



Epistle



No. 249
June- July 2018



Photo: Dick Spendlove

Rod Shaw on the JK podium, 2nd overall M80

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2017/2018

Chair	Jean Lochhead	jmloch1621@gmail.com
Vice Chair	Emma Harrison	eah1607@aol.com
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Treasurer	David Morgan	davidmorgan.stopford@btinternet.com
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Compass Sport Trophy	Rod Shaw	margrod123@gmail.com
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	Jackie Page	jackie.page127@ntlworld.com
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OTHER CLUB OFFICIALS

Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Club Championship	Vacant	
Club Kit Officer	Vacant	
Permanent Courses	Jean Lochhead	jmloch1621@gmail.com
Relay Organiser	Vacant	
Stores and Equipment	Scarf Family	thescarfs@hotmail.com
E-Punching Equipment	Ian & Julie Couch	iancouch@btinternet.com
Website	Anthony Greenwood	aandrgreenwood@gmail.com
YHOA committee rep	David Morgan	davidmorgan.stopford@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

Wow, what a busy couple of months we have had since the last Epistle. The major events of the JK, Northern and British Championships are now behind us with several EPOCies winning medals at all these events.

We have also had a busy time as a club with 2 events within the space of 4 weeks keeping many people busy. Both events were well received with excellent planning and organisation, plus the bonus of lovely weather for both.

Moving forward we have a weekend of urban orienteering in Halifax on 30th June and 1st July with the latter being part of the UK Urban League so we are hoping for a good entry to these events.

Although it's a little way off yet, please make a note of some important autumn dates for the club. On Sunday 16th September there is an EPOC event at Marsden Moor, on Wednesday 26th September it's the EPOC AGM and on Sunday 21st October it is the Compass Sport Final where EPOC will need as many members as possible to run for the club so we can hopefully repeat a top 3 position like we achieved in 2016!

Emma Harrison

CHAIRMAN'S CHAT

Since the last Chairman's chat in March we have organised two successful events, an Urban at Brighouse and the YBT round at Oakwell Hall.

Neil Croasdell planned Brighouse and there were very complimentary remarks about the courses. We had a nice venue at Thornhill WMC and we collected £68 from the car parking, which Towngate Plc wanted sent to Kirkwood Hospice. The rain had stopped for a short time in the preceding days so the start and finish were no longer under water!

We had a SIAC trial run at this event, prior using it on 30 June/1 July. With much work beforehand from the IT techies it worked without a noticeable glitch and will be used for the Halifax South and the Halifax Central events on 30 June and 1 July.

Thanks to all the members who helped make the event go really smoothly, not forgetting that refugee from Airienteers, Gerry who spent all morning manning the timed crossing.

The only disappointing aspect of the event was the low entry. When we booked the slot, 15 April, there were no other events in the BOF calendar. Subsequently other events sprung up on that date and we had only 105 entries.

Another month and it was on to Oakwell Hall for the YBT round with John Elliot organising and Gill Ross planning. The sun shone and there were e-mails afterwards thanking us, which just shows what a good event it was. Oakwell Hall was a lovely setting and the sun made it just perfect.

And now for the Dickensian Cash book – 40 years ago there was a club outing to Lyme Park and a Dinner Dance, posh frock do! There was the princely sum of £46 in the bank.

It was decided that if anybody wanted to "air their views" of the committee, the AGM was the best place to do this – *think we will pass on that one*. It all seems relatively quite peaceful now.

There was a club Tennis tournament and a street Gallophen was to be arranged by Richard Payne who would make the draft rules and collate statistics!!!

Films were still a regular social activity and they had one of the World Championship. It was decided to try and obtain some films from the Forestry Commission.

I shall have to close the Dickensian Cash book now due to coughing from the mould spores.

As mentioned above we have two events in the near future 30 June in Halifax South and the 1 July in Halifax Central when we share Halifax with a Marathon and Half Marathon and also the Food & Drink Festival, all good fun.

The two events on 30/1 July bring me to the usual request for helpers please. As the weekend clashes with a "Euro Urban City" event in Ypres a lot of our Urbanites and usual helpers are going to be away.

I look forward to hearing from anyone not going to Ypres and not on holiday.

Jean Lochhead

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 July 2018

Look forward to hearing from you!

EAST PENNINE ORIENTEERING CLUB

The Orienteering Club for Kirklees, Wakefield and Calderdale



31.5.18

GENERAL DATA PROTECTION REGULATIONS (GDPR)

Holding your personal details is a necessary and essential part of being a member of East Pennine Orienteering Club. These details which were obtained when you first joined enable us to contact you about your membership and remind you about club events and any other matters appertaining to your membership.

The details we hold about you are:

Name
Address
E-mail addresses where provided
Phone numbers where provided
Year of birth

The way we contact you can be by:

E-mail
Telephone
Mail shots via the members website
Post

If you do not want to be contacted in any of these ways or have a preference please inform the membership secretary, however contact with you forms a core part of your membership.

If you do not want us to hold these details you can withdraw your membership at any time by contacting the Membership secretary or Treasurer.

Unless you want to change the way you currently hear from us you do not need to do anything.

EAST PENNINE ORIENTEERING CLUB

GENERAL DATA PRIVACY POLICY

Holding your personal details is a necessary and essential part of being a member of East Pennine Orienteering Club. The details we hold were provided by you when you first joined and may have subsequently been updated as requested by you.

Concerns about your data: If you have any concerns about the way we use your personal data please feel free to contact the Membership Secretary.

Third Parties: We will not pass your personal information to any other company, firm or association unless under a legal obligation to do so.

Protecting your information: The Membership secretary is our designated data controller. We will take all reasonable steps to ensure that your data is treated securely and in accordance with our General Data Privacy Policy

Information about you: You may request details of what information the club holds about you at any time from the Membership Secretary. The club reserves the right to refuse or charge for requests that are manifestly unfounded or excessive.

Leaving the Club: when you resign or leave the club your details will be deleted from East Pennine Orienteering Club records, however if you were also a member of British Orienteering, BO could retain them for a period determined by their Public Liability Insurance policy.

Orienteering events: By taking part in our orienteering events, competitors are agreeing to East Pennine Orienteering Club publishing the information supplied on the entry form in the event results. You would also be agreeing to us passing such information to British Orienteering for the purpose of insurance and to YHOA for use in League tables.

Results will include your name, club, race time and age group.

Results Data will be also be shared with British Orienteering for the purpose of publishing results and ranking points on the BO website.

Results of past East Pennine Orienteering Club events before GDPR regulations, are retained on the EPOC website.

