3.8km 110m	
9 Helen Pedley	56.56	9 Megan Harrison	62.11
16 Julie Couch	60.07	10 Laura Harrison	64.02

Green Men 4.7km 120m

3= Richard Payne	48.22
20 Ian Couch	62.33
28 Neil Croasdell	71.30

Light Green 3.2km 85m

2 Matthew Averill	46.19
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Yellow 2.4km 65m

2 Maebh Logue	36.21
3 Euan Logue	38.23

White 2.1km 40m

1 Rhiannon Logue	20.11
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SYO Yorkshire Sprint Championships, Attercliffe - 5 Jun 16

		Prologue	Final
MYJ			
1 William Martland	28:29	12:56(1)	15:33(3)
MV			
1 Simon Martland	45:58	25:43(4)	20:15(1)
13 David Harrison	65:50	34:59(15)	30:51(13)
MSV			
1 Jonathan Emberton	40:51	23:15(1)	17:36(1)
3 Mike Pedley	42:42	24:29(3)	18:13(2)
MUV			
1 Richard Payne	32:59	16:29(1)	16:30(1)
12 Neil Croasdell	49:08	25:35(14)	23:33(12)
14 Rod Shaw	59:35	29:26(17)	30:09(16)
15 Fred Ross	63:41	31:18(18)	32:23(17)
Guy Goodair		mp3	25:22(14)
WJ			
1 Laura Harrison	25:07	11:47(1)	13:20(1)
WO			
9 Megan Harrison	54:38	31:18(10)	23:20(9)
WV			
4 Emma Harrison	48:43	27:39(4)	21:04(3)
9 Helen Martland	63:44	36:41(10)	27:03(7)
WSV			
7 Jane Payne	54:19	26:14(8)	28:05(7)
WUV			
2 Gill Ross	51:14	25:44(3)	25:30(2)
3 Judith Goodair	58:26	31:01(4)	27:25(3)
Jean Lochhead		23:18(2)	m12

British Sprint Championships, Queen Elizabeth Olympic Park - 11 Jun 16

	Prologue	Heat	Final	Class
M12				
Sam Crawshaw	14.31 1 st	3	17.40 3 rd	A
William Martland	17.37 5 th	3	22.43 11 th	A
M14				
Adam Thorpe	14.22 1 st	1	17.17 2 nd	A
Mens Open				
Alasdair Pedley	17.03 16 th	1	16.26 24 th	B
M45				
James Logue	15.44 1 st	2	15.18 1 st	A
Andy Thorpe	15.13 1 st	3	19.11 12 th	A
M50				
Simon Martland	14.27 2 nd	1	17.58 3 rd	A
Paul Taylor	17.08 dsq	2	16.33 3 rd	C

M55				
Jonathan Emberton	15.45 1 st	3	17.16 4 th	A
Mike Pedley	16.29 4 th	2	17.41 7 th	A
M65				
Richard Payne	13.15 2 nd	3	15.34 3 rd	A
M70				
Keith Sykes	18.30 6 th	3	21.32 7 th	A
Fred Ross	28.06 9 th	3	23.24 8 th	B
David Morgan	25.42 10 ⁺	1	28.51 12 th	B
M75				
Mike Thorpe	23.51 10 th	2	17.58 2 nd	B
M80				
Guy Goodair	18.46 1 st	1	21.31 1 st	A
W12				
Alex Crawshaw	15.56 4 th	1	17.46 3 rd	A
Anna Thorpe	21.48 8 th	2	15.34 5 th	B
W16				
Sarah Pedley	18.35 4 th	1	19.36 3 rd	A
Laura Harrison	19.05 16 th	1	18.43 4 th	B
Womens Open				
Megan Harrison	21.18 21 st	1	21.26 7 th	C
W40				
Emma Harrison	19.54 2 nd	2	21.22 6 th	A
W45				
Amanda Crawshaw	15.59 3 rd	1	21.22 4 th	A
Helen Martland	21.10 11 th	1	19.33 6 th	B
W50				
Helen Pedley	18.14 8 th	3	17.55 mp	B
W60				
Jane Payne	19.49 12 th	2	19.38 9 th	B
W65				
Gill Ross	19.03 7 th	1	19.53 12 th	A
W70				
Juliet Morgan	20.51 3 rd	2	24.59 6 th	A
W75				
Judith Goodair	21.06 1 st	1	21.21 1 st	A

