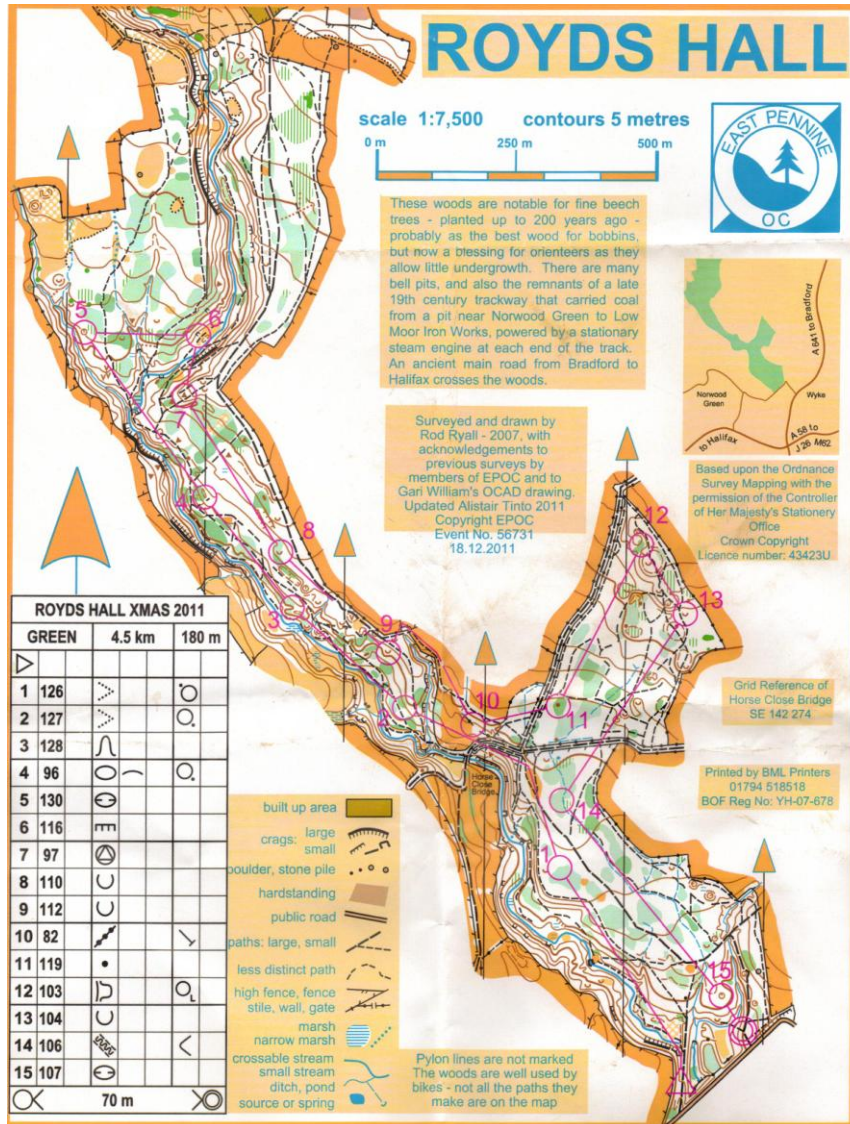




Epistle



No. 211
February - March 2012



Royds Hall - 18 December 2011



EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2011/2012

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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

This seems to be a quieter Epistle than usual but does include the final results for the 2011 club championships. Congratulations again to Richard Payne, Megan Harrison and Graham Lloyd in the top 3 positions. Graham has changed the format of the champs for 2012 to encourage more people to run and gain competitive scores. Maybe this will help shift the persistent top 3 from their winning spots!

Thanks to everyone who has let me know they will be running in the Compass Sport round at Gilling on 19th February and it's not too late to let me know if you want to come.

Don't forget our own events at Norland on 11th & 12th February and Newmillerdam on 1st April.

Emma Harrison

CHAIRMAN'S CHAT

The year ended with our successful event in Royds Hall Woods which had good weather and a reasonable turnout. It was also nice to have some of the Friends of Judy Wood taking part in the event and sharing in our use of their wood.

The cycle of another year begins with a few changes in age class which can freshen things up with the potential of a few different competitors in your class although the flexibility around running whatever course you like, while still get ranking points, is one of the positive developments in recent years and the revised event structure does seem to be settling in now. There do however seem to be some level C events being held on what I would class as higher quality Level B areas which in the past have hosted the old Badge events so I don't know if this is a sign of the times. Certainly when it comes to planning our own fixtures for the next couple of years we have made sure we preserve our better areas for the bigger events and as a consequence will be prioritising the re-mapping or updated mapping of these to the required standard.

The club Championship for last year has concluded and the events for 2012 have been announced. Congratulations to the winners and a big thank you once again to Graham for all his computations. Whilst there are number of regional leagues its nice to have something in place for our own members to relate to.

Our next events are on Norland in a couple of weeks and hopefully we won't have the Arctic conditions we had last time. The Saturday night event concludes the YHOA night league and if you haven't tried night orienteering before, do come along and give it a go and then see how different the terrain is on the Sunday when we host the first YHOA Middle Distance Champs. For those of a nervous disposition, watching the start of an American Werewolf in London, the evening before a night event is not recommended!

The qualifying round for the Compass Sport Trophy is on 19th February in Gilling, a physically challenging but familiar area so let's hope we have a good turn out and secure a place in the finals again.

There is some information on the relays for 2012 later in the Epistle. Please let me know if you want to run in a team at the JK or the British.

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!

Helping at an EPOC event?

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

What has your committee been doing?



East Pennine Orienteering Club



Minutes of Committee Meeting- Wed 11th January 2012 Marsh Liberal Club

Present: Alistair Tinto, Martin Reynolds. Viv Barraclough, Paul Taylor

Apologies: Rebecca Lloyd, Neil Croasdell, Bob Page, Emma Harrison

Minutes from last meeting 9th Nov 2011 accepted

Secretary's report - Nothing to report

Treasurer's report - Royds Hall - made about £280 profit.