Changes to our GDPR Policy: The club will notify all members of any change to our GDPR Policy via e-mail and the club website.

Club Officials: are deemed to have given their permission for their names and photographs to be made publicly available via the club website. The website does not contain any other personal details.

Breach of security: if a breach of your personal data occurs you will be notified immediately.

Children under 16 attending Training Events: **e-mail addresses in the case of under 16's are restricted to those supplied by their parents.**

Names and ages of children under 16 are held only by agreement with their parents for the purpose of the activity and notification of future Orienteering activities. This information will be immediately deleted on request.

Participants may be asked to give details of current medical conditions where it is relevant to the activity. Any medical data will be deleted after the end of the activity.

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!

Membership

A warm welcome to all our new members, it's great to see an influx of juniors joining the club and maybe some parents will also join in due course?!

What has your committee been doing?



East Pennine Orienteering Club

Summary of Committee Meeting
Wednesday 16 May 2018 at 7pm
Marsh Liberal Club



1. **Present.** Jean Lochhead, Rod Shaw, Neil Croasdell, Jackie Page, Emma Harrison, David Morgan
Apologies. Viv Barraclough, Davey Averill.
2. **Minutes of Last Meeting.** These were accepted as a true record. Simon Martland had undertaken to update the map of Crow Nest Park. Davey Averill, was looking at the requirements to upgrade Karen Poole and Jonathan Emberton as Controllers (Gr. B & C respectively). Jean had arranged for refurbishment of the club's hire dibbers.
3. **Chairman's Report.** See Item 5
4. **Treasurer's Report.** Had been circulated
5. **Events Update.** Jean commended the teams that had organised the recent events – in particular Brighouse for use of SIAC.
 - a) **Brighouse.** Disappointing numbers but well received.
 - b) **Oakwell Hall.** Very well received.
 - c) **Halifax.** Concern re costs if numbers are small. ? Should it be cross subsidised by the Sunday. Toilets may need to be hired. Fees £6 / £3. *N.b/ Post meeting review will change this.* Halifax £10 /£4 with family £24. EOD £12/ £5 Family £29. David Morgan asked to arrange Flyer printing.
 - d) **Marsden Moor.** Permission now granted. Bussing will be needed and Neil C is looking into this. Parking at Station. Jackie P suggested nearby Conservative Club as event centre.
 - e) **Newmillerdam.** In hand.
6. **Fixtures.** No report from Davey who was indisposed.
7. **Mapping.** Future progress would be considered after Crownest.
8. **Bradley Scout Camp.** No EPOC money should be invested unless we could have use of the area.
9. **Publicity Leaflet.** Jean was awaiting info from Peter Brook re pictures.
10. **Grants.** BOF were not able to provide any assistance re publicity leaflets.
11. **Secretary and Web Master.** Anthony would circulate to all members re these two posts.
12. **Any Other Business.**
 - a) **CompassSport Trophy Final** It was agreed that the club would subsidise entries. Seniors would pay £8 each, Juniors would be free.
 - b) **Informal Events.** It was stressed that informal events needed to be planned to a standard that reflected well on the club. Control points needed to be accurately marked and only official Rights of Way used.
13. **Dates of Next Meetings.** The next committee meeting would be held on Wednesday 12th September and the AGM on Wednesday 26th September. Both would start at 7.30 pm.

AGM - 2018

Your Club Needs You!

SO PLEASE COME TO THE EPOC 2018 AGM



On Wednesday 26th September 2018 at 7.30pm
at Marsh Liberal Club, Huddersfield

Emails will be circulated round the club with further details/reminders

The 2018 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. If you are interested in being Club Secretary this job is also up for grabs. It's not too onerous these days!

The agenda for the AGM is as follows:

1. Apologies
2. Minutes of the 2017 AGM
3. Chairman's report
4. Secretary's report
5. Treasurer's report
6. Club fees for 2019
7. Fixtures secretary's report
8. Election of officers
 - Chair
 - Secretaries (membership and meetings)
 - Treasurer
 - Fixtures Secretary
 - 4 executive committee members
 - Hon. Auditor
9. Any other business

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

COMPASS SPORT TROPHY 2018

Rod Shaw

Please all keep Sunday 21st October free for the Compass Sport Final at Abraham's Valley near Rugeley. More details nearer the time!

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.



EPOC Rankings 2018

These are the current ranking positions (as of 1st June 2018) 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 (120 -3)	James Logue	7866	1295, 1302, 1321, 1329, 1316, 1303
2 (159)	James Williams	7776	1316, 1278, 1295, 1298, 1283, 1306
3 (202 -26)	Simon Martland	7687	1270, 1270, 1274, 1278, 1293, 1302
4 (247 +3)	Andy Thorpe	7612	1268, 1263, 1274, 1273, 1275, 1259
5 (265 -16)	Jonathan Emberton	7598	1272, 1271, 1254, 1289, 1253, 1259
6 (319 -1)	Phil Scarf	7539	1271, 1257, 1269, 1248, 1262, 1232
7 (380 +1)	Mike Pedley	7474	1245, 1246, 1250, 1248, 1243, 1242
8 (424 +1)	Karen Poole	7426	1250, 1244, 1221, 1237, 1243, 1231
9 (652 -3)	William Barraclough	7215	1200, 1189, 1169, 1229, 1227, 1201
10 (711 -4)	Richard Payne	7168	1191, 1182, 1195, 1208, 1193, 1199
11 (764 +5)	Emma Harrison	7114	1174, 1173, 1224, 1177, 1188, 1178
12 (767 -57)	David Averill	7112	1204, 1170, 1208, 1176, 1174, 1180
13 (849 +1)	Sarah Pedley	7057	1170, 1178, 1159, 1184, 1163, 1203
14 (885 +24)	Graham Lloyd	7028	1182, 1177, 1171, 1176, 1164, 1158
15 (1113 -4)	Viv Barraclough	6865	1086, 1155, 1170, 1174, 1178, 1102
16 (1259 -7)	Megan Harrison	6759	1121, 1127, 1124, 1130, 1142, 1115
17 (1318 -11)	Laura Harrison	6726	1115, 1116, 1120, 1130, 1123, 1122
18 (1349 -6)	Julie Couch	6704	1119, 1115, 1113, 1122, 1115, 1120
19 (1374 -5)	Jackie Scarf	6687	1142, 1090, 1152, 1086, 1127, 1090

