

#284

Third quarter 2026

Northern
Champs
weekend

Coasts And Islands

EPOC produces World
Champion

Plantar
Fasciitis

The Epistle



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clicking the icons





East Pennine Orienteering Club

Serving

Calderdale, Kirklees and Wakefield



CompassSport Awards 08 09 20 21 22 23



Editorial

At least one of you read my last editorial, and sent me an idea. Thank you for that.

It is amazing to think that 3 years has past since Mike Pedley was elected Chair of EPOC. Due to our constitution he can no longer stand as Chairman. Under Mike's chairmanship we have seen some very successful events, like the recent Northern Champs, the joint event with PFO at Hardcastle Crag and being part of the Gold Winning M60 Relay team at the British Champs in Whitby!

On a similar note this is my last editorial of the Epistle in its current format. When I took it on I wanted to make it more a quality magazine rather than "just a newsletter." A few positive comments at the 50th anniversary were greatly appreciated. As were the four years of winning Compass Sport Magazine's "Newsletter Of The Year Awards. However at the other end of the scale, when in reply to, "Well... it was in the Epistle!" someone said, "Oh I don't read that, don't think anyone does!" Well that was a bit deflating.

Combined with Microsoft pulling Publisher, and not replacing it, I'm not ready to learn a new publishing software package just yet!

I took it on as I knew I could make something good. I think I have. I enjoy writing. Some of you may know I write for a music magazine, I get to interview musicians, go to gigs, and review records. Even a 200 word review takes a very long time to get just right. As much as 10 hours! So putting the epistle together with an ever diminishing content from the membership is an even longer process.

So I have suggested to the committee that we use email and social media for the instant news, and we publish a printed year book that focuses on the club's achievements, and that of its members at major events. If, however, anybody who does get this far, and wants to take on the quarterly Epistle please get in touch.

So can I take this opportunity to thank profusely, all of you, who over the years have sent in articles or photographs, answered my questions and made the Epistle what it is.

A special thanks to Guy Goodair for compiling the monthly results. That in itself is a mammoth task and I am so grateful for that job being done.

epistle@eastpennineoc.org.uk
Graham Lloyd

Welcome New Members

Elly Pattison-Walker

Mytholmroyd

Tom Bamforth

Brighouse

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

epistle@eastpennineorienteering.org.uk

Find out more by using these URLs

www.eastpennineoc.org.uk

www.facebook.com/eastpennineoc/

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

twitter.com/PennineClub

www.strava.com/clubs/EPOC

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Chairman's Chat

Three years ago, I came into the AGM with concerns about the future for our club. Yet I came out of it inspired by the discussion on how, having survived the Covid years, we could regain some momentum in the club focusing more on our geographically tripartite structure... ..and having volunteered to be "Chair". Those three years have flown by and I have reached the end of my maximum 'term' so this 'chat' is something of a reflective one.

There are fewer better examples of EPOC 2026 than looking at two very different events from these past two months. The Northern Championships weekend was an opportunity to show to orienteers from many clubs that EPOC can still stage high quality, prestigious events on some technical, if tough, terrain. The extended Langfield Common map covered over 9 km squared and could have been twice the size before encountering a road. The event took almost two years from concept to delivery and was a great credit to everyone involved.

The ground was laid by good work with landowners and regulators to negotiate access and reassure local residents about the event. Our 'young' organisers, Connor and Laura then came onboard and did a fantastic job. The two James' (Williams and Logue), with some input from myself, brought their experience to plan excellent courses. Parking was close to assembly, toilets were plentiful, most courses were very close to target winning times. Crucially on the day, there were no issues with the planning, courses or organisation. In the end that's what matters most. Yes, there will always be things to learn, which the committee have recently discussed, but EPOC came out of that weekend with a great deal of credit.

Much smaller, yet still important for the club in a very different way to the Northerns weekend was last Saturday's (as I write) first Calderdale event of the Autumn/Winter series. Doing something locally and regularly is showing its benefits. If the Northerns shows the club to those outside of our area, these local events show it to our own local community of orienteers, trail runners and other outdoor enthusiasts. We had another turnout of over 40 people. 80% of them were non-orienteers and most were under age 60. Many stayed behind afterwards to enjoy a drink and compare routes (all our hub events are hosted at a bar or cafe). Many of the attendees are becoming 'regulars' and this week, two more joined EPOC to support what we are doing and learn more about orienteering.

These regular events in Calderdale and, hopefully, Kirklees, as well as regular runs like those on Monday (Calderdale) and Wednesday (usually Kirklees) are chances for us to be among like-minded people and talk about the sport we love. Through those sort of events, supplemented by the more infrequent regionals where we can all come together to put on an event, we will maintain and gradually build our 'community' as well as attract members.

Of course there are big challenges along this road. Many people already have their existing clubs and communities. We don't have a training and coaching infrastructure. Those that enjoy a 90 minute "score" on an OS map may not want to spend time in a forest full of brambles using a 1:7,500 map or even a multi-level

urban puzzle at 1:4,000. Yet we all love our sport and there will be more out there who could enjoy it too - and enjoy it as an EPOC member.

We also need to ensure that we put on events that our own club members continue to want to do and enjoy. To a certain extent, the events we put on are defined by the types of events that you, our members, want to organise. Volunteering, putting a bit back into the club each year, is vital if we are to succeed. The committee (and YHOA) can suggest possible events but whether they happen or not depends on many EPOC members not just those on the committee. The provisional 2027 calendar was set out a year ago and we now need to commit to staging these events (or not). The YHOA fixture meeting for 2028 follows soon after our AGM. Have a think about what you can do. There are plenty of people in the club with experience who may be happy to be co-organisers or co-planners, whilst the informal hub events only take one or two people to organise or plan. If you would like to do something but not sure what, still let me or one of the committee know and we can see what teams of officials we can put together.

It is not just the chair that will change at the AGM. Graham has indicated his desire to step back from the committee and his newsletter editor role. He has done an amazing job to produce such a high quality newsletter at a time when many clubs no longer have one. Indeed a challenge for club members and the new committee will be to consider how our various communications platforms of newsletter, web-site and social media work alongside each other. Graham has some excellent thoughts on this which I'm sure he'll share in his (final?) newsletter and at the AGM.

So that's "a wrap" on my three years as Chair of EPOC (though I'm happy to continue as YHOA & Fixtures role rep). At times EPOC has not had the attention I might have liked to give it. I didn't think three years ago that I'd still be working and also still co-ordinating a large and thriving Yorkshire Junior Squad. Nevertheless, I'd like to think that the club has gained a clearer sense of purpose and direction over these past three years; due in no small part to our current active and positive committee members. That committee will evolve, and under new leadership I hope it will continue the key themes of: local hubs; the club as a community (with our weekly runs and 'regular' local events); and a club that has the resilience to cope with the inevitable hurdles and challenges that get thrown at it.



Mike

Achievements Clapometer & Upcoming EPOC Events

Recent Podium Botherers...

Dick Spendlove



M80 British Masters Athletics

3000m Gold
5000m Silver
800m Silver

England Masters Cross Country

M80 Gold

BOF Northern Champs

M80 Gold

White Rose

M80 Gold

BOF Northern Champs

M50S Ben Crowther- Gold
M10 Max Green- Silver
W50 Emma Harrison - Silver
W56L Julie Couch- Silver
White Tessa Green Silver
M50L Phil Scarf- Bronze

YHOA Middle Distance Champs

W50 Emma Harrison - Gold
W10 Tessa Green- Gold
W21 Megan Harrison - Silver
W60 Jackie Scarf- Silver
M80 Kieth Sykes- Silver
M10 Max Green- Silver
M60 Phil Scarf- Bronze

YHOA Classic Distance Champs

W50 Emma Harrison- Gold
M60 Graham Lloyd- Gold
M10 Max Green- Silver
M45 Matthew Tinker- Silver
W10 Tessa Green- Bronze

White Rose

M55s James Wetherall- Gold
M80 Kieth Sykes- Bronze

World Masters

W85 Sprint
Judith Goodair- Gold



Lakes 5 Days

M65 Overall
Jonathan Emberton Silver
M60S Overall
Graham Lloyd Silver
M75S Overall
Ian Couch- Silver



YHOA Urban League 2026

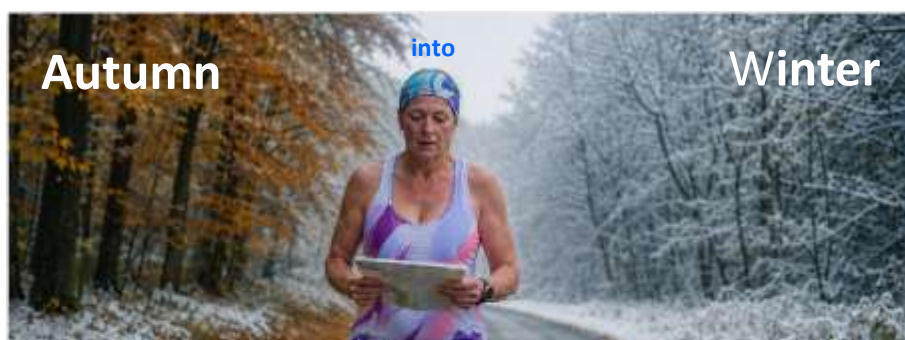
WO
Megan Harrison Silver
WV
Emma Harrison Silver
MSV
James Wetherhill Bronze
MHV
Neil Croasdell Silver
WHV
Jackie Page Gold
Gill Ross Silver
Judith Goodair Bronze



British Orienteering

Upcoming EPOC Events

Date	Event Name	Level	Venue	Nearest Town	Organiser	Planner	Controller
10/09/26	3 Hillsides	local	Barbary's Bar	Mytholmroyd	Julian Green		
07/11/26	Colden Clough/ Heptonstall	local	Stubbing's Inn,	Hebden Bridge	Rebecca Lloyd		
05/12/26	Shibden & Sunny Vale	local	Coffee Culture Shibden Park	Halifax	TBA		
Sat 12/12/26	EPOC Night Event	Regional	Newmillerdam	Wakefield	TBA	TBA	TBA
Sun 13/12/26	EPOC Regional Event	Regional	Newmillerdam	East Pennines	TBA	TBA	TBA
Sat 02/01/27	Ryburn Valley & Norland.	local	Puzzle Hall	Sowerby Bridge	TBA		



EPOC Christmas Events

Our next major event is the double header night and day event at Newmillerdam. This is always a nice area to run at and has plenty of scope.

