



# Epistle



No. 222  
December 2013 - January 2014



*Photo: Paulette Noot*  
**EPOC Wrinklies in Sardinia**



NEWSLETTER AWARDS 08 09

**CompassSport**



# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

## OFFICERS AND COMMITTEE 2013/2014

Chair	Alistair Tinto	<a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>
Secretary	Rebecca Lloyd	<a href="mailto:rebeccajane.lloyd@yahoo.co.uk">rebeccajane.lloyd@yahoo.co.uk</a>
Treasurer	David Morgan	<a href="mailto:d345morgan@btinternet.com">d345morgan@btinternet.com</a>
Epistle Editor	Emma Harrison	<a href="mailto:eah1607@aol.com">eah1607@aol.com</a>
Fixtures	Alistair Tinto	<a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>
Membership Secretary	Mike Pownall	<a href="mailto:mike58pownall@gmail.com">mike58pownall@gmail.com</a>
Committee Members	Viv Barraclough	<a href="mailto:viv.barraclough@cantab.net">viv.barraclough@cantab.net</a>
	Paulette Noot	<a href="mailto:paulette@noots.net">paulette@noots.net</a>
	Paul Taylor	<a href="mailto:p.c.taylor@warwick.ac.uk">p.c.taylor@warwick.ac.uk</a>
	Neil Croasdell	<a href="mailto:croahay@hotmail.com">croahay@hotmail.com</a>

## OTHER CLUB OFFICIALS

Club Coach	Viv Barraclough	<a href="mailto:viv.barraclough@cantab.net">viv.barraclough@cantab.net</a>
Club Championship	Graham Lloyd	<a href="mailto:thelloydfamily@tiscali.co.uk">thelloydfamily@tiscali.co.uk</a>
Compass Sport Trophy	Emma Harrison	<a href="mailto:eah1607@aol.com">eah1607@aol.com</a>
Club Kit Officer	Vacant	
Hoodies/Sweatshirts	Emma Harrison	<a href="mailto:eah1607@aol.com">eah1607@aol.com</a>
Mapping Co-ordinator	Paul Taylor	<a href="mailto:p.c.taylor@warwick.ac.uk">p.c.taylor@warwick.ac.uk</a>
Permanent Courses	Vacant	
Publicity	Graham Lloyd	<a href="mailto:thelloydfamily@tiscali.co.uk">thelloydfamily@tiscali.co.uk</a>
Relay Organiser	Alistair Tinto	<a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>
Stores and Equipment	Scarf Family	<a href="mailto:thescarfs@hotmail.com">thescarfs@hotmail.com</a>
E-Punching Equipment	Ian & Julie Couch	<a href="mailto:ian@ircouch.eclipse.co.uk">ian@ircouch.eclipse.co.uk</a>
Website	Anthony Greenwood	<a href="mailto:anthony.greenwood@talktalk.net">anthony.greenwood@talktalk.net</a>
YHOA Chairman	Alistair Tinto	<a href="mailto:alistair.tinto@yahoo.co.uk">alistair.tinto@yahoo.co.uk</a>

## EPOC WEBSITE [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)

### EDITORIAL

Firstly I would like to thank the select few who ran for the club at the Compass Sport final in October. It is fair to say that the response to this event has been disappointing in 2013, but we are going to look forward to 2014 and perhaps we will be able to manage to field a stronger team.

Following some requests for club kit and having run out of stock, we have been looking into modernising the EPOC tops. We were initially looking at Trimtex but during some enquiries on behalf of the YHOA squad they quoted 49 Euro's per top for an existing design, plus postage from Sweden. Consequently alternative suppliers have been considered and we have a promising option at £25 + VAT per top from a UK based company who have already provided tops to LOG and HOC. We have just placed an order for the YHOA squad so are going to wait to see how those tops look and if we like the look of them we will proceed with designing and placing an order for EPOC.

December and January will be busy months for EPOC with a night event and middle distance at Storthes Hall on 21<sup>st</sup> & 22<sup>nd</sup> December and an event at Newmillerdam on 26<sup>th</sup> January.

Have a lovely Christmas and New Year!

Emma Harrison

## CHAIRMAN'S CHAT

The fortnight leading up to our Yorkshire Superleague Event on Rishworth Moor was an anxious time for the organising team. Everything was in place, a full range of courses planned and ready to go. Flyers had been left at several events in the preceding weeks. A brand new map had even been created around Baitings Reservoir for the junior courses yet the number of pre-entries on Fabian had been pitifully low with only a trickle entering. Surely Rishworth was as good a moorland area as any in the region and easily accessible so what was the problem? Competing events were Level Cs, CLOK event at Sneaton, WCOC event in the Lakes and a LOG town race in Stamford so there wasn't really anything that close to draw folk away? Was there something wrong with the Fabian site?

A lot of effort goes into fixtures committees to minimise near neighbour regional clashes so that events don't have to compete for the same pool of competitors. E-mails were sent out round the regions clubs to drum up support and encourage entries as we seriously contemplated cancelling the event rather than waste what was a high quality event on 40 odd entries. Even by close of pre-entries the Sunday night before the number of pre-entries had only risen to 85.

It is undeniable there are less active orienteers than a decade ago when 500 might have been expected at some badge events whereas 300 is now considered a good turnout (Castle Carr being the exception but this of course was a Level A National Championship Event) but only 85 pre-entries! At least that number of runners would just about cover the operating costs of putting on such an event so it wouldn't be a complete disaster but it would have been a bit lonely out on the moor. Even with the most optimistic estimations, it looked like we might get another 50 odd competitors but we still printed 240 maps so this was twice the pre-entry numbers. We couldn't have asked for a better day and with such perfect weather it brought a lot more people out and we had just under 190 entries in the end which made all the efforts worthwhile. There was the odd disgruntled entry on the day competitor who didn't get their first choice course but you can't please everyone all of the time with all the potential combinations. The only way to guarantee a map at a pre-entry event is surely to pre-enter or at least reserve a map, especially when there are such a wide range of courses with the short courses as well as long courses. My loft is full of spare maps from previous events as we always do our best to provide a generous quantity of each course where possible.

Thanks especially to Graham Lloyd for his excellent planning and Paul Jackson for organising as well as to Mike Pownall for creating the new map. Everything seemed to have gone very smoothly and by 2ish we only had one W20 runner on the Short Brown unaccounted for and one set of car keys (albeit with a different name on them to the missing overdue runner). Courses closed at 2.30pm and still no sign of anyone coming down the track from the finish. We'd had a few bruised and battered runners with a least one sprained ankle so we began to worry. I've had a few sprained ankles of my own over the years and having fallen heavily a week ago at the CLARO night event and dislocated my shoulder (again) I'm only too acutely aware how easy it is to get injured. I went back up to the finish at about 3 pm in the hope that I might spot this individual and observed a couple of figures in the distance appearing to be navigating slowly around some of the final controls. After watching them for about 5 minutes it seemed unlikely that they were orienteers as they didn't seem to be making any progress towards the finish but with no-one else about I made my way over to them. As I approached them I could see they were in fact orienteers and expected them to be completely lost or injured. I was relieved to find that they weren't but surprised and appalled by the pompous and arrogant attitude of the missing W20's M21 companion from a club in the south of the region who saw nothing wrong in remaining out on his course for a long as he wanted, thereby blatantly disregarding his responsibilities as a competitor in reporting back to the finish at a reasonable time. For the record, the W20's time was 214 minutes. It took a little bit of the shine off the day and I would like to thank those members who waited around at download in case they were needed to go out and search the moor.