British Middle Distance Championships, Leith Hill - 12 Jun 16

M12		M75	
2 Sam Crawshaw	17:42	Mike Thorpe	rtd
M14		M80	
Adam Thorpe	rtd	Philip Thompson	rtd
M18		W12	
3 Alasdair Pedley	51:00	14 Anna Thorpe	40:26
M45		W16	
9 James Logue	45:59	11 Laura Harrison	79:48
10 Andy Thorpe	46:24	W18	
M50		10 Megan Harrison	70:55
19 Paul Taylor	57:41	W40	
M55		9 Emma Harrison	71:38
5 Mike Pedley	48:33	W45	
7 Jonathan Emberton	49:13	2 Amanda Crawshaw	48:06
M70		W65	
26 Fred Ross	100:03	11 Gill Ross	71:44

BAOC Military League North, Coatham Woods - 15 Jun 16

Blue 7.8km

Paul Jackson retired

Red 5km

1 Guy Goodair 64.04

7 Judith Goodair 96.59

SELOC Horwich Festival of Racing, Urban Sprint - 19 Jun 16

Mens Senior Vet	Queens Park Prologue	Horwich Final	Total
1 Mike Pedley	15:11(1)	13:46(2)	28:57
Mens Ultravet			
11 Guy Goodair	23:11 (12)	14.49 (11)	38:00
Womens Ultravet			
2 Judith Goodair	24:11 (2)	16:10 (2)	40:21

Jukola 2016

Amanda Crawshaw

I fell in love with the Jukola about a year ago when I saw the drone footage of the mass start in 2015, so when my friend Nige suggested a team go out there to celebrate his 50th birthday I was over the moon.

The Jukola is a 7 person relay held in Finland each year, the start of the race is at 11pm, with the first 2, 3 or 4 legs run in the dark.

After birthday frivolities in Helsinki on Friday night, where the 'club' kit was unveiled, we set off on the long drive to our destination, a remote forest 20km from the Russian border.

The journey established the running order and I was lucky enough to get the first leg – 11km of Finnish forest in the dark!!

The arrival of 20,000 + people had left the rain soaked assembly areas in an interesting state, but the restaurants, shops, tv cameras, commentary boxes, stages, bridges and thousands of tents were all there to welcome us. They had lost permission for the parking fields due to the heavy rain (which never stopped!), can you imagine trying to park 10,000 cars on forest roads? Three of us prepared for the 11pm start as the rest of the team tucked into the army tent for a few winks of sleep before their turn. I was excited and slightly nervous about the challenge in front of me, my comfort being the 4 torches I had in my bum bag in case of a malfunction or 2!!

Through the check tent with ease (how do they do that for so many people – nearly 2000 on first leg?) and into the start pen. I stand by my team number on the ground, I'm right at the back with the pantomime elks and the like, but I know world champions are in the pen with me and that's exciting. 2 minutes to go, cag off, specs on, light adjusted (a few thousand times), 1 minute to go maps issued and tapes removed, 30 seconds to go the sky lights up with 2000 head torches – I'm emotional just remembering the sight, 5,4,3,2,1 rapid gunfire from the army and we're off, Benny Hill theme tune blasting out, tv cameras everywhere, big screens lining the runout and ten deep spectators shouting, hooting and clapping.

It takes a good 5 minutes to get to the start kite, it's very dark and the forest awaits me. I unfold the A2 map and agree with myself to only look at one leg at a time to save being over faced, leg 1 is huge and through low vague trees, bog and green stuff – I'm over faced! But there's a road before the control, so I set my compass and head out, having shaken off the pantomime elk I start to move up the field. Nige and Sophie are out there too, they started 1000 people in front and I think they have found a train of similar speed people.

It's like a psychedelic experience with the torch light bouncing around the heavy rain on my glasses, but I keep going. Here's the road, back into the forest and bang there it is. I resist the desire to kiss the kite as I set my compass for number 2, my brain forgets its dark now and I settle into the race. I have to keep leaving the train of people to keep my pace, which means I'm alone a lot and make a few mistakes here and there. The gaffles and planning are clever catching me out at 4, 5, 6 and 12. The terrain is complex but runnable, it's marshy and there are rocky craggy areas, visibility is low.