Next investments are to be new club tents and related equipment as well as funding the larger mapping projects

Fixtures -2012	Organiser	Planner
11 th February Norland Night	Alistair Tinto	Martin Reynolds
12 th February Norland Middle Level C	Dick Spendlove	Dave Roome
1 st April Newmillerdam Level C	Mick Wood	Emma Harrison
17 th June Sowerby Bridge Urban	Neil Croasdell	TBC
11 th November Ogden Level B	Rebecca Lloyd	Jonathan Emberton
22 nd December Elland Park Night	TBC	Alistair Tinto
23 rd December Elland Park	TBC	Alistair Tinto

Plus informal programme - Viv to liaise with Bob

Fixtures -2013

20 th January	Haw Park
22 nd June	Halifax Urban
23 rd June	Castle Carr Northern Champs Level A
6 th October	Rishworth Level B
22 nd December	TBC Night
23 rd December	TBC

- Mapping** -
- to determine best way to archive maps and maintain future copies
 - tender for Castle Carr (plus extension) and Ogden
 - request from Ossett School - will serve as mapping group training session
 - Martin doing Royds schools pyramid (successful grant)
 - Alistair updating Oakwell, finish Crow Nest and draw Thornes
 - Scammondam nearly done and POC - Keith Sykes. Yorkshire water to post map in their website
 - Approach to the club for mapping Farnley Estates
 - Coxley (nr Horbury Bridge) 'rediscovered' - access to be investigated

- Storthes Hall - to extend map to include campus
- Haw Park - to extend map to include country park
- Friends of Royds Hall interested in producing a simpler version of the O map to help with their conservation
- Question of regulations around posting POC maps on website still unclear
- Question how to register new maps (e.g. Whitley) with BOF since new system works on registering an event rather than the map

Permanent Courses - Neil to start to take a look at these

Club nights - Newsome School in the New Year as well as look to link into informal venues to provide additional variety

Compass Sport Cup Qualifier - Reminder for club members to send details to Emma - Gilling Feb 19th

Relays -(not discussed) - Alistair to send out request for runners. Club to will pay half entry fee

Epistle - planned for the end of the month

O Tech sheets - look to review to ensure up to date

YHOA meeting

- Planners course for region - to be hosted by EPOC - venue to be confirmed
- Intention to alternate annually with a controllers course.
- Event Safety Officer event to be run from Kirkhamgate by Colin Best - date tbc
- All Yorkshire leagues & prizes being co-ordinated by fixtures group with AIRE hosting results
- Contact lists to be updated
- Major re-structure of BOF committees - Events and Competitions Committee being set up which replaces 6 other previous committees such as rules group.

Club Directory - need to get a 2012 club directory done

Club Mark and Constitution - the Committee agreed to formally adopt the BOF Club Protection Policy however as part of the Club Mark Registration process, should it be necessary to incorporate into the club constitution then would be proposed in advance of a future AGM.

Next meeting a WEDNESDAY in March, TBA (Wednesday 14th March)

EPOC Club Championship 2011 - Final Results

Graham Lloyd

The 2011 Club Champs didn't really throw up many surprises. With Richard Payne and Megan Harrison making a clean sweep of all the competitions this year. Good job they didn't win all the categories. Whilst Richard won the Vets category, he couldn't win the Super Vets or Ladies, but I do believe he may qualify for Super Vets in 2012. Guy and Judith made it a Goodair double in the Super Vets category. The highest placed Lady Vet was Rebecca Lloyd. Emma Harrison did well by being the highest placed "Open" Lady, with James Williams the highest placed "Open" Man! 13 EPOCsies completed enough races to qualify. Next year it should be easier for more to compete as I have modified the rules, please see elsewhere (next article!) for what these will be. Interesting to note 84 running under the EPOC name this year.

		Super Vet	Lady Junior	Points	Events
		Vet			
1	Richard Payne	Men's Champ in all	1	592	6
2	Megan Harrison	Lady's Champ in all	1 1	584	6
3	Graham Lloyd		2	561	6
4	Alistair Tinto		3	557	6
5	Guy Goodaire	1		555	6
6	Judith Goodaire	2	2	551	6
7	Emma Harrison		3	547	6
7	Rod Shaw	3		547	6
9	Laura Harrison		4 2	545	6

10	David Harrison	4			544	6
11	Steven Wood	5			543	6
12	Siarlot Lloyd		5	3	511	6
13	Rebecca Lloyd	6	6		494	6
14	Richard Spendlove	4			493	5
15	Mike Pedley		7		486	5
16	Jean Lochhead	5		7	483	5
17	Alisdair Pedley			4	476	5
18	Amanda Crawshaw	8	8		469	5
19	Sarah Pedley		9	5	468	5
20	Sam Crawshaw-T			6	451	5
21	Paul Jackson	9			435	5
22	James Logue	10			392	4
23	Paul Taylor	11			380	4
24	James Williams				372	4
25	Ian Couch	6			360	4
26	Pat Aspinall	7		10	353	4
27	Helen Pedley		12	11	341	4
28	Bob Page	8			336	4
29	Michael Wood	9			335	4
30	Richard Aspinall	10			315	4
31	Gilly Markham		13	12	276	3
32	Esther Logue			13	274	3
33	Adam Thorpe			7	273	3
34	John Elliott	15			241	3
34	Anna Thorpe		14	8	241	3
36	Margaret Shaw	1			231	3
37	Jackie Page	1		15	215	3
38	Phil Scarf	2		16	215	3
38	Jonathon Emberton	16			199	2
39	Emberton	17			196	2
40	Andy Thorpe	18			191	2
41	Julie Couch	19	17		182	2
42	Joanna Emberton	20	18		180	2
43	Viv Barraclough			19	179	2
44	William Barraclough				176	2
45	David Morgan	1			168	2
46	Phil Thompson	3			162	2
47	Jane Payne	4			156	2
47	Alex Crawshaw-T		21	20	156	2
48				21	154	2
49	Christine Smith	1			144	2
49		5		22	144	2
50	Niel Croasdal	1			141	2
50		6			141	2
51	Pat Thorpe	1			129	2
51		7		23	129	2
52	Richard Wren				99	1
53	Alison Cromack			24	97	1
54	Jackie Scarf	22	25		95	1

