



50th
Anniversary
Do!

The Epistle

EAST PENNINE
ORIENTEERING CLUB

5

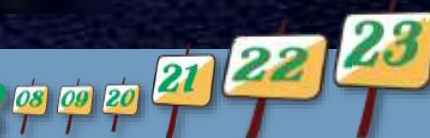


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Anniversary



CompassSport Awards



Find out more through
clicking the icons





East Pennine Orienteering Club

Serving

Calderdale, Kirklees and Wakefield



Editorial

Happy New Year to all Epocolytes!

As you can see from the front cover it is EPOC's 50th Anniversary year in 2026.

To this end the club is hoping to organise some celebrations.

First up is the Celebratory do at Bradley Hall Golf Club in Holywell Green. A good central venue! All current club members have received an invite from Richard and Jayne Payne who have taken on the organising. The club would like to invite former members, and there is a list on page 8.

If you know these people or know anyone else that was in EPOC for at least five years, can you let Richard and Jayne know, or one of the committee.

We have an anniversary event in September alongside hosting the Northern Championships on Langfield Common, on the 5th and 6th of September. Please put that date in your diary now, and under no circumstances be unable to help out. We are a small club, and manpower is in short supply!

In Mike Pedley's Chairman's Chat, he talk about for the need for EPOC to be more resilient. We are a small club, and in recent years have become overly reliant on sole individuals to run things. This can become a problem if that individual is away on holiday, or otherwise unable to contribute.

Thanks go again to Guy for the results, and to Jonathan for his interesting take on terrain, it was fun trying to work out where places were.

With a new year many of you are moving up an age class, at least this year I wont have to race Jonathan Emberton for a year! I'm going to rent a cottage on the Isle Of Wight if it's not too dear! I also am incredulous that the power house that is Dick Spendlove will be moving up, and he hopes to have a bash at wining everything in his new age class! I don't know how he does it, he still beats me when he runs up!

Finally we have the British Champs and Compass Sport Trophy in February and the JK in April, fingers crossed the weather behaves. If you are going to either don't forget to sign up for a relay spot.

Graham Lloyd

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Find out more by using these URLs

www.eastpennineoc.org.uk

www.facebook.com/eastpennineoc/

www.instagram.com/eastpennineorienteering/?hl=en)

twitter.com/PennineClub

[www.strava.com/clubs/EPOC.](https://www.strava.com/clubs/EPOC)



Chairman's Chat

Happy new Year everybody!

The old year saw itself out with some sadness and challenges, yet some positives too. In November came the sad passing of Sarah Bradley. Sarah was wife of EPOC member Dave Bradley. Sarah was a keen orienteer (SYO) and fell runner (DPFR). I've known Dave and Sarah for many years and enjoyed meeting up with them and other orienteering and fell running friends annually. Once again, we send our best wishes to Dave and hope we'll see him again at our events during this coming year.

December always finishes with a flurry of EPOC activity and 2025 was no different. The Oakwell double header was enjoyed by a round 150 competitors across the two days, almost none of whom were aware of the challenges that had come with it both with regard to the organisation and entries. That it went off smoothly was a credit to all involved: Gill, Juliet, Rebecca, Graham and Helen plus considerable dialogue myself with YHOA and BOF dealing with a welfare / safeguarding issue to take this pressure of already busy race organisers.

The issues behind the scenes at Oakwell, and other events this winter, reminded me of the importance of resilience and support in our club and within the wider orienteering community. This is not achieved by one action or statement but by holding it as a theme running through the things we do. The range of ages that can take part in orienteering is one of its big plus points but we need to ensure that as a small club we make it as easy as possible for our limited resources to put on events, essential to attract new members, and that we can cope with the inevitable unexpected issues that come our way.

Resilience within EPOC has been a key focus of work for the committee over this past year or so. Good progress has been made with standardised forms & templates (e.g. for Council access requests), alternative waterproof printing, web-site redevelopment with direct access for organisers and

role based email addresses, multiple people trained on RaceSignUp, OCAD, SI results (with phone linked download) and, more recently, MapRun. These changes in no way detract from the acknowledged experts we have in these areas but make us more capable of providing activities for our members and surviving unexpected events without impact on our 'customers'. There is still more to be done, particularly to ensure that for all our areas we hold the most recent editable maps centrally, understand access processes and maintain those relationships with landowners necessary for permissions. With these steps we can build a club to take us well into our next 50 years.

Through this past autumn it has been great to see our first Kirklees hub events taking place. Like those in spring in Calderdale, these may feel like small steps but they can hopefully help build towards greater frequency and continuity in what we do so then members know they can have both regular training and racing sessions to look forward to. We have many good areas for orienteering and keeping them in use maintains the variety and opportunity we can offer our members.

Finally, as touched on briefly above, we go into the new year, our 50th anniversary year, with a shiny new website. Many thanks to Simon who has driven this change. The new site not only gives the club a fresh look, it is structured in a way that should make communication easier for those who need to get information and updates to members and race entrants. As we pension off the old website I'd also like to again thank David for his tireless work across many years to keep it operational.

So, once again, all the best for this New Year. Remember to get those entries in, including for the club teams in Compass Sport Cup, British relays and JK relays... ..and our 50th anniversary celebration

Mike

EAST PENNINE
ORIENTEERING CLUB

5



th



Anniversary



CELEBRATION

Friday 24 April 2026

07:00 PM - 11:00 PM

Catch up with orienteering friends old and new
Maps, photos, shirts and trophies from over the years
Music, buffet and bar

Bradley Hall Golf Club, Holywell Green,
Halifax HX4 9AN



Achievements Clapometer & Upcoming EPOC Events

There have been no major events this quarter!

For such a small club we have been bothering podiums all year.

Our next opportunity will be The Northern Night Championships.

Then The British Championships in South Wales

Then The JK!

However congratulations to our YHOA Super-league podium placers!

W21 Megan Harrison 1st
 W65 Julie Couch 1st
 W75 Gill Ross 1st
 W50 Emma Harrison 2nd

M60 Jonathan Emberton 1st
 M75 Ian Couch 1st
 M80 Paul Jackson 1st
 M65 Mike Pedley 2nd



Congratulations to our YHOA Urban-league podium placers!

1st Emma Harrison W50 W Vets
 1st Simon Martland M60 M Super Vets
 1st James Wetherhill M55 M Super Vets
 1st Richard Payne M75 M Hyper Vets

2nd Helen Martland W55 W Super vets
 2nd Gill Ross W75 W Hyper Vets
 3rd Jackie Page W75 W Hyper Vets



Upcoming Events

Date	Event Name	Level	Venue	Nearest Town	Organiser	Planner	Controller
Watch	this	space	please	volunteer	to	do	an event
Watch	this	space	please	volunteer	to	do	an event
TBA	Club Champs	closed	TBA	TBA	TBA	TBA	TBA
04/07/26	EPOC Urban Event	Regional	Huddersfield TBC	Huddersfield TBC	TBA	TBA	TBA
05/07/26	EPOC Urban Event	Regional	Huddersfield University tbc	Huddersfield	TBA	TBA	TBA
05/09/26	Northern Championships (UKOL)	National	Langfield Common	Todmorden	TBA	TBA	TBA
06/09/26	Northern Championships weekend, YHOA Middle Championships & YHOA SuperLeague	Regional	Langfield Common	Todmorden	TBA	TBA	TBA



Our Oakwell Hall double header went well this Christmas. Hopefully you all enjoyed it, and borrowing an image from nature, just noticed the smooth progress of the EPOC swan, rather than the furious paddling underneath from the organising team. So what happened?

We had two organisers one for each day: me for the

Night event and Rebecca and Graham Lloyd for the Day. We began early in September sharing the work out between us. Rebecca and Graham met the site owner, and organised the event centre. I did the risk assessment, entries and organised kit. We helped Gill the planner source the maps locally so they could be picked up rather than rely on the post. Jackie knew the number of control boxes to source and Juliet our controller was happy with each of our "Final details." We sent out helper sheets (as well as making direct approaches ed.) for each day with good responses. All good to go. Then on the 11th of December I was called up for an operation on 18th December. The advice was to stay clear of germs until it was done, and that I'd be kept in overnight and require some weeks recovery time to get over it!

BANG! Man-down and frantic panic to fill the gaps!

Rebecca was a wonder: calmly stepping up to take over the role of Night organiser as she was already familiar with the owners and cafe operator. Luckily until the 18th I was still able to keep on top of most things "online", including managing entry enquiries. On the night itself, Mike was able to take over all the kit required and replace me as 1st Aider. We managed... but if this had been someone single, (with no spouse to help, and had not been communicating regularly with the planner & committee) I'm not sure the club would have pulled it off? It's also a reminder that we were thrown into financial limbo on the sudden death of our previous treasurer who was the only person recognised by the bank. Since we went digital, we now have two more people who if necessary, can access the club's bank account should I not be capable for any length of time.

So "Resilience" – what is it? It comes from a verb "Resile" – to recoil, rebound, recover form and position elastically". That sounds very familiar to taking part in orienteering! Each course we do as individuals we physically and mentally adapt, recover from mistakes, slow down, speed up and keep enough energy to finish the course. The derived noun "Resilience" means recoil, elasticity, physical or mental and increasingly we hear about "financial resilience" from the economists. This is what our committee is working to achieve.

That EPOC can steadily support and replenish our talented people who train to map, plan, and organise our events.

That our safeguarding, welfare, 1st aiders and membership services are supportive to anyone who comes to our events.

That as a club we have the physical numbers of members to compete in events like Compass Sport Cup and major relay competitions. This includes giving our juniors the opportunity to join the YHOA regional squad and compete for BO training tours, and selection squads.

That we continue to provide, promote and maintain our Permanent and Digital courses, helping people orienteer when they want to. This also helps our three local councils encourage more people to be more active and achieve better health.

That we socialise in the various "not-O" activities, within our walking and cycling groups and know each other well enough to confidently ask for lifts, or car share to get to events. I remember when we hired a coach to travel to the Lakes and also booked camping for most of club at the Scottish 6 Days.

We celebrate our 50th Anniversary this year, and at the AGM decided to use some of our accumulated financial resources to replace our old website. Our communications can now be quicker, e.g. re-posting some of the new national BO content, "Go off Grid" to help us re-frame orienteering as an exciting addition to Parkrun, trail runs, etc. Please take a look at the new website: it's easier to access, more colourful and appealing to read. Also, share your photos sending them into the webmaster and Graham for Epistle so we keep our magazine bristling with interest. What events have you been to? Tell others what you thought about them. Were there good ideas EPOC could copy? Simon will be teaching others how to use and update the site dependent on their role, so just as with RaceSignup, we will have two or more people who are capable.