Northern Champs Weekend

The Northern Champs was a very successful event with a good turnout, a well supported prize giving, and many folks saying complementary things about the courses, despite the under foot conditions.

“Surprisingly runnable”, “Good Route Choices”, “Who knew it was so technical in the South Pennines?”

Club Championships 2027

Does anybody have any ideas on a location and accompanying event?

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 another 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

Calderdale Hub have series of Autumn in to Winter map run events. Rather than being in one location, they are moving around the area. Always with a social hub, always with a well printed map, always with guaranteed fun, it might be type 3 fun, but still. Fun.

Fixtures

KirkleesHub

Another set of Mapruns due to come on stream soon.

Fixtures

Wakefield events:

Newmillerdam in Wakefield EPOC's traditional Christmas events.

Fixtures 2027 Fixtures 2027

Alongside the local events based in the Hubs, EPOC has got some larger events to attend to.

Last year at Oakwell Hall about 10 volunteers ran the two Christmas events. So you don't need an army to help make an event successful! Mentorship is always on offer. There are many EPOC members who have never planned or organised an event. I've done both, and both are most rewarding.

Sunday 2nd May - Middle Distance - Honley Woods (tbc) .

This is a support race to the British Middle Champs in Sheffield the day before. Potentially this will be a UKOL race. We are hopeful that a car parking solution in Meltham may be possible.

Sat 3rd & Sun 4th July 2027: EPOC urban double header.

Usually a middle and then a classic distance urban but other options are possible. Venues tbc.

Sunday 24th October 2027: EPOC regional

(and YHOA Super-league) - provisionally proposed as a joint event with SYO on Harden/Snailsden Moors. SYO approached us looking for new areas to hold their events and suggested expanding the area around Harden quarries (south of Holmfirth) which was informally used for an unofficial event a few years ago. Rather than simply cede the area to SYO, we have proposed a joint event - sharing officials, helpers, costs and income. The area will stay an EPOC area. However, to make it "joint" we still need to provide some of the officials (or co-officials).

Sat 11th & Sun 12th December 2027: Xmas Night & Day Regionals. Venue tbc.

NB There is the option to move this back a week if members / officials prefer since SYO have cancelled their Xmas event (due to a clash with a NOC event). The committee's current view is to leave our events as proposed but if a change would make a difference to you volunteering then fixtures secretary Mike Pedley know.



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!

ONE NEW COURSE HAS BEEN ADDED, Introduction to Inclusion eLearning Course

The introduction to Inclusion eLearning course has been designed to support Clubs & their members who wish to explore positive Inclusion changes and make their Orienteering environment even more inclusive & thriving. It includes supportive ideas, tools and resources.



New Webinars

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

Active Bystander

Actions training for grassroots sports clubs

Monday 28 September 2026 via Teams.

Starts at 18:30 for 90 mins

Learn about Active Bystander Actions by knowing when and how to intervene safely. This session will be led by the NWG Network's sports team. You will learn more about the role that everyone can play in keeping sport safer for all.

Neurodiversity in Sport

Monday 11 May, 18:30-20:00

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.



Northern Championships Langfield Common



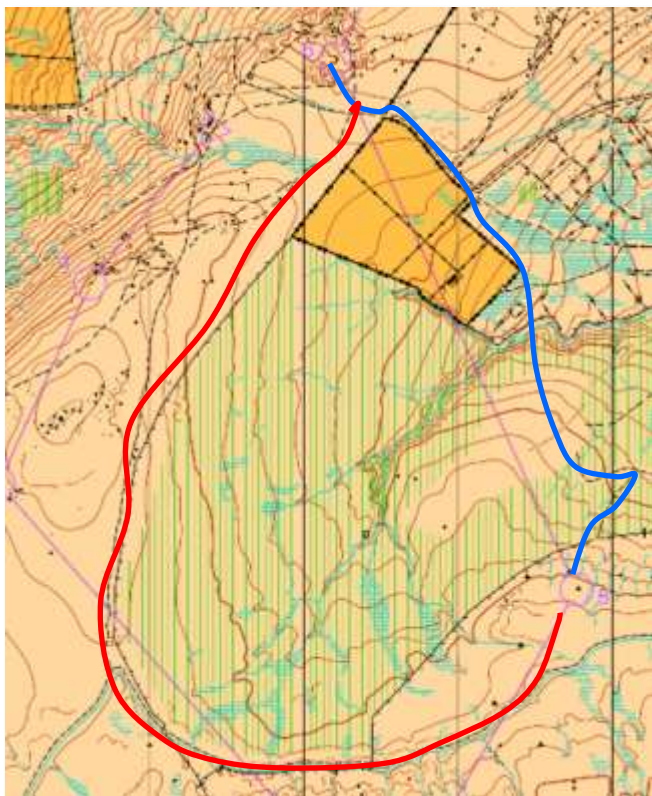
Langfield Common was no gentle Northern Championships. On Saturday 5 September, competitors headed out from the lovely barn that was assembly in Mankinholes onto the high, exposed stretch of South Pennine moorland, where intricate gritstone, steep slopes and deep cloughs made every route choice count.

The terrain we all love to hate has a character all its own. The open moorland looks simple enough from a distance, but the ground is full of detail: from rock features to pick out, through intricate contours and rough tussock sections to cross. Underfoot conditions varied, with wet bog in places and the exposed plateau left little when the weather turned. It was a day for keeping map and compass close, choosing lines carefully and remembering that the fastest-looking route is not always the quickest.

Stoodey Pike glowered over everybody, but it could not do the navigating for anyone.

The event centre in the barn at Mankinholes brought everyone together before and after their runs. Podium Catering provided their usual fayre, while the YHOA Junior Squad sold cakes to raise funds. CompassPoint also brought equipment and clothing for anyone tempted by a post-race browse.

EPOC Northern Championships Langfield Common 5 Sep



There was one leg {see above} that caused many a head scratching. Most went straight, {blue} some went round on the path {red}, there was little in it for some runners, as the undergrowth and climb straight from 5 to 6 sapped energy.

M10		M80L	
2 Max Green	38.52	1 Dick Spendlove	35.57
M18E		7 Roy Lindsell	67.40
6 Tom McKee	78.44	W10B	
M45L		Daisy Tinker	42.11
10 Matthew Tinker	100.14	W50L	
M50S		3 Emma Harrison	73.01
1 Hugo Crowther	63.18	W60L	
M60L		4 Jackie Scarf	59.07
4 Phil Scarf	54.22	W65L	
10 Graham Lloyd	65.19	2 Julie Couch	54.02
M75S		White	
4 Ian Couch	77.14	2 Tessa Green	39.40





On to day two at Langfield Common for the 2026 Yorkshire and Humberside Orienteering Association Middle Distance Championships. We all know The South Pennine terrain provides a stern test and planner James Logue made sure it did. His bracken clearing was most appreciated. Courses included intricate gritstone boulder fields, steep cloughs, intricate contour detail and the moorland made every route choice feel like a negotiation with the landscape. Courses ranged from a 5.2-kilometre Black course with 370 of brutal metres of climb to shorter options for mere mortals. The start required a gradual uphill trek; the finish lay well away from assembly—because apparently the map wasn’t the only thing asking runners to cover ground. (only kidding ed) James planned lots of short legs, which made actual legs very tired, and confidence in one’s navigation was often questioned. Some runners flowed through the terrain; others conducted lengthy field studies in the wrong place. The bogs, meanwhile, offered impartial feedback to all.

There were no dragons listed in the event notes, but beyond the mapped paths, “here be dragons” seemed a sensible warning, especially where wet ground met optimistic route planning. Fortunately, organisers provided catering, toilets at assembly and a prize-giving, so even those defeated by the contours could finish the day with food and a story.



EPOC YHOA Middle Distance Championships Langfield Common 6 Sept		Short Green	
		11 Jackie Scarf	45.23
		21 Helen Pedley	58.06
Brown		Very Short Green	
33 Megan Harrison	69.26	2 Dick Spendlove	38.02
Blue		15 Keith Sykes	79.53
8 Phil Scarf	54.47	Yellow	
19 Graham Lloyd	66.45	3 Max Green	17.46
Green		6 Tessa Green	29.53
11 Emma Harrison	62.30		



Spot the
Epocolytes.
Pics from James
Logue



World Masters orienteering Championships

Judith and Guy Goodair have been absolute stalwarts of EPOC.

While it might seem that forest events are no longer on the horizon, they are definitely urbanites. Though reading Guy's account of the event it certainly seems that the forest made a come back! Here is how they got on.



Judith and I took part in this year's Championships which were held in Rzeszow Poland

We flew to Krakow and then caught a train to Rzeszow we stayed in a nice hotel but it was a long way out of town.

We took a taxi to get down to the University to collect our numbers do the model event.

Unfortunately when we arrived it was absolutely pouring with rain and there was no way we could have gone out on the course.

The following day was the qualifying event in the nearby town of Przeworsk. As we are over 85 we were given a lift to the start which was quite a way away.

The courses had quite a bit of 'non urban' running through woodland and some exceedingly long grass in areas before finishing round the local running track.