Pos.	Name	Points	Contributing scores
20 (1487 +10)	Ian Couch	6593	1101, 1091, 1111, 1096, 1104, 1090
21 (1491 +11)	Mathew Averill	6590	1125, 1092, 1068, 1083, 1107, 1115
22 (1640 -36)	Richard Spendlove	6488	1085, 1092, 1085, 1097, 1092, 1037
23 (1694 -5)	David Harrison	6450	1071, 1058, 1086, 1075, 1087, 1073
24 (2009 -27)	Helen Martland	6225	1031, 1029, 1026, 1057, 1033, 1049
25 (2062 -7)	Helen Pedley	6176	1065, 1005, 1031, 1052, 1004, 1019
26 (2090 -8)	Gillian Markham	6155	1001, 990, 1053, 1088, 1008, 1015
27 (2149 -6)	Paul Jackson	6105	987, 995, 1018, 1049, 1013, 1043
28 (2345 -23)	Keith Sykes	5900	969, 969, 1013, 962, 999, 988
29 (2447 -7)	Matthew Tinker	5794	1118, 1172, 1187, 1140, 1177
30 (2465 -4)	Gill Ross	5773	967, 949, 976, 960, 967, 954
31 (2488 -3)	Brian Mellor	5747	937, 1004, 875, 941, 973, 1017
32 (2570 -99)	Guy Goodair	5669	935, 943, 924, 950, 988, 929
33 (2609 -20)	Rod Shaw	5622	917, 934, 980, 925, 949, 917
34 (2632 -3)	Neil Croasdell	5595	928, 934, 926, 941, 937, 929
35 (2684 -177)	Linda Hayles	5529	889, 949, 942, 898, 925, 926
36 (2822 -8)	Judith Goodair	5306	872, 903, 885, 879, 883, 884
37 (2828 +11)	Jean Lochhead	5296	879, 856, 869, 880, 950, 862
38 (2860 -10)	Joanna Emberton	5237	875, 863, 915, 861, 844, 879
39 (2904 -8)	Fred Ross	5186	837, 875, 876, 853, 869, 876
40 (2947 -21)	Philip Thompson	5116	837, 842, 847, 880, 832, 878
41 (2968 -1)	Jackie Page	5076	849, 835, 874, 837, 834, 847
42 (2990 -4)	Juliet Morgan	5039	840, 839, 855, 856, 851, 798
43 (2993 -23)	Jane Payne	5034	846, 870, 830, 834, 826, 828
44 (3032 +65)	Rebecca Lloyd	4951	846, 813, 819, 782, 806, 885
45 (3076 -69)	Mike Thorpe	4880	803, 784, 788, 826, 787, 892
46 (3184 -4)	Michael Wood	4677	766, 696, 807, 803, 730, 875
47 (3204 -1)	Bob Steeper	4622	867, 1032, 932, 946, 845
48 (3236 +3)	David Morgan	4540	729, 757, 872, 739, 752, 691
49 (3256 +357)	Stephen Warner	4484	936, 974, 782, 868, 924
50 (3305 -64)	Margaret Shaw	4392	692, 759, 685, 696, 770, 790
51 (3548 +8)	Simon Bourne	3728	1222, 1216, 1290
52 (3556 +291)	Sue Levinson	3708	739, 766, 735, 676, 792
53 (3878 -663)	Roy Lindsell	2758	985, 978, 795
54 (4015 +12)	Adam Thorpe	2355	1175, 1180
55 (5071 +6)	John Elliott	838	838
56 (5228 +1)	Christine Smith	669	169, 139, 361
57 (5300 +3)	Paulette Noot	391	391

Junior Development

Viv Barraclough, Coach, East Pennine Orienteering Club

Orienteering Opportunities for children and adults

Friday 1st June Beaumont Park training session and fun events for children 11-12pm followed by picnic and games (weather dependent).

Sunday 10th June Yorkshire and Humberside Schools' Orienteering Championships Sandal Beat woods, next to Doncaster Racecourse.

Individual & Team competitions for years 3 – 11. Groups or individuals welcome, although if you are bringing a group of children please email the organiser. There is no need to enter in advance, just turn up and register between 10am and 12pm

Children can run in pairs up to year 8 but must stay together. Shadowing (adult following/accompanying) is not permitted for the Yorkshire Schools Champs but is allowed if you are not competing specifically in the competition.

Prize-giving: 13.30. Prizes for first 3 girls and boys in each year. Team prizes for Primary & Secondary schools (4 to count)

£4 for juniors & adults on long orange or below. £8 adult member (£10 non-member). 2nd run for £1

Location: Sandall Beat, Doncaster. Follow signs to Doncaster racecourse. Signed from the A18 500m NE of the roundabout with the A638. Nearest post code DN2 6JP. Parking at the end of Sandall Beat Road.

<https://www.southyorkshireorienteers.org.uk/events/event/701-regional-event-incorporating-yhoa-schools-championships>

Wednesday 20th June Evening event suitable for adults and families around the streets of Leymoor, Golcar 7pm.

Saturday 30th June and Sunday 1st July Club competitions open to all; Halifax town
www.eastpennineoc.org.uk

Tuesday 24th July Evening event suitable for adults and families around the streets of Highburton 7pm.

Sunday 18th November British Schools' Championships, Lancashire.

Other events and activities at Scammonden Water, Greenhead Park, Oakwell Hall, Marsden Moor, Royds Hall High School, Newmillerdam.

Please contact Viv for further details orienteering@cantab.net 07906 500541

To join our mailing list and to indicate your mail preferences please click here: <http://eepurl.com/dvjnkj>

Juniors

Write-up of the School Games by new club member Frank Stuart

On the 15th of March, an Orienteering event was held at Newsome High School. There were 12 teams in the year 5/6 event and 18 in the 3/4 event. It was set out as a relay race. The Reinwood Junior School team (who came first) consisted of Frank Stuart and Frank Mckinna as well as some others. It was really fun especially when we won!

On the 27th March the final for the orienteering relay (as well as many other children's sporting finals) was held at Leeds Beckett University. In this Reinwood came 4th, even though one of our team members lost his shoes in the mud during the race! It was very exciting and great day out.

Attached photo shows the opening ceremony with Hannah Cockcroft, paralympian, making an inspirational speech to the children from Wakefield, Kirklees, Calderdale, Leeds and Bradford.



