



# Epistle



No. 240  
December 2016 - January 2017



*Photo: Eborienteers*

**Fred Ross ponders the best route at the York Indoor Cup**



# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

## OFFICERS AND COMMITTEE 2016/2017

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## OTHER CLUB OFFICIALS

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**EPOC WEBSITE** [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)

### EDITORIAL

It's hard to believe it's this time of year again already. EPOC have had a busy year with the JK in Yorkshire at Easter and the Compass Sport final also in Yorkshire in October where we fielded a really strong team with 47 members running at the event. As such EPOC came 3<sup>rd</sup> overall which was an excellent result. Impressively we had 12 juniors running which is the most we have had in a long time. Several club members were also selected for England teams at Interland and Home Internationals as well as juniors being selected for training camps and competitions during 2016.

Don't forget EPOC's usual pre-Christmas events with a night and day event at Storthes Hall on 17 and 18 December.

Have a great Christmas and New Year!

Emma Harrison

### CHAIR'S CHAT

For the second year running no-one stood for club chair so for now there will continue to be no Chair's Chat.

## 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 January 2017

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 November 2016

Marsh Liberal Club



Apologies; Paulette, Paul, Ian McMillan (EGM)

1. Extraordinary General Meeting called to address need to amend the EPOC constitution to include the safeguarding wording. This was unanimously approved. The constitution, with the new section 11, can be viewed under "O tech" on the EPOC website.

2. Treasurer's report... had been previously circulated. David pointed out that the club is now losing money. Some more money is to come from the JK. YHOA Junior Squad are to use their JK money to buy E-equipment.

3. Fixtures: Davey has spoken to Mike Cope and got many dates planned for 2017 and beyond:-

### 2017

14<sup>th</sup> May - YHOA Sprint Champs, Oakwell Hall

11<sup>th</sup> June – Dewsbury Urban

12<sup>th</sup> Nov – Rishworth (Superleague event)

23<sup>rd</sup> & 24<sup>th</sup> Dec - Night Event and possibly score as it's Christmas Eve

2018

28<sup>th</sup> Jan - Yvette Baker Trophy Round 1, Storthes Hall?

13<sup>th</sup> May - YHOA Middle Distance Champs

1<sup>st</sup> July - Urban

14<sup>th</sup> Oct - Stoodley Pike?

22<sup>nd</sup> & 23<sup>rd</sup> December – Night and day events

4. Maps: Wakefield Grammar School Foundation own Deffer Wood and would like a copy. Newmillerdam permanent course map to be on the Wakefield council website. Thanks to David for this.

Still thinking about a solution to map storage and to allocate “ownership” to maps for people to “look after” them.

5. AOB;

Davey is keen to get some club kit

Computers need replacing

YHOA rep; David to go

YHOA Schools' Champs. Viv had discussion with Mike re: continuing it and trying to get date in calendar at least a year ahead. Still not known who is organising it in 2017

6. Next meeting 18<sup>th</sup> January 2017 Marsh Liberal Club 7pm

## **COMPASS SPORT TROPHY 2016**

Massive congratulations to EPOC who came 3<sup>rd</sup> in the Compass Sport Trophy behind INT and CLYDE (just 3 points behind CLYDE) and ahead of SROC who were last years winners and who also beat us in the qualifying round this year, so this truly was a strong result. Our men were particularly strong, especially Alasdair and Adam who both won their courses and Simon, Richard, Dick and Sam who were all 2<sup>nd</sup>. Our 13 scorers were - James Williams, Andy Thorpe, Simon Martland, Jonathan Emberton, Jackie Scarf, Julie Couch, Richard Payne, Ian Couch, Richard Spendlove, Alasdair Pedley, Megan Harrison, Adam Thorpe and Sam Crawshaw, but well done to everyone else who had fantastic scores helping push down the scores of our rivals and helping the club to this overall result.

Having been EPOC club captain for 8 years I am now hanging up my o shoes (well only for this job!) and Rod Shaw has kindly offered to be our club captain from 2017, so look out for information from him for next year's competition!



**Compass Sport**  
**Photo's: Paulette Noot**

# TICKS

## Bob Steeper

The European centre for disease prevention and control have stated that two cases of Crimean-Congo haemorrhagic (CCHF) fever have been reported in the Avila region of Spain. CCHF is a tick-borne viral infection which can prove fatal. The tick which can carry CCHF disease is different from the sheep tick which can transmit Lyme borreliosis and tick-borne encephalitis, and is found in warmer drier climates. As a number of people holiday and orienteer in southern Europe then I thought the information may be of interest.

The poster information below gives some general background about ticks and the more significant human diseases they can act as vectors for in Europe. I hadn't fully appreciated how small ticks are. The few that I've removed must have been feeding and increased to a few millimetres across before I found and removed them. A large number of internet images typically show dogs with relatively large ticks attached which I believe gives a false impression of what to look for.

### Small bites, big problems

Tick-borne diseases in Europe

Ticks do not directly cause disease but if ticks are infected, they can transmit pathogens through their bites and thus cause disease in humans.

Ticks are small ectoparasites (external parasites, 2-3-5 mm). They depend on a host (birds, mammals) to be able to grow and reproduce. Ticks also feed on humans.

### The spread of ticks in Europe

Tick-borne diseases are endemic in Europe

**A. Ixodes ricinus** requires a humidity of at least 80% and is primarily observed across Europe in deciduous woodland and mixed forest.

**B. Hyalomma marginatum** prefers a Mediterranean climate (hot and dry). The species is present in southern and eastern Europe.

The Crimean-Congo haemorrhagic fever (CCHF) virus is an emerging pathogen in Europe. CCHF outbreaks have a case fatality rate between 5% and 40%. There is no validated therapy and no safe vaccine.