Judith ended up winning her heat by eight seconds with another 4 runners finishing within a minute, whilst I, unable to run, walked round to finish 11th some 20 minutes behind the winner.

Mark Collins and his wife, Julie kindly gave us a lift back to Rzeszow and after some super cakes and coffee back to our hotel. The arena for the final was superb with water fountains. Again we were given a lift to the start which was uphill. I started first and calculated that Judith would catch me around control seven (which proved to be the case)

Judith stormed to finish in with a winning margin of 1m 49s (which was the biggest margin of any class M/W35 through to M/W95) and so became the World Sprint Orienteering Champion W85 class. I walked round to finish 11th again out of 14 competitors. 'Unfortunately the arena had to be cleared for the nightly light show of the fountains so we had to trek to another park for the prize presentation.

World Masters Championship Rzesnow 8/9 Aug

	Qualifier Przeworsk	Final Rzesnow
W85 Judith Goodair	17.23 (1)	12.58 (1)
M90 Guy Goodair	32.58 (11)	32.48 (11)



At the 2026 World Masters Orienteering Championships in Poland, the sprint final brought a world title for Judith Goodair, who won the W85A class. Her result was among several British podium performances in the sprint, but hers stood out: first place, and the championship title in one of the sport's most demanding formats. Judith's W85 victory is a fine example of the lasting appeal of orienteering: navigating accurately under pressure remains central at every age.

Judith delivered a masterful performance in the W85 category. Competing against the best in her age group, she navigated the complex urban terrain with flawless route choices and agility, ultimately securing the gold medal and the title of World Champion. Her victory was a testament to her endurance and mental sharpness, proving her status as one of the elite masters orienteers on the global stage.

As the British team celebrated a highly successful championship—with over 100 competitors taking part—the achievements of Guy and Judith stood out. Judith's gold medal in the W85 sprint and Guy's enduring athletic spirit encapsulate the essence of the

World Masters: the celebration of lifelong fitness and the enduring thrill of the chase. Together, they represent the pinnacle of the masters community, blending Olympic-level discipline with the technical artistry of modern orienteering. Anon.



On August 1st "Yorkshire Day", many orienteers, as well as family and friends gathered in Sheffield to see Sarah Pedley marry Dom Dakin. As befitted the occasion, orienteering was involved with a short beginners course for 75+ year old uncles, aunts and novices from university.



Ryan Elliot also planned a more competitive course for the bride, groom, local orienteers and even experienced members of the GB team.



The couple are making their home in SYO territory so unfortunately for EPOC, it's one less Pedley

Coast and Islands 2026 - Coll

Coasts And Islands evolved from the barebones approach of The Purple Thistle. Quality terrain, quality maps, sustainable transport to events, low key organisation, and minimal infrastructure. Proving you don't need masses of helpers to ensure a successful event. On the next few pages Mike and Helen Pedley give us the lowdown on an event of excellent quality. First up is Mike's take on the event!

The "Island" years of the "Coast and Islands" series are rapidly filling up the top places in my personal "best-ever holiday-O". Following on from Harris 2023 and Shetland 2025, Coll 2026 was arguably the Masterplan team's most ambitious venture yet. Unlike Harris and Shetland, Coll really is a "small" island. It has one shop, essentially one single-track tarmac road and one ferry per day (if you're lucky). The influx of orienteers, even with entries limited to under 200 this year, would exceed the island's entire population. For this reason the event was moved to September, to put less stress on the island's accommodation and the CalMac ferry capacity. Entrants were asked to come by bike from the mainland wherever possible, and cycle to and from the events each day. In our house of eight people, six came by bike on the ferry and two by car (full of food and two more bikes). Once on the island all eight of us cycled to and from the events.



Photo by Dan Parker BL



EPOC's Home From Home? Read more to find out!

September in the western Hebrides can also mean lots of wind and rain. In our week on the island, all but one of the days had strong winds, and all but one had rain. This was NOT the unseasonably warm July sunshine of Shetland last year. Just getting to the events on days 1 & 2 (11km each way) and even day 4 (only 5km) felt an achievement in the weather. However, when you arrive at each event, you remember why these Coast and Islands weeks are so special. Once again there were five areas never before used for orienteering and each mapped superbly by either Martin Bagness or Alasdair Pedley. Four of the five days were on a mix of sand dunes and coastal rock, with one day on the boggy and rocky Hebridean moorland. The sand dunes on Coll are extensive and some dunes are huge. Several are over 25m high and on one dune descent I later counted seventeen 2.5m contours. On day 4, for example, my first four controls took me 2km west, into a gale-force wind, across almost nothing but sand dunes.

All Aboard [below]



Photo by Dan Parker BL



Fancy schmancy!

The format of the event, with just three technical courses (long, medium and short), adds to the enjoyment. There are no age group categories, just enter the course you want to take on. Since the Masterplan club is run by a small group of elite or ex-elite orienteers, the events usually attract top competitors too. It is a chance for those of us well past our elite days to still run 'against' some of today's top orienteers (e.g. James Hammond, Alex Wetherill, Thomas Laraia). This adds to the endurance challenge, especially a September version, but maximises time on amazing terrain and courses with superb maps. By the final day my legs were barely up

to running, but it didn't matter. I'd made it through the 5 days, on the long course, with very respectable results, and could look back with some satisfaction on a tremendous week.

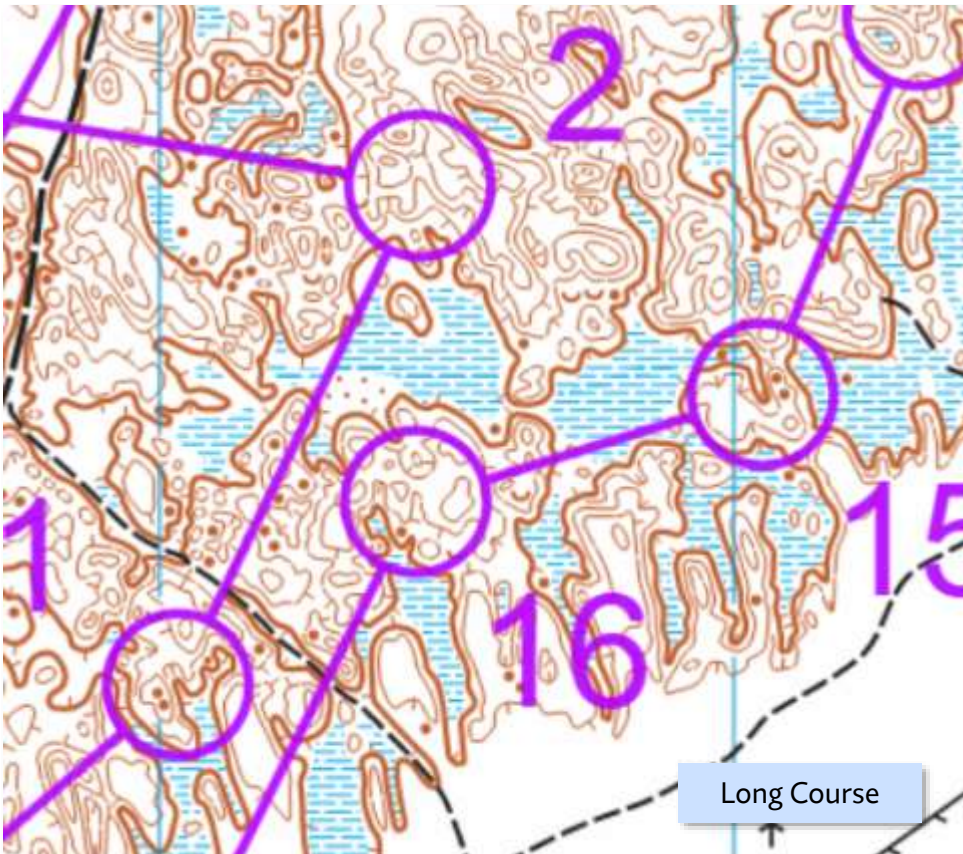
One final word on the Masterplan 'model' of top maps and planning, yet minimal organisation. Their team to map, plan, control, organise and deliver 5 days of orienteering (including helpers) is less than a dozen! Yes it helps that a Coast and Islands attendance is under 300, but it shows what can be done and all goes to create some of the most memorable orienteering experiences available.



Map Sample



Vehicle Parking



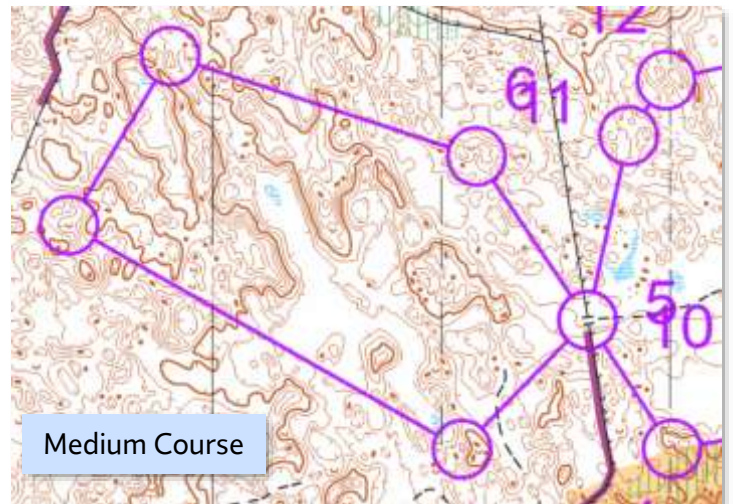
medium to the short course for the remaining 4 events. My stamina has taken a hit this year and cycling to and from the farthest events took its toll. Day 2 was ok and I was pleased with day 3 taking 52 minutes and ended up talking to one of Barb's friends called Alan. He had done wayfaring, but never technical orienteering before. He'd won the Orange course on day 2 (which had helpful power lines printed on the map), and had now finished his first attempt as an M60 on the Short course with a time of 2hours 42 mins.

