



Epistle



No. 251
October - November 2018



Photo's Steve Rush

James Williams and Jean Lochhead in action for Wales
at the Veteran Home Internationals

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

COMMITTEE 2018/2019

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Treasurer	David Morgan	davidmorgan.stopford@btinternet.com
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Membership Secretary	David Morgan	davidmorgan.stopford@btinternet.com
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	Neil Croasdell	croasded@gmail.com
	Viv Barraclough	viv.barraclough@cantab.net

OTHER CLUB OFFICIALS

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Compass Sport Trophy	Rod Shaw	margrod123@gmail.com
Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Welfare Officer	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
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Website	Anthony Greenwood	aandrgreenwood@gmail.com
YHOA committee rep	David Morgan	davidmorgan.stopford@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

September always seems to be a busy time and this year has been no exception! There have been plenty of events since the White Rose at the end of August and something on offer nearly every weekend in the next few months.

Rod has sent in the EPOC entry for the Compass Sport final and we look to have a very strong team with runners on all courses so fingers crossed for a really good result and best of luck to all runners!

Although another Epistle will have come out by then, don't forget our EPOC Christmas events at Newmillerdam in December. If you are able to help out in any way then don't be shy and come forward. If you are unsure then there will always be someone around to give advice and support.

See you all at Cannock Chase on 21 October ☺

Emma Harrison

CHAIRMAN'S CHAT

We have not put on any events since the last Chairmans Chat due to the cancellation of Marsden Moor because of risk of fire – it has rained ever since.

Our next event will be Christmas at Newmillerdam on Sat/Sun 22 & 23 December and next year we have 8 Events on the fixture list.

The Permanent course at Crow Nest Park has been refurbished and a new map is available on the EPOC permanent course website. There are four courses planned by Jackie Page, two of which are wheel friendly. Viv and Simon have applied for funding, some of which they will use for an event in Crow Nest Park for youngsters (and some oldies). The next POC for an upgrade will be Shibden Hall where some controls need relocating due to the Northern side needing crampons, an overgrown ditch in the middle and control lonely K which does not appear on any of the courses!

Rod has got a good team together for the Compass Sport Cup and we should expect to do really well as a team.

By the time you read this Veterans Home Internationals will have been held in South Wales and we have 4 selected participants. Emma is holding a Red and White flag whilst the other 3 are brandishing Red Dragons. Congratulations to Emma, representing England and congratulations to James Williams, Phil Scarf and myself representing Wales. Let's hope we **all** have really good runs.

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 November 2018

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

Membership

- A warm welcome to new member James White (M35)
jamesrobertwhite@googlemail.com
- Neil Croasdell and Linda Hayles have a new email address
croasded@gmail.com

What has your committee been doing?



East Pennine Orienteering Club
Summary of Committee Meeting
Wednesday 12 September 2018 at 7.30pm
Marsh Liberal Club



1. Present: Rod Shaw, Emma Harrison, Jackie Page, Neil Croasdell, Jean Lochhead (Chair).
2. Apologies: David Morgan and Viv Barraclough.
3. Minutes of last meeting approved and proposed a true record Jackie Page, seconded Rod Shaw.
4. Matters arising from the last minutes: The minutes were gone through in detail and the committee updated as to progress on the issues mentioned.
5. Chairmans Report: Jean reported the success of the last two urban events at the beginning of July both competitor wise and financially. She also reported on the cancellation of Marsden Moor which was unfortunate due to the amount of effort in getting the permissions sorted, but we hope to get permission again for next year in October 2019 as the courses are already planned.
6. Treasurers Report: David Morgan had circulated the accounts for the year ended 31 August 2018 that showed a healthy profit due to financially successful events and not much Capital Expenditure. These accounts when audited will be presented to the AGM.
7. Future Events: Jean had produced a schedule of events for 2019 with Planners and Organisers where possible. It was proposed that due to the impenetrable and overgrown nature of Cawthorne & Deffer and indeed Haw Park as well, that we should instead put on an Urban (YUL) event on 24 March 2019 and Elland Urban seemed a likely possibility as we have not used the map since July 2015.
8. The meeting thought it a sorry state of affairs that more members were not offering to come forward to Organise and Plan events especially as there would be help for anyone not having done it before. It was always the same people who were either Planning or Organising. We are also short of a Secretary.
9. POC Report: Crow Nest Park, mapped by Simon Martland and set out by Jackie and Jean was now finished. Shibden Hall has a bit more work to be done. Jean has contacted the relevant person at Hardcastle Crags and that course needs refurbishment and a different system for the supply of maps to augment the system they have now.

10. Coaching and Activities: Viv sent an e-mail about Activities she has organised over the summer in Beaumont Park, Greenhead Park, Highburton and Oakwell Hall. There is another activity to be organised in October/November. Viv suggested that we have a stock of multipurpose certificates and would like 15 for the 2017-18 Schools League, which the Committee agreed to. The meeting thought that giving out certificates for Informal activities was not reasonable as prizes should not be that easy come by. It was suggested that some smaller, less formal cards be printed, to give out at informal activities to reflect completion of the course and participation. Jean to liaise with Viv as to design, printing and quantity. Simon and Viv are intending to apply for Grants through the Post Code Lottery system and Viv sent a form to be completed and signed by the bank signatories. The meeting decided that this was probably not a problem but wanted more information especially before the bank signatories were involved.
11. Welfare Officer: Viv had suggested two paragraphs regarding Codes of Conduct which need to go on to our website – this looked complicated and Viv is to do more work on it and come up with the paragraphs which need to go on to our website.
12. Amendment to the Constitution: In times that have changed in the 40 years since EPOC was formed Jean suggested that the following clause was required to be added to the Constitution:
- “Power of Committee to Suspend or Expel: The Management Committee has the power to suspend for a defined period, or terminate the membership of any Member whose conduct renders them unfit to continue their membership. Should the member wish to dispute the committee decision they can appeal in writing putting forward their point of view for the committee to consider. The Committee’s decision by a majority vote is final”.***
- This was discussed thoroughly and based on previous experience over the years and experiences with other organisations it was accepted by all that the above clause should be included in the Constitution. This will need to be discussed at the AGM.
13. Date of Next Meeting: Wednesday 14 November 2018 at 7.30pm. Same venue.