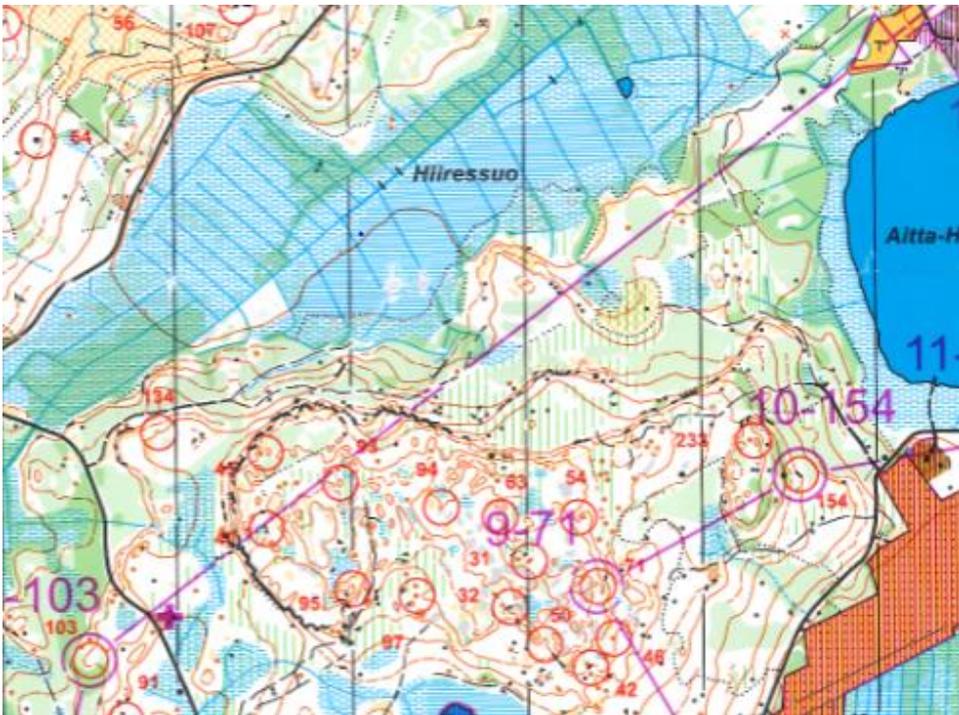
It's so beautiful and peaceful and there's some iridescent moss looking like snow, I love it so much. Occasionally I get on an elephant track and the elite second leg runners are there, they say thank you as I let them go by, crikey they can move and I think how polite as I see their lights disappear.

The spectator control takes me on a run through the assembly, but in the dark, rainy night I have no idea where, I've done 8km and it's hard to leave for the final 3. I loose concentration big style, tripping and stumbling, I really have to dig deep to get to the end. Last control wow I've done it, the arms of my leg 1 buddies are aloft, we're over the moon. Through the knee deep mud which is the run in, over the bridge (nearly kills me), punch the finish; pick up the map for leg2, quick hug, few tears and I watch the light trot away.

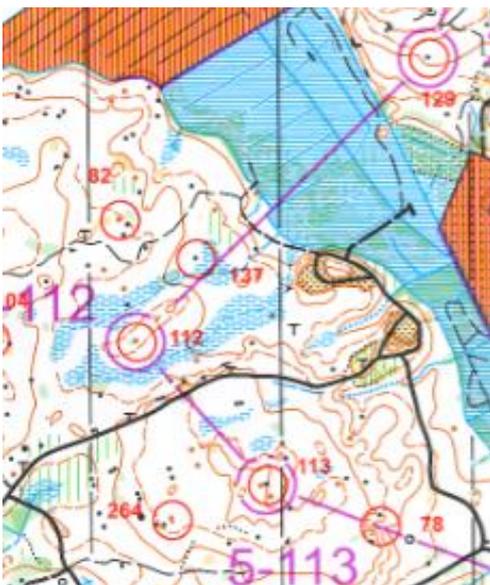
I decide to miss out on sleep to see all the action. Here comes Daniel Hubmann and Thierry on last leg through spectator and then finish in 1st and 3rd, I see my team mates through, the tv interviews, the mini mass start for around 2000 people, all with a cup of tea in my hand and a big smile of my face as the sun comes up.

It's amazing, you should do it and I can sleep on the plane, which I do...





