



Epistle



No. 246
December 2017 - January 2018



Photo's: Viv Barraclough

EPOC Juniors at YHOA Junior Squad Training



EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2017/2018

Chair	Jean Lochhead	jmloch1621@gmail.com
Vice Chair	Emma Harrison	eah1607@aol.com
Secretary	Viv Barraclough	viv.barraclough@cantab.net
Treasurer	David Morgan	d345morgan@btinternet.com
Epistle Editor	Emma Harrison	eah1607@aol.com
Fixtures Secretary	Davey Averill	daveyaverill@live.co.uk
Membership Secretary	Viv Barraclough	viv.barraclough@cantab.net
Map Librarian	David Morgan	d345morgan@btinternet.com
Compass Sport Trophy	Rod Shaw	margrod123@gmail.com
Committee Members	Rod Shaw	margrod123@gmail.com
	Jackie Page	jackie.page127@ntlworld.com
	Neil Croasdell	croahay@hotmail.com

OTHER CLUB OFFICIALS

Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Club Championship	Vacant	
Club Kit Officer	Vacant	
Permanent Courses	Jean Lochhead	jmloch1621@gmail.com
Relay Organiser	Vacant	
Stores and Equipment	Scarf Family	thescarfs@hotmail.com
E-Punching Equipment	Ian & Julie Couch	iancouch@btinternet.com
Website	Anthony Greenwood	aandrgreenwood@gmail.com
YHOA committee rep	David Morgan	d345morgan@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

Unfortunately the planned EPOC event at Langfield in November had to be cancelled for a number of reasons so we haven't had any EPOC events since the last Epistle.

Moving forward we have our usual Christmas event on 24th December with a night event on 23rd December, both at Ogden. Only a month later we will be hosting the Alistair Tinto memorial event incorporating the 2018 YHOA Middle distance championships so we are expecting a good turnout to this event.

We then have another 7 events planned during 2018 so please offer your services where you can.

Hope you all have a great Christmas and New Year!

Emma

CHAIRMAN'S CHAT

Your committee has been busy filling spaces on the BOF calendar with EPOC events. Between now and Christmas 2018 we have taken on the promotion of 10 events starting with first on the agenda Ogden Night and Ogden Score both this Christmas.

An important event for us will be the YHOA Middle Distance Championships, which incorporates the "Alistair Tinto Memorial Event". As I am sure you already know this is to be held at Storthes Hall on 28 January. We also have to find time to present the prizes for the YHOA Urban League and YHOA Super League for 2017. Anyone out there good at shaking hands and do we have a podium?

We found a space on the calendar on 15 April 2018 and felt obliged to fill it with an Urban event on a weekend where there was not much else going on in YHOA.

The next event will be the Yvette Baker round 1 at Oakwell Hall on 13 May 2018.

After a fair bit of lobbying by Davey we were lucky that our usual Urban July event was awarded UK Urban League status. However, this does come with an obligation to make it a weekend event so we will have another low key urban on the day before.

We can all sit back then until our event on Marsden Moor on 16th September. We hope this will go ahead after the completion of 27 pages of forms for 3 different national associations and permissions forms from National Trust and Environmental England to make sure that 150 people do not churn up the moor beyond recognition. I await their reply!

Our Christmas 2018 event Night and Day will be held at Newmillerdam.

In order to extract our club from the usual Ginnels, Alleys and pavements we are looking at Cawthorne and Deffer Woods for 2019. These areas are shared with SYO and if we don't use them they will.

Training courses have been held in the dark arts of IT and looking at the list above the lucky victims will not be short of opportunity to practice.

Welcome to new members Kyne Bordon and Penny Kirk. We hope they will enjoy Orienteering with EPOC.

As you can see from the above we will need helpers by the bucket load and if there is any specific job you would like to do please let a member of the committee know as soon as possible.

Happy orienteering.

Jean

The EPOC Epistle is the club's bi-monthly newsletter

All offerings to the Epistle, including photo's, are gratefully received, especially the unsolicited ones. Reports on small events are just as welcome as those on big events. It really helps if articles, photo's, reports, notices and gossip can be emailed directly to me at

Eah1607@aol.com

Copy to Emma by 20 January 2018

Look forward to hearing from you!

Helping at an EPOC event?

Don't forget you can have half price entry to any EPOC event when you help out at an event in some way. If you need to pre-enter an event the discount code is available from the event organiser to claim a helper discount!

Want to see how you rank on an unofficial BOF ranking list?

And you can also compare yourself with any other runner who regularly runs the same course. Go to <http://oobrien.com/stats/index> and enter your name and club. Very impressive!

Guy

Membership

Don't forget it is now time to renew your membership for 2018. Welcome to new members Kyne Bordon and Penny Kirk who have recently joined the club - we hope to see you out in the forest soon!

What has your committee been doing?



East Pennine Orienteering Club

Summary of Committee Meeting

Wednesday 8th November 2017 at 7pm

Marsh Liberal Club



1. **Present:** Jean Lochhead, Rod Shaw, Jackie Page, Neil Croasdell, Davey Averill, Emma Harrison
2. **Apologies:** David Morgan, Viv Barraclough
3. **Minutes of previous meeting on 6.9.17:** Minutes agreed as correct. Update from minutes - Langfield was cancelled for a number of reasons, Junior Orienteering Sports Award (for age 16-19 year olds) - Viv to run this at Storthes Hall on 28th January 2018 and fit around the event, BOC 2019 proceeding as expected
4. **Treasurer's Report:** David had circulated this prior to the meeting, everything OK
5. **Events Update and Events Officials:**
 - 23 December: Ogden, YHOA Night League - all in order
 - 24 December: Ogden, Christmas Score Event - all in order
 - **2018**
 - 28 January 2018: Storthes Hall, Alistair Tinto Memorial Event incorporating YHOA Middle Distance Champs - Davey Averill (planner), Jean Lochhead (organiser), need controller asap. **Action: Jean to ask Charlie Adams (SYO).** This event will also have the prize giving for the 2017 YHOA Urban and Super Leagues plus prize giving for the 2018 YHOA Middle Distance champs. YHOA will provide league prizes, EPOC to source Middle Distance Champs prizes - suggested that there are water bottles that were ordered in 2017 that can be used as prizes.