This year's Compass Sport Trophy has been a struggle. Mathematically the club shouldn't have been able to get through the qualifying heat with the limited team but due to their valiant efforts, the club miraculously made the finals. As we couldn't muster a full team for the final, it was inevitable the club had its' worst placing since we re-entered the competition. The rules have changed for next year and more clubs will be dropping to the Trophy from the Cup competition. FVO continue to dominant the Trophy but with a full team there is no reason why we can't run them close although the essence of this competition is as much about getting a club spirit going as it is about trying to win it outright. Where would we be if we only ever competed when we were guaranteed to win? The committee recognises that the 2014 finals are 'down south' next year and on a Saturday due to the significance of the Remembrance Sunday centenary but we feel it is important to support this competition so I hope you make yourself available for the qualifying round and if we get through, the final.

Our next events are fast approaching with our traditional pre-Christmas slot this year being at Storthes Hall on the 21<sup>st</sup>/22<sup>nd</sup> December which I hope you will be able to attend.

With the JK is coming to Yorkshire in 2016 we need to start putting things in place in the New Year as a region so every club has a part to play. At this stage we need to identify key officials so please can you let me know if you would like to be involved from the start.

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](mailto:Eah1607@aol.com)

Copy to Emma by 20 January

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!

### **Membership**

**Mike Pownall**

- A warm welcome to new member Adam Parks who lives in Halifax. If you need to get in touch with Adam, please contact Mike Pownall, membership secretary, for contact details. We look forward to seeing Adam at future events.
- The Logue family have rejoined and 7 year old Euan is also now a member!
- Don't forget to renew your membership for 2014. See message from BO later in Epistle.

## What has your committee been doing?



### East Pennine Orienteering Club Minutes of Committee Meeting Wed 20 November 2013 Marsh Liberal Club



**Present:** Alistair Tinto, Emma Harrison, Viv Barraclough, Rebecca Lloyd, David Morgan, Paulette Noot,

**Apologies:** Paul Taylor, Neil Croasdell

**Minutes from last meeting Sept 2013** - Alistair and Fred Ross have been out to Nostell. Possibly use Nostell for Sprint Champs 2015?

**Chair's Report** - Alistair has bought a splits printer to make sure we have one working at least. The club is looking at getting a new computer. We have also had a request from Calder Valley Fell Runners, to go in on purchasing some equipment but we have said we would rather rent it to them.

Alistair to write to Bob to thank him for his contribution to the club.

**Treasurer's report** - Rishworth made over £800. Dave has brought mandate forms for Alistair and Rebecca to fill in so that we can have 3 signatories. **EPOC Financial Situation** - The club has had a successful year financially running 3 one day events at Ogden, Elland Park Woods and Haw Park plus the Halifax Urban and Castle Carr double header. All made a surplus despite considerable mapping costs for Castle Carr. Membership was down but BOF's new lower membership fees may help to redress this. Overall the club had a turnover of about £10,000. The accounts are currently being audited and will be circulated to all members in the New Year with the new membership list. David Morgan, Treasurer

**Secretary's report** - Mike Pownall is now the membership secretary and is sorting through the membership to check up that everyone who should have paid, has paid

**Compass Sport Trophy** - There are issues around next year's event. The qualifying event is local but the final is Southern Navigators on a Saturday as it is the 100<sup>th</sup> anniversary of the outbreak of WW1. We have decided to enter a team and see how it goes.

#### Fixtures -2013

22<sup>nd</sup> December Storthes Hall Night

23<sup>rd</sup> December Storthes Hall

26<sup>th</sup> Jan 2014 Newmillerdam, Planner Ian and Julie

9<sup>th</sup> March Stoodley Pike + Langfield Common? Remap? Mike Pedley planning

6<sup>th</sup> July Brighouse - Neil Croasdell (look at moving this date as likely to be a poor turnout due to the TDF) If at a different time possibly use Halifax again

19<sup>th</sup> Oct Midgley Moor, Planner Graham Lloyd

20<sup>th</sup> December Royds Hall

21<sup>st</sup> December Royds Hall

22<sup>nd</sup> February 2015 Marsden ?

3<sup>rd</sup> May Nostell?

21<sup>st</sup> June Urban event Halifax if not used in 2014?

25<sup>th</sup> October Ogden

19<sup>th</sup> December Norland

20<sup>th</sup> December Norland

2016 Deffer/Cawthorne?

JK 2016 Yorks Leeds - sprint

Kilnsey day 1

Timble day 2

Storthes relay

**Permanent Courses** - Haw Park and Newmillerdam are done. Scammonden and Ogden are fine. Oakwell Hall has one missing. A woman rang Viv and complained about Beaumont Park. Alistair will get in touch with Neil and look at it along with a couple of others.

**Mapping** - Paul on with Storthes and needs Newmillerdam planner to see what their requirements are. Dave needs to look at Anglers as this map is on two different scales.

**Club nights** - Explorers events - but all is changing so 'watch this space'. There is also Run Challenge being held at Marsden Moor. Think about informals for next year. We will plan a series of informals for next spring summer.

**Publicity items** - Pat has sorted out car stickers we will dish out to people. (see AOB)

**O Tech sheets** - Still need to do

**Club Kit** - Emma has ordered kit for YHOA squad and we will look at it at the next meeting

**AOB** Update of membership directory is required which will be posted to members. Get in touch with Pat and see about putting the stickers in with the membership lists.

**Next meeting WEDNESDAY 22<sup>nd</sup> January 2014 Marsh Liberal Club**

## BRITISH ORIENTEERING NEWS

The November Club Officials newsletter covers a variety of issues that I would like to keep club committees up to date with. Some parts of the newsletter may also be of interest to your members, so please include any information you think is applicable in your own club newsletter.

### Membership Renewals

Membership Renewal notices went out in early November to members of those clubs that had renewed their affiliation with British Orienteering for 2014. Members who we hold an email address for in the database were sent an electronic renewal notice with a small percentage receiving notification by post. Direct Debit members will be renewed on or around the 13th December.

Membership Secretaries will receive notification by email when a member renews their membership or joins new. They also have access to a club membership list via the website. To ensure that members receive their 2014 membership confirmation by the New Year, please encourage members to renew their membership by Tuesday 17th December. Please note that there is a JK entry price rise on the 5th January.

### Ordnance Survey

Remember that it is important you complete our registration process for all activities and events you organise. The participation numbers you enter once the activity/event is completed are essential as they enable us to calculate the return we make to OS.

### Participation Numbers

It is very important that we collect data about the number of participants that are taking part in all orienteering activities that happen around the UK. There are two primary reasons for this, a) the activities and events must be registered to receive the benefits of insurance cover and b) the funding we receive in England is based on participation numbers (footfall) and it will greatly help us to have improved numbers.

If you have a few club members that meet up on a weekday evening or weekend to have a training run, then these are exactly the numbers we would like to collect and I would ask that your Activities Fixtures Secretary registers the runs and records the participation data.

Similar if one of your members organises orienteering sessions for the scouts, community or at a school then we would also like to know about these participants. There is a simple [form](#) available on the website that we use to record this data at the National Office. We would be grateful for your support in collecting this information.

We really do need you to help us both achieve our participant run targets and to help us understand the bigger orienteering picture.

### Sport England Funded Programmes - Xplorer and Run Challenge

Sport England has provided British Orienteering with a significant amount of funding to increase participation in Orienteering. During 2013 we have been delivering simplified and targeted versions of orienteering via Xplorer and

RunChallenge. Xplorer has been especially successful and a recent survey indicated that 100% of participants would recommend Xplorer to friends and family and take part in Xplorer events next year. 10% of those surveyed have also indicated that they have since been to a traditional orienteering event. RunChallenge has been more problematic in its delivery and we are working hard to resolve these issues for 2014.

All the participants who supplied us with their email address have been emailed information on their local club and the orienteering opportunities they provide. This has been challenging in some areas due to the lack of orienteering opportunities that are being provided and I would urge all clubs to organise frequent orienteering opportunities that are also suitable for newcomers.