Lyme borreliosis is the most prevalent tick-borne disease in Europe. It can affect the nervous system, and about 10% of the infected people may develop a central nervous system disorder. Lyme can be cured with antibiotics.

The tick-borne encephalitis (TBE) virus causes brain inflammation in about 20% of the infected people. A vaccine for TBE is available. TBE is a growing concern in Europe because TBE incidence increased in some risk areas.

### The life cycle of a tick

Disease transmission can occur in late spring, summer, and even in autumn

Ground-based vegetation is critical for the tick population

Rising temperatures can accelerate the tick's life cycle.

Ticks can adapt to high temperatures. A thick snow cover may facilitate tick survival over winter by preventing repeat freeze.

The life cycle of a tick\* is typically completed within two to three years but can be shorter if climatic conditions are optimal and suitable hosts are abundant. Ticks go through four life stages: egg, larva, nymph and adult. Ticks must take a blood meal in order to moult to the next life stage and produce eggs. During the last two stages ticks might bite humans and transmit disease.

Eggs are typically laid in spring and hatch as larvae in four weeks (larvae feed on mice, birds and other small animals in the summer and early autumn). Nymphs feed on small animals such as rodents and birds in spring and summer. Adult ticks feed and mate on large animals such as cow deer. In spring adult female ticks lay their eggs, completing the life cycle.

Humans are only incidental and occasional hosts in the tick's life cycle. Tick bites can be avoided by taking protective measures.

Adult ticks prefer forest, fields, scrub, or cow deer. Hosts can transport ticks over vast distances.

\* The example describes the life cycle of Ixodes ricinus

ecdc

ECDC collects and publishes confidential data on the epidemiological situation of tick-borne diseases in EU Member States. Case confirmation by means of ECDC-funded laboratories is provided at the discretion of the Member States. ECDC also publishes information on the epidemiological situation of tick-borne diseases in EU Member States by producing a confidential book. ECDC and EMA jointly collect data on serious and potentially fatal diseases and analyse their impact in the EU.

# Junior T-Shirts

## Viv Barraclough

If you would like a t shirt as below please let Viv know. If you have grown out of yours please pass it on.



## ORIENTEERING FOUNDATION

### Duncan Archer

The Orienteering Foundation is a charity, independent of British Orienteering, and seeks to promote innovation and to support people and projects in orienteering through fund-raising activities. We are keen to increase awareness of the Orienteering Foundation, both with potential donors, and with those who might seek to submit grant applications, and getting more links to our website is one way to do that. Of course if you were able to further help spread the word and otherwise help our cause, then so much the better, e.g.:

- passing this on to your newsletter editor to mention us
- mentioning us to your committee in case they have any projects that could benefit from our funding
- considering whether you personally might donate ☺

<http://www.orienteeringfoundation.org.uk/>

## EPOC Rankings 2016

These are the current ranking positions (as of 29.11.16) 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 (68 +1)	Alasdair Pedley	M	7930	1320, 1311, 1307, 1318, 1362, 1312
2 (69 +1)	James Logue	M	7927	1320, 1315, 1320, 1334, 1314, 1324
3 (164 +1)	Simon Martland	M	7701	1266, 1277, 1275, 1273, 1325, 1287
4 (176)	Andy Thorpe	M	7677	1279, 1278, 1280, 1289, 1274, 1277

Pos. 	Name	M/F	Points	Contributing scores 
5 (244)	Jonathan Emberton	M	7553	1250, 1246, 1261, 1273, 1271, 1255
6 (274)	Mike Pedley	M	7508	1243, 1247, 1244, 1249, 1275, 1251
7 (370 -1)	Paul Taylor	M	7369	1218, 1229, 1216, 1248, 1241, 1218
8 (514 +1)	Richard Payne	M	7221	1221, 1192, 1178, 1250, 1185, 1195
9 (685)	Emma Harrison	F	7069	1196, 1176, 1195, 1171, 1190, 1169
10 (685 +1)	David Averill	M	7069	1185, 1168, 1184, 1180, 1189, 1164
11 (760 -1)	Graham Lloyd	M	7019	1164, 1168, 1157, 1160, 1184, 1188
12 (863 -5)	William Barraclough	M	6939	1146, 1168, 1147, 1151, 1126, 1202
13 (913 +30)	Amanda Crawshaw	F	6899	1163, 1186, 1168, 1135, 1119, 1129
14 (1049 +1)	Richard Spendlove	M	6794	1134, 1103, 1108, 1144, 1136, 1170
15 (1057 +4)	Alistair Tinto	M	6788	1125, 1143, 1140, 1124, 1115, 1141
16 (1182 -4)	Viv Barraclough	F	6681	1049, 1196, 1127, 1077, 1123, 1109
17 (1209 -2)	Julie Couch	F	6657	1120, 1105, 1111, 1141, 1092, 1096
18 (1245 -6)	Megan Harrison	F	6630	1095, 1100, 1097, 1123, 1112, 1104
19 (1289 -9)	Matthew Tinker	M	6603	1092, 1099, 1129, 1076, 1115, 1092
20 (1418 +4)	Ian Couch	M	6490	1070, 1067, 1080, 1112, 1077, 1089
21 (1443 +2)	Roy Lindsell	M	6477	1053, 1092, 1108, 1070, 1077, 1077
22 (1698 -6)	Helen Pedley	F	6277	1109, 1045, 982, 984, 1054, 1103
23 (1727 -2)	Paul Jackson	M	6255	1035, 1037, 1029, 1072, 1057, 1031
24 (1870 +3)	David Harrison	M	6127	1016, 1023, 1018, 1034, 1014, 1022
25 (1967 -7)	Keith Sykes	M	6032	1022, 1026, 996, 1007, 995, 997
26 (1985 -9)	Helen Martland	F	6016	978, 964, 1047, 987, 1042, 991
27 (1998 -7)	Jean Lochhead	F	6005	990, 987, 970, 983, 988, 1061
28 (2050 -15)	Brian Mellor	M	5954	942, 990, 880, 1037, 1144, 961
29 (2182 -11)	Neil Croasdell	M	5832	983, 951, 999, 941, 990, 971
30 (2222 -3)	Guy Goodair	M	5799	959, 957, 998, 992, 946, 949
31 (2242 -10)	Gill Ross	F	5768	937, 916, 996, 919, 1035, 967
32 (2484 -13)	Rod Shaw	M	5467	864, 934, 1002, 897, 899, 861
33 (2635 -17)	Mike Thorpe	M	5253	832, 967, 884, 871, 876, 826

