



Epistle



No. 239
October - November 2016



Photo: Rob Lines

Alasdair Pedley at the Peter Palmer Junior Team Relay

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2016/2017

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OTHER CLUB OFFICIALS

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Club Kit Officer	Vacant	
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E-Punching Equipment	Ian & Julie Couch	ian@ircouch.eclipse.co.uk
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YHOA committee rep	Alistair Tinto	alistair.tinto@yahoo.co.uk

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

I have received more voluntary articles and information for this Epistle than I have in a long time which is great and hopefully will continue in the coming months!

On another positive note it would seem that EPOC juniors are becoming as strong and active as EPOC wrinklies! Six juniors competed in the Peter Palmer relays in September (there would have been 7 if Adam had not been injured) and 6 juniors also represented YHOA at the recent Junior Inter Regional Squads competition making up more than ¼ of the 23 strong team that travelled to Scotland for the event. We also have a staggering 12 juniors entered for the Compass Sport final in October which is more entries than we have on W60+/M70+! We just need to recruit some more members in the open age classes of 20, 21, 35 and EPOC will then have a strong spread of runners across all ages.

Moving into October we have an informal and schools event at Newmillerdam on 15th October followed by the Compass Sport final on 16th. We have a lot of entries for this event, so good luck to everyone running and fingers crossed for another strong result by EPOC.

Emma Harrison

CHAIR'S CHAT

For the second year running no-one stood for club chair so for now there will continue to be no Chair's Chat.

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 November 2016

Look forward to hearing from you!

Helping at an EPOC event?

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

What has your committee been doing?



East Pennine Orienteering Club

Summary of Committee Meeting

Wednesday 14 September 2016

Marsh Liberal Club



Minutes

1. Apologies from Jean, Emma
2. Minutes of the last meeting approved with no outstanding items
3. Thanks to Mike Pownall for all his work as Membership Secretary and with the Farnley Estate
4. Events Update;
15th Oct – Newmillerdam; limited colour coded for schools' league event and training activity, David to plan, Emma, Alistair, Viv, John plus ? helping
17/18th Dec - Storthes Hall; Paul to sort permissions, Davey to plan
15th Jan - Deffer
14th May - Sprint event Oakwell Hall Country Park
? June - Urban event Dewsbury
5. Paul suggested use of i-cloud for storing maps. Alistair to enquire whether YHOA could get one which clubs could use. Also useful for organising events such as YHOA Schools' Championships
6. Date of next meeting Wednesday 16th November **7pm**



East Pennine Orienteering Club
Minutes of the AGM held on
Wednesday September 14th 2016 7:30pm
Marsh Liberal Club



Present; David Morgan, Ian Couch, Julie Couch, Paulette Noot, Paul Taylor, Jackie Page, Simon Martland, Alistair Tinto, Davey Averill, Viv Barraclough, Rod Shaw, Keith Sykes, Mike Thorpe, Pat Thorpe, Juliet Morgan

Apologies; Emma Harrison, Jean Lothead, Philip Thompson, Dick Spendlove, Carla Spendlove, Guy Goodair, Judith Goodair, Pat Aspinall, Neil Croasdell, Jane Payne, Linda Hayles

Minutes:

1. Minutes of last years' AGM approved with no outstanding items
2. Treasurer's report had been previously circulated. Richard has audited them. Paul thanked both.
3. The club has gained £1500 from the JK. JK funds held by YHOA are used for Junior Squad and grants, coaching courses and workshops
4. Event safety workshops. Alistair can now tutor them and offered to run a workshop at a pub after a wrinkly walk
5. Membership fees to stay the same £5 adults £2 children
6. Remapping desirable for Stoodley, Honley and Royds - discussed strimming of brambles in some areas such as Storthes Hall
7. Election of officers: no chairperson; David - Treasurer; Davey - Fixtures Secretary; Viv - Secretary, Membership Secretary and Coach; Emma - Epistle Editor; Rod Shaw - to take on Compass Sport Cup Captain from 2017; Paul - Mapping Officer; Mike Thorpe to join Alistair, Pat, Paulette on Committee; Jean to be Permanent Courses Manager
8. Epistle due out at start of October. Members urged to write articles; provide news and photos, particularly of Juniors; send website updates to Anthony; use Facebook page. Club kit to be discussed at next meeting and various permanent courses including Hardcastle Craggs
9. Date of next committee meeting; Wednesday 16th November 7pm

Junior T-Shirts

Viv Barraclough

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



COMPASS SPORT TROPHY 2016

Thank you to everyone who will be running for EPOC at the Compass Sport Final on 16th October. Good luck to everyone running and fingers crossed for another successful EPOC result!

Lagganlia 2016 Report

Laura Harrison

I was very happy when I realised I had been selected for this year's Lagganlia tour which is an orienteering training camp in Scotland for M/W14 and some 16's.