We are now planning the 2014 event schedules and we are looking at engaging more partners and more places to deliver Xplorer and RunChallenge. If you would like to find out more about Xplorer and Run Challenge then please visit the respective websites [www.xplorer.org.uk](http://www.xplorer.org.uk) and [www.runchallenge.org.uk](http://www.runchallenge.org.uk)

## **Coaching at your Club**

What does a sport club gain from using registered and licensed coaches?

British Orienteering has teamed up with sports coach UK to undertake some research to explore what the perceived benefits are of using registers and licensed coaches within sport clubs. As we have a coach license scheme in place, we are keen to understand what our clubs feel they gain from using licensed coaches, and also identify any gaps in knowledge about the current schemes, which can be addressed.

To support us with this work, we would appreciate it if you could complete this short [online survey](#), which should take less than 10 minutes. The survey will be available to complete until the 6 January 2014. There is no right or wrong answer, so please just answer honestly. Thank you for supporting us with this work.

## **Coaching Courses**

The National Source Group for Coaching has started to play its part in shaping coaching in orienteering. The group's role is different to the old Coaching Committee and is now the group making decisions about the provision of coaching to participants and the membership and the training and support for coaches. One of the issues the group has already discussed is how to make the process of developing coaches easier – watch this space for further news early in 2014. If you are interested the terms of reference and membership of the group is on the website under 'governance'.

There is a second group called the CPD (continuous personal development) Group which is responsible for the coaching CPD programme and monitoring progress in delivering support to coaches. This group consists of the Association Coaching Coordinators who are an integral part of delivering CPD to coaches.

## **Major Events 2014**

Please help us to promote the Major Events that take place in 2014 to your members via your club newsletters, websites and social media sites. The details are:

- British Night Championships: 22 February. Pippingford Park, Crowborough. [www.britishnightchamps.org.uk](http://www.britishnightchamps.org.uk)
- Jan Kjellstrom Festival of Orienteering: 18-21 April. South Wales. [www.thejk.org.uk](http://www.thejk.org.uk)
- British Orienteering Championships: 31 May – 1 June. North East. [www.boc2014.org.uk](http://www.boc2014.org.uk)
- British Sprint Championships: 6 September. Keele University. [www.britishsprintchamps.org.uk](http://www.britishsprintchamps.org.uk)
- British Middle Championships: 7 September. Rugeley. [www.britishmiddlechamps.org.uk](http://www.britishmiddlechamps.org.uk)
- UK Orienteering League: UKOL will continue in 2014 using the same format of 19 competitions. The full programme is available at [www.ukorienteeringleague.org.uk](http://www.ukorienteeringleague.org.uk)

## **Christmas Holidays**

The National Office will be closed for general business including membership renewals from Friday 20th December until Monday 6th January. A skeleton staff will be in the office on Monday 23rd and Tuesday 24th December and Thursday 2nd and Friday 3rd January for any urgent enquires.

Finally may I thank all the many club and event officials for their support of orienteering during 2013 and I wish you a Merry Christmas and a prosperous New Year.

**Mike Hamilton, Chief Executive**

## Compass Sport Trophy 2014

Given the disappointing response to this event at both the qualifying round and final in 2013, the committee discussed EPOC's entry to the Compass Sport Trophy in 2014. The qualifying round is being hosted by CLARO near Pateley Bridge, but the final is further south than in 2013 and is being held on **Saturday 8<sup>th</sup> November**, if we are successful in qualifying again. Despite this, the majority decision of the committee was that EPOC should enter this event so that those who do wish to run for their club have the opportunity to do so. Please see emails and Epistle for further details.

## JK 2016

### JK 2016 Initial plans and Officials.

A steering group for JK 2016 consisting of members of the YHOA committee, YHOA fixtures group, a couple of interested volunteers, and British Orienteering's Major Events Manager met for the first time on Tuesday 10 Sept.

Initial plans which are being investigated further would have the Day 1 Sprint at Leeds University, Day 2 as a middle distance race at Timble, Day 3 as a classic distance race at Kilnsey, and the Day 4 relays at Storthes Hall. Having Day 2 as a middle race breaks with tradition, but it is being considered by Events and Competitions Committee who are likely to seek the views of orienteers.

Whilst members of the steering group have agreed to do further work on the suitability of the possible areas, no officials have been agreed as yet. The list below has been made as a starter although there will be other jobs to take on later. The steering group is hoping to agree some of the officials below at a meeting scheduled for January 14 2014. Any member of YHOA who feels they are suitably experienced and willing, is invited to put their name forward.

Event Coordinator

Budget Coordinator

Organisers and planners for each of the 4 days. Individuals could put themselves forward for these positions, or perhaps better, a couple of people who know they can work together could offer to be joint organisers, or joint planners for a particular day. **Planning and organising roles are not restricted to members of the clubs whose areas are being used.**

Trail O Coordinator

Publicity Coordinator

Website/social media Coordinator

Social Programme Coordinator

Safety Officer

If anyone is interested in carrying out one of these roles, please let Alistair Tinto ([alistair.tinto@yahoo.co.uk](mailto:alistair.tinto@yahoo.co.uk)) know before Christmas so that the steering group can make some decisions in January. There will be other roles such as Starts Coordinator, Car Parking Coordinator, String Course and many more. We hope that most YHOA members will help in some way at the actual events, but if you want to be involved as an official on the above list, as an official for a role not yet decided upon, or with the steering group, then again please let Alistair know as soon as possible.

## EPOC Club Championship 2013

### Graham Lloyd

It's very close at the top, with two events to go. Due to the cancellation of Clayton Woods in Leeds I'm putting in the PFO event at an old place called Dean Clough, no relation to the one in Halifax, so get out there and run. It wouldn't take much for us to have 25 members qualifying for this year's champs. We also have the B events champs and the Middle Distance Champs completed now. Middle distance champions are: Well done to James Logue, Julie Couch, Ian Couch, Judith Goodair. B event champions are: Mike Pedley, Richard Payne, Emma Harrison, and Judith again. So that leaves the overall champs and the Yorkshire (and one Lancashire) events still to play for. In the Juniors it looks like Alasdair has really sewn this up. A future national squadie? Well done to Megan for giving him a run for his money.

### Remaining events:-

**08/12/13** – PFO DEAN CLOUGH

**15/12/13** - SYO CANKLOW ROTHERHAM

### Results so far!

(The full Excel file with each event score is too big to copy into a word document so I can only include overall scores here. If you want to see the full results please ask Graham for a copy)

### Seniors

		Super	veis	Ladies	Points	Races
1	Julie Couch		1	1	492	5
2	Richard Payne	1			491	5
3	Simon Martland		2		487	5
4	Mike Pedley		2		487	5
5	Emma Harrison		4	2	476	5
6=	Alistair Tinto		5		470	5
6=	Ian Couch	2			470	5
8	Paul Taylor		6		468	5
9	Guy Goodair	3			467	5
10	Judith Goodair	4		3	466	5
11	Graham Lloyd		7		465	5
12	David Harrison		8		456	5
13	Rebecca Lloyd		9	4	448	5
14	Jonathon Emberton		10		388	4
15	James Williams		11		378	4
16	Rod Shaw	5			365	4
17	Amanda Crawshaw		12	5	344	4
18	Helen Martland		13	6	340	4
19	Sarah Noot		14	7	294	3
20	Andrew Thorpe		15		293	3
21	Esther Logue		16	8	272	3
22	James Logue		17		271	4
23=	Helen Pedley		18	9	265	3
23=	Bob Steeper		19		258	3