Day 4 dawned – the long race 5.5km and complex grassy sand dunes. I completely blew control #2 with a 15 minute mistake and ran back to re-locate at #1, where I found Alan. He was similarly very lost, so we ended up with a companionable walk, finishing in an epic 2hrs 39mins...not quite last! Despite my poor attempts at coaching Alan was de-

Are there lessons to be learned from Coasts And Islands? Almost certainly. With no Geographical constraints could we see Masterplan reach out beyond Scotland? Next up is Helen Pedley's view point on the event. Even so called elite events can be inclusive.

The Masterplan team take their events to remarkable places and attract remarkable people. This year the Island of Coll played host to orienteers from all over the UK, Ireland, and a party of American orienteers. In part this was due to a family connection to one of the organising team, with 2 brothers Michael and Thomas Laraia both competing. In part it was the idea of a redoubtable lady known as "Barb" who had seen the event and thought it a great idea for a holiday taking in the usual tourist trips of London, York, etc. and orienteer at the same time. To top it off she rented the largest property she could find and filled it with anyone who wanted to join them at the island's remaining state-ly home, Breachacha Castle.

I decided after the fearsome wind and rain on day 1 to retire from day 1 and drop down from the



lighted to have had a guided tour of the area. He invited Mike & I into the castle, poured himself a large scotch, with cheese and crackers and regaled his adventure. Barb and friends were very hospitable and gave us a guided tour of the castle as well!

On day 5 Masterplan invited the local primary school children to try out orienteering. Barb had designed a clock relay style course, with mini kites. All six children tumbled out of a car in full waterproofs, with 2 teachers, who then struggled to keep up with them on a shortened version of the orange course. Alan also was all smiles completing his 5th independently in a time of 104 minutes.

All in all it was a pleasure to see people completely new to our sport get so much satisfaction from completing their courses.

World Masters Mountain Bike Orienteering Champs

It's not everyday that an international event comes to the UK. So when the WMMBOC came to our shores, literally and figuratively, Jonathan Emberton jumped at the chance. Here is his take on the event. On the next page is a 'LiveloX' map alongside the actual map.

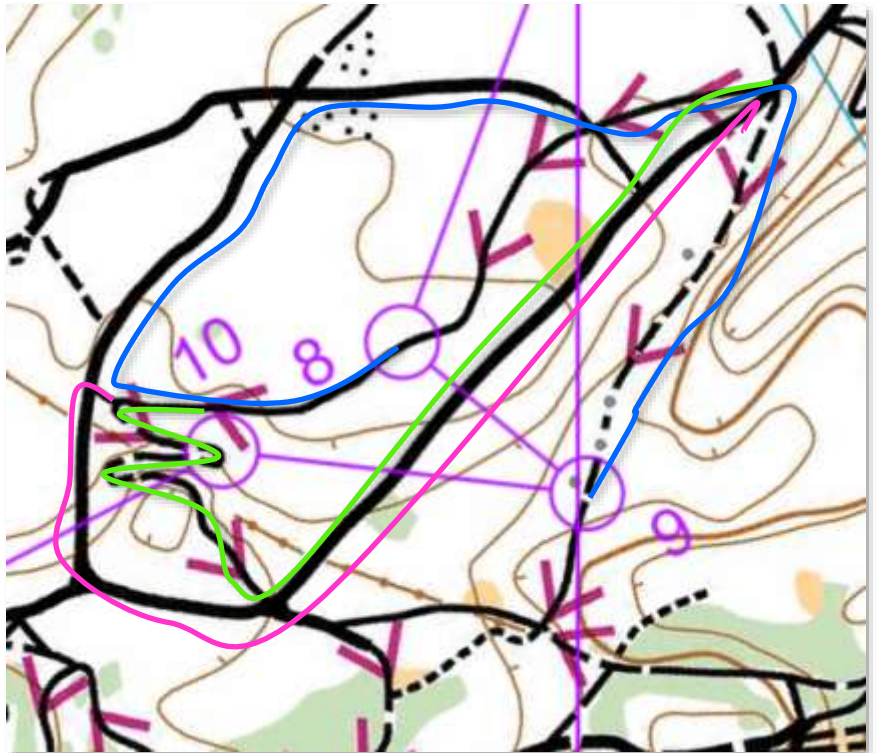
I can navigate and ride a bike really well but put them together and I'm a novice.

I've done many wide ranging, 3 hour plus MTB Score O Events/ Lanequests/ Adventure Races over the years so theoretically I had some background to call on. However, MTBO is point to point like foot O and everything happens so fast, say, 3x running pace minimum. I likened it to navigating while driving a rally car. Great fun, properly absorbing and physically tough. Problem is, the UK has next to no MTBO events and the competition arriving on the Moray Coast of Scotland in September, some 350 Swedes, Danes, Czechs, French, Aussies, Kiwis and Spaniards, have full calendars of events to enjoy.

As you can see from the maps here, there were 4 distinct disciplines: Sprint, Middle, (multi gaffled) Mass Start and Long with winning times of 15, 60, 90 and 150 minutes respectively. Maps are familiar but modified Foot O with contours and vegetation as you'd expect but with added ridability symbols over roads, tracks and paths. SI punching, at speed, with a 150cm radius. Rotating map boards on handlebars.

The beautiful, net flat, sand dune forests of Lossie and Roseisle (below) (cutting through allowed if you fancied it) contrasted with the hilly and rough Sanquar (above right) and Darnaway.

I managed 2 top 15 finishes in M65 and found the quality of the riders an eye opener. I'm definitely up for more when and where it's available. The NYMBO series of events is the nearest we'll get locally and as above, score based on modified OS maps. I really recommend these and you'll meet quite a few familiar faces from Yorkshire Foot O here.



Above we can see the Sprint map from Sanquar. The arrows mean that is the only way you can cycle. One way in effect. As everyone is somehow plugged into LiveloX there's no legitimate possibility of going the wrong way!

It's fascinating watching the riders on LiveloX, as you see them stop, and realise they have taken a wrong turn. Which if you have just gone down a one way path, then you have made a big mistake. The above leg shows three route choices. The route taken was blue, but could green and pink have been faster>

It's also possible we'll stage some in Calderdale under the Moving With A Map banner.

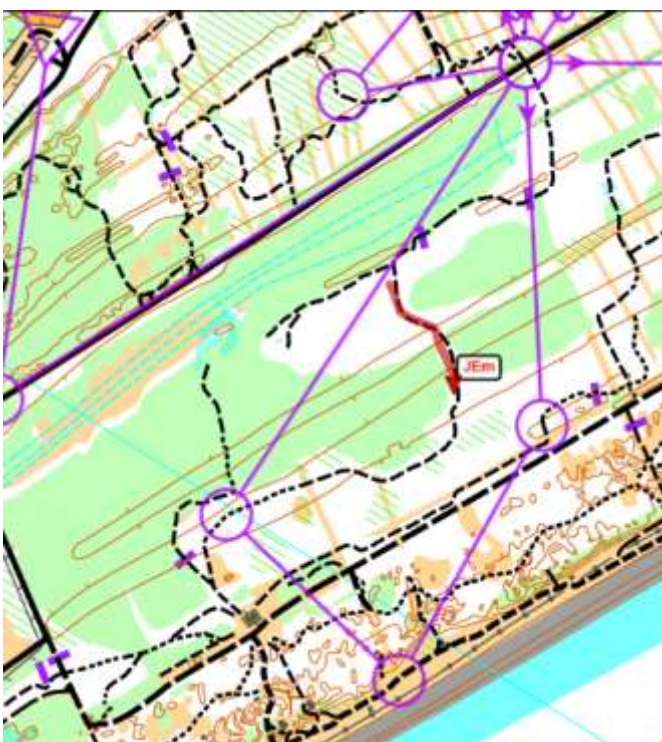
I've added some links to a new way to follow and analyse events. LIVELOX is becoming more popular in the UK and ubiquitous abroad, where Routegadget doesn't get used. More routes are available to see as there is an auto upload from many GPS sports watches.

<https://www.livelox.com/Events/Show/202219/WMMTBOC-2026-Mass-Start?culture=en-GB>

<https://www.livelox.com/Events/Show/202126/WMMTBOC-2026-Sprint>

<https://www.livelox.com/Events/Show/201999/WMMTBOC-2026-Middle>

<https://www.livelox.com/Events/Show/202296/WMMTBOC-2026-Long>



World Masters Mountain Bike Orienteering Champs



The livelox map above. Contrasting with the double sided map from the actual event. Complete with all sorts of unusual mapping instructions. Artificial barriers, and one way systems. Certainly orienteering but interesting for route choice.



