Epistle

No. 205

February - March 2011

Photo: Fred Ross, Aire

The start of the 1 hour Score at Norland Christmas Event

NEWSLETTER AWARDS 08 09

CompassSport

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

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EDITORIAL

Following on from our successful event at Marsden Moor, we have a busy few months ahead. We have an event at Honley on 13th March and the British Relays on 15th May. Dickie Wren is doing a fantastic job as co-ordinator of the relays and has approached people to be team leaders. We will need as many people as possible to help out on the day to make the event a success so please don't wait to be asked and volunteer to help out.

Viv Barraclough has also been doing a lot of work behind the scenes to develop an EPOC club night offering a weekly training/coaching session which will accommodate the needs of all club members and may encourage some new comers as well. This is an exciting new venture for the club and has been successfully run by other clubs over a number of years. See Viv's article later in the Epistle and look out for further details in the near future.

We have just under 30 people entered for the Compass Sport qualifying round which is slightly less than previous years. Hopefully we will still qualify and if we do, please keep Sunday 16th October free to support your club at Longshaw (opposite Burbage) as we will need as much

effort as we can gather if we are to have any chance of beating FVO!

Emma Harrison

CHAIRMAN'S CHAT

It seems no time at all since we were taking part in the Compass Sport Trophy final and it's the first (and only) qualifying round for 2011 next week at Silton. Hopefully we will have a good enough turn out to get through so we can have another crack at FVO at Longshaw in the Autumn.

Our recent events at Norland, Elland and Marsden all seem to have gone really well although the attendance at Norland and to a lesser extent Marsden were less than they deserved given all the hard work that went into putting them on.

Despite sub zero temperatures and snow at Norland, those who travelled to Dick and Martin's event were treated to a very social affair and likewise at Elland, having the cricket club open meant there was a nice focal point for those attending the event. Last weekend's event with Richard's high quality planning and Ian's good organisation on one of our most exposed and physical areas made sure the event went very smoothly and with good teams of helpers all these events who all share the load.

Our next club event will be Honley in March when hopefully the weather will have started to get a bit warmer. Under the new event structure, this is classified as a ' level C event' which is the level reserved for what we fondly knew as 'District or Colour Coded Events' before the confusing departure into Regional Events.

The British Relays in May is now fast approaching and Dickie Wren has been putting in an awful lot of work organising this on behalf of the club. Plans are well advanced and whilst many of the team leaders have been found, there is still plenty to do in advance and on the day itself so please help out where you can. With the JK being over in Northern Ireland there may not be that many of you going but please let me know if you are travelling over and want a relay run and I will see what I can arrange. Likewise with the majority of us being involved in the British Relays we probably won't be entering many teams this year.

Re-establishing the club night is well on its way so watch out for the updates from Viv in the next few months. With all the efforts going into the British Relays in May, we won't be running the series of Wednesday evening local events this year but in combination with the club nights intend putting on events periodically on Saturday mornings which fits in with the aims of BOFs participation strategy of having more low key events locally.

Finally I would like to thank Graham for the time and effort he has put into calculating all the permutations and scores that went into the club league. A key driver behind the format of the league is giving all members the opportunity to gain points and encourage more involvement in the sport. It's our first go at running a league in this way and goes far beyond the BOF ranking list which hopefully makes its more interesting so please do let us have your comments and suggestions.

Best wishes
Alistair Tinto

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 March

Look forward to hearing from you!

Membership detail changes

Please note that for security I will only display new or change of **email** addresses in the Epistle. You will continue to receive a paper copy of the full membership directory each year including phone numbers, postal and email addresses.

Changes to email addresses:

Graham Lloyd – thellloydfamily@tiscali.co.uk (note 3 l's)
Ian McMillan - imcmhudds@talktalk.net

What has your committee been doing?

Committee meeting - Tuesday 18 January 2011
at Marsh Liberal Club

Present: Rebecca Lloyd, Bob Page, Alistair Tinto, Emma Harrison, Martin Reynolds. Viv Barraclough, Dickie Wren, Paul Taylor 7:50.

1. Minutes of last meeting Coming up in the agenda

   Fixtures – We may need to move our Holmfirth event as it clashes with MDOC weekend double event. Dickie will talk Mike Cope about it. Bob will ask Jean Lochhead if she would like to plan it at some point. Other events that need filling are everything after the British Relays, apart from Ian and Julie Couch planning Storthes. We will look at doing a series of Saturday events. We have been asked to do some events at Hardcastle Craggs. Jonathan may be able to set up a club night in the Calder Valley.
   After Marsden Ian M is not doing any more mapping. Mike P is mapping the urban area. Ian C wanted to know if we are mapping the University. There is permission to do this.
   Honley map may need some minor amendments. Paul suggested that Guy G might be interested in organising Holmfirth, Bob will ask him. That map may need a couple of tweaks but that is it.
   It was suggested that we use Royds Hall for the December event, possibly with the night event the night before to get away from the issues about getting controls out in the morning. Alistair has volunteered to plan this.
   Permanent courses are also something that needs keeping an eye on. Martin has offered to try an idea using geocaching to promote orienteering, as this can be monitored.
   Paul will ask Chris Burden if he would be willing to lead a mapping course, possibly at Storthes to put together a map for Storthes for the autumn.

There is a controller's course on Sat 5th March at Ilkley which is very cheap. There is an SYO planner's course at Hallam over 4 Weds evenings, but this would be very difficult for most members to get to.
There is an event safety support course on a Sat morning at Leeds university, which we would possibly have to have someone trained in.
Viv has suggested that we apply for a grant to get kit for orienteering, and will talk to Guy Goodair about mapping Greenhead Park.
We should aim to have a list of events for the year to hand out at our events so that people know what is coming up. We should also possibly cross advertise with fell runners and walkers.
Bob has offered to organise people to do Sat morning informals.

