



# The Epistle



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# East Pennine Orienteering Club

Serving

Calderdale, Kirklees and Wakefield



## Editorial

Time seems to fly by now that I have fully embraced retirement. I've never been so busy. What with walking, running, sailing, canoeing, cycling and my other writing 'job'.

This Epistle has been a long time coming as I had so much from the 50th Birthday to get in! A huge thanks to all the contributors.

We have also had three major events as well as the final results from the YHOA Urban League. Congratulations to all our podium placers. (Though the mud podium in Wales was interesting!)

We recently heard that former EPOC member Fergus O'Brien lost his life in February, just before he was due to retire. Mike pays tribute to him, and there is an obituary too. It's always sad when we lose a member like this, and it was very touching at the 50th birthday party to have our memorial tree to those EPOC members who have left this world.

The current spring series in Calderdale and Kirklees are building momentum, with a decent turn out. We are targeting not only EPOC members to try something different but trying to bridge the gap from what non-orienteers are familiar with in terms of map and format. Interestingly it's something that was happening back in EPOC's history, if you read one of the Epistle entries included in this edition of the magazine.

It was lovely to see so many ex members at the 50th and I was reminded of the EPOC annual meal and prize giving. I recall once being the M21 EPOC champion, (it was based on the YHOA Gallophen, whatever that was) and receiving a carriage clock, it was quite something to be included with legends (to me) like Ivor Noot, Brian Parkinson et al. I wonder does anybody have any idea where those clocks went to? The meal was usually a posh affair, and there was a guest speaker.

It was quite fun to receive some Lottie Shaw's Flapjack at the Club Championship for coming third at Ogden, I've taken it to the engraver, and am ready to hand it over to next year's third placer. It was a really good little event and made us think that Ogden would be a great place for either a middle distance event or a double sprint event. The best thing about the weekend was that the weather was really kind and we got what most orienteer likes, which is to "Run In Sunlit Forests." In the words of Jean Luc Picard, "Make It So!"  
Graham Lloyd

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All spelling and grammar mistakes are unintentional.

Mis-spelling people's names incorrectly is completely unintentional.

Typos are inevitable.

All contributions are welcome, be that an article about your orienteering exploits or you map based or non map based adventures.

Send all copy to

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## Chairman's Chat

EPOC is 50 years old! It was great to see so many enjoying a lovely weekend of celebrations. Members past and present gathered for the Friday meal, enjoyed Saturday's "Retr-O" at Shibden and Sunday's Club Championships at Ogden. Huge thanks to everyone involved, particularly Richard and Jane for organising Friday, Jean for Saturday, Simon for Sunday and to all the others who played their part through speeches, memorabilia, baking and as event helpers.

I find it amazing to think I have been in the club for two-thirds of its existence. It has provided many happy memories. Best of those were the family interactions with packs of young EPOCsies roaming around assembly areas and campsites. That "club" focus formed a big part of their early orienteering experiences. I hope one day we'll see another sight like this from the 2003 Scottish 6 day...

Clubs like SYO and AIRE have been working on rebuilding that family focus for sometime. Both now have several families with juniors who are enjoying orienteering weekends away together at events like the White Rose. Their numbers have actually grown in recent years. That growth takes not just effort but consistency and continuity. Whilst EPOC's catchment area is of a different nature achieving that growth is not impossible. As I step away from the chair role (when my 3 year term ends this summer) and reduce my involvement in Yorkshire Juniors, I hope it is an area where I can make some contribution. We'll see!

Over three months have flown by since our last Epistle. Sadly not fast enough to be without another death, this time of ex-member Fergus O'Brien. Fergus, with his family Fiona, Niall and Brendan, was a very active EPOC member in the later 1990's and early 2000's before moving to North Wales. As well as orienteering, I worked with Fergus in the Water Industry for 30 years both in Yorkshire and then in Wales. Only just into his sixties, his sudden death has come as a real shock. I was delighted that Fiona and Niall were still able to attend our 50th anniversary evening. It was good to see them despite the circumstances and I shall be attending the memorial events that the family have arranged for the first weekend in July.

Through the inevitable mix of highs and lows that life brings, EPOC has made it to 50. That's no mean achievement as many clubs have fallen along their way. I hope the blue, white (and sometimes yellow) shirts will continue to grace orienteering events for many years to come.

Mike

## Fergus O' Brien 1962-2026



With his wife Fiona Ward, Fergus moved to Huddersfield in 1989 where they started Orienteering at much the same time as many of the current and past EPOC M & W 60s. Along with Fiona he was influential in the supper club, and the founding of the Suma Co-op The Woolly Backed Lentil Club, both involving members of EPOC. They Like your editor he specialised in Short courses with the occasional foray into Long courses.

There was some friendly rivalry between Fergus, Graham Lloyd and Alistair Tinto.

Fergus was born in Born in Malahide in County Dublin in 1962, the fourth of five boys, he grew up in a lively, noisy, boisterous and loving home. Fergus went to Belvedere School, where he enjoyed maths, sciences and classics, and became heavily involved in hammer-throwing and the discus, and sailing from Clontarf Yacht Club. He studied mechanical engineering at Trinity College, Dublin from 1981-1985. Fergus left Ireland to work at Salford University in 1986, building a one-third scale model of 'ultra low head' hydroelectric generator.

It was when working in Salford that he met Fiona, and they soon fell in love. Fiona and Fergus were married in 1990. In 1988, Fergus started working for Yorkshire Water as a graduate trainee but moved on to a range of roles, including managing Headingley Water Treatment Works and becoming an area operations manager.

The family moved to Chester in 2005 when Fergus got a job working alongside Dwr Cymru, recently as an environmental services manager. He also took part in several charity events, including cycling the circumference of Wales in six days and walking the Six Peaks challenge in less than 24 hours.

In Chester, Fergus and Fiona became frequent cyclists and members of the Chester Community Orchestra. Fergus took up the double bass and was a keen and conscientious player. Fergus also loved books (the longer the better), films (the worse the better), cooking, travel, hiking and music, and spending time with friends and family. He was kind, caring and generous, and will be deeply missed.



## Achievements Clapometer & Upcoming EPOC Events

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

**The Northern Night Championships.**  
1st M65 Mike Pedley

**British Championships in South Wales**

1st M80l Richard Spendlove  
1st M60s Graham Lloyd  
2nd W65s Joanna Emberton  
3rd M65l Jonathan Emberton

**British Relay Championships in South Wales**

3rd M60 Jonathan Emberton, Phil Scarf, Graham Lloyd

**Welsh Championships in South Wales**

1st M60l Phil Scarf  
1st W80l Jean Lochhead  
2nd M45l James Williams

**The JK! Scotland**



**Sprint in Perth**  
1st M55 James Logue  
1st m80 Richard Spendlove

**Middle Rannoch Forest**

2nd M55l James Logue  
2nd M75s Ian Couch  
2nd M80l Richard Spendlove  
2nd Yellow Maxwell Green  
3rd M65l Jonathan Emberton

**Long Rannoch Forest**

2nd M80l Richard Spendlove  
1st M75s Ian Couch

**JK Overall**

2nd M80l Richard Spendlove  
1st M75s Ian Couch



**British Middle Championships**  
2nd M55 James Logue



**YHOA Night League**

Men's Ultra Vets 1st Mike Pedley  
Women's Vets 1st Emma Harrison



### Upcoming Events

Date	Event Name	Level	Venue	Nearest Town	Organiser	Planner	Controller
05/05/26	Summer Sprint	local	Hudds Centre	Huddersfield	Simon Martland		
14/05/26	Summer Score	local	Barbary's Bar	Mytholmroyd	Jon Emberton	Rebecca Lloyd	
26/05/26	Summer Sprint	local	Mirfield	Mirfield	Simon Martland		
11/06/26	Summer Score	local	Barbary's Bar	Mytholmroyd	Jon Emberton	Lindsay McMillan	
26/05/26	Summer Sprint	local	Birkby	Birkby	Simon Martland		
04/07/26	EPOC Urban Event	Regional	Meltham TBC	Meltham	Jackie Page	Bob Page	Mike Pedley
05/07/26	EPOC Urban Event	Regional	Huddersfield Uni TBC	Huddersfield	Richard Payne	Laura Harrison	(TBC)
09/07/26	Summer Score	local	Barbary's Bar	Mytholmroyd	Jon Emberton		
21/07/26	Summer Sprint	local	Meltham	Meltham	Simon Martland		
05/09/26	Northern Championships (UKOL)	National	Langfield Common	Todmorden	TBA	TBA	TBA
06/09/26	Northern Championships weekend, YHOA Middle etc.	Regional	Langfield Common	Todmorden	TBA	TBA	TBA

On Friday 24th April 2026 EPOC celebrated their 50th Birthday/ Anniversary.

It was a beautiful sunny evening as the current membership and past members rolled in to Bradley Hall Golf Club.

The evening started off with old friends arriving and greeting one another. It was great to see so many old faces, both literally and metaphorically.



Richard & Jane Payne @ Ogden

The table of memories garnered much attention, with copies of old Epistles, EPOC woolly hats, flyers from events in places that haven't had events in for years. Maps with red biro circles from when we used to mark up maps after the start.

There was even Guy Goodair's red brick, his trophy from the Urban league.

It's incredible to think how far Orienteering has come since the founding of the club.

Nowadays we are smaller and leaner, but still have sufficient

members who keep annoying our neighbours when we bother the Podium at major events.

In fact that's one thing we have always been good at. However the membership was large enough in the past to sustain a Children's Christmas Party, an annual Ceilidh, an annual prize giving dinner with a guest speaker. Then there was the annual bonfire night up at the Wakeford's, where we'd crash The Triangle cricket club display. Then there was the New Year's in the Lakes meet at Youth Hostel. EPOC would even rent a village hall for major events and we'd all kip inside, and have a blast. In fact your Editor's daughter Siarlot was nearly born in one just outside Hereford!

Then there was the Calderdale Way relay, and the Athletics event at Horsfall Stadium, where yours truly, aged 40-ish put himself down for the 400m and the long jump.

I was beaten in to second place by Halifax Harriers' up and coming 14 year old on the 400m! The long jump I managed to come last!

One of the first committee members, Richard Payne, and his wife Jane, organised a fabulous buffet meal at Bradley Hall Golf Club. Richard gave a brief speech in which he wished all those attending a, "Happy 50th anniversary!"

He gave a special welcome to ex-chairman Alan Hardwicke and his wife Marjorie who came all the way from the Welsh Marches to be with us at the anniversary event.

Richard went on to thank Kerrie and the Bradley Hall team for the great food and excellent facilities, his wife Jane for making all it happen, to the committee for allocating the cash to pay for the do, Dick and Carla Spendlove for the wonderful photographic display on the big screen, Judith Goodair for making the anniversary cake, and Chris for providing the music

Also thanks were given to Ian McMillan and everybody else who provided archive material to look through.

Richard then regaled the thronging masses with the following speech!

"In Mid 1976 BOF and YHOA were keen to set up a club in the "Calderdale, Kirklees and Bradford" area and the driving force in making it happen were active orienteers Dick Mackay and Ian McMillan.

At the first meeting held in Elland in Autumn 1976 the three Richard's were appointed Chairman (Richard Aspinall), Treasurer (Richard Payne), and Secretary (Richard Mackay). Bill Hunter agreed to be (Epistle) Editor and his first Epistle came out in late November.

The first person to run as an EPOC runner was Araba McMillan competing in the Yorkshire Schools Championships held at Bramham Park on 3rd October 1976 where she won the W12 class

By this time Ian had started mapping Storthes Hall and the club's first event, planned by Dick Mackay, took place on 17th April 1977. "The club was on the map."

Membership grew quickly and the club was able to help Ian organise the JK Relays in Easter 1978.

At our first badge event at Elland Park Woods we had 900 competitors and I had a team of 80 EPOC members helping. Jane overprinted 1200 maps.

By the end of 1978 we had 70 membership units involving nearly 200 people.

EPOC was off to a good start."

After his speech, Richard handed over to Ian McMillan.



Ian McMillan tells all!



Carla Spendlove, Leslie Wakeford, Alan and Marjorie Hardwicke



Richard speaks, Ian Listens

Quiz, who designed our logo??



Judith, Guy and Jane divi the cake



Some of the great archive!



The days of a printed Epistle



The gathered throng.

So it was on to Saturday and Shibden Park.

This was billed as a 'retro' event planned and organised by Jean Lochhead and Jackie Page. We were taken back to 1976 and how things were done for a very long time until OCAD and e punching came along. I can remember one event in High Dam where there was a manned control, the people there were to check your control card to make sure you hadn't punched any controls beyond the manned control. I was struggling to find the control. So stood still, and listened. I heard the people at the manned control chatting, so I headed in that direction! I digress.

No need for a manned controls at Shibden, but competitors were given control cards, description sheets and blank maps. As you can see from the photos, some decided to write the control numbers onto their control cards ( below), to speed up their punching. Occasionally at an event there would be punching races. Who could punch 10 controls placed 5m apart in the fastest time!?



On reaching the control there were pin punches at each of them, (right) the pins making different patterns so you couldn't just go to the first control and punch your card the requisite number of times. Results were then hung on a

'washing' line (below left) and in order to get your results you would write your name on an envelope, put in money for postage, and eventually after what seemed like a decade, you would receive your results in the post. Usually there were some comments from the planner, controller and organiser. This still happens for some events, but it is less frequent than

it used to be. At Shibden someone brought the post box for results out of retirement (left).



At Shibden there were 'master maps' ( below) where folk had



to copy their course onto their own map. That sometimes led to disaster if you'd copied the wrong feature onto your map, and you spent valuable minutes looking for a control that was not there! Of course you had to copy your map after the

clock had started, so one had to learn how to copy quickly.



One member even managed to attend the event in a classic Moggy Minor (right) Lots of fun was had by all those who attended.



Once again thanks to Jean and Jackie.