Pos. <sup>?</sup>	Name	M/F	Points	Contributing scores <sup>?</sup>
34 (2637 -9)	Esther Logue	F	5251	1071, 1032, 1107, 988, 1057
35 (2658 -18)	Jane Payne	F	5206	855, 855, 869, 886, 856, 881
36 (2667 -18)	Rebecca Lloyd	F	5187	947, 862, 857, 836, 816, 867
37 (2683 -17)	Fred Ross	M	5152	830, 832, 853, 911, 891, 836
38 (2710 -18)	Jackie Page	F	5101	815, 889, 865, 843, 839, 845
39 (2718 -19)	Judith Goodair	F	5092	847, 844, 910, 823, 844, 826
40 (2761 -9)	Joanna Emberton	F	5018	894, 944, 739, 817, 803, 811
41 (2773 -13)	Philip Thompson	M	5009	790, 822, 824, 856, 792, 926
42 (2841 +11)	Phil Scarf	M	4880	1229, 1251, 1159, 1242
43 (2956 -11)	Juliet Morgan	F	4604	764, 784, 802, 717, 713, 826
44 (3034 -302)	Bob Steeper	M	4429	859, 893, 866, 895, 917
45 (3038 +15)	Jackie Scarf	F	4422	1111, 1155, 1027, 1127
46 (3042 -4)	Margaret Shaw	F	4406	756, 660, 687, 693, 879, 731
47 (3250 -12)	David Morgan	M	3939	628, 655, 613, 623, 669, 754
48 (3300 +15)	James Williams	M	3817	1288, 1249, 1282
49 (3356 -6)	Linda Hayles	F	3638	803, 762, 395, 709, 970
50 (3656 +316)	Michael Wood	M	2875	821, 651, 663, 714
51 (3991 +17)	Bryan Parkinson	M	2118	1088, 1030
52 (4028 +17)	John Rawden	M	2063	1030, 1034
53 (4208 +687)	John Elliott	M	1772	873, 899
54 (4320 -14)	Sue Levinson	F	1542	571, 708, 261
55 (4390 -9)	Corinne Roberts	F	1307	733, 576
56 (4483 +1)	Adam Breaks	M	1165	1165
57 (4783 -1)	Rod Sutcliffe	M	950	949
58 (5247 -7)	Pat Aspinall	F	392	392
59 (5271 -6)	Paulette Noot	F	300	300

## UK Orienteering League 2016

### Club Results

The UK Orienteering League consists of 20 competitions during the year with the best 10 scores for each runner to count to overall placings. There are individual and club leagues and in the club league EPOC came a very impressive 2<sup>nd</sup> out of all UK clubs – well done!

1. BOK - 6586
2. EPOC – 6070

Mike Thorpe (M75), Andy Thorpe (M45), Philip Thompson (M80), Sarah Pedley (W16), Mike Pedley (M55), Alasdair Pedley (M18), James Logue (M45), Jean Lochhead (W70), Laura Harrison (W16), Emma Harrison (W40), Judith Goodair (W75), Guy Goodair (M80), Jonathan Emberton (M55), Amanda Crawshaw (W45), Julie Couch (W55)

3. OD - 6049

### Xplorer

*Viv Barraclough, Coach, East Pennine Orienteering Club*

*Halloween Xplorer in Greenhead Park, Photo's: 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)

### HALO Regional Event, Pillar Woods - 2 Oct 16

#### Short Green, 3.5km

14 Philip Thompson	63.31
16 Michael Wood	65.17

#### Green, 3.8km

2 Julie Couch	45.09
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#### Blue, 5.5km

24 Ian Couch	69.36
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### CLOK North East Urban League, Guisborough - 2 Oct 16

#### Course A

11 David Harrison	59:03
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#### Course B

8 Emma Harrison	39:41
14 Megan Harrison	43:49

#### Course C

8 Guy Goodair	36:04
13 Neil Croasdell	41:19
19 Fred Ross	48:19

#### Course D

1 Jean Lochhead	26:07
2 Gill Ross	30:46
4 Jackie Page	33:45
6 Judith Goodair	39:48
7 Sue Levinson	41:05

#### Course E

1= Laura Harrison	17:59
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### NATO Junior Home International, Simonside - 8 Oct 16

<b>M14 3.6km 40m</b>		<b>M18 7.2km 210m</b>	
8 Adam Thorpe	39.54	8 Alasdair Pedley	73.26

### NATO October Odyssey, Simonside - 8 Oct 16

<b>Short Blue 5.1km 140m</b>		<b>Green 3.8km 60m</b>	
4 Ian Couch	84.09	2 Julie Couch	65.31
<b>Short Green 2.9km 30m</b>		23 Fred Ross	159.23
6 Gill Ross	121.09		

### NATO JHI Relays, Slaley Hall Estate - 9 Oct 16

3 England B 81.16 - Zach Hudd 29.05 (3) Felix Lunn 22.46 (2) **Alasdair Pedley 29.26 (6)**  
6 England D 82.41 - Harry Scott 29.37 (6) **Adam Thorpe 24.22 (6)** Jack Leich 28.42 (3)