ARTICLES

Trying to Finish the Munros at Eighty

Rod Shaw

With five Munros to do I had long day on the borders of Knoydart one of the most remote parts of Scotland. I reckoned at my age I needed good weather and plenty of daylight hours. So near the end of April I left the A82 tourist trail at the Commando memorial at Spean Bridge in my campervan to head down the single track road to Gairloch then along the far side of Loch Lochy then inland and along the banks of Loch Arkaig for another 13 miles to a nice parking spot at the head of the loch. Leaving the van at 8.50 (I had intended to leave earlier but the drive up including an O event on High Rigg had been quite tiring) it took me 2 hours to cycle up the rough track up

Glen Dessary until the track became a steep path. Dumped the bike and plodded uphill to reach the first Munro, Sgurr nan Coireachan after 3 hours. Westward along the broad ridge over several tops including Garbh Chioch Beag to my second Munro, Garbh Chioch Mhor. It's now 4pm, the sky cloudless I must continue. At 5.15 I'm on Sgurr na Ciche (the peak of the pap) with wonderful views down Loch Nevis with Rhum and Eigg floating in a silvery sea. Add the Cuillins of Skye and a backward view of a very snowy Ben Nevis to complete the picture. Back down the east ridge quite a bit of soft snow a bit of scrambling down a gully and at 8pm reach my bike. At 9.20 with darkness closing in I'm back at my van. Now two Munros to go.....

EVENT REPORTS AND RESULTS

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

JOK and JK

Richard Payne

With several 2017 Spanish training sessions behind me I was reasonably fit by the end of the year though worried about a hernia operation booked for mid January. I was informed it would be 6 weeks recovery so booked another trip to Spain for early March with the aim of starting my training then for the JK. Unfortunately my operation was put back a couple of weeks to the end of the month so I had to alter my plans.

The operation went unbelievably well and I found I was able to be more active than I thought. Within 10 days I had done two moorland 8 mile walks and after the staples were removed I started running again. This enabled the two weeks in Spain to be more intensive and so I found myself able to compete again within 4 weeks of the operation.

The week before the JK I entered the JOK sprint, an event held by Jesus College Oxford every couple of years. The format is a morning timed sprint followed by a chasing start in the afternoon. This time's event was held in Delamere Forest.

The Prologue in Linmere, on a 1:7500 map, was well planned, but with some brambles and brashings sometimes the best route was to run along paths past the control and come in from the other side. I made some early mistakes by looking for controls too early and going direct rather than round but managed to come 12th out of 58 on a course including M55s and W40s. I was leading the M65s by 22 seconds.

The chasing start was in Pale Heights in a hilly area with light and dark green woods and a network of tracks. Some of the woods were planted by Deeside in 2000. In the race I managed to hang on to Graham Capper of LOC for much of the race though we were caught by a couple of M55s who had started 30 seconds behind. Fortunately I had got away from the other M65s so I let the M55s battle out the minor placings in their race letting them sprint off. I am pleased to say that the M55 race was won by our own Jonathan Emberton. We both have Flying Pig trophies and I am happy to be the inaugural winner of the M65 class which was included for the first time this year.

This was all good training for the JK Sprint the following weekend which is a tale in itself. The moral is not to recce the finish before running. Basically there were two penultimate controls which you could see from the spectator view point and I worked out which was on my course.

Unfortunately my brain got muddled (I am 68!) and coming in with the commentary announcing I was in first place I punched the wrong one. I would have been 2nd! By the way the area used was MOD Stafford and was not technical enough for a JK Sprint race.

The two JK areas for the Middle and Long races were ideal terrain for testing Orienteering skills. Brereton is an area full of reentrants and spurs. My course had only 19 controls which I felt was a low number for a Middle distance race. Unfortunately I was put off at the start by not finding the start kite! My control was to the South East and I started navigating before seeing the start which led to some hesitation and a loss of a minute. Another mistake at 5 where I went into the wrong re-entrant and a wrong route to 14 added another couple of minute errors but I still managed a creditable 7th place.

Beautesert had more brashings than I remembered in previous events. My best leg was a bit lucky in that I left the previous control in slightly the wrong direction but arrived on a track which I was able to use to successfully find the control. Most people seemed to go straight and got caught up in the brashings. Again I had a good run with Winsplits showing no mistakes though I tired at the end moving from 5th to 7th in the last ten minutes of the race.

Somehow coming 7th and 7th in the two races resulted in my coming 3rd overall. This was only my second JK podium in all my orienteering days. Unfortunately after my two runs I didn't expect to be on the podium and I was well on my way home by the time of prize giving.

The final thing to mention that I saw my specialist yesterday and he says I can start running again!

JK Day 1 Sprint, MOD Stafford - 30 Mar 18

M20E		W14	
Alasdair Pedley	mp	31 st Anna Thorpe	26.25
MOpen		W18E	
34 th Matthew Averill	21.33	17 th Sarah Pedley	19.40
M40		25 th Laura Harrison	22.25
13 th = James Williams	16.41	W20E	
M45		20 th Megan Harrison	21.38
12 TH Andy Thorpe	15.44	W45	
51 st David Harrison	20.38	5 th Emma Harrison	15.41
M50		W55	
1 st James Logue	12.04	61 st Helen Pedley	18.11
63 rd David Averill	15.50	63 rd Linda Hayles	18.16
M55		W65	
5 th Jonathan Emberton	14.01	37 th Jane Payne	20.12
57 th Mike Pedley	17.48	W70	
M65		11 th Gill Ross	18.39
Richard Payne	mp	21 st Juliet Morgan	22.32
M70		W75	
8 th Richard Spendlove	14.19	4 th Judith Goodair	21.47
45 th Keith Sykes	18.28		
58 th Neil Croasdell	20.36		
68 th Fred Ross	25.06		
70 th David Morgan	31.05		
M80			
2 nd Guy Goodair	17.41		
7 th Rod Shaw	22.06		

JK Days 2 & 3, Brereton Spurs and Beautesert - 31 Mar & 1 Apr 18

	Day 2	Day 3	Overall
M20E			
9 th Alasdair Pedley	27.37(7)	78.20(11)	105.57
M35S			
2 nd Matthew Tinker	43.01(2)	76.11(2)	119.12
M40L			
7 th James Williams	49.14(20)	77.59(4)	127.13
M45L			
8 th Andy Thorpe	43.25(8)	79.00(8)	122.25
M45S			
13 th David Harrison	72.55(14)	96.29(18)	169.24
M50L			
1 st James Logue	37.10(1)	61.47(1)	98.57
49 th David Averill	51.24(45)	90.43(60)	142.07
M55L			
6 th Jonathan Emberton	41.06(13)	67.46(6)	108.52
14 th Mike Pedley	40.17(9)	73.53(19)	114.10

M65L

3 rd Richard Payne	38.39(7)	60.42(7)	99.21
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M70L

12 th Richard Spendlove	40.05(20)	63.07(10)	103.12
28 th Ian Couch	46.15(43)	69.55(27)	116.10
53 rd Keith Sykes	50.23(59)	80.53(53)	131.16
66 th Neil Croasdell	64.42(78)	93.18(69)	158.00