AGM - 2018

ANNUAL GENERAL MEETING held at Marsh Liberal Club

on Wednesday 26th September 2018 at 7.30pm.

MINUTES

1. **Present:** Jean Lochhead, Ian McMillan, Richard Payne, Judith Goodiar, Guy Goodair, Ian Couch, Julie Couch, Viv Barraclough, Juliet Morgan, Jackie Page, Emma Harrison, Neil Croasdell, Rod Shaw, Simon Martland, David Morgan **Apologies:** Pat Aspinall
 2. **Minutes of last AGM** were accepted as accurate. The Chairman’s and Treasurer’s reports had been provided on separate sheets Proposed Richard Payne Seconded: Rod Shaw
 3. **Matters Arising:**
 4. **Chairmans Report:** Approved Emma Harrison
 5. **Treasurer's Report:** was given by David Morgan, see separate sheet. The cost henceforth of the website hosting was noted and agreed to be necessary. David noted that organisers had done a good job of keeping costs low at events this year Proposed Richard Payne Seconded Jackie Page
- (a) Fixing club fees for 2019. (2018 £7.50 senior & £2.50) Proposed: Seconded:

6. Secretary's Report: No Report

7. The following Officers and Committee were re-elected with no new elections:

- Chair:** Jean Lochhead
- Secretary:** Vacant
- Treasurer:** David Morgan
- Welfare officer:** Viv Barraclough
- Newsletter Editor:** Emma Harrison
- Fixtures Secretary:** vacant
- Ordinary Members:** Rod Shaw, Jackie Page, Neil Croasdell
- Auditor:** Richard Payne

It was decided that the position of Vice Chair, whilst in principle very important, was not part of the club's constitutional format so should not be an elected post. Emma was elected originally to support Jean and will continue to do this without the title.

8. Change to Constitution:

In the light of modern times and moral sensibilities, the committee had discussed an addition to the Constitution as follows -

Power of Committee to Suspend or Expel: The Management Committee has the power to suspend for a defined period, or terminate the membership of any Member whose conduct renders them unfit to continue their membership. Should the member wish to dispute the committee decision they can appeal in writing putting forward their point of view for committee consideration. The Committee's decision by a majority vote is final.

The meeting concluded that the above addition should be replaced by wording which would indicate that the club follows the guidelines provided by British Orienteering. As no-one was clear of the exact BO guidelines or wording it was agreed this would be investigated further and discussed at the next meeting.

The proposal to remove the words "including without limitation all clubs and disciplines" from Section 11 (Safeguarding), as they had been unnecessarily included in the club's constitution, was approved.

Meeting closed



Informal discussions

With no-one willing to take on the role of Fixtures Secretary David Morgan agreed represent the club at the YHOA meetings as he was attending anyway but there is more work to be done on the current and future fixtures list.

CHAIRMAN'S REPORT to AGM 26.9.18

Jean Lochhead

Since the last AGM we have had 6 events, 4 XC and 3 Urban. They were very successful and well enjoyed by both competitors and helpers. Halifax was a UK Urban League and the previous day although a low entry the courses were popular especially as competitors could do as many courses as they wanted.

We had two different planners this year in Gill Ross and Neil Croasdell.

Marsden was cancelled due to the draught after which it rained and rained. We hope to run the event next October so we can use the courses already planned by Rod.

The SI download team put in a lot of work to make us the first club in YHOA to have SIAC at our events, the rest of Yorkshire may catch up sometime.

Viv has put on some events for youngsters which have been well attended and we were successful in winning our Heat of the CST and Rod has put a good team together for the final in October.

TREASURER'S STATEMENT

David Morgan

This has been a year when event activity has increased significantly and with much less expenditure on major items of equipment. I can therefore report that for the first time in a number of years the club has made an overall surplus.

2 events in particular were very well supported, The Y&H Middle Distance Championships at Storthes Hall and the UKUL event at Halifax. An addition to our programme was the urban event at Brighouse. Entry here was disappointing as it clashed with a number of other events that were not originally on the BOF Fixtures list.

The increase in membership fees that we introduced at the last AGM made a substantial impact on finances without any particular effect on overall membership numbers. Membership fees now cover the cost of BOF and YHOA affiliation, committee room hire and make a contribution to general running costs. It should be noted that for 2018/19 and onwards there will be increased costs relating to management of the club's website. This will be in the order of £240 per year. We again subsidised the entry fees for the CompassSport Trophy heat and as one of the successful clubs will do so again for the final. The costs for this will appear in next year's accounts.

Again, I would however like to congratulate all organisers for their real efforts to minimise costs at events.

Accounts prepared by David Morgan 31/8/2018

To be audited and signed by Richard Payne

COMPASS SPORT TROPHY

Rod Shaw

I've had an interesting email discussion with Nick Barrable, editor of Compass Sport. Here is a precis of my initial thoughts:

Dear Nick,

"With another Compass Sport Cup/Trophy approaching I wonder whether you would consider for next year's competition the 229 orienteers who are excluded from competing in any meaningful way. There are 66 M80+ and 163 W70+ (according to ranking list) who cannot really compete against orienteers 10 years younger with the possible exception of Carol McNeil and Roger Maher. There is a spare course which isn't used at present "very short green" and as the organisers charge national event prices this could easily be provided."

It transpired that this issue was already under review and I have since received the following email and would be grateful for any feedback you wish to give. Feedback needs to be given to me to send ONE collective reply from EPOC.