### NATO October Odyssey, Slaley Hall Estate - 9 Oct 16

<b>Blue 4.3km 100m</b>		<b>Green 3.6km 90m</b>	
14 Ian Couch	48.24	5 Julie Couch	38.33
<b>Short Green 3.1km 60m</b>		31 Fred Ross	62.10
3 Gill Ross	42.06		

### PFO Level C Event, Nick O'Pendle - 9 Oct 16

<b>Blue 6km 320m</b>		<b>Short Green 3.5km 135m</b>	
2 Davey Averill	68.30	2 Paul Jackson	51.59
<b>Short Blue 4.8km 235m</b>		15 Guy Goodair	79.45
20 Rod Shaw	93.27	16 Maggie Shaw	90.32
<b>Light Green 3.5km 130m</b>		17 Judith Goodair	97.37
M11 Mick Wood	94.26		

### SYO CompassSport Cup Final, Tankersley Woods - 16 Oct 16

#### Trophy Result

1 Interlopers	1264 pts
2 Clyde	1250 pts
<b>3 EPOC</b>	<b>1247 pts</b>

(individual positions are overall on course - cup & trophy included)

<b>Brown</b> (length 9.8km, climb 280m)		<b>Short Green Veterans</b> (length 3.7km)	
34 James Williams	77:36 <b>90</b>	3 Richard Spendlove	37:27 <b>99</b>
<b>Short Brown</b> (length 8.3km, climb 220m)		50 Guy Goodair	61:52 <b>83</b>
28 Andy Thorpe	65:39 <b>95</b>	53 Jean Lochhead	62:56 <b>81</b>
49 William Barraclough	80:00 <b>87</b>	81 Rod Shaw	77:31 <b>71</b>
<b>Blue Women</b> (length 6.7km, climb 180m)		84 Philip Thompson	79:49 <b>70</b>
34 Emma Harrison	68:28 <b>88</b>	86 Jackie Page	81:37 <b>68</b>
42 Viv Barraclough	74:56 <b>86</b>	99 Fred Ross	90:02 <b>61</b>
<b>Blue Men</b> (length 6.7km, climb 180m)		111 Judith Goodair	105:26 <b>57</b>
5 Simon Martland	49:02 <b>99</b>	112 Margaret Shaw	111:11 <b>56</b>
11 Jonathan Emberton	55:36 <b>97</b>	<b>Junior Men (Green)</b> (length 4.9km)	
23 Phil Scarf	58:14 <b>92</b>	2 Alasdair Pedley	34:02 <b>100</b>
30 Mike Pedley	61:33 <b>89</b>	<b>Junior Women (Sht Grn)</b> (length 3.6km)	
44 Davey Averill	69:15 <b>83</b>	11 Megan Harrison	38:12 <b>94</b>
60 Graham Lloyd	77:15 <b>74</b>	14 Laura Harrison	44:52 <b>90</b>
89 John Rawden	101:02 <b>64</b>	15 Sarah Pedley	45:38 <b>88</b>
103 Bob Steeper	125:14 <b>57</b>		

**Green Women** (length 4.5km, climb 115m)

23 Jackie Scarf	49:55	95
36 Julie Couch	55:04	92
37 Amanda Crawshaw	55:16	91
67 Helen Pedley	70:10	80
87 Helen Martland	85:05	74
92 Rebecca Lloyd	92:22	71

**Green Men** (length 4.6km, climb 145m)

9 Richard Payne	45:47	99
44= Ian Couch	60:03	89
65 Rod Sutcliffe	72:41	81
80 Neil Croasdell	82:55	76

**Orange Men** (length 3.1km, climb 90m)

6 Adam Thorpe	24:09	100
12 Sam Crawshaw	31:37	98
29 William Martland	48:42	88
35 Seth Barraclough	74:11	82
43 Joseph Barraclough	133:20	76
Luke Barraclough	60:51	Missing no 3

**Orange Women** (length 3.1km, climb 90m)

29 Alex Crawshaw	61:05	86
30 Anna Thorpe	66:55	84

**Light Green** (length 3.9km, climb 115m)

7 Mathew Averill	51:22	
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**Yellow** (length 2.4km, climb 75m)

6 Imogen Noot-Williams	24:20	
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**White** (length 1.7km, climb 40m)

10 Ffion Noot-Williams	26:23	
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**BAOC MLN, Richmond - 19 Oct 16****Blue 6.7km**

12 Davey Averill	62.47
59 Neil Croadell	109.32
Linda Hayles dnf	100.55

**Light Green 3.4km**

20 Jean Lochhead	49.47
28 Guy Goodair	54:53
31 Sue Levison	57:28
33 Gill Ross	57:42
38 Judith Goodair	62:32
44 Jackie Page	68:04
49 Fred Ross	79:24

**HOC UK Urban League, Malvern - 22 Oct 16****Mens Ultra Vet 4.9km 109m**

Neil Croasdell dnf

**ERYRI Welsh League, Newborough Forest - 22 Oct 16****Orange**

5 Alex Crawshaw	40.49
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**Light Green**

5 Sam Crawshaw	49.28
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**Green**

48 Rebecca Lloyd	117.55
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**Blue**

21 Graham Lloyd	84.03
23 Amanda Crawshaw	84.40

**ERYRI Welsh League, Newborough Forest - 23 Oct 16****Blue** (length: 6.3km, climb: 260m)

10 Graham Lloyd	68.07
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**Short Green** (length: 3.1km, climb: 80m)

7 Rebecca Lloyd	55.10
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**EBOR Yorks Urban League, Peasholme Park - 23 Oct 16****Mens Vet 5.8km 215m**