M70S

15 th Fred Ross	75.27(16)	92.34(21)	168.01
16 th David Morgan	87.24(17)	96.06(22)	183.30

M80

2 nd Rod Shaw	40.29(2)	59.34(2)	100.03
12 th Philip Thompson	62.15(11)	89.23(16)	151.38
Guy Goodair	70.30(14)	w4	

W14A

32 nd Anna Thorpe	63.13(35)	58.06(30)	121.19
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W18E

22 nd Sarah Pedley	40.43(30)	71.47(19)	112.30
30 th Laura Harrison	39.21(28)	87.23(30)	126.44

W20E

18 th Megan Harrison	38.15(17)	78.37(14)	116.52
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W45L

5 th Emma Harrison	44.07(5)	69.28(6)	113.35
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W55L

48 th Helen Pedley	53.05(52)	78.38(47)	131.43
63 rd Linda Hayles	61.41(63)	91.10(64)	152.51

W60L

8 th Julie Couch	44.05(12)	60.48(9)	104.53
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W65L

42 nd Margaret Couch	113.03(48)	134.07(42)	247.10
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W65S

7 th Jane Payne	42.20(4)	75.26(8)	117.46
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W70L

18 th Gill Ross	57.01(19)	73.08(17)	130.09
Juliet Morgan	m5	85.17(28)	

W75

6 th Judith Goodair	41.51(5)	84.08(9)	125.59
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Light Green

Matthew Averill	34.43(7)	41.19(13)	
Joanna Emberton	67.41(37)	64.09(49)	

AIRE Regional Event, Baildon Moor - 8 Apr 18**Blue (length: 6.6km, climb: 185m)**

21 Ian Couch	74.52
26 Linda Hayles	136.20

Green (length: 5km, climb: 120m)

6 Julie Couch	46.17
24 Brian Mellor	63.23
32 Neil Croasdell	76.46

Short Green (length: 3.6km, climb: 80m)

8 Gill Ross	49.51
13 Guy Goodair	53.38
14 Judith Goodair	54.31
17 Fred Ross	58.41
19 Jean Lochhead	60.50
24 Jackie Page	89.22

Light Green (length: 3.4km, climb: 65m)

11 Joy Mellor	97.21
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Orange (length: 3.2km, climb: 60m)

m12-13Tzavier Sests Thornher	129.39
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EBOR Spring Series, Easingwold - 14 Apr 18

Urban 2.5km

11 Guy Goodair	22:35
20 Judith Goodair	26:23

LOC National Event Middle Distance, Graythwaite - 14 Apr 18

W18/20

18 Sarah Pedley 36.25

M18/20

17 Alasdair Pedley 28.01

Brown Men

8 Andy Thorpe 39.46

48 Graham Lloyd 54.49

Blue Men

5 Mike Pedley 36.26

Green Men

26 Ian Couch 46.56

Green Women

81 Rebecca Lloyd 76.11

Short Green

2 Julie Couch 33.46

15 Helen Pedley 41.21

51 Phil Thompson 60.41

Light Green

29 Anna Thorpe 46.01

LOC National Event Long Distance, Lingmoor - 15 Apr 18

Short Brown 1

12 Alasdair Pedley 60.45

Short Brown 2

9 Andy Thorpe 65.01

Blue 2

14 Mike Pedley 59.18

32 Graham Lloyd 71.40

Short Blue 1

9 Sarah Pedley 59.24

Short Blue 2

Mp Ian Couch 67.54

Green

17 Julie Couch 56.04

61 Helen Pedley 75.39

Short Green

40 Rebecca Lloyd 74.28

Light Green

32 Anna Thorpe 56.25

EPOC YUL, Brighouse - 15 Apr 18

Black 7.2km 140m

4 Jon Emberton 51.13

5 Matt Dillingham 54.00

7 Matthew Tinker 58.59

Brown 6.6km 135m

7 Richard Payne 47.06

10 Megan Harrison 59.59

11 Laura Harrison 61.30

Blue 5.6km 120m

3 Phil Scarf 40.00

7 Emma Harrison 45.03

m22 Linda Hayles 63.47

Green 4.5km 110m

3 Jackie Scarf 44.50

6 David Harrison 50.22

19 Bob Steeper 66.36

Short Green 3.5km 75m

1 Guy Goodair 43.11

5 Gill Ross 47.06

12 Fred Ross 56.09

14 Jane Payne 56.19

m3 Stephen Warner 46.47

m14 Judith Goodair 50.56

Light Green 3.6km 40m

1 William Martland 35.55

Yellow 2.7km 20m

1 Luke Barraclough 28.32

5 Joseph Barraclough 42.38

7 Megan Casey 46.00

8 Tzavier Sesto Thornber 51.43

BAOC Military League North Score Event, Claro Barracks Ripon - 18 Apr 18

45 minutes score

1 Stephen Warner 200 pts

2 Judith Goodair 190 pts

3 Sue Levinson 160 pts

4 Jean Lochhead 150 pts

60 min score

4 Davey Averill 400 pts

12 Guy Goodair 230 pts

13 Neil Croasdell 220 pts

18 Phil Thompson 130 pts

HALO UK Urban League, Thirsk - 21 Apr 18

Veteran Men M40+ 6.7km

18= David Averill 56.51
27 Graham Lloyd 64.25

Super Vet Men M55+ 5.6km

2 Mike Pedely 38.16

Ultra Vet Men M65+ 4.3km

9 Richard Payne 32.42
33 Neil Croasdell 46.39
44 Rod Shaw 57.06
46 Fred Ross 61.58

Hyper Vet Men M75+ 3.6km

4 Guy Goodair 41.43

Veteran Women W40+ 5.6km

9 Emma Harrison 50.28

Super Vet Women W55+ 4.3km

21= Rebecca Lloyd 56.59

Ultra Vet Women W65+ 3.6km

13 Gill Ross 44.35
18 Jackie Page 49.17
19 Jean Lochhead 49.24
21 Sue Levinson 50.12

Hyper Vet Women W75+ 3.6km

1 Judith Goodair 46.18

Life Begins at Eighty!