However, on a more sober note there's another meaning (attributed to the Scots). Resilience "To draw back from a statement, agreement, course: to back out". If we feel we are not competent, or our resources are too stretched, this will mean turning down some of our slots in the YHOA fixtures calendar, and re-trenching to operate within a smaller range of activities and areas. Could you help EPOC make the most of our opportunities? If anyone would like to find out more about any of the roles, to add their support, or strengthen





New Website

As you can see from the image above EPOC has a new website, its in its early days, but we are hoping it can be updated frequently by a team of webbed fingered folk. Huge thanks to David Harrison for keeping up with the old website, which is archived, And also to his predecessor Anthony Greenwood who pretty much built it from scratch!

Hubs, Hubs, Hubs

The back end of 2024 saw the first steps of our Kirklees Hub.

Three very successful MapRun events took place. If you can't remember why we have a Hub model, it's so that we can build resilience into our future.

The Hubs are there to promote Orienteering in the immediate area, and provide an opportunity to sell the sport to interested parties locally.

Club Championships 2025

Might be as early as April at Ogden, though this is still being discussed at committee level. It won't be with an AGM if this is the case.

Permanent Courses

Neil Croasdell continues his fantastic job as permanent course head honcho, and has plenty of locations within his purview. It's a thankless task keeping on top of them, so here's a thank you on behalf of the club Neil!

Have a look at the anytime orienteering page to see which areas we still have available.

Fixtures

Calderdale Hub

There are some tentative ideas in the pipeline, though things are yet to be firmed up.

However EPOC are hosting the Northern Championships and the YHOA middle distance Championships in mid September on Langfield Common, please volunteer to help.

Fixtures

KirkleesHub

There are some tentative ideas in the pipeline, though things are yet to be firmed up.

However EPOC are hosting our Urban weekend on the first weekend in July, in and around Huddersfield, Venues to be confirmed, but as ever, please volunteer to help.

Wakefield events:

In December we had our Christmas double-header, at Oakwell Hall.

There was a great buzz on both the night event and day event in and around Molly Moo's café. Our host Rohan was absolutely wonderful, nothing was too much trouble, this was for some the absolute highlight of the event!

A fuller report is elsewhere in the Epistle.

Next December is our traditional pre-Christmas double header at Newmillerdam.

SmAppO

This really is a good way to introduce folk to #movingwithamap, simple to put on, with very minimal planning and organizing. In terms of person hours, you are looking at about 4 to 6 hours of legwork. A few hours to plan and prepare your checkpoint sites on your map, which can be an OS blown up to a higher scale.

Look out for more SmAppO events around all our areas. If you'd like to put one on let the editor know and he will mentor you through the process of planning an event.

If you have a pub/café that would make a good host that's a good starting point.



British Orienteering E-Learning Courses:



There are now a plethora of eLearning courses on the British Orienteering Website. Here is a list of the courses. At the end is a link to the list.

Introduction to Sprint and Urban Mapping eLearning course.

Introduction to Event Organising eLearning course.

Introduction to Inclusion eLearning Course

Introduction to Planning Course

Introduction to updating Forest Mapping eLearning course

Event Safety eLearning Course

Introducing Orienteering eLearning Course

Introducing Orienteering for Secondary Schools eLearning Course

Introducing Safeguarding eLearning Course

Sudden Cardiac Arrest eLearning course – Provided free by UK coaching Keeping your child safe in sport - Provided free by the CPSU

<https://www.britishorienteering.org.uk/elearning>

As you can see there are now quite a few courses on offer. The courses are generally £10, though a few are free. For your tenner you get access to the learning materials and all the resources you need to help you in your course endeavours!

A new course has been listed:

Young Leader Award – Tutor eLearning Course

This course is aimed at School staff, School Games Organisers and Uniformed Youth organisation Leaders. It will provide tutors with the basic skills of orienteering to transfer these skills to 8–18-year-olds.



**New Webinar
New Webinar**

There one new webinar. Here is a link to the webinars [page](#) .

**Heat, Health and Orienteering:
How Hot is Too Hot?**

Karen Ashworth, Chair of the new Safety Advisory Group, will talk through her recent Compass Sport article about hydration and heat stress in orienteering and explain what she has been doing at the Southdowns club to assess heat risk in summer competitions.

**Course Planning in 2025 –
Rule Updates and Best Practices**

Recent years have seen some changes to the rules, and ideas on best practice, as far as course planning is concerned.

This webinar, presented by Barry Elkington (OD), will cover these, along with examples of problems and how to avoid them.



As well as being a presentation, this webinar should create some interesting discussion points, so please join us.

How do the sessions work?

After you've registered, you'll receive a confirmation email with the link you need to follow at the time of the session. Simply click the link at the right time and you're there.

Each session will be unique to the subject discussed. However, for each one, you'll be able to ask questions throughout through the question or chat functions. In some cases, you'll be able to raise your hand and verbally ask a question. Short polls and multiple choice questions may also feature, providing you with the opportunity to play your part at the click of a button.

How can you get involved?

Should you have a subject you'd like to hear about or would be interested in contributing too or delivering a session, please contact Joe Fermor Worrell.



Richard and Jayne Payne, have volunteered to organise EPOC's 50th Birthday Party.

Emails have been sent out and folk have been signing up.

Contact Jayne Payne or a committee member .

We are also keen to contact past members (say those who were with the club for over 5 years).

Below is a list of some of the past members but accept it will not be complete. We would ask you to provide us with any that we may have missed and also any contact details for any of the past members listed or missed.

- Bournes
- Pownalls
- Jagans
- Taylors (Anthony)
- Sansoms
- Kay McKay
- Brian Parkinson
- Cravens
- Dave Chapple
- Peter Roberts
- Hunters
- Steve Wood
- Goffes
- Reynolds
- Crawshaw/Taylor
- Richard Wren
- Wakefords
- Zoe Mason Tinto
- Hydes
- Ward/O'Briens
- Hunters

**EAST PENNINE
ORIENTEERING CLUB**

50th

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CELEBRATION

Friday 24 April 2026
07:00 PM - 11:00 PM

Catch up with orienteering friends old and new
Maps, photos, shirts and trophies from over the years
Music, buffet and bar

Bradley Hall Golf Club, Holywell Green,
Halifax HX4 9AN

Can you recognise these areas?

An autumn of terrain orienteering

I didn't really do much competitive orienteering in the first 9 months of 2025. I'd trained hard to do the Yorkshire 3 Peaks Race Fell Race; controlled at the JK, had a month in Japan and spent a lot of time on my bikes. I also suffered a nasty femoral nerve injury and a hospitalising gut incident. So, with an eye on M65 in 2026 I decided to try to orienteer in terrain every weekend, October to New Year. I looked for events in favourite spots and in as many new ones as possible. Hopefully I'm a bit terrain-fitter and my technique has grooved.

Have a go at matching the map photos with these areas- how many can you recognise or work out?

I'll also offer a 'best of' awards selection.

Stoney Hazel - LOC - Most aesthetic deciduous woodland - best planning - new to me

Cragg Vale - SCARFS - Most local

Hurstwood - Night and Day - PFO - Most technical

Birk Crag - CLARO - Steepest - new to me

Skipwith Common - EBOR - Strangest landscape and most compass needed

Sheringham Park - NOR - Most historic, grand landscape (Repton)

Roych Clough - SYO - Blankest terrain and most tussocky

Park Hall - POC - Worst bramblegrowth

Subberthwaite and Blawith - SROC - Longest (13km) and wettest

Haigh Woodland Park - Night - SELOC - new to me

Oakwell Hall - EPOC - Night and Day - Fastest

BrindleyHeath - WCH - Most nostalgic

Ramsley Moor SYO - new to me

See you in terrain in '26..