- 15 April: Brighthouse Urban - Neil Croasdell (planner) **Action: need controller and organiser**
 - 13 May: Oakwell Hall, YBT round 1 and Uniformed Groups Champs - Gill Ross (planner), David Morgan (controller) but organiser needed although Jean has already done a lot of preparatory work anyway, **Action: John Elliott to be approached to be organiser**
 - 30 June: Halifax South, sprint/shorter distance afternoon event to encourage people to travel for the urban event on Sunday that will be part of the 2018 UK Urban League - **Action: all officials needed.**
 - 1 July: Halifax, UK Urban League - Richard Payne (planner), Jean Lochhead (organiser), **Action: need level B controller.**
 - 16 September: Marsden Moor - Rod Shaw (planner), Davey Averill (controller), Jean Lochhead (organiser)
 - 22 December: Newmillerdam, YHOA Night League - Emma Harrison (planner), David and Juliet Morgan (controller), **Action: need an organiser ?John Elliott, ?Guy Goodair**
 - 23 December: Newmillerdam, Christmas Event - Emma Harrison (planner), David and Juliet Morgan (controller), **Action: need an organiser ?John Elliott, ?Guy Goodair**
 - **2019**
 - 27 January: Deffer and Cawthorne?
 - 19 May: Royds Hall?
 - 21 July: Urban
 - 19 August: Race the Castles? Query Sandal Castle and surrounding area sprint type event
 - 6 October: Rishworth?
 - 21 & 22 December: Storthes Hall?
 - **2020**
 - Spring 2020 - Compass Sport Round 1 (EPOC's turn to host)
 - Spring 2020 - YHOA Champs (EPOC's turn to host)
 - Summer 2020 - YHOA Schools Champs (EPOC's turn to host HOWEVER SYO are likely to host this as they have the biggest number of active school children orienteering)
6. **SIAC** - Discussion that SIAC is likely to be the way forward with level A events now offering contactless punching and several clubs in EMOA already offering at level C and above events. Discussed that the club needs to explore how to upgrade existing SI boxes to enable them to work in both contactless and traditional punching mode. At some point the club may also then need to consider whether to purchase some SIAC's for hire at events, maybe at a higher price than traditional SI cards. **Action: Jackie Page to speak to Ian Couch about the cost and process to upgrade existing SI boxes so they can work in both contactless and traditional punching modes.**
7. **Compass Sport Trophy** - it was agreed that EPOC would enter in 2018 when Rod receives the information. Canklow will be the preferred option for the qualifying round. The final will be in the West Midlands and members would be able to travel there and back on the day if the club get through to the final. Support for entry fees

for the final to be discussed nearer the time if we get that far. **Action: Rod to enter EPOC in the 2018 Compass Sport Trophy competition**

8. **Cawthorne & Deffer** - Davey has received an email from SYO enquiring if we intended to use this area after the maps were joined and updated for an event in 2015 that SYO hosted. The agreement had been that EPOC would then be able to use the combined areas in future. The committee agreed that EPOC should host an event in 2019 on the area and not just leave it for SYO to host another event there. **Action: Davey to advise SYO that EPOC intend to hold an event there early in 2019.**
9. **BO Development Officer Peter Brooke** - Peter has made contact with Jean and Viv. Viv has also spoken to him. Discussion about how he will be able to help the club. **Action: Jean to speak further with Viv about this.**
10. **Level B&C Controllers Course** - Davey advised that Tony Thornley (AIRE) is planning to run a course at Nell Bank in Ilkley in the Autumn 2018. Davey and Jonathan Emberton both interested in attending.
11. **Courses run by Phil Batts** - The full mapping course was of most interest to club members. **Action: Jean to check details of cost and details.**
12. **Download course with Jackie Page** - Jackie and Stephen Hughes are due to train 4 EPOC members about the computer systems and Download on 15.11.17.
13. **Event Safety Workshop** - all event officials have to have done this course. It only needs to be completed once. Neil Croasdell and John Elliott need to do this. Davey can train them at a time to suit and any further people can also attend. **Action: Davey to publicise details of date of next Event Safety Workshop**
14. **AOB** - Davey explained that the event categories A, B, C that have been changed to Major (A), National (B), Regional (C) may change back to A, B, C as the new categories are causing confusion.
15. **Date and time of next meeting: Wednesday 17th January 2018 at 7pm at Marsh Liberal Club. Room has been booked.**

COMPASS SPORT TROPHY 2018

Rod Shaw

I've sent off the club entry for the Compass Sport Trophy 2018.

Here are the details:

The qualifying event will be on **Sunday 11th March** at Canklow near Rotherham.

The final will be on **21st October** on Cannock Chase.

Firm entries are not needed yet, but please put the date in your diary.

We will need everyone if we are to beat CLARO and now EBOR as well!