After a hectic Saturday it was on to Ogden for the Club Championships. It's a shame we didn't have a full turn out of all members, but those that did turn out had a great time in the sunshine on Simon Martland's challenging courses. With a very civilized start window of 11:00 to 11:30 competitors headed out into the best bits of Ogden. On the map the area of the woods is tiny, but the detail at 1:5000 is phenomenal. At this time of year the woods were superb, with very little undergrowth, no bluebells to trample, but above all little no bracken or brambles.

Women: 1. Julie Couch, 2. Emma Harrison, 3. Megan Harrison.

Men: 1. Jonathan Emberton, 2. Dick Spendlove, 3. Graham Lloyd. (chomping on an ice cream!)



Stephen Warner punches.



The Warner/Spendlove dream team



Megan and Tessa penultimate control

*Just a little note to say a BIG THANK YOU to you and all the members who put on that wonderful weekend of celebrations for the EPOC club last weekend. Brian and I wondered how we would cope with a full weekend of events but it was amazing and we thoroughly enjoyed each one with renewed vigor !! Especially the Retro in Shibden Park highlighting how far we have come in this digital age now and which we are clinging on to with our fingertips ! So many thanks once again to everyone for a truly great weekend we will treasure .  
Cheers Joy + Brian Mellor*



Joy Mellor disappears.



Max checks the route to the finish.



Jon Emberton punches smoothly.



Night owl John Elliot



Richard Spendlove punches



It's behind you!!!



"It's round here somewhere!"



"!Have you got leggings on? Yes!"



Rebecca Lloyd powering up hill!

Former member and one time nemesis of your editor, John Crawshaw took time out of his busy schedule to tell us what it means to be associated with EPOC.

## EPOC. Much More Than An Orienteering Club.



John Crawshaw Navigates out and about in recent times

The blue icing on top of the cake and Ian McMillan, with old maps in hand, talking about how the club was originally set up, made me smile, yet a tear welled up in my left eye.

My family became members a year or so after the original formation. We felt like pioneers too, but also part of something special. A 'Strange Sports' section on Look North encouraged us out to Bramham Park for our first event, where we trudged around the course as a family. Then the smiling and welcoming face of Richard Aspinall at Newmillerdam persuaded us to join the East Pennine Orienteering Club. We were now 'strange sports' enthusiasts. Wearing our blue shirts with pride, we assembled contrasting items of nylon and yellow and red bramble bashers. We were heading to the North York Moors!!!

"They're up to no good." The neighbours' curtains twitched in semaphore as we piled into the car with Mother's Pride cheese sandwiches, red pens, plastic bags, pins, sweatbands and our 'cunning running' sticker proudly displayed in the rear window. "Where were they going at the crack of dawn on a Sunday morning?" We heard them say.

"To see our friends."

That was the answer. Yes, we travelled the British isles in search of tussocks, marshes, re-entrants and knolls, but there was something else that attracted us too, and something I had not truly appreciated until I reconnected with people I had not seen for many years at the 50th celebration. Good people with kind souls. A shared passion for exercising

within nature and testing our cognitive resolve with route choice and compass work. You didn't need to lock your car, and you didn't need to show proof of status either. We were in it together, knee-deep in those 180 degree errors and "I never saw the dangerous crag!" Strong friendships formed that still hold strong to this day.

I profoundly remember the generosity of others shown to myself, Amanda and Mum. We didn't have a lot. As a single-parent family, we found great solace among the benevolence and genuine hospitality of EPOC's members. I remember one occasion when our car had broken down at an event and I had to be back for the opening night of my school play. Dave and Juliette Morgan kindly whisked me back to Wakefield just in time for curtain up and my opening line in 'Oh What A Lovely War.' There were of course, many other acts of kindness shown and invitations to punch our control cards with thanks and gratitude as the years rolled on.

My reason for writing this is that I wanted to say that East Pennine Orienteering Club enabled us as a family to be involved in something rather special. Not only the opportunity to explore forests and become fit, but a celebration of humanity, no less, notwithstanding the formation of true friendships that so many of us hold dear to our hearts.



John Crawshaw in full flight when a yooof!

Hear's to the orienteering events, bonfires, ceilidhs, Christmas parties, eating chocolate with a knife and fork and mittens, quizzes, New Year hiking, camping, and good-hearted fun. But above all, the unity of its members and the joy and mutuality EPOC has facilitated since its conception 50 years ago. I personally am very grateful to all involved and know that EPOC can be proud of being much more than an orienteering club.

John Crawshaw

Ian McMillan was there right back at the beginning. We had a chat last year or maybe the year before, and he wondered if in fact EPOC's birthday year might actually be 1977. Here he reflects on those very early days of the club and how we were born, so to speak.



Storthes Hall {photo unknown}

formally adopted. Though Newsletter 1 records Richard Aspinall stating that orienteers in Bradford, Kirklees and Calderdale need no longer be homeless, in practice we were never linked to Bradford which was firmly in AIRE territory. Remember, these

### EPOC's Early Years



I now know EPOC was created in 1976 though my memory (reflecting my current physical state) had previously got it as 1977 – luckily Richard Payne sorted me out at the 50th Party and then it was confirmed by Bill Hunter's first Newsletter, later the EPOC Epistle. 1976 - our late Dick MacKay, then in Aire and I, in MDOC had been orienteering for some time (me from 1967 and

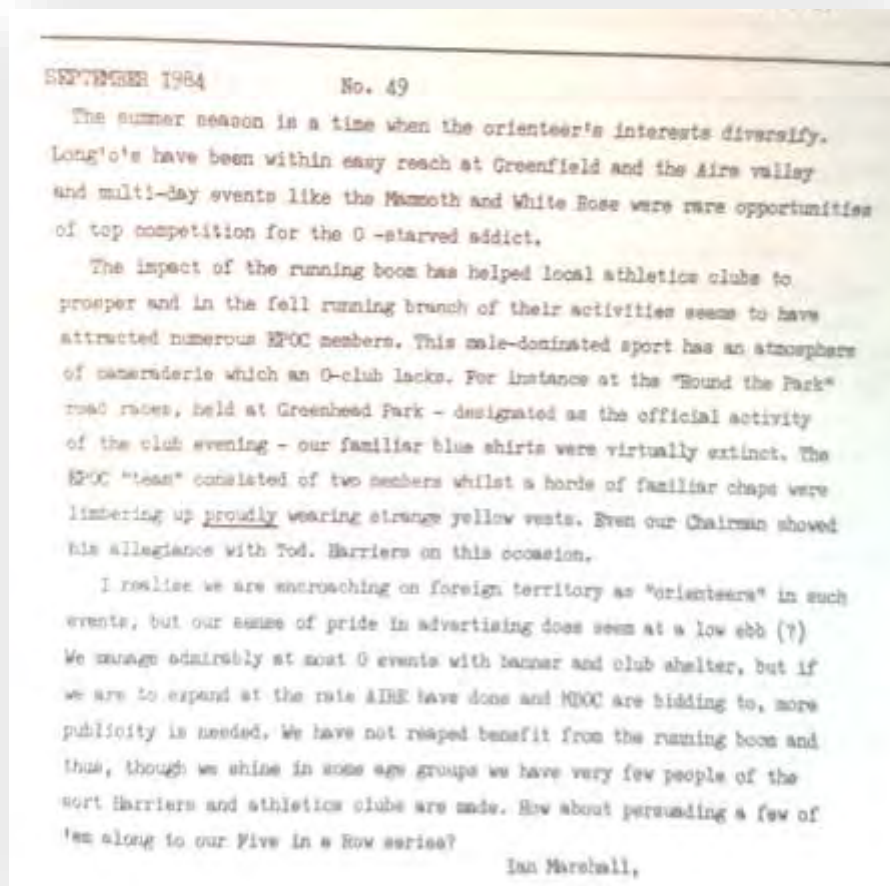
Dick the mid '70s). Dick and I had helped at the World Championships in Scotland in August 1976, were both members of Holmfirth Harriers and had discussed the possibility of getting an orienteering club going in our area. We came back from the World Champs fired up by our experience. (See Dick's report from that World Champs elsewhere)

Then YHOA arranged a meeting at, I think, Whitcliffe Mount School in Sept/Oct 1976 to try get orienteering going in the Kirklees/Bradford area. Dick and I attended, and there may well have been others at that meeting who became EPOC members but there are no written records that I'm aware of. Others emerged with some orienteering experience like Richard Aspinall who had run back in 1974 for Todmorden GS at Hardcastle Craggs (I've got the results) and Rod Shaw who had orienteered in Scotland earlier then done some at Bingley College.

An ad hoc group held several meetings in late 1976 but without minutes, I'm not sure who was there or what was done. At one, I think on 22nd Nov, a Chairman (Richard Aspinall), a Secretary (Dick MacKay) and a Treasurer (Richard Payne) were elected and Bill Hunter was appointed to edit a club newsletter and so EPOC was established.

The appointments were all confirmed at EPOC's inaugural AGM in Feb 1977 and its name (Richard Payne claims authorship) and a constitution were

were very early days for the new Local Authorities which were only established in 1974. The name EPOC did not appear in the first Constitution. The surrounding clubs were always very helpful to us – and still are. In spite of the fact that none of those 1976 meetings were recorded, things were already moving fast. Fortnightly club meetings were arranged, moving from one West Vale pub to another and at an early one, Mike Smithard, an experienced mapper from AIRE, came along to advise us on map-making of which we had little knowledge. Whilst this was all going on a group of ladies were busy designing appropriate O-gear with Jean Lochhead advising where to get it made up. They quickly followed the O-top with a hoodie in the same blue on blue colours and when we went to big events the strip was noticed – Chris Brasher (*pacemaker for the first 4 minute mile, Olympian, and Orienteering pioneer*) was very complimentary – and other clubs followed suit. When I look at my 1977 and 1978 diaries and EPOC correspondence I'm overwhelmed by



## EPOC's Early Years

I set about surveying Storthes Hall and we had our first event on 29th Jan 1977 on a black and white photocopied map for pairs. Here it is below!



Stirthes Hall First Black and White Map

{There are full page maps later in this magazine}

The map was then passed to Dick MacKay who had created a map drawing facility in his loft and he set about producing our first 5 colour map for our first Colour Coded event on 17th April 1977. We had a big panic with that first map which we had had printed at a firm in Huddersfield the registration was quite wrong on a good few maps. {In those days maps were printed not in one go, but each colour was printed once, on top of each other, to make the final version, each plate that the map was printed from would have so-called registration marks to make sure each colour was properly aligned} A few friends went through the lot to pull out the wrong 'uns. We had over 600 participants for that event which was not bad going for a club with an existence of well under a year. We didn't know much about map registration then but learned quickly. Rod Shaw and Malcolm Ellis did their own stuff creating maps of Upper Fell Greave and Malkin House Wood. We used these for small local events as well as organising training runs on photocopies of OS maps. Meanwhile, Rod Sutcliffe and Richard Payne were busy surveying Elland Park Woods for a major event planned for 1978, the map to be drawn by the late Mike Lawrence who must have been driven close to a breakdown with one of the surveyors (usually Rod) arriving at bedtime with additions/amendments. The map got done and this time the drawings went to an experienced orienteering printer who did a first-rate job. There were over 900 competitors at this event and 80/90 helpers - terrific for a young club. The social side continued to develop throughout the 1980s. The club grew in numbers with Pat Aspinall doing a great recruiting job in Skircoat Green, her home area. At its fortnightly meetings there were sessions for members to improve their orienteering skills, learn how to use a compass, read an orienteering map, indulge in fell running or long-O. Near to Christmas, a Pie and Peas party for the youngsters, including family games, was organised - usually after a street event - and not forgetting the annual Hoe Down with beef and onion baps, all made by the Social Committee. Everyone kept up to date by reading Bill Hunter's Epistle which included members' notable performances. Everyone was encouraged to get off to orienteering events. In time there was movement in the Committee

when the three Richards retired with Alan Hardwicke taking over as Chairman, Richard Payne moving to Secretary, with Brian Craven as Treasurer. Throughout these early we always found it fairly easy to recruit new takers for all that needed doing to keep a club going effectively - members were very willing and supportive. In 1980 Janet fixed up for our family to go to Buttermere for a few days over the 1981 New Year. We enjoyed it so much that we advertised it to the club for something try in 1982, staying at High Close YH and there were a few takers including quite a lot of the Yorkshire Junior O Squad. It coincided with the YHA becoming much more liberal in permitting club bookings and more relaxed about the inhabitants partying over the New Year. For the next fifteen years the Club had a routine of booking these holiday excursions, all in the Lakes Youth Hostels, involving some great walking (on good days) and eating YH communal meals in the evening followed by games. And, as it was always in the Lakes, there were some wet days when the walking was less demanding. I'm less sure about when the Wrinklies emerged. A few of us used to run on Wednesday mornings - mainly blokes but Jean was often with us and kindly slowed down so we could keep up. As the years passed the blokes got slower and more of the wives decided to come along. It was advertised in the Epistle and became a great walking activity which I still enjoy. The same sort of pattern emerged with the cyclists. Anthony Greenwood stepped in and quickly got it organised, but I've strayed here into much later years.

I'm sure the oldsters reading this will realise the impossibility of mentioning every person who made a significant impact on the club and a good many are no longer with us - Richard and Jane did a very good job to memorialise them at the 50th. There were many others: folk move on or away and younger ones take on the jobs and the club changes. Numbers go up and they go down. It was grand at the 50th to see how many were still active - Guy still good on his stats though less so on his pins.