Start to No 1



3 - 4 - 5



8 - 9 - 10

AIRE YHOA Urban League, Giggleswick & Settle- 25 Jun 16

MYJ

1 William Martland 8.28

MVet

6 Simon Martland 50.27

7 Andy Thorpe 52.37

Mens UVet

2 Richard Payne 36.09

4 Dick Spendlove 36.32

Mike Thorpe m6 m14

WYJ

1 Anna Thorpe 10.19

WVet

9 Helen Martland 65.28

WUVet

4 Jean Lochhead 54.18

AIRE Dales Weekend, Yockethwaite - 26 Jun 16

Short Brown 8km 245m

7 Andy Thorpe 77.37

Blue 6.08km 170m

9 Adam Thorpe 60.15

Short Blue 5.38km 150m

3 Dick Spendlove 47.30

12 Ian Couch 56.11

Green 4.7km 110m

2 Sam Crawshaw 41.02

7 Amanda Crawshaw 48.08

12 Paul Jackson 52.19

14 Julie Couch 53.03

17 Keith Sykes 54.44

Short Green 3.9km 95m

9 Mike Thorpe 56.51

Orange 3.26km 75m

2 Alex Crawshaw 34.08

4 Anna Thorpe 47.31

rtd Pat Thorpe

Antwerp Sprint Orienteering Meeting 2016

Guy Goodair

This year's meeting took place in the northern part of the city with the Saturday sprints being on the west bank of the River Schelte and Sunday's City race on the east. We were staying in the old town so on Saturday we had to walk in the tunnel some 30metres below the river to get to the west bank. I'd won a free entry from last year's City Tour so we'd just Judith's entry to pay for (30 euros for all 3 races which also including a technical t-shirt).

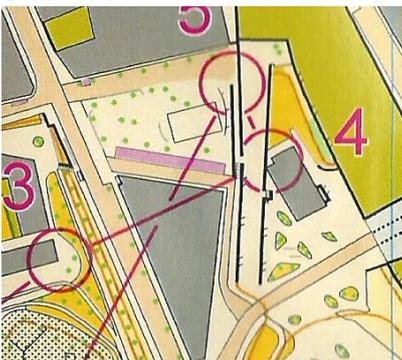
The first race was in Antwerp Plage where all the yachts are moored and was mostly open parkland before coming into residential housing for the last few controls. No real route choice – it was 'straight' most of the time and suited pure runners. The races are run a bit like the Tour de France with the leader (in each class) being awarded the yellow jersey. There are two sprint stages in each race one from the last control to the finish and the other somewhere on the course – where there is a statue of a runner wearing a green jersey to the next control. These two leg times being added together to decide the green jersey winners – just two in the whole competition – one man, one woman – which for old gits like us makes it a bit academic. About 3 hours after the first race the second one started (same finish area) but a completely different starting point and area (Antwerp Chicago) again lots of grassy areas but far more buildings, route choice and some tricky control placings. We didn't hang around after the race as it started to rain and we'd a 40 minute walk back to the hotel, quick shower and out for dinner.

Sunday we drove up to the event centre which was not too far from the Red Line Museum and docks area. It was a lovely sunny morning and I'd a fairly early start (10.38) and was lucky that it only started to rain as I was approaching the last control. By the time I'd finished and downloaded it was pouring down and Judith starting about 20 minutes later than me came in looking like a drowned rat, then the thunder and lightning started!!

The course started in a grassy area before going into the streets then back to open grass onto the dock side then finishing in a modern building area.

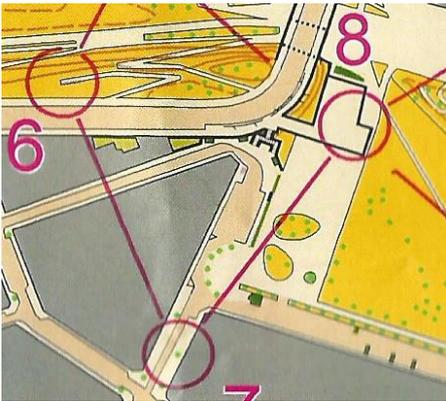
There were several tricky control placings to catch out the unwary – two caught me and two didn't

3 to 4



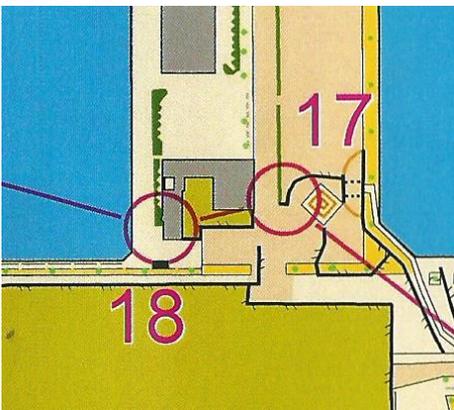
I went to the north of the triangular building, up the steps – no kite in view so it must be below the road approached from the north and down the grass.

7 to 8



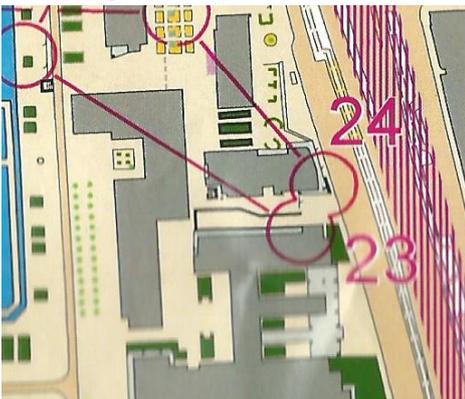
Messed this one up – didn't read the description – Outside corner – went to the inside corner before realising it was up above me!! Quick dash back to the steps but this cost me over a minute.