Compass Sport Cup: Consultation Veteran Short Green Course

Dear All,

We are consulting about making a change to the Veteran Short Green course for the Compass Sport Cup from **2019** onwards based on feedback on the incompatibility of the participants on this course and the increasing trend in the number of participants, up from 13% of all entrants in 2013 to 16% in 2016.

We are not considering any other changes. Orienteering clubs have and have always had different and changing membership demographics, but the current set of courses allow clubs to put out a team based on their strengths, together with some strategic placement of runners and still be competitive on courses, particularly in the eliminator rounds.

This proposal splits the Veteran Short Green course for scoring purposes and fits together the age categories with as near a fit as practical, based on the running speed ratios in the BOF Rules/Guidelines.

Proposal

Veteran Short Green would become two small courses, scoring 100, 98, 96, 94, 92, in the same way as courses 8A/8B and 9A/9B.

Max four scorers on in the Cup competition
Max two scorers on in the Trophy competition

Veteran Short Green Course 7A: W60/M70/M75

Running speeds: M70 – 0.57, W60 – 0.53, M75 – 0.5

Veteran Short Green Course 7B: W65+/M80+

Running speeds: W65 – 0.48, W70 – 0.42, M80 – 0.41, W75 – 0.35, M85 – 0.32, W80 - 0.28

So, your thoughts please:

One: Should we do this?

Two: Is the split right

Three: Any other suggestions?

A copy of the current rules can be found here.

<http://pgopage.co.uk/docs/cscrules2018>

Please consult within your clubs and reply, with one response on behalf of the club, if you wish by 31 October 2018.

Peter Guillaume

On behalf of the Compass Sport Cup Coordinating Group

Controllers Course

David Morgan

Tony Thornley is running a controllers course aimed at level B & C controllers in November. It is also suitable for budding planners.

Date: 17th November 2018.

Venue: Nell Bank Centre Ilkley.

Cost: Nil - subsidised by YHOA. You will have to make your own travel arrangements.

This will be a good course, Tony is one of the best controllers in UK and has vast experience at all levels.

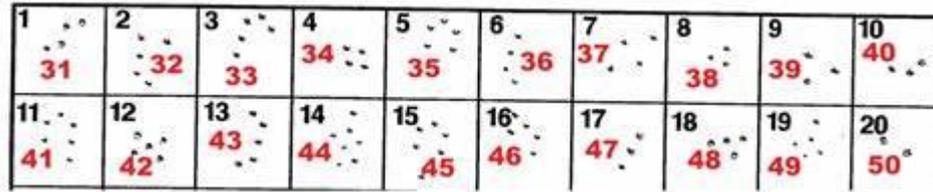
If anyone is interested (and I hope some people are!) please let me know by 28th October and I will pass names on to Tony. He will let you know final details.

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.





Vampire-O score event

Greenhead Park Monday October 29th am

Contact Viv to discover meeting time and place

1/3 of the group are vampires each non vampire visits and punches as many controls as they can. Vampires try to tag non vampires. When a vampire catches someone, they take that person's punch card and continue trying to collect punches.

The person who is tagged becomes a vampire.

Vampires are not allowed to tag participants at a control or to tag back the person who tagged them.

The first participant who arrives at the finish with a completed punch card is the winner.

Non-vampires can collect and use certain items to ward off the vampires.



EPOC Rankings 2018

These are the current ranking positions (as of 01.10.18) 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 (105 -3)	James Logue	7856	1321, 1329, 1295, 1316, 1292, 1303
2 (144 +1404)	Simon Martland	7759	1293, 1302, 1248, 1312, 1298, 1306
3 (171 +1)	Andy Thorpe	7694	1274, 1273, 1275, 1273, 1289, 1310

Pos.	Name	Points	Contributing scores
4 (336 -5)	Jonathan Emberton	7462	1236, 1253, 1241, 1234, 1259, 1239
5 (379 -5)	Mike Pedley	7423	1235, 1239, 1233, 1242, 1238, 1236
6 (480 -4)	Phil Scarf	7321	1248, 1262, 1203, 1192, 1178, 1238
7 (650 -4)	Richard Payne	7169	1195, 1208, 1193, 1199, 1187, 1187
8 (699 -15)	Emma Harrison	7121	1173, 1224, 1177, 1188, 1178, 1181
9 (744 -8)	David Averill	7077	1169, 1170, 1208, 1176, 1174, 1180
10 (786 -8)	Sarah Pedley	7044	1159, 1159, 1184, 1163, 1202, 1177
11 (786 -8)	Matthew Tinker	7044	1172, 1187, 1177, 1169, 1167, 1172
12 (804 -9)	Graham Lloyd	7032	1177, 1171, 1176, 1169, 1170, 1169
13 (905 -7)	Viv Barraclough	6961	1155, 1170, 1174, 1178, 1169, 1115
14 (1137 -8)	Megan Harrison	6782	1124, 1130, 1142, 1129, 1125, 1132
15 (1166 -10)	Laura Harrison	6760	1120, 1130, 1123, 1122, 1140, 1125
16 (1305 -13)	Julie Couch	6657	1094, 1122, 1115, 1120, 1102, 1104
17 (1407 -9)	Ian Couch	6572	1091, 1080, 1111, 1096, 1104, 1090
18 (1584 +4)	David Harrison	6427	1086, 1075, 1087, 1073, 1050, 1056
19 (1594 -1)	Richard Spendlove	6417	1092, 1085, 1097, 1014, 1092, 1037
20 (1697 -8)	James Williams	6352	1283, 1251, 1257, 1306, 1255
21 (1942 -6)	Paul Jackson	6163	1018, 1049, 1013, 1043, 1016, 1024
22 (2094 -8)	William Barraclough	6015	1189, 1169, 1229, 1227, 1201
23 (2098 -8)	Helen Martland	6013	1049, 989, 993, 978, 1013, 991
24 (2140 -8)	Helen Pedley	5964	975, 1002, 974, 1004, 1019, 990
25 (2232 -5)	Keith Sykes	5871	1013, 960, 962, 999, 988, 949
26 (2258 -2)	Arabella Woodrow	5834	977, 973, 956, 980, 985, 963
27 (2333 -1)	Bob Steeper	5739	1032, 932, 946, 845, 988, 996
28 (2376 -6)	Guy Goodair	5679	950, 988, 929, 935, 934, 943
29 (2384 -6)	Neil Croasdell	5669	941, 937, 936, 943, 937, 975
30 (2387 -7)	Gill Ross	5664	960, 926, 967, 932, 925, 954
31 (2390 -64)	Brian Mellor	5663	1004, 875, 853, 941, 973, 1017
32 (2425 -3)	Rod Shaw	5625	934, 980, 925, 949, 917, 920
33 (2454 -4)	Linda Hayles	5580	949, 942, 925, 926, 909, 929
34 (2476 -4)	Jackie Scarf	5544	1090, 1152, 1086, 1125, 1091
35 (2586 -3)	Mathew Averill	5398	1025, 1068, 1083, 1107, 1115
36 (2618 +1)	Jean Lochhead	5343	879, 869, 880, 950, 862, 903
37 (2641 +453)	Stephen Warner	5306	782, 868, 924, 922, 883, 927
38 (2695 -4)	Judith Goodair	5216	883, 859, 884, 852, 872, 866