### Juniors

1	Alasdair Pedley	500	5
2	Megan Harrison	493	5
3	Sam Crawshaw	492	5
4	Laura Harrison	488	5
5	William Martland	474	5
6	Alex Crawshaw	469	5
7	Adam Thorpe	391	4
8	Anna Thorpe	385	4
9	Sarah Pedley	197	2
10	Imogen Williams	192	2
11	Maebh Logue	189	2
12	Euan Logue	183	2
13	Lewis Hodgson	94	1
14	Tom Crawshaw	93	1
15	Seth Thomas	91	1
16	Luke Barraclough	91	1
17	Alex Crawshaw	89	1
18	Seth Barraclough	88	1
19	Joseph Barraclough	87	1
20	Heather Pownall	86	1

25	Joanna Emberton		20	10	256	3
26	Paulette Noot	6		11	255	3
27	Jane Payne		21	12	250	3
28	Pat Thorpe	7		13	240	3
29=	Jean Lohead	8		14	185	2
29=	Siarlot Lloyd			15	185	2
31	Phil Thompson	9			183	2
32	Linda Hayles			16	179	2
33	Pat Aspinall	10		17	177	2
34	Paul Jackson	11			174	2
35	Brian Mellor	12			100	1
36	Mike Pownall		22		99	1
37	Will Barraclough				98	1
38	Viv Barraclough			18	90	1
39	Sue Brant	13		19	89	1
40	Mike Thorpe	14			86	1
41	Margaret Shaw	15		20	85	1
42=	Gillian Crawshaw		23	21	84	1
42=	John Rawden		24		84	1
44	Neil Croasdal	16			83	1
45	Bryan Parkinson	17			80	1
46	Jackie Scarf		25	22	79	1
47	Phil Scarf		26		75	1
48=	Steve Wood	18			71	1
48=	Ray Stone		27		71	1
48=	Val Pownall		28	23	71	1

## Want to start the New Year off well?

### **Guy Goodair**

For those who have good intentions to start 2014 with an event on New Year's Day here are a selection of events for you to ponder over – You can enter on the day for them all

### **Giants Tooth fell race at Ogden - 12pm Start**

- Distance:** 4.8km / 3m
- Climb:** 120m / 394ft
- Venue:** Causeway Foot Inn, on A629 Halifax-Keighley Rd, HX2 8XX.

### **Hangover Hike** <http://www.theirregulars.org/>

20, 17 or 10ml. in 8hrs

**Start Time:** Registration from 08:00 Start 09:00 (all to finish by 17.00)

**Route:** The Leggers Inn, Mill St East, Dewsbury, West Yorks In less visited area of W. Yorks

### **DVO Bakewell Urban Event**

<http://www.derwentvalleyorienteers.org.uk/details/Bakewell010114.pdf>

### **EBOR Newbridge Park Pickering**

Registration in Yatts Road, Pickering. Leave the station on the left and keep straight ahead. Roadside parking 1.5km after the station at [SE802851](#). Nearest postcode YO18 8JL old quarry, cliffs, boulders, No urban sections.

Terrain: Complex deciduous woodland, old quarry, cliffs, boulders, features with path network. Starts: from 1100 to 1200hrs.

## Aire - New Year's Day Score Event

**Venue** Ilkley Moor, Darwin Gardens, Wells Road  
Grid reference SE117471 Post Code LS29 9TF

**Assembly & Parking** either on Wells Road or in the Darwin Gardens car park by the cattle grid.

**Registration** Registration on grass on S side of road from 1030.

**Courses** 45 minute score event. Controls are all orange standard or above - younger juniors best accompanied. You'll need a watch, but not a dibber - old pin punches only.

**Entries** **Please let Tony know by Monday 16th December if you are likely to turn up (email preferably) so that a map is printed for you. Apologies for long lead time, but printers are closed over Christmas.**

Seniors £3.00 Juniors & Students £1.00

Limited entry on the day will be available, but we may run out of maps.....

Warning to university students who intend to compete in the British Universities Champs in February 2014 on Ilkley Moor: you will not be allowed to run competitively in the Championships if you compete in this score event. Sorry.

**Start** Mass walk to the start from the registration point at **11.00** sharp.

**Safety** Ilkley Moor is open and exposed. Please come suitably dressed.

**Social** Social get together after the event for AIRE members and invited guests.  
At 32 Kings Road, Ilkley LS29 9AN.  
Please let Tony and Jo know if you intend to come after running.  
Food/drink donations invited.

**Organiser** Tony Thornley 01943 609565 (before 9.00 pm) [tonythornley@btinternet.com](mailto:tonythornley@btinternet.com)  
AIRE website: [www.aire.org.uk](http://www.aire.org.uk)

## Ramblers Worldwide Holidays – The Walking Partnership

About 12 months ago, Ramblers Worldwide Holidays announced an initiative to support local walking groups. EPOC decided to apply for membership based on its Wednesday "wrinklies" walks and was accepted.

The scheme works whenever a member of EPOC books a holiday through RWH and says before departure that they are a member of EPOC. RWH then pays £20 for European departures and £30 for Long Haul trips to the club.

We have just been credited with £40 for our first bookings and expect more in the coming months as Pat and Mike Thorpe have just been to Jordan and Juliet and I have been to the Galapagos. Ramblers World Wide Holidays organises small group guided walking holidays in Britain, Europe and Worldwide.

Book a holiday, enjoy the trip and earn money for the club – it's very simple. More details contact Juliet or myself

David Morgan  
Treasurer

## CAR STICKERS

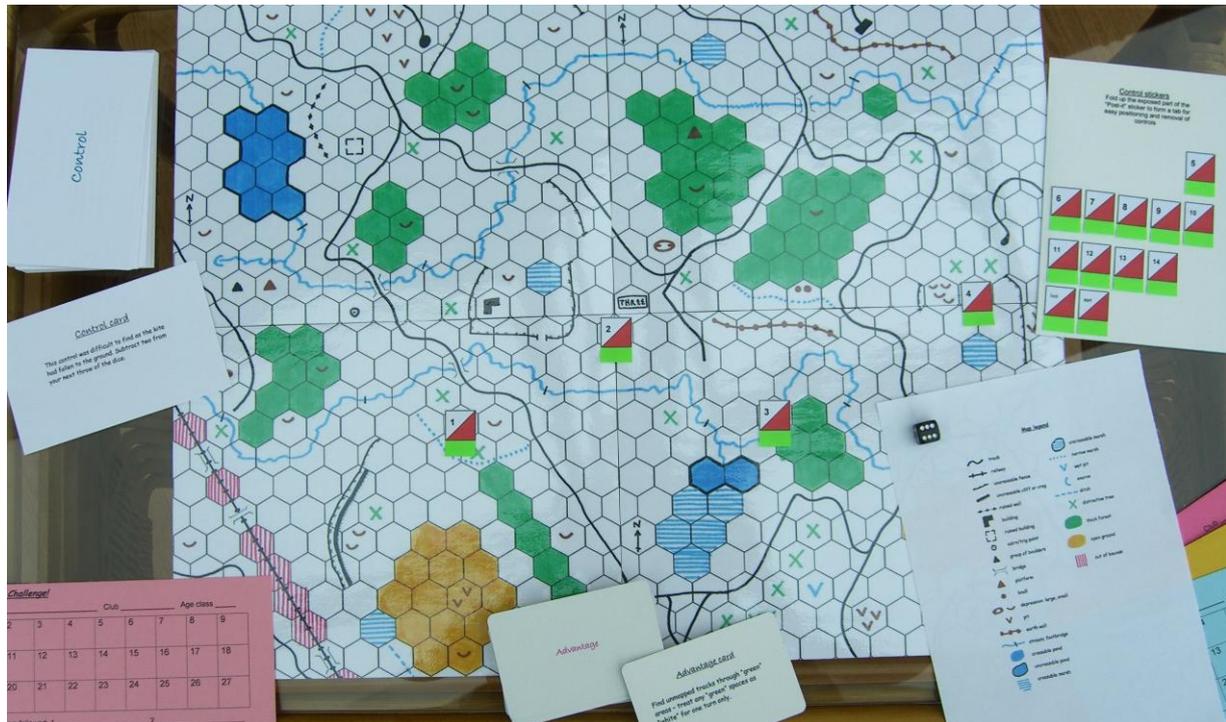


Pat Aspinall has a supply of EPOC car stickers which stick on the inside of the window but are easily removeable if needed. Make sure you collect yours from Pat when you next see her and advertise the club (and sport) while you are on the road!