16 to 17



Ok with this one – realised it was inside the fence so stayed on the grass by the quay side and came in from the North. A few runners near me went through the tunnel then had to backtrack. From 17 I followed the hedge north to the gap to go to 18.

22 to 23



Another mistake – careless map reading (and not bothering to read control description) – thought it was the wall end, nothing there then I realised that wasn't the centre of the circle. Had to backtrack up the wall and down under the canopy to the building end.

All the race numbers are put in a box then a lottery draw is made – Judith won a Nike ladies UPF race top, so we didn't come away empty handed. Can thoroughly recommend this weekend.

Antwerp Sprint Orienteering Meeting - 25 & 26 Jun 16

	Sprint 1	Sprint 2	City Race
W Supervet			
Linda Hayles	21.24 (14)	20.18 (18)	48.38 (16)
W Ultravet			
Judith Goodair	30.51 (8)	25.04 (9)	56.44 (7)
M Ultravet			
Neil Croasdell	19.53 (13)	22.00 (14)	50.50 (13)
Guy Goodair	22.42 (18)	24.22 (19)	51.40 (14)

EPOC YHOA Schools Championships & Colour Coded Event, Farnley Tyas - 2 Jul 16

Blue 6.7km 320m

3 David Averill	75.24
4 Dick Spendlove	85.58
6 Rod Shaw	147.47

Green 4.8km 225m

1 Richard Payne	46.09
5 Paul Jackson	64.42
9 Keith Sykes	74.36
10 Helen Martland	84.48

Light Green 4.3km 110m

1 Sarah Pedley	30.07
3 Laura Harrison	35.03
6 Mike Thorpe	48.33

Orange 3.7km 105m

9 Pat Thorpe	130.56
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Yellow 2.5km 55m

2 Sam Crawshaw	12.46
8 Alex Crawshaw	16.53
10 William Martland	19.12
23 Seth Barraclough	25.36

White 1.5km 35m

7 Luke Barraclough	9.49
27 Joseph Barraclough	15.55

SYO Trial British Mixed Sprint Relay Championships, The Edge Campus - 2 Jul 16

YJ 12-

2 SYOunkers 65.18 (Alex Crawshaw 15.31)
retired EPOCal sprinters (Sam Crawshaw 11.23)

VET 40

1 SYOungish Blood 49.59 (Paul Taylor 16.30)
3 AAOC Moosetastic 52.39 (Amanda Crawshaw 18.00)
n/c Smarties 54.05 (Simon Martland 14.19, Helen Martland 19.35, William Martland 20.11)

EPOC YHOA Urban League, Huddersfield - 3 Jul 16

MYJ

1 Luke Barraclough	13.28
2 William Martland	14.55
3 Seth Barraclough	16.53
4 Joseph Barraclough	21.52

MJ

4 Thomas Brandon	68.07
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Mens Vet

2 Simon Martland	35.29
6 Paul Taylor	40.46
11 Graham Lloyd	46.45
13 David Harrison	50.03

Mens Super Vet

1 Mike Pedley	33.17
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Mens Ultra Vet

2 Dick Spendlove	34.51
12= Keith Sykes	46.55
15 Rod Shaw	50.42
19 Mike Thorpe	66.02
mp Guy Goodair	51.14

WJ

1 Laura Harrison	27.48
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Womens Open

4 Megan Harrison	51.54
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Womens Vet

2 Emma Harrison	37.27
3 Viv Barraclough	37.29
12 Helen Martland	51.58
14 Rebecca Lloyd	43.14

Womens Ultravet

3 Jackie Page	42.35
5 Judith Goodair	48.42

Italian 5 Days, Conca del Tesino - 3 to 7 Jul 16

W50

	Day 1	Day 2	Day 3	Day 4	Day 5
Linda Hayles	01.41.30 (12)	mp	00.24.41 (6)	01.24.19 (10)	01.40.12 (11)

M65

20 Neil Croasdell	01.25.11 (27)	01.56.04 (34)	00.29.30 (27)	01.04.01 (29)	01.08.18(25)
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MDOC Twin Peaks NW Sprint Champs, Offerton - 9 Jul 16

M12

	Race 1	Race 2	Overall
1st William Martland	18:12 (1)	No race	18:12

M50

1st Simon Martland	12:42 (1)	12:34 (1)	25:16
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M55