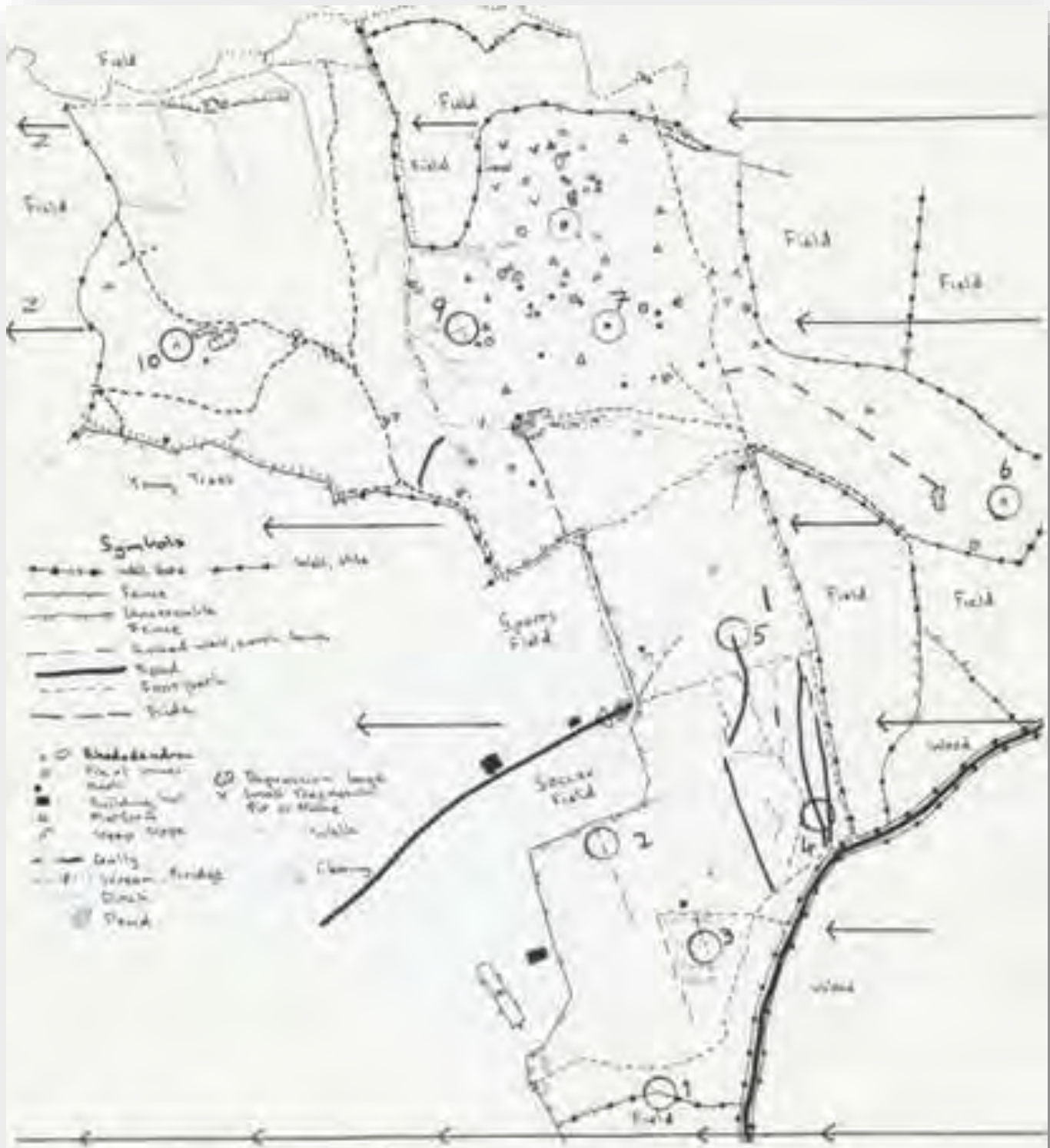
Ian McMillan



Storthes Hall First Colour Map



Poor registration {photo unknown}



Each pair must collect all ten controls between them in any order - any division acceptable

1	PL	2	EG	3	PB	4	MT	5	PT	6	EX	7	OG	8	HQ	9	V7	10	PM
Wall Corner	The Rise	Clearing SW Corner	Gully	Gully End	Depression	Foot East Side	File of Stones East Side	Ditch Bend	Depression										

Storthes Hall First Black and White Map



# Storthes Hall, Yorkshire

**Class: E**  
**Team No: 2005 / Lap: 3**  
**Name: DVOrbiters**  
**Club: DVO**  
**Course: AE/bb**

**JK Trophy / Senior Men (M120+)**

AE/bb	5.4 km	180 m
1	113	180
2	85	180
3	138	180
4	108	180
5	128	180
6	93	180
7	121	180
8	111	180
9	143	180
10	86	180
11	90	180
12	80	180
13	131	180
14	151	180
15	139	180
16	88	180
17	132	180
18	103	180
19	153	180
20	99	180
21	149	180

**200 m**      **210 m**      **80 m**      **90 m**

**Courses close at 1.30pm**

**Inset Scale 1:5000**

**Scale 1:10,000**      **Contours 5m**

○ riding jump  
 × field

ISOM Map produced in 2015 by Peel Land Surveys. Based on the Ordnance Survey with the permission of the Controller, Her Majesty's Stationery Office. © Crown Copyright, 2016. OS 100015287. © Environment Agency 2016. All rights reserved. Printed by BML. © Yorkshire & Humberside Orienteering Association 2016. Event number: 64-068. Grid Reference SE 163121

Storthes from the JK Relays 2016

*On the next few pages we have some EPOXC memories that people have shared about their time with EPOC.*

*First up we have Helen Pedley's take on what it's been like to be a member of this great club.*

When I think about my EPOC memories it's not the events I've attended over the 30 years nor the results that I've achieved (be they good, bad, MP or DNF) that stand out. It's the opportunity to catch up with people I see regularly, or combining orienteering with a trip to visit non Orienteering friends and relatives on the way, which I enjoy.

I only began orienteering in my late 20s, and to improve, went on a "ladies only" BO training course with Stella Lewsley at Lakeside. That was in the mid 90's and she taught a group of us how to read contours, and to compare our efforts at the end of each exercise. Ever since, I've finished every event chatting to those on my course to make new friends as well as having a natter with ones I've known for years.

Mike & I had so much support from other people in the club who had mastered the art of split starts and juggling child care. The Scottish 6 days were made so much easier when we knew that the EPOC tent was home to every child and there would be someone for them to play with. The best example was at Crathes Castle, camping in the woods. Sarah, the smallest, was standing on a tree stump and all the older EPOCsies including Ben were listening to her, whilst Status Quo were playing a live concert in the background! As a family we also fondly remember the White Rose campsites, even with head high bracken, visits to the sea and the noisy Youth camp at the far end of the field.

After every race we were always hungry. Who could forget standing in the Wilf's queue for veggie chilli, served by Sarah Noot? Or maybe you preferred jacket potato and beans, followed by chocolate brownies. I think Alasdair & Sarah grew up on that diet!



Front row: Heather Pownall, Alasdair Pedley, Joey Scarf, Will Emberton  
Back Row: Niall O'Brien, Mary Emberton, Annie Scarf, Sarah Pedley, Beth Emberton, Holly Pownall, Brendan O'Brien  
Very Back: Helen Pedley

I remember the surprise of many people in 2001 when I arrived with a newly born Sarah after the lengthy foot and mouth restrictions had lifted. Most orienteers had gone abroad and not even realised I was pregnant. On the EPOC bus trip to a Compass Sport cup final, I hurried to get out of the rain and Sarah accidentally slid out of the rucksack! Paulette was there to reassure me that she'd bounced, no harm was done, ... and a few years later, Ivor was fundamental in giving Sarah confidence to take the stabilisers off her bike in France on her 4th birthday. Alasdair had his moments too. At Springtime in Shropshire he was so good at hide & seek we had the entire campsite searching for him. After about 45 minutes of panic, he finally reappeared from a bush because he was hungry.

We remain the proud owners of original pottery and plastic lidded Wilf's mugs and both children have gone off to university with 6 White Rose mugs to share with their flatmates. Now I've graduated to organising events, I try to make sure that all the helpers enjoy their jobs on the day. The best moment was at Judy Woods in 2023 where Joy Mellor was helping set out the control boxes, and the start lanes, and I gave her a lift. I won't forget the look on her face as I did a 3 point turn in a farmer's yard, and reversed zoom down a very narrow lane. The nervousness turned to giggles and then a round of applause when we reached the end unscathed! Similarly at the Christmas 2024 event at Ogden it was great to see everyone enjoying drinks, food and disco lights in the classroom. Yes, we can be competitive ... but let's also make it fun!



J  
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# EPOC EPISTLE

Spendlove



\*\*\* 25p

CHAIRMAN

SECRETARY

TREASURER

Dick Spendlove

David Payne

Gordon Scott

\*\*\*

\*\*\*\*\*  
EAST PENNINE ORIENTEERING CLUB NEWSLETTER No 36 Sept. 1959

Autumn - a season of warm sunny days with crisp mornings and short chilly evenings. A season of russett coloured leaves and slowly shrinking frames. A time to look back over a season and perhaps to look forward to events to come.

The summer has given us quite a lot of variety in terrain; runnable sand dunes at Pembrey, tussock grass at the Harwoods and Hamnooth, boulders, boulders and buzzing bees at the Trossachs and brambles at the White Rose. Different areas and even different countries but all linked by an ever faithful band of orienteering friends. Come to think of it there was one other thing in common this summer - it rained at every relay event. Somehow the conversation is always more interesting in the changeover pen when its raining.

So what of the future? Big events galore for the club to organise. a Badge event at Bingley St. Ives, the Northern Championships at ch.... you know where, as well as regular club, schools league and informal events, the night galoppen, Huddersfield runs, Christmas dances and parties all without driving more than about 30 miles each way. Add to that the thought of the J.K. in the Lakes (with a luxury club hut - details later in this edition) and six days in glorious Royal Deeside next summer and marathon\* and fell races and.....

It's really not too early you know ..... " Happy New '61 Year "

David Morgan Editor



Another page from the Epistle. As you can see written on a typewriter and then photocopied somewhere. I notice the date is 1959! I do hope that was a typo, at least I'm carrying on a tradition. Elsewhere we have an editorial from Ian Marshall, now of Aire, about Aire getting bigger than EPOC.



# EPISTLE

No 152 DEC/JAN 2001/2



## CHRISTMAS COMES EARLY FOR RICHARD, ALISON AND IVOR



2001 BRITISH WINNERS AT NEWBOROUGH  
AND A MERRY CHRISTMAS TO YOU ALL

EPOC bothering podiums in 2001!  
From left to right, Richard Payne, Alison Wise and Ivor Noot.

Can you spot who these people are from our extensive archive?  
At the bottom of the page we have my predecessors excellent copy.



## HOW TO CONTROL YOUR DEPRESSION

by Richard Mackay, East Pennine OC

Two days control manning for a run round the Championship course – a very fair bargain, or so it seemed at the time. How did it turn out? The memories begin with the control marshals' briefing at Aviemore. "3 – 2 – 1 – Push! – now you're all synchronised". Not a new religious rite but the chief 'Bramble Brasher' checking watches, followed by Churchillian appeals to Stoicism: do not move, absolute silence, "the success of the whole operation depends on you" – good, morale-boosting stuff.

Then Mavis Banner tried not to confuse everyone with instruction on how to record times and positions. I really needed a secretary but I got Roger Vandersteen. I suppose a mathematician is ideal company when minutes have to be subtracted from hours.

The team leaders then dispersed the clip boards, ground sheets, combat suits, etc, and we were away to the campsite to prepare for the fray. Eight hours plus in a depression. What to eat? No noise! Mars wrappers rattle, likewise boiled sweets, apples crunchy. Coffee? the smell will attract runners; no thermos anyway, the white top is like a beacon.

5.30am and the alarm goes. Panic, gasp of tea, porridge. Is it going to rain? – waterproofs over or under the camouflage suits? – problems all the way. The van had a flat battery of course, so its everybody out and lean, then we're off to join the chase of headlights. "They went Damaway!"

And so, led by Robin Harvey, to our depression. First job was to improve on Robin's idea of a hide. The solitary bamboo cane disappeared under an array of branches, saplings, and shrubbery, and the depression became a clearing with a hut in it. Too late for map corrections.

Spread out plastic sheets, check watches, time sheets, pens and pencils, and settle down for the day's performance. No fear of sandwich paper rattling – the leaky thermos had left us with soggy sardine butties and the 'tea cokes' really were. We were ready for anything and all this by 8am. More silence practice. "90 minutes and the first man is off" – plenty of time to take some last-minute exercise. We'd hardly got back and settled when – horror! – a black O-suited shape shot over the edge, into the depression, punched and was off. "Got his number? I got the time" "But they haven't started yet!" Of course, the technical advisor, Jan Soderberg, doing a great job keeping the marshals awake and ensuring nobody had stolen the course. Panic over, but good experience. Then the phone rang. Phone? Yes, at the farm 100m South over the road. Road? Our 1 sq inch of map wasn't giving anything away. Anyway, when

the public address got going at the finish, the traffic built up on the road, and nobody was answering the phone we could have held a bridge party with women's control 15 and not disturbed anyone.

"9.30 – they're off" and we settled down to our no-noise regime. At no 23 – only one control after us – we had at least 90 minutes of inactivity even if Rik Plumb had an unbelievable day and held his lead-off position. Roger had barely hissed this reasoning out when an apparition in blue appeared, ran round the top without a second glance at the control and was off. "He's missed it" we smiled at each other. "No, she didn't want it!" we smiled back.

Then it really began. Singly, in groups of 3 or 4, times noted, numbers checked off. In the gaps a quick maths lesson. Some came in full of confidence, they knew the control was there because it said so on the map. Others came hoping there was a control, got lost behind a tree, checking, cursing, in again then off – minutes lost. In fact the choicest language came from a lost lady who came down all tired smiles having found a control and disappeared in a red white and blue cloud (one of the English Speaking Union) as she realised it wasn't a path end. There was only one moment of near panic when a Norwegian didn't see us on his map, ran right through us, and did a good job of demolition on the hide.

Being near the end we had a good idea as to how the race was going – and we did wonder where poor Chris Hirst had got to. Then it was all over and we were allowed to go back to a deserted finish. It must have been an interesting race to watch.