Pos.	Name	Points	Contributing scores
39 (2742 -31)	Fred Ross	5135	853, 832, 836, 869, 876, 869
40 (2747 -2)	Jane Payne	5127	830, 834, 839, 915, 871, 838
41 (2791)	Jackie Page	5052	830, 837, 834, 847, 855, 849
42 (2798)	Philip Thompson	5038	847, 880, 832, 798, 878, 803
43 (2808 -1)	Joanna Emberton	5022	834, 861, 844, 879, 789, 815
44 (2818 -4)	Juliet Morgan	4994	839, 855, 856, 851, 798, 795
45 (2820 -4)	Rebecca Lloyd	4987	813, 819, 806, 885, 839, 825
46 (2889 -6)	Mike Thorpe	4854	788, 769, 826, 787, 892, 792
47 (2995 +2)	Sue Levinson	4632	739, 766, 792, 842, 740, 753
48 (3107 -56)	Michael Wood	4331	807, 464, 803, 730, 875, 652
49 (3153 +9)	David Morgan	4192	739, 752, 670, 685, 655, 691
50 (3255 +6)	Margaret Shaw	3885	681, 638, 597, 790, 571, 608
51 (3364 +14)	Karen Poole	3605	1197, 1231, 1177
52 (3820 +7)	Adam Thorpe	2355	1175, 1180
53 (4180 -6)	Roy Lindsell	1773	978, 795
54 (4840 +2)	Shaun Camponi	897	897

EVENT REPORTS AND RESULTS

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

NWOA Lakes 5 Day - 29 Jul to 3 Aug 18

Day 1 Silver How, Day 2 Angle Tarn, Day 3 Whinlatter, Day 4 Askham Fell, Day 5 Dale Park

	Day1	Day2	Day 3	Day 4	Day 5
M35S					
Matthew Tinker	1 (63.41)	7 (73.20)	4 (72.40)	8 (58.34)	5 (50.25)
M45L					
Andy Thorpe	20 (98.22)	3 (55.29)	3 (60.44)	8 (66.45)	6 (47.30)
M55L					
Mike Pedley	dns	dns	dns	dns	16 (50.37)
M65L					
Richard Payne	dns	4 (55.16)	dns	40 (76.11)	22 (48.57)
M70L					
Ian Couch	20 (74.36)	dns	dns	dns	dns
Paul Jackson	42 (99.14)	59 (126.10)	38 (76.09)	42 (81.43)	51 (86.03)
Neil Croasdell	m 7-10	55 (99.46)	55 (115.19)	dns	dns
M75S					
Mike Thorpe	dns	26 (104.28)	dns	29 (57.41)	dns
M80					
Rod Shaw	5 (66.33)	2 (48.21)	3 (38.56)	6 (36.34)	6 (44.08)
W14A					
Anna Thorpe	dns	18 (87.20)	15 (57.07)	17 (51.55)	18 (54.23)
W18L					
Sarah Pedley	dns	dns	dns	dns	10 (34.35)

W45L

Emma Harrison	3 (70.21)	dns	dns	dns	dns
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W60L

Linda Hayles	28 (98.26)	35 (87.03)	35 (100.14)	dns	dns
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W65L

Maggie Shaw	22 (145.27)	30 (198.43)	dns	28 (141.10)	26 (118.44)
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W65S

Jane Payne	dns	14 (72.22)	dns	18 (62.57)	dns
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Light Green

Megan Harrison	8 (47.12)	dns	dns	dns	dns
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NOC Summer Event, Burntstump Country Park - 5 Aug 18**Course A 2.3km, 90m**

22 Neil Croasdell	34.40
26 Jackie Page	39.38
27 Jean Lochhead	46.51

Course B 2.3km, 90m

19 Neil Croasdell	34.51
25 Jackie Page	43.07
28 Jean Lochhead	46.48

LOG Lincoln City Race - 19 Aug 18**Course 2 6.95km 65m**

22 Laura Harrison	64.36
24 David Harrison	67.23
Graham Lloyd	m22

Course 3 5.75km 50m

6 Richard Payne	44.19
12 Emma Harrison	46.25
19 Megan Harrison	51.19

Course 4 4.3km 60m

22 Guy Goodair	45.35
27 Stephen Warner	46.33
30 Neil Croasdell	47.18
40 Fred Ross	59.18
45 David Morgan	67.28

Course 5 3.49km 40m

6 Jean Lochhead	41.03
7 Gill Ross	41.35
8 Judith Goodair	42.10
11 Jackie Page	44.22
12 Jane Payne	45.42
15 Juliet Morgan	48.47
Sue Levinson	m12