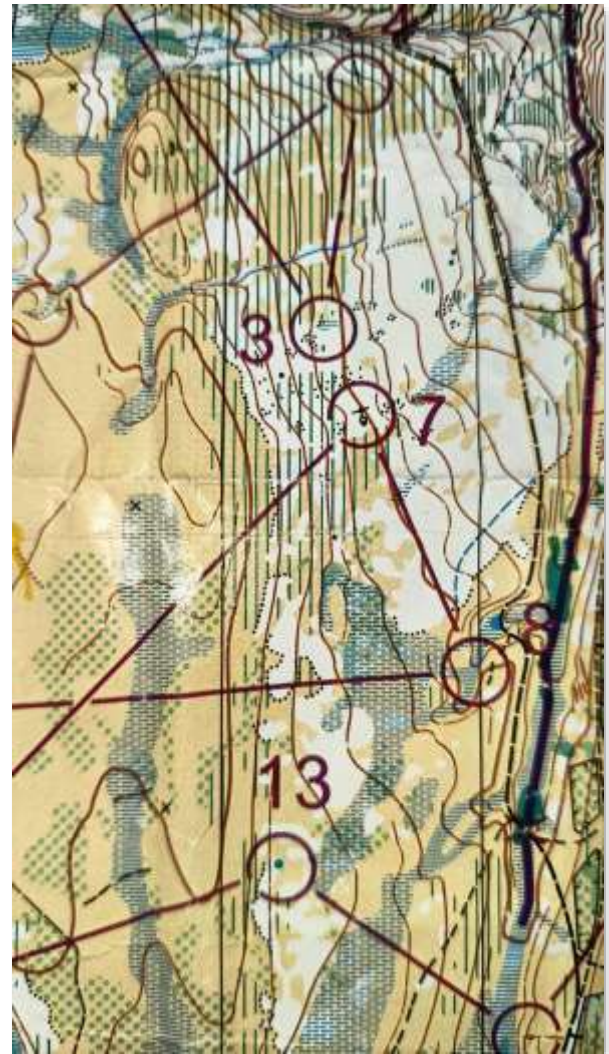
Jonathan Emberton



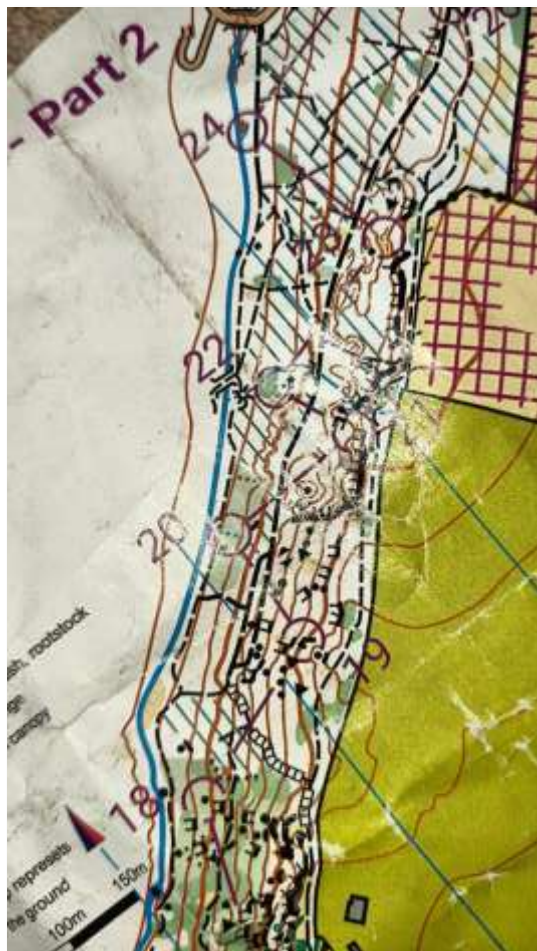
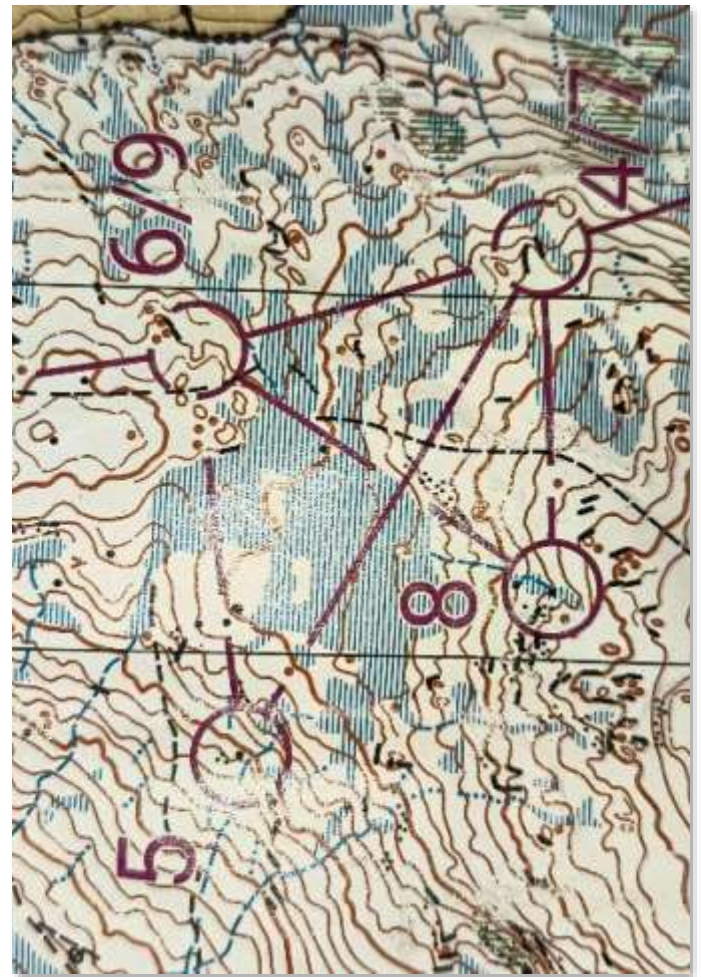
Answers In The Next Epistle



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- Ramsley Moor SYO - new to me



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EPOC YHOA Night League Oakwell Hall 20 Dec

Medium (length: 2.9km, climb: 45m, 15 controls)

2 Mike Pedley 26.33
4 Graham Lloyd 29.33
13 John Elliott 40.28

Long - 3.9km 130m

11th Jonathan Emberton 34:12
20th James Wetherill 53:13



13
Jo



Emberton 58.26

VERY SHORT (length: 2.2km, climb: 45m 8 controls)

4 Joy Mellor 56.45

5 Judith Goodair 63.08

LIGHT GREEN (length: 3km, climb: 75m, 14 controls)

4 Arabella Woodrow 46.08

After some difficulties trying to find some planners and organisers for events, Gill Ross and Juliet Morgan stepped forward and offered to plan and control Oakwell Hall.

The trouble was there was no organiser.

EPOC Regional Oakwell Hall 21 Dec

BLUE (length: 6.1km, climb: 160m, 21 controls)

6 Simon Martland 44.22
12 Jon Emberton 48.56
28 James Wetherill 70.13

GREEN length: 4km, climb: 105m, 17 controls)

1 Mike Pedley 30.53
7 Julie Couch 41.06
20 Stephen Warner 46.16
24 John Elliott 49.30

SHORT GREEN (length: 3km, climb: 65m, 12 controls)

Graham Lloyd had volunteered to do something for one of the events that did not happen, so suggested that he and Rebecca would organise Oakwell Hall.

One of the key takeaways from doing the local events in the Calderdale Hub area, is that EPOC can put on events with a handful of people.

It was with this idea in mind that Graham and Rebecca decided to try and organise regional event with the same ethos.

“We first visited Oakwell Hall in October,” Rebecca said, “looking at parking near the Hall, and how many cars we could accommodate, there was an overflow carpark, which had an entry at the top of the hill, and an exit at the bottom.”

“We knew there was a classroom in the courtyard and that would be a great race hub, we could offer refreshments in there and try and get a social area for pre and post-race,” added Graham.

Rebecca continued, “We asked in the shop in the courtyard if there was anyone we could speak with about the event, and we got an ad hoc meeting with the deputy site manager, and they were really supportive and enthusiastic. So much so they want to do more with EPOC in the future.

“However, we were told we couldn’t use the courtyard, as on the day of the event here was to be a SEND Father Christmas experience, and so many people would be overwhelming. Truth be told that did us a favour. It



1 Helen Martland 29.31
2 Richard Payne 30.47
5 Neil Croasdell 32.58
5 Ian Couch 34.11
7 Roy Lindsell 37.52
9 Bob Page 44.54
12 Brian Mellor 51.47

Top right, some of the interesting terrain in the park. Top left, (L to R) Joy Mellor, Rebecca Lloyd, Juliet Morgan, Rohan Molly Moo, Jackie Paige. Bottom Left, Rebecca and Graham Lloyd on the start relieving the start team



Essential jobs were a start team, results person, first aid and enquiries, but most importantly control collectors. Desirable was a finish person and car parkers. Rather than seek volunteers the organizing team approached people directly and asked them to help.

In less than a week a plan was in place. Start team would be relieved by the organisers at 11:45, last start was at 12:00. Self-parking, and a race limit was set, the limit got us 100 entries, whereas in the past we got 80, so that's a lesson learnt moving forward.

Enquiries and first aid were one person in shifts. There was very little for them to do, so might have been able to double up, but that would be difficult if the first aider was needed.

In the end people did volunteer and were quickly assigned to control collecting. In fact, there were so many control collectors, the controls were back to HQ in about 30 minutes! Originally there wasn't going to be a finish person, but an injured member stepped in to do this, as the finish was quite exposed. Rebecca again, "We were so pleased with how low key everything was. We had to step in to organise on the night event, and that event only had about 8 people in total helping! The funniest thing was seeing Graham's face when he saw the car park after his hour of marking out the car parking spots with fading paint. All the paint had washed away! We had marked out 75 spots, so we knew we could get everyone in, if it had been a really nice day we might have struggled.

"The best bit was Molly Moos, where we saw a steady flow of Orienteers coming in to enjoy the warmth and hospitality. Routes were discussed and feedback given; it was a great event. And thanks to everyone who agreed to help"

"We were put in touch with the café manager and arranged to meet her at Molly Moos. We went to meet her, but she couldn't make it but had a brew and cake and met with Rohan. We were not sure how many people the carpark or the café could cope with, but Rohan was confident it would be fine, 'after all', he said, 'we have 100 at Parkrun and they all start at the same time!

"Eventually we met with the manager, and she, along with Rohan couldn't have been more helpful" So once HQ had been established, a list of essential and desirable jobs was made.



Left The night start. Above left Simon Martland and Jon Emberton compare routes. Above A lonely chair.

Parkhall - POTO 50th Anniversary Event & WML, 26/10/2025

Brown (length: 8.4km, climb: 200m, 30 controls)

19 Jonathan Emberton 01:25:32

Light Green (length: 3.3km, climb: 90m, 19 controls)

10 Joanna Emberton 01:38:52

Roych Clough YHOA SuperLeague 19 October 2025

M55 4.4km, 200m climb, 13 controls

7 James Wetherill 91:12

M65 4.0km, 155m climb, 12 controls

2 Mike Pedley 42:36

M75 3.0km, 135m climb, 9 controls

4 Neil Croasdell 68:19

M80 2.7km, 115m climb, 11 controls

1 Paul Jackson 54:57

SG 2.7km, 115m climb, 11 controls

2 Ian Couch (M75) 63:23

W60 3.0km, 135m climb, 9 controls

1 Helen Pedley 56:12

W65 3.0km, 135m climb, 9 controls

1 Julie Couch 45:15

Blue 4.4km, 200m climb, 13 controls

mp Jonathan Emberton (M60) EPOC 53:17

Beanley October Odyssey 19 Oct 2025

Short Green 3.1km 50m

7th Jackie Page 54:22

8th Bob Page 54:31

Courses were in the forest and on the fellside. Some courses also visited Beanley Moor. The forest had undergone a lot of felling recently but the courses are planned to avoid the worst of the brashings. Beanley Moor has intricate rock and crag detail and some heather to contend with. The fellside towards the finish was fast going. Vegetation hatching on the moor represented bracken or particularly tough heather. The marshes on Beanley Moor offered better running because they often had animal tracks in them! The boundary fence also had animal tracks along most of its length. Thickets across the entire map might have been gorse, thick bushes or patches of windblown trees, individual fallen trees were not mapped

Cramlington October Odyssey 18 Oct 2025

Course 5 2.75km 15m

9th Jackie Page 34:54

13th Bob Page 40:09

Cramlington is a typical 1960s new town. The housing estates are split by arterial roads (which were out of bounds) and connected by underpasses. The whole area is spanned by a network of cycle tracks. The various estates lead off arterial roads and provide a complex grid of paths and green spaces within which are several urban parks, schools

and small shopping areas. There are also several care homes as well as some blocks of sheltered housing. Competitors had to use the underpasses to avoid the main roads.



Coatham Wood 12th October 2025

Brown

6 Connor Smith 62:06

8 Laura Harrison 67:31



Blue

4 Emma Harrison 60:54

Green course

3 Julie Couch 58:49

5 David Harrison 62:53

Short Green course

5 Ian Couch 45:47

8 Gill Ross 48:16

Coatham Wood does not look great on paper. With comprehensive path network and screens for undergrowth, it was not a mentally challenging race. However it appears to be physical, as the times were slow.