# Forest Challenge!

*The orienteering board game for 2-6 players from the UK's  
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 £10-00 (including postage) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. Cheques payable to NGOC or pay by PayPal or bank transfer). All profits to the Woodland Trust. Email Alan Brown at NGOC at [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) for further information.

# urban-0 photo-0 maze-0 string-0

four orienteering board games in one pack. for 2-6 players



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

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north gloucestershire orienteering club

# The Inaugural Calderdale Cycle Quest

**Graham Lloyd**

I was intrigued by an article in Cycle magazine, which as a member of the CTC I receive bi-monthly, about a thing called Lane-quest., which Carol McNeill seemed to be involved with. I liked the sound of this so investigated what the event was. I mentioned the idea on a CTC club ride to Martin and Reid local officers of the Halifax CTC. They seemed to be up for it. So a bit of research on the CTC website led to us setting up the event as a "challenge ride." With the legalities sorted it was full steam ahead. The format was simple a 2 hour score event. The CTC have a British Cycle Quest, where you visit 5 or so places in each county and answer question about various locations in each county to prove you had been there. So that was the format I would adopt for this event. So no kites, no punches, no dibbers! I thought each control should be on an obvious feature, such as road junctions, sharp bends, and cross roads for example. It was all about route planning. I then had to think what my controls could be. I noticed that bus stops had a unique number, as did post boxes and grit bins. Signposts were also useful. So I prepared a clue sheet where riders had to answer a question like, "What are the last 3 digits of the bus stop number?" I was then worried about if it rained, so gave a multiple choice answer, so if it did rain then riders could put a hole in their control card, sorry, clue sheet. I prepared a 1:50,000 map with 29 controls which I blew up a little bit. Like all score events the further controls had more points. The area I chose was The Sowerby Lanes. Lots of climb and distance. Also it was planned to be accessible on any bike, though I doubt much advantage would be gained on a full race spec. carbon road bike. On the day of the event we had about 26 riders, who were from a variety of backgrounds, we had about a third from the CTC, a third from EPOC and a third from Calder Valley Fell Runners. Some overlapped. Riders set off at 1 minute intervals, and found it truly a challenge. It was not a race, as CTC rules don't allow it, but do allow challenges like this. The pair that got the most points managed to clock up about 20 miles and 2500 feet, one CTC rider clocked 34 km and 978 m of climb. I deliberately planned the route so that some flat cycleway could be used for the less enthusiastic climber. The weather held off, and it seemed that everybody had a really good time. So if you like the sound of this, look out for the next one on April 26th 2014, probably based around Norland Moor, the venue to be confirmed.

## EVENT REPORTS AND RESULTS

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

### EPOC Yorkshire Super League Event, Rishworth Moor - 6 Oct 13

#### **Brown 9.1km 310m**

Andy Thorpe rtd

#### **Short Brown 8.0km 265m**

5th Paul Taylor 86:00

13th Mike Pedley 94:45

m10-17 Steven Wood 88:08

m9-17 Raymond Stone 149:18

#### **Blue 6.6km 230m**

3rd Will Barraclough 67:16

10th Viv Barraclough 79:10

11th David Harrison 79:36

27th Emma Harrison 97:56

31st Bob Steeper 108:18

rtd Amanda Crawshaw

#### **Short Blue 5.7km 190m**

4th Alistair Tinto 70:03

#### **Short Green 4.0km 140m**

1st Brian Mellor 53:53

11th Helen Martland 82:41

13th Rod Shaw 86:36

18th Rebecca Lloyd 106:22

#### **Very Short Green 3.1km 120m**

6th Heather Pownall 108:04

#### **Light Green 3.9km 110m**

1st Alasdair Pedley 34:54

#### **Orange 3.2km 50m**

2nd Adam Thorpe 23:36

4th Laura Harrison 31:37

12th Joy Mellor 70:20

#### **Yellow 1.7km 10m**

2nd Sam Crawshaw 11:06

3rd Lewis Hodgson 14:30

4th Anna Thorpe 15:19

7th William Martland 18:17

### Green 5.0km 185m

1st Mike Pownall 62:19  
7th Megan Harrison 80:01  
23rd Neil Croasdell 117:02  
m6-13 Val Pownall 56:57

### White 0.8km 10m

1st Alex Crawshaw 7:52  
2nd Luke Barraclough 10:11  
4th Seth Barraclough 11:00  
5th Joseph Barraclough 12:01

## Sardinia 5 days – October 2013

### David Morgan

Last year Guy and Judith went on the Park World Tour 5+5 in Sicily and really enjoyed it, with 2 sets of 5 events covering the North and the South of the island. This year the event moved to Sardinia and changed the format with 2 sets of 5 events all based in the extreme NW of the island. As the two weeks would be basically the same, the EPOC elite (if wrinkly) squad decided to enter the second week only. There were a few other Brits and the total entry was about 100.

Flights, overnight hotels and hire cars were arranged and one Saturday afternoon saw Juliet and I plus Guy & Judith in one car and Jean, Pat and Paulette in the second heading for Stansted and a night in the Hilton (Guy booked it because the parking was really cheap). After a truly forgettable meal and a 4AM alarm call we were on Easyjet to Cagliari. Unfortunately Cagliari is in the extreme south of Sardinia and we were staying in the NW but that was how the flights worked and at least we were able to see some more of the island.

At Paulette's suggestion we broke the journey at an archaeological site. Lots of good well preserved ruins and more recent buildings but my main thought was that it would have made a superb sprint event site. Another couple of hours and we rolled up at the hotel to meet Richard and Jane who had flown out a couple of days earlier. Dinner was accompanied with lashings of free wine and we soon hit our beds after a long day.



The next day we headed to the small fishing village of Stintino which would be the venue of the first sprint race. There was no embargo on checking out the area and potential control sites and after a bit of lunch shopping we headed back to the hotel to get ready for the race. Park World Tour events in Italy are informal to say the least. The start was set up just 5 mins before the first starter. The local mayor strolled round in T Shirt and jeans and the police watched many of the starters before remembering that they were meant to be manning a road crossing just after the start. The courses were short and the area was not very technical so there were no real problems.

After the finish we gathered in the sports hall for nibbles and wine and then more wine before the prizes (Cava for winners like Judith) were eventually presented.

Tuesday was scheduled to have two events on the west coast followed by a Pizza party. Unfortunately permission for one area was lost during the first week so we ended up driving for over an hour to the north east coast for a middle length event on wooded sand dunes, finishing beside a swimming beach. This was followed by 2 hours across country to a lovely small hill town for another sprint event. Here the courses headed uphill through a maze of alleys and steps and out onto steep rough semi open land below the castle before heading steeply back to the town square and the finish. We then had another drive along a twisty coastal road to the Pizza place. All this was followed by another hour back in the dark to the hotel at about 10.00pm.



Wednesday was a free day. We did a bit of exploring and then ended up at the local beach. Might it be the best beach in the world? Soft white sand, warm clear blue sea gently shelving to a nice swimming depth.