55	Keith Sykes	1			94	1
56	Juliet Morgan	8				1
57	Maebh Logue	1	26		93	1
58	Seth Thomas	9	27	10	91	1
59	Tim Hayles			11	90	1
60	Will Martland				88	1
60	Sue Brant				86	1
62	Charles Smith?	2				
62	Valerie Pownal	0	28		86	1
64	Abby Cromack	2				
65	Michael Pownall	1			85	1
66	Linda Hayles		23	29	85	1
67	Joseph Barraclough			30	83	1
68	Gerry Symes			12	83	1
69	Imogen Noot		24		82	1
69	Louis Cromack					
71	Anthony Grenwood	2				1
71	Scott Sinfield	2	31		80	1
73	Fion Noot			13	79	1
74	Bob Steeper				77	1
74	Ray Stone				77	1
76	Thomas Cromack			32	73	1
77	Karen Elliott			14	73	1
77	Mike Thorpe	2		15	73	1
79	Luke Baraclough	3				1
80	Matt Cromack			16	72	1
80	Dylan Mitchell				72	1
82	Claire Hanson			33	71	1
83	Martyn Reynolds		25		69	1
84	Becky Reynolds		26		69	1
				18	68	1
				34	67	1
		2				
		4			67	
				19	66	1
			27		65	1
				20	65	1
				35	63	1
			28		62	1
			29	36	60	1

EPOC Club Championship 2012

Graham Lloyd

I will be reducing the number of events to choose from 15 to 10. The emphasis will be on events that are closer to the EPOC area, with a couple of very high quality areas maybe just a bit further away. To qualify for the main championship your best 5 runs will qualify, with at least one in each category. There will be separate Senior and Junior Championships. Within the senior champs there will be an open Champs for all to compete in, a vets M/W40+ and a Super Vets M/W 60+

The 3 categories remain.

Local events will be EPOC D level events, and AIRE Level C events. There will be 4 of these to choose from.

District events will be level C events from YHOA district. These will provide good orienteering, but maybe not of the highest quality, but nice places to visit. There will be 3 of these events. Then there will be **Regional** and **National** events on higher quality areas at Level A and level B. These will be within 150 miles of Mirfield (roughly EPOC's centre?). There will be 3 of these events.

So provisionally the events will be: with a pen portrait of each area:

Regional:

May 19th MDOC, The Northern Championships at Finsthwaite, Cumbria

Not sure if this will be using bits of High Dam and Greythwaite, and Rusland, but those areas should be enough to whet the appetite of most orienteers. It is part of the twin peaks weekend, High Dam being the other area. Two weeks after the British, up in the Lakes also!

September 16th DEE, Ainsdale Dunes, Formby, Lancashire

Sand dunes, 2.5m contours, sea buckthorn, a map that looks like a pile of Spaghetti. If you finish early wander up to the marine lake and watch the close of the Southport 24 hour dinghy sailing race too. Last year 2 EPOCsies took part, and may do again this year! Or at least sample the delights of Lord Street.

November 4th SELOC, Haslingden Grane, Haslingden Lancs.

One of the best areas on the fixture list that is still near enough for those who need one event in this category, and don't want to go too far from home. If some one can find an area as good nearer I will change from this one! But wait...last time we started out in disused quarries, those of you may remember the one's on the old Ogden map, well these are even harder to navigate through, there is fast moorland running, with hags and grouches, and some interesting woodland to catch out the unwary!

District:

15th April, SYO Hugset

This is probably one of the most navigationally challenging areas in Yorkshire. It is an area of bell pits, and numerous bumps. The map is 1:5000, not that that make it any easier. Those who have the computer game catching features, will be reminded of "East Pembrokeburg."

23rd September, CLARO Swinsty, Twixt Otley and Harrogate,

An old favourite, a bit like those old Saucony Jazz trainers, or Hi Tec silver shadows, you just can't throw away. Not the most challenging orienteering, but enough to make you have to think.

16th November, Grenoside, Sheffield, South Yorks.

This is one of the better forests in Yorkshire, a mixture of tree types, hopefully brambles will have died back by then, perfect for a crisp late autumn, early winter day.

Local:

26th February, AIRE, Roundhay Park.

A city park, with some trees, some grass and a pond. Fast time for all!

22nd April, AIRE, Calverley Woods, Middle Distance event

Near Woodhouse Grove School, Usually on 1:7500, quite muddy, some interesting old quarries to catch you out, but straightforward orienteering for most.

Either EPOC April 1st, Newmillerdam, **or 11th November**, Ogden if you **didn't** run at

Newmillerdam. If you end up not running at either you can nominate another EPOC event or claim average points for Newmillerdam.

Finally your best EPOC informal from 3 events that will be nominated when we know what they are!

In chronological order:

26th February, AIRE, Roundhay Park.

1st April, EPOC, Newmillerdam

15th April, SYO, Hugset

22nd April, AIRE, Calverley Woods,

19th May, MDOC, The Northern Championships at Finsthwaite, Cumbria
 16th September, DEE, Ainsdale Dunes, Formby, Lancashire
 23rd September, CLARO, Swinsty, Twixt Otley and Harrogate,
 4th November, SELOC, Haslingden Grane, Haslingden Lancs.
 (11th November, Ogden, if you **didn't** run at Newmillerdam,)
 16th November, SYO, Grenoside, Sheffield, South Yorks.

TBC EPOC informals

RELAYS 2012

Please can you let me know if you would like to run in the Relays
 at either the JK or British.

I have included the basic information below. More details
 available on the event websites.

Please include your age class, BOF number and SI number as
 well as any suggested team combinations

The club will pay half the entry fee

Many thanks

Alistair

alistair.tinto@yahoo.co.uk

JK Relays, Newtyle - Monday 9th April

The terrain is a mix of deciduous pine plus conifer woodland and open hillside, with good contour and rock detail.

Parking: At Dungarthill NO065412.

Assembly area: NO060419.

Entry received by:		26 th Feb 2012	18 th Mar 2012
Trophy & Senior		£36.00	£45.00
Junior		£22.50	£28.50

JK Relay Class details

Class	Title	Laps	Details
A	JK Trophy	3	Long, Short, Long; technically difficult. Target times: 32, 25, 32 minutes.
B	Women's Trophy	3	Long, Short, Long; technically difficult. Target times: 32, 27, 32 minutes.
C	Men's Short	3	Long, Short, Long - but only 2/3 of JK Trophy distance. Technically difficult.