Course 6 3.44km 45m

4 Rebecca Lloyd	44.14
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SYO Evening Sprint, The Edge Sheffield - 21 Aug 18**Long - Original** (length 5.7km, 22 controls)

20 Mike Pedley	37:00
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Medium (length 3.6km, 24 controls)

13 Guy Goodair	48:47
19 Judith Goodair	69:37

DVO National Trust Series, Longshaw - 22 Aug 18**Senior** (length 3.7km, climb 100m, 10 controls)

3 Judith Goodair	58:25
4 Guy Goodair	61:26
mp Sue & Linda	86:55 Missing nos 8-9

Orienteer (Green) (length 4.6km, climb 110m, 12 controls)

16 Neil Croasdell	71:12
20 Jean Lochhead	80:21

EBOR White Rose Weekend, Duncombe Park & Windy Pitts - 24 to 27 Aug 18**Duncombe Park Night, 30 min Score Race - 24 Aug 18****WO**

6 Megan Harrison	220 pts
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WV

3 Emma Harrison	225 pts
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Middle Distance**Duncombe Park - 25 Aug****Long Distance****Windy Pitts - 26 Aug****W18L**

3 Laura Harrison	46.50 (2)	52.52 (3)
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W20L

1 Megan Harrison	44.55 (2)	52.50 (1)
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W45L

1 Emma Harrison	41.05 (1)	53.58 (1)
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W65S

2 Jane Payne	67.34 (2)	66.32 (2)
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W70L

3 Gill Ross	54.53 (4)	61.18 (3)
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5 Jean Lochhead	63.13 (5)	77.11 (5)
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W75

4 Judith Goodair	69.18 (4)	93.47 (2)
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Long Orange

1 Arabella Woodrow	51.36 (2)	52.16 (1)
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Short Blue

2 Linda Hayles	116.41 (3)	1-1/24 (5)52.31
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M45S

8 David Harrison	57.02 (6)	77.07 (8)
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M55L

8 Bob Steeper	71.42 (11)	93.23 (9)
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M65L

4 Richard Payne	52.34 (6)	52.52 (2)
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M70L

4 Ian Couch	52.31 (6)	54.58 (4)
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9 Neil Croasdell	90.53 (12)	89.11 (11)
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Fred Ross	98.14 (13)	dns
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M80L

Phil Thompson	83.29 (3)	m1
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Guy Goodair	m12	104.05 (3)
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Helmsley Castle Sprint - 25 Aug 18**Course A**

35 Laura Harrison	20.15
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38 Megan Harrison	20.43
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Course B

60 Linda Hayles	30.50
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Course C

1 Emma Harrison	15.13
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4 Richard Payne	16.22
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42 Arabella Woodrow	22.17
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65 Guy Goodair	26.24
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68 Fred Ross	29.25
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Neil Croasdell	m13 w18
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Course D

20 Gill Ross	22.27
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36 Jane Payne	27.09
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43 Jean Lochhead	28.53
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46 Judith Goodair	31.52
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Trail O - 26 Aug 18

20 Arabella Woodrow	6 pts
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White Rose Team Event - 27 Aug 18**All Women**

1 100.39 (Emma Harrison 35.32, Laura Harrison 30.30, Megan Harrison 21.00, Other 13.29)

DVO National Trust Series, Hardwick Park - 29 Aug 18

Light Green (length 4.4km, climb 70m, 14 controls)

22 Philip Thompson	63:41
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23 Judith Goodair	65:15
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28 Guy Goodair	75:47
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BRITISH SPRINT AND MIDDLE DISTANCE CHAMPIONSHIPS 2018