2. Club night – Viv is persisting as West Yorkshire sport has promised to get us a venue. We have yet to agree a night and a time. Possible venues are Greenhead or Newsom colleges. The optimum time seems to be 6:30 -8. Viv is sending the document to Emma to include in the Epistle. If we had this then we can look to going towards going for the Clubmark. Viv is going to ring all the members to find out who has coaching and/or first aid course. We could try to piggy back the launch of Greenhead Park as our launch for club night with a Come and Try It event. The grant application is in so Viv can get publicity sorted and has a budget for this. Paul will give Viv a list of the maps.
   We should try set up a series of Saturday events to follow the club nights.
3. Compass sport trophy – we have about thirty members taking part and are desperate for juniors.
4. Secretary's report – Nothing to report.
5. Treasurer's report – we made a loss at the Christmas event, we need to make more money next time.
6. Club Championships – Graham has requested money for trophies for the champs, the committee agreed that we have trophies, but this year stick to certificates for 2nd and 3rd, they would also like to officially thank Graham for all his hard work and would think that with the start of club night that next year the participation would be greater.
7. British Relays – Bob is arena manager, Jon Emberton and Phil Scarf – car parking, Mike Pownall is putting together a team for results, Richard Payne and Martin, are sorting Start and change over, Paul and Amanda are sorting prize giving. Graham and Rebecca will do Naughty numbers which is instead of a string. Dickie wants to have at least one team leaders meeting. Suggested that we meet at Marsh Liberal club. We have two functional laptops and two printers. Dickie is going to get a printer for the use of relays etc.
8. AOB Martyn Hodgson does not want to continue with organising Fabian pre-entries as he does not orienteer much any more, we need to find someone to take over from this.
9. Date of the next meeting. 8th March 2011 at 7:30.

Are you an MP3 Player?!

Viv Barraclough

Over the next few weeks please expect a phone call from your club coach. I won't be asking you to help at an event, not on this occasion anyway. We, the committee, would like to know how you, the members, would like the club to develop.

If we take British Orienteering's MP3 vision and apply it to EPOC we would hope to see;
more people: an increase in participation in orienteering related activities, and an increase in club membership. In particular we would like to see more juniors participating
more places: an increase in the number of areas locally in which we are able to orienteer, in particular small, accessible areas where we can hold training events in order to see...
more podiums! wouldn't every orienteer like to perform better?

We are sure that there is something in this vision that everyone shares and we'd like to hear your ideas. Maybe you'd like some technical coaching or some strength training (much more fun with others!) Perhaps you would enjoy learning how to use OCAD and doing some mapping. You might have a desire to achieve a coaching qualification or help with a junior section. So please share your ideas. I look forward to speaking to you!

PS Many development achievements will count towards Clubmark accreditation for EPOC, which would make the club even more attractive and accessible to families.

Club Nights

Viv Barraclough
Lead Coach, EPOC Club Nights

EPOC is soon to have it's very own Club Night! As you may know from reading about other clubs in Focus, this will be a weekly session, held at a fixed location with indoor facilities, but also making use of local outdoor areas. There will be time for both brain and body exercise and socialising. Activities will include technique and fitness training for both newcomers and experienced orienteers, such as map memory, pacing and distance estimation, use of IOF symbols, fun relays, running on a compass bearing, circuit training, terrain runs, map-making, street-O, hashing, core stability and time at the beginning and end for a drink and chat. Some participants will want to put in a lot of effort and push themselves physically. They may want to keep event performance analysis records and discuss routes and split times, others will want the emphasis on the social aspect of training with others. There will be something for everyone.

Non-club members are very welcome, and it would be brilliant if every club member could bring along new people to introduce to orienteering. We do need to look after newcomers well and I will need to sign up a helper for each session to assist in whatever way they prefer.
Time, day and venue are yet to be finalised, we are working with British Orienteering and West Yorkshire Sport to provide high quality yet affordable activities. In the meantime please contact me if you have any suggestions or would like to offer wisdom or skills. Someone to teach a bit of yoga?!

Publicity is going to be important for both club nights and our forthcoming series of informal events. We would like to use existing contacts which members have with schools, work and other organisations. Word of mouth is particularly effective but posters and flyers will be available for distribution.

I will post the final details about club night by email as soon as possible.

EPOC Club Championship 2010 – Final Results

Graham Lloyd

(Please ask Graham if you want a copy of the complete table in excel – it doesn't copy well into word! – Ed)

			Vets	Ladies	Junior	Points	Races
1	Megan Harrison	LLEW & LREW		1	1	19	6
2	Richard Payne		1			23	6
3	Graham Lloyd	MLEW	2			29	6
4	Laura Harrison			2	2	34	6
5	Pat Aspinall		3	3		39	6
6	Alistair Tinto		4			54	6
10	Emma Harrison		5	4		58	6