Newark Town 12 Oct 2025

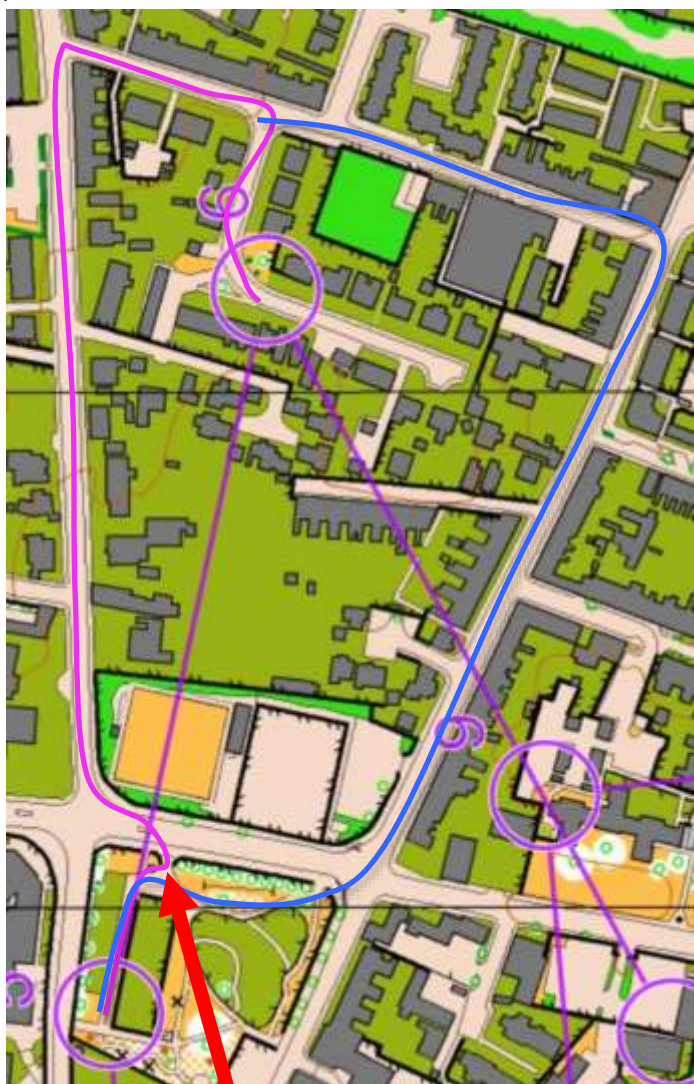
- WO 8.6km**
- 1st Megan Harrison 51:07
- MSV 6.6km**
- 9th Graham Lloyd 45:47
- WSV 5.3km**
- 18th Rebecca Lloyd 63:26

With family living in the medieval town of Newark, it was a no brainer for the Lloyds. Definitely no hills, and some tricky streets and alley ways to contend with.

One control flag was vandalised, which led to some wasted time for Graham, eventually finding said flag in a commercial wheely bin!

The control box was still gripped to the lamp post, but lying on the floor. The leg should have been voided, as lots of folk lost time on it.

Having said that it was a great area, and you had to keep on your toes at all times.



I'm pretty sure the gate, arrowed, was locked, hence my route in blue. I, still not sure if the pink route would have been quicker from exit point, but if I could have got out of the mini park at tat gatel certainly would have done.

Upton Priory 11 Oct 2025 MDOC Manchester w/e

- MSV 6.4km**
- 2nd Simon Martland 31:03
- 14th James Wetherill 50:26
- MHV 4.0km**
- 13th= Robert Page 49:01
- Whv 3.0km**
- 1st Jackie Page 32:25
- Jean Lochhead mS m11

Stockport 12 Oct 2025 MDOC Manchester w/e

- MSV 8.3km 85m**
- 4th Simon Martland 43:22
- 18th James Wetherill 73:56
- WSV 6.6km 45m**
- 9th Helen Martland 50:02
- WUV 5.1km 45m**
- Jane Payne m3

- MHV 5.1km 45m**
- 7th Richard Payne 42:27
- 10th Neil Croasdell 49:13
- 18th Robert Page 80:37
- WHV 3.7km 20m**
- 3rd Jean Lochhead 41:15
- 4th Jackie Page 42:30
- 7th Judith Goodair 64:03



DEE weekend - Nantwich Urban event (UKUL/NWUL), 05/10/2025

5 Richard Payne 36:42

SYO Dusk Event Silver Wood 01/10/2025

22 Nigel Peters 01:47:35

HALO Urban Thorne 2 Nov

1 (length: 7.5km, 27 controls)

13 Laura Harrison 61.35
14 Megan Harrison 62.55
17 David Harrison 7 3.56

2 (length: 5.6km, 26 controls)

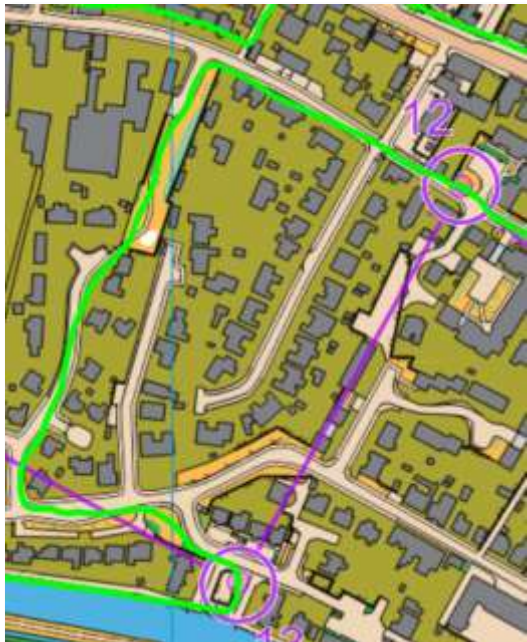
1 Simon Martland 39.46
2 Emma Harrison 45.16
13 James Wetherill 66.12

3 (length: 4.5km, 21 controls)

12 Helen Martland 48.52

4 (length: 3.7km, 18 controls)

14 Arabella Woodrow 44.21
19 Jackie Page 49.10
20 Gill Ross 49.38
29 Bob Page 56.34
30 Jean Lochhead 56.51



There wasn't a lot of route choice at Thorne, but you still had to keep your wits about you. James Weatherall did not fall into the trap set on the leg from 12 to 13. "I was quite pleased about that. I nearly went straight, but had worked out you couldn't get through."

Simon Martland was pleased with his run, "Not much further than a park run on paper, but I was pleased to get round so quickly"

DVO EMOA League 2025 Shipley Country Park 2 Nov

Green

9 Julie Couch 49.41

Short Green

11 Ian Couch 59.47

DEE Autumn Series Hightown Dunes Crosby 8 Nov

Blue (length: 5.65km, climb: 130m, 27 controls)

29 Matthew Tinker 62.41
Graham Lloyd w16 (61.24)

Green (length: 48km., climb: 110m, 24 controls)

4 Julie Couch 64.59

Short Green (length: 3.475km, climb: 80m, 21 controls)

9 Ian Couch 67.44
20 Rebecca Lloyd 77.42

This event made an excellent double header, with Skipwith Common on the next day. Beautiful weather, and extremely complex dunes, though not as complex as next door at Altar. Graham Lloyd was gutted to have punched the wrong control. A harsh lesson as with that time he would have been top 5 on the course. "I should have checked the control code, but it was just after the map exchange, and I'd just lost a moment of concentration!"

Rebecca Lloyd was not impressed with the very long walk to the start and finish. "It was good, but I was tired just getting to the start! However with it being so tricky, I did well with my slower speed. I think that will stand me in good stead for next year's Spine Race!, 10 minutes behind the legend that is Julie couch was pleasing also."

WCH UK urban League Rugeley 9 Nov

5 (length: 4.9km, climb: 50m, 19 controls)

8 Richard Payne 40.29

SYO Night Urban Event Weston Park & Sheffield University 12 Nov

Long (length: 4.2km, 25 controls)

26 Megan Harrison 29.24

CLARO Yorks Night Event Harlow Hill 15 Nov

Long 4.6km

4 Connor Smith 49.16
14 Emma Harrison 67.41

Medium 3.2km

14 John Elliott 67.42



EBOR Yorks Superleague Skipwith Common 9 Nov

Brown

10 Laura Harrison 85.44
Megan Harrison dnf (109.00)

Short Brown

5 Jon Emberton 72.29

Blue

9 Graham Lloyd 69.37
22 James Wetherill 104.54

Short Blue

13 Stephen Warner 92.37

Green

4 Julie Couch 54.23
16 Neil Croasdell 72.46

17 David Harrison 73.13

Short Green

6 Ian Couch 51.51
7 Roy Lindsell 55.15

8 Bob Page 61.08

11 Rebecca Lloyd 77.44

Paul Jackson dnf

Very Short Green

3 Gill Ross 69.40

5 Jo Emberton 77.57

6 Jackie Page 82.12

Juliet Morgan dnf (82.12)

Jean Lochhead dnf (110.21)

Skipwith is an incredible area. It's flat with very few contours details. The vegetation could be mapped more accurately, but there are enough features to make you really focus and concentrate. Compass work is really important and the ability to relocate quickly is essential, as is staying in touch with the map.

Jonathan Emberton was pleased with his run in general, "I really had to concentrate and was pleased with my compass and pacing work. There was a control late on tat wasn't quite in the right place, a lost a kittle bit of time there. The planner and controller said the vegetation had changed between printing and placing controls!"

James Wetherill was delighted to get round, "I was much quicker than last time, I really focused on ticking of features as I went, but with no shape to the land it was realy hard to work out which bits were which!"