Junior T-Shirts

Viv Barraclough

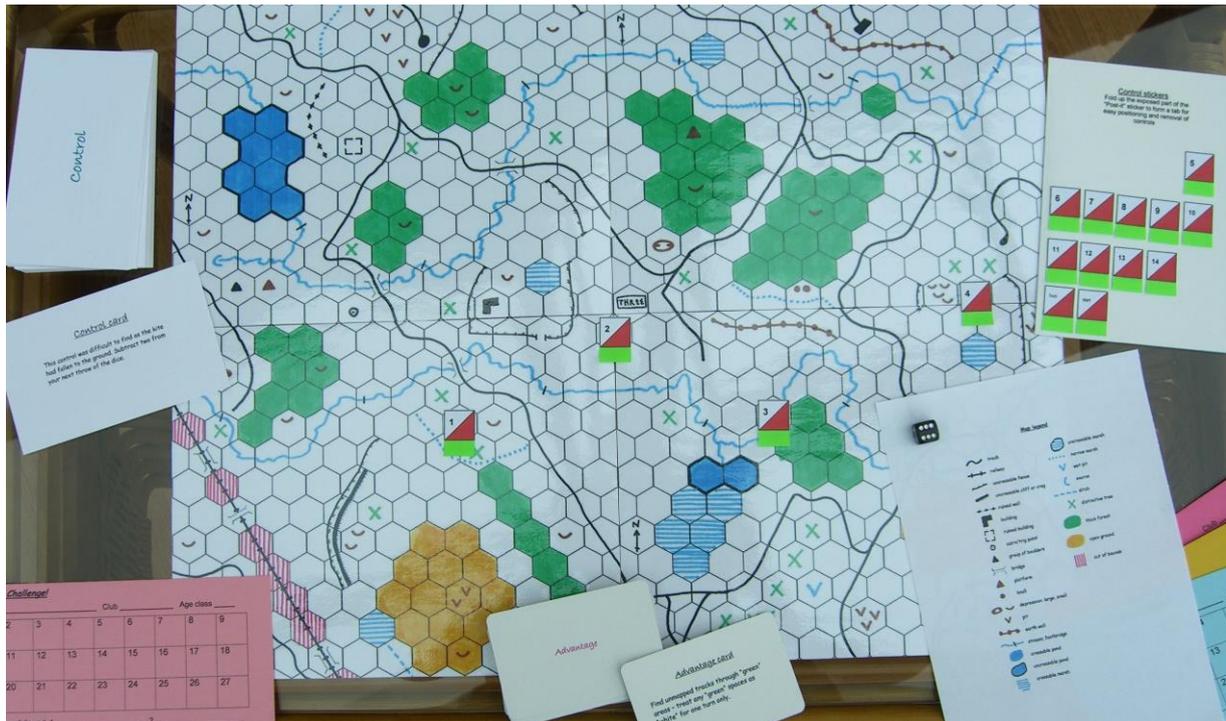
If you would like a t shirt as below please let Viv know. If you have grown out of yours please pass it on.





Forest Challenge!

*The orienteering board game for 2-6 players from
North Gloucestershire Orienteering Club*



- ✓ The game includes everything you need - laminated map, kites, punch cards, "Control" cards, "Advantage" cards, instructions, dice, tokens etc.;
- ✓ Design a different course each time you play by using the moveable control stickers;
- ✓ The map sections can be fitted together in different combinations for more variety;
- ✓ Choose score or line orienteering;
- ✓ Add even more variety by drawing your favourite terrain on the blank map grids supplied.

General idea of the game. Each player takes it in turn to throw the dice and move his token between controls, choosing his own route as in real orienteering. On reaching a control a player takes a Control card and follows its instructions. During the game players can use their *Advantage* cards in conjunction with their dice throw to help them get ahead of, or catch up, other players. The winner is the first player to reach the finish line. *The use of moveable control stickers means that you can run a different course every game!*

Cost of the game is £11-00 (including postage) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 ONG. Cheques payable to NGOC (or pay by PayPal or bank transfer). Email Alan Brown for further information at alan@brizen.co.uk

EPOC Rankings 2017

These are the current ranking positions (as of 30 November) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos.	Name	Points	Contributing scores
1 (70)	Alasdair Pedley	8032	1327, 1342, 1334, 1338, 1328, 1363
2 (95)	James Logue	7947	1350, 1310, 1323, 1314, 1321, 1329
3 (185)	Simon Martland	7763	1284, 1295, 1285, 1304, 1293, 1302
4 (197)	James Williams	7733	1270, 1276, 1316, 1278, 1295, 1298
5 (231 +1)	Jonathan Emberton	7680	1297, 1283, 1268, 1272, 1271, 1289
6 (232 +1)	Andy Thorpe	7678	1293, 1285, 1286, 1276, 1284, 1254
7 (333 +2)	Phil Scarf	7539	1226, 1248, 1268, 1271, 1257, 1269
8 (347 +1)	Mike Pedley	7514	1264, 1250, 1252, 1250, 1250, 1248
9 (416 -1)	Karen Poole	7447	1252, 1250, 1244, 1221, 1237, 1243
10 (714 -1)	David Averill	7194	1173, 1213, 1205, 1206, 1193, 1204
11 (723 +56)	Emma Harrison	7182	1189, 1202, 1194, 1185, 1188, 1224
12 (819 +74)	William Barraclough	7108	1148, 1190, 1201, 1180, 1200, 1189
13 (840 +3)	Richard Payne	7092	1174, 1177, 1191, 1182, 1195, 1173
14 (847 +3)	Graham Lloyd	7085	1177, 1162, 1210, 1177, 1182, 1177
15 (1024 +2)	Sarah Pedley	6954	1144, 1153, 1148, 1161, 1170, 1178
16 (1166 +236)	Viv Barraclough	6858	1185, 1174, 1122, 1136, 1086, 1155
17 (1342 -5)	Megan Harrison	6744	1110, 1115, 1125, 1146, 1121, 1127
18 (1499)	Julie Couch	6614	1088, 1119, 1085, 1115, 1113, 1094
19 (1527)	Laura Harrison	6598	1097, 1101, 1096, 1115, 1098, 1091
20 (1532)	Jackie Scarf	6596	1076, 1128, 1092, 1142, 1073, 1085
21 (1539)	Ian Couch	6590	1086, 1093, 1086, 1133, 1101, 1091
22 (1833 -4)	Mathew Averill	6388	1066, 1013, 1125, 1092, 1067, 1025
23 (1877 -6)	David Harrison	6362	1050, 1071, 1051, 1058, 1046, 1086
24 (1885 -5)	Helen Pedley	6356	1111, 1061, 1036, 1065, 1031, 1052
25 (1909 -2)	Paul Jackson	6339	1040, 1086, 1055, 1047, 1033, 1078
26 (1996 -2)	Helen Martland	6278	1056, 1042, 1031, 1057, 1033, 1059
27 (2008 -2)	Roy Lindsell	6270	1006, 1062, 1027, 1099, 1069, 1007
28 (2133 +1)	Gillian Markham	6155	1001, 990, 1053, 1088, 1008, 1015
29 (2519 +2)	Keith Sykes	5774	941, 991, 950, 954, 969, 969
30 (2534 +1)	Gill Ross	5761	946, 963, 967, 949, 976, 960
31 (2586 +4)	Guy Goodair	5694	926, 1016, 935, 943, 924, 950
32 (2676 +26)	Neil Croasdell	5569	928, 934, 926, 941, 921, 919
33 (2722 +5)	Rod Shaw	5509	906, 918, 936, 917, 916, 916
34 (2829 +5)	Judith Goodair	5343	921, 872, 903, 885, 879, 883
35 (2857)	Fred Ross	5311	858, 955, 894, 875, 876, 853
36 (2884 -1)	Joanna Emberton	5284	883, 868, 880, 875, 863, 915
37 (2888 -1)	Jane Payne	5281	873, 898, 899, 871, 870, 870