7	Ian Couch		6			59	6
8	Richard Aspinall		7			84	6
9	Rebecca Lloyd		8	5		100	6
11	David Harrison		9			101	6
13	Siarlot Lloyd			6	3	111	6
14	Jackie Page		10	7		140	6
15	Julie Couch		12	8		92	5
16	Guy Goodair	MREW	11	9		98	5
18	Amanda Crawshaw	LMEW		10		103	5
19	Judith Goodair		13	11		104	5
17	Steven Wood		14			124	5
20	Bob Page		15			145	5
32	Neil Croasdall		16			179	5
33	Linda Hayles		17	12		197	5
37	Richard Wren					107	4
47	James Logue		18			110	4
12	Jonathon Emberton		19			123	4
21	Phil Scarf		20			128	4
22	Richard Spendlove		21			129	4
23	Adam Thorpe				4	139	4
24	Jackie Scarf		22	13		142	4
25	Andy Thorpe		23			151	4
26	Sam Crawshaw				5	161	4
27	Anthony Greenwood		24			182	4
28	Mike Thorpe		25			183	4
28	Brian Parkinson		26			100	3
28	Mike Pedley	MMEW	27			161	3
31	Paul Taylor		28			165	3
34	James Williams					170	3
35	Sarah Noot			14		173	3
36	Rod Shaw		29			175	3
38	Alasdair Pedley				6	180	3
40	Jean Lochhead		30	15		182	3
66	Gillian Markham		31	16		193	3
39	Joey Scarf				7	197	3
41	Meabh Logue			17	8	201	3
46	Joanna Emberton		32	18		204	3
49	Mike Pownall		33			204	3
50	Michael Wood		34			207	3
51	Raymond Stone		35			211	3
54	Pat Thorpe		36	19		216	3
56	Heather Pownall			20	9	219	3
58	Margaret Shaw		37	21		221	3
63	Bob Steeper		38			232	3
65	Esther Logue			22		234	3
67	Anna Thorpe			23	10	184	2
70	Paul Jackson		39			191	2
73	Alex Crawshaw			24	11	207	2
	Phil Thompson		40			215	2
42	Helen Pedley		41	25		217	2
43	Thea Crowther			26	12	224	2
44	Sarah Pedley			27	13	225	2
44	John Elliott		42			236	2
47	Gemma Wren			28		247	2
52	Angharad Scarf			29	14	249	2
52	Paulette Noot		43	30		255	2
55	Jo Buckley			31		256	2
56	David Morgan		44			259	2

59	Juliet Morgan		45	32		260	2
60	Dylan Mitchell				15	269	2
61	Val Pownall		46	33		285	2
61	James Weatherell		47			251	1
63	Oliver Weatherall				16	251	1
68	Ben Scarf				17	255	1
69	A Crowther					256	1
71	Helen Elliott			34		257	1
72	Beth Emberton			35		258	1
74	Will Emberton				18	259	1
75	Heather Gardner		48	36		259	1
76	Matt Dillingham		49			260	1
77	Madi Kelly			37	19	264	1
78	Viv Barraclugh			38		268	1
79	Keith Sykes		50			269	1
79	Helen Sansom		51	39		270	1
81	Alan Hardwicke		52			271	1
82	William Barraclough					272	1
83	Roland Sansom		53			276	1
84	Sue Brant		54	40		276	1
85	Candis Celynkis			41		277	1
86	Claire Hanson			42		279	1
87	Jorgie Kelly			43	20	281	1
88	George Patterson		55			283	1
89	Brian Mellor		56			284	1
90	Colin Burley		57			286	1
91	Elwyn Smith		58			287	1
92	Barbara Lonsdale		59	44		288	1
93	Sam Thompson					289	1
94	Jayne Payne		60	45		291	1
95	Andrew Thompson					293	1

A few comments on the champs:

Firstly I am amazed that 95 people have run under the EPOC banner in 2010...

Secondly we only have 20 juniors who ran under the EPOC name, and of those only 3 competed in 6 out of 15 events!
Thirdly it is also noticeable how few open age and MW 35's we have. If we count MW 35 as vets, then we have even less!

However it is nice to see the Harrison children doing so well, Emma and David need to go a bit faster in 2011 against the average time on their course to catch up!

So congratulations to the following.

For the Overall Club Champion 2010 congratulations to Megan Harrison who is also the Ladies Local Event Winner, and the Regional Ladies Event Winner, on top of that she also wins best lady and best junior! Going to have to get a big shelf for those prizes.
Well done to runners up Richard Payne (who also picks up best vet prize), and Graham Lloyd, (who also picks up the Men's Local Event Winners trophy)

There will only be trophies for the winners of each category. Only 14 out of the 95 EPOCians that competed last year did 2 events in each category. The more we have, the more prizes we can get. WE really want EPOCsies out there flying the EPOC flag. So look at the championship races and choose 2 from each category. I have tried to include at least 2 in each category as close to EPOC as possible! So the official results are:

Overall Club Champion: Megan Harrison
2nd in Club Champs: Richard Payne
3rd in Club Champs: Graham Lloyd

Winner of Vets Category: Richard Payne
2nd in Vets Category: Graham Lloyd
3rd in Vets Category: Pat Aspinall

Winner in Ladies Category: Megan Harrison
2nd in Ladies Category: Laura Harrison
3rd in Ladies Category: Pat Aspinall

Winner in Juniors Category: Megan Harrison
2nd in Juniors Category: Laura Harrison
3rd in Juniors Category: Siarlot Lloyd

Local Event Winner -Ladies: Megan Harrison
2nd in Local events: Ladies: Emma Harrison
3rd in Local Events: Ladies: Laura Harrison

Local Event Winner: Men: Graham Lloyd
2nd Local Event Men: Alistair Tinto
3rd Local Event: Richard Payne

Regional Event Winner Ladies: Megan Harrison
2nd Regional Event Ladies: Laura Harrison
3rd Regional Event Ladies: Emma Harrison

Regional Event Winner Men: Guy Goodair
2nd Regional Event Men: Richard Payne
3rd Regional Event Men: Graham Lloyd

Major Event Winner Ladies: Amanda Crawshaw
2nd Major Event Ladies: Megan Harrison
3rd Major Events Ladies: Julie Couch

Major Events Winner Men: Mike Pedley
2nd Major Events Men: Phil Scarf
3rd Major Events Men: Rod Shaw

And that is it for 2010…..

EPOC Club Championship 2011

Graham Lloyd

……..So on to next year 2011.