CLARO Regional Event Harlow Hill 16 Nov

Blue (length: 4.6km, climb: 195m, 26 controls)

12 Jon Emberton 59.20

15 Laura Harrison 60.33

19 Megan Harrison 64.33

23 Emma Harrison 69.42

Green (length: 4.1km, climb: 130m, 20 controls)

7 Julie Couch 70.22

13 John Elliott 81.57

David Harrison mp(75.28)

Short Green (length: 3.1km, climb: 70m, 14 controls)

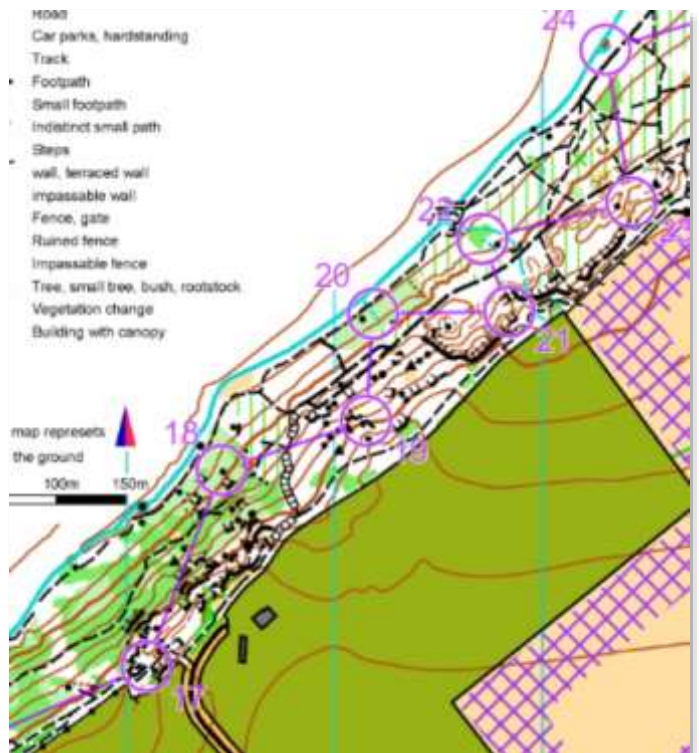
6 Ian Couch 52.07

13 Paul Jackson 63.38

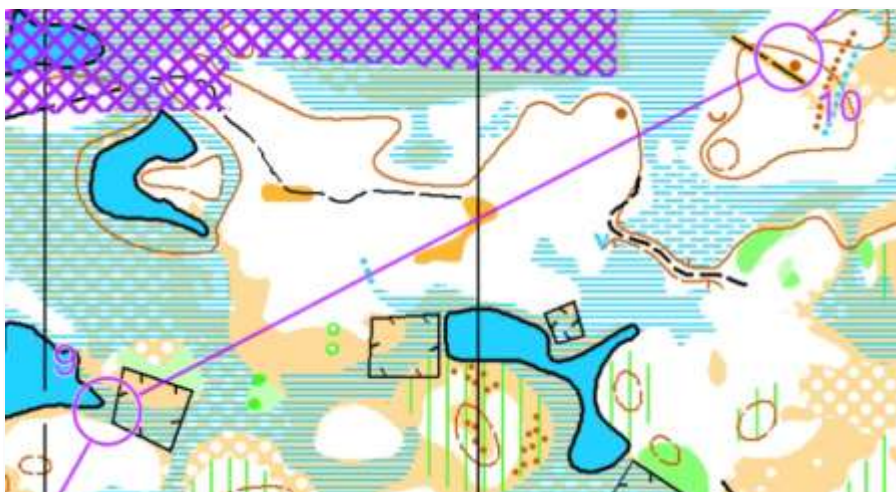
15 Bob Page 69.02

17 Gill Ross 76.55

19 Karen Elliott 82.51



Lots of up and down at Harlow Hill



To the left is one of the legs that was really tricky. Some went from enclosure to enclosure, while other clearly trusted their compass and went straight, there really wasn't any make it orange to make things easier.

SELOC North West urban League Salford University 16 Nov

5 (length: 5.1km, climb: 25m, 17 controls)

5 Dick Spendlove	47.03
7 Richard Payne	52.11

6 (length: 3.8km, climb: 10m, 13 controls)

1 Jackie Page	55.48
2 Jane Payne	60.20
4 Judith Goodair	63.48
7 Guy Goodair	103.47

BAOC MLN Altcar Range Complex Formby 26 Nov

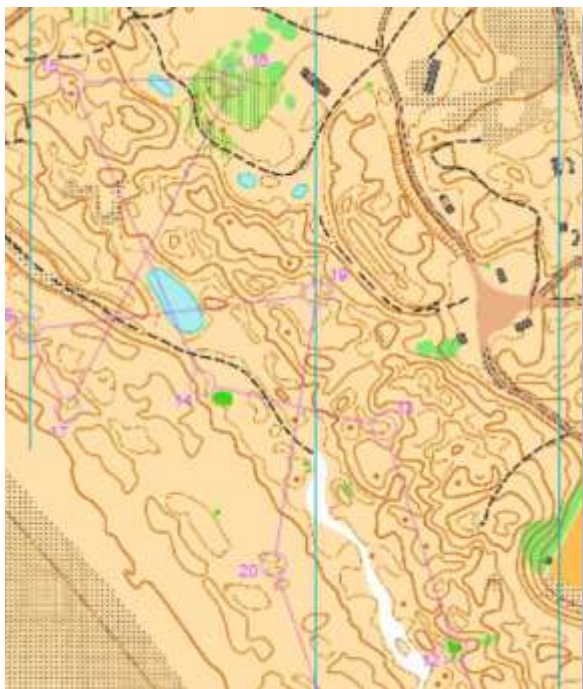
Blue 6km 330m

10 Graham Lloyd	90.00
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Short Green 2.7km 180m

17 Rebecca Lloyd	59.12
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Having mis-punched next door a month previously Graham Lloyd had unfinished business on the dunes on the Sefton Coast. The map was really hard to read, and with over 30 controls and lots of up and down and almost no footpaths, this was a really tough event. However he got round eventually and was amazed to finish in the top 10.



PFO NWNL Hurstwood 29 Nov

Blue (length: 4.4km, climb: 145m, 14 controls)

4 James Logue	54.03
11 Jon Emberton	66.12

PFO Hurstwood North 30 Nov

Brown (length: 8.5km, climb: 340m, 24 controls)

2 James Logue	81.47
9 Jon Emberton	105.50

AIRE Superleague Harden Moor 30 Nov

Brown (length: 8.1km, climb: 290m, 30 controls)

17 Matthew Tinker	98.33
22 Megan Harrison	115.56

Blue (length: 5.6km, climb: 205m, 23 controls)

25 John Elliott	118.26
26 James Wetherill	133.03
Graham Lloyd	m8 (81.44)

Green (length: 3.9km, climb: 155m, 18 controls)

2 Julie Couch	68.54
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Short Green (length: 3.2km, climb: 150m, 12 controls)

4 Paul Jackson	69.19
5 Ian Couch	75.25
10 Karen Elliott	96.16
11 Bob Page	101.45

Very Short Green (length: 2.7km, climb: 120m, 12 controls)

2 Rebecca Lloyd	84.56
3 Gill Ross	86.46
4 Jackie Page	93.56
Jean Lochhead	m6-12 (85.45)

Light Green (length: 2.9km, climb: 90m, 13 controls)

6 Arabella Woodrow	129.25 {Right}
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Always delightful, less tussocks than Hurstwood! Another beautiful day with clear skies. Harden Moor and Bingley St Ives have changed over the years, and still provide some of the most navigationally challenging terrain there is to offer. Early door there were quarries, in the middle vague slopes, and then in St Ives poor visibility in some places. Then you come back again!



Most of the comments heard at the finish were along the lines of "Phew, that was tough" or "I spent a lot of time in the old quarry", both of which the planner counted as a success!



CRET City Race Toledo 29 – 30 Nov

	Middle	Long
Womens Vet		
Emma Harrison	29.43 (7)	64.26 (15)
Mens Vet		
David Harrison	40.56 (89)	106.22 (90)
Womens Super Vet		
Helen Martland	39.57(27)	67.12 (26)
Mens Supervet		
Simon Martland	24.13 (3)	53.38(7)
Mens Hypervet		
Neil Croasdell	25.48 (5)	dns

Goodair 71.08 Missing nos 4-7
Jean Lochhead dnf (no finish time)

SYO YHOA Superleague Ramsley Moor 14 Dec

Brown (length: 8km, climb: 235m, 17 controls)

18 Jon Emberton 76.18
53 James Wetherill 111.02

Green (length: 4.7km, climb: 160m, 16 controls)

6 Julie Couch 64.52

Short Green (length: 2.9km, climb: 80m, 14 controls)

5 Paul Jackson 47.21
6 Ian Couch 48.22

WCH WMOA League Brindley Valley 7 Dec

Brown (length: 8.4km, climb: 195m, 19 controls)
19 Jon Emberton 67.06
Green (length: 4.2km, climb: 110m, 14 controls)
13 Julie Couch 48.59
Short Green (length: 3.5km, climb: 75m, 10 controls)
14 Ian Couch 57.00
28 Jo Emberton 69.28

Cragg Vale Score 21/12/25

5 Jonathan Emberton
7 Mike Pedley
22 Graham Lloyd
50 Paul Taylor
53 Rachel Johnson
56 Family Martland

SHUOC Steel City weekend 13/14 Dec

Open B (19 controls)

10 Megan Harrison 35.37

Veteran B (length 1.5km, 14 controls)

12 Emma Harrison 38:22
Neil Croasdell dnf (no finish time)

Ultra Veteran (length 1.1km, 8 controls)

9 Jackie Page 55.13
13 Keith Sykes 66.20
Gill Ross 45.36 m4
Judith Goodair 70.23 Missing nos 4-8
Guy

As usual the Scarfs put on their Christmas Score event in aid of Cragg Vale Church. This is a good fundraiser for them, and like most of EPOC's events had an indoor location. Said church.