Continued on the next page

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The British team would like to thank the following sponsors, who helped us so much at the World Championships:

Silva Compasses (London) Ltd; The Sweet Shop; Helly Hansen (UK) Ltd; Mitre Sports Ltd; Karrimor International Ltd; Reebok International Ltd; Robinsons Barley Water; H.J. Heinz Ltd; Nicholas Laboratories; Beecham Products Ltd.

Aifan Mason, GB Team Manager

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On Saturday we had the other half of the bargain but I'd rather forget about it. Just how do they run 6-minute kilometres over that?

Sunday saw us waiting for non-existent army lorries to transport us to Culbin for the Relay. Eventually we made a forced march, led again by Robin who seemed a lot fitter than on Friday; the Saturday run must have taken its toll. We were old hands by now and our re-entrant was soon a home for the day. As a feature it really sorted them out. The best were in and away no trouble – and that includes our three GB runners (for this control). For some of the others it was quite hilarious realising just how invisible one can be at 10 metres and watching them reappear from all directions after a few minutes.

Mike Down brought a muffled cheer as he went

through on leg 1 only 3½ minutes down on the leader, but the third leg was obviously what the game was all about, as the three leaders went past within seconds. Suddenly the race was over and we were left waiting for stragglers. America and New Zealand didn't make it but we didn't know. At last we were told to go and as we walked out of the forest in the rain it seemed sad that the whole event was disappearing with a whimper. Even the car park was empty.

We took home a lot of memories, some of things that might have been – what was it like at the finish? at the prizegiving? at that famous bridge? Perhaps others would like to know what manning a control was all about. Well, I do know, and like John Disley I will be glad to say “I was there – somewhere”.



*Battle is joined... Kristin Cullman sends Anne Lundmark away on the Relay last leg (left) a few seconds before Sinikka Kukkonen hands over to Liisa Veijalainen (Tom Astbury)*

### COME AND COMPETE ON THE WORLD CHAMPIONSHIP MAPS!

The Scottish O.A. are planning to hold the 1977 Scottish Senior Individual and Relay Championships at either or both Darnaway or Culbin. The Individual event will be on Saturday April 30 and the Relays on Sunday May 1.

Don't miss this opportunity to compete on these superb maps – more details in the next edition of *The Orienteer*.

It's interesting to read that the controls were manned in 1976, and times and numbers taken. An early form of split times! I wonder what those 1976 elites would make of what Darnaway and Culbin are like now? The former I feel has probably changed very little, the latter I know has changed hugely just in the time I have run on it in the last 20 or so years.

It's interesting to see that even back then the elites were doing six minute kilometers!

# British Middle Distance Champs

The summit of Brown Clee Hill is the highest point in Shropshire, at 540 m (1,770 ft). It's apparently the highest point heading west from the Ural Mountains!?

The area that was used for the British Middle Champs can be divided into three distinct areas due to the geology.:



The first section is the Upper - Dolerite cap. This is where 19th and 20th century quarrying took place, this resulted in a complex of steep slopes and deep re-entrants. Vegetation is sheep-cropped grass with areas of tussock and sedge and patches of bracken and heather. Quite common in EPOC's neck of the woods!



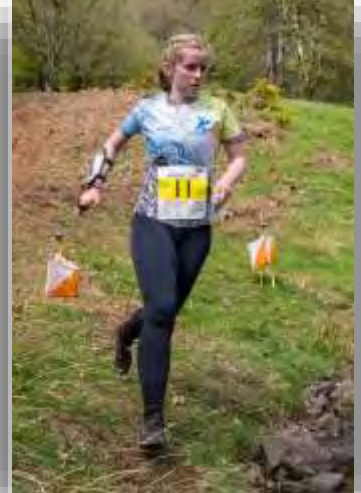
The second section is so-called Pennine Coal Measures. Here the 18th century mining left lots of small pits, often surrounded by raised terraces of spoil. Vegetation is rough open grass

with patches of tree cover - alder, birch and hawthorn depending on wetness of the ground.

The last area is of sandstone overlaid with silt, sand and gravel, all easily eroded, so streams have cut deep re-entrants into slopes. Vegetation ranged from mature oak woodland with coniferous plantation; to rough open with scattered trees and bracken, making for fast running.



However did the reputation of neighbour Titterstone Clee put Epocolytes off? Not many went, but those that did said they enjoyed their courses. One Epocolyte, who shall remain nameless, got to the start and discovered they'd left their dibber in the car, 2,2km away. Fortunately another Epocolyte stepped up and sacrificed their run by lending this member a dibber. Perhaps a new kind of genuflection is required? Compass, Dibber, Whistle?



## M55 4.725km 150m

2nd James Logue 36:49

## M65 3.925km 100m

6th Jonathan Emberton 42:18

## M75 2.975km 70m

18th Ian Couch 59:40 (Right)

## W21 5.525km 155m

10th Laura Harrison 60:05 (above left and below)

13th Megan Harrison 61:21 (above right)

## W65 2.975km 70m

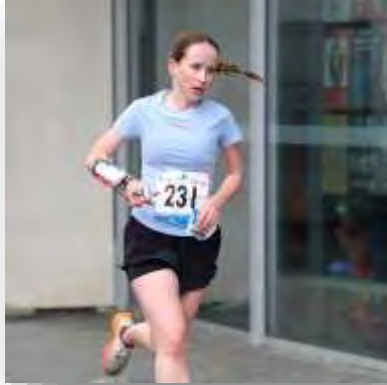
5th Julie Couch 44:05



After a few successes at The British Orienteering Championships it was with high hopes that the Epocolytes headed north to a snowy Scotland. Day One was a sprint around the gateway to the Highlands, Perth. Much trumpeting and pre event hype made this event attractive, they were even going to have some road closures! However on talking to a couple of Epocolytes who took part, it really didn't live up to its hype. Several of our fellow clubmates, in true Yorkshire fashion, were heard (in Lancashire) expletting, "Ow Much?????"

## Perth Sprint

- M55 3.05km 5m**  
1st James Logue 13:05  
**M80 2km 5m**  
1st Richard Spendlove 11:54  
**W21E 3.7km 20m**  
36th= Laura Harrison (Right) 19:56



We then moved on to days 2 and 3 in the notorious Rannoch Forest. With snow in the forecast and concerns about parking, the organisation, apart from a couple of blips (more on that later) was in fact excellent. With a fairly sheltered assembly which was used for both days there was a really good vibe in the arena. So to Day 1. Graham Lloyd was one of the first Epocolytes off, so consequently everyone was asking, "What was it like?" "It's a bit rough, the lines of light green appear accurately marked. It's very boggy and wet!" A lot of people went into what appeared to be solid ground, but in fact was a sphagnum moss bog of man eating proportions, so it did slow some down. G again, "Well at least I was first M60 out 5 when I got back, so something must have gone right." On why M60, G replied, "I wasn't going to do a short course at 30 odd quid!"

## JK Middle (bottom right)

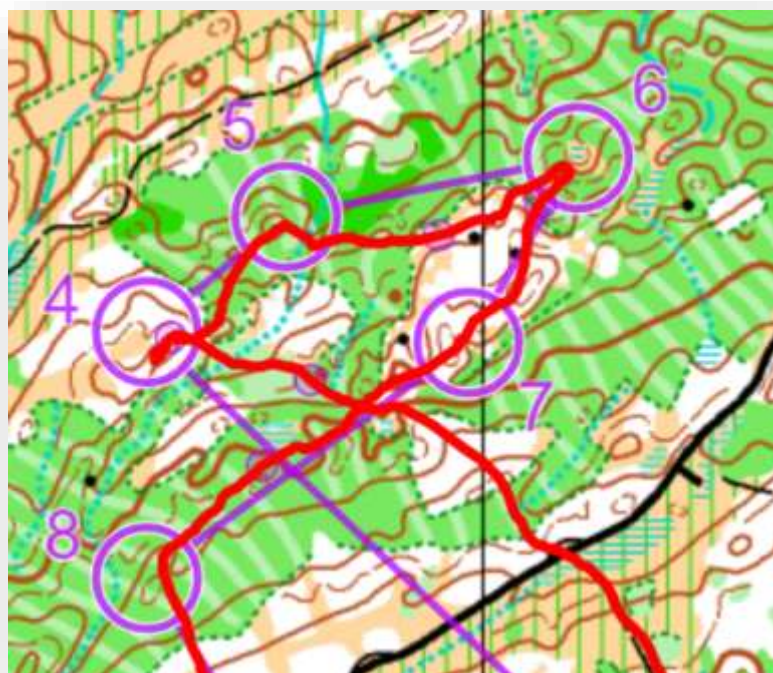
- M21E 5.325km 175m**  
115th Connor Smith 78:54  
**M55L3.95km 145m**  
2nd James Logue 35:57  
**M60L 3.75km 120m**  
9th Phil Scarf 42:03  
44th Graham Lloyd 61:27  
Championship: 43:10  
**M65L3.375km 110m**  
3rd Jonathan Emberton 34:24  
**M75S 1.825km 65m**  
2nd Ian Couch 39:58  
**M80L 2.325km 60m**  
2nd Richard Spendlove 36:31  
**W21E 4.375km 155m**  
34th Laura Harrison 55:46  
**W50L 3.375km 110m**  
17th Emma Harrison 52:47  
**W60S 1.825km 65m**  
8th Rebecca Lloyd 48:48  
**W65L 2.7km 75m**

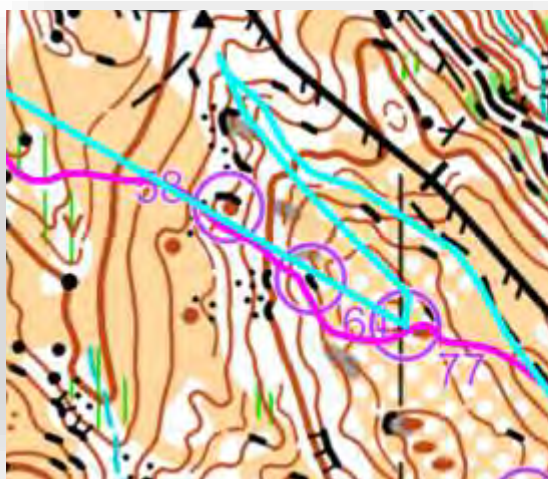
- 10th Julie Couch 43:07  
**W65S 1.825km 65m**  
10th Joanna Emberton 149:10  
**Light Green 2.6km 70m**  
3rd Julian Green 28:23  
**Yellow 1.575km 60m**  
2nd Maxwell Green 17:37

Next up was the long. Your editor had unfinished business here, with a disastrous 2202 (?) JK. "Back then we came across the campsite, and I took forever going in and out of the wood trying to find something. Then later I blew another control. So I was determined to do better this time!" For some Epocolytes it was carnage. Emma Harrison said, "I knew it was going to be bad, I mean literally tough, physically and navigationally, I warned the family, at least they made the sensible decision of staying away! I really found it tough going." Rebecca Lloyd had similar tales of woe. "I was plodding round, keeping close contact with the map, I was feeling that my slow speed might actually be a help rather than a hindrance? By goodness it was physically really tough, at one point I slipped and fell into an abyss of brashings and bracken. Some kind person hoicked me out. I was about to set off, and realised my map was in the brashings bracken abyss. We had a look for it, but I think the lightning sand took it. At least there were no ROUSs (Rodents Of Unusual Size) or popping flame spurts."



Assembly Day 1 & 2





The JK relays were completely different from the Fire Swamp of Rannoch Forest. Fast open, technical terrain, with enough contours to keep you on your toes. Unlike the British, the class run by Jonathan , Graham and Phil was 165+, meaning that two 50 year olds and a 65 year old could take part, the middle leg was shorter, so the older/ weaker/slower runner slots in there.

As you can see from the photos on here, there was quite a bit of snow. Nevertheless with a combined age of 192 the Epocolyte team, once again calling themselves The Rhubarb Triangle, held their own against some very strong competition.

A strong run from Jonathan brought the team in 9th, a very crowded second leg set off with Graham running their own race, one overshot control dropped a few places to 17th, handing over to Phil with a lot of runners at similar times gave Phil the opportunity to pull the team back to 14th overall.

**14th** 119:57 EPOC Rhubarb Triangle EPOC Leg One 36:57 9th Leg Two 44:01 23rd Leg Three 38:59 14th

Pictures: Top Left Dick Spendlove on the Podium, Middle Top Rebecca Lloyd Day 2 in Rannoch, Top Right, Rannoch Run In, Middle Left, Snowy Schehalion behind the Relays, Middle middle, The one error on M165+, Middle Right Graham L on the second loop.

Bottom right a snowy assembly at the relays.

Getting out of the car park? That's a story for another day!