With the new event structure things are a little easier in terms of knowing what event is at what level. However, unlike last year fixtures are a little more difficult to project, but here goes:

At present the rating of the new event structure, appears to have only one B category event, EPOC's Marsden Moor event. All the others seem to be either A, C or D… I'm not sure if this is deliberate on the part of BOF or the Fixtures secretaries who haven't got their head around the new level of events:
I understand it A graded events are The JK, British, and those events formerly called National Events.
Level B events are those formerly called Regional, Badge or C3 events.
Level C events are those formerly called District, Colour Coded or C4 events.
Level D events are those formerly called Local, Informal or C5 events.

I propose the following for 2011:

We will still have 15 events to choose from. Your best 2 runs from each category to count. However instead of scoring 1 point for a win 2 for a second etc, you will now score 100 points for a win, 99 for a second etc. If you mis-punch you will score the same number of points as the lowest scorer, but plus 10. So if the lowest scorer is 78 you score 68. If you retire it's the same but plus 20, so if the lowest score is 78 you'd score 58. I want people to go to events and take part, so if you mess up or injure yourself, your run wasn't a complete waste of time! If you don't take part you don't score! The prizes will be based on those scoring most points not least, that will iron out a few anomalies that were thrown up in 2010!
All other rules regarding which courses to enter are the same as last year!
Below are the events so far chosen, again I have tried to spread them throughout the year so there should be enough to choose 2 from each category Also I have gone from the BOF fixtures diary, so events may change. Hopefully now I have my head round what I'm doing a bit more, I'll get results out after each event. So we can see the champs unfold event to event. If anybody thinks there is an event that should be included but isn't please let me know, and I'll see what can be done.
So the 3 types of event will be:

- **Major Events (Major)**
- **"Quality" Events: Level B/C Regional/Badge/Good District/Colour Coded/C3/C4 Events (Regional)**

- **Other Events: Level C/D District/Informal/C4/C5 Events (Local)**

All events are in the table below with the category they count towards indicated.

The following events will count towards the EPOC Club Championships for 2011

30.01.11	CLOK Compass Sport Qualifying Round – Silton, Northallerton	Major
12.02.11	AIRE Night Event – Otley Chevin	Local
20.03.11	SYO Middle Distance – Hugset, Barnsley	Local
27.03.11	NATO Northern Championships - Northumberland	Major
03.04.11	CLARO YHOA Championships - Timble & Asquith	Major
23.04.11	JK Day 2 (Saturday) - Northern Ireland	Major
14.05.11	British Orienteering Championships - Wharncliffe, Sheffield	Major
May 2011	Best EPOC Local event	Local
26.06.11	HALO Urban Event – Beverley	Local
11.09.11	CLARO – Harlow Hill, Harrogate	Local
17.09.11	AIRE – Attermire, Settle	Regional
09.10.11	EBOR – Pickering North	Regional
06.11.11	SYO – Ramsley Moor, Sheffield	Regional
20.11.11	DVO – Stanton Moor, Bakewell	Regional
11.12.11	CLARO - TBC	Regional

NEW COURSE STRUCTURES - 2011

Graham Lloyd

Find below an article on the event structure, it is somewhat tongue in cheek

2011 sees the introduction of a new set of race classifications. Having orienteered for over 20 years the sport has being trying to demystify (or so people think!) itself ever since. (Some connection?) When I first orienteered back in the 6th form in 1979 I went to a Colour Coded event in place called Maulden Woods. I did a Green and took about 2 hours. I had great fun. Sadly the dudes that ran the club left the 6th form college. It was quite clear at that event that the harder courses were darker colours, just like judo! I couldn't wait to be a black belt orienteer. I came back to orienteering as part of my degree at College (I believe it is a University now!) We had to take part in a variety of events, all of which were Colour Coded. No change.
When I went to Leeds University (I believe it is a Russell University now!) I joined their club and went to my first "Informal" event. I took Rebecca, suggesting she might like a cerebral challenge, I also told her she need not run but just amble. The event was being held in small woods at a place called Jerusalem Farm. I ran out in old clothes and a pair of tatty converse basketball shoes!(Not much grip) Rebecca chose walking boots and a waxed jacket for her attire. In terms of the courses available, there was Short, Medium and Long. The short course I was surprised to discover was quite short and the navigation was quite easy. The medium was...I think we get the picture! We then lapsed for about 2 years until a teachers training weekend was put on by Tony Carlyle and Carol McNeil. We both went to that, and enthused went back to school to start orienteering clubs. WE also started to compete much more regularly. We decided after 6 months to enter our first "Badge" event. How was this different from "Normal Colour Coded?" Well out went colours and in came ages and lengths. WE were told that we should run M21B and W 21B. Ah, so at a badge event you raced against your peers…and if you chose to you could do a B course where the distance was shorter, and the navigation just a little bit easier. It was Mulgrave woods, and we realised that Badge events were much more challenging than running round Temple Newsome, say. The best bit was the