3 Davey Averill	53.41
10 David Harrison	71.14

**Mens Ultra Vet 4.5km 150m**

14 Fred Ross	80.05
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**Womens Junior 3.5km 115m**

1 Laura Harrison	40.12
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**Womens Open 5.8km 215m**

4 Megan Harrison	71.53
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**Womens Vet 5.2km 195m**

2 Emma Harrison	51.29
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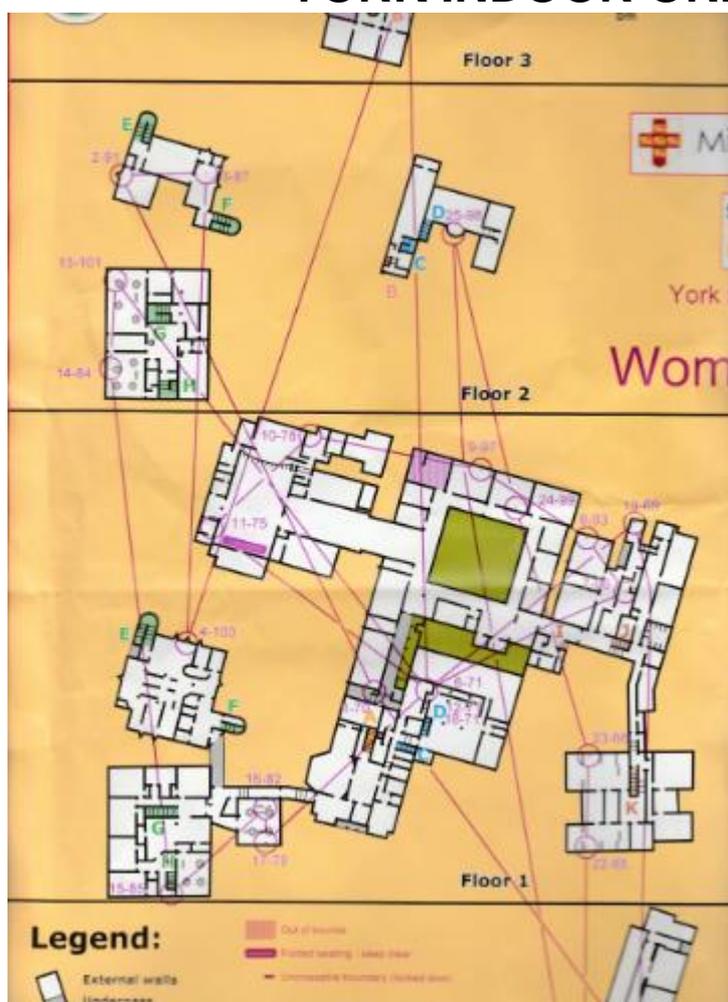
**Womens Ultra Vet 3.8km 145m**

1 Jean Lochhead	47.37
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4 Gill Ross	57.29
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5 Jackie Page	60.51
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# YORK INDOOR ORIENTEERING CUP



## Women's Course

### EBOR York Indoor Cup, Millthorpe School - 29 Oct 16

#### Womens 1.9km

9 Emma Harrison	19.43
33 Laura Harrison	29.54
53 Gill Ross	41.44
58 Jean Lochhead	52.03
62 Juliet Morgan	56.35
Jackie Page m25	31.08

#### Mens 1.8km

67 Fred Ross	57.52
David Morgan w18 m23	61.56

### AIRE Yorks Urban League, Saltaire & Shipley - 30 Oct 16

#### BROWN (length: 5.8km, climb: 130m)

15 David Harrison	46.53
17 Megan Harrison	47.08
Dave Averill mp	

#### BLUE (length: 5.1km, climb: 85m)

15 Emma Harrison	38.45
31 Helen Martland	45.30

#### GREEN (length: 4.1km, climb: 70m)

4 Richard Payne	30.34
31 Keith Sykes	36.36
47 Rod Shaw	43.19
49 Neil Croasdell	44.08
56 Jane Payne	48.05
57 Alistair Tinto	49.03
61 Fred Ross	51.53
64 David Morgan	59.18

#### SHORT GREEN (length: 3.2km, climb: 70m)

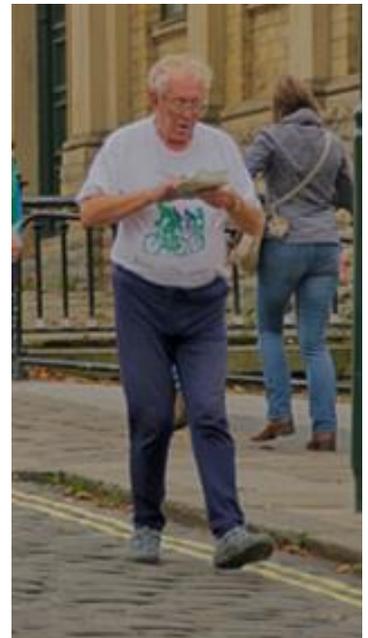
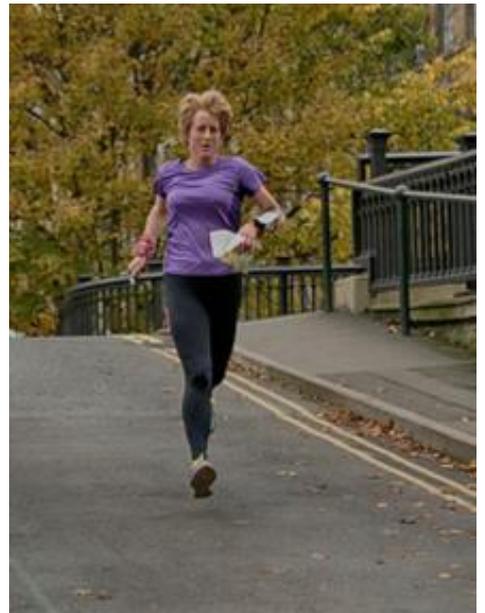
2 Jean Lochhead	29.18
5 Gill Ross	32.38
8 Jackie Page	36.55
21 Sue Levinson	57.33
Juliet Morgan mp	34.37