Rod Shaw

I've heard many people say: "I go up an age group but it's no easier, my rivals go up with me." I've compared a few age groups: If you've got 7800 points you'd be 3rd in M55, 7th in M50, 6th in M45, 20th in M40 and 10th in M35. If you have 7400 points you'd be 18th in M65 and 18th in M60. Going further down the points my 5641 points would make me 38th in M75 but in M80 I'm 3rd! So in my case going up an age group has made it much easier to do relatively well. In some ways it's sad, I can think of four northern orienteers who always beat me who don't compete any more. So after two modest runs at the JK I find myself on the podium. At Wass which I thought they used the best part of the forest: good contour detail, not much undergrowth, yes, a few muddy slopes. I know some people disagree but I thought it was well worth the long walk to the start and back from the finish, a few silly mistakes mainly because of my habit of not reading the control descriptions; a small enclosure of uncrossable fences and I looked for 2 facing crags! A few other silly mistakes weren't too costly and surprisingly found I was M80 northern champion.

EBOR Northern Championships, Wass - 22 Apr 18

M20E

11 Alasdair Pedley 74.38

M45L

3 Andy Thorpe 74.09

M55L

5 Mike Pedley 75.24

M65L

4 Richard Payne 60.58

M70L

5 Ian Couch 72.32

16 Paul Jackson 82.07

Rtd Roy Lindsell

M80

1 Rod Shaw 59.11

5 Phil Thompson 79.02

W14A

14 Anna Thorpe 76.28

W18E

7 Sarah Pedley 71.41

14 Laura Harrison 83.23

W45L

3 Emma Harrison 62.04

W55L

12 Helen Pedley 87.10

W60L

5 Julie Couch 60.09

W65L

13 Maggie Shaw 166.25

rtd Jackie Page

W65S

2 Jane Payne 66.18

W70L

5 Gill Ross 97.48

10 Jean Lochhead 119.02

SYO Regional Event, West Haigh & Howell Woods - 29 Apr 18

Orange (length 2.9km, climb 35m)

5 Pat Thorpe 90:21

Very Short Green (length 2.9km, climb 25m)

3 Juliet Morgan 54:40

4 David Morgan 56:51

Green (length 4.5km, climb 80m)

19= Brian Mellor 53:12

21 Richard Spendlove 53:32

32 Keith Sykes 60:55

33 Helen Martland 64:40

48= Fred Ross 74:27

7 Joy Mellor	60:52	Blue (length 6.5km, climb 125m)	
Short Green (length 3.5km, climb 45m)		5 Emma Harrison	55:19
12 Gill Ross	76:55	6 Matthew Tinker	55:28
16 Philip Thompson	99:06	28 Laura Harrison	70:00
Mike Thorpe	rtd	36 Paul Jackson	90:40
	Missing nos 8-12	37 David Harrison	91:44

NOC EM Urban League, Southwell - 29 Apr 18

Course 4 Length 4.3km, 50m climb	Course 5 Length 3.4km, 35m climb
28 Neil Croasdell 51:30	4 Guy Goodair 35:44
	7 Jean Lochhead 39:02
	8 Jackie Page 39:44
	12 Judith Goodair 43:32
	14 Sue Levinson 45:10

WCOG Cumbrian Galloper, High Rigg - 29 Apr 18

Short Green (length: 2.66km, climb: 115m)

6 Rod Shaw 44:10

BAOC MLN, Richmond - 2 May 18

Light Green 3.8km 115ni	Blue 6.1km 190m
9 Stephen Warner 51.36	10 Davey Averill 60.26
12 Neil Croasdell 53.40	
14 Guy Goodair 56.06	
15 Sue Levinson 58.00	
16 Judith Goodair 60.23	
20 Gill Ross 64.48	
25 Jean Lochhead 75.14	
28 Fred Ross 86.42	

NGOC UK Urban League, Ross on Wye - 5 May 18

Mens Open	Womens Vet
12 Ben Scarf 73.33	6 Jackie Scarf 47.26
Mens Super Vet	Womens Hyper Vet
12 Phil Scarf 43.09	1 Judith Goodair 50.35
Mens Hyper Vet	
2 Guy Goodair 46.56	

AIRE Yorks Urban League, Kippax - 6 May 18

Brown (length: 5.975km, climb: 155m)	Short Green (length: 2.85km, climb: 80m)
6 Davey Averill 57.18	3 Guy Goodair 35.24
7 Richard Payne 58.40	4 Gill Ross 36.24
12 Megan Harrison 71.25	7 Stephen Warner 38.45
14 David Harrison 86.07	9 Jackie Page 39.53
Blue (length: 5.075km, climb: 155m)	11 Judith Goodair 40.53
4 Emma Harrison 51.26	17 Sue Levinson 49.15
21 Linda Hayles 77.34	Light Green (length: 2.375km, climb: 80m)
22 Helen Marftland 78.39	3 William Martland 24.17
Green (length: 4km, climb: 105m)	
28 Neil Croasdell 62.43	
33 Rod Shaw 72.46	
34 Fred Ross 73.50	

BOK Mike Nelson Bog Trot, New Beechenhurst - 6 May 18

Blue 6.9km 250m

2 Phil Scarf 58.37

Green 5.1km 120m

4 Jackie Scarf 58.59

EBOR Scarborough Scramble, Falsgrave - 12 May 18

Course D 2.5km 55m 18c

3 Judith Goodair 37.08

Guy Goodair mp 35.41

WMOA Bentley Woods - 13 May 18

Blue (length: 6.9km, climb: 140m)

28 Megan Harrison 76.31

Yvette Baker Trophy Heat - Oakwell Hall 13th May 2018



Photo's: Laura Harrison

EPOC Yvette Baker Trophy, Oakwell Hall Country Park - 13 May 18

Score

n/c Emma Harrison 240 pts

4 Davey Averill 240 pts

13 Rod Shaw 130 pts

Green 4.4km 125m

6 Matthew Tinker 37.53

17 Helen Martland 54.04

23 Neil Croasdell 62.06

Light Green 3.2km 80m

9 Joy Mellor 77.27

Green Girls

1 Laura Harrison 44.18

Light Green Boys

9 William Martland 37.57

10 Luke Barraclough 41.32

Orange Boys

7 Seth Barraclough 36.53

Yellow Boys

7 Joseph Barraclough 19.55

11 Francis Stuart 24.25

16 Frank McKinna 28.26

Yellow 2km 65m		Yellow Girls	
5 Megan Casey	35.17	10 Freya Larder	26.14
White 0.9m 20m		mp Kiki Barden Nash	
12 Tyrus Holder	13.20	mp Mya Larder	

BAOC MLN, Woodthorpe - 16 May 18

Light Green 4.2km		29 Juliet Morgan	55:19
16 Neil Croasdell	47:02	31 Fred Ross	59:10
17 Gill Ross	48:04	33 Philip Thompson	61:26
23 Jackie Page	51:12	34 Judith Goodair	65:16
24 Stephen Warner	51:22	36 Sue Levinson	66:44
26 Jean Lochhead	52:44	m4 Guy Goodair	51.24