AIRE Urban weekend Allerton Bywater 10 July**1 (length: 1.6km, climb: 20m, 13 controls)**

	Race 1	Race 2
Megan Harrison	14.24 (17)	18.01 (20)

2 (length: 1.5km, climb: 20m, 14 controls)

Simon Martland	11.50 (3)	9.30 (3)
Emma Harrison	15.42 (15)	12.50 (15)
David Harrison	19.23 (26)	16.47 (28)

3 (length: 1.2km, climb: 15m, 10 controls)

Helen Martland	10.50(3)	16.03 (11)
Arabella Woodrow	14.02 (14)	17.13(14)
Jackie Page	15.49(19)	29.51 (26)
Roy Lindsell	16.22(21)	30.51(36)
Gill Ross	16.29 (23)	20.08(204)
Judith Goodair	17.31 (25)	22.24 (30)
Keith Sykes	18.13 (27)	22.43 (31)
Guy Goodair	30.54 (33)	dns

**AIRE Urban weekend Kippax 11 July****2 (length: 8km, climb: 140m, 21 controls)**

1 Simon Martland	40.16
9 Emma Harrison	52.52
21 David Harrison	66.20
24 James Wetherill	75.22

3 (length: 6.5km, climb: 105m, 16 controls)

9 Helen Martland	51.15
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4 (length: 5.1km, climb: 85m, 17 controls)

5 Richard Payne	41.45
9 Neil Croasdell	45.41
13 Arabelle Woodrow	48.58
19 Jackie Page	57.21
20 Gill Ross	57.48
23 Roy Lindsell	69.37
26 Judith Goodair	64.24
32 Jane Payne	74.50
Jean Lochhead	41.16 dnf

CLARO Yorkshire Sprint Champs Jennyfields**19 July****3 (length: 2.6km, climb: 40m, 15 controls)**

	Race 1	Race 2
Simon Martland	12.22 (1)	14.10 (5)
Emma Harrison	14.36 (5)	14.40 (10)
James Wetherhill	21.00(19)	22.33(21)

4 (length: 2.3km, climb: 30m, 14 controls)

Helen Martland	18.20(14)	14.43 (6)
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5 (length: 1.7km, climb: 30m, 14 controls)

Dick Spendlove	11.58(3)	11.57 (1)
Richard Payne	12.51(4)	13.50 (12)
Keith Sykes	20.46 (21)	17.12(23)
Arabella Woodrow	21.28(23)	15.00 (18)
Roy Lindsell	21.46(24)	15.21 (19)
Jane Payne	21.53(26)	19.45(23)
Neil Croasdell	13.50 mp	13.48 (11)

6 (length: 1.6km, climb: 30m, 11 controls)

Gill Ross	14.24(1)	14.39 (1)
Judith Goodair	15.53 (3)	16.24 (3)
Jean Lochhead	17.04 (4)	17.41(6)
Jackie Page	24.15 (8)	16.39(4)
Guy Goodair	63.16 (12)	dns



Lake District 5 Days

BL Lakes	Day 1 Askham	2 Aug
WCOG	Day 2 Bessyboot	3 Aug
LOC Lakes	Day 3 Yewdale	4 Aug
DEE Lakes	Day 4 Bigland	6 Aug
SROC Lakes	Day 5 Hampsfell	7 Aug

	Day1	Day2	Day3	Day 4	Day5
M6oS					
Graham Lloyd	5 (52.13)	15 (95.01)	4 (46.10)	1(36.00)	5(50.09)
M65L					
Jon Emberton	2(59.29)	4(54.54)	4(59.44)	2(44.24)	3 (64.20)
M75S					
Ian Couch	6(46.45)	3 (45.48)	1 (40.30)	rtd	3(44.10)
W6oS					
Rebecca Lloyd	12 (49.15)	16 (72.32)	9 (68.44)	12 (75.12)	6 (78.17)
W65L					
Julie Couch	9 (66.34)	4 (63.58)	4 (58.58)	9 (57.26)	4 (67.06)
Light Green					
Julian Green	2 (34.46)	9(44.17)	dns	5(32.18)	2(37.39)
Jo Emberton	55(69.01)	m9/10	54(95.28)	44(78.51)	70(95.37)
Yellow					
Max Green	9 (65.46)	3 (24.04)	4 (25.47)	2(20.43)	4 (38.01)
White					
Tessa Green	8(27.24)	12(28.08)	12(33.34`)	12(30.47)	13(35.28)

It was another classic Lakeland Five days, with excellent areas albeit some were further afield than originally intended.

Day One was originally meant to be near Bassenthwaite Lake but access proved difficult, so the event was moved to Askham Moor, within sight of Lowther Castle and the Kendal Calling Festival. No where near Kendal but closer to Shap, the area was open fell, with lots of bell pits and some pretty slow moving tussock. What appeared a simple area caught many unawares. Including yours truly who lost minutes trying to locate a control in a re-entrant that was actually on a spur!

Bessyboot on **Day Two** was an EPIC day in may senses.

First up was a long walk to assembly, or cycle from the campsite. Then a slog of up to an hour to Bessyboot, a hillside on the shoulders of Glaramara. Or not quite so far in The Coombe. Both areas were at the hardest end in terms of the complexity of the terrain as well as being really physical. Two Km shorter than day one, the times tell you how hard!

Day Three saw the competition move south. EPOC were lucky on the whole with their start times, and some avoided the worst of the biblical rain. Tony Carlyle the controller was both pleased and disappointed, the low visibility ramped up the challenge, but when it rained, oh did it rain, and it was quite miserable! Another superbly challenging area in terms of navigation, but much less physical than the day before! Which was a relief.

Bigland was the event on **Day Three** that lots of folk feared. Complex contours, undergrowth, low visibility, on point navigation required. This was a middle distance event, so only a few kms, both Jonathan and Graham had stellar runs, Graham beating the Scandi nemesis by a good 6 minutes!

Then on to the last day at Hampsfell. Day Five was just as challenging, on lake district limestone, vague semi open and very

thick woodland, and area of contrasts. A steady nerve was required and fast running was required if you wanted to do well. There were a lot of "headless chickens" running around the area. It seemed that only those who kept their cool when things went base over apex succeeded.

Overall Results

2nd	Graham Lloyd
2nd	Jonathan Emberton
2nd	Ian Couch
10th	Rebecca Lloyd
5th	Julie Couch



Jonathon Emberton

NOC EMUL Southwell 9 Aug

Course 6 (length: 4km, climb: 40m, 14 controls)

4 Jackie Page 42.33

6 Jean Lochhead 48.03

CLOK Regional Darlington 16 Aug

E (length: 3.8km, 24 controls)

4 Richard Payne 42.00

F (length: 3.1km, 16 controls)

2 Jackie Page 42.57

5 Jane Payne 57.12

6 Jean Lochhead 58.10

SYO Local Wombwell Woods 16 August

Blue 7.1km

13 Emma Harrison 73.10

Green 4.8km

10 Julie Couch 69.08

16 James Wetherill 76.32

22 David Harrison 89.16

24 Neil Croasdell 119.36

Short Green 3.2km

8 Ian Couch 53.08

11 Gill Ross 62.04

LOG EMUL Lincoln City Race 23 Aug

Course 2 (length: 9.2km, climb: 30m, 22 controls)

4 Megan Harrison 54.56

Course 3 (length: 8.2km, climb: 30m, 21 controls)

35 James Wetherill 68.58

Course 5 (length: 4.6km, climb: 20m, 17 controls)

11 Richard Payne 36.16

27 Neil Croasdell 38.59

44 Jackie Page 47.01

58 Jean Lochhead 53.49

66 Jane Payne 65.37

Course 6 (length: 5km, climb: 20m, 17 controls)

6 Laura Wetherill 48.54

EBOR White Rose Weekend Scarborough Aug 28/31**Night event Olivers Mount**

Megan Harrison 79 (25.54)

Middle Distance Raincliffe Woods

Brown 3.7km 100m

Megan Harrison 23 (49.06)

Green 2.9km 75m

Julie Couch 21 (47.26)

Short Green 2.6km 65m

Neil Croasdell 36 (82.07)

Ian Couch w14

Very Short Green 2km 35m

Dick Spendlove 1 (30.12)

Roy Lindsell 6 (38.16)

Keith Sykes 17 (50.36)

Gill Ross 23 (63.14)

Classic Distance Peasholm Park

Brown

Megan Harrison 13 (85.26)

Short Brown

Graham Lloyd m8

Short Blue

Stephen Warner 46 (69.50)

Green

Julie Couch 9 (48.08)

Neil Croasdell 19 (54.02)

Short Green

Dick Spendlove 2 (37.55)

Arabella Woodrow 16 (50.27)

Keith Sykes 22 (59.54)

Rebecca Lloyd 27 (70.16)

Ian Couch rtd

Very Short Green

Gill Ross 10 (40.07)

Jackie Page 16 (45.06)

Judith Goodair 18 (46.54)

Roy Lindsell 20 (47.41)

Jean Lochhead 27 (59.17)

Sprint (Italian Gardens)

WO - 2.4km 80m

Megan Harrison 6 (26.54)

MSV - 2.1km 110m

James Wetherill 27 (44.27)

MUV - 2km 70m

Stephen Warner 15 (36.36)

WUV - 1.7km 45m

Arabella Woodrow 16 (45.46)

MHV - 1.7km 45m

Dick Spendlove 1 (20.30)

Keith Sykes m11

WHV - 1.7km 45m

Jackie Page 4 (32.27)

Gill Ross 5 (36.13)

Jean Lochhead 8 (63.47)



AIRE Dales Weekend Attermire 12 Sep**Brown (length: 8.9km, climb: 230m, 20 controls)**

22 Ben Crowther 131.47

Blue (length: 5.9km, climb: 175m, 23 controls)

27 Graham Lloyd 83.50

41 James Wetherill 118.54

Green (length: 4.6km, climb: 150m, 17 controls)

8 Julie Couch 65.18

Short Green (length: 3.9km, climb: 120m, 14 controls)

2 Gilly Markham 61.15

Ian Couch 76.53

Rebecca Lloyd retired



Attermire lived up to its name. "Where's tha been? At a mire you say? It's allus a mire oop bah Settle!" The area is extremely well contoured, with little pockets surrounded by dry stone walls which normally aid navigation, but on this Saturday? No chance, the clag was well and truly down, and visibility at times was 5 metres, if you were lucky.

The mist then developed into biblical rain, meaning those with spectacles struggled.

Ben Crowther, "I just couldn't see the features, and that bit that felt

like the moon? Oh my what an adventure!"

Compass and pacing were crucial. Which was made somewhat



difficult for some on the short green course as the north lines were omitted from the map! The quick thinking used the control numbers for vertical lines. "I have never been wetter on 'dry land', was overheard in the car park.