Pos.	Name	Points	Contributing scores
38 (3000 +34)	Jean Lochhead	5111	907, 827, 879, 857, 804, 837
39 (3002 -5)	Michael Wood	5109	881, 797, 935, 886, 807, 803
40 (3007 -6)	Mike Thorpe	5101	829, 900, 840, 821, 835, 876
41 (3011 -6)	Philip Thompson	5097	844, 847, 837, 842, 847, 880
42 (3040 +24)	Jackie Page	5049	824, 849, 835, 874, 830, 837
43 (3067 -7)	Juliet Morgan	5010	788, 832, 840, 839, 855, 856
44 (3120 -5)	Rebecca Lloyd	4907	806, 806, 764, 872, 846, 813
45 (3242 +347)	Brian Mellor	4663	888, 959, 937, 1004, 875
46 (3266 -11)	David Morgan	4622	737, 765, 757, 872, 739, 752
47 (3302 -12)	Margaret Shaw	4549	730, 774, 820, 759, 696, 770
48 (3606 +8)	Linda Hayles	3730	898, 1017, 963, 852
49 (3609 +8)	Simon Bourne	3728	1222, 1216, 1290
50 (3689 +14)	John Elliott	3477	792, 904, 943, 838
51 (3783 +4)	Richard Spendlove	3244	1096, 1063, 1085
52 (4014 +2)	Alistair Tinto	2503	898, 897, 708
53 (4347 +4)	Stephen Warner	1910	936, 974
54 (4474 +2)	Jane Hodgson	1672	794, 878
55 (4805 +10)	Esther Logue	1065	1065
56 (4976 +12)	John Rawden	963	963
57 (5123 +11)	Bob Steeper	867	867
58 (5266 +14)	Pat Thorpe	693	693
59 (5266 +14)	Graham Booth	693	693
60 (5278 +14)	Christine Smith	669	169, 139, 361
61 (5367 +14)	Paulette Noot	391	391

UK Orienteering League 2017 – Final Club Positions

RankClub Points Contributing members

1	BOK	6844
2	SYO	6418
3	OD	6415
4	TVOC	6026
5	HH	5969

6	EPOC	5712	Andy Thorpe (M45), Adam Thorpe (M16), Philip Thompson (M80), Gill Ross (W65), Sarah Pedley (W16), Mike Pedley (M55), Alasdair Pedley (M18), Richard Payne (M65), James Logue (M45), Laura Harrison (W16), Emma Harrison (W45), Judith Goodair (W75), Guy Goodair (M80), Jonathan Emberton (M55), Julie Couch (W55)
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Xplorer/Junior Development

Viv Barraclough, Coach, East Pennine Orienteering Club

Young Orienteering Leader Award for 14-19 year olds

To be held in 2018 with priority places for EPOC members. This is 6 hour certificated course which enables young leaders to lead orienteering activities in school or centre grounds with staff present or to assist with coaching at other venues. The course will be free to participants as I have a small grant from My Club People to support volunteers from this age group. There are incentives available for those who volunteer within the sport, although this is not a requirement of the course, including a Nike t-shirt for the first person to log 20 hours of volunteering!

Please let me know by Saturday 9th Dec if you would like to attend this course and we'll arrange a suitable date then open it up to others. The venue for the course will most likely be Cliffe House, Shepley, Huddersfield. I'll be at the YHJS training on 9/12/17 if you want to discuss details or contact me at viv.barraclough@cantab.net

Uniformed Groups' Championships

Advance notice that it is intended to use the Oakwell Hall event on Sunday 13th May 2018 for this Championship. All members of Uniformed Groups welcome to enter as teams or individuals. Last time we had Cubs, Scouts and Explorer Scouts, please help spread the invitation to your local groups.

More details from Viv viv.barraclough@cantab.net

Juniors



YHOA Squad training

Photo's Viv Barraclough



British Schools Score Orienteering Championships

EVENT REPORTS AND RESULTS

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

EBOR Autumn Series, Rawcliffe & Clifton Ings - 30 Sep 17

Sprint		Long	
5 Jean Lochhead	23.19	12 Neil Croasdell	71.26
Medium			
20 Jackie Page	76.48		

British Sprint Championships, Campbell Park Milton Keynes - 30 Sept 17

Class	Heats	Final
M14		
William Martland	15.16 (24)	B 15.39 (4)
M45		
James Logue	15.56 (1)	A 17.28 (1)
David Harrison	24.41 (9)	B 27.34 (14)
M50		
Simon Martland	15.20 (1)	A 15.59 (2)
M55		
Jon Emberton	13.55 (5)	A 19.19 (12)
M65		
Richard Payne	13.15 (2)	A 17.08 (9)
M80		
Guy Goodair	13.07 (1)	A 20.47 (3)
W16		
Laura Harrison	19.43 (5)	A 19.18 (6)
W45		
Emma Harrison	16.31 (4)	A 18.12 (4)
Helen Martland	19.01 (7)	B 21.23 (8)
W65		
Jane Payne	16.38 (6)	A 23.50 (10)
W75		
Judith Goodair	17.02 (3)	A 24.24 (4)