D	Women's Short	3	Long, Short, Long - but only 2/3 of Women's Trophy distance. Technically difficult.
E	Senior Men (M120+)	3	Long, Short, Long; technically difficult. Same course as JK Trophy.
F	Senior Women (W120+)	3	Long, Short, Long; technically difficult. Same course as Men's Short.
G	Veteran Men (M165+)	3	Long, Short, Long; technically difficult. Same course as Women's Trophy.
H	Veteran Women (W165+)	3	Long, Short, Long; technically difficult. Same course as Women's Short.
J	Intermediate Men (M48-)	3	Same technical difficulty as Green, Orange, Green. Approximate times 25, 15, 25 mins (for an M16).
K	Intermediate Women (W48-)	3	Same technical difficulty as Green, Orange, Green. Approximate times 25, 15, 25 mins (for a W16)
L	Junior Relay (M/W40-)	3	Same technical difficulty as Orange, Yellow, Orange. Target times 20, 12, 20 mins (for M14 / M12 / M14)
M	Mini Relay (M/W12 and under)	3	Same technical difficulty as Yellow for all legs. Target times 12 mins for each leg
N	Mixed Ad Hoc	3	Same technical difficulty as Green, Green, Orange. Approximate distances will be 4.5, 3.5, 2.5 km

British Relay Championships, Helsington Barrows - Sunday 6th May

The area is very fast and although it looks flat there is a reasonable amount of climb and plenty of small contour features that will give a good selection of control sites for the BOC relay planners to choose

Parking on the old racecourse at Helsington Barrows (GR 503 917).

Entry received by	18th March 2012	15th April 2012
Senior	£48	£60
Junior	£24	£30

British Relay Classes and Courses

Relay	Class	Leg Distance (km)	TD
A	Men's Premier	5.0	5
B	Women's Premier	5.0	5
C	Men's Short	4.1	5
D	Women's Short	3.4	5
E	M40	5.0	5
F	W40	4.1	5
G	M50	4.6	5
H	W50	3.4	5
J	M60	4.1	5
K	W60	3.4	5
L	M18	4.1	5
M	W18	3.4	5
N	M14	2.3	3
P	W14	2.3	3
Q	Mini Relay (M/W 12-)	2.0	2
R	Mixed Ad Hoc	4.6/3.4/2.3	5/5/3
S	Junior Ad Hoc	3.4/2.3/2.0	5/3/2

Crunch Time for Participating in Sport?

Graham Lloyd

There has been much rumbling and grumbling in these straightened times about the cost of living. For pursuitists of all things outdoors that has had a major impact in participation. In terms of orienteering anecdotal evidence suggests many participants are increasingly put off competing in light of soaring costs...of fuel, entry fees, specialised equipment, and sustenance to name a few.

In a recent article in Which? Magazine the question was asked, "...are we paying more for our fuel?" Interestingly enough the answer was a sort of no. I say sort of as they were comparing now to the last serious recession of the '80s. They took the typical family car, a 1.6 petrol Ford

Cortina mark III, looked at it's mpg (about 30) took an average annual mileage and compared that to a 2008 diesel Ford Mondeo,(mpg about 48) and made a like for like comparison. They didn't use purchasing power parity, (what the spend was then in today's money) but compared it as a percentage of average earnings. Yes 10 years ago we were paying less for our fuel, but in comparison to the mid '80s there was no great difference...and in the '80s I remember going to my first colour coded events in places down south like Rowney Warren and Maulden Woods, and getting 300 to 400 entrants on old fashioned colour coded events on dodgy maps with a myriad of map corrections, and drawing your own course on it! Entry fee was what seemed a paltry 25p for juniors, 50 p for seniors. Worth £1.51 and £3.02 in today's money! (according to the interweb!)

So with this in mind this year I thought I would keep a diary of all the events we competed in, and of those other sports I participate in. to see how they weigh up to orienteering.

As some of you know Siarlot and I are members of Scammonden Sailing Club. When I mention this to some people I hear a sharp intake of breath, "Isn't that really expensive?" Well like all sports it can be as expensive as you want it to be. Annual membership is about £200 for the two of us, which does kind of hit the pocket around February time. What do you get for that membership fee? Well, a place to store the dinghy, which if I wanted to put it in a dedicated store would be about £12 a month...that's £144. What else? Access to the club house on race days, which includes changing rooms and hot showers, access to a galley, with hot drinks, I could cook a meal if I wanted to, and a bar, (sadly not a free one, but cheap beer nevertheless) Oh and races. If I wanted to, we could compete in 250 races a year! That's 80p a race. Realistically we do about a third of that, so that's £2.40 a race, and as there are 2 of us so it's £1.20. "...but the boat is really expensive isn't it?" Well beginner members can join the sailing academy, and hire a club Topper dinghy for a few quid, until they get an idea of what boat they want. Our Enterprise cost £300 off e-bay, and whilst we rarely win races it will do. Obviously if you took the sport seriously you could spend up to £7,000 on a brand new boat as one member did, but they live, breathe and eat sailing... or if you felt you were doing really well you might slowly upgrade, often selling your current boat for what you paid for it. Think of it this a way a £1000 boat made of FRP or plastic, would last a club sailor at least 10 to 15 years, which at the lower end of scale equates to £100 a year, a hardcore orienteer can go through a pair of shoes a year, and they don't come cheap, unless you luckily get a bargain! My last pair of inov8 o-rocs were £80! Factor in £3 of petrol to get there and back each time we go, that's about £90 for us! I've had my current dinghy for 3 years so that's £100 a year. Insurance for the boat is £40 a year which is compulsory, in case of collisions! Total cost of sailing...£430 for a year all in, a weekly cost of:£8.26 for 2 so £4.13 each! (This is based on sailing for about a third of the fixtures calendar)

Having joined Calder Valley Fell Runners' Thursday evening winter training sessions after we moved to Midgley, I decided I ought really join the club. Membership is £10 a year plus £18 a year for family membership of the Fell Runners Association. (I buy family membership so Rebecca and Siarlot are insured if they help out at any events, which they do.) So a total membership fee of £28 a year. What do I get for that? No showers or bar! But seriously? Each December a fixtures book (times 3 as there are 3 members!) which includes details of all the races which have to be registered by October 31st to be included. 3rd party liability insurance if I organise a race, which I have done, the Churn Milk Chase. The Fellrunner magazine, published 3 times a year. For those who don't know it's a full colour glossy tome, this autumn's edition stretches to 186 pages, and it includes articles from across the sport and beyond. This month there are tributes to the late great Bill Smith, author of Studmarks on the Summits. Profiles of clubs and of elite runners, in depth coverage of the junior Yorkshire championships with interesting interviews with the winners. Some amazing articles about running on the moors in winter. In depth coverage of the years English and British Champs...not just one race but a series! With our very own James Logue finishing 10th in M40. A plethora of articles about