4th Mike Pedley	15:12 (6)	13:14 (3)	28:26
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M80

1st Guy Goodair	13:57 (1)	13:55 (1)	27:52
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W45

3rd Helen Martland	19:00 (3)	20:23 (3)	39:23
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W65

10th Jackie Page	17:29 (9)	16:36 (9)	34:05
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W70

1st Jean Lochhead	14:25 (1)	13:48 (1)	28:13
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W75

1st Judith Goodair	16:16 (1)	20:41 (1)	36:57
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MDOC Twin Peaks Manchester Urban, UK Urban League Event - 10 Jul 16

Young Junior Men

3 William Martland	7.37
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M 40+ Vet

5 Simon Martland	49.26
w22 Graham Lloyd	69.00

M55+ Supervet

3 Mike Pedley	41.43
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M65+ Ultravet

24 Guy Goodair	50.31
33 Fred Ross	68.45

W40+ Vet

28 Rebecca Lloyd	89.45
29 Helen Martland	92.52

W65+ Ultravet

6 Jean Lochhead	38.44
10 Judith Goodair	47.30
11 Gill Ross	47.56
12 Jackie Page	49.10

Sprint Scotland 16 & 17 July 16

WRE Event, Hallglen - 16 July 16

	Event 1 East	Event 2 West
	WUV	
Judith Goodair	6 th (38.23)	5 th (21.47)
	MUV	
Guy Goodair	mp (21.29)	13 th (19.32)

SOA WRE Event, Grangemouth - 17 Jul 16

WUV

4 Judith Goodair	21.12
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MUV

13 Guy Goodair	19.32
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NOC East Midlands Urban League, Nottingham - 17 Jul 16