British Middle Distance Championships, Wendover Woods - 1 Oct 17

M45		W16	
3 James Logue	39.07	8 Laura Harrison	39.49
52 David Harrison	78.54	W45	
M55		5 Emma Harrison	46.29
Mp Jon Emberton	42.20	W65	
M65		17 Jane Payne	65.06
7 Richard Payne	46.22	W75	
M80		3 Judith Goodair	43.34
4 Phil Thompson	62.46		
7 Guy Goodair	88.24		

EBOR Millennium Bridge & Fulford Ings - 7 Oct 17

Medium		Long Butterfly	
10 Sue Levinson	34.14	41 Jackie Page	38.12
Long		42 Jean Lochhead	41.38
14 Guy Goodair	27.53		

NN October Odyssey - 7 & 8 Oct 17**Washington - 7 Oct 17****MUV 4.9km 55m**

14 Fred Ross 68.40

WUV 2.6km 40m

3 Gill Ross 33.48

Hamsterley Low Redford & Windy Bank - 8 Oct 17**M70S 3.1km 90m**

1 Fred Ross 76.48

W65 3.1km 90m

1 Gill Ross 79.35

PFO Autumn Series, Aitken Wood Barley - 8 Oct 17**Blue 5.2km 225m**

7 Emma Harrison 60.15

9 Davey Averill 61.39

16 Laura Harrison 75.50

19 Ian Couch 78.39

20 Mathew Averill 82.33

22 David Harrison 91.19

Green 4.2km 180m

5 Julie Couch 57.57

Light Green 3.4km 130m

3 Mike Thorpe 76.53

LOG East Midlands Urban League, Stamford - 8 Oct 17**MUV 5km 55m**

15 Neil Croasdell 47.57

MWOC Junior Home International, Gwanas - 7 & 8 Oct 17**M18 7.6km 345m**

1 Alasdair Pedley 61.41

W16 4.6km 250m

10 Sarah Pedley 77.09

Relay**Men**

7 England D 94.53 (A Pedley 36.05)

Women

6 England C 104.56 (S Pedley 33.22)

MDOC Finland 100 Classic, Lyme Park - 14 Oct 17**Blue 6.5km 220m**

3 Richard Payne 65.40

23 Ian Couch 87.56

Green 4.4km 120m

19 Paul Jackson 62.57

30 Rod Shaw 75.56

Julie Couch rtd

Short Green 2.6km 60m

4 Judith Goodair 47.06

5 Guy Goodair 49.04

15 Margaret Shaw 63.02

18 Phil Thompson 71.04

SYO British Schools 45 min Score Champs, Rother Valley Country Park - 14 Oct 17**Year 5**

20 Joseph Barraclough 120pts

Year 7

4 Luke Barraclough 180pts

Year 8

14 Seth Barraclough 160pts

Informal Score

7 Will Barraclough 210pts

12 Viv Barraclough 195pts

MDOC Finland 100, Stockport Urban - 15 Oct 17**MJ 3.6km 65m**

3 William Martland 36.31

WV 5.3km 95m

Helen Martland rtd

EBOR Yorks Urban League, Selby - 15 Oct 17**WO 5km**

8 Laura Harrison 50.56

MV 5.9km

10 David Harrison 59.31

WV 5km

3 Emma Harrison 46.43

WUV 2.7km

1 Gill Ross 39.50

2 Juliet Morgan 42.34

3 Jackie Page 43.07

9 Jean Lochhead 49.14

15 Sue Levinson 65.33

WHV 2.7km

1 Judith Goodair 41.18

MUV 3.9km

3 Richard Payne 36.32

25 Fred Ross 66.14

27 David Morgan 70.14

Neil Croasdell m17

MHV 2.7km

2 Guy Goodair 37.16

AIRE Night Score, Central Bradford - 18 Oct 17**60 min score**

10 Davey Averill 289 pts

EBOR Autumn Series, Easingwold - 21 Oct 17**Trail Sprint 1.2km**

6 Jean Lochhead 13.50

Long Trail and Path 3.8km

3 Gill Ross 36.14

6 Fred Ross 43.51

Sprint Course 2.7km

14 Jackie Page 32.02

Long Urban Course 6.8km

17 Neil Croasdell 56.06

PFO Club Champs, Midgley Moor - 21 Oct 17**60 Min Score**

4 Graham Lloyd 195 pts

16 Jon Emberton 145 pts

33 Jo Emberton 105 pts

34 Rebecca Lloyd 100 pts

SELOC Lever Park, Horwich - 22 Oct 17**Blue 6.5km 110m**

13 Richard Payne 61.39

Green 5km 95m

Neil Croasdell m 12

Short Green 3.8km 85m

10 Jean Lochhead 57.18

12 Mick Wood 65.27

HALO Middle Distance Race, Londesborough - 28 Oct 17**Very Short Green - 1.9km, 90m**

1 Judith Goodair 36.34

Short Green - 3.0km, 90m

7 Philip Thompson 53.03

8 Jean Lochhead 55.29

11 Guy Goodair 61.39

Green - 3.3km, 75m

2 Emma Harrison 34.32

3 Julie Couch 39.38

15 Neil Croasdell 55.19

24 Michael Wood 80.09

Blue - 4.1km, 170m

7 Ian Couch 48.01

Brown - 4.6km, 180m

2 David Harrison 64.23

DVO East Midlands Urban League, Holmebrook Valley - 29 Oct 17**2 (M40+/W18-35) (length 7.3km, 105m)**

22 David Harrison 67:31

23 Megan Harrison 68:26

3 (M55+/W40+) (length 5.5km, 75m)

5 Richard Payne 41:18

15 Emma Harrison 44:17

5 (W65+) (length 3.6km, 40m)

4 Gill Ross 43:57

12 Jane Payne 52:42

14 Jean Lochhead 55:01

16 Judith Goodair 56:05

19 Jackie Page 57:23

4 (M65+/W55+) (length 4.2km, 60m)
40 Neil Croasdell 47:05
49 Fred Ross 56:57
mp Guy Goodair 50:55
Missing no 7