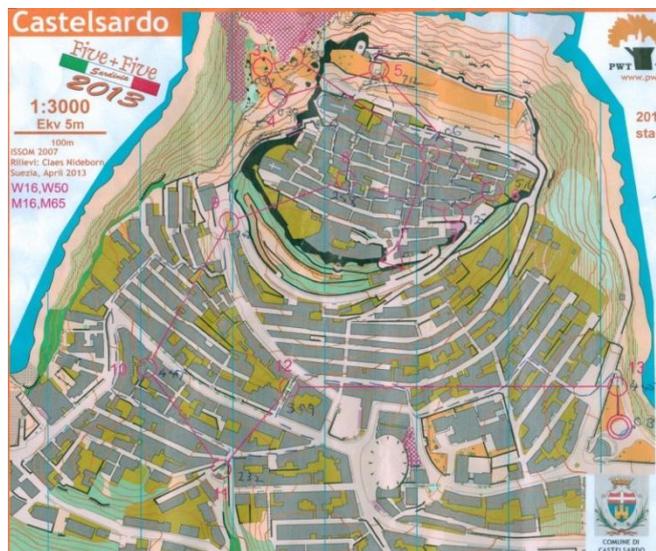


Back at the hotel it was time for the fun race. One course, starts at 15 sec. intervals with a common first control followed by two 5 control butterflies which could be run in either direction and finally a loop of 9 controls ending with a long stretch over the pool to the last control. There were also a load of dummy controls which cost time but were not penalised. It was mayhem with runners flying in all directions but really good fun!

Not sure what the winning time was but David ended up as EPOC champ in about 15 mins.

Thursday again was 2 events. The first was another forested sand dune area. Richard had hurt his ankle badly so did not start and Jayne remained to give sympathy, but he later regretted the decision as if he had limped round he would have been 3<sup>rd</sup> overall. We all struggled to some extent with patchy vegetation and some rather hidden control sites. I might have done better if I had realised that the map was at 1:10 rather than the 1:5 of the adjacent area. Heading east again we arrived at the final venue, unfortunately we beat the person putting up the road signs but by chance parked just by the finish.

The details said 1km to the start and it was – 1km very very steeply uphill virtually to the gates of the old town.



After getting one's breath back we were off, through the town gates into a group of 3 controls then out past the church to a group of 3 easy sites on grassland with large boulders. Back in past the church to 3 more and then out past the church (yet again!) to head downhill through the new town on a series of rather poor legs to the finish. Overall I was disappointed in the course. I would have liked much more of the old town and perhaps a walk back from the finish.

Strangely the event finished on the Thursday and we had 2 days to relax and explore with the hotel slowly emptying as competitors flew home – until Saturday lunch time when around 100 customers of Saga Italy descended on the hotel, it was bedlam but it was also the best evening meal of the week.

Final thoughts – good company and a totally new area but not sure about flying so far for 5 events over 3 days with 3 free days. Oh and by the way Ryanair coming back were far more expensive than Easyjet!

And the overall results.

With a small entry the organisers combined some classes and we were up against some very good runners from Sweden and Switzerland.

## Results

### Sardinia 5 days - 7 to 10 Oct 2013

	Race 1 Stintino	Race 2 Marina de Sorso	Race 3 Bosa	Race 4 Marina de Sorso	Race 5 Castelsardo	Overall
<b>M60</b>						
Richard Payne	3 (17.49)	3 (18.35)	2 (15.35)	dns	3 (27.43)	x
<b>M65</b>						
David Morgan	7 (19.32)	7 (35.44)	6 (33.25)	6 (71.55)	5 (47.51)	5
<b>M70</b>						
Guy Goodair	5 (13.52)	6 (35.14)	3 (11.25)	2 (43.04)	3 (27.06)	2
<b>W60</b>						
Jean Lochhead	4 (11.21)	3 (20.57)	3 (10.21)	4 (40.26)	7 (28.28)	4
Juliet Morgan	9 (15.16)	11(29.28)	12 (14.44)	10 (64.51)	8 (28.56)	9
Jane Payne	15(22.38)	dns	9 (14.07)	dns	10 (38.29)	x
<b>W70</b>						
Judith Goodair	2 (9.06)	1 (20.57)	1 (6.42)	8 (47.59)	7(22.20)	3
Paulette Noot	8 (11.37)	6 (25.35)	10 (14.55)	4 (43.08)	9(23.19)	6
Pat Aspinall	6 (11.05)	4 (25.27)	3 (8.36)	11 (58.06)	6(22.27)	9

### NATO October Odyssey, Druridge Bay - 12/13 Oct 13

#### British Schools Score Year B10/11

11 Alasdair Pedley 250 pts

#### Day 1 Score

##### Open

5 James Williams 450pts

##### Vet

1st Mike Pedley 515

22nd Emma Harrison 360

23rd Andy Thorpe 360

45th Graham Lloyd 270

47th David Harrison 260

51st Rebecca Lloyd 240

63rd Sarah Noot 50

##### Junior

2nd Adam Thorpe 230

3rd Megan Harrison 220

13th Laura Harrison 130

15th Siarlot Lloyd 120

19th Anna Thorpe 70

#### Day 2

##### Brown 8.9km

1st Andy Thorpe 65:53

2nd James Williams 70:38

##### Blue 6.1km

16th Sarah Noot 54:08

21st Alasdair Pedley 56:26

31st Emma Harrison 61:28

w19 David Harrison 59:05

##### Green 4.4km

12th Megan Harrison 50:50

##### Orange 2.6km

6th Laura Harrison 23:14

7th Adam Thorpe 23:40

##### Short Brown 7.2km

10th Mike Pedley 58:44

29th Graham Lloyd 82:38

##### Short Green 3.5km

11th Siarlot Lloyd 51:45

12th Rebecca Lloyd 53:25

##### White 1.4km

2nd Anna Thorpe 12:33

3rd Imogen Williams 14:09

### Welsh Championships, Newborough - 13 Oct 13

#### M10 2.1km 20m

Mp Sam Crawshaw 15.53

#### W10 2.1km 20m

1 Alex Crawshaw 17.40

#### W40 5.2km 140m

3 Amanda Crawshaw 72.11

### **BOK CompassSport Trophy, Moseley Green - 20 Oct 13**

#### **Brown 10.26km 380m**

35th David Harrison 138:48

#### **Blue Mens 6.9km 290m**

3rd Paul Taylor 62:35

5th Jonathan Emberton 64:44

12th Mike Pedley 70:09

21st Graham Lloyd 85:04

45th Bob Steeper 121:45

#### **Blue Womens 6.6km 290m**

11th Emma Harrison 79:14

16th Amanda Crawshaw 84:39

#### **Green Men 4.6km 170m**

8th Ian Couch 55:41

36th Michael Wood 73:59

#### **Green Women 4.8km 190m**

5th Julie Couch 58:26

36th Siarlot Lloyd 125:16

m5-8 m10-11 Rebecca Lloyd 120:20

#### **Short Green Vets 3.6km 120m**

2nd Jean Lochhead 48:00

13th Philip Thompson 60:08

15th Rod Shaw 62:19

16th Guy Goodair 65:21

20th Judith Goodair 68:25

29th Margaret Shaw 93:26

#### **Orange 3.21km 110m**

1st Megan Harrison 28:28

9th Laura Harrison 39:00

#### **Yellow 2.63km 75m**

m2 Sam Crawshaw 21:48

#### **White 2.48km 80m**

2nd Alexandra Crawshaw 21:05

### **MDOC Twin Peaks Day 1, Macclesfield Forest - 26 Oct 13**

#### **Brown 8.3km 545m**

2nd Andrew Thorpe 91:27

#### **Short Brown 7.1km 425m**

16th Paul Taylor 79:04

#### **Blue 5.6km 260m**

25th Emma Harrison 81:17

38th David Harrison 113:04

40th Linda Hayles 121:09

#### **Short Blue 5km 220m**

38th Neil Croasdell 86:09

#### **Green 3.5km 195m**

21st Megan Harrison 54:30

60th Jackie Page 113:15

#### **Short Green 3.2km 175m**

3rd Guy Goodair 63:20

14th Jean Lochhead 75:35

16th Judith Goodair 77:56

#### **Light Green 2.8km 175m**

14th Laura Harrison 54:04

### **MDOC Twin Peaks Day 2, Stockport Urban - 27 Oct 13**

#### **Course 2 Mens vets 6.6km 120m**

7th Paul Taylor 51:13

#### **Course 3 Womens vets 5.6km 90m**

24th Linda Hayles 72:24

#### **Course 4 Mens Ultravets 4.2km 80m**

4th Richard Spendlove 40:07

14th Neil Croasdell 47:34

25th Guy Goodair 58:41

#### **Course 5 Womens Ultravet 3.4km 70m**

1st Jean Lochhead 38:41

7th Judith Goodair 58:19

### **LEI East Midlands League, Ratby - 27 Oct 13**

#### **Green 5km 65m**

17th Helen Martland 63:03

## **Jet 2 Rome**

### **Jean Lochhead**

A small but exclusive band of retired Orienteers (retired from work not orienteering) ventured to Rome on the 31<sup>st</sup> October to 4<sup>th</sup> November exchanging the fun of Halloween and Bonfire night for 22c plus temperatures.