#### LIGHT GREEN (length: 2.7km, climb: 35m, 15 controls)

3 Laura Harrison	22.30
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#### YELLOW (length: 1.2km, climb: 10m, 9 controls)

1 William Martland	8.09
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*All Photo's Wendy Carlyle*

## MOR MorayMix SOL, Culbin - 29 & 30 Oct 16

### Day 1

Light Green		Blue	
1 Sam Crawshaw	31.01	35 Amanda Crawshaw	56.16
4 Alex Crawshaw	40.48		

### Day 2

Light Green		Blue	
10 Sam Crawshaw	31.30	Amanda Crawshaw	dnf
31 Alex Crawshaw	57.41		

## BAOC MLN, Errington Woods - 2 Nov 16

### Blue 5.2km

13 Davey Averill	81.19
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## MDOC Level C Urban, Birchwood Warrington - 5 Nov 16

MUV 5km 14m		WUV 4.1km 10m	
13 Guy Goodair	60.53	2 Jean Lochhead	50.00

## Barcelona City Race - 5 & 6 Nov 16

Mens Vet	Sat	Sun	Overall
5 James Williams	28.05 (4)	45.41 (5)	73.36
Womens Vet			
Esther Logue	dns	dnf	
Emma Crowther	dns	dnf	

## SYO YHOA Superleague, Burbage - 6 Nov 16

Brown (length 7.2km, climb 300m)		Short Green (3.3km climb 110m)	
8 William Barraclough	115:53	10 Philip Thompson	98:54
Short Blue (length 4.9km, climb 180m)		11 Gill Ross	100:25
9 Ian Couch	91:43	15 Margaret Shaw	117:32
20 Rod Shaw	156:13	Guy Goodair	dnf
Richard Payne	dnf	Very Short Green (2.3km, climb 90m)	
Viv Barraclough	rtd Missing	2 Judith Goodair	101:51
nos 6-16		Orange (length 3.1km, climb 90m)	
Green (length 4.7km, climb 145m)		10 Luke Barraclough	53:59
7 Julie Couch	85:58	11 Joseph Barraclough	57:20
10 Paul Jackson	90:25	Seth Barraclough	57:15 Missing
32 Fred Ross	148:21	no 4	

## AIRE O Lite, Meanwood Park - 12 Nov 16

8 Keith Sykes	89.00
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## LOC, Roanhead Sandscale Middle Distance - 12 Nov 16

Orange 1.8km 50m		Blue Women 3.8km 170m	
8 Alex Crawshaw	25.02	3 Emma Harrison	40.21
Light Green 2.3km 90m		8 Amanda Crawshaw	47.47
8 Sam Crawshaw	22.53	Blue Men 3.7km 185m	
39 Anna Thorpe	65.00	5 Mike Pedley	30.07
Short Green 2.5km 105m		9 Jon Emberton	32.04
13 Julie Couch	34.31	17 Adam Thorpe	34.32
38 Phil Thompson	46.43	Brown 4.3km 205m	
59 Mike Thorpe	57.31	7 Andy Thorpe	35.21
		26 Paul Taylor	40.32
		Graham Lloyd m18	53.24

**Green Women 3.1km 110m**

57 Rebecca Lloyd	74.38
61 Linda Hayles	85.34

**Green Men 3.1km 110m**

35 Ian Couch	43.39
65 Neil Croasdell	71.41
66 Rod Shaw	72.46

**Black 5.1km 230m**

19 Alasdair Pedley	40.40
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**SROC Level B Event, Torver High Common - 13 Nov 16****Orange 2km 60m**

16 Anna Thorpe	26.44
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**Light Green 3.9k 120m**

12 Sam Crawshaw	38.38
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**Short Green 3.4km 165m**

37 Mike Thorpe	67.08
43 Rebecca Lloyd	70.10
51 Phil Thompson	74.57

**Green 4.1k 190m**

23 Julie Couch	48.49
79 Rod Shaw	75.45

**Short Blue 5.2k 200m**

35 Ian Couch	60.16
45 Amanda Crawshaw	65.31
74 Linda Hayles	75.31
94 Neil Croasdell	97.35

**Blue 6.9k 200m**

6 Adam Thorpe	57.05
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9 Jon Emberton	58.17
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18 Mike Pedley	62.52
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36 Emma Harrison	70.47
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**Short Brown 7.9km 270m**

3 Alasdair Pedley	59.08
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40 Andy Thorpe	77.28
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47 Paul Taylor	78.42
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57 Graham Lloyd	83.14
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**LOG Race the Parks, Harlaxton College - 19 Nov 16****45 min score**

10 Judith Goodair	150 pts
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11 Guy Goodair	80 pts
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**CLARO YHOA Night League, Hookstone Woods - 19 Nov 16****Medium Course 3.1km 70m**

3 Emma Harrison	35.45
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4 Amanda Crawshaw	36.29
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7 Megan Harrison	43.01
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17 John Elliott	67.37
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**EBOR Middle Distance, Brayton Barff - 20 Nov 16****Short Green 2.3km 140m**

4 Gill Ross	39.21
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**Green 3.6km 190m**

4 Julie Couch	44.12
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7 Laura Harrison	46.33
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10 Paul Jackson	49.39
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30 Fred Ross	71.02
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31 Mick Wood	76.21
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32 David Harrison	78.24
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**Blue 5.2km 280m**

5 Emma Harrison	48.37
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17 Megan Harrison	55.02
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22 Ian Couch	59.59
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26 Neil Croasdell	92.35
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Linda Hayles m10	76.59
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**NOR UK Urban League, Norwich City Race - 20 Nov 16****WUV 3km 25m**

6 Judith Goodair	53.05
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**MUV 4km 30m**

17 Guy Goodair	58.37
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# City Tour Race – Lille

## Guy Goodair

The last City Tour Race of 2016 was held in Lille and 5 EPOC runners went by Eurostar (should have been 6 – but that's another story).