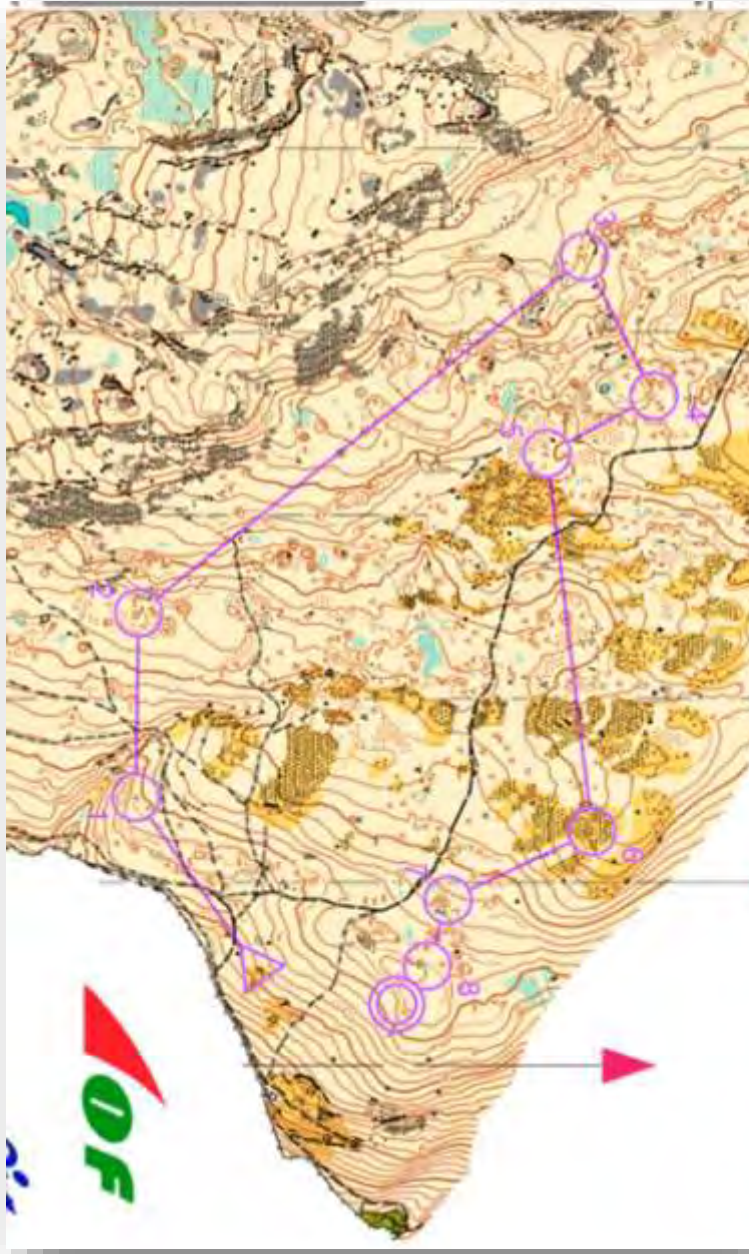
## How to Celebrate a 50 year Anniversary

No, this isn't about EPOC's wonderful weekend of celebrations on the occasion of the 50th Anniversary of the club. It's a personal celebration of 50 years of orienteering. Some of you have heard it before, but it's still worth repeating. In February 1976 in the staff room of a school in Gloucester, I just happened to be walking across the room towards the coffee. The Head of PE tried to lob a screwed-up piece of paper into the waste bin. He missed. I picked it up and read a few words. "Orienteering" "Come and Try it". It's strange how random events like this can change your life. The flyer from NGOC (North Gloucestershire OC) was lost on the rugby obsessed PE staff, but with my interest in maps and at that time armchair only interest in running, it grabbed my attention and so I went and tried it and got hooked. 50 years later almost to the day, I was on the top step of the podium as a British Champion.

The first year in a new age class has always been one where I have had increased motivation to get to the big events and give it a go. However, when I discovered last year that the 2026 British Championships were going to be held in the Brecon Beacons at the end of February, I was very apprehensive. The possibility of really bad weather was enormous. The event could end up being a nightmare. Things got complicated as well when I suffered an inguinal hernia in October and knew I wouldn't be able to run for most of the winter. I had an operation to repair it on 2nd December and recovery went well, but I still wasn't running properly until early February.

We drove down to Wales over two days, both of them wet and unpleasant, but at least the temperatures were reasonably mild, so no snow was forecast. On the Friday we met up with Graham and Rebecca, Jonathan and Jo, and Roy at the Brecon youth hostel, and spent a relaxing evening.

Saturday morning was clear and dry as we drove the fairly short distance across the Brecons to Carreg Goch, the mountain above the National Show Caves. Parking fortunately was straightforward, with all the facilities close by. As I got ready, I checked my compass to make sure I had the right scale (1:7,500) on it and then walked up the mountainside with Car-



la and Roy to the start. This was a slog in itself, about 1km with 150m of climb. I warmed up a bit and then made my way to the start boxes. It was only when I was standing on the first start line that I looked at my compass and discovered that the needle was totally static – no movement whatsoever! Banging it made no difference, it had given up the ghost. All this time I was having to make my way through the start boxes, starting to panic. Carla would have had a compass in her rucksack, but she had already started back down the mountain. None of the start officials had a spare compass. So off I set, thinking this could be a disaster.

I was certainly not thinking clearly going in to #1 and came off the path too early along a line of pits and depressions, losing 3 or 4 minutes in the process. However, #1 to #2 went well and I started to get a grip. Fortunately, the weather was clear and I could see the terrain way ahead of me across the slope of the mountainside. If the cloud had been down, I would have been scuppered. #2 to #3 was a long leg of approximately 1 kilometre which looked to be quite a challenge. Then I realised that there were distinct areas of stony ground that stood out clearly in the terrain and which were mapped with a different background colour. They proved to be the lifeline I needed. In addition, I passed by a ruined building which confirmed I was on the right route. However, the last 300m from the edge of the large patch of stony ground towards #3 was tricky. I climbed up the slope too early and dithered a bit, dropping down again before coming back up into the control a little further north.

Between #3 and #4 there was a distinctive re-entrant, followed by a small hill, and I managed to find the depression cleanly after the series of

pits. After that it was basically all downhill, with either the large track or patches of stony ground to help. I'd survived without a compass, but I was sure that somebody could have got round a bit quicker. It was a long wait as I had had a fairly early start, but eventually I learned that I was the winner by just over one minute and British M80 Champion.

Dick Spendlove

Can you work out where Dick went from his description?

A couple of years ago the EPOC M60s decided to enter the British Championship relays. They did very well bringing home a wooden Gold Medal apiece.

Sadly due to other commitments a repeat at Bigland 2025 was not on the cards. However 2026 the same team were keen to have an attempt at regaining glory for EPOC.

Duly entered as the lucky Rhubarb Triangle, and with knowledge that Margam Park would be easier than Hutton Mulgrave, near Whitby, the team knew they had a good chance of finishing top 10. SYO had put their injuries to one side, and were, according to previous results were firing on all six cylinders, even though there were only four!

Bristol were also very strong, as well as Thames Valley. Southdowns were not on the radar but should have been.

All was ready, until a message came one night from Mike, the runner who brought the EPOC team in first place in 2024.

"I've pulled my hamstring I don't think I can do the relays!"

A not so frantic search took place to find a replacement, and Welshman Phil Scarf stepped into the breach.

There had been much rain in the previous weeks, the car park was hard standing, but the assembly field was an absolute muddy morass!

The tiny fishing shelter provided by the Lloyds staved off the rain for the duration, and was somewhere to leave gear clean and dry...ish.

Jonathan Emberton, "Ojn the day the underfoot conditions were muddy. The area wasn't that difficult to navigate, but it was still tricky enough, especially in the rhododendrons.

First leg always make me run faster, and once you can wrk out who is on your gaffles you can settle down a bit. I knew we had first leg competition from BOK, TVOC, and the huge number of SYO teams. Aire's first leg runner is really good, but their leg two and three would need to put in a run of their lives. However Southdowns didn't register on any of our radars!

From control 7 we all the same legs, though we weren't sure. Somewhere BOK just disappeared.

I brought us a good 5th position. I handed over to Phil."

Phil takes up the story, "There were a lot of us in the pen at the same time and we all went out pretty much together, I thought we were in fifth, I knew we had to run hard and fast but Jonathan told me it was very muddy! I lost the SYO guy at control 6 and didn't see him again, I lost the Thames Valley person about control 7. I knew I'd pulled us up a few places but I didn't know quite how many. When I got to the pen, there were SYOs and Graham ready for the handover. I managed to tell Graham that it was really muddy and slippery."

Graham continues, "I had heard that BOK had mis-punched but I still wasn't 100% sure where we were, I thought we were in about 3rd or 4th, all I kept saying is "run your own race don't get distracted," I didn't know until afterwards that we all had the same control 3. I looked over my shoulder and was surprised to see Tim Tett from SYO breathing down my neck! "He's in their first team! Wow! Come on you can do this." We contoured across the slope, and the next time I glanced over my shoulder Tim was gone, I assumed to another control I didn't have. We both got to number 5 at the same time. "Right just hang on to him and wait for the sprint." He disappeared again. After number 6 he was just in front of me to 7. I tried to speed up, but underfoot was so slippery I was sure I was going to face plant. He was maybe 30 metres ahead? I could do it!



was catching him, then realised why, more slow mud. He disappeared into the reentrant at 9 and popped out and headed down the hill. I was a handful of seconds behind him.

I popped out of the reentrant and heard the whole of the EPOC contingent screaming my name. "Ooh!" I thought, "That sounds important, I dropped to number 10, and having sussed out 11 to the end from the assembly field put on the biggest spurt I dared. I assumed that Tim had left me for dead.

As I came over the line the team greeted me with pats on the back and congratulations, "We were third, you have another medal!". I asked where Tim was, and he said, "I'm behind you!"

He wasn't in the SYO first team after all, but the second one! He did spur me on!"

Rebecca Lloyd describes what the EPOC contingent saw.

"We saw Tim running from left to right, Graham was right behind him. We knew that Tim was in third but suddenly couldn't see Graham. He popped into view moments later. They disappeared in to Rhodies again and then popped out! Tim was still in front but Graham was gaining on him. Then Tim went into a gully and came out, and he headed off left, Graham went into the same control but came straight down the hill.

He was now in front of Tim, so all of us screamed, "Come on Graham" over and over, it seemed to work as Graham upped the pace and brought the team in third overall."

To be fair to Tim Tett he was very magnanimous, "I didn't believe the control I could see was ours, so I went off looking for it. I don't know what I was thinking. I guess that's orienteering!"

## SBOC British Long Distance Champs Carreg Goch 28 Feb

W60L	
4 Jackie Scarf	49.07
31 Helen Pedley	79.01
W60S	
4 Rebecca Lloyd	88.42
W65S	
2 Jo Emberton	94.09
W80L	
5 Jean Lochhead	84.10
M45L 8.68km 320m	
11th James Williams	76:48
M60L	
13 Phil Scarf	56.27
M60S	
1 Graham Lloyd	41.02
M65L	
3 Jon Emberton	48.11
10 Mike Pedley	53.11
M80L	
1 Dick Spendlove	43.17
Roy Lindsell	rtd (78.55)

A select band of Epocolytes headed down to south Wales for what could have been a really difficult, challenging championships. I heard quite a lot of folk saying they thought the courses were too short, and could have been longer. It was February and the weather could have been awful, so that's probably why. Better to complain things were too short than too long.?

Some great results for EPOC once again, with Dick Spendlove crowned British Champion, along with Jean Lochhead and Phil Scarf becoming Welsh Champions, Da iawn!



Welsh Champ Jean and British Champ Dick

Jackie Punches under a brooding sky!



Jonathan receives his medal





Above Jonathan heads out on first leg with loads of SDYO competition. Below Jonathan has just a couple of controls to go!



**DVO EMUL Matlock 1 Jan 2026**

**Course 6 WHV (length: 2.6km, climb: 50m, 14 controls)**

4 Jackie Page	32.56
8 Jean Lochhead	34.43

**AIRE YHOA Night League Esholt 3 Jan**

**Long (length: 4.4km, climb: 175m, 22 controls)**

11 Connor Smith	50.31
15 Emma Harrison	56.18

**Medium (length: 3.2km, climb: 105m, 18 controls)**

4 Mike Pedley	40.05
22 James Wetherill	74.07

**AIRE Regional Buck wood 4 Jan**

**Brown 7.8km 280m**

17 Megan Harrison	92.55
21 Laure Harrison	99.04

**Blue (length: 5.8km, climb: 240m, 21 controls)**

35 James Wetherill	105.54
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**Green (length: 4km, climb: 125m, 16 controls)**

15 Julie Couch	67.47
30 David Harrison	78.45

**Short Green (length: 3km, climb: 105m, 15 contr**

9 Keith Sykes	72.48
10 Roy Lindsell	80.10
Ian Couch	rtd 23.00

**Very Short Green (length: 2.3km, climb: 80m, 12 controls)**

1 Gill Ross	47.55
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**Red (length: 4.4km, climb: 120m, 14 controls)**

5 Arabella Woodrow	88.22
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**SYO YHOA NightLeague Tankersley 10 Jan**

**Long (length: 5.3km, climb: 205m, 22 controls)**

29 Connor Smith	56.23
46 Emma Harrison	67.17

**SELOC NW League Haigh 10 Jan**

**BLUE (length: 6.2km, climb: 85m, 20 controls)**

14 Jon Emberton	63.40
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**SROC Urban Preston University 11 Jan**

**3 (length: 8.2km, climb: 50m, 28 controls)**

1 Simon Martland	37.29
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**4 (length: 6.4km, climb: 40m, 23 controls)**

12 Helen Martland	48.52
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**5 (length: 4.8km, climb: 35m, 17 controls)**

8 Richard Payne	40.49
22 Jane Payne	55.36

**EBOR YHOA Night League Bishopwood 17 Jan**

**Long (length: 5.3km, 16 controls)**

5 Connor Smith	51.06
7 Emma Harrison	56.21

**Medium (length: 3.7km, 13 controls)**

1 Mike Pedley	43.22
18 James Wetherill	79.50

**SYO Night Urban Walkley 28 Jan**

**Long 3.9 km `21c**

43 Megan Harrison	33.27
44 Laura Harrison	33.31
46 Emma Harrison	34.13
53 Simon Martland	????
Medium 3.2km17c	
19 Helen Martland	37.08

**NOC East Midlands League Thieves Wood 17 Jan**

**Blue (length: 6.6km, climb: 70m, 18 controls)**

7 Emma Harrison	61.56
-----------------	-------

**Green (length: 4.6km, climb: 65m, 11 controls)**

8 David Harrison	52.46
17 Julie Couch	58.39

**Short Green (length: 3.8km, climb: 50m, 12 controls)**

41 Paul Jackson	92.04
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**EUOC Big Weekend Night event Braids 23 Jan**

**Short (length: 3.025km, climb: 45m, 13 controls)**

26 Helen Martland	41.22
39 Neil Croasdell	61.32

**EUOC Big weekend City Race 24 Jan**

**Course 4 (length: 6.1km, climb: 145m, 28 controls)**

39 Helen Martland	58.13
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**Course 5 (length: 4.3km, climb: 120m, 18 controls)**