Judith and Guy, Richard (with the ankle sprained in Sardinia) and Jane Payne, Jackie Page and Jean Lochhead accompanied by Airienteers Fred and Gill Ross were stationed in different hotels all near to the centre of Rome.

The trip did not start well as after entering, booking flights and accommodation we were informed that we needed medical certificates confirming that we were fit enough to compete. The recommended certificate stated that the doctor took *“full responsibility and acknowledged the consequences”* for the fact that they had signed the certificate - fat chance. Some produced an amended certificate, which was less damning but some had to pay for the doctors signature and some were blessed with no fee. Jackie managed to get a certificate but was late entering so could not compete. However there was a non- competitive course which enabled Jackie to get a free map with a n/c course and she became very popular as we endeavoured to get the map off her pre event.

Jane could not get her certificate in time and suffered the same fate as those who forgot to bring their originals - although entered they had a black line put through their numbers, so they could not count in the results. However I notice that Jane features on the final results, and has a time for each day!

**Day 1** Late Afternoon Event in Villa Bougese, a flat parkland near to and behind the top of the Spanish Steps, encouraged the fast running so beloved of the EPOC Urban squad. Competitors set off in groups; there were 122 in the race for over 65s, which was the oldest age group. Men and Women all set off together in the first despatch to set out on butterfly loops. After a 400metre first leg one found oneself peacefully alone never knowing where the other competitors were. A masterstroke of planning!

There was added interest as the park had facilities for bike hire, singles, multiple occupancy bikes, tricycles and segways. There were small children on bikes and others that looked as if they had never been on a bike in their life before and the bike was definitely in charge with their riders going in all directions. These activities were very popular with the locals and added considerable interest to the Orienteering as our ability to change direction without prior notice would have done credit to the Welsh Rugby team.

Richard had a malfunction with his dibber and was initially disqualified (now have you ever heard of a malfunctioning dibber). The organiser agreed his dibber had gone AWOL, was given another by the organiser and reinstated.

Jean ran exceptionally well in this event, which was fortunate as her winning margin in the first event made up for the disasters on the next two days narrowly scraping home with an overall win. This person can really snatch defeat from the jaws of victory but in this case seemed to have had a get out of Jail free card – Phew!!.

**Day 2** Morning event at Villa Ada - Bussed into this one, the map was **green** very **green** with small leaf covered paths, however if you were very careful it turned out to be a good event in a surprising area. In the past it must have been a well-maintained estate, as in the undergrowth some control features were severely overgrown foliage covered fountains, rotundas and statues (spooky). Assembly and finish was on an island and it was as well that no one fell in, as the fish were enormous, scoffing big slices of bread or was it loaves thrown in by the locals.

**Day 3** Colosseo, which translates as Coliseum. Self-explanatory really, a run round the sights and attractions of Rome. Traffic was always a problem as cars and scooters did not acknowledge any pedestrians never mind focused Orienteers. The terrain had a very intricate area in Campidoglio (Capitol Hill), which had a steep slope and uncrossable walls. Getting round the tourists was not too difficult, we have met worse.

## Overall

Gill and Judith had their usual consistent runs and Guy ran well but not necessarily to the correct control. Richard Payne did well on each day despite his sprained ankle and finished 6<sup>th</sup> Overall – Jane Payne did well, appears on the overall results but did not appear on the daily results (due to not having zee correct papers). Fred did OK and enjoyed the Ice Cream. Jackie complete with medical certificate entered too late but enjoyed the free courses.

**Disaster Confessions:** Mispunches, running off the map, 90o error.

## Highlights:

Ice cream parlour, which was a must each evening for Guy and Fred who had us laughing at their imaginary scenarios of hardships for Roman Soldiers especially the ones assigned to Hard Knott Pass and the Scottish Borders, coupled with Fred's other adventures in Rome!

The sights and attractions of the city, which turned out to be not as expensive as we thought it would.

## Results:

	Day 1	Day 2	Day 3	Overall
M60 Richard Payne	11	9	6	6
W60 Jane Payne	23	22	24	24
W65 Jean Lochhead	1	8	5	1
W65 Gill Ross	18	5	8	9
W65 Judith Goodair	16	16	16	15
M65 Guy Goodair	x	x	12	x
M65 Fred Ross	41	47	39	34

Next event in Rome possibly 2015 – must start work on the medical certificate now.