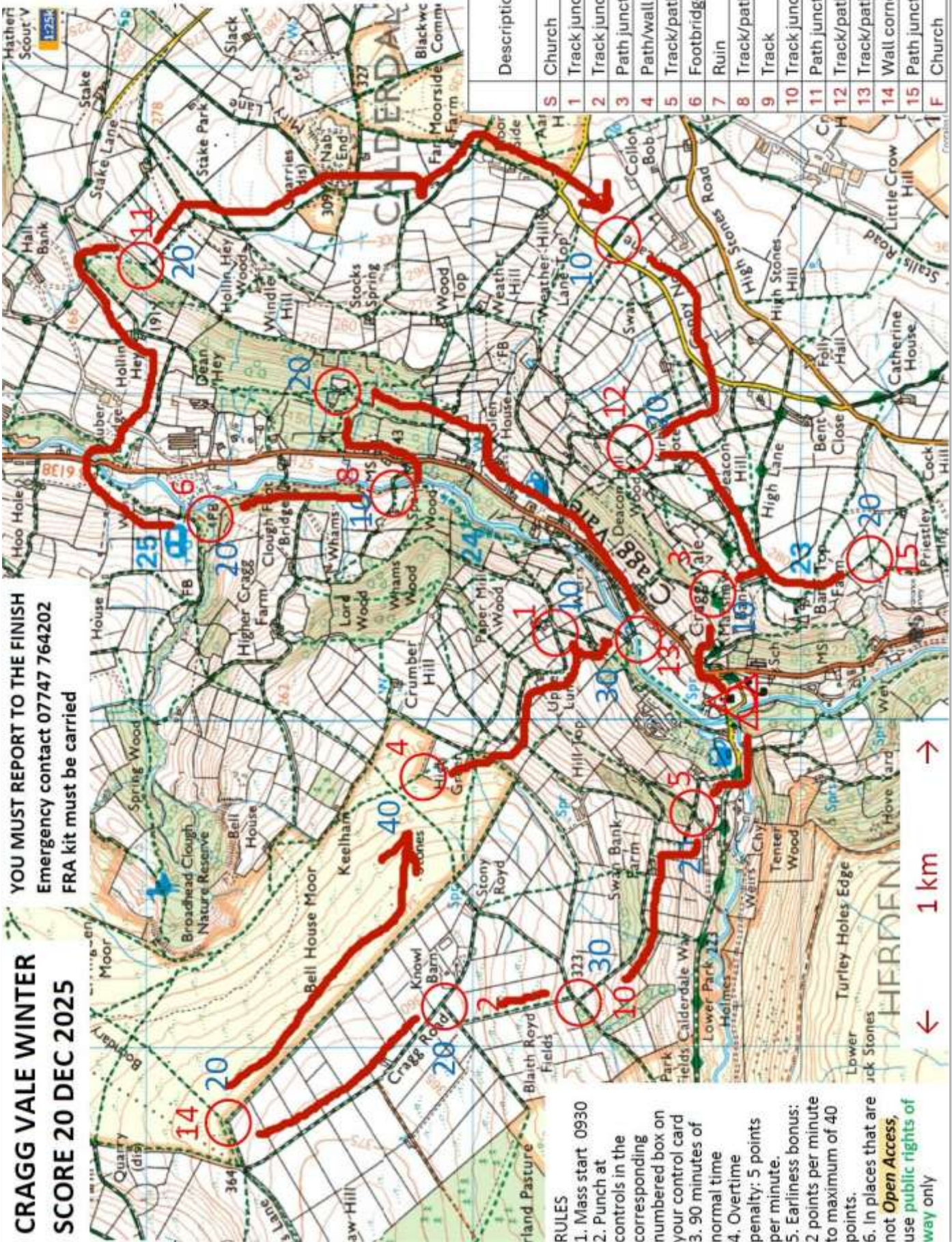
Former EPOC member and stalwart of AROS and Masterplan, Alasdair Pedley managed to get all the checkpoint, narrowly beating Calderdale resident, though PFO member, Chris Goddard .

It appears they went in opposite directions, so Alasdair's route was clearly the best! It's on the next page. Below is Jonathan Emberton's route.



Please leave all gates as you found them. Do not climb walls or fences. Do not litter.

Points	Description
S	Church
1	Track junction
2	Track junction
3	Path junction
4	Path/wall crossing
5	Track/path junction
6	Footbridge
7	Ruin
8	Track/path junction
9	Track
10	Track junction
11	Path junction
12	Track/path junction
13	Track/path junction
14	Wall corner
15	Path junction
F	Church



YOU MUST REPORT TO THE FINISH
 Emergency contact 07747 764202
 FRA kit must be carried

CRAGG VALE WINTER
SCORE 20 DEC 2025

- RULES**
1. Mass start 0930
 2. Punch at controls in the corresponding numbered box on your control card
 3. 90 minutes of normal time
 4. Overtime penalty: 5 points per minute.
 5. Earliness bonus: 2 points per minute to maximum of 40 points.
 6. In places that are not **Open Access**, use **public rights of way** only

EPOC Committee

Chair	Mike Pedley	chair@eastpennineoc.org.uk
Secretary	Julian Green	secretary@eastpennineoc.org.uk
Treasurer	Helen Pedley	treasurer@eastpennineoc.org.uk
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(Web Honcho & Kirklees Hub)	Simon Martland	Webmaster@eastpennineoc.org.uk
	Vacant	
	Vacant	
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Club Coach	Vacant	
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Club Championship	Connor Smith	connor.jsmith(at)btinternet.com
Club Kit Officer	Vacant	
Permanent Courses	Neil Croasdall	PermanentCourses@eastpennineoc.org.uk
Relay Organiser	Connor Smith	connor.jsmith(at)btinternet.com
Stores and Equipment	Neil Croasdall	croasded(at)gmail.com
YHOA Rep	Mike Pedley	YHOA@eastpennineoc.org.uk

EPOC Other Officials

8th December 2025 at 7pm, Nags Head, Ainley Top

Attendance & Apologies for Absence

Present. Mike Pedley, Helen Pedley, Jackie Page, Graham Lloyd, Julian Green, Simon Martland, Jonathan Emberton. Apologies for absence: Laura Harrison,

Chairman's Report

Mike gave his report, resilience was a key point, in that the club seems to overly rely on one person to do one job, when really we should have multiple people able to do these jobs. This means that for whatever reason if someone wanted to put an event on at short notice and those members who have sole responsibility for something are away, it would mean EPOC could not proceed.

Treasurer's Report

Helen reported that club finances were quite healthy, and that finding a different bank was proving more tricky than first thought. There was to be some expenditure in the future, primarily in terms of mapping, particularly Langfield Common in readiness for the Northern Championship in Sept 2026. The Kirklees Hub events made a modest income.

Feedback from Kirklees Hub Events

Simon and Jackie reported these went well, all based on MapRun, about 20 or so people, both from the club turned up, as well as some newcomers. The courses were well received by those that took part.

Fixtures

YHOA Night League and Regional, Oakwell Hall – 20th and 21st December 2025. Plans for these in terms of both organising and course setting were well advanced and it looked like they would be successful.

Regional: Venue TBC – 26th April 2026. Originally this was to be in the Fell Greave/Fartown woods, but it is likely Bluebells would be out and there were some complaints from MoPs about trampling last time. Other venues such as Elland (same issue?) or Norland

{Ground Nesting Birds} were also discussed. Perhaps the Club Championships at Ogden?

Huddersfield Uni Urban – 5th July 2026. Richard Payne is hoping that this venue will be a goer.

Northern Champs Langfield Common – 5th and 6th September 2026. Preparations are well underway for the most important aspects of this and that is parking, race HQ and Mapping. Parking has been arranged with local farmers who have been very helpful, so hopefully this is sorted. Race HQ is to be the Top Brink, they are used to being a race HQ because of Stoodley Pike Fell Race. Mapping was put out to tender, Two quotes were submitted but one mapper pulled out. So mapping is taking place.

This event will require most manpower on car parking and control collecting. Officials for both events will be approached in person.

YHOA Night League and Regional – 12th and 13th December 2026. It was discussed that this should ideally be Newmillerdam.

Fixture list for 2027– some talk about Spring, Summer and autumn local events, but nothing concrete came of this.

Publicity and Communications– Laura updated on what was or wasn't happening, and she was going to look at the current situation.

Website update. Simon talked the committee through the website, and explained that more members would have direct access to it, so the club could be more resilient in future.

AoB: EPOC 50th Anniversary in 2026. Ricard Payne had written to the committee volunteering to organise a 50th anniversary shindig, he asked the committee for a grant to help put this on, this was discussed and an amount was agreed on, and would be communicated to Richard.

Date of Next Committee Meeting

Proposed date is Thursday 5th February.

NB– These are not the minutes, just what your editor remembers!



Yorkshire Superleague 2025

01 Feb 26	SYO – Burbage
08 Feb 26	CLARO – Brimham Rocks
08 Mar 26	EBOR –
06 Sep 26	EPOC – Langfield Common inc YHOA Middle Champs
13 Sep 26	AIRE – Conistone inc YHOA Champs
22 Nov 26	HALO –
29 Nov 26	AIRE – Shipley Glenn
06 Dec 26	SYO – Baslow & Curbar Edge
14 Dec	SYO – Ramsley

<https://www.yhoa.org.uk/yorkshire-superleague/>

2026 league starts in February.

It's a good league to consider as you usually do well just because you turned up!

It's heavily weighted with autumn fixtures, but there some earlier in the year.

One of the dates was wrong on the YHOA Super league website, so make sure you check the event details if you are intending to enter the event.

See the clapometer for results.

The Urban league is some way off now, not sure if Grimsby is appealing, what with all the smell of fish? Or is that just an urban myth?.

York can be highly taxing if in the old streets, less so if a suburb. I've never heard of Stannington, but it's SYO so is probably very hilly.

Sheffield City Centre has lots of snickets and under passes, but at least we should be sorted for Es and whizz.

Huddersfield University should be great, it's more of a campus now with a few different levels.

Allerton By Water and Kippax are former mining communities so should have some interest.

Wetherby has some complex snickets and ols streets to negotiate, it's the picj of the areas for me.

<https://www.oxfordfusion.com/ukul/index.cfm?&Org=6>

Yorkshire Urban league 2025

Grimsby Halo	29-Mar
York EBOR	03-May
Stannington SYO	13-Jun
Sheffield City SW SYO	14-Jun
Tbc HALO	21-Jun
Huddersfield University tbc EPOC	05-Jul
Allerton Bywater AIRE	11-Jul
Kippax AIRE	12-Jul
Tbc CLARO	19-Jul
Tbc HALO	20-Sep
Wetherby CLARO	27-Sep

Yorkshire Night League 2025

<http://www.yhoa.org.uk/yhoa-night-league/>

The night league is well under way.

Megan and Laura Harrison are currently 8th and 10th on senior women. Emma Harrison currently leads Women Vets.

HELEN PEDLEY , GILL ROSS and JULIET MORGAN are 8th, 9th and 10th on Women's Ultra Vets.

Connor Smith is 6th on Men Open, Jonathan Emberton is 19th on Vet Men with James Wetherhill in 26th.

JAMES WETHERALL, JOHN ELLIOTT and GRAHAM LLOYD are 4th, 5th and 6th in Men super vets. Mike Pedley 6th in Ultra Vets!

That is it so far, not much more to go by the time you read this!

Date	Location
15 NOV 25	Harlow Hill & Birk Crag, Harrogate CLARO
20 DEC 25	Oakwell Hall, Batley EPOC
03 JAN 26	Esholt Woods, Leeds AIRE
10 JAN 26	Tankersley, Sheffield SYPO
17 JAN 26	Bishopwood, Selby EBOR
24 JAN 26	Wilton Woods, Middlesborough, and NORTHERN NIGHT CHAMPS
14 FEB 26	TBC HALO



Calderdale Monday Runs & Walks

Anybody is welcome to join in and invitations have been sent out to other local running clubs. Rebecca leads a short walk, about 3 to 4 km in an hour.