All Photo's: Steve Rush



EPOC's Sprint Medallists

All Prize Giving Photo's: Steve Rush



Judith, W75, 2nd



Simon, M50, 2nd



Emma, W45, 2nd

British Middle Champs



Photo's (above and below left): Scott Bailey



Photo (right): Steve Rush

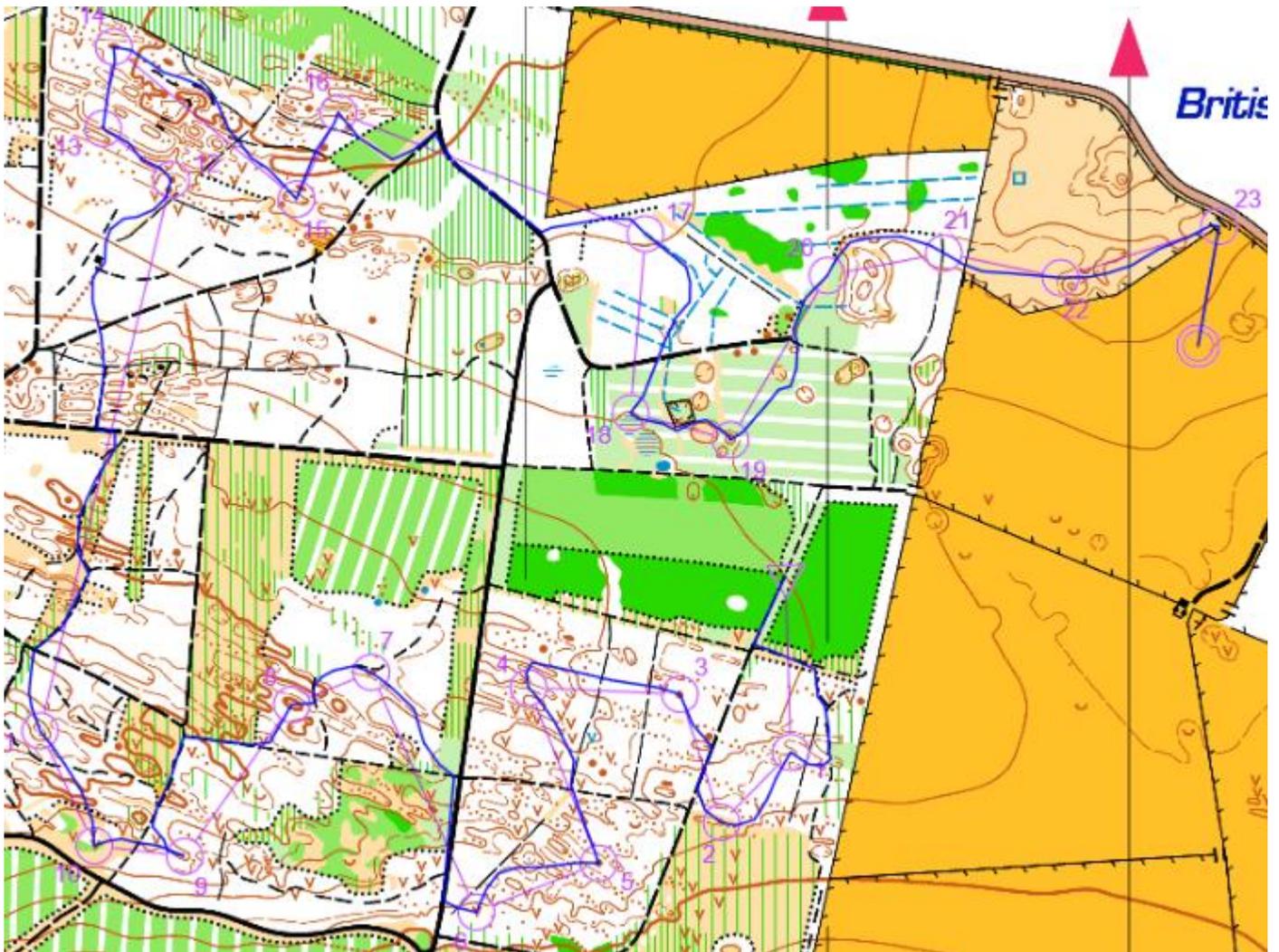


Photo's Below: Rob Lines





Emma, W45, 2nd
Photo: Scott Bailey



Course 7, W45/M65, Emma's route

SWOA British Sprint Championships, Bath University - 1 Sep 18

M14	Heat	Final
William Martland	23.25 (11)	B 16.37 (3)
M50		
Simon Martland	14.51 (1)	A 14.49 (2)
James Logue	15.27 (4)	A 15.10 (5)
M55		
Mike Pedley	14.46 (3)	A 16.14 (12)
M65		
Richard Payne	13.03 (3)	A 13.20 (7)
M80		
Guy Goodair	19.03 (2)	A mp w5
W20		
Sarah Pedley	19.32 (9)	B 18.13 (8)
Megan Harrison	19.31 (10)	B 21.11 (16)
Laura Harrison	20.07 (15)	C mp w8
W45		
Emma Harrison	16.34 (2)	A 18.17 (2)
W50		
Helen Martland	20.05 (6)	A 22.53 (18)
W65		
Jane Payne	21.04 (6)	A 21.29 (15)
W75		
Judith Goodair	23.52 (3)	A 23.28 (2)

SWOA British Middle Distance Championships, Stockhill - 2 Sep 18

W18		M45	
8 Laura Harrison	33.04	34 David Harrison	75.14
Sarah Pedley	m4	M55	
W20		21 Mike Pedley	42.46
7 Megan Harrison	46.40	M65	
W45		4 Richard Payne	40.57
2 Emma Harrison	39.34	M80	
W65		5 Guy Goodair	66.42
Jane Payne	69.14		
W75			
4 Judith Goodair	43.42		

CLOK Regional Event, South Gare - 2 Sep 18

Green		Short Green	
18 Neil Croasdell	67:46	5 Stephen Warner	46:49
24 Fred Ross	76:40	7 Gill Ross	49:13
27 Michael Wood	114:22	10 Jean Lochhead	52:44
29 Rod Shaw	138:30	22 Jackie Page	74:55
		23 Margaret Shaw	82:34

SYO Saturday Series, Endcliffe Park & The Edge - 8 Sep 18

Yellow (length 1.7km, 13 controls)		Green (length 5.1km, 19 controls)	
52 Joseph Barraclough	16:29	12 Helen Martland	47:17
Orange (length 2.4km, 15 controls)		18 Neil Croasdell	55:12
10 Luke Barraclough	16:34	22 Gill Ross	61:33
Light Green (length 3.6km, 16 controls)		24 Guy Goodair	62:57
13 William Martland	35:52	26 Judith Goodair	63:21
25 Jackie Page	51:03	27 Sue Levinson	63:59
		29 Fred Ross	74:48

		Blue (length 6.9km, 27 controls)	
26 Jean Lochhead	51:11	13 Will Barraclough	48:08
		17 Viv Barraclough	52:58

PFO National Event & Senior Home International, Hurstwood - 8 Sep 18

M20E 9.3km 350m		Short Blue 4.2km 165m	
4 Alasdair Pedley	79.40	4 Richard Payne	54.01
Short Brown 5.8km 220m		23 Rod Shaw	144.30
6 Jon Emberton	66.46	Green 3.5km 130m	
Blue 4.9km 200m		4 Ian Couch	54.00
9 Graham Lloyd	68.38	14 Paul Jackson	66.58
10 Matthew Tinker	71.00	Short Green 3.1km 120m	
		8 Maggie Shaw	161.52
		Rebecca Lloyd	rtd

POTOC UK Urban League, Hanley - 9 Sep 18

WUV 3.9km 65m		MUV 4.8km 80m	
Jane Payne	45.28	4 Richard Payne	34.51
Jean Lochhead	49.42	27 Neil Croasdell	51.38
Jackie Page	65.56	MHV 3.9km 65m	
WHV 3.9km 65m		3 Guy Goodair	45.27
1 Judith Goodair	52.22		