mountain marathons, as always an article about injuries and getting back to fitness, race reports and so much more. For those of you in the FRA you know how good this magazine is. On to the races... the most expensive I have entered was £5 the cheapest was free. What do you get for your £5? A number, occasionally a map, (o.k. so it is a photocopy of an OS map!) and not a lot else if you are not a highly placed finisher...but I hear that James Logue and Andy Thorpe often don't have to buy beer or wine as they keep winning bottles and cans of the stuff with regularity! So the entry fee goes on the prizes often lots of prizes and sometimes a memento! Even I have won a few, mostly spot prizes, but it's still nice. Occasionally you get a t-shirt, Tour of Pendle pre entries get one as part of their fiver entry fee, also you sometimes get fed...Holme Moss includes tea, a weighty sandwich and cake! For £3 at Cnicht in North Wales I got a giant washer, which was exchangeable in the pub for a pint of beer! Total cost of race 50p! So on to the total cost...well again you could run every weekend throughout the year and most nights during the summer. This year I will have done about 20 races. Including diesel, a pint in the pub afterwards the odd chip butty, occasional accommodation and entry fees it comes to a grand total of £290. If I were a more regular it could be 40 races a year so it could be as much as £580 a year. That would probably also include the cost of a pair of inov8's at £70. So weekly cost for the dedicated £11 a week all in! For me £5.50 a week. If I car shared then the weekly spend would be as little as £2, depends how many share!

So what of Orienteering? Well as I said at the beginning of this article, I have been keeping tabs on the spend. So far I have to say that it's been quite frightening at how much could potentially be spending if one was to participate for 30 weeks a year in each. Firstly there is the membership fee, which was wrong, but I think it's £28 for our family a year. We all know entry fees have been creeping ever higher, and quality even can now really be £6 as a minimum. £3 to BOF for the levy, £1 for the map, £1 for the poly toilets, and £1 for other expenses, and of course access to some of the most beautiful parts of the UK often inaccessible to the general public! Today I paid an eye-watering entry on the day fee for a level B event. I hope SELOC invest their profit wisely! To give some perspective, we have not orienteered as much this year as in the past. There just haven't been the events that appeal. We haven't been to the Lakes once this year, which is incredible, when in the past we would orienteer up there at least 4 times a year. We'd make a weekend of it. So what is the cost of this years orienteering? I have included entry fees for all of us, diesel, snacks and food that was bought, and a pair of new shoes for Siarlot. Total £756.67! That has fair taken the breath away! One has to remember that is for 3 of us so needs to be divided by 3 so that becomes £252.22 each, so a weekly spend of £4.85 a week each. Remember there is no JK or Scottish in this equation and that would put the cost up quite considerably! We did go to Springtime in Shropshire, and have done about 25 events this year. So based on our spend if you were to go for 50 events in a year, as some dedicated aficionados do, you'd be spending £9.70 a week per person, so for a family of 4 that works out to be £38.80 a week or £1940 a year! The government should be paying us, as we are healthier and less prone to serious illness that cost the NHS millions a year.

So there you have it. What conclusions can I draw? If one member of the family is providing all the money for orienteering, that's a considerable weekly spend. However I know people who spend £15 to £20 a week on all sorts of vices! At about £5 a week each it could be the equivalent of 4 bottles of wine a week, a night out at the cinema for £22 at Hebden Bridge Picture house, a decent seat to see Huddersfield Town is £26, so over £100 for the family of four. Other conclusions? I never thought sailing would be so cheap! I guess if you want to cut costs, one needs to seriously consider sharing transport to events as that would reduce the cost! I guess what I am saying is, you spend your money you take your choice. A packet of cigarettes costs about £6 for 20, and some people smoke a pack a day, £42 a week! A pint in the pub is about £2.50, so £17.50 a week if you go every day of the week,... A mobile phone contract...I could go on. So if your vice is an outdoor pursuit, orienteering actually comes out relatively inexpensively. So let's get out there and enjoy the competition, if only we can find some! Because that was a problem in 2011. I felt there were a seriously small number of events

of quality, but looking at 2012 fixtures for the club championships there are some really good quality events coming up...and that is what the discerning orienteer wants, quality and proximity, so that's what clubs have to provide if they want more than the 88 that turned up at a recent level C event I went to! Otherwise people may well vote with their feet and go elsewhere.

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EVENT REPORTS AND RESULTS

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

BAOC Military League, North Marne Barracks Catterick - 30 Nov 11

Red Course 5.5km

9 Guy Goodair 56.28

17 Judith Goodair 69.05

HALO Night Event, Primrose Warren - 3 Dec 11

Medium 3.5km

5 Emma Harrison 41.38

Long 5.3km

16 Alistair Tinto 50.50

HALO Yvette Baker Trophy, Mausoleum Woods - 4 Dec 11

Green Length 5.2Km, Climb 60m

70 Guy Goodair 58:53

78 Judith Goodair 70:56

PFO Brun Valley Night Event - 10 Dec 11

Blue 5.3km 95m

1 James Logue 47:25

CLARO Night Event, Killinghall Moor - 10 Dec 11

Long 5.6km 100m

16 Alistair Tinto 52:52

Medium 4km 70m

2 Emma Harrison 42:55

Short 2.5km 40m

2 Megan Harrison 38:18

PFO Brun Valley Colour Coded - 11 Dec 11

Brown 9.390km 155m

1st James Logue 60.43

Blue 6.700km 110m

2nd Richard Payne 61:37

3rd Mike Pedley 63:39

8th Graham Lloyd 67:00

Short Green 3.100km 65m

5th Siarlot Lloyd 80:09

7th Rebecca Lloyd 93:57

Light Green 3.600km 55m

3rd Alasdair Pedley 45:34

9th Alistair Tinto 67:28
19th Rod Shaw 97:57
Green 4.910km 75m
2nd Esther Logue 56:51

Yellow 2.420km 40m
6th Sarah Pedley 39:47
White 1.560km 30m
2nd Maebh Logue + 1 16.43

CLARO Colour Coded, Dob Park - 11 Dec 11

Blue 5.1km 220m
24 Steven Wood 74:47
33 Emma Harrison 81:44
Green 3.68km 150m
17 David Harrison 64:26

Light Green 2.81km 110m
8 Megan Harrison 64:07
9 Judith Goodair 64:10
10 Guy Goodair 67:19
Orange 2.58km 100m
mp Laura Harrison 51:04