AIRE Dales Weekend Conistone 13 Sep**Short Brown (length: 8.2km, climb: 215m, 23 controls)**

2 James Logue 57.22

16 Matthew Tinker 83.34

21 Ben Crowther 93.22

Blue (length: 6.3km, climb: 140m, 20 controls)

24 Graham Lloyd 66.41

50 James Wetherill 06.13

Short Blue (length: 5.4km, climb: 140m, 17 controls)

9 Emma Harrison 55.18

Green (length: 4.4km, climb: 110m, 16 controls)

22 Julie Couch 62.49

Short Green (length: 3.4km, climb: 105m, 13 controls)

6 Gilly Markham 43.28

12 Ian Couch 48.49

Yellow (length: 2.2km, climb: 85m, 11 controls)

5 Max Green 33.22

10 Tessa Green 48.13

Course 5 (length: 5.5km, climb: 55m, 20 controls)

8 Richard Payne 4 6.42

39 Jane Payne 83.40

Jean Lochhead 62.47 mp

Course 6 (length: 4.3km, climb: 35m, 15 controls)

3 Judith Goodair 50.17

5 Jackie Page 51.32



The Sunday saw hostilities resume up Wharfedale, with YHOA Championships on the line. Clashing with Coasts And Islands, many of the favourites were elsewhere. That meant EPOC could podium bother once more. With a much better weather prospect, wind but no rain, and even a bit of sun, made the long trek upwards worthwhile. When one saw the control descriptions, with pit, pit, pit, depression, depression, etcetera, one knew this might be a game of control bingo. Your editor was convinced that control 6 was in the pit arrowed, as it was right next to the path, and not in a line where it was supposed to be. Despite losing time here, and ending up in 24th he still came home as YHOA champ, as did Emma Harrison.

PFO Todmorden Score 9 Sep

75 min Score

1 James Logue 70.39 (1210 pts)

SLOW City of London Race 19 Sep**4 (W40,W45,W50) (length: 8.61km, 30 controls)**

2 Emma Harrison 56.22

UKOL 5 (M55,M60) (length: 8.85km, 25 controls)

David Harrison 76.54

UKOL 10 (W75,W80,W85) (length: 3.12km, 14 controls)

5 Gill Ross 44.50

SYO Veteran Home International Cowms Rocks 19 Sep**Short Green (length: 3.9km, climb: 60m, 10 controls)**

6 Gilly Markham 74.47

PFO Local Towneley Colliery 20 Sep**Green (length: 5.2km, 28 controls)**

15 Neil Croasdel 90.43

Yellow (length: 1.7km, 13 controls)

1 Max Green 18.43

3 Tessa Green 39.36

CLOK Middle Distance Regional South Gare 20 Sep**Brown (length: 5.3km, climb: 80m, 26 controls)**

10 Graham Lloyd 77.35

Green (length: 3.4km, climb: 45m, 17 controls)

7 Julie Couch 57.33

Short Green (length: 2.7km, climb: 35m, 15 controls)

2 Rebecca Lloyd 61.04

SELOC NWUL Rochdale 26 Sep**5 (length: 4.2km, climb: 35m, 15 controls)**

10 Richard Payne 46.33

16 Jackie Page 55.23

CLARO UK Urban League Wetherby 27 Sep**Course 2 (length: 10.2km, climb: 85m, 24 controls)**

10 Matthew Tinker 61.02

Course 3 (length: 8.1km, climb: 70m, 23 controls)

31 James Wetherill 7 3.17

Course 5 (length: 5.5km, climb: 55m, 20 controls)

8 Richard Payne 4 6.42

39 Jane Payne 83.40

Jean Lochhead 62.47 mp

Course 6 (length: 4.3km, climb: 35m, 15 controls)

3 Judith Goodair 50.17

5 Jackie Page 51.32

Plantar Fasciitis

In the middle of the night, I woke to pay a visit. I thought I'd trodden on a plug. My foot hurt that much!

When I woke up properly and got out of bed my leg collapsed beneath me, the pain was so much I could not support my weight. This pain was worse than when I broke my collar bone! From my heel and under my instep all the way to my toes was excruciating. I wondered if I'd had a stress fracture?

Reading up on it, I had essentially convinced myself I had Plantar Fasciitis. A doctor friend pretty much confirmed it a couple of days later. So I set about getting it sorted, I knew I could be in for a very long haul! To make sure it was really well treated I did a cycling time trial hill climb, for 11 minutes, no more or less pain, and as it was on soft sand I hopped around South Gare sand dunes in 75 minutes, my PF let me know how good an idea that was (it was not)!

So what is it, and how did I rehabilitate and hope to prevent it in future?

Plantar fasciitis is irritation of the band of tissue along the sole of the foot.

To help rehabilitate and prevent it, the crucial technique advised is calf stretching. Stretching the calves can help ease tightness. For a calf stretch (right), I faced a wall, stepped one foot back, kept its heel down and knee straight, and leant forward gently. I held for 20-30 seconds, then switched sides.

When I woke, it is also suggested that before I got out of bed I used a towel or scarf to pull my toes to-



wards me.

It's also essential to stretch the soleus muscle, which is deeper in the calf. I placed the palms of my hands flat against the wall, at approximately shoulder height and about a shoulder width apart. I placed both foot approximately one foot's length from the wall, with the toes of both feet pointing at the wall. Then I moved one leg back, keeping the toes pointing at the wall. I



SLOWLY, leant in towards the

wall, keeping both knees bent. (above). I did (and still do) both these stretches three times on each calf, twice a day.

If you need to rehabilitate your PF, then RICE is also key. I iced the sole of my foot for 20 minutes, every three hours and kept in elevated. I also rolled a frozen bottle of water, or a tennis ball in under my foot's arch. I ate and drink anti-inflammatory foods.

Also supportive shoes help. If you gently hold your shoes by each end of the sole and can twist the shoe with minimal force they won't be good for PF.

As with everything this is not medical advice and you should seek professional consultations if you are suffering.

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Wednesday 30th September 2026 at 7pm, Online

1. Present. Mike Pedley, Jonathan Emberton, Jackie Page, Julian Green, Simon Martland, Helen Pedley, Laura Harrison, Graham Lloyd. Apologies for absence: All present.
2. Minutes of Last Meeting. Minutes from the last meeting were accepted.
3. Chairman's Report. Mike had pre-circulated his report. The Northern Champs weekend was very successful and reflected well on EPOC. Other than finalising donations in lieu of payments to landowners and mountain rescue, the event is now closed. He stated that this committee meeting should be forward looking, specifically focusing on the AGM and fixtures. The YHOA fixtures meeting, where 2027 events are confirmed and 2028 dates are set, is soon.
4. Treasurers Report. Helen had pre-circulated two reports: (1) Treasurer's Report; (2) Northern Champs Out Turn Report. Total club funds are £15,240, up from £11,236 on the 10th of August. Income from the Northern Champs weekend, less Racesignup fees, was £10,666. Northern Champs weekend expenses were £7,486. Gross profit was £3,180. Except for donations, all income and expenses for the Northerns are now included in the club account. The following donations, in lieu of payments to landowners and mountain rescue, were initially proposed: (1) £590 for the Royal Agricultural Benevolent Institution; (2) £295 for the Calderdale Right of Way Service; (3) £350 for Calder Valley Mountain Rescue. The committee agreed to round up the first two donations to £600 and £300 respectively. Other income during the period was £285 for local membership that wasn't previously collected due to a glitch with BOF membership payments. Other expenses were: (1) £305 for annual insurance; (2) £114 donation to Maprun for events for the year. The committee discussed membership fees for this year and agreed to keep them the same. It was confirmed that individuals can be local club members without BOF membership. BOF insurance, ranking and discounts are not included in this case. Action #1: Jonathan to check how local membership is handled in Racesignup.
5. Feedback from Northern Champs Weekend. The Northern Championship weekend went very well with good feedback from participants. In terms of lessons, Jackie could not get a Wi-Fi hotspot working with a laptop which meant that live results couldn't be displayed on monitors. Generally, the club laptops are old and slow. The committee agreed that Jackie could purchase a new club laptop for £300-350. Action #2: Jackie to investigate options for new laptop purchase. Jonathan raised that the course lengths for veteran men were too short. The BOF course length ratios don't seem correct. Action #3: Mike to feedback lessons on course ratios to the BOF major events team. There was concern over suitability of junior courses before the event, but these worked well. Having mountain rescue available on day 1 was a real benefit. Recovering a casualty would have been much more challenging without them.
6. AGM. The AGM will be on the will be on Saturday 24th October and based around Greenhead Park in Huddersfield. The Masonic Hall appears to be a suitable venue, but the booking has not yet been confirmed. Action #4: Simon to confirm availability of Masonic Hall. Simon agreed to plan a Maprun score event in Greenhead Park before the AGM. Action #5: Simon to plan Greenhead Park event. Graham has expressed a wish to step down from writing the newsletter, but he would be willing to produce a yearbook instead. The club should have a discussion at the AGM about the role of the newsletter going forwards in the context of other communication platforms. The club

roles that will be vacant at the AGM are Chairman, Wakefield hub coordinator and newsletter editor. It was noted that BOF are incrementally introducing a Safety Liaison Officer role which will become a formal role in 2028.

7. Fixtures. Calderdale Hub 2026 Autumn / Winter Series. Dates and locations for the series have been set as: (1) Mytholmroyd – 10th October; (2) Colden Clough and Heptonstall – 7th November; (3) Shibden Valley and Sunny Vale – 5th December 2026; (4) Ryburn Valley and Norland – 2nd January. Action #6: Mike to add hub fixtures to the BOF site.

Kirklees Hub 2026 Autumn / Winter Series. Dates for the Kirklees Hub events are in the process of being confirmed.

YHOA Night League and Regional, Newmillerdam – 12th and 13th December 2026. Not discussed at the meeting.

British Middle support to SYO – 2nd May 2027. Honley Woods (TBC) with parking in Meltham. Potentially a UKOL race.