Neil Croasdell	mp (50.38)
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**EUOC Big Weekend Pollock Halls Sprint 25 Jan**

**Short Sprint (length: 2.7km, climb: 35m, 13 controls)**

28 Neil Croasdell	26.06
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**CLOK Northern Night Champs Wilton Woods 24 Jan**

**Night Medium (length: 4.3km, climb: 90m, 15 controls)**

4 Mike Pedley	46.50
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**CLOK Long Distance Wilton Woods 25 Jan**

**Green (length: 3.5km, climb: 145m, 13 controls)**

4 Julie Couch	57.19
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**Short Green (length: 2.5km, climb: 100m, 12 controls)**

2 Ian Couch	61.41
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**SYO YHOA Superleague Burbage 1 Feb**

**Blue (length: 5.8km, climb: 195m, 16 controls)**

49 James Wetherill 142.09

**Short Blue 4.6km, climb: 195m, 13 controls)**

1 Mike Pedley 53.04

**Green (length: 4.2km, climb: 190m, 17 controls)**

12 Julie Couch 71.40

38 Neil Croasdell 114.34

**Short Green (length: 3.4km, climb: 170m, 11 controls)**

4 Helen Pedley 65.13

5 Ian Couch 66.19

19 Paul Jackson 82.13

**HH British Night Champs Egypt Woods 7 Feb**

**UKOL 5 W50) (length: 6.525km, climb: 85m, 19 controls)**

3 Emma Harrison 70.30

**HH UKOL Ace of Herts Egypt Woods 8 Feb**

**Blue (M55,M60,W40,W45,W50) (length: 4.9km, climb: 75m, 21 controls)**

34 Emma Harrison 45.26

**LOG EMOA League Harlaxton Manor, 08/02/2026**

**Brown (length: 4.8km, climb: 180m, 30 controls)**

8 Megan Harrison 52.02

**CLARO Middle distance Brimham Rocks 8 Feb**

**Black (length: 4.8km, climb: 250m, 37 controls)**

9 Simon Martland 59.29

12 James Williams 62.42

15 Thomas McKee 63.23

37 Mike Pedley 89.17

**Blue (length: 3.8km, climb: 225m, 28 controls)**

14 Graham Lloyd 70.07

46 James Wetherill 99.07

**Green (length: 2.8km, climb: 165m, 19 controls)**

4 Julie Couch 50.27

Neil Croasdell mp (86.07)

**Short Green (length: 2.5km, climb: 130m, 18 controls)**

23 Rebecca Lloyd 83.21

27 Paul Jackson 93.16

30 Linda Hayles 101.41

Ian Couch mp (54.47)

Bob Page mp (65.59)

**Very Short Green (length: 1.8km, climb: 90m, 14 controls)**

7 Gill Ross 60.50

9 Jackie Page 61.54

12 Jean Lochhead 69.50

**BAOC ML – O Dishforth Camp 11 Feb**

**Short Green 21c**

7 Neil Croasdell 50.43

10 Jean Lochhead 56.57

Stephen Warner dnf (46.19) m 2 & 16

Deborah Warner dnf (69.01) rtd at No 14

**DVO East midlands Champs Longshaw 15 feb**

**Brown**

32 Megan Harrison 90.06

**Blue**

39 David Harrison 104.51

42 James Wetherill 110.03

**Short Blue**

2 Emma Harrison 59.57

**Green**

7 Julie Couch 58.13

**Short Green**

7 Ian Couch 76.47

16 Neil Croasdell 89.32

Paul Jackson dnf

**Very Short Green**

8 Gill Ross 58.42

10 Jean Lochhead 64.39



**CLOK Compass Sport Cup Heat Lazenby Bank West & Eston Moor 22 Feb**

**Course 1**

11 Connor Smith 90.19

**Course 2**

3 James Williams 59.43

**Course 3**

10 Megan Harrison 81.04

11 Laura Harrison 82.59

**Course 4**

12 Graham Lloyd 69.20

27 David Harrison 95.11

35 James Wetherill 113.28

**Course 5**

4 Emma Harrison 49.02

**Course 6**

1 Jon Emberton 37.17

**Course 7**

7 Julie Couch 55.10

14 Ian Couch 62.03

25 Jo Emberton 90.25

28 Rebecca Lloyd 104.30

**Course 8**

5 Paul Jackson 62.49

10 Gill Ross 67.39

12 Jackie Page 76.13

Jean Lochhead rtd m7-11 (49.22)

**Kelham Island March 11th**

**Medium**

19th Emma Harrison  
21st Laura Harrison

**Short**

15th Gill Ross  
28th Jean Lochhead  
31st Jackie Page

A few EPOC members headed out to the 4th Cyprus International Orienteering Festival (CIOF). The festival was run over 5 days with 6 events for participants to compete in. There were 4 terrain events, an extended sprint around Nicosia, and a fun pairs team event in the evening at Larnaca. EPOC member, Emma Harrison won overall in the W50 age class and finished 1st in the Sprint event. Both Emma and David Harrison finished 3rd married couple in the team event.



Cyprus



Emma H on the posium again!

**Grimsby for an event around Willows and Freshney, Grimsby March 28th**

**Course 3:**

Emma Harrison 2nd  
David Harrison 8th  
James Wetherill 10th

**Course 5:**

Richard Payne 5th  
Neil Croasdell 9th  
Arabella Woodrow 12th

**Course 6:**

Jackie Page 1st  
Gill Ross 2nd

**Lee Mill Quarry, Rawtenstall March 31st**

**Green**

James Logue 1st  
Graham Lloyd 9th  
Rebecca Lloyd N/C



David H approaches the control

**CLARO Easter 60 min Score Map Run 4 Apr**

1 Simon Martland 880 pts (54.24)  
4 Helen Martland 600 pts (52.45)  
10 Arabella Woodrow 520 pts (57.49)  
11 Neil Croasdell 480 pts (56.43)  
17 Keith Sykes 420 pts (61.09)  
20 Judith Goodair 380 pts (63.48)  
26 Guy Goodair 220 pts (57.55)

**PFO Todmorden Double Sprint Centre Vale Park 11 Apr**

**A (length: 2.6km, climb: 50m, 13 controls )**

3 James Logue	15.11
13 Jackie Scarf	21.29
32 Dick Spendlove	25.38
50 Arabella Woodrow	38.46
Phil Scarf	18.53 mp

**B (length: 2.4km, climb: 100m, 15 controls)**

2 James Logue	19.48
8 Phil Scarf	23.50
20 Dick Spendlove	29.32
28 Jackie Scarf	33.17
48 Arabella Woodrow	42.10
53 Jean Lochhead	53.02
62 Keith Sykes	67.49



**SYO Regional Event Canklow 12 April**

**White (length: 1.2km, climb: 35m, 9 controls)**

5 Tessa Green	27.47
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**Yellow (length: 1.9km, climb: 70m, 9 controls)**

Max Green	51.15 mp
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**Very Short Green (length: 2.5km, climb: 110m, 10 controls)**

4 Gill Ross	54.36
12 Jean Lochhead	128.32

**Short Green (length: 3.1km, climb: 130m, 12 controls)**

9 Ian Couch	59.01
Paul Jackson	84.06 mp

**Green (length: 4.2km, climb: 145m, 13 controls)**

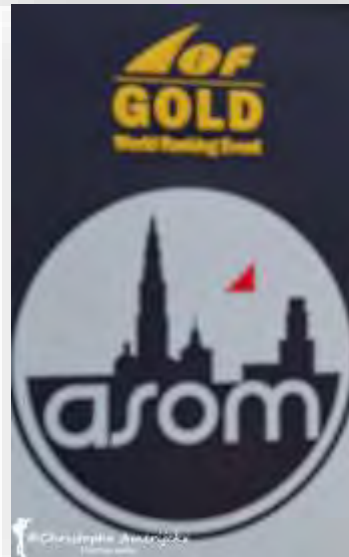
19 Julie Couch	59.09
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**Blue (length: 6.1km, climb: 270m, 18 controls)**

5 Emma Harrison	69.35
8 Megan Harrison	71.37
40 James Wetherill	123.46
	44.05

**CLARO 6omin Score Burton Leonard 19 April**

13 Neil Croasdell	56.01	400 pts
16 Judith Goodair	61.24	360pts (-20) 340
18 Guy Goodair	64.07	220 pts (-50) 170



**OD Midland Champs Brown Clee 19 Apr**

**M65L - 6.025km 190m**

2 Jon Emberton	50.40
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**M75S - 2.85km 70m**

3 Ian Couch	52.39
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**W21E - 12.4km 455m**

5 Laura Harrison	147.10
Megan Harrison	rtd

**W65L - 4.1km 110m**

8 Julie Couch	54.45
---------------	-------

**W65S - 2.85km 70m**

2 Jo Emberton	64.10
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**W80L - 2.85km 70m**

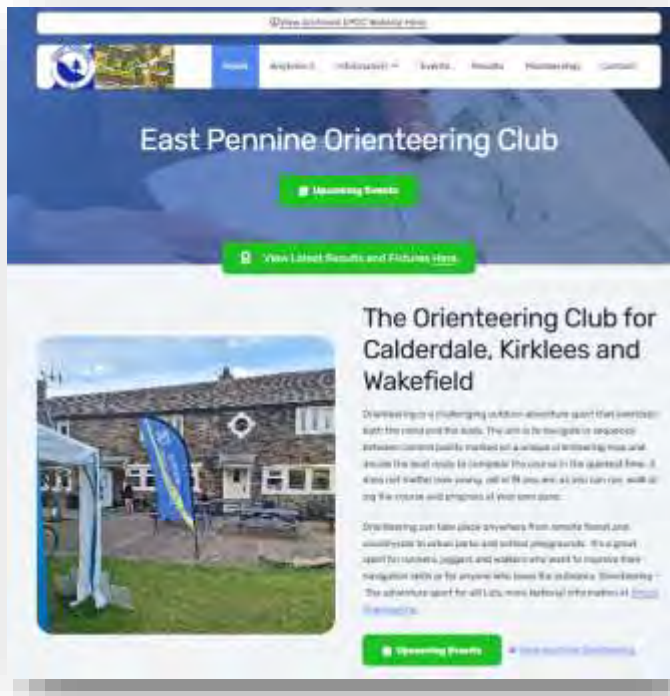
7 Jean Lochhead	77.58
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**ASOM Sprint weekend Antwerp 11-13 Apr**

	Night Sprint	Sprint 1	Sprint 2	City Race
	Friday 10	Sat 11	Sat 11	Sunday 12
<b>Mens Hypervet</b>				
Guy Goodair	DNS	51.07 (9)	DNS	DNS
<b>Womens Hypervet</b>				
Judith Goodair	26.52 (1)	28.21(1)	25.48 (1)	37.26 (1)



Pictures from ASOM



**New Website**

We have received some lovely comments on the new website, as well as constructive feedback. It will go from strength to strength.

**Hubs, Hubs, Hubs**

By the time you read this the first two Spring Calderdale and Kirklees Hub events will have taken place. In Calderdale we had 37 keen enthusiasts using an OS map to find up to 16 controls in 80 minutes.

In Kirklees it's completely the other end with a set of sprint events taking place across the district.

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 2026**

A very enjoyable Club Champion ships was held at Ogden in conjunction with the 50th anniversary weekend. A fuller report is elsewhere in the magazine.

**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**

Four, once a month low key MapRun events have planned to be held from Barbary's in Mytholmroyd. Three Ordnance Survey maps and one Urban map!

**Fixtures**

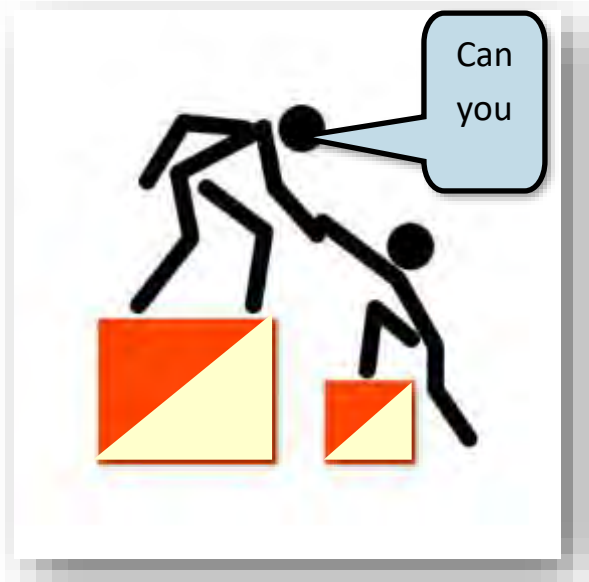
**KirkleesHub**

Four sprint events once a month held at various points around Kirklees.

EPOC are hosting our Urban weekend on the first weekend in July, around Huddersfield University and the delightful Meltham.

**Wakefield events:**

Tentatively an area in Wakefield has been floated for EPOC's traditional Christmas events.



**Northern Championships Weekend 2026**

It will be all hands on deck for the weekend of 5th and 6th of September, when EPOC are hosting the Northern Championships on Langfield Common, as well as the YHOA middle distance championships. A new map is being prepared, and the area has been expanded.

Please don't wait to be asked to help, offer your services as and what job you'd like as soon as you can please.

Please get in touch with Laura Harrison or Connor Smith who are organising the two days respectively.