ERYRI Welsh League, Newborough - 15 Sep 18

Blue 4.8km 125m		Short Green 2.8km 75m	
6 Andy Thorpe	36:47	11 Jean Lochhead	56.35
29 Jonathan Emberton	45:01	13 Jane Payne	58.01
50 Sarah Pedley	51:23	16 Rebecca Lloyd	65.06
54 Graham Lloyd	52:22	20 Mike Thorpe	70.05
64 Mike Pedley	57:06	Light Green 2.7km 70m	
Green 3.6km 70m		6 Anna Thorpe	43.04
11 Richard Payne	38.04		
33 Ian Couch	48.45		

ERYRI Welsh Championships, Newborough - 16 Sep 18

Brown		Green	
9 Andy Thorpe	85.14	47 Ian Couch	69.04
Blue		73 Jo Emberton	97.18
8 Jon Emberton	53.04	Short Green	
11 Mike Pedley	54.45	14 Rebecca Lloyd	65.57
29 Graham Lloyd	63.03	15 Jane Payne	66.08
59 Richard Payne	73.53	22 Mike Thorpe	73.18
70 Sarah Pedley	82.10	27 Jean Lochhead	85.40
		Light Green	
		37 Anna Thorpe	58.46

SLOW/LOK City of London Race weekend - 14 to 16 Sep 18

	Friday Bermondsey	Saturday City of London	Sunday Bloomsbury
WUV			
Gill Ross	5 (35.37)	11 (55.42)	14 (22.06)
Jackie Page	7 (37.31)	17 (59.18)	17 (23.06)
Sue Levinson	17 (50.59)	35 (74.56)	(30.25)

WHV

Judith Goodair	1 (42.36)	1 (36.51)	1 (23.51)
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Junior Women (u20)

Megan Harrison	dns	3 (60.43)	dns
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Laura Harrison	dns	4 (61.28)	dns
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WV

Emma Harrison	dns	9 (53.44)	dns
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MV

David Harrison	dns	106 (86.04)	dns
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MUV

Neil Croasdell	23 (37.38)	78 (78.48)	28 (29.04)
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Fred Ross	34 (45.43)	84 (90.18)	38 (41.28)
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MHV

Guy Goodair	2 (36.55)	2 (49.56)	2 (20.24)
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Prizewinners Judith and Guy
Photo: Jackie Page

SROC NW Sprint Championship, Lancaster University - 22 Sep 18

MUV	A Race	B Race
2 Richard Payne	14.35 (2)	12.12 (1)

SROC Lancaster City Urban - 23 Sep 18

MSV 5.9km		WUV 4km	
12 Richard Payne	53.04	7 Jane Payne	60.22

SYO YHOA Urban League, Don Valley - 23 Sep 18

2 Brown (length 7.2km, climb 50m)

1 Simon Martland	38:45
29= Laura Harrison	58:35
34 David Harrison	61:04
37 Megan Harrison	63:20

3 Blue (length 5.6km, climb 50m)

8= Emma Harrison	41:34
11 Viv Barraclough	43:09
26 Helen Martlan	53:47

4 Green (length 4.5km, climb 30m)

23 Neil Croasdell	45:53
24 Guy Goodair	46:23

5 Short Green (length 3.3km, climb 25m)

2 Stephen Warner	33:13
4 Gill Ross	34:48
7 Jean Lochhead	40:22
8 Judith Goodair	40:35
11 Jackie Page	42:38
15 Fred Ross	49:21
17 Sue Levinson	50:51

6 Light Green (length 3.4km, climb 30m)

10 William Martland	22:03
14 Luke Barraclough	24:49
17 Seth Barraclough	28:26

7 Yellow (length 2.0km, climb 20m)

16 Joseph Barraclough	19:52
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BAOC MLN, Bishop Auckland Park - 26 Sep 18

Light Green 4km 120m

13 Neil Croasdell	56:09
14 Judith Goodair	56:10
16 Guy Goodair	60:52
17 Stephen Warner	61:05
18 Sue Levinson	61:46

EBOR Urban, Strensall East - 29 Sep 18

Long

26 Neil Croasdell	26.09
27 Guy Goodair	26.54
30 Jackie Page	29.59
31 Sue Levinson	30.37
34 Judith Goodair	32.11

Medium

10 Guy Goodair	13.09
15 Neil Croasdell	16.56

Short

8 Sue Levinson	10.22
13 Jackie Page	11.35

DVO Junior Inter Regional Champs, Chatsworth Estate - 29 Sep 18

W18

5 Sarah Pedley	60.35
15 Laura Harrison	69.1



Photo's: Wendy Carlyle

Veterans Home International South Wales – 29/30 September

Jean Lochhead

Saturday – Individual, Pwll Du.

The random 100ft slag heaps from the mines and steelworks combined with deep heather, hidden rocks, ravines and motorbike tracks made for a complex area.

However, the terrain did not faze Emma who had a really good run for England to win W45 and her points score helped lead England to victory in the Women's event.

Running for Wales, James Williams had a good run in M40 and was the first scorer for Wales in 4th place.

Phil Scarf M50, also running for Wales, was the second scorer for Wales only 7 minutes behind the winner.

Jean also Wales and running W60 got points for making up the numbers and finishing in a time akin to one of her marathons. (Was it really still Saturday when she got back).

Sunday – Relay, Clydach Terrace

James in the Wales A team posted a really good time on his run but his team was disqualified as one of the Wales star runners missed a control and was last seen looking for a hole to crawl into. Emma ran well again in the Relay and her team were second counters for England gaining points. Phil's team were 8th with a very creditable performance from Phil.

Jean in the B squad had a better day on smaller more runnable slag heaps and her team were 14th with 2 teams behind!