6 (M16-/W16-) (length 4.0km, 65m)
2 Laura Harrison 37:15

SOC UK Urban League, Southampton City Race - 4 Nov 17

MUV 4.05km

6 Richard Payne 26.38
52 Fred Ross 49.37
David Morgan dnf

WUV 3.3km

18 Juliet Morgan 40.01
20 Gill Ross 40.43
24 Jane Payne 43.55

SOC November Classic & Southern Champs, Highland Water - 5 Nov 17

M65L

5 Richard Payne 63.47

M70L

8 Ian Couch 72.30

M70S

8 Fred Ross 75.52
11 David Morgan 89.46

W55L

9 Julie Couch 74.08

W65L

4 Gill Ross 75.02

W65S

4 Jane Payne 80.26
W70L
10 Juliet Morgan 91.20

AIRE Regional Event, Great Tower Wood - 5 Nov 17

Blue 5.2km 275m

12 Graham Lloyd 68.03

Green 3.5km 175m

67 Paul Jackson 90.32

Short Green 2.5km 150m

6 Rebecca Lloyd 73.33

NOC Regional Event, Shirebrook Wood - 5 Nov 17

Orange 2.9km, 35m

2 Sue Levinson 71.10

Short Green 3.2km, 55m

14 Guy Goodair 52.42

19 Michael Wood 55.53

31 Philip Thompson 61.56

36 Jackie Page 69.15

37 Judith Goodair 74.46

40 Jean Lochhead 79.52

Blue 5.8km, 140m

11 Emma Harrison 59.36

Brown 7.7km, 165m

19 David Harrison 111.00

SYO Local Event, Botanical Gardens - 11 Nov 17

Orange (length 2.4km, climb 70m)

33 Sue Levinson 54:32

Urban (length 5.7km)

27 Gill Ross 75:09

29 Fred Ross 85:25

CLARO Yorks Night League, Conyngham - 11 Nov 17

Medium Course 2.8km 80m

1 Emma Harrison 26.58

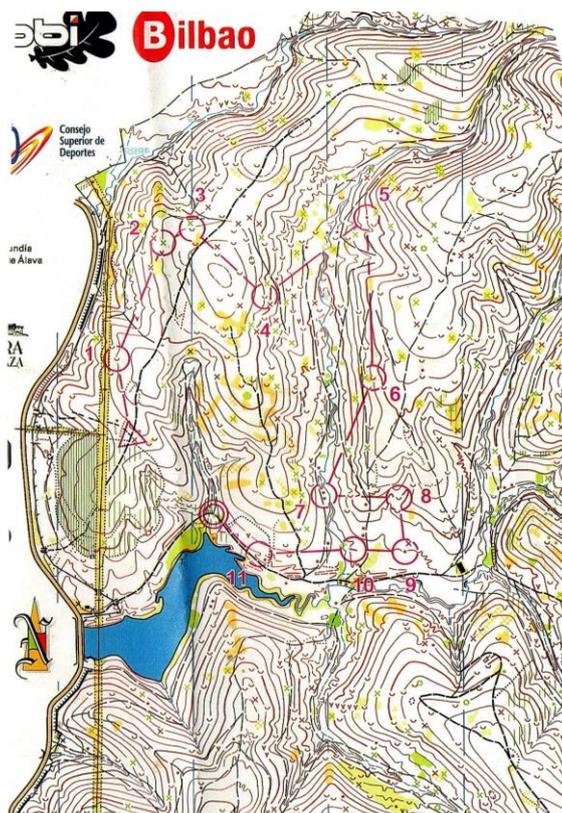
14 Rod Shaw 53.19

BILBAO CITY RACE 2017

Jackie Page



Three events packed into two days: a middle distance, a night urban and The City Race! Early(very) on Saturday morning we navigated, in the dark, to the 7.30 coach taking us to the Middle Distance Event. A fleet of coaches actually, taking over 1000 competitors high into the hills. The scenery, which on a brighter (or lighter) day would have been amazing, but with the darkness, mist and drizzle didn't quite inspire us as intended. We arrived at the sports complex (which turned out not to be very...). Wonderful - time for a coffee and some light refreshment - we thought. Instead we found a few deserted huts and half a dozen scruffy portaloos. The rain was beating down at this stage so the drivers allowed us into the coaches but an hour later evicted us and locked up the coaches. Together in one coach, they all disappeared, presumably to find a CAFÉ! Four of us (Guy and Gerry had decided not to join us for this race - they were 'saving themselves' for the main event - obviously read the details more clearly!) waited for our starts, by this stage pretty cold and wet and carrying our bags, as the ground was muddy. By the time Judith and Jean had started (10 ish), a few tents had appeared. We grabbed a cup of water (intended for finishers) and sheltered in the clothing shop, along with hundreds of others. A clothing dump appeared with plastic sheeting and bags. Suddenly the sun appeared - things were looking up!



The area, Legutio, was interesting and quite demanding, with much contour detail and few catching features. Jean particularly enjoyed it and had a good run. Judith, Neil and I less so!

After a long morning, an hour's drive took us back to Bilbao by a different route. Here we found Guy and Gerry looking remarkably chilled!