The Saturday race was a middle distance event held in Villeneuve d'Ascq, which is a suburb of Lille and was easy to reach on the Metro and bus - 5 Euros for a 24hour ticket for their transport system. The event centre was in the athletics stadium. The race was a mass start but with various classes going off at different intervals. I was lucky going in the first start at 1500 hours (M65) together with (M21) and (W55) as the day was overcast and towards the end when the later starts were finishing the light was getting worse.

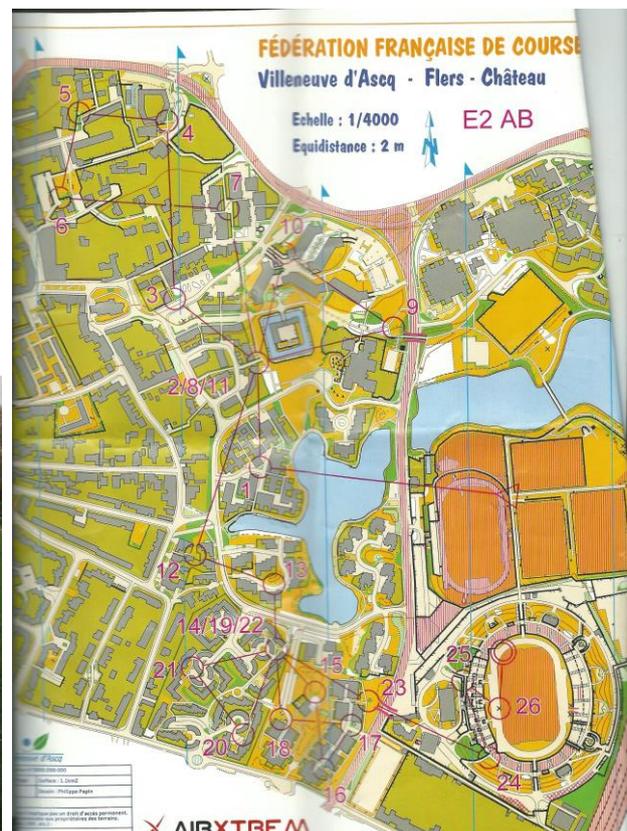
We were all lined up beside the map showing our bib number then when the race started we grabbed the map and headed off behind the leaders. When I got to the start triangle I stopped to find the way to No 1 – could only see one (but afterwards could see an alternative but doubt if it was any quicker) After the first control we went to the first 'gaffle' at 2 which split up the field and we returned to this control another twice. Then a further gaffle at 14 (again 3 visits) – there were no loose descriptions so it meant having to keep turning the map to check on the correct control code. After 23 controls we returned to the stadium and the actual finish was on the track inside the stadium – I went 'brain-dead' and didn't find the quickest route down onto the track. Plenty of refreshments at the finish – water or a refreshing mint drink, nuts, raisins, bananas, cake, biscuits or chocolate – often wonder what continental runners think went they run over here where you're lucky to even get water at the finish.

Lille itself was heaving in the evening with the Christmas market in full swing complete with Ferris Wheel and lots of Christmas Stalls (complete with security presence).

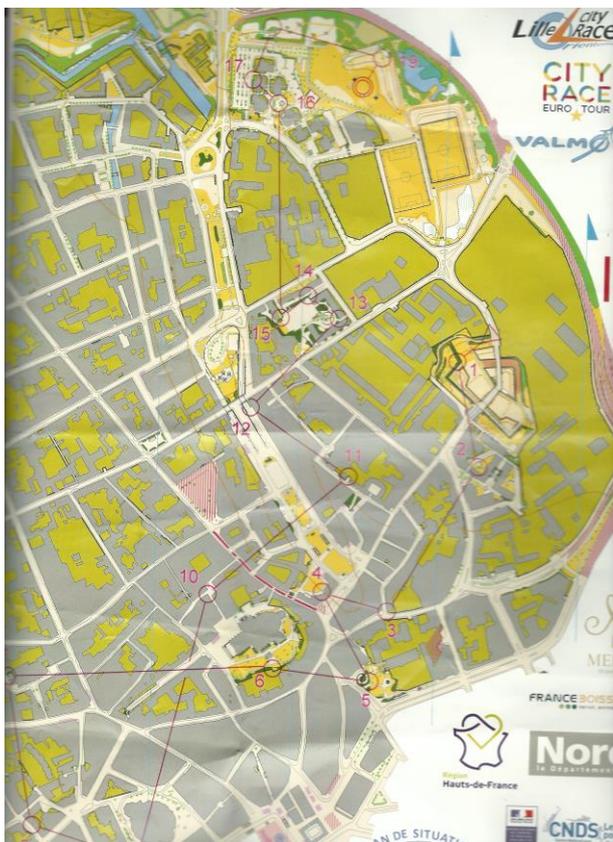
The following day the main race was in Old Lille and the Citadelle (a military installation designed by Vauban – now home to the elite military unit of France). Unfortunately us 'old gits' didn't get to visit the latter (it was too far away). My course was interesting but nothing really technical and suited fast runners – the streets were very quiet and there were lots of cobbles. The finish had a couple of controls in a semi wooded area and again the usual array of refreshments. A hot shower, a quick look round Lille centre, a coffee stop then down to the station and back by Eurostar – a good weekend.