EPOC Colour Coded, Royds Hall - 18 Dec 11

Brown 7.9km 325m
2nd James Logue 56:11
6th Phil Scarf 63:23
8th James Williams 70:07
Blue 6.2km 215m
9th Richard Payne 61:36
21st Steven Wood 71:04
22nd Dick Spendlove 72:34
39th Bob Steeper 93:02
41st Emma Crowther 97:59
mp Graham Lloyd 61:56
Green 4.5km 180m
1st Paul Taylor 37:58
8th Emma Harrison 51:18
9th Brian Mellor 51:33
13th David Harrison 55:41
16th Keith Sykes 56:10
20th Linda Hayles 60:14
29th Rod Shaw 64:54
31st Claire Hanson 65:04
36th Tim Hayles 66:48
51st Mike Thorpe 79:54

Light Green 3.9km 100m
8th Megan Harrison 61:59
12th Siarlot Lloyd 68:46
14th Rebecca Lloyd 72:46
21st Neil Croasdell 93:38
24th Margaret Shaw 112:33
mp Joanna Emberton
Long Orange 4.5km 145m
3rd Philip Thompson 66:28
mp Pat Thorpe 119:00
Orange 3.1km 105m
4th Tom Crawshaw 45:01
5th Adam Thorpe 49:32
7th Laura Harrison 54:20
10th Sue Brant 64:28
Yellow 2.2km 70m
5th Gillian Crawshaw 41:50
7th Anna Thorpe 46:05
11th Joy Mellor 61:46
White 1.5km 40m
1st Benjamin Crowther 19:57
4th Ffion Noot-Williams 37:18
5th Imogen Noot-Williams 37:26

WIM Boxing Day Canter, Moors Valley Country Park - 26 Dec 11

60 min Score
13 Dick Spendlove 490 pts

EBOR Bishopwood - 27 Dec 11

Blue 6.8km
1st Richard Payne 61:03
25th Steven Wood 86:28
40th Bob Steeper 123:20
Green 4.7km
4th Alistair Tinto 47:54
28th Michael Wood 60:15
40th Jean Lochhead 68:44

Light Green 3.4km
7th Judith Goodair 51:26
12th Guy Goodair 62:31
Orange 2.5km
8th Jane Payne 57:39

HORBURY 'FIRE HYDRANT O' – 28th DECEMBER 2011

Guy Goodair

Open Orienteering Map

I usually put on an event over the Christmas period called 'Bridges, Stiles and Gates', however this involved Jean Lochhead and myself putting out controls beforehand then collecting them in afterwards so getting idler in my old age I decided this year to put on a street event round Horbury using fire hydrant signs as controls (like EPOC used to do in the early days when I joined the club). First I needed to print off a street map of Horbury so went to Open Street Map put in my post code and zoomed in on Horbury, then printed it off.

<http://www.openstreetmap.org/>

I then needed to find out where the signs were located and I did a lot of this simply by using Google maps and dragging the little 'yellow man' down onto a street and proceeding along the street looking for hydrant signs and noting them on the map. This done, I had a run round the area noting the numbers on the signs, during this I found some hydrant posts had lost their yellow plates and some just weren't there (don't know how long it is since Google did a survey). I also found that there were several paths missing from the map.

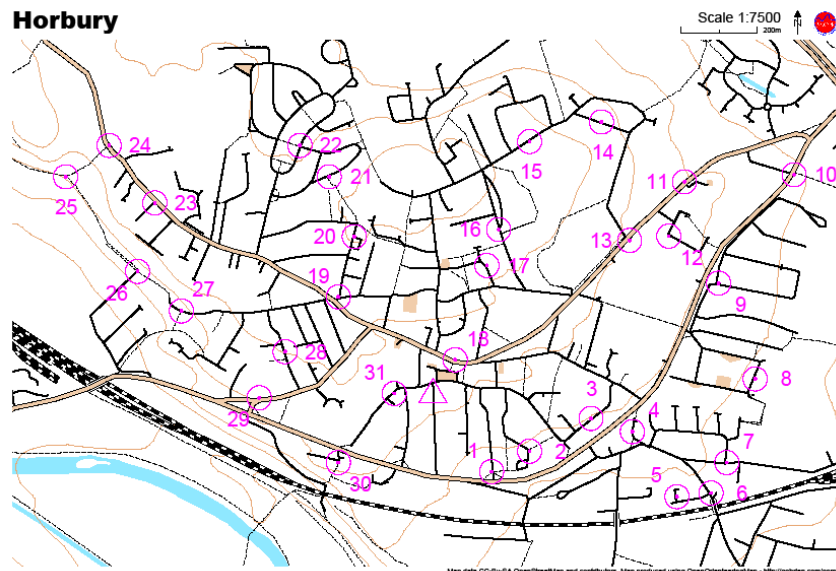
I then logged into OSM as a user (free) and found it's possible to edit the map – so drew in the missing information. It depends on how busy the site is as to how quickly the amendments appear. I then needed a map for the event

Now Ollie O'Brien of SLOW has developed Open Orienteering Map from which you can quickly draw an 'o' map (used extensively by SLOW and SROC for their evening street events) and I found this ideal.

<http://oobrien.com/oom/uk.php>

Same procedure as before, enter the postcode and zoom in, decide where you want to 'centre' the map, by clicking your chosen point. You've a choice of Street-O Map (with or without any railway lines) or pseudo-o map which is fully coloured (but will use an awful lot of ink on your printer).

Click on 'Create a Map' – You can then choose paper size (A4) then choose map scale (I went for 1:7500 as it fitted A4 best) centre the map - it will highlight what will appear – (you can shift this around if need be) tick the 'include controls' box. Click OK and up will come 'Add start' – choose your start point (it shows the finish double circle symbol – don't worry, when you print the map it becomes the start triangle) click 'OK' and then you can start adding your controls. The default position for the control number is 45 degrees or NE of the control and if you use this all the time you may find that it obscures another control site or that it could be read ambiguously for two controls near together. I did the first draft with the default position then tweaked them where necessary. Once you're happy with the result click 'OK'. You then add the title – click 'OK' then click 'Create a PDF', print off the result and you're ready to hold your event! Right who's going to be next to put a street event on?