The train journey was long and tiring but a lot of us were on the same train from Edinburgh and I began to make friends and everyone started to get to know one another. After arriving into Aviemore station we were taken in the minibuses to Lagganlia and then we were taken to our room, I was sharing a room with Evie Conway. After tea, we did team building exercises with Brenda Bear, Brian Bear and Reverse Bunny, this helped us all begin to get to know each other better.

Day 1

On Sunday Morning we were taken to Uath Lochans to practise and learn different skills. Firstly, some of the coaches showed us how to do a proper orienteering warm up and then after that we did 100m pacing on track and terrain. Following on from that, we then were placed into our coaching groups, I was with Ollie, Jasmine, Jeneba and Oliver. Jasmine and I then practised bearings together and we switched compasses so that I had her thumb compass and she had my base plate compass. This exercise helped us to be more accurate during bearings on different style legs. Jasmine and I then practised aiming off, we both did half of the course being followed by Ella, and this was so Ella could then give us feedback and advice on how to improve. We then finished up with the star relay so we could put in all the practise we had learnt. We then headed to Insriach to do the checkerboard, this was to help us practise not getting distracted and staying completely focused when other athletes were around.

Day 2

The next morning, we were driven to Loch Vaa and after we had a small briefing from our coaches, we set off on the map walk. This helped us to always stay in contact with our map and we also practised map memory and relocation. After that, we moved on to an area called North Granish, this was where we used the sketch maps that we had drawn on the previous night to practise simplification and to not always read the fine details of the map. We then put the simplification skills in to practise by doing a relay to finish off the day.



Day 3

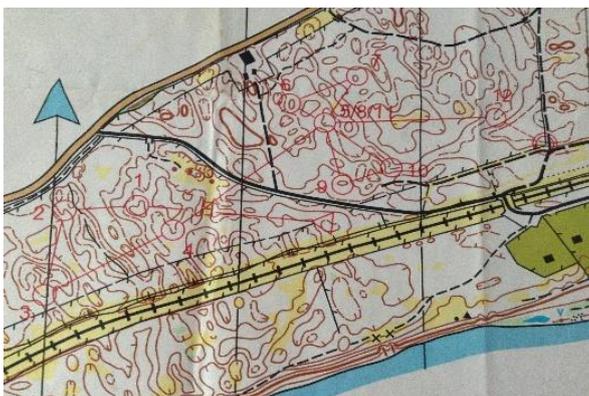
Today we went to Roseisle, we practised further Simplification to make us fast in deciding our route choices. We also did other exercises such as Control Pick and Long Legs to further understand how little changes in our performance helped us dramatically in a race. Once we had done our exercises, we then put all of the techniques in to an Odds and Evens relay, my team was Finlay, Harry and I. We did very well as we had used our tactics and put in to practise everything that we had learnt.

After a long and tiring day training, we had some fun....



Day 4

Today was the Lagganlia Sprint Qualifier and Championships. The Qualifier was on the Moor of Alvie, this was where we had to use all the techniques we had learnt throughout the week to decide whether we were in the A or B Final. I had a good solid run however I was just too slow as my legs began to hurt therefore I ended up in the B Final. The Sprint Final was held in Badaguish, here I improved on my run however the scale of the map began to confuse me so therefore I lost time, meaning my overall result went down. After a day of running, we all had a turn on the hoops and then we went for a swim in a loch close by to us. After a long day, we headed to Aviemore for a wander around in case there was anything we wanted to buy.

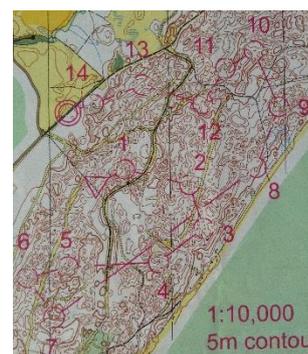


Day 5

Today was the day where all the training had hit us, people began to fall ill and we all felt tired. Even though this was happening, spirits were high and we were looking forward to the day. When we arrived at the area, we got in to pairs and Nev and our coaches told us a couple of controls that we had to go to. We then had to use Map Memory and Talk-O to help each other understand what we were thinking during a route choice. We then moved on to Anagach, this was the area we did the Peg Relay. Things didn't go to plan for me as problems occurred from the start, therefore I had to retire. It was still a fabulous area with good runnability and good map features making the technical side of the course interesting.

Day 6

Today was the final full day of training at Lagganlia, everyone wanted a last day to remember. We did the Classic Race, which was at the South end of Insriach. The area was great and it was perfect to put in everything that we had learnt from start to finish from the week. After the Classic, we headed back to Lagganlia to do the balloon relay. We had to keep the balloon blown up and we weren't allowed to pop it otherwise we would have to quickly blow another one up. It was a lot of fun to do. To end off Lagganlia 2016, we had the award ceremony and Lagganlia Olympics. It was a lot of fun despite the midges.