NA CASILDA - ABANDOIBARRA

ESCALA: 1:4.000
ETASUNA / EQUIDISTANCIA: 2.5 M

Bilbao **CETB** **Bilbao City Race** **CITY RACE EURO TOUR** **NIGHT SPRINT 11 NOVIEMBRE 2017**

BCR | NIGHT SPRINT

	F65	1,2 km	5
1	31 → Δ		○
2	40 → ■		◀
3	33 ↓		○
4	36 → ▯		○
5	58 → Δ		○
6	57 → Δ		○
7	59 → Δ		
8	60 → ■		◀
9	78 → ▯		▯
10	82 → Δ Δ		▯
11	87 → ▯ Δ		○
12	200 → ○		○

○ 90 m →

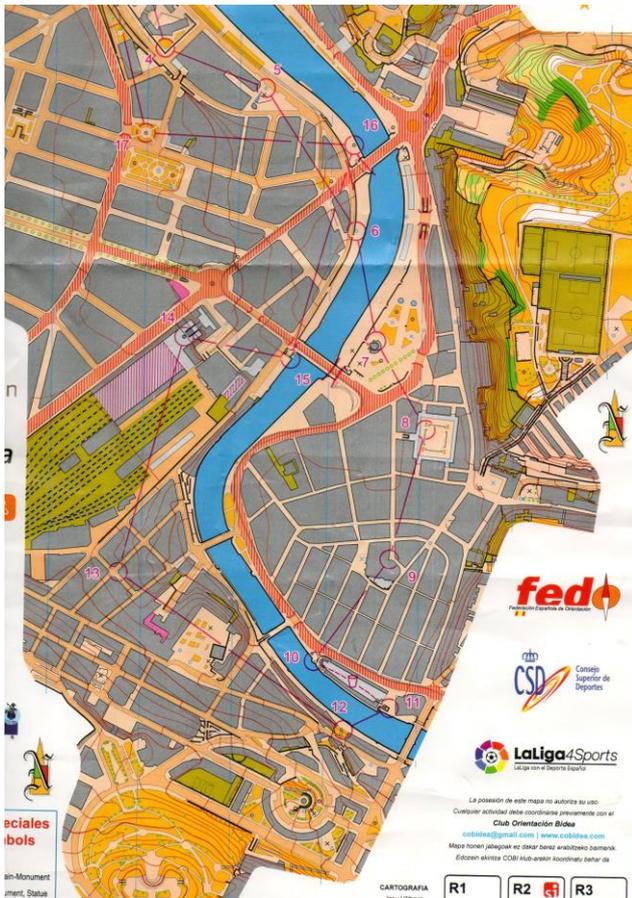
Logos: euskotren, Az, Deia, LA RIBERA GASTRO PLAZA, Bizkaia, euskaltel

La posesión de este mapa no autoriza su uso. Cualquier actividad debe coordinarse previamente con el Club Orientación Bidaso. cobidea@gmail.com | www.cobidea.com

R3 **CARTOGRAFIA** **TOPOGRAFIA** **RGBimage** **Impresión Digital**

The Night Sprint was a short, fast race around ornamental gardens and the riverside with a large swathe of out of bounds through the middle and on a scale of an interesting 1:4000. The evening was mild - 17degrees - and the course fairly well lit. We all enjoyed our run, especially those with 'fresh feet'.





The main event, The City Race, started and finished alongside the Guggenheim Museum. This in itself was an amazing building surrounded by various unusual artworks, including the spider and the puppy, which were really impressive. The race was interesting and exhausting. The planner had included many of the buildings of architectural interest (some of which, such as the station and fishmarket, we had to run through) and sculptures, visiting the old town as well as the more modern parts of the city. Throughout the course many roads were uncrossable and route choice was crucial as there were many routes between controls and many which turned out not to be! Navigating over, under or across the bridges was often tricky. The bridge near control 16, was particularly challenging as to what was allowed, in order to cross it and didn't become clear, even when you reached it (we're still discussing it!). The drinks station, between controls 10 and 11, was in the fishmarket (see below), to ensure everyone went through there rather than the out of bounds road next to it. It was quite a drag up and down all the stairs but we were rewarded with some water.



It was a long race for an urban but it did take us to many interesting parts of this lovely city.

No prizes for our endeavours this time, however Neil did receive a luxury fleece, as a spot prize. We all enjoyed our trip.



Relaxing at the end!

Bilbao Euro City Race Weekend - 11 & 12 Nov 17

Middle Distance Legutio - 11 Nov

Mens Vet 35+ 3.8km 110m

4 James Williams 39.40

Mens Ultravet 2.3km 95m

Neil Croasdell dnf

Womens Ultravet 2km 75m

7 Jean Lochhead 44.47

15 Judith Goodair 64.00

16 Jackie Page 67.45

Night event Bilbao - 11 Nov

Mens Vet 35+ 3.1km 30m

3 James Williams 16.32

Mens Ultravet 1.3km 5m

11 Neil Croasdell 13.43

19 Guy Goodair 19.45

Womens Ultravet 1.2km 5m

9 Judith Goodair 13.34

10 Jackie Page 14.09

14 Jean Lochhead 18.29

Classic City Race, Bilbao - 12 Nov

Mens Vet 35+ 10km 175m

mp James Williams 46.56

Mens Ultravet 6.9km 70m

16 Guy Goodair 56.50

26 Neil Croasdell 75.43

Womens Ultravet 6.3km 60m

12 Judith Goodair 58.47

16 Jackie Page 63.09

Jean Lochhead Dnf

LEI East Midlands Urban League, Shepshed - 12 Nov 17

Course 2 (length: 6.8km, climb: 90m)

8 Joey Scarf 60.27

17 David Harrison 71.39

18 Megan Harrison 71.45

19 Laura Harrison 72.53

Course 3 (length: 5.6km, climb: 90m)

6 Richard Payne 45.27

9 Emma Harrison 48.52

Course 5 (length: 3.7km, climb: 50m)

8 Jane Payne 57.57

CLARO Beecroft & Swinsty - 19 Nov 17

Brown 7.3km 160m

Davey Averill w3 87.11

Blue 5.5km 150m

22 Emma Harrison 64.44
34 Laura Harrison 74.54
44 Rod Shaw 108.00

Green 4.5km 85m

5 David Harrison 54.17
12 Julie Couch 58.34
30 Brian Mellor 66.43
54 Paul Jackson 86.11
55 Helen Martland 87.07
58 Fred Ross 91.55

Short Green 2.8km 70m

8 Gill Ross 70.44
10 Judith Goodair 74.35
15 Mick Wood 87.01
16 Philip Thompson 87.25
17 Jackie Page 90.26
19 Jean Lochhead 94.10
22 Margaret Shaw 100.22
Guy Goodair w4 78.43