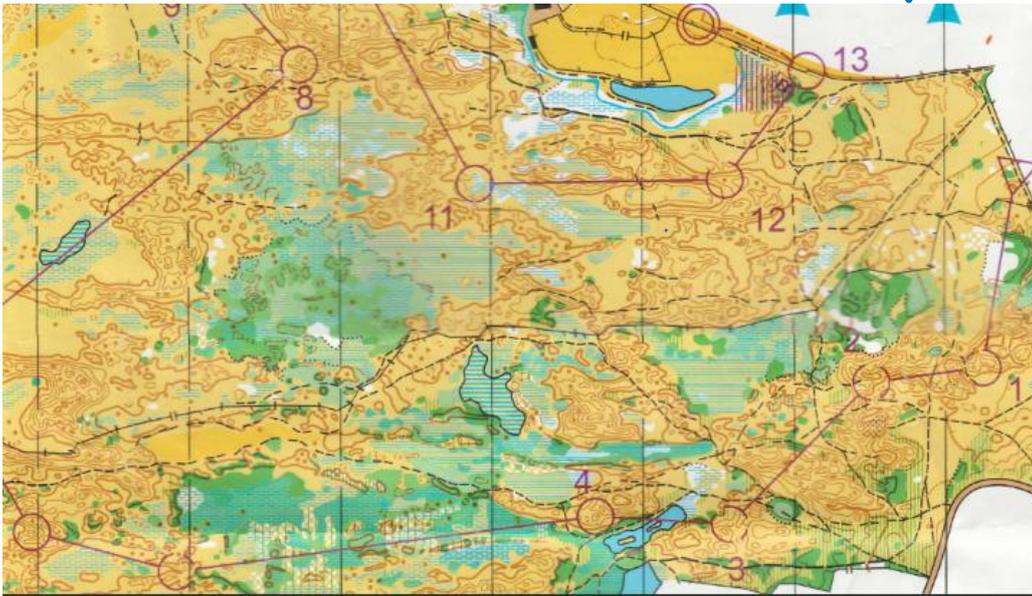
WUV Length 3.6km, 13 controls

2 Jean Lochhead	48.07
5 Jackie Page	53.56

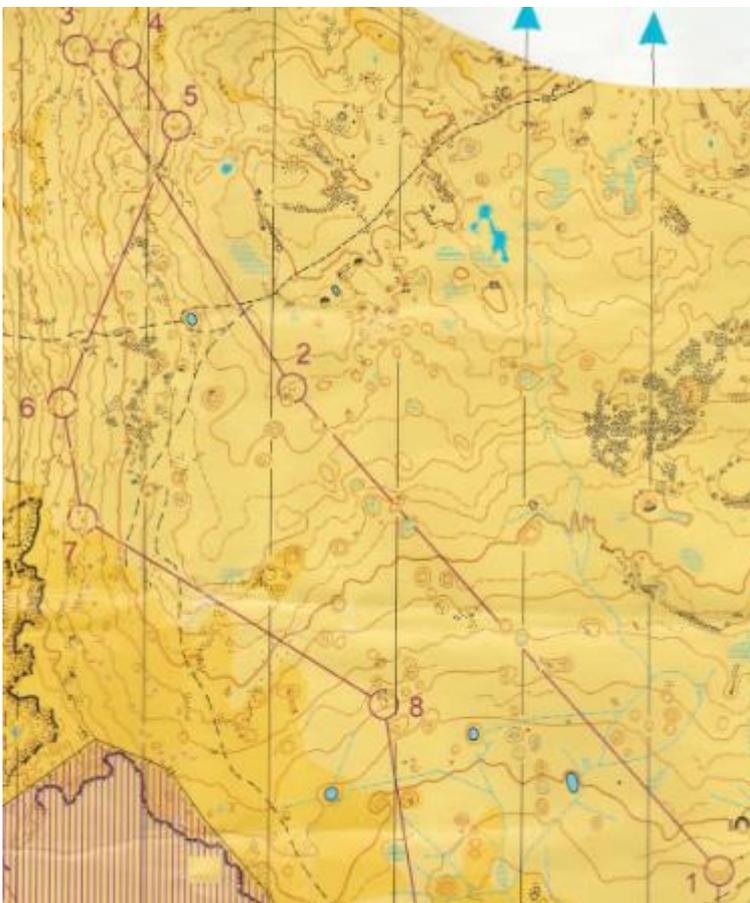
Swiss O Week, St Moritz - 17 to 23 Jul 16

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
W50						
Linda Hayles	rtd	81 (70.31)	84 (127.55)	out of time	abandoned	73(90.54)
W55						
Julie Couch	26 (66.49)	31 (42.30)	23 (70.57)	23 (70.01)	abandoned	29(56.26)
M65						
Ian Couch	rtd	70 (48.26)	76 (90.21)	63 (77.47)	abandoned	51(73.29)
Neil Croasdell	106 (128.04)	114 (77.10)	115 (135.04)	mp	abandon	94(115.09)

Croeso - 24 to 29 July 2016



Day1 - Kenfig



Day 4 - Mynydd Llangynidr

Days 1 & 2 Kenfig Burrows, Day 3 Margam North, Day 4 Mynydd Llangyndir, Day 5 Margam Country Park

	Day 1	Day 2	Day 3	Day 4	Day 5	Total (best 4)
M14A						
1 Adam Thorpe	29.56 (1) 1537.0	39.26 (15) 1297.5	32.01 (1) 1493.9	25.20 (3) 1444.2	30.47 (3) 1423.7	5898.8
M18A						
1 Alasdair Pedley	54.33 (1) 1349.7	41.44 (2) 1309.2	57.51 (3) 1363.5	49.25 (1) 1370.6	dns	5393.0
M35S						
8 Mathew Tinker	dns	38.27 (6) 1230.1	dns	dns	52.59 (2) 1286.8	2516.9
M45L						
28 Andy Thorpe	55.12 (5) 1343.7	40.34 (19) 1225.1	62.16 (2) 1326.4	dns	dns	3895.2
M45S						
21 David Harrison	mp	54.44 (23) 967.5	88.52 (22) 1029.8	79.03 (21) 813.6	85.44 (21) 938.8	3749.7
M50S						
5 Graham Lloyd	42.45 (7) 1374.7	30.32 (6) 1345.3	46.04 (6) 1343.8	37.25 (6) 1328.3	47.17 (6) 1320.9	5392.1
M55L						
6 Mike Pedley	48.56 (4) 1345.0	39.11 (12) 1292.7	64.26 (9) 1257.8	48.29 (4) 1329.4	56.37 (13) 1238.9	5224.9
M65L						
8 Richard Payne	48.28 (7) 1340.3	43.04 (24) 1210.9	53.32 (4) 1355.9	52.41 (34) 1159.3	61.01 (18) 1203.9	5111.0
M70S						
12 Fred Ross	79.54 (12) 918.0	37.34 (4) 1289.7	52.23 (5) 1220.1	51.32 (13) 999.1	65.19 (17) 832.7	4426.9
M75L						
12 Rod Shaw	54.45 (2) 1273.5	49.24 (9) 1063.5	69.42 (17) 1014.4	51.22 (13) 1058.8	69.04 (16) 998.8	4410.2
24 Brian Mellor	59.50 (6) 1219.9	dns	68.29 (15) 1029.0	dns	mp	2248.9
30 Mike Thorpe	mp	dns	dns	dns	dns	0
M80L						
9 Guy Goodair	69.06 (12) 4044.0	49.17 (8) 1043.0	63.47 (9) 1083.1	53.58 (9) 958.9	67.22 (9) 993.0	4163.1
15 Philip Thompson	69.29 (12) 1047.5 1074.5	49.17 (8) 1022.3 1022.3	63.47 (9) mp	53.58 (9) dns	67.22 (9) 72.29 (11) 928.0	3024.8
W16A						
3 Sarah Pedley	51.56 (4) 1345.2	40.47 (10) 1192.4	61.38 (9) 1245.4	55.53 (2) 1290.3	55.05 (6) 1264.5	5145.4
12 Laura Harrison	85.50 (14) 986.6	46.49 (12) 1095.2	84.21 (18) 1022.5	65.23 (8) 1195.2	74.10 (13) 1061.7	4374.6
W18A						
6 Megan Harrison	72.52 (7) 1141.8	56.08 (9) 1051.6	63.42 (6) 1225.1	60.31 (7) 1243.9	85.53 (10) 923.0	4662.4
W40L						
2 Emma Harrison	51.42 (2) 1347.5	39.33 (3) 1263.1	53.42 (3) 1323.2	51.43 (2) 1332.0	58.01 (5) 1235.7	5265.8