BRITISH ORIENTEERING CHAMPIONSHIPS 2018

Emma Harrison

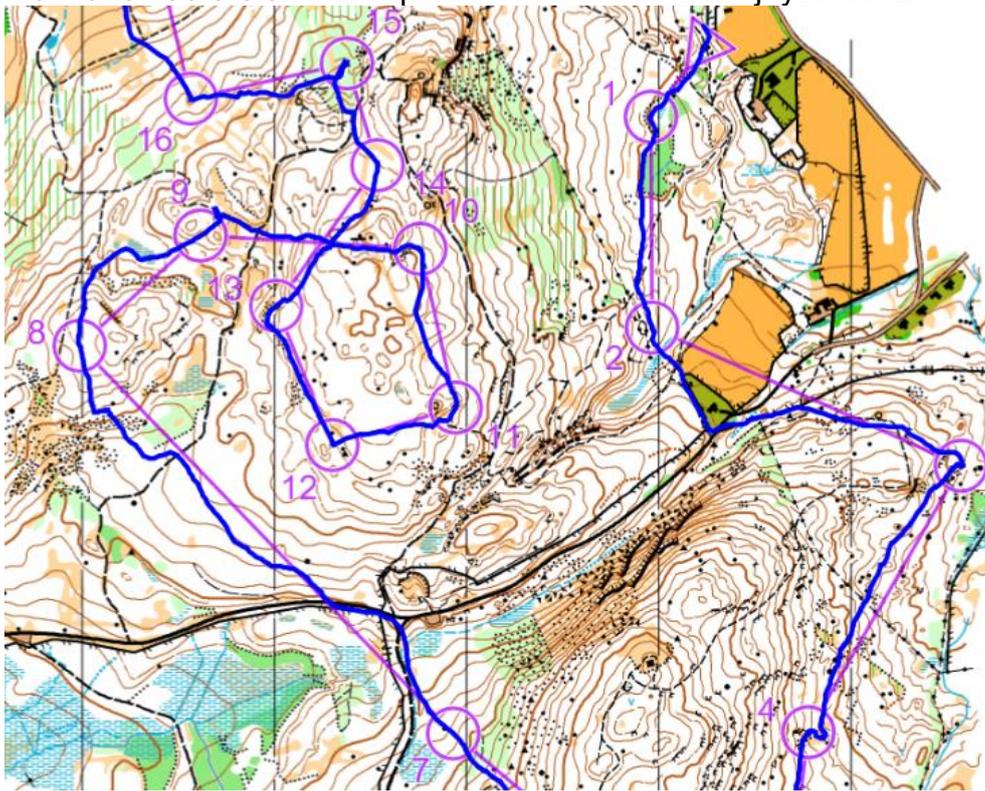
Over the past few years I have managed to come in the top 3 at the British Night, Sprint and Middle Distance Championships on a few occasions, but the British Long Distance, the classic orienteering challenge, has continued to elude me.

The British Champs in 2018 were held at Balmoral so I had debated quite a bit whether it was really worth going such a long way on a normal weekend, not a bank holiday and not connected to school holidays, however earlier in the year David found a reasonably priced and timed flight from Manchester to Aberdeen on Friday night and then a return flight on Saturday night. I must have mentioned something in passing to mum who was suddenly also keen to go, so one winter day I found myself booking flights for Mum, Laura and I, car hire, Premier Inn for a night and entries to the event.

After an interesting journey on Friday, courtesy of delayed trains over the Pennines but followed by an efficient and timely flight, Saturday morning dawned sunny and warm. We arrived at Balmoral to be parked on freshly mown grass in better condition than our garden right next to assembly/finish and with views of Balmoral Castle and along the Dee valley with snow-capped mountains visible in the distance. A truly stunning setting and finished off perfectly by the weather.

I had looked at a previous map of the area but had never run there before. The map reminded me of day one of the Scottish 6 days in 2017, the day that I monumentally messed up my course, so I knew I couldn't afford such errors this time. Number one was very close to the start which I don't really like as I didn't have any feel for the map or terrain. I took it carefully and hit it spot on, noticing that key features were quite obvious. I was then steady and mostly clean to 2 and 3 but found the terrain difficult to really get running on. Four, 5 and 6 were tricky with few features and plenty of opportunity to really mess up. I had minor wobbles at all 3 but was relieved not to lose too much time, especially as I also always feel I am being overly hesitant with decisions on such terrain. A couple of longer legs to 7 and 8 which were physically demanding given the terrain, climb and heat. Eight through to 16 were control picking so I knew I had to be careful. I came out of number 9 at a 90 degree error but making everything fit. Luckily I took a bearing and wondered what an earth my compass was doing until I realised there was nothing wrong with the compass but was more a case of user error! Phew, that could have been a really costly mistake. I managed to keep my head mostly in order through to the end of the course but I was exhausted. I was relieved to have had a mostly clean run with no significant errors and as far as I could tell I had taken reasonable route choices as well. As I passed the finish I heard my name being announced in first place on W45L. I knew there were a couple of people starting after me who could beat me so I was pleased at the end of the event when I came 2nd overall and 2 minutes behind the winner. My first British Long Distance Championships medal, but unfortunately I was unable to be at the prize giving as they didn't hold it until Sunday, after the relays, by which time I was long back in Wakefield.

Mum and Laura didn't fare quite so well but we all enjoyed our 24 hour adventure!



My GPS Route



Photo's Above: Laura & Emma Harrison



Mike



Sarah



Julie



Emma



Laura

Photo's Above: Wendy Carlyle



Ian

Photo: Steve Rush



Alasdair

Photo: Deeside Photo Club

SOA British Long Distance Championships, Balmoral - 19 May 18

W18E		W70L	
5 Sarah Pedley	69.54	16 Gill Ross	86.31
17 Laura Harrison	100.10	M20E	
W45L		4 Alasdair Pedley	78.08
2 Emma Harrison	70.33	M55L	
W55L		10 Mike Pedley	75.21
30 Helen Pedley	104.31	M70L	
W60L		12 Dick Spendlove	68.11
13 Julie Couch	73.53	26 Ian Couch	78.58

PFO Regional, Brun Valley Country Park - 20 May 18

Blue 7.3km 130m		Light Green 4.1km 110m	
13 Richard Payne	78.41	6 Joy Mellor	100.03
Green 5km 90m		Orange 3.4km 65m	
28 Neil Croasdell	108.05	5 Jane Payne	67.25
Short Green 3.7km 85m			
9 Judith Goodair	67.45		
10 Jean Lochhead	69.01		
14 Philip Thompson	78.38		
15 Guy Goodair	79.49		