Urban Double Weekend – 3rd/4th July 2027. Action #7: Locations to be confirmed by Jackie. It was noted that these dates clash with the Grand Depart of the Tour de France. In addition, AIRE are planning a series of events around the Euro City Race in Leeds on July 10-11th. Further discussions on the date of the urban weekend are required.

Harden/Snailsden Regional and YHOA Super League – 24th October 2027. Provisionally this will be a joint event with SYO on Harden/Snailsden Moors. Officials, helpers, costs and income will be shared with SYO. The area needs re-mapping. It was suggested that an adjacent, forested area was mapped at the same time, ready for a future event.

YHOA Night League and Regional – 11th and 12th December 2027. Venue is to be confirmed. Option to move the date back a week if required.

Schools Champs 2027/2028. It is EPOCs turn to host the Schools Champs in 2028. Venue options being considered were Pontefract racecourse and Alverthorpe. It was noted that Pontefract may not be suitable due to a lack of line features. In parallel, SYO have approached EPOC about holding the Schools Champs in 2027 on Alverthorpe as the SYO club captain works at the adjacent school. Action #8: Mike to agree plan for 2027 and 2028 Schools Champs with SYO.

General. There are 4 major events in 2027 that require volunteers. Action #9: Mike to send out email to club requesting volunteers for 2027 events. Bidding is starting now for 2028 national and regional events. A candidate set of EPOC events was discussed: (1) Hardcastle crags in February; (2) Urban weekend in July; (3) Langfield Common in October; (4) Xmas night and regional in December.

8. Publicity. We require Athena media to do additional work on the website. Simon will contact them to establish the scope and costs.

9. AOB.

a. BOF event at Huddersfield University. The BOF university liaison had previously expressed an interest in organising a fresher's event at Huddersfield Uni. It was confirmed that this was never followed up by BOF and the event didn't take place.

10. Date of Next Committee Meeting. To be confirmed after the AGM.

EPOC AGM



The EPOC AGM is confirmed for Saturday 24th October, beginning at 12.30pm. It will be held at the Greenhead Masonic Lodge, Huddersfield, HD1 4EN.

The lodge has been booked from 12-3pm. As with previous years, please bring your own lunch with some cake to share.

There will also be a Map Run score event in Greenhead Park before the AGM with starts from 11-11.30am.

A draft AGM agenda has been emailed. Please let me know if there are any agenda items that you would like me to add. Final details for the score event and supporting material for the AGM have been sent out by email.

Mike will be stepping down as Chairman at the AGM after completing 3 years in the role. There is also a vacancy on the committee for the Wakefield Hub coordinator. Please let secretary Julian Green know if you are interested in either of these roles or any of the other club officer positions.





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 – Beverley Westwod
29 Nov 26	AIRE – Shipley Glenn
06 Dec 26	SYO – Baslow & Curbar Edge

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

The league started in February .

Langfield and Conistone have been and gone but still no updated league or current standings.



FINAL RESULTS

In w10- we find Tessa Gren in 5th place. On w16 is Laura Wetherill also in 6th place.

In WO Megan Harrison was 2nd. In MV Matthew Tinker was 14th, Jonathan Emberton 31st, Dick Spendlove 46th and Graham Lloyd in 55th. On WV Emma Harrison was second and Gilly Markham 33rd. In MSV James Wetherhill was 3rd, Simon Martland 5th, David Harrison 8th, Dick Spendlove 29th and Graham Lloyd 63rd. In WSV Helen Martland was 4th, Rebecca Lloyd 23rd, Helen Pedley 40th and Jianna Emberton was 45th.

In MUV Mike Pedley was 28th and Stephen Warner 49th. Meanwhile in WUV Arabella Woodrow was 4th, Jane Payne 9th, and Jean Lochhead 44th.

In MHV Neil Croasdel was 2nd, Richard Payne 7th, Roy Lindsell 9th, Keith Sykes 21st, Guy Goodair 39th, and Dick Spendlove 42nd! Finally in WHV it was an EPOC 1,2,3, for Jackie Page, Gill Ross and Judith Goodair. With Jean Lochhead coming in 6th!

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

Yorkshire Urban league 2026

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
Market Weighton	04-Oct

Yorkshire Night League 2025

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

The next night league is in preparation.

Here are the fixtures.

Double check as it is possible there may be at different venues.

Date	Club	Location
14 NOV 26	CLOK	Dale Town Moor
21 NOV 26	HALO	Kingsway, Scunthorpe
28 NOV 26	CLARO	Dob ark
12 DEC 26	EPOC	Newmillerdam
2 JAN 27	AIRE	Gotts Park
9 JAN 27	SYO	Ecclesall Woods
23 JAN 27	EBOR	Earswick



Calderdale Monday Runs & Walks

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

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

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

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

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

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

Please invite your friends.

For further details

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

Wrinklies' Wednesday Walk & Run

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

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

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



Friday Morning wrinklies' bike ride

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

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



Position	Name	Prior	W	Gender	Total	Event scores to count
1 (198 -2)	James Logue	1		M	7778	1298 , 1317 , 1282 , 1291 , 1308 , 1282
2 (297 +2)	Simon Martland	2		M	7575	1282 , 1249 , 1265 , 1271 , 1256 , 1252
3 (366 -1)	Jonathan Emberton	4		M	7480	1235 , 1229 , 1234 , 1265 , 1246 , 1271
4 (456 -3)	Connor Smith	3		M	7375	1261 , 1236 , 1221 , 1225 , 1225 , 1207
5 (509 -1)	Mike Pedley	5		M	7314	1192 , 1189 , 1233 , 1224 , 1243 , 1233
6 (610 +1)	Megan Harrison	8	1	F	7194	1262 , 1190 , 1164 , 1202 , 1205 , 1171
7 (661 -6)	Laura Harrison	7	2	F	7144	1187 , 1190 , 1162 , 1177 , 1220 , 1208
8 (715 +5)	Matthew Tinker	33		M	7099	1185 , 1205 , 1180 , 1168 , 1190 , 1171
9 (744 +4)	Emma Harrison	9	3	F	7071	1200 , 1162 , 1202 , 1155 , 1180 , 1172
10 (941 +4)	Graham Lloyd	10		M	6893	1140 , 1140 , 1136 , 1172 , 1157 , 1148
11 (1169 -3)	Julian Green	40		M	6643	1139 , 1119 , 1096 , 1074 , 1104 , 1111
12 (1264 +2)	Richard Spendlove	11		M	6538	1076 , 1100 , 1101 , 1115 , 1081 , 1065
13 (1458 -2)	Julie Couch	13	4	F	6351	1061 , 1056 , 1048 , 1061 , 1062 , 1063
14 (1598 +2)	Helen Martland	14	5	F	6198	1018 , 1021 , 1043 , 1042 , 1037 , 1037
15 (1725 -11)	David Harrison	15		M	6080	1026 , 1055 , 1004 , 1010 , 984 , 1001
16 (1727 -6)	Phil Scarf	5		M	6079	1217 , 1232 , 1225 , 1224 , 1181
17 (1971 -4)	James Wetherill	16		M	5816	943 , 1025 , 973 , 952 , 975 , 948
18 (2002 -6)	Richard Payne	17		M	5780	954 , 950 , 950 , 962 , 995 , 969
19 (2005 +80)	Helen Pedley	18	6	F	5778	961 , 935 , 939 , 933 , 994 , 1016
20 (2116 -3)	Ian Couch	19		M	5654	941 , 941 , 937 , 928 , 956 , 951
21 (2179 -3)	Neil Croasdel	20		M	5574	927 , 919 , 925 , 921 , 924 , 958
22 (2296 -2)	Arabella Woodrow	23	7	F	5413	907 , 921 , 935 , 887 , 871 , 892
23 (2342 -4)	Paul Jackson	21		M	5348	986 , 835 , 922 , 911 , 825 , 869
24 (2377 +2)	Roy Lindsell	22		M	5291	875 , 874 , 883 , 857 , 949 , 853
25 (2456 +2)	Jackie Page	25	8	F	5167	843 , 880 , 865 , 857 , 870 , 852
26 (2541 -7)	Gill Ross	26	9	F	5050	827 , 848 , 844 , 833 , 855 , 843
27 (2605 +3)	Keith Sykes	29		M	4907	820 , 821 , 801 , 783 , 863 , 819
28 (2620 +19)	Rebecca Lloyd	30	10	F	4881	809 , 813 , 807 , 790 , 840 , 822
29 (2654 +6)	Joanna Emberton	34	11	F	4797	799 , 771 , 790 , 791 , 813 , 833
30 (2675 +4)	Judith Goodair	36	12	F	4754	835 , 795 , 792 , 764 , 767 , 801
31 (2714 +4)	Stephen Warner	31		M	4671	906 , 958 , 902 , 990 , 915
32 (2721 +2)	Robert Page	25		M	4655	748 , 780 , 701 , 837 , 791 , 798
33 (2722 -22)	Jean Lochhead	27	13	F	4653	781 , 777 , 762 , 828 , 756 , 749
34 (2748 +6)	John Elliott	32		M	4591	874 , 931 , 929 , 941 , 916
35 (2873 +1)	Jane Payne	37		F	4271	783 , 710 , 648 , 732 , 714 , 684
36 (3013 +6)	James Williams	24		M	3839	1268 , 1291 , 1280
37 (3032 +4)	Thomas McKee	38		M	3794	1265 , 1226 , 1303
38 (3261)	Jackie Scarf	12	14	F	3151	1103 , 1045 , 1003
39 (3391 +7)	Gillian Markham	45	15	F	2790	909 , 940 , 941
40 (4030 +12)	Karen Elliott	41	16	F	1414	681 , 733
41 (4043 +13)	Linda Hayles	35	17	F	1369	667 , 702
42 (4108 +14)	William Barraclough	42		M	1228	1228
43 (4156 +14)	Viv Barraclough	43	18	F	1173	1173
44 (4184 +15)	Hugo Crowther {Ben}	New Entry		M	1153	1153
45 (4554 +13)	Joseph Barraclough	46		M	899	899
46 (4745 +18)	Brian Mellor	45		M	723	723
47 (4847 +18)	Guy Goodair	39		M	474	162 , 312

Some movement, and up to 47 ranked members!