Middle Start



Lille Middle



Lille Long



Judith and Juliet

**VALMO Lille City Race Weekend - 26 & 27 Nov 16**

**Middle Distance, Villeneuve d'Ascq - 26 Nov 16**

**Womens Ultra Vet 3.4km 22c**

8 Judith Goodair	48.41
9 Jean Lochhead	50.16
10 Juliet Morgan	52.03
14 Jackie Page	57.06

**Mens Ultravet**

13 Guy Goodair	53.57
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**Vieux Lille - 27 Nov 16**

**Womens Ultravet 3km 14c**

9 Jean Lochhead	39.38
10 Judith Goodair	40.11
13 Jackie Page	43.53
14 Juliet Morgan	44.04

**Mens Ultravet 4km 19c**

13 Guy Goodair	47.25
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**CLARO, Dob Park - 27 Nov 16**

**Green 3.9km 130m**

17 Paul Jackson	71.02
21 Helen Martland	75.57
23 Rod Shaw	81.55

**Orange 2km 90m**

3 William Martland	39.04
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**YHOA URBAN LEAGUE – 2016**

Congratulations to the following EPOCies who came in the top 3 in their age class:- WYJ – 2<sup>nd</sup> Anna Thorpe, 3<sup>rd</sup> Alex Crawshaw, WJ – 1<sup>st</sup> Laura Harrison, WV – 1<sup>st</sup> Emma Harrison, WUV – 1<sup>st</sup> Jean Lochhead, 2<sup>nd</sup> Gill Ross, MYJ – 1<sup>st</sup> William Martland, MV – 1<sup>st</sup> Simon Martland, MUV – 1<sup>st</sup> Richard Payne. For full results go to [www.yhoa.org.uk](http://www.yhoa.org.uk)

## YHOA URBAN LEAGUE – 2017

Details will be posted on [www.yhoa.org.uk](http://www.yhoa.org.uk) when available.

## YHOA SUPER LEAGUE - 2016

For further information and current placings go to [www.yhoa.org.uk](http://www.yhoa.org.uk)

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

<b>10 Jan 16</b>	SYO Middle Distance Event (C) – Canklow, Rotherham
<b>10 Apr 16</b>	YHOA Championships (B) – Londesborough Park, Market Weighton
<b>24 Apr 16</b>	EBOR Regional Event (C) – White Horse, Thirsk
<b>8 May 16</b>	YHOA Middle Distance Championships (C) – Harden Moor, Keighley
<b>26 Jun 16</b>	The Dales Town and Country Weekend (B) – Yockenthwaite, Buckden
<b>28 Aug 16</b>	White Rose Weekend (B) – Dalby Forest, Pickering
<b>25 Sep 16</b>	CLARO Regional Event (C) – Harlow Carr & Hill, Harrogate
<b>6 Nov 16</b>	SYO Regional Event (C) – Burbage, Sheffield
<b>18 Dec 16</b>	EPOC Regional Event (C) – Storthes Hall

## YHOA SUPER LEAGUE - 2017

Details will be posted on [www.yhoa.org.uk](http://www.yhoa.org.uk) when available.

## YHOA NIGHT LEAGUE – 2016/17

The YHOA Night League for this winter started on Saturday 19<sup>th</sup> November but there are still another 5 events to go, so with the best 3 results counting for the league, why not come along and try something new? For details of the 2016/17 Night League go to [www.yhoa.org.uk](http://www.yhoa.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 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 – December 2016 to February 2017

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

[www.britishorienteeing.org.uk](http://www.britishorienteeing.org.uk)

Date	Club/Region	Type/Area	Location
<b>December</b>			
4	AIRE/YHOA	Regional Event, Northcliffe Park and Heaton Royds	Shipley
10	HALO/YHOA 	YHOA Night League, Primrose Warren	Scunthorpe
11	HALO/YHOA	Regional Event, Twigmoor	Scunthorpe
11	DVO/EMOA	EM League, Eyam Moor	Grindleford
11	CLOK/NEOA	Regional Event, Fylingdales	Whitby
17	EPOC  	<b>YHOA Night Event, Storthes Hall</b>	<b>Huddersfield</b>
18	EPOC 	<b>YHOA Superleague, Storthes Hall</b>	<b>Huddersfield</b>
Tue 27	EBOR/YHOA	Regional Event, York University	York

### January 2017

2	DVO/EMOA	Belper Urban Event	Belper
8	AIRE/YHOA	Regional Event, Buck Wood	Shipley
8	NOC/EMOA	Robin Hood Trophy, The Dukeries	Ollerton
14	AIRE/YHOA 	YHOA Night League, Bingley St Ives	Bingley
21	EBOR/YHOA 	YHOA Night League, Hazlewood Castle	Tadcaster
22	SYO/YHOA	Regional Event, Big Moor	Chesterfield
29	DVO/EMOA	Level B, Shining Cliff	Matlock

### February

4	SYO/YHOA 	YHOA Night League, Bowden Housteads	Sheffield
11	MDOC/NWOA	Twin Peak Day 1, Torver Back Common	Coniston
12	MDOC/NWOA	Twin Peak Day 2, Bleathwaite and Little Arrow Moor	Coniston
12	CLOK/NEOA	Regional Event, Hutton Mulgrave and Skelder	Whitby
12	NOC/EMOA	EM League, Harlow Wood	Mansfield
18	HALO/YHOA 	Northern Night Championships, Knapton	Malton
19	EBOR/YHOA	Regional Event, Hollicarrs	York
25	LOC/NWOA 	British Night Championships, Great Tower	Newby Bridge
26	LOC/NWOA	Northern Championships, Bigland	Ulverston

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