On the run all abilities catered for with the faster runners either looping back to the slower ones, or taking a longer

route where possible, no runner is left behind, but might choose to cut their run short.

On the first Monday of the month the runs and walk take place from a local café. Otherwise we move around Calderdale.

If you want take part then you will need to join the Monday Runs or walks WhatsApp group. If you are a luddite and don't possess a capable phone, get in touch with Graham and he will contact you via email, or text.

We run for about an hour, starting at 10:00 hours, but have been known to get carried away. Location details are usually What'sApped as soon as an accurate weather forecast is released. So sometimes as late as Sunday evening. Runners are encouraged to bring a flask and a snack for afterwards.

Please invite your friends.

For further details

Please contact Graham [egrahamlloyd \(at\) yahoo.co.uk](mailto:egrahamlloyd@yahoo.co.uk). He'll add you to the What'sApp group.

Wrinklies' Wednesday Walk & Run

Although these runs and walks are titled Wrinklies, anyone who is available can turn up.

There are faster and slower runs and walks arranged each week, in the countryside, across the three EPOC areas. We meet at 10a.m. and run or walk for 1-2 hours ending with lunch (optional) in cafes, pubs or outdoors.

If you would like to join in please E-Mail Jackie Page at [jpage2729\(at\)gmail.com](mailto:jpage2729@gmail.com)



Friday Morning wrinklies' bike ride

Originally started by Anthony Greenwood I believe, these still have a core of EPOC members and other assorted hangers on who turn up to be beasted by the ever increasing numbers of riders on e-bikes. These rides are now coordinated by Martin Ellis who sometimes comes on the Monday runs

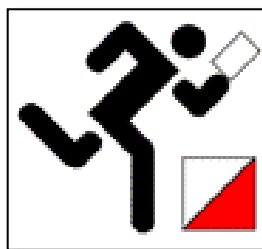
These rides are a movable feast and rotate around the EPOC area. Generally they are off road, but each ride leader will let you know what sort of bike is needed, from a hybrid, a gravel or cross, to a full on single track mountain bike. Rides start at 10:00 and last for two hours. If you want to be on the mailing list email Graham Lloyd at [egrahamlloyd\(at\)yahoo.co.uk](mailto:egrahamlloyd@yahoo.co.uk) and he will forward on your details.



Rankings

Position	Name	Prior	W	Gender	Total	Event scores to count
1 (431 -2)	Jonathan Emberton	2		M	7863	1314 , 1301 , 1328 , 1313 , 1301 , 1306
2 (461 +3)	Connor Smith	5		M	7476	1232 , 1254 , 1276 , 1233 , 1233 , 1248
3 (474 +27)	Simon Martland	6		M	7453	1251 , 1241 , 1235 , 1248 , 1239 , 1239
4 (477 -1)	Phil Scarf	3		M	7377	1233 , 1232 , 1244 , 1218 , 1211 , 1239
5 (506 +5)	Mike Pedley	4		M	7376	1232 , 1219 , 1244 , 1209 , 1216 , 1256
6 (623)	Laura Harrison	8	1	F	7349	1270 , 1228 , 1210 , 1202 , 1193 , 1246
7 (683)	Megan Harrison	9	2	F	7250	1208 , 1220 , 1204 , 1204 , 1209 , 1205
8 (753 -4)	Matthew Tinker	7		M	7248	1212 , 1195 , 1199 , 1212 , 1230 , 1200
9 (817 +1)	Emma Harrison	10	3	F	7109	1170 , 1205 , 1183 , 1186 , 1190 , 1175
10 (1121 +2)	Graham Lloyd	12		M	7036	1174 , 1168 , 1171 , 1177 , 1166 , 1180
11 (1408)	James Williams	1		M	6862	1158 , 1129 , 1158 , 1144 , 1138 , 1135
12 (1466 +1)	Jackie Scarf	14	4	F	6840	1162 , 1137 , 1128 , 1116 , 1180 , 1117
13 (1478 +1)	Richard Spendlove	15		M	6445	1053 , 1087 , 1075 , 1091 , 1070 , 1069
14 (1528 +2)	Julie Couch	13	5	F	6444	1092 , 1090 , 1066 , 1066 , 1060 , 1070
15 (1831 -40)	David Harrison	16		M	6432	1044 , 1074 , 1096 , 1095 , 1079 , 1044
16 (1863 +4)	Richard Payne	17		M	6159	1022 , 1046 , 1012 , 1047 , 1013 , 1019
17 (1935 +29)	Helen Martland	19	6	F	6136	1018 , 1015 , 1058 , 1006 , 1033 , 1006
18 (1942 -3)	Helen Pedley	18	7	F	6036	969 , 1028 , 1062 , 975 , 974 , 1028
19 (2173 +8)	Stephen Warner	21		M	5970	989 , 993 , 1027 , 986 , 981 , 994
20 (2191 +21)	James Wetherill	20		M	5845	948 , 984 , 966 , 1006 , 961 , 980
21 (2334 +6)	Neil Croasdell	22		M	5690	889 , 918 , 990 , 956 , 970 , 967
22 (2362 +3)	Paul Jackson	27		M	5603	942 , 914 , 930 , 922 , 934 , 961
23 (2368 +3)	Ian Couch	23		M	5578	936 , 918 , 920 , 941 , 943 , 920
24 (2411 +3)	Roy Lindsell	24		M	5568	926 , 917 , 934 , 938 , 936 , 917
25 (2538)	Arabella Woodrow	26	8	F	5445	1134 , 1043 , 1072 , 1067 , 1129
26 (2722 -3)	Gill Ross	28	9	F	5358	925 , 914 , 861 , 877 , 901 , 880
27 (2798 -15)	Jackie Page	32	10	F	5301	868 , 801 , 859 , 911 , 968 , 894
28 (2804 -11)	Jean Lochhead	31	11	F	5103	854 , 849 , 846 , 857 , 839 , 858
29 (2853 -12)	Robert Page	34		M	5048	1063 , 894 , 1009 , 1022 , 1060
30 (2870 -13)	Linda Hayles	30	12	F	4946	877 , 751 , 820 , 809 , 845 , 844
31 (2933 -10)	Rebecca Lloyd	35	13	F	4932	811 , 826 , 813 , 826 , 808 , 848
32 (2974 -9)	John Elliott	49		M	4894	799 , 799 , 800 , 819 , 849 , 828
33 (2977 -8)	Keith Sykes	43		M	4702	1102 , 702 , 1029 , 917 , 952
34 (3044 +30)	Jane Payne	36	14	F	4585	742 , 772 , 746 , 737 , 735 , 853
35 (3086 -1)	Joanna Emberton	39	15	F	4555	724 , 780 , 808 , 689 , 771 , 783
36 (3100 -2)	Judith Goodair	37	16	F	4372	705 , 697 , 788 , 725 , 765 , 692
37 (3125 +1)	Julian Green	38		M	4287	790 , 700 , 708 , 728 , 679 , 682
38 (3298 +7)	Rod Shaw	40		M	4226	1104 , 1041 , 988 , 1093
39 (3462 +2)	Lindsay McMillan	41	17	F	4173	636 , 720 , 633 , 671 , 750 , 763
40 (3718 +9)	James Logue	46		M	3958	635 , 698 , 682 , 677 , 683 , 583
41 (3733 +9)	Guy Goodair	42		M	3302	1103 , 1090 , 1109
42 (3915 +5)	Fiona Crowther	44	1g	F	2915	522 , 535 , 496 , 483 , 395 , 484
44 (4265 -1)	Karen Elliott	New		F	2904	713 , 723 , 732 , 736
45 (4321 -1)	Thomas McKee	47		M	2170	816 , 673 , 681
46 (4742 -2)	Bob Steeper	48		M	1953	959 , 994
47 (4957 -1)	Juliet Morgan	50		F	1290	1290
48 (4964 -1)	Brian Mellor	New		M	1254	1254

On the previous page are the Orienteering rankings from the beginning of the year Remember if you're not on the BO database as an EPOC member first claim, your ranking will not appear here!



Some movement, and down to 48 ranked members!

James Williams plummets as he hasn't got a full house of events. Jonathan's effort on terrain have paid off and he is the highest ranked Epocolyte. !

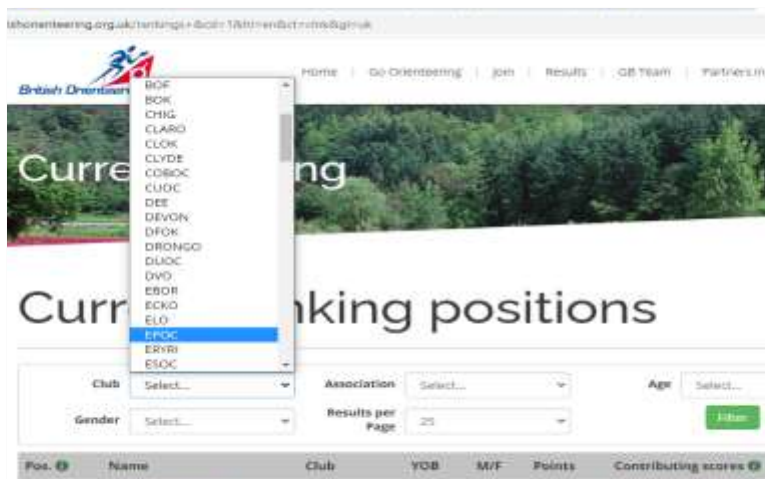
Laura is still ahead of her sibling Harrison to take number 1 female.

The numbers in brackets are the BO overall ranking and places moved with a + or - if up or down.

If you want more points you're advised to run up a course, your editor's best points were when he ran M21 at a middle distance, he scored the most points he'd scored in years!

If you click or use the link below, or you search British Orienteering Rankings you can hover over the event score and it will tell you what event.

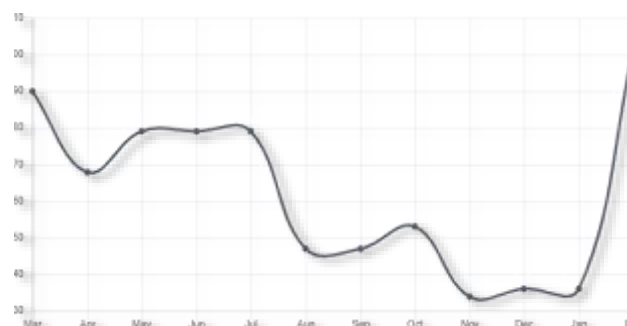
<https://www.britishorienteering.org.uk/rankings>



Also if you go to [this link](#) you can play with the rankings list. Select EPOC from the drop down menu and click filter. If you click your name you get all your events going back to 2010!