SOA Scottish Long Champs, Achagour and Dulsie - 26 May 18

M20E 8.875km 195m		M70L 4.6km 90m	
4 Alasdair Pedley	70.44	14 Dick Spendlove	76.19
M55L 6.625km 160m		16 Ian Couch	77.26
3 Mike Pedley	65.48	W60L 4.425km 65m	
		4 Julie Couch	65.07

KERNO UK Urban League, Exeter University - 26 May 18

MSV 4km 120m		WSV 2.7km 100m	
18 Graham Lloyd	38.13	32 Rebecca Lloyd	43.47

DEVON Tamar Triple, Braunton Long - 27 May 18

Blue 6.4km		Green 4.6km	
50 Graham Lloyd	65.01	160 Rebecca Lloyd	133.33

CLARO Yorks Urban League, Knaresborough - 27 May 18

Course B 5.1km 180m		Course E 2.7km 100m	
18 Laura Harrison	65.51	4 Gill Ross	41.59
22 David Harrison	70.17	7 Guy Goodair	46.09
Course C 4.4km 175m		11 Jane Payne	48.40
4 Emma Harrison	47.19	13 Jean Lochhead	51.17
8 Richard Payne	48.38	14 Jackie Page	52.08
Course D 3.8km 135m		m25 Juliet Morgan	49.27
28 Fred Ross	80.36	Course F 2.1km 75m	
30 David Morgan	88.11	1 Judith Goodair	39.14
		5 Sue Levinson	51.55

DEVON Tamar Triple, Braunton Middle - 28 May 18

M55 4km 120m		W70 2.1km 80m	
m7 Graham Lloyd	45.13	14 Rebecca Lloyd	44.27

EBOR York City Race - 28 May 18

Course B 4.9km

28 Laura Harrison	47.09
33 Emma Harrison	47.56

Course 3 3km

5 Richard Payne	24.05
34 Stephen Warner	32.20
47 Jean Lochhead	35.00
52 Gill Ross	35.35
54 Guy Goodair	35.51
58 Judith Goodair	36.36
62 Sue Levinson	37.58
64 Jane Payne	38.23
69 Jackie Page	39.34
83 Fred Ross	42.28

YHOA URBAN LEAGUE – 2018

Details at www.yhoa.org.uk



Yorkshire Urban League 2018



Sun 15 Apr	EPOC	Brighouse
Sat 21 Apr	HALO	Thirsk
Sun 6 May	AIRE	Kippax
Sun 27 May	CLARO	Knaresborough
Mon 28 May	EBOR	York
Sun 3 Jun	AIRE	Skipton
Sat 23 Jun	HALO	Louth
Sun 1 Jul	EPOC	Halifax
Sun 8 Jul	SYO	Sheffield
Sat 14 Jul	AIRE	Cliffe Castle/Myrtle Park
Sun 15 Jul	AIRE	Bingley
Sun 23 Sep	SYO	Gleadless
Sun 20 Oct	HALO	Gainsborough



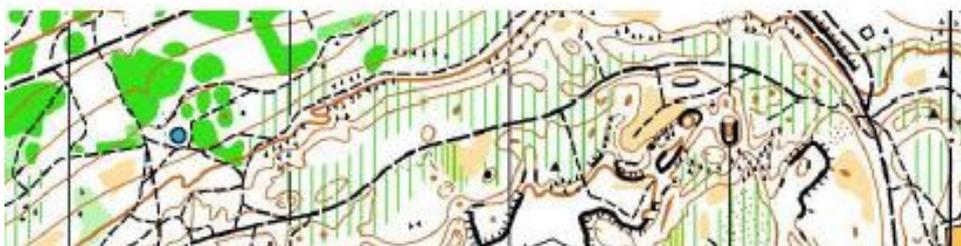
YHOA SUPER LEAGUE - 2018

Details at www.yhoa.org.uk

Yorkshire Orienteering Superleague 2018



Sun 28 Jan	EPOC	Storthes Hall	Middle Distance
Sun 4 Feb	AIRE	Calverley	Middle
Sun 18 Feb	SYO	Tankersley	Middle
Sat 2 Jun	AIRE	Kilnsey	Classic Distance
Sun 26 Aug	EBOR	Duncombe Park	Classic
Sun 30 Sep	CLARO	Angram	Classic
Sat 28 Oct	EBOR	White Horse	Classic
Sun 2 Dec	SYO	Ramsley Moor	Classic
Sun 9 Dec	HALO	Mausoleum Woods	Classic



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: egrahamlloyd@yahoo.co.uk

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 – June to August 2018

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

Date	Club/Region	Type/Area	Location
June			
2	AIRE/YHOA	The Dales Town and Country Weekend, YHOA Urban League	Skipton
3	AIRE/YHOA	The Dales Town and Country Weekend, YHOA Superleague, Kilnsey South	Skipton
9	NATO/NEOA	British Mixed Sprint Relay, Pegswood	Morpeth
10	SYO/YHOA	Regional Event and YHOA Schools, Sandall Beat	Doncaster
16	EBOR/YHOA	EBOR Relays, Hood Hill	Thirsk
17	EBOR/YHOA	EBOR Champs and YHOA Superleague, White Horse	Thirsk
17	DVO/YHOA	Stanton Moor	Bakewell
23	HALO/YHOA	Sand, Sea and Spires Weekend, Sprint	Cleethorpes
23	HALO/YHOA	Sand, Sea and Spires Weekend, YHOA Urban League	Louth
24	LOG/EMOA	Skegness Urban	Skegness
24	CLOK/NEOA	Coatham Woods	Stockton
30	EPOC 	Halifax Urban Short, Halifax South	Halifax

July

1 July	EPOC 	UKUL & YHOA Urban League, Halifax	Halifax
8	SYO/YHOA	Sheffield City Race, YHOA Urban League	Sheffield
14	AIRE/YHOA	Fat Rascal Weekend/YHOA Sprint Championships/YHOA Urban League, Cliffe Castle & Myrtle Park	Keighley
15	AIRE/YHOA	Fat Rascal Weekend, YHOA Urban League	Bingley
22	CLOK/NEOA	Barnard Castle Urban	Barnard Castle
29 Jul-3 Aug	NWOA	Lakes 5 Days	Lake District

August

19	LOG/EMOA	Lincoln City Race	Lincoln
24-27	EBOR/YHOA	White Rose Weekend, Duncombe Park	Helmsley

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