W50S

2 Helen Pedley	42.08 (3)	34.25 (8)	41.04 (3)	52.53 (6)	36.17 (1)	
	1358.5	1286.5	1356.2	1307.0	1388.4	5410.1
12 Rebecca Lloyd	46.41 (5)	43.06 (18)	54.45 (14)	42.58 (18)	61.27 (17)	
	1305.5	1144.3	1191.7	1140.5	1068.3	4782.0

W60S

11 Jane Payne	41.50 (7)	48.52 (12)	36.51 (5)	28.58 (7)	48.21 (13)	
	1325.3	1121.1	1308.4	1283.3	1097.0	5038.1

W65L

27 Gill Ross	78.04 (22)	57.55 (26)	57.32 (13)	63.00 (31)	84.35 (31)	
	1027.9	927.9	1160.3	879.7	807.6	3995.8
32 Margaret Shaw	93.05 (34)	68.19 (33)	100.16 (38)	49.07 (20)	98.20 (36)	
	869.8	762.3	647.9	1093.5	638.1	3373.5

W75L

6 Judith Goodair	86.52 (6)	61.22 (6)	59.47 (1)	61.56 (6)	57.40 (7)	
	836.8	934.7	1131.2	827.4	951.9	3854.6

YHOA URBAN LEAGUE – 2016

For details go to www.yhoa.org.uk Best 5 Events to count, remaining events:-

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 Best 5 Events to count, remaining events:-

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
18 Dec 16	EPOC Regional Event (C) – Storthes Hall

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 – August to October 2016

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

Date	Club/Region	Type/Area	Location
August			
26-29	EBOR/YHOA	White Rose Weekend	Pickering
September			
3	DEE/NWOA	Liverpool Big Weekend, Ainsdale Dunes	Formby
4	SELOC/NWOA	Liverpool Big Weekend, Liverpool Urban Event	Liverpool
4	CLOK/NEOA	South Gare Dunes	Redcar
10	SLOW/SEOA	London City Race	
11	SYO/YHOA	Wombwell Regional Event	Barnsley
11	LEI/EMOA	Peter Palmer Junior Relays, Ratby Woodlands	Leicester
17	PFO/NWOA	PFO Hotpot Weekend, Todmorden Urban	Todmorden
18	PFO/NWOA	PFO Hotpot Weekend, Hurstwood	Burnley
25	CLARO/YHOA	YHOA Superleague, Harlow Hill	Harrogate
25	DVO/EMOA	Chinley Churn	New Mills
October			
2	HALO/YHOA	Regional Event	Scunthorpe
8	LEI/EMOA	British Schools Score Championships, Bagworth Common and Woods	Leicester
8	NATO/NEOA	October Odyssey, Simonside	Rothbury
9	NATO/NEOA	October Odyssey, Slaley Hall Estate	Hexham
15	EPOC 	Regional Event	Huddersfield
16	SYO/YHOA	Compass Sport Final, Tankersley	Barnsley
22	EBOR/YHOA	YHOA Urban League, Peasholme Park	Scarborough
23	EBOR/YHOA	Raincliffe Woods	Scarborough
29	EBOR/YHOA	York Indoor Orienteering Cup	York
30	AIRE/YHOA	YHOA Urban League, Saltaire and Shipley	Shipley

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