Unfortunately due to the complexity of getting 4 people in the same place to line up for a photo shoot wearing their international vests when setting off at different time intervals proved to be impossible. Hence there is one picture of James Williams (thinking) and of Jean Lochhead (going backwards).

SWOC Veteran Home International, Pwll Du - 29 Sep 18

M40 7.7km 340m

4 James Williams (Wales) 66.04

W45 5.6km 230m

1 Emma Harrison (England) 66.19

M50 6.7km 295m

7 Phil Scarf (Wales) 62.58

W60 4.7km 220m

8 Jean Lochhead (Wales) 161.48

SWOC VHI Relays, Clydach Terrace - 30 Sep 18

MWM

6 England 2 104.39 (Andy Hempsted 32.26, **Emma Harrison 35.24**, Nick Barrable 36.49)

8 Wales 3 110.23 (**Phil Scarf 28.15**, Sarah Bayliss 41.20, Al Powell 40.48)

Wales 1 mp (Mark Saunders 27.10, Alice Bedwell mp, **James Williams 38.17**)

WMW

14 Wales 4 144.18 (**Jean Lochhead 44.09**, David Mitchell 54.14, Sam Healy 45.55)

DVO JRIC Relays, Carsington Pastures - 30 Sep 18

W18

10 YHOA 3 83.47 (Sarah Pedley 27.42)

14 YHOA 4 88.09 (Laura Harrison 35.46)

CLARO Regional, Harlow Hill - 30 Sep 18

Blue 6km125m

14 Richard Payne 70.22

Short Green 3.5km 80m

10 Stephen Warner 69.43

Green 4.6km 95m

12 Rod Shaw 72.26

4 Ian Couch 50.56

13 Jane Payne 72.59

17 William Martland 57.13

14 Guy Goodair 74.17

19 Helen Martland 58.52

18 Juliet Morgan 80.59

46 Neil Croasdell 93.24

19 David Morgan 84.18

51 Paul Jack son 99.32

20 Gill Ross 90.13

52 Fred Ross 101.12

24 Maggie Shaw 117.36

Brian Mellor m 6-8 m21

Jackie Page m11-12

Very Short Green 3km 35m

2 Judith Goodair 49.21

Joy Mellor m16

Orange 2.5km 30m

5 Sue Levinson 67.09

YHOA URBAN LEAGUE – 2018

Details at www.yhoa.org.uk

Note the details have been updated that overall scores will be based on the best 8 out of 14 events as a further event on 28th October has since been added to the League (see fixtures)



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 NIGHT LEAGUE – 2018/19

The YHOA Night League will kick off again on Saturday 1st December. For full details see www.yhoa.org.uk

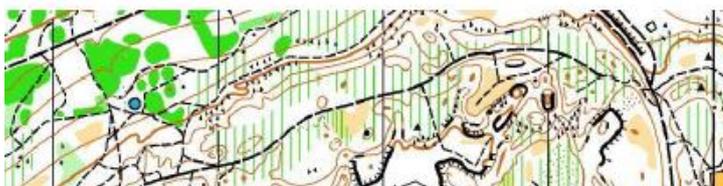
YHOA SUPER LEAGUE - 2018

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 – October to December 2018

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

www.britishorienteering.org.uk

Date	Club/Region	Type/Area	Location
October			
6	DEE/NWOA	Liverpool Big Weekend, Formby Dunes	Formby
7	SELOC/NWOA	Liverpool Big Weekend, Liverpool University Sprint	Liverpool
7	LEI/EMOA	Shepshed Urban	Shepshed
13	CLOK/NEOA	October Odyssey Day 1, Fylingdales	Whitby
14	CLOK/NEOA	October Odyssey Day 2, Sneaton	Whitby
14	DVO/EMOA	EM League, Grangewood	Swadlincote
20	HALO/YHOA	YHOA Urban League	Gainsborough
21	WCH/WMOA	Compass Sport Final, Abraham's Valley	Rugeley
28	EBOR/YHOA	YHOA Urban League, Woodthorpe	York
28	NOC/EMOA	EMOA Urban, The Meadows & Trent Embankment	Nottingham
Mon 29	EPOC Contact Viv for details	Vampire O Informal Score, Greenhead	Huddersfield

November

3	MDOC/NWOA	Eurocity Race Tour Weekend/Twin Peaks Day 1, Offerton Streets	Stockport
3	BAOC/SCOA	November Classic Weekend, Winchester Urban	Winchester
4	MDOC/NWOA	Eurocity Tour Weekend/Twin Peaks Day 2, Central Manchester and Castlefield	Manchester
4	SOC/SCOA	November Classic Weekend, Hampton Ridge	Southampton
4	NOC/EMOA	Silverhill Wood	Sutton-In-Ashfield
11	SYO/YHOA	Treeton	Sheffield
18	SELOC/NWOA	British Schools Orienteering Champs	tbc
18	AIRE/YHOA	Roundhay	Leeds
18	CLOK/NEOA	Roseberry Topping	Great Ayton
18	DVO/EMOA	Linacre Reservoirs	Chesterfield
25	CLARO/YHOA	Hollin Head	Ripon
25	SN/SEOA	Southern Championships, Hindhead and Devil's Punchbowl	Hindhead

December

1	CLARO/YHOA 	YHOA Night League, Plumpton Rocks	Harrogate
2	SYO/YHOA	YHOA Superleague, Ramsley Moor	Chesterfield
8	HALO/YHOA 	YHOA Night League, Twigmoor	Scunthorpe
9	HALO/YHOA	YHOA Superleague, tbc	tbc
9	DVO/EMOA	Oakwood Urban	Oakwood
16	NOC/EMOA	EMOA Champs, The Dukeries	Ollerton
16	PFO/NWOA	Holcombe Ranges	Ramsbottom
22	EPOC  	YHOA Night Event, Newmillerdam	Wakefield
23	EPOC 	Newmillerdam	Wakefield
30	EBOR/YHOA	University of York	York

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