pre-marked map! The following year we went to the JK in Scotland. I stepped up to M21A (That was a mistake and a story for another day!)
It was clear that this level of event was probably the most challenging navigationally of all the events we'd been to. It was the same at our first National event near Sheffield somewhere. So 20 odd years ago, there was a clear structure! 4 levels of events.
Informal, Colour Coded, Badge, National/International, each being bigger and better than the predecessor. Some time later, A and B courses for adults were replaced with L and S. So the same navigational challenge, but different distances.
In the 2000's sometime the then chairman (I think) of BOF (as it was then!) suggested in his column in Focus magazine, that perhaps with all the new technologies we demystify the types of event we have. He suggested as we already had National events, that badge be called regional and colour coded be called local. In the next issue he realised that many informal events were already called local so suggested district as a term to be used for colour coded. Almost immediately these terms were adopted. Even though they were not official policy. Orienteering was now in line with many other national sports. A good idea was seized upon. So now when explaining the "pyjama sport" we could talk about different events, and that as you went to the "bigger sounding" events the orienteering got more challenging, both physically and navigationally.
Everyone seemed to like it. However increasingly more and more District events, and local for that matter, were using pre marked maps, a decline in competitors led to some Regional events getting similar numbers to District. Pre marked maps meant there was little difference between regional and district (well district were cheaper!). So a new radical change was implemented. All Regional and below events were to be Colour Coded events, some were called colour coded local, colour coded badge, colour coded regional. We had a 3-tier structure. At the time there was a lot of grass roots orienteers who were very disheartened with these changes. "O" forum boards were hot with vitriol, from both sides. Some of the membership felt alienated by BOF now called BO! Some I spoke to were aghast, that in this day and age of Internet, that the membership could have been more widely consulted. The changes were also to address the issue of declining membership, and the lack of uptake of the sport by younger people. I was really confused by all this. Trying to explain the new event structure to fell runners got me looks of amazement and bewilderment. Last April Rebecca and I went to the BOF AGM in Devon, in an unsuitable hall with poor acoustics, and not enough time for grass roots members to have their say. However the motion to return to a 4-tier structure was passed, the "top table" did not look happy, the floor however did!
So we are almost back to where we were at the start of this article. The "new" 4-tier structure has given us levels of event.
We now have:
Level A events, which attract competitors from **A**ll over the country, lets say a n**A**tional event.
Level B events, which attract competitors, from a **B**ig area or a region of the country, where you might get a **B**adge for doing well: Oh a **B**ig Regional **B**adge event.
Level C events, which attract competitors, form a reasonably **C**lose area, in their district, where Colour Coded courses are definitely on offer. This might be called a **C**lose distri**C**t **C**olour **C**oded event
Level D events which attract competitors from "**D**own the road!" So a **D**efinitley Local event **D**own the road.

Staying with colours seems to be the norm now. Though interestingly when we competed in the Netherlands a few years ago their course were numbered. 1 to 10 with 1 being the hardest, physically and navigationally, and 10 the easiest. I thought at the time that numbering course from 1 to 10 the other way round might be an idea. Course 1 is 1km or so and navigationally the easiest. Course 10 is 10km and navigationally the hardest. My only problem would be with those that want a short distance and a navigational challenge. 3H, 3M, 3E? Just a thought. Planners wouldn't have to put on 12 courses each time. So I wonder what changes to events

are coming along next? If there are any, there definitely needs to be a better conduit for ideas to be exchanged!

COMPASS SPORT TROPHY – 30th January 2011

Please see final details on the CLOK website www.clok.org.uk Entry fees £7/£2 so please have correct amount or pay by cheque payable to 'East Pennine Orienteering Club'. You need to stick to your allocated start time so please don't be late! Good Luck everyone.

EPOC Start times

Times	Name	Age class
Course 1 Mens Open		
11.24	Andrew Thorpe	M40
11.37	Richard Wren	M35
11.50	James Williams	M21
Course 2 Womens Open		
11.12	Emma Harrison	W35
11.51	Amanda Crawshaw	W40
Course 3 M45+, M20-		
10.34	Paul Taylor	M45
10.47	Bob Steeper	M45
11.00	Phil Scarf	M45
11.13	Steven Wood	M55
11.26	Graham Lloyd	M45
11.39	Alistair Tinto	M45
11.52	Jonathon Emberton	M50
Course 4 W45+, W20-		
11.14	Gilly Markham	W55
11.27	Rebecca Lloyd	W45
11.40	Linda Hayles	W55
11.53	Jo Emberton	W50
Course 5 M60+		
11.02	Ian Couch	M60
11.15	Robert Page	M60
11.28	Rod Shaw	M70
11.41	Neil Croasdell	M60
11.54	Richard Payne	M60
Course 6 M75+, W60+		
10.50	Philip Thompson	M75
11.03	Jean Lochhead	W65
11.16	Jackie Page	W60
11.29	Judith Goodair	W70
11.42	Guy Goodair	M75
Course 7A M18-		
Course 7B W18-		
11.27	Siarlot Lloyd	W18
Course 8A M14-		
11.28	Dylan Mitchell	M14
Course 8B W14-		
11.03	Megan Harrison	W12

PHYSIO BENCH

Follow the link on the EPOC website for useful advice about common orienteering injuries and how to deal with them.

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EVENT REPORTS AND RESULTS

HALO YHOA Night event, Normanby Park - 11 Dec 2010

Short Course 2.2km
2 Megan Harrison 38:31

Long Course 4.8km
10 Alistair Tinto 55.30

HALO District Event, Normanby Park - 12 Dec 2010

Blue 6.3km
13 Ian Couch 59.38

Orange 2.7Km
2 Megan Harrison 41:11

Green 4.6km
3 Emma Harrison 50:11
6 David Harrison 54:56

Yellow 2.23Km
1 Laura Harrison 39:42

PFO, Peel Park - 12 Dec 2010

Blue 5.7km 270m
15 Tim Hayles 73:46
16 Neil Croasdell 74:23
22 Linda Hayles 91:59

Green 4.200km 190m
10 Paul Jackson 61.12

EPOC Norland Moor – 19 December 2010

Organiser's comments – Dick Spendlove

Thank you all for turning up on a freezing morning to enjoy the snowy pleasures of Norland Moor. We nearly called off the event on Saturday, but in the end we think we made the right decision in going ahead. Numbers were low, but from the comments a lot of you made afterwards, it was all worthwhile. Thanks to Calderdale MBC's Countryside Officers (Tim Edge, Robin Dalton, Brian Mansfield) for their support, the Haigh brothers of Barkisland for permission to use the field at the southern end, and to Andy Garbett and the bar staff at Norland Club for letting us have the prize-giving in the warm. Thanks to the two Santas (Rebecca Lloyd & Mike Pownall) and Scrooge (Bob Page) for getting cold out on the moor, and thanks to all the other helpers back at base. If you were on the long score and made it as far as no. 97 - that was the underground bunker used by the Royal Observer Corps to monitor nuclear attacks.