Results

Women 50-

1 Viv Barraclough

Men 50-

1 Mark Goodair

2 Bob Steeper

Women 50+

1 Linda Hayles

2 Jean Lochhead

3 Jackie Page

Men 50+

1 Bob Page

2 Rod Shaw

3 Neil Croasdell

4 Colin Burley

Horbury Village Quiz

1= Phil/Rona Thompson & Maggie Shaw

AIRE New Year Score Event, Northcliffe Park - 1 Jan 2012

60 min Score

34 Jean Lochhead 170pts

MDOC John O'Goats, Lyme Park - 7 Jan 12

Medium Course

17 Amanda Crawshaw 58.04

Short Course

22 Phil Thompson 51.26

32 Jean Lochhead 54.51

33 Rod Shaw 54.56

74 Maggie Shaw 109.28

75 Judith Goodair 117.00

84 Guy Goodair 132.20

Novice Course

4 Abby & Thea Cromack 34.26

6 Dylan Mitchell 37.11

7 Sam & Alex Crawshaw 40.08

18 Matt Cromack 89.32

AIRE Colour Coded, Middleton - 8 Jan 12

Brown 8.075km 235m

9th Andrew Thorpe 51:42

16th William Barraclough 56:50

28th Viv Barraclough 63:22

39th Martin Reynolds 78:59

Blue 6.425km 215m

1st Simon Martland 41:57

4th Richard Payne 48:09

11th Amanda Crawshaw 53:06

12th Steven Wood 54:10

33rd Ian Couch 61:37

34th Alistair Tinto 61:45

60th Rod Shaw 82:46

Green 4.425km 140m

9th Robert Page 46:29

17th Paul Jackson 49:03

20th Brian Mellor 49:54

24th Julie Couch 51:41

42nd Keith Sykes 58:23

66th Mike Thorpe 77:36

67th Margaret Shaw 78:52

Light Green 3.575km

6th Helen Martland EPOC W40 44:22

15th Jackie Page EPOC 58:36

Long Orange 5.050km 160m

9th Rebecca Reynolds 84:57

Orange 2.975km 70m

7th Tom Crawshaw 42:12

8th Gillian Crawshaw 50:55

9th Sue Brant 53:03

11th Joy Mellor 57:57

Yellow 1.975km 50m

1st Adam Thorpe 14:35

4th Seth Thomas 21:01

14th Anna Thorpe 31:44

White 1.575km 40m

2nd Sam Crawshaw 13:57

4th William Martland 15:38

9th Cormac Thomas 21:31

10th Seth, Luke & Joseph Barraclough 23:05

DVO Level C event, Shining Cliff - 15 Jan 12

White (length 1.6km, climb 105m, 11 controls)

9 Abby Cromack 33:57

Light Green (length 3.0km, climb 150m, 15 controls)

6 Matthew Cromack 49:31

Green (length 4.5km, climb 180m, 17 controls)

5 Paul Jackson 49.32

24 Michael Wood 55.07

Blue (length 5.1km, climb 240m, 21 controls)

38 Steven Wood 67.34

Tod Harriers Mini Mountain Marathon – 15 January 2012

Graham Lloyd

On a very cold 15th of January, a small group of EPOC members joined members of Todmorden Harriers, and Calder Valley Fell Runners for Tod's annual winter score event. The format is really simple, you email the organiser, they print off a map, you turn up, he gives you a control card and a start time, and at the due time you set off, either as a solo, a mixed gender pair or a mixed junior and senior pair. You have 3 hours to collect as many controls as you can. In this case they were wooden stakes with numbers and letters, which you had to write down on the control card. All very old school! We started from the Roebuck Inn in Cornholme on the Burnley Road out of Tod, (apparently that's how you pronounce it, I'm told the "morden" is silent!) The competitors had the choice to either go to the east towards Hurst Wood and the windmills, or the west up to Flowerscar and Thievely Pike, unless of course you are James Logue in which case you went up both sides.

Navigation was probably of a red standard using 1:25000 Ordnance survey maps. With the sun shining and the ground iced hard, it was quick running up the footpaths, but a saving grace on the moor, where there were no man eating bogs, as they were frozen. Didn't stop the thigh deep heather or waist deep tussocks that I encountered on the edge of the Hurst Wood. I made one small route choice error that may have cost me 10 points, but when you have to get as many controls in 3 hours it is hard to work out quite how many to go for, without incurring penalties!

I found all my controls relatively easy, trying to keep climb to a minimum, the views were amazing, visibility was pure, and the view from the top of the moor down the Calder valley took my breath away, as a sea of fog was rolling up and down the valley.

Well EPOC took home quite a few of the prizes in the pub afterwards, having been re-fuelled with soup, sandwiches and beer!

If you haven't done one of these events they are quite a challenge, and get you to places you often might not go to, as in this case.

Results

1st James Logue 182 minutes 251 points 4 penalties

2nd Phil Scarf 175 minutes 195 points

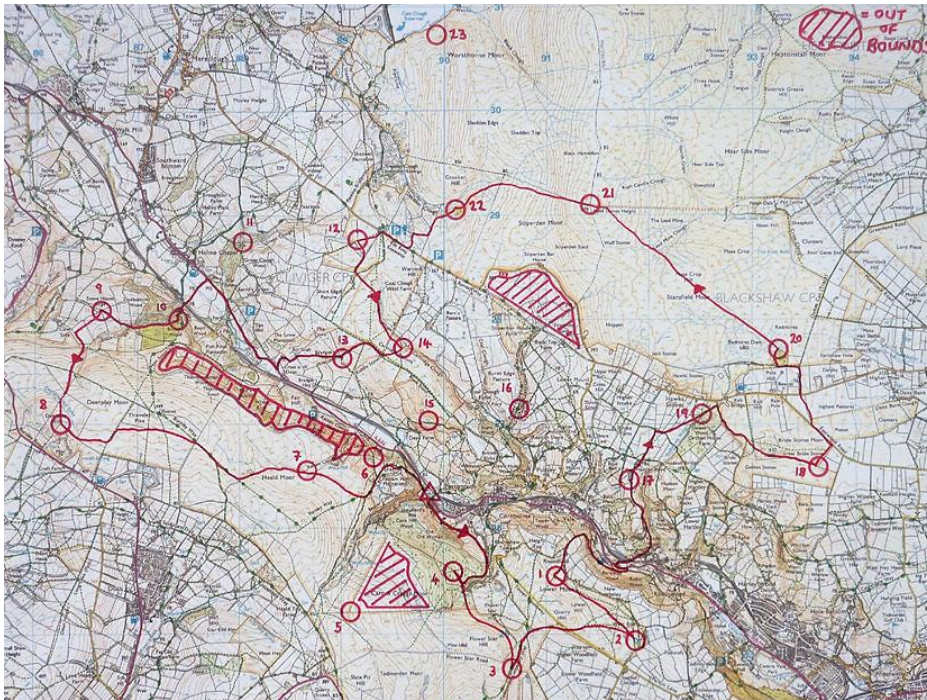
4th Jackie Scarf 173 minutes 175 points (first lady)