## Rome O Meeting - 1 to 3 Nov

### Day 1 Villa Borghese

#### M60

11 Richard Payne 29.58

#### M65

Guy Goodair mp 43.19

#### W60

24 Jane Payne 45.45

#### W65

1 Jean Lochhead 28.26

16 Judith Goodair 39.22

### Day 2 Villa Ada

#### M60

9 Richard Payne 34.07

#### M65

Guy Goodair mp 64.53

#### W60

25 Jane Payne 76.03

#### W65

8 Jean Lochhead 47.34

16 Judith Goodair 60.10

### Day 3 Rome Centre

#### M60

6 Richard Payne 39.47

#### M65

12 Guy Goodair 48.47

#### W60

27 Jane Payne 69.14

#### W65

5 Jean Lochhead 46.20

16 Judith Goodair 60.41

## SYO Middle Distance Event, Bowden Housteads - 3 Nov 13

**Yellow** (length 1.8km, climb 40m, 13 controls)

2 William Martland 25:11

3 Alex Crawshaw 25:35

**Light Green** (length 3.0km, climb 70m, 17 controls)

14 Pat Aspinall 72:31

mp Paulette Noot 71:26 Missing no 14

**Green** (length 3.5km, climb 70m, 20 controls)

26 Sam Crawshaw 58:05

51 Michael Wood 95:24

mp Philip Thompson 72:11 Missing no 3

**Blue** (length 4.1km, climb 95m, 24 controls)

29 Paul Jackson 52:00

38 Helen Martland 61:24

**Brown** (length 5.2km, climb 115m, 27 controls)

27 Amanda Crawshaw 53:11

### WCH Colour Coded & WMOA League 9, Oldacre

**Blue** (length: 5.6km, climb: 170m, 24 controls)

27 Ian Couch 01:08:48

**Green** (length: 4.5km, climb: 145m, 18 controls)

17 Julie Couch 00:54:28

### NOC District Event, Thoresby North - 10 Nov 13

**Light Green** (length 3.8km, climb 25m, 14 controls)

8 Jane Payne 95:07

**Green** (length 4.9km, climb 20m, 15 controls)

4 David Harrison 48:43

12 Megan Harrison 55:24

23 Jean Lochhead 63:23

26 Laura Harrison 65:35

30 Rod Shaw 69:53

40 Jackie Page 86:53

**Short Green** (length 4.0km, climb 25m, 12 controls)

25 Margaret Shaw 104:08

**Blue** (length 7.0km, climb 45m, 19 controls)

14 Emma Harrison 72:55

16 Richard Payne 75:22

21 Paul Jackson 84:03

### CLOK District Event, Boltby Forest & Dale Town Moor - 10 Nov 13

**Blue**

11 Steven Wood 58:47

### CLARO YHOA Night League, Conyngham Hall - 16 Nov 13

**Long** (length: 4.4km, climb: 110m, 29 controls)

18 Emma Harrison 48:12

30 John Elliott 72:35

**Medium** (length: 3.1km, climb: 80m, 19 controls)

7 Megan Harrison 45:06

### EBOR YHOA Urban League, Scarborough Peasholm Park & Secret Garden - 17 Nov 13

**Course B length: 4.2km, climb: 155m, 20 controls**

6 Emma Harrison 00:43:45

12 Steven Wood 00:45:08

38 Linda Hayles 01:07:22

**Course C length: 3.5km, climb: 105m, 19 controls**

11 Guy Goodair 00:46:24

14 Jean Lochhead 00:50:49

15 Neil Croasdell 00:50:52

20 Jackie Page 00:56:04

**Course D length: 2.7km, climb: 95m, 19 controls**

3 Judith Goodair 00:45:02

8 Pat Aspinall 00:51:03

-mp Paulette Noot 00:57:07

**Course E length: 2.7km, climb: 100m, 23 controls**

2 Megan Harrison 00:31:08

**Course F length: 1.7km, climb: 40m, 16 controls**

6 Laura Harrison 00:24:17

### AIRE O Lite Event, Becketts Park - 23 Nov 13

**Orange 2.7km 35m 10c**

2 Guy Goodair 29min

3 Judith Goodair 33min

**Green 5.2km 70m 14c**

10 Jean Lochhead 53min

17 Jackie Page 72min

### CLARO Yorkshire Middle Distance Champs, Brimham Rocks - 24 Nov 13

**Black 4.5km 110m**

9th James Williams 39:54

37th David Harrison 63:51

**Brown 4.1km 75m**

3rd Paul Taylor 38:11

11th Mike Pedley 42:19

23rd Emma Harrison 51:15

44th Amanda Crawshaw 61:25

rtd Alasdair Pedley

m6 Esther Logue 57:07

**Light Green 1.8km 55m**

1st Alasdair Pedley 23:40

3rd Megan Harrison 24:36

21st Pat Thorpe 121:56

**Orange 1.9km 25m**

2nd Adam Thorpe 15:17

4th Laura Harrison 22:16

**Yellow 1.5km 25m**

1st Sam Crawshaw 12:08

7th Anna Thorpe 17:58

9th William Martland 18:42

**Blue 3.5km 75m**

9th Richard Payne 35:25  
 17th Ian Couch 42:00  
 67th Helen Martland 67:53

**Green 2.8km 50m**

2nd Julie Couch 34:14  
 31st Rod Shaw 48:03  
 55th Judith Goodair 63:52  
 56th Paulette Noot 65:16  
 58th Guy Goodair 65:51  
 68th Jane Payne 86:40

**White 1.1km 5m**

1st Maebh Logue 9:07  
 2nd Imogen Noot-Williams 12:10  
 7th Alexander Crawshaw 14:33  
 8th Ffion Noot-Williams 14:56  
 m8 Paulette Noot 12:47

**YHOA URBAN LEAGUE – 2013****Final Overall Results****Junior Young Men 12-**

1 William Martland 492  
 5 Adam Thorpe 100

**Junior Young Women 12-**

1 Laura Harrison 600  
 8 Sarah Pedley 96  
 16 Anna Thorpe 89

**Junior Men 16-**

20 Alasdair Pedley 90

**Junior Women 16-**

1 Megan Harrison 581

**Mens Open**

73 Richard Wren 84

**Mens Vet 40+**

1 Simon Martland 584  
 7 David Harrison 482  
 8 Alistair Tinto 473.5  
 69 Andrew Thorpe 84  
 73 Simon Bourne 83  
 99 Mike Pedley 71  
 110 Graham Lloyd 58

**Womens Vet 40+**

2= Emma Harrison 565  
 7 Helen Martland 523  
 46 Amanda Crawshaw 84

**Supervet Men 55+**

18 Richard Payne 356  
 40 Steven Wood 166  
 59 Bryan Parkinson 91  
 67 John Rawden 85

**Supervet Women 55+**

26 Jean Lochhead 179  
 29 Jackie Page 169  
 50 Jane Payne 80

**Ultravet Men 65+**

5 Guy Goodair 539  
 28 Neil Croasdell 175  
 57 Keith Sykes 77.5

**Ultravet Women 65+**

1 Jean Lochhead 600  
 4 Judith Goodair 552  
 27 Pat Aspinall 87  
 32 Paulette Noot 84

**YHOA URBAN LEAGUE – 2014**

For further information about the 2014 Urban League go to [www.aire.org.uk](http://www.aire.org.uk)

**YHOA SUPER LEAGUE – 2013**

The YHOA Superleague was completed at Brimham on 24<sup>th</sup> November, but up to press the final 2013 results are not yet available. For final results check [www.aire.org.uk](http://www.aire.org.uk)

**YHOA SUPER LEAGUE – 2014**

For further information about the 2014 Superleague go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA NIGHT LEAGUE – 2013/14**

The YHOA Night League started again on 16<sup>th</sup> November at CLARO's event near Knaresborough. With 6 events during the winter (one hosted by each YHOA club) and the best 4 results to count, why not have a go at something different this year? You never know, you might find it good fun!

All details available at [www.aire.org.uk](http://www.aire.org.uk)

### **CLUB NIGHTS**

Club Nights will now be held in different locations so look out for regular updates via email or contact Viv directly for more information

Everyone welcome and all abilities catered for!

For further information contact Viv Barraclough  
Phone: 01424 316707 or Email: [viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

### **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](mailto: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 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 2013 to February 2014

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

[www.britishorienteeing.org.uk](http://www.britishorienteeing.org.uk)

Date	Club/Region	Type/Area	Location
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### December

7	HALO/YHOA 	YHOA Night League, Beverley Westwood	Beverley
8	HALO/YHOA	Beverley Westwood	Beverley
8	PFO/NWOA <b>*Club Champs*</b>	Dean Clough	Blackburn
15	SYO/YHOA <b>*Club Champs*</b>	Canklow Woods	Rotherham
21	EPOC  	<b>YHOA Night League, Storthes Hall</b>	<b>Huddersfield</b>
22	EPOC 	<b>Storthes Hall</b>	<b>Huddersfield</b>
29	EBOR/YHOA	Skipwith Common	Selby

### January 2014

1	YHOA/EMOA	Various events, see earlier in Epistle	Various
5	AIRE/YHOA	Esholt	Leeds
11	SYO/YHOA 	YHOA Night League, Treeton	Sheffield
12	SYO/YHOA	Treeton	Sheffield
18	EBOR/YHOA 	YHOA Night League, Bishopwood	Selby
26	EPOC 	<b>Newmillerdam</b>	<b>Wakefield</b>
26	BKO/SCOA	Southern Championships	Bracknell

### February

1	AIRE/YHOA 	YHOA Night League/Northern Night Championships, Middleton Woods	Ilkley
2	CLOK/NEOA	CLOK Acorn, Mulgrave Woods	Whitby
9	SYO/YHOA	YHOA Superleague, Wharnccliffe	Sheffield
16	<b>CLARO/YHOA</b>	<b>Compass Sport Qualifying Round, Guiscliffe</b>	<b>Pateley Bridge</b>
22	MV/SEOA 	British Night Championships (UKOL), Pippingford Park	Crowborough
23	MV/SEOA	MV Regional (UKOL), Pippingford Park	Crowborough

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