See big advert on the back page



**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!

NO NEW COURSES HAVE BEEN ADDED

NO NEW COURSES HAVE BEEN ADDED

NO NEW COURSES HAVE BEEN ADDED

NO NEW COURSES HAVE BEEN ADDED



**New Webinars  
New Webinars**

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

**Supporting Members with Dementia**

Delivered by Rowena Carr, Sports Welfare Manager at Rise, who has extensive experience supporting people living with dementia. This session will help clubs build confidence in creating a supportive, inclusive environment for members living with dementia

**Neurodiversity in Sport**

**Monday 11 May, 18:30-20:00**

[\(See article on autism and orienteering elsewhere\)](#)

Join us for this 'Neurodiversity in Sport' online session for British Orienteering Federation clubs, delivered by London Sport, where they will introduce what is meant by Neurodiversity, talk about the most common neurodivergent conditions, the benefits of physical activity for neurodivergent people, and the challenges they may face and how we can support them. Updates and Best Practices



**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.



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Secretary	Julian Green	<a href="mailto:secretary@eastpennineoc.org.uk">secretary@eastpennineoc.org.uk</a>
Treasurer	Helen Pedley	<a href="mailto:treasurer@eastpennineoc.org.uk">treasurer@eastpennineoc.org.uk</a>
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Compass Sport Trophy	Connor Smith	<a href="mailto:connor.jsmith(at)btinternet.com">connor.jsmith(at)btinternet.com</a>
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Safeguarding Officer	Emma Harrison	<a href="mailto:safeguarding@eastpennineoc.org.uk">safeguarding@eastpennineoc.org.uk</a>
Club Championship	Connor Smith	<a href="mailto:connor.jsmith(at)btinternet.com">connor.jsmith(at)btinternet.com</a>
Club Kit Officer	Vacant	
Permanent Courses	Neil Croasdall	<a href="mailto:PermanentCourses@eastpennineoc.org.uk">PermanentCourses@eastpennineoc.org.uk</a>
Relay Organiser	Connor Smith	<a href="mailto:connor.jsmith(at)btinternet.com">connor.jsmith(at)btinternet.com</a>
Stores and Equipment	Neil Croasdall	<a href="mailto:croasded(at)gmail.com">croasded(at)gmail.com</a>
YHOA Rep	Mike Pedley	<a href="mailto:YHOA@eastpennineoc.org.uk">YHOA@eastpennineoc.org.uk</a>

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

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

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

**Minutes of Last Meeting.** Minutes from the last meeting were accepted.

**Chairman's Report.** Mike gave a brief report. He was pleased to see the first of the Kirklees Hub events had taken place. He stated the priorities for this meeting were: (1) Christmas events. (2) The website update. (3) Planning for the Northern Championships; (4) The EPOC 50th Anniversary; (5) The regional event in April 2026; (6) Calderdale Spring series 2026.

**Treasurer's Report.** Helen was not at the meeting but had provided a report. Total funds as of 3rd December were £13,518, down from £14,136 on the 1st October. The main outgoings since the last committee meeting were £95 for BOF affiliation and an initial payment of £630 to Athena Creative for website development. The recent Kirklees Maprun events made a net profit overall. The existing club bank account with Lloyds pays negligible interest and Helen has now opened a new savings account with Unity Bank which pays 2.12% interest. This Unity account is however subject to charges for withdrawals. In her report, Helen proposed that we transfer a lump sum (~£7k) to the Unity Bank account and leave the remainder in the Lloyds account. The balance in the Lloyds account will then be a float for 2026 events including the Northern Champs.

**50th Anniversary.** Richard Payne has offered to organise the EPOC 50th Anniversary celebration in 2026. The committee agreed that the club would subsidise the anniversary event, and an initial limit of £1000 was set. Richard will set the date for the event, but it was proposed that it could be on the weekend of the Northern Champs or on the weekend of the 25th/26th April (see below). **Action #1:** Mike to contact Richard to accept his offer to organise the 50th Anniversary. **Post Meeting Note:** The date for the 50th Anniversary has been set for Friday 24th April.

**Kirklees Hub.** Three successful MapRun events have been held in Kirklees since the last committee meeting: (1) Almondbury on the 26th October; (2) Dalton on the 23rd November; (3) Huddersfield on the 6th December. Entries were 22 for Almondbury and Dalton and 19 for the Huddersfield event. Simon suggested that more Hub organisers should have admin rights for Racesignup and Maprun to provide flexibility and resilience. The committee agreed that the next Kirklees Hub events would occur between July and September 2026. There was a brief discussion on holding equipment permanently in Kirklees to facilitate future Kirklees Hub events. **Action #2:** Mike to assess how to split relevant equipment **between Kirklees and Calderdale.**

**Fixtures.**

**YHOA Night League and Regional, Oakwell Hall (Birstall) – 20th and 21st**

**December 2025.** Helen is organiser for the night event but won't be able to make the event itself. Graham and Rebecca have offered to cover in Helen's absence. Due to parking constraints, there needs to be a limit in Racesignup of 75 entries for the night event and 100 for the daytime event. Currently the limits have been applied to courses rather than globally. **Action #3:** Jonathan to correct entry limits in Racesignup.

**Regional, Bradley and Fixby – 26th April 2026.** Nobody from the club has volunteered to organise this event. The committee therefore decided to cancel the event. It was proposed that the Club Champs and the 50th Anniversary could be held on this weekend instead.

**Huddersfield Uni Urban Weekend – 4th and 5th July 2026.** It was agreed that an event in Meltham would be held on Saturday 4th July before the Huddersfield Uni event on the Sunday. Jackie and Bob offered to plan and organise the Meltham event. An organiser for the Huddersfield Uni event is still required.

**Northern Champs Weekend, Langfield Common – 5th and 6th September 2026.** Assembly and parking for both days will be in the same location and Mike has secured multiple fields in Mankinholes for parking. The farmer is planning to construct a new barn that can be used for assembly. Permission is required from both Natural England and the Commoners. The Commoners have agreed in principle to the event with the requirement that participants are spread out as much as possible in time and space. Helen will be the overall coordinator for both events and Mike will be co-planner for the day of the Northern Champs. The following club members have expressed an interest in helping to organise/plan the weekend: Laura, Connor, James Logue, James Williams. **Action #4:** Mike to contact the listed people to confirm key roles for the weekend. The controller for the Northern Champs needs to be Level B and out of area. **Action #5:** Jonathan to confirm out of area controller and provide update to Dave Peel (mapper).

**Calderdale Hub Spring/Summer Series 2026 –** It was agreed that a Calderdale spring/summer series would be held between April and July. **Action #6:** Mike to send Jonathan the fixtures spreadsheet to inform scheduling of dates for the spring/summer series.

**Website.** Simon reported that good progress has been made with the website redesign, and the new website should be available in the new year. **Action #7:** Committee to look at legacy website and provide feedback on what content should be transferred across to the new website.

**Date of Next Committee Meeting.** The proposed date is **Thursday 5th February.**



## Yorkshire Superleague 2025

01 Feb 26	SYO – Burbage
08 Feb 26	CLARO – Brimham Rocks
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/>

The league started in February with two events, currently no standings have been published.

We have to wait until autumn until it recommences.

Put these dates in your diaries, as it's often a case of doing well just because you turned up!

*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? Those Epocolytes that went seemed to have fun. York was highly taxing in the old city centre. 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 old 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 concluded

Megan and Laura Harrison were 9th and 11th on senior women. Emma Harrison was first on Women Vets.

HELEN PEDLEY, GILL ROSS and JULIET MORGAN are 9th, 10th and 11th on Women's Ultra Vets.

Connor Smith was 5th on Men Open, on Vet Men James Wetherhill was 19th, with Jonathan Emberton is 24th

JAMES WETHERALL 4th, JOHN ELLIOTT 5th and GRAHAM LLOYD was 7th in Men super vets. Mike Pedley 1st in Ultra Vets!

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 <b>NORTHERN NIGHT CHAMPS</b>
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@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@yahoo.co.uk](mailto:egrahamlloyd@yahoo.co.uk) and he will forward on your details.



Position	Name	Prior	W	Gender	Total	Event scores to count
1 (220 +6)	<a href="#">James Logue</a>	40		M	7758	<a href="#">1290</a> , <a href="#">1298</a> , <a href="#">1317</a> , <a href="#">1282</a> , <a href="#">1280</a> , <a href="#">1291</a>
2 (448 +10)	<a href="#">Simon Martland</a>	3		M	7437	<a href="#">1246</a> , <a href="#">1220</a> , <a href="#">1237</a> , <a href="#">1231</a> , <a href="#">1282</a> , <a href="#">1221</a>
3 (458 +9)	<a href="#">Connor Smith</a>	2		M	7424	<a href="#">1256</a> , <a href="#">1261</a> , <a href="#">1236</a> , <a href="#">1221</a> , <a href="#">1225</a> , <a href="#">1225</a>
4 (479 +6)	<a href="#">Jonathan Emberton</a>	1		M	7400	<a href="#">1229</a> , <a href="#">1233</a> , <a href="#">1248</a> , <a href="#">1226</a> , <a href="#">1235</a> , <a href="#">1229</a>
5 (494 +5)	<a href="#">Phil Scarf</a>	4		M	7382	<a href="#">1239</a> , <a href="#">1239</a> , <a href="#">1230</a> , <a href="#">1217</a> , <a href="#">1232</a> , <a href="#">1225</a>
6 (498 +6)	<a href="#">Mike Pedley</a>	5		M	7377	<a href="#">1233</a> , <a href="#">1232</a> , <a href="#">1244</a> , <a href="#">1218</a> , <a href="#">1211</a> , <a href="#">1239</a>
7 (597 +3)	<a href="#">Laura Harrison</a>	6	1	F	7269	<a href="#">1199</a> , <a href="#">1212</a> , <a href="#">1230</a> , <a href="#">1200</a> , <a href="#">1220</a> , <a href="#">1208</a>
8 (706 +4)	<a href="#">Megan Harrison</a>	7	2	F	7159	<a href="#">1166</a> , <a href="#">1175</a> , <a href="#">1262</a> , <a href="#">1190</a> , <a href="#">1164</a> , <a href="#">1202</a>
9 (775 +4)	<a href="#">Emma Harrison</a>	9	3	F	7100	<a href="#">1166</a> , <a href="#">1180</a> , <a href="#">1200</a> , <a href="#">1202</a> , <a href="#">1180</a> , <a href="#">1172</a>
10 (1138 -1)	<a href="#">Graham Lloyd</a>	10		M	6767	<a href="#">1117</a> , <a href="#">1132</a> , <a href="#">1124</a> , <a href="#">1124</a> , <a href="#">1130</a> , <a href="#">1140</a>
11 (1453 +1)	<a href="#">Jackie Scarf</a>	12	4	F	6455	<a href="#">1090</a> , <a href="#">1066</a> , <a href="#">1066</a> , <a href="#">1060</a> , <a href="#">1070</a> , <a href="#">1103</a>
12 (1482 -2)	<a href="#">Richard Spendlove</a>	13		M	6430	<a href="#">1096</a> , <a href="#">1095</a> , <a href="#">1040</a> , <a href="#">1079</a> , <a href="#">1044</a> , <a href="#">1076</a>
13 (1570 +16)	<a href="#">Julie Couch</a>	14	5	F	6357	<a href="#">1069</a> , <a href="#">1061</a> , <a href="#">1056</a> , <a href="#">1048</a> , <a href="#">1061</a> , <a href="#">1062</a>
14 (1852 -1)	<a href="#">David Harrison</a>	15		M	6100	<a href="#">996</a> , <a href="#">1012</a> , <a href="#">1007</a> , <a href="#">1026</a> , <a href="#">1055</a> , <a href="#">1004</a>
15 (1875 -1)	<a href="#">Helen Martland</a>	17	6	F	6076	<a href="#">1027</a> , <a href="#">1002</a> , <a href="#">1005</a> , <a href="#">1018</a> , <a href="#">1021</a> , <a href="#">1003</a>
16 (1981 +2)	<a href="#">Helen Pedley</a>	18	7	F	5964	<a href="#">1062</a> , <a href="#">964</a> , <a href="#">975</a> , <a href="#">974</a> , <a href="#">1028</a> , <a href="#">961</a>
17 (2060 -2)	<a href="#">Richard Payne</a>	16		M	5883	<a href="#">964</a> , <a href="#">1006</a> , <a href="#">983</a> , <a href="#">965</a> , <a href="#">991</a> , <a href="#">974</a>
18 (2110 +12)	<a href="#">James Wetherill</a>	20		M	5834	<a href="#">961</a> , <a href="#">980</a> , <a href="#">943</a> , <a href="#">1025</a> , <a href="#">973</a> , <a href="#">952</a>
19 (2210 -2)	<a href="#">Stephen Warner</a>	19		M	5711	<a href="#">956</a> , <a href="#">970</a> , <a href="#">967</a> , <a href="#">954</a> , <a href="#">906</a> , <a href="#">958</a>
20 (2263 +1)	<a href="#">Ian Couch</a>	23		M	5654	<a href="#">941</a> , <a href="#">941</a> , <a href="#">937</a> , <a href="#">928</a> , <a href="#">956</a> , <a href="#">951</a>
21 (2301)	<a href="#">Neil Croasdell</a>	21		M	5593	<a href="#">930</a> , <a href="#">922</a> , <a href="#">934</a> , <a href="#">961</a> , <a href="#">927</a> , <a href="#">919</a>
22 (2437 +3)	<a href="#">Roy Lindsell</a>	24		M	5436	<a href="#">938</a> , <a href="#">896</a> , <a href="#">936</a> , <a href="#">917</a> , <a href="#">875</a> , <a href="#">874</a>
23 (2452 -1)	<a href="#">Paul Jackson</a>	22		M	5417	<a href="#">894</a> , <a href="#">986</a> , <a href="#">835</a> , <a href="#">922</a> , <a href="#">911</a> , <a href="#">869</a>
24 (2494 -2)	<a href="#">Arabella Woodrow</a>	25	8	F	5362	<a href="#">925</a> , <a href="#">914</a> , <a href="#">877</a> , <a href="#">901</a> , <a href="#">880</a> , <a href="#">865</a>
25 (2633 -1157)	<a href="#">James Williams</a>	11		M	5126	<a href="#">1287</a> , <a href="#">1268</a> , <a href="#">1291</a> , <a href="#">1280</a>
26 (2688 -3)	<a href="#">Gill Ross</a>	26	9	F	5032	<a href="#">831</a> , <a href="#">837</a> , <a href="#">831</a> , <a href="#">839</a> , <a href="#">858</a> , <a href="#">836</a>
27 (2747 -6)	<a href="#">Jackie Page</a>	27	10	F	4932	<a href="#">819</a> , <a href="#">849</a> , <a href="#">828</a> , <a href="#">830</a> , <a href="#">802</a> , <a href="#">804</a>
28 (2799 -9)	<a href="#">Jean Lochhead</a>	28	11	F	4827	<a href="#">805</a> , <a href="#">779</a> , <a href="#">808</a> , <a href="#">848</a> , <a href="#">806</a> , <a href="#">781</a>
29 (2814 -8)	<a href="#">Robert Page</a>	29		M	4807	<a href="#">853</a> , <a href="#">748</a> , <a href="#">780</a> , <a href="#">837</a> , <a href="#">791</a> , <a href="#">798</a>
30 (2856 -28)	<a href="#">Rebecca Lloyd</a>	31	12	F	4718	<a href="#">783</a> , <a href="#">722</a> , <a href="#">809</a> , <a href="#">813</a> , <a href="#">784</a> , <a href="#">807</a>
31 (2879 -4)	<a href="#">Linda Hayles</a>	30	13	F	4687	<a href="#">820</a> , <a href="#">809</a> , <a href="#">845</a> , <a href="#">844</a> , <a href="#">667</a> , <a href="#">702</a>
32 (2880 -4)	<a href="#">Keith Sykes</a>	33		M	4684	<a href="#">732</a> , <a href="#">736</a> , <a href="#">806</a> , <a href="#">769</a> , <a href="#">820</a> , <a href="#">821</a>
33 (2922 -6)	<a href="#">John Elliott</a>	32		M	4591	<a href="#">874</a> , <a href="#">931</a> , <a href="#">929</a> , <a href="#">941</a> , <a href="#">916</a>
34 (2947 -6)	<a href="#">Joanna Emberton</a>	35	14	F	4556	<a href="#">720</a> , <a href="#">750</a> , <a href="#">763</a> , <a href="#">753</a> , <a href="#">799</a> , <a href="#">771</a>
35 (3006 -5)	<a href="#">Jane Payne</a>	34	15	F	4429	<a href="#">788</a> , <a href="#">725</a> , <a href="#">765</a> , <a href="#">692</a> , <a href="#">676</a> , <a href="#">783</a>
36 (3045 -5)	<a href="#">Julian Green</a>	37		M	4339	<a href="#">988</a> , <a href="#">1093</a> , <a href="#">1139</a> , <a href="#">1119</a>
37 (3100 -5)	<a href="#">Judith Goodair</a>	36	16	F	4209	<a href="#">700</a> , <a href="#">708</a> , <a href="#">728</a> , <a href="#">679</a> , <a href="#">682</a> , <a href="#">712</a>
38 (3722 -3)	<a href="#">Thomas McKee</a>	45		M	2491	<a href="#">1265</a> , <a href="#">1226</a>
39 (3745 -2)	<a href="#">Guy Goodair</a>	41		M	2437	<a href="#">380</a> , <a href="#">361</a> , <a href="#">395</a> , <a href="#">484</a> , <a href="#">366</a> , <a href="#">451</a>
40 (3790 -5)	<a href="#">Matthew Tinker</a>	8		M	2330	<a href="#">1145</a> , <a href="#">1185</a>
41 (3856 -5)	<a href="#">Lindsay McMillan</a>	39	17	F	2199	<a href="#">1090</a> , <a href="#">1109</a>
42 (4215 -7)	<a href="#">Rod Shaw</a>	38		M	1422	<a href="#">396</a> , <a href="#">583</a> , <a href="#">443</a>
43 (4217 -7)	<a href="#">Karen Elliott</a>	44	18	F	1414	<a href="#">681</a> , <a href="#">733</a>
44 (4680 -1)	<a href="#">Bob Steeper</a>	46		M	925	<a href="#">925</a>
45 (4907 -4)	<a href="#">Brian Mellor</a>			M	723	<a href="#">723</a>