Planner's comments – Martin Reynolds

I began planning the event after the very heavy rains in November, when the streams had risen and broadened and some of the depressions had turned into watery holes. As it turned out this was a timely reminder of what could happen to the weather, as my next visits were when the moor was under a blanket of snow! It was consideration of the weather and shortness of daylight that played on my mind.
Some of the most interesting control sites on the area are within the stony cliff areas (there are even caves), but not only are the tops hidden and icy in places, the stony ground, uneven in normal conditions, is treacherous to the

ankles when covered in the snow and ice! Snow accumulation often obscures features, so regrettably these areas had largely to be avoided.
The challenge left to set was then largely one of route choice, around or through the rougher ground on the edge of the long course and boxing together with the short course on the top, where at least if you got tangled in heather it would be a soft landing. I hope this is what you found?
I had three strokes of luck, the first was to have clear direction from the organiser Dick Spendlove about the type of courses that were wanted. The second, to discover there was a new map being produced, which meant the minor changes I felt have I'd have to make to the map were able to be swept up into a larger revision. Thanks to David Roome for all his hard work, and I for one look forward to an autumn event where we might be able to make full use all the new features and clarity the new map has brought.
The third stroke of luck was having Richard Payne as controller because this made me focus on details I'd not have spotted before and better courses were the result. You know things any novice planner might miss, like not knowing I had to tag the sites first....
With all these contributions, it was especially rewarding to see happy faces at the finish and I hear at the presentation. Thank you to those who gave up their mince pie to help collect in controls; Alistair, David and Esther, very much appreciated that I too could go home to get warm and look at the website before dark!

Controller's comments – Richard Payne

Well it just shows how wrong you can be. I put my money on most competitors doing an anticlockwise loop whereas most did the opposite. It was amazing how the heathery snow provided well defined trails to and from the controls. I don't think this spoilt anyone's enjoyment .
Well done to Martin for planning his first local event. Despite the difficult conditions in recent weeks he did an excellent job and produced a very enjoyable event. He adapted well to my advice and suggestions and I would be very happy to work with him or for him in the future.
Thanks also to David Roome for his efforts in producing the latest version of the map. Much of his hard work unfortunately was beneath the snow but will be of benefit to future events on the area.

All Photo's: Fred Ross, Aire

Results

Long – 60 mins

1st Richard Wren	390 49:36
2nd Phil Scarf	390 54:54
3rd James Logue	390 56:22
4th Ben Scarf	390 56:32
5th Jonathan Emberton	390 56:49
11th Graham Lloyd	360 58:24
12th Viv Barraclough	360 59:09
14th Tim Hayles	350 59:52
16th Jackie Scarf	320 58:44
20th William Barraclough	310 55:57
21st Ian Couch	310 58:49
24th Amanda Crawshaw	270 53:13
25th David Harrison	270 54:04
26th Keith Sykes	270 58:51
28th Linda Hayles	260 57:15
29th Claire Hanson	260 63:01
31st Joanna Emberton	250 58:44
33rd Neil Croasdell	240 62:05

Short 30 mins

2nd Megan Harrison	170 29:27
3rd Judith Goodair	160 29:34
4th Laura Harrison	150 29:21
6th Guy Goodair	120 29:24
7th Alex & Sam Crawshaw	100 37:38
8th Siarlot Lloyd	100 37:50
9th Brian Mellor	30 37:31
10th Maebh Logue	10 14:38
11th Joy Mellor	-20 45:02

AIRE New Year's Day Score Event, Bingley St Ives - 1 Jan 2011

1 James Logue 380pts
24 Rod Shaw 200pts
42 Margaret Shaw 120pts
57 Maebh Logue 70pts

SYO Colour Coded, Bowden Housteads - 2 Jan 2011

White (length 1.2km, climb 10m, 8 controls)
4 Ffion Noot Williams 24:35
5 Imogen Noot Williams 25:00

Yellow (length 1.9km, climb 25m, 11 controls)
8 Laura Harrison 23:29

Orange (length 2.6km, climb 65m, 14 controls)
9 Jane Payne 44:49

Green (length 4.4km, climb 110m, 22 controls)
4 Sarah Noot 36:16
5 Alistair Tinto 36:53
6 Michael Pownall 37:22
23 Rod Shaw 43:27
74 Margaret Shaw 66:30

Blue (length 6.0km, climb 120m, 26 controls)
7 Jonathan Emberton 35:10
16 James Williams 40:01

Light Green (length 3.7km, climb 80m, 15 controls)
6 Megan Harrison 40:40
17 Joanna Emberton 52:03
22 Pat Aspinall 62:59
Paulette Noot rtd Missing nos 9-14
27 Richard Payne 42:48
72= Steven Wood 54:18
76 David Harrison 55:18
79 Emma Harrison 55:33
99 Neil Croasdell 67:53
103 Linda Hayles 75:09

MDOC John O'Goats Charity Event, Lyme Park - 8 Jan 11

Yellow
4 Sam + Alex Crawshaw 25:08

Medium Course
7 Paul Taylor 57:01 170pts

Short Course
57 Philip Thompson 46:50 90pts
63 Fiona Hodgson - 52:50 80pts
68 Lewis Hodgson 38:05 60pts

EPOC Night Score Event, Elland Park Woods - 8 Jan 11

45min score
2nd Jonathan Emberton 250 45:42
3rd James Logue 250 47:14
6th Phil Scarf 240 45:21
16th Joey Scarf 200 46:26
20th Jackie Scarf 150 45:46
22nd Graham Lloyd 140 48:50
23rd Emma Harrison 130 40:39
24th Megan Harrison 130 40:59
31st John Elliott 70 53:34
35th Angharad Scarf EPOC W20 30 52