<https://www.britishorienteering.org.uk/rankings+&cd=1&hl=en&ct=clnk&gl=uk> member you can also see a graph of your ranking progress.

Rank	Name	Club	YOB	M/F	Points	Contributing scores
8 (494 -1)	Mike Parley	EPOC	1968	M	7407	1220, 1230, 1236, 1225, 1295, 1221
9 (510 +30)	Daniel Sutcliffe	EPOC	1989	M	7288	1223, 1209, 1214, 1205, 1007, 1209
10 (703 -3)	Lordley McMillan	EPOC	1981	F	7220	1223, 1208, 1181, 1186, 1211, 1189
11 (727)	Emma Harrison	EPOC	1972	F	7206	1217, 1193, 1189, 1243, 1103, 1187
12 (734 -8)	Matthew Toke	EPOC	1976	M	7200	1217, 1199, 1202, 1181, 1196, 1195
13 (871 -7)	Graham Lloyd	EPOC	1962	M	7078	1197, 1195, 1190, 1186, 1183, 1172
14 (893 -5)	Ben Carter	EPOC	1977	M	7065	1199, 1191, 1176, 1131, 1209, 1210
15 (901 -6)	Megan Harrison	EPOC	1999	F	7056	1193, 1166, 1170, 1181, 1182, 1170
16 (925 -4)	Laura Harrison	EPOC	2001	F	7052	1193, 1167, 1163, 1130, 1197, 1183
17 (1009 -5)	Richard Payne	EPOC	1950	M	6880	1186, 1188, 1158, 1170, 1154, 1145
18 (1075 -6)	David Award	EPOC	1964	M	6881	1184, 1138, 1186, 1140, 1103, 1101
19 (1183 -8)	Sarah Redley	EPOC	2001	F	6912	1184, 1138, 1186, 1140, 1103, 1101



EPOC Club Kit.

EPOC Social Media

I would just like to remind everyone that EPOC has a Facebook Page, Instagram Page and Twitter Pages, where events, results and activity going on in the club is promoted. If you would like anything going on there, please do email me on lnh110 (at) aol.com to make sure I am aware. Laura does try to keep up with everything but it can be hard!

I will link the social media links below. We also have an EPOC WhatsApp group chat. If you would like adding to this, again, drop me an email lnh110 (at) aol.com with your number and I will add you in.

Laura Harrison

Facebook: <https://www.facebook.com/eastpennineoc>

Instagram: https://instagram.com/eastpennineorienteeing?igshid=NzZlODBkYWE4Ng%3D%3D&utm_source=qr

X formerly Twitter:
<https://twitter.com/eastpennineoc?lang=en>



Laura has been doing sterling work with EPOC's social media presence.

With a hashtag here and a hash tag there, here a hashtag, there a hashtag, everywhere a hashtag.

Recent ones include #EPOC, #moving WithAMap and #BritishChampions.

Get your orders in for these tops in time for the next event.

You can order training tops and gilets from <https://zapkam.com/p/club-shops/athletics/east-pennine-oc/>

There's a 5 week lead in time!



The O Tops come from: <https://www.scimitarsports.com/>

We need, at last time of ordering, 10 tops to make it feasible. They are about £25 each.



Laura sporting the EPOC club jersey

MapRun Version 7

There have been no further updates.

EPOC Anytime Events

Below is a list of all of EPOC's Anytime Orienteering events. Those categorised as Permanent courses have posts and codes, those not, use the MapRun app. Further details on EPOC's website.

You can download maps, and read the instructions there. These are great train-

ing courses.

Don't forget with the Find Your Way initiative, there are more anytime courses coming on stream, and that our neighbouring clubs have many Anytime Events available on their websites.

Blue= Calderdale

Green Kirklees

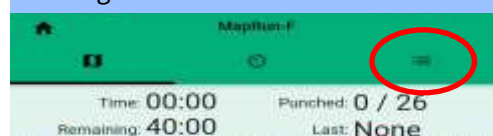
Yellow=Wakefield

Course	Map Ref	Access	Permanent Course?
Beechwood Park	HX2 9UN	Open	No
Greetland & West Vale	HX4 8AJ	Open	No
Ogden Water, Halifax	SE 060310	Open	Yes
Peoples Park	HX1 2TS	Open	No
Midgely Moor	HX7 8TS	Open	No
Mytholmroyd	HX7 5AF	Open	No
Shibden Park, Halifax	SE 108258	Open	Yes
Shroggs Park	HX3 5BX	Open	No
Sowerby	HX6 1DE	Open	No
Sowerby Bridge		Open	No
Almondbury		Open	No
Beaumont Park, Huddersfield	SE 126145	Open	Yes
Bradley & Fell Greave		Open	No
Clayton West		Open	No
Crow Nest Park, Dewsbury	WF13 2SA	Open	Yes
Dalton		Open	No
Greenhead Park, Huddersfield	SE135170 HD1 4DT	Open	Yes
Heckmondwike		Open	No
Mirfield		Open	No
Netherton			No
Oakwell Hall, Birstall	SE 213270	Open	Yes
Paddock		Open	No
Rastrick		Open	No
Scammonden	HD3 3FR		Yes
Scapegoat & Nettleton Hills		Open	No
Thongsbridge		Open	No
Crigglestone & Hall Green		Open	No
Nostell Priory	SE 404175	Open	Yes
Newmillerdam	SE 335155	Open	Yes
Outwood		Open	No

Review Control Reminder

If you have completed a course, and found one control would not bleep, this simple guidance should get your run reinstated.

After your run you may be shown as mis-punched and you know or thought you went to every location ok. This is not unusual and there is the opportunity to check. There are several reasons why things have gone awry other than your mistake. The map may not be 100% accurate and you were in the right place on the map but the map is not exact in relation to the satellites. The signal may be too slow or affected by vegetation or buildings.



To check a mis-punch click the three bar menu at the top right of the app.

Take the review results option.

This will display the controls on the right of the screen and a box will show against the relevant problem control or controls. Click the boxes and change the tolerance on the left to 10 20 or 30 and then click the Submit a Revised Result button at the bottom of the screen. Hopefully your result will be updated correctly. With regard to the tolerance settings I like to start at a low level as the numbers relate to how far you were away from the GPS location of the control. It is better to know you were only 10 metres off than 30. In most cases of Rev40 and above we now disqualify people because it is unlikely they actually were in the right place. Rev100 is desperation! If in the past you have mis punched and didn't know about the above I think you can still go back to the event and update your result.

If your track looks like a seismic earthquake chart you should make every effort to make sure you achieve a good 'gps lock.' Go to Troubleshooting GPS issues in Strava Support where it has more specifics in relation to different phone models. For more info on phones go to the MapRun website.

<http://maprunners.weebly.com/phone-settings.html>

Richard Payne



Fixtures

The events listed here are from the BOF Event Diary in a 150 mile radius of EPOC centre (Mirfield!). It does not include VOCs or most mid weeks , nor most local Saturday events. Check with event website for any special instructions , pre-entry details and if the event is going ahead.

Events coloured Green are Regional events. Yellow are National events. Blue are EPOC events. Non highlighted events are 'local' events or activities with special interest.. Almost certainly all events are likely to be pre entry, with the bigger events filling up fast. Some clubs are offering limited EOD

Date	Event Name	Level	Club	Ass	Venue	Town Near
Sat 24/01/26	Northern Night Championships , NE Night Champs and YHOA Night League	Regional	CLOK	NEOA	Wilton Woods	Eston
Sun 25/01/26	Long Distance Regional Event	Regional	CLOK	NEOA	Wilton Woods	Eston
Sun 01/02/26	Burbage YHOA SuperLeague	National	SYO	YHOA	Burbage	Sheffield
Sat 07/02/26	British Night Championships (UKOL)	Major	HH	SEOA	Egypt/Hangings Woods	Slough
Sun 08/02/26	CLARO Middle Distance Event	Regional	CLARO	YHOA	Brimham Rocks	Pateley Bridge
Sat 14/02/26	YHOA Night League	Regional	HALO	YHOA		Humberside
Sun 15/02/26	East Midlands Championships 2026	National	DVO	EMOA	Longshaw	Bakewell
Sun 22/02/26	Compass Sport Cup Heat	National	CLOK	NEOA	Lazenby Bank &	Eston
Sat 28/02/26	British/Welsh Championships	Major	SBOC	WOA	Carreg Goch	Ystradgynlais
Sun 01/03/26	British Relay Championships	Major	SWOC	WOA	Margam Country Park	Neath, Port Talbo
Sun 08/03/26	SROC level B event	National	SROC	NWOA	Witherslack	Kendal
Fri 20/03/26	Lakes Spring - Sprint	Local		NWOA	tbc	Kendal
Sat 21/03/26	Lakes Spring - Middle	Local		NWOA	Rusland Beeches	Ambleside
Sun 22/03/26	Regional Long Distance	Regional	CLOK	NEOA	Silton Forest	Northallerton
Sun 29/03/26	HALO Urban Event	Regional	HALO	YHOA	Willows and Freshney,	Grimsby
Fri 03/04/26	Jan Kjellström Festival - Sprint (UKOL)	Major		SOA	Perth City Centre	Perth
Sat 04/04/26	Jan Kjellström Festival - Middle (UKOL)	Major		SOA	Rannoch	Kinloch Rannoch
Sun 05/04/26	Jan Kjellström Festival - Long (UKOL)	Major		SOA	Rannoch	Kinloch Rannoch
Mon 06/04/26	Jan Kjellström Festival - Relay	Major		SOA	Tullochroisk	Kinloch Rannoch
Sun 12/04/26	SYO Regional Event	Regional	SYO	YHOA	Canklow	Rotherham
Sun 12/04/26	Cambridge Urban	Regional	WAO	EAOA	Cambridge	Cambridge
Sat 18/04/26	British Middle Championships (UKOL)	Major	HOC	WMOA	Brown Clee	Bridgnorth
Sun 19/04/26	Midlands Championships (UKOL)	National	OD	WMOA	Brown Clee	Midlands
Sun 26/04/26	EPOC Regional Event TBA	Regional	EPOC	YHOA	Venue tba	Tba
Sun 03/05/26	EBOR City Race	Regional	EBOR	YHOA	York	York
Sun 10/05/26	SYO Regional Event	Regional	SYO	YHOA	Wombwell	Barnsley

Please use the British Orienteering Event Diary, which you will find here: https://www.britishorienteering.org.uk/event_diary

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Deadline for copy for the next issue is March 17th 2024!

Wakefield Hub-Coordinator needed.

**Don't be shy, if you
want local events in
your area please step
up. Help given.**