Light Green 2.8km 65m

5 William Martland 46.29

Orange 2.8km 60m

5 Sue Levinson 48.50

SYO Yorks Night League, Ecclesall Woods - 25 Nov 17

Medium (length 2.9km, climb 60m, 13 controls)

4 Emma Harrison 30:00

SYO Regional Event, Ecclesall Woods - 26 Nov 17

Yellow (length 2.4km, climb 30m)

11 Joseph Barraclough 26:59

Orange (length 3.0km, climb 55m)

1 Luke Barraclough 25:19
Seth Barraclough rtd Missing nos 7-10

Very Short Green (length 2.6km, climb 60m)

4 Joy Mellor 65:26

Short Green (length 3.3km, climb 60m)

10 Helen Martland 45:08
13 Gill Ross 50:17
21= Jean Lochhead 60:43
23 Jackie Page 60:44
32 Philip Thompson 66:46
44 Margaret Shaw 88:43

Green (length 4.4km, climb 120m)

1 Viv Barraclough 42:05
16 Julie Couch 57:32
47 Neil Croasdell 76:46
48 Keith Sykes 78:40
49 David Harrison 78:41
52 Brian Mellor 83:09
57 Fred Ross 102:57
60 Kyne Bordon 138:20
Rod Shaw 70:32

Missing nos 7,10 mp

Blue (length 6.4km, climb 170m)

7 Emma Harrison 58:40
15 William Barraclough 65:05
47 Ian Couch 86:06

Brown (length 8.1km, climb 190m)

22 Andy Thorpe 84:35

BAOC MLN, Laver Barracks Ripon - 29 Nov 17

Light Green 3.9km 40m

17 Neil Croasdell 54.07
22 Jean Lochhead 59.35
24 Judith Goodair 63.52
27 Sue Levinson 65.55
28 Guy Goodair 67.00
30 Jackie Page 67.54

Blue 6.1km 65m

9 Davey Averill 52.59

YHOA URBAN LEAGUE – 2017

Congratulations to the following EPOCies who came in the top 3 of their age class. MYJ – 2nd Seth Barraclough, MJ – 2nd William Martland, WJ – 3rd Laura Harrison, MV – 1st Simon Martland, WV – 2nd Emma Harrison, WUV – 2nd Gill Ross, MHV – 1st Guy Goodair, WHV – 1st Judith Goodair. **Prize giving will be at Storthes Hall on 28th January 2018.**

Full overall results at www.yhoa.org.uk

YHOA URBAN LEAGUE – 2018

Details will be available at www.yhoa.org.uk when known.

YHOA SUPER LEAGUE - 2017

Details and results so far at www.yhoa.org.uk

The final event for the 2017 league will be:-

17 Dec 17

SYO (C) – Blackamoor, Sheffield

The prize giving will be at Storthes Hall on 28th January 2018.

YHOA SUPER LEAGUE - 2018

Details will be available at www.yhoa.org.uk when known.

YHOA NIGHT LEAGUE – 2017/18

For full details and results for the 2017/18 Night League go to www.yhoa.org.uk

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

Everyone welcome. We tailor the runs to accommodate those who turn up and we cater for all standards!

Further details and updates from Graham Lloyd
Phone: 01422 882899 or Email: egrahamlloyd@yahoo.co.uk

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

Usually at 10am but sometimes 9.30am. We move around the hills and dales keeping out of towns. The runners do about 1 ½ to 2 hours while the walking group aim for around 2 to 2 ½ hours, don't slouch but aren't aggressive either. The run/walk usually ends up with a pub lunch. Contact Jackie Page 01484 316170 or Roland Sansom 01484 862475. Alternatively email either Jackie or Roland to put your name on the mailing list which goes out each weekend with the following Wednesday's details.

FIXTURES – December 2017 to February 2018

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

www.britishorienteeing.org.uk

Date	Club/Region	Type/Area	Location
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December

3	AIRE/YHOA	Regional Event, Middleton Woods	Ilkley
9	HALO/YHOA 	YHOA Night League, Beverley Westwood	Beverley
10	HALO/YHOA	Regional Event, Beverley Westwood	Beverley
10	DVO/EMOA	East Midlands Champs, Eyam Moor	Grindleford
17	SYO/YHOA	YHOA Superleague, Blacka and Totley Moors	Sheffield
23	EPOC  	YHOA Night League, Ogden	Halifax
24	EPOC 	Christmas Score Event, Ogden	Halifax
30	EBOR/YHOA	Regional Event, Skipwith Common	Selby

January 2018

1	AIRE/YHOA	New Year's Day Score, Northcliffe	Shipley
1	DVO/EMOA	EMOA Urban League, Buxton	Buxton
6	AIRE/YHOA 	YHOA Night League, Temple Newsam	Leeds
7	AIRE/YHOA	Regional Event, Temple Newsam	Leeds
14	SYO/YHOA	Regional Event, Rivelin	Sheffield
20	EBOR/YHOA 	YHOA Night League	York
20	EUOC/SOA	EUOC Big Weekend, Urban	Edinburgh
21	EUOC/SOA	EUOC Big Weekend, Arthur's Seat – Holyrood Park	Edinburgh
28	EPOC 	Alistair Tinto Memorial Event, incorporating YHOA Middle Distance Champs, Storthes Hall	Huddersfield

February

4	AIRE/YHOA	YHOA Superleague Middle Distance, Calverley	Leeds
11	NOC/EMOA	EM League, Bestwood Country Park	Nottingham
11	CLOK/NEOA	Regional Event, Coate Moor	Great Ayton
17	SROC/NWOA 	Northern Night Championships, Nicky Nook	Garstang
18	SYO/YHOA	YHOA Superleague, Tankersley	Sheffield
24	SBOC/WOA 	British Night Championships, Pembrey Country Park	Llanelli
25	SWOC/WOA	BNC Weekend National Event, Margam Forest North	Margam
25	EBOR/YHOA	Regional Event, Birch Hagg	Pickering

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