AIRE Colour Coded Event, Temple Newsam - 9 Jan 11

Brown 7.9km
6 Andrew Thorpe 51:22
14 Viv Barraclough 58:50
19 William Barraclough 61:33

Blue 7.2km
4 Richard Payne 53:51
12 Steven Wood 58:40
18 Ian Couch 60:29
26 Amanda Crawshaw 63:56
30 Emma Harrison 66:27
40 David Harrison 74:40
48 Bob Steeper 88:08

Green 5.2km
18= Paul Jackson 51:59
54 Mike Thorpe 68:27

Light Green 3.3km
11 Megan Harrison 46:34
31 Pat Thorpe 101:13

Long Orange 5km
mp Alison Cromack 69:00

Orange 2.5km
6 Jane Payne 45:38

Yellow 1.8km
3 Adam Thorpe 16:41
10 Laura Harrison 34:09

White 1.3km
9 Anna Thorpe + 1 19:26
10 Sue Brant 21:07
12 Abby Cromack 23:08

EBOR Scarborough Urban Event - 15 Jan 11

Course A
24 Emma Harrison 74.23

Course C
14 Jean Lochhead 35:14
19 Guy Goodair 42:52
24 Megan Harrison 50:31
25 Judith Goodair 50:54

SROC Northern Night Champs, Traitors Gill - 15 Jan 11

Blue 5.4km 180m

mp Alistair Tinto 64:59

EBOR Regional Event, Gilling Woods - 16 Jan 11

Blue 5.95km 270m

7 Richard Payne 71.34
15 Amanda Crawshaw 80.03
22 Alistair Tinto 83.33
25 Graham Lloyd 90.42
32 Steven Wood 93.53
35 David Harrison 94.46
48 Neil Croasdell 117.57
54 Linda Hayles 130.07
mp Ian Couch 80.03

Green 3.850km 155m

41 Emma Harrison 78.49
44 Megan Harrison 81.18
46 Mike Thorpe 82.53
61 Rebecca Lloyd 92.26

Light Green 3.175km 135m

15 Siarlot Lloyd 79.33
30 Pat Thorpe 123.14

Orange 2.875km 130m

4 Jane Payne 58.44

Yellow 2.175km 85m

11 Laura Harrison 28.22

White 1.850km 65m

3 Alex Crawshaw 21.16
6 Sam Crawshaw 26.43

SELOC Regional, Watergrove - 16 Jan 11

Green 4.2km 145m

mp Paul Jackson 60:18

Short Green 3.5km 130m

18 Pat Aspinall 63:20

EUOC Edinburgh City Race - 22 Jan 11

Supervet (M/W55+) 3.12km

43 Guy Goodair 42.35
68 Judith Goodair 54.47
Jean Lochhead mp 37.31

EUOC Holyrood Park SoSOL - 23 Jan 11

Light Green 2.8k 230m

2 Jean Lochhead 51.19

Green 4.3k 320m

55 Guy Goodair 76.10
78 Judith Goodair 108.47

EPOC MARSDEN MOOR – 23rd January 2011

Photo's: Alistair Tinto

Marsden Moor Results

Black 9.9k 245m
7th= Andy Thorpe 84:35
10th Matt Dillingham 124:01

Brown 8.2k 220m
1st James Logue 65:08

Short Brown 7k 145m
1st Phil Scarf 57:10
7th Paul Taylor 65:41
11th Viv Barraclough 72:44
20th Graham Lloyd 80:55
21st William Barraclough 83:09

Blue 5.3k 165m
13th 32 Gillian Markham 64:33
14th 111 Steven Wood 64:45
17th 54 Esther Logue 67:28
28th Bob Steeper 78:33
30th Michael Pownall 80:51

Short Blue 4.4k 130m
1st Richard Spendlove 45:42
3rd Jackie Scarf 56:01
4th Martin Reynolds 59:14
12th Keith Sykes 70:20
20th Richard Simcock 103:14

Green 3.4k 135m
2nd Rod Shaw 42:58

Short Green2.9k 145m
3rd Philip Thompson 59:48
8th Pat Aspinall 78:12
9th Rebecca Lloyd 87:31
13th Becky Reynolds 120:22

LightGreen 3.2k 100m
4th Siarlot Lloyd 98:31

Orange 3.2k 85m
6th Bethany Elliott 64:12

Yellow 2.5k 65m
3rd Sam + Alex Crawshaw 38:26

YHOA URBAN LEAGUE – 2011

The 2011 League will be held at:

Date	Club	Venue
Sat 15 Jan	EBOR	**Scarborough**
Sat 19 March	SYO	**Hathersage**
Sat 7 May	EBOR	**Filey**
Sun 29 May	CLARO	**Ripon North**
Mon 30 May	EBOR	**York**
Sat 4 June	AIRE	**Ilkley**
Sun 12 June	EPOC	**Holmfirth**
Sun 26 June	HALO	**Beverley**
Sun 17 July	SHUOC	**Dore**
Sat 3 September	SYO	**Sheffield**
Sat 29 October	AIRE	**Leeds University**
Sun 30 October	AIRE	**Skipton**

The competition is open to all competitors who are full members of BOF, or local members of YHOA clubs. Enter any course/class for which you are eligible, and you will be automatically included in the league.

Your age class will determine which league you will be included in. There will be leagues for **Men's and Women's Junior (18-), Open, Vet (40+), Supervet (55+) & Ultravet (70+)**; at each race, the organisers will designate which classes should run which courses.

Given the nature of urban races, the provision of a junior class course, and any lower age limits for this or other courses, is at the discretion of the organisers (see scoring for juniors below).