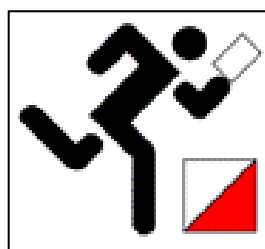
James Logue remains on top . Along with Simon Martland in second spot after some strong showings in recent months. . In third place Jonathan swaps with Connor. A few folk have dropped quite a bit due to not competing!

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

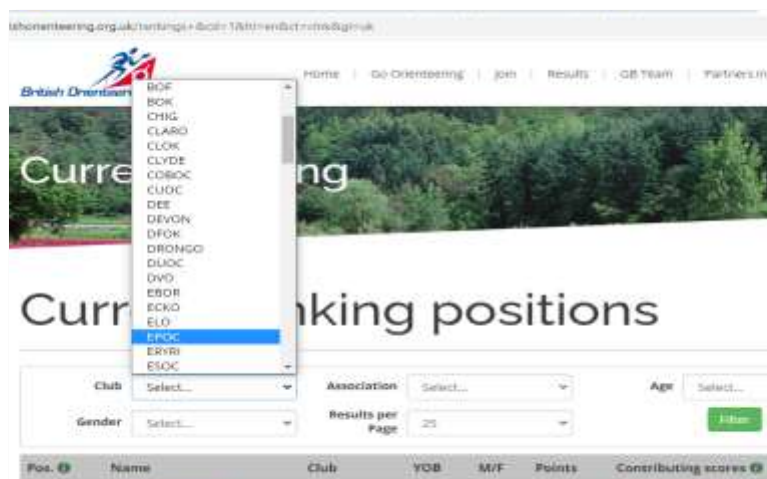
The numbers in brackets are the BO overall ranking and places moved with a + or - if up or down. In those rankings

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.



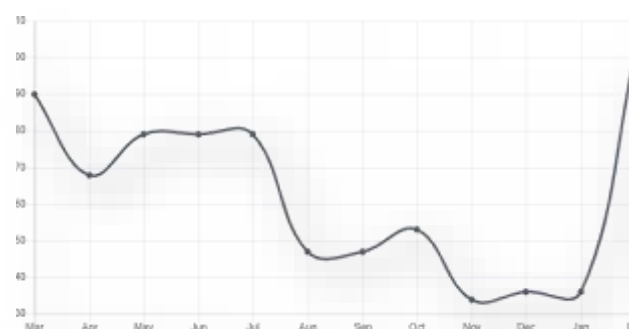
[https://
www.britishorienteering.org.uk/
rankings](https://www.britishorienteering.org.uk/rankings)



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](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.

8 (1494 -1)	Mike Parley	EPOC	1960	M	7407	1226, 1230, 1236, 1225, 1295, 1221
9 (1610 +30)	David Sutcliffe	EPOC	1969	M	7288	1223, 1209, 1214, 1205, 1207, 1229
10 (703 -3)	Lindsey McMillan	EPOC	1981	F	7220	1225, 1208, 1181, 1186, 1211, 1189
11 (727)	Emma Harrison	EPOC	1972	F	7206	1217, 1193, 1209, 1243, 1103, 1167
12 (734 -6)	Matthew Toke	EPOC	1976	M	7200	1217, 1199, 1202, 1189, 1196, 1195
13 (871 -7)	Graham Lloyd	EPOC	1962	M	7078	1167, 1195, 1190, 1196, 1193, 1172
14 (893 -5)	Ben Carter	EPOC	1977	M	7065	1159, 1101, 1176, 1121, 1209, 1210
15 (901 -6)	Megan Harrison	EPOC	1999	F	7056	1152, 1166, 1170, 1181, 1182, 1179
16 (930 -4)	Laura Harrison	EPOC	2001	F	7052	1103, 1167, 1163, 1130, 1127, 1183
17 (1005 -5)	Richard Payne	EPOC	1950	M	6880	1186, 1188, 1154, 1170, 1154, 1145
18 (1075 -6)	David Aweril	EPOC	1964	M	6881	1184, 1138, 1186, 1140, 1103, 1161
19 (1103 -8)	Sarah Redley	EPOC	2001	F	6912	1184, 1138, 1186, 1140, 1103, 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/eastpennineorienteering?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+

MapRun's latest update adds an optional new interface, giving users a refreshed way to navigate the app while keeping the existing interface available. It also updates Garmin login. The app's broader improvements include clearer map and event screens, refined results displays, better Garmin track importing, and mapping options—making event selection, running, and reviewing results smoother.

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 training courses.

There are more anytime courses in our neighbouring club areas.

Blue= Calderdale

Green Kirklees

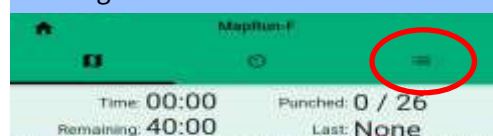
Yellow=Wakefield

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

Review Control Reminder

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

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



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

Take the review results option.

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

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

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

Richard Payne



Fixtures

The events listed here are from the BOF Event Diary in a 150 mile radius of EPOC centre (Mirfield!).

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
Sun 25/10/26	SYO Regional Event - Listerdale	Regional	SYO	YHOA	Listerdale Woods	Rotherham
Sat 31/10/26	Oxford City Race (UKOL, UKUL)	Regional	OUOC	SCOA	Oxford	Oxford
Sun 01/11/26	Audley Urban (NWUL)	Regional	PFO	NWOA	Audley (Blackburn)	Blackburn
Sun 01/11/26	BL Eycott Hill Cumbrian Galoppen	Regional	BL	NWOA	Eycott Hill, Berrier	Penrith
Sun 08/11/26	Cumbrian galoppen	Regional	WCOC	NWOA	High & Low Rigg	Keswick
Sat 14/11/26	Night Event: part of YHOA Night	Regional	CLOK	NEOA	Dale Town Moor	Boltby
Sun 15/11/26	North East Score Championships	Regional	CLOK	NEOA	Dale Town Moor	Boltby
Sun 15/11/26	BL Brampton Urban (NWUL)	Regional	BL	NWOA	Brampton	Brampton
Sat 21/11/26	HALO Night - Kingsway, Scunthorpe	Regional	HALO	YHOA	Kingsway Nat Reserve	Scunthorpe
Sun 22/11/26	YHOA SuperLeague	Regional	HALO	YHOA	Beverley Westwood	Beverley
Sun 22/11/26	Washington Urban	Regional	NATO	NEOA	Washington	Washington
Sun 22/11/26	Darwen Moor	Regional	PFO	NWOA	Darwen Moor	Blackburn
Sat 28/11/26	CLARO Night Event (YH League)	Regional	CLARO	YHOA	Dob Park	Harrogate
Sun 29/11/26	YHOA SuperLeague	Regional	AIRE	YHOA	Shipley Glen	Shipley
Sun 29/11/26	Cumbrian Galoppen	Regional	LOC	NWOA	Roanhead	Barrow in Furness
Sat 05/12/26	DEE Eastham Country Park Middle	Regional	DEE	NWOA	Eastham Country Park	Ellesmere Port
Sat 05/12/26	Steel City w/e day 1 - morning Indoor O	Regional	SHUOC	YHOA	Student Union	Sheffield
Sat 05/12/26	Steel City w/e day 1 - afternoon Sprint	Regional	SHUOC	YHOA	Burngreave	Sheffield
Sun 06/12/26	Steel City w/e day 2 - YHOA League	National	SYO	YHOA	Baslow & Curbar Edges	Chesterfield
Sun 06/12/26	Cumbrian Galoppen	Regional	SROC	NWOA	Whitbarrow Scar	Kendal
Sat 12/12/26	EPOC Night Event	Regional	EPOC	YHOA	Newmillerdam	Wakefield
Sun 13/12/26	EPOC Regional Event	Regional	EPOC	YHOA	Newmillerdam	East Pennines
Sun 20/12/26	East Midlands League 2026	Regional	NOC	EMOA	Walesby Forest	Ollerton
Wed 30/12/26	EBOR Regional Event	Regional	EBOR	YHOA	Wheldrake	York
Fri 01/01/27	EMUL 2027 Dronfield (TBC)	Regional	DVO	EMOA	Dronfield (TBC)	Chesterfield
Sat 02/01/27	AIRE Night Event	Regional	AIRE	YHOA	Gotts Park	Leeds
Sun 03/01/27	AIRE Regional Event	Regional	AIRE	YHOA	Calverley Woods	Bradford

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

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Deadline for copy for the next issue is maybe never!



Autumn/Winter Score Event Series 2026/7

Move With a Map. A series of Calderdale based 90 minute MapRun Score Orienteering Events using large scale OS maps to challenge your fitness and navigation skills

10.30am Starts from a Pub or Cafe

Post event social space

Event prizes and Series league

Saturday 7th November - Colden Clough and Heptonstall Event Base - The Stubbing Wharf, Hebden Bridge HX76LU

Saturday 5th December - Shibden Valley and Sunny Vale. Event Base - Coffee Culture Cafe, Shibden Park, HX36XG

Saturday 2nd January - Ryburn Valley and Norland. Event Base - Puzzle Hall Inn, Sowerby Bridge, HX62RF

Entries - Through Racesignup -

More information -

Contact -

www.racesignup.co.uk

www.eastpennineoc.org.uk

jonathanemberton@gmail.com -

07792900971