5th Ben Crowther (and Dwayne and Paul) 177 minutes 160 points

7th Graham Lloyd 170 minutes 155 points

14th Claire Hanson 178 minutes 140 points

39th Rebecca Lloyd 161 minutes 55 points



James Logue's route

EUOC Big Weekend, Edinburgh Street Race - 21 Jan 12

Womens Ultravets 65+

2 Judith Goodair 11.49
4 Jean Lochhead 13.33

Mens Ultravets 65+

8 Guy Goodair 43.54

EBOR Night Event, Wheldrake - 21 Jan 12

Long 5.8k 21c

19 Alistair Tinto 65.38

Short 2.4k 10c

2 Megan Harrison 34.28
3 Emma Harrison 34.36

NOC District Event, Blidworth & Sansom - 22 Jan 12

Yellow (length 2.4km, climb 35m, 11 controls)

12 Sam Crawshaw 30:04
16 Laura Harrison 55:10

Short Green (length 4.0km, climb 75m, 12 controls)

6 Philip Thompson 51:07
18 Jackie Page 63:24

Green (length 5.0km, climb 90m, 13 controls)

13 Paul Jackson 53:23
54 Michael Wood 70:24
56 Megan Harrison 72:06

Blue (length 6.2km, climb 115m, 20 controls)

2 Paul Taylor 50:43
8 Alistair Tinto 53:4
10 Amanda Crawshaw 57:11

12 Steven Wood 58:15
28 Emma Harrison 63:48

55 Robert Page 75:33

Brown (length 7.4km, climb 135m, 23 controls)

37 David Harrison 74:45

EUOC Big Weekend, SOSOL Arthur's Seat - 22 Jan 12

Green 4.1km 250m

37 Jean Lochhead 73.51
70 Judith Goodair 89.55
75 Guy Goodair 99.06

EBOR District Event, Collis Rigg - 29 Jan 12

Brown

8th Andrew Thorpe 83:48
mp David Harrison 122:59

Green

22nd Paul Jackson 74:52
mp Mike Thorpe 101:28

Blue

4th Alistair Tinto 71:42
9th Steven Wood 75:55
24th Emma Harrison 86:57

Light Green

21st Megan Harrison 89:22

Yellow

2nd Laura Harrison 24:34
4th Adam Thorpe 28:27
mp Anna Thorpe 42:08

YHOA URBAN LEAGUE – 2012

For further information go to www.aire.org.uk. The events for this year are:

Date	Club	Venue
Sat 10 March	SYO	Sheffield
Sat 28 April	EBOR	Easingwold
Sat 12 May	AIRE	Settle
Sun 27 May	CLARO	Knaresborough
Sun 3 June	HALO	Beverley
Mon 4 June	EBOR	York
Sun 17 June	EPOC	Sowerby Bridge
Sat 27 Oct	AIRE	Holt Park, Leeds
Sun 28 Oct	AIRE	Yeadon
Sun 24 Nov	SHUOC	Sheffield

YHOA SUPER LEAGUE – 2011

Congratulations to the following people who were first in their class in the 2011 Super League:
M55L – Richard Payne; M65L – Richard Spendlove; M75 – Guy Goodair; M35S – David Harrison; M45S – Alistair Tinto; W35L – Emma Harrison; W45S – Rebecca Lloyd; W65S – Pat Aspinall; W20S – Siarlot Lloyd; W10 – Laura Harrison. For full results go to www.aire.org.uk

YHOA SUPER LEAGUE – 2012

For further information and current results table go to www.aire.org.uk

YHOA NIGHT LEAGUE – 2011/12

There are 2 more events left in this league for 2011/2012. There is also the Northern Night Championships coming up on 4th February at Canklow (Rotherham). **Information and results available at www.aire.org.uk**

CLUB NIGHTS

Every Monday, 6.00 - 7.00pm at Newsome High School Gym,
Huddersfield

Everyone welcome and all abilities catered for!

For further information contact Viv Barraclough

Phone: 01424 316707 or Email: vivbarraclough@ntlworld.com

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: thelloydfamily@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 $\frac{1}{2}$ to 2 hours while the walking group aim for around 2 to 2 $\frac{1}{2}$ 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 - April 2012

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

www.britishorienteing.org.uk

Date	Club/Region	Type/Area	Location
February			
4	SYO/YHOA Night 	Northern Night Championships, Canklow	Rotherham
5	SYO/YHOA	Big Moor	Chesterfield
11	EPOC  	Norland Moor Night Event	Halifax
12	EPOC 	Norland Moor – YHOA Middle Distance Championships	Halifax
19	EBOR/YHOA	Compass Sport Qualifying Round, Gilling Woods	Helmsley
25	SARUM/SWOA 	British Night Championships, Hamptworth	Salisbury
26	AIRE/YHOA *Club Champs*	Roundhay Park	Leeds
March			
4	CLARO/YHOA	Guissecliffe	Pateley Bridge
10	SYO/YHOA	Sheffield Urban (ShAFF Weekend)	Sheffield
11	HOC/WMOA	Midland Championships, Foxley & Garnstone	Hereford
11	CLOK/NEOA	Arncliffe Woods & Scarth Wood Moor	Northallerton
18	HALO/YHOA	YHOA Championships, Pillar Woods	Caistor
24	EBOR/YHOA	British Sprint Championships, York University	York
25	EBOR/YHOA	British Middle Distance Championships, Strensall	York
April			
1	EPOC  *Club Champs*	Newmillerdam	Wakefield
6-9	SOA	JK Weekend	Scotland
14	SYO/YHOA	Rotherham Urban	Rotherham
15	SYO/YHOA *Club Champs*	Bawtry Forest OR Hugset (depending which fixtures list you use this event is either at Bawtry OR Hugset!)	Doncaster OR Barnsley
22	AIRE/YHOA *Club Champs*	Calverley Woods Middle Distance	Bradford
28	EBOR/YHOA	Easingwold Urban	Easingwold
29	EBOR/YHOA	White Horse	Thirsk

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