Your best 6 scores will count. There will be a prize giving at the final event of the series. Trophies will be awarded to the leading YHOA member in each class.

Scoring

1. Points will be awarded on each course (or class within a course) as follows: 100, 96, 93, 91, 90, 89, … . If the last-placed finisher in a given class scores fewer than 10 points, then all scores in that class will be increased by a multiple of 10 points so that the last-placed finisher scores between 10 and 19 points. So in a race with 87 finishers, the score for last place would be augmented by 10 points from eight to 18 points, and the winner would get 110 points.
2. At any given race, a competitor may score in only one class. Unless specified otherwise beforehand, he (or she) will score in the lowest class for which he is eligible; for example, if W Vet and W Supervet share a course, a W55 would score only as a W Supervet. A competitor who runs a course above that designated for his class will score in the lowest class for which he is eligible, e.g. an M55 running up on a course designated for M Open, W Open and M Veteran would score only as M Veteran.
3. For the M18- W18- classes the point system takes account of BOF Insurance conditions. Only those runners aged 16 & over on the day, are allowed to run the Open class. Those 18- runners who run the Open class will be given the leading places. All other 18- runners who run the Junior class, whether over 16 or not, will be given the following places

YHOA SUPER LEAGUE - 2011

The 2011 League will be held at:

Event	Date	Club	Venue
YOS1	22 Jan 2011	EPOC	**Marsden Moor**
YOS2	6 Mar 2011	HALO	**Sledmere**
YOS3	20 Mar 2011	SYO	**Hugset (Middle distance)**
YOS4	3 Apr 2011	Claro	**Timble & Askwith (also Yorkshire Champs)**
YOS5	8 May 2011	EBOR	**Barnscliffe**
YOS6	5 June 2011	AIRE	**Langstrothdale**
YOS7	17 Sept 2011	AIRE	**Attermire**
YOS8	9 Oct 2011	EBOR	**Pickering North**
YOS9	27 Nov 2011	SYO	**Burbage Moor**

The competition will be held in age classes, with classes allocated to specific courses (see table below). On the rare occasion that a variation from this might be necessary, details will be included in the individual event information, and announced on the Superleague's home website.

Scoring

In each class, points will be scored 100-96-93-91-90-89 etc, with 5 races to count.

Course	Colour	Men Long	Men Short	Women Long	Women Short	Junior Men	Junior Women
1	Black	M21L					
2	Brown	M35L					
3	Short Brown	M45L	M21S	W21L		M20-	
4	Blue	M55L	M35S	W35L		M16-	
5	Short Blue		M45S	W45L	W21S		W20-
6	Green	M65L*	M55S	W55L	W35S	M20-S	W16-
7	Short Green	M75	M65S	W65L	W45S		W20-S
8**	Very Short Green			W75	W55S, W65S		
9	Light Green					M14-	W14-
10	Long Orange						
11	Orange					M12-	W12-
12	Yellow					M10-	W10-
13	White						

*Any M65L who wishes to run Short Blue (the BOF recommended colour for M65-69) will still count for the YOS, their points in the YOS being based on their minutes per kilometre (adjusted for height gain).

**In some terrain, where technical difficulty is not greater than Level 4, this may be combined with course 9.

Over-35s are in 10-year age bands. M and W18 are combined with M and W20 respectively.

YHOA NIGHT LEAGUE – 2010/2011

Please see Aire website www.aire.org.uk for results table so far. Sorry, I tried to copy and paste it but have struggled to do so this time!

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:thellloydfamily@tiscali.co.uk (note 3 l's)

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 Dave Owen 01484 426296 or Guy Goodair 01924 278043. Alternatively email either Dave or Guy to put your name on the mailing list which goes out each weekend with the following Wednesday's details.

FIXTURES – February to April 2011

A complete list of fixtures can be found on the BO website
www.britishorienteering.org.uk

Date	Club/Region	Type	Details/Location
		February	
5	OD/WMOA	British Night Championships, Bentley Wood	Atherstone
6	CLARO/YHOA	Brimham Rocks	Pateley Bridge
12	AIRE/YHOA Night ***Club Champs***	Chevin	Otley
13	AIRE/YHOA	Chevin	Otley
13	NOC/EMOA	Robin Hood Trophy, Sherwood Pines	Mansfield
13	SROC/NWOA	Hutton Roof Crags	Carnforth
20	SYO/YHOA	Blacka Moor	Sheffield
20	EAOA	Midland Championships National Event, Sherringham	Cromer
26	MDOC/NWOA	Twin Peak, Bleathwaite Common	Torver
27	MDOC/NWOA	Twin Peak, Torver Back Common	Torver
27	EBOR/YHOA	Cropton	Pickering
		March	
6	HALO/YHOA	Sledmere	Driffield
13	**EPOC**	**Honley Woods**	**Huddersfield**
13	TVOC/SCOA	Southern Championships, Hambledon	Henley
19	SYO/YHOA	Hathersage Urban	Hathersage
20	SYO/YHOA ***Club Champs***	Hugset Middle Distance	Barnsley
26	NATO/NEOA	Sprint Race, Leazes Park	Newcastle
27	NATO/NEOA ***Club Champs***	Northern Championships, Ray Demesne	Newcastle
		April	
2	NOC/EMOA	Nottingham University Sprint	Nottingham
3	CLARO ***Club Champs***	YHOA Championships, Timble & Asquith	Otley
9	SO/SEOA	British Elite Sprint Championships	Brighton
10	SO/SEOA	British Middle Distance Championships	Crawley
10	AIRE/YHOA	Wothersome & Kendrick Hills	Wetherby
17	SYO/YHOA	West Haigh	Barnsley
22-25	Northern Ireland ***23rd Club Champs***	JK	Northern Ireland

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