## Some movement, and down to 45 ranked members!

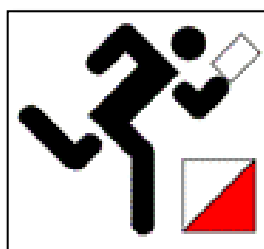
James Logue is back on top after several months away with injury, Simon Martland takes the second spot after some strong showings in recent months. Connor Smith remains consistent. In third place. A few folk have dropped quier a bit due to not competing!

The Harrison women are 1, 2 and 3 in the women's rankings.

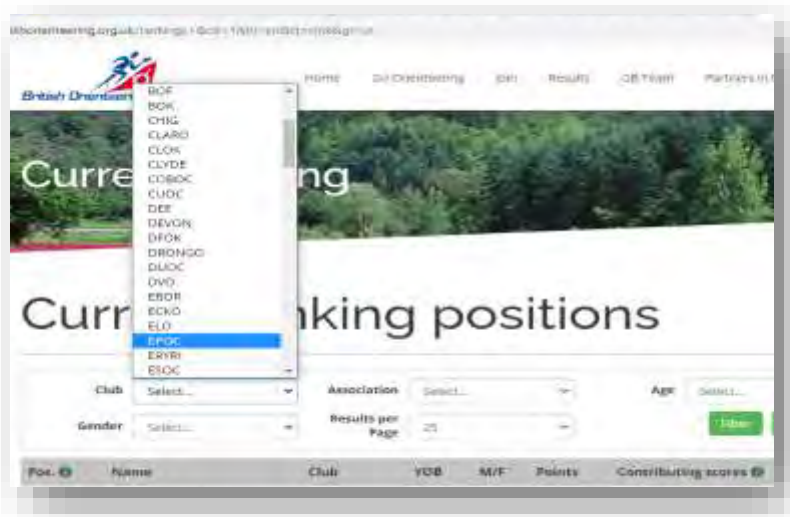
The numbers in brackets are the BO overall ranking and places moved with a + or - if up or down.

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.



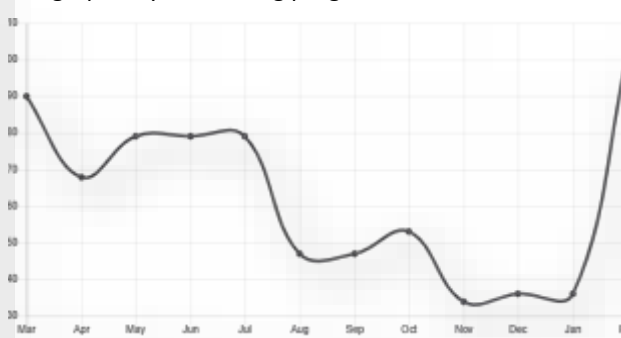
<https://www.britishorienteering.org.uk/rankings>



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	Age	Points	Events	
1 (104 - 1)	Mike Peabey	EPOC	1983	M	7407	1220, 1221, 1226, 1225, 1206, 1201
9 (161) - 30)	Gareth Sutcliffe	EPOC	1989	M	7288	1223, 1202, 1214, 1205, 1400, 1420
10 (173 - 3)	Lesley Whittaker	EPOC	1981	F	7220	1221, 1208, 1381, 1188, 1211, 1189
11 (177)	Emma Harrison	EPOC	1972	F	7206	1217, 1191, 1589, 1241, 1103, 1187
12 (194 - 6)	Matthew Tison	EPOC	1979	M	7200	1217, 1199, 1202, 1189, 1196, 1192
13 (211 - 7)	Graham Lloyd	EPOC	1962	M	7078	1197, 1192, 1190, 1188, 1181, 1172
14 (231 - 3)	Ben Carter	EPOC	1977	M	7065	1197, 1192, 1190, 1188, 1181, 1172
15 (241 - 4)	Megan Norman	EPOC	1999	F	7056	1159, 1151, 1136, 1131, 1109, 1119
16 (252 - 4)	Lucy Freeman	EPOC	2001	F	7054	1152, 1156, 1100, 1181, 1102, 1179
17 (1025 - 5)	Richard Payne	EPOC	1990	M	6880	1193, 1167, 1163, 1156, 1197, 1181
18 (1075 - 8)	David Adams	EPOC	1964	M	6881	1186, 1188, 1154, 1120, 1151, 1145
19 (1103 - 8)	Sarah Peabey	EPOC	2001	F	6912	1188, 1139, 1136, 1140, 1101, 1161



## 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](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.

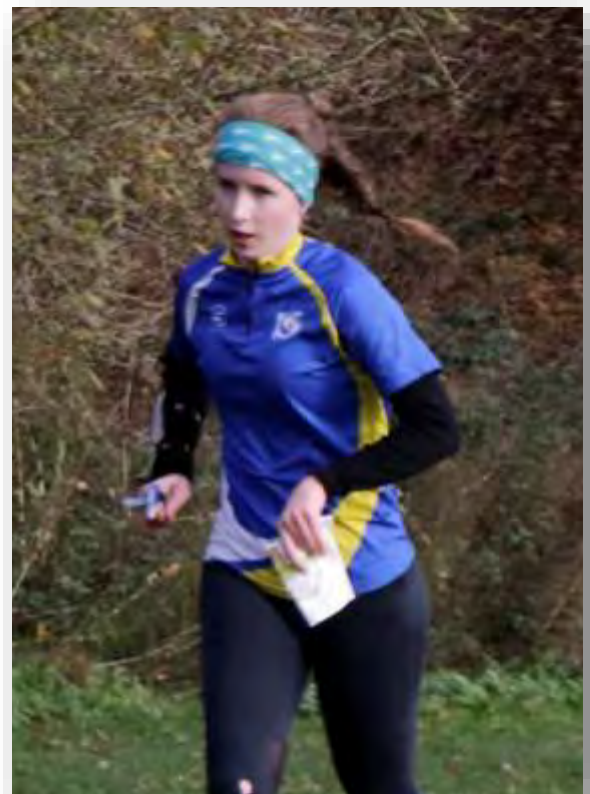
You can order training tops and gilets from <https://zapkam.com/p/club-shops/athletics/east-pennine-oc/>

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
Crigglistone & 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!).

A few selected races from further afield are included.

Check our neighbour's websites for local events.

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 16/05/26	Brun Valley Regional & YB	Regional	<a href="#">PFO</a>	NWOA	<a href="#">Brun Valley</a>	Burnley
Sat 23/05/26	Manchester in May; – UrbanMiddle	Regional	<a href="#">MDOC</a>	NWOA	Central Manchester	Manchester
Sat 23/05/26	CLARO MaprunPlus	Local	<a href="#">CLARO</a>	YHOA	<a href="#">Pannal &amp; Burn Bridge</a>	Harrogate
Sun 24/05/26	Manchester in May; urban Long	National	<a href="#">MDOC</a>	NWOA	<a href="#">Castlefield and Irwell</a>	Manchester
Mon 25/05/26	Manchester Urban weekend Sprint	Local	<a href="#">MDOC</a>	NWOA	<a href="#">Miles Platting</a>	Manchester
Tue 26/05/26	Kirklees Summer Sprints - 2	Local	<a href="#">EPOC</a>	YHOA	Mirfield	Mirfield
Sat 06/06/26	Berwick Urban	National	<a href="#">NATO</a>	NEOA	<a href="#">Berwick upon Tweed</a>	Berwick on Tweed
Sun 07/06/26	RR SOUL 4	Regional	<a href="#">RR</a>	SOA	Eyemouth	Eyemouth
Sun 07/06/26	East Midlands Urban League 2026	Regional	<a href="#">NOC</a>	EMOA	<a href="#">Uni of Nottingham</a>	Nottingham
Sun 07/06/26	YHOA School Championships	Regional	<a href="#">AIRE</a>	YHOA	<a href="#">Temple Newsam</a>	Leeds
Sun 07/06/26	Offerton Knock Out Sprint	Regional	<a href="#">MDOC</a>	NWOA	<a href="#">Offerton Estate,</a>	Stockport
Sat 13/06/26	SYO Urban Weekend	Regional	<a href="#">SYO</a>	YHOA	<a href="#">Stannington</a>	Sheffield
Sun 14/06/26	SYO Urban Weekend	Regional	<a href="#">SYO</a>	YHOA	<a href="#">Sheffield City SW</a>	Sheffield
Sun 21/06/26	HALO Gainsborough Sprints	Regional	<a href="#">HALO</a>	YHOA	<a href="#">Gainsborough</a>	Gainsborough
Sat 27/06/26	British Sprint Relay Championships	Major	<a href="#">BOK</a>	SWOA	<a href="#">University of Bristol</a>	Bristol
Sun 28/06/26	British Sprint Championships	Major	<a href="#">BOK</a>	SWOA	<a href="#">Uni / W of England</a>	Bristol
Sat 04/07/26	EPOC Urban weekend: Meltham	Regional	<a href="#">EPOC</a>	YHOA	Meltham TBC	Huddersfield
Sun 05/07/26	EPOC Urban: Hudds University	Regional	<a href="#">EPOC</a>	YHOA	Huddersfield Uni TBC	Huddersfield
Sat 11/07/26	Saturday League	Local	<a href="#">LOC</a>	NWOA	<a href="#">Great Tower</a>	Newby Bridge
Sun 12/07/26	Druridge Bay Regional	Regional	<a href="#">NATO</a>	NEOA	<a href="#">Druridge Bay</a>	Amble
Sat 11/07/26	AIRE Weekend Sprint Event	Regional	<a href="#">AIRE</a>	YHOA	<a href="#">Allerton Bywater</a>	Castleford
Sun 12/07/26	AIRE Weekend Urban	Regional	<a href="#">AIRE</a>	YHOA	<a href="#">Kippax</a>	Garforth
Sun 19/07/26	CLARO Sprint Event (YH Champs)	Regional	<a href="#">CLARO</a>	YHOA	Jennyfields	Harrogate
02/08/26 - 07/08/26	Lakes 5 Days	National		NWOA		Lake District

Please use the British Orienteering Event Diary, which you will find here: [https://www.britishorienteering.org.uk/event\\_diary](https://www.britishorienteering.org.uk/event_diary)

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Deadline for copy for the next issue is May 31st wo00!

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