I had such a great time at Lagganlia and I would recommend it to anyone who is given the opportunity to go. I have made so many great friends through Lagganlia and it has been a great learning experience for me. I would just like to say thank you to every person behind organising the tour and everyone who made it so memorable. I would also like to thank The Jack Bloor Fund and EPOC for the financial assistance they gave me to support me to attend this tour.

Photo Credits to Wendy Carlyle

Lagganlia 2016

Adam Thorpe

My time at Lagganlia was great. I learned more about what I needed to improve, such as relocating. The tips I was given were great and I later tried them out when I got lost on a training course. This would help me in a major event because I could relocate quickly so I won't be thrashing around for a long time. The other thing Lagganlia helped me with was pacing. Before I didn't know how to pace and I needed to know fast, so when we were in coaching groups I asked how to do it and my coach showed me how to pace. To my amazement it worked really well. (There was also a big talk about pacing too, so that helped me also). Over the week all of the junior athletes were treated really well and the food was great. The coaches were really helpful especially the junior coaches! Through the week we had a range of training exercises to do such as: sprints, relays, long courses, middle distance, some fun relays and the classic race at the end.

One of the courses that we all did was very interesting, it involved all of the athletes holding a map that was a very small size, the equivalent to a coaster. We had to run a course that was printed on those maps! It was 1.5km long, it was very enjoyable and different. On a different day, there was another training course which I hadn't seen before. All the athletes had to draw their own version of a course which was printed out on a normal OS map. We couldn't trace them so we just had to copy them from sight onto a blank piece of paper, these were called sketch maps, it worked well too because everyone's map got them around the course quite easily with not many mess ups. Everything was organised in a professional way and they helped me improve my orienteering overall. The great thing is I got to see my friends too.



Photo: Wendy Carlyle

Crimean-Congo Haemorrhagic Fever

Bob Steeper

The following is an extract from an article I recently read in New Scientist which may be of interest to orienteers when travelling to events in southern Europe.

Extract from <https://www.newscientist.com/article/2105953-travellers-warned-of-fatal-tick-borne-disease-in-western-europe/> Follow this link for the full article.

People in Spain have been warned to take precautions against a fatal disease that has now reached Western Europe. Hikers, farm workers and hospital staff could all be at risk of catching the Crimean-Congo haemorrhagic fever (CCHF), which causes diarrhoea, vomiting and heavy bleeding.

Spread by ticks, CCHF is fatal for up to 30 per cent of those who catch it. Last month, two people in Spain caught the disease – the first instance of local transmission of CCHF in Western Europe.

In its report on the two cases, the European Centre for Disease Prevention and Control (ECDC) in Solna, Sweden, concluded that the CCHF virus was most probably brought to Spain by birds migrating from Morocco or other areas of North Africa. Virus-carrying ticks may have hitched a ride on these birds, and then transferred to farm and wild animals in Spain.....

.....CCHF is endemic in a sweep of territories covering north-west China, India, the Middle East, Africa and the Balkans. Although mostly spread by *Hyalomma* ticks, the virus can also be transmitted through contact with infected blood.

The Spanish cases suggest the disease could spread in the southern countries of Western Europe. Sampling of farm and wild animals in recent years has identified ticks carrying the virus in a province of Spain called Cáceres, which borders Portugal.

“This virus has been present in these areas since 2010, but we have only one spread case in five years, so it’s a rare event,” says Herve Zeller of the ECDC. Also, he says, the ticks tend to be looking to parasitise animals rather than humans.

There are no established *Hyalomma* tick populations in the UK, but they are present in a number of western European countries. “They’re found in southern France and Spain, but people

are seldom bitten and the main hosts in these countries are tortoises, lizards, cows, donkeys, hares and foxes,” says Cheryl Whitehorn at the London School of Hygiene and Tropical Medicine. Zeller advises travellers, hunters and hikers to avoid exposing bare skin where possible. But Whitehorn says it is extremely unlikely that a holiday-maker would acquire the disease while visiting Spain.

Orienteers heading to Europe may also wish to read up about Tick Borne Encephalitis (TBE) which is prevalent in a number of areas of Europe.

EPOC ORIENTEERING TOPS

There are just a couple of EPOC tops, both size XS (36” chest), available to buy. If there is sufficient interest I can look into ordering some more tops so please let me know if you would like a top in a different size to the ones in stock. Remember they are an athletic fit!

Eah1607@aol.com

EPOC Rankings 2016

These are the current ranking positions (as of 28.9.16) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos. 	Name	Points	Contributing scores 
1 (44 -4)	James Logue	7999	1355, 1320, 1320, 1334, 1330, 1340
2 (70 +10)	Alasdair Pedley	7911	1302, 1320, 1303, 1310, 1318, 1358
3 (165 +2)	Simon Martland	7677	1273, 1281, 1268, 1279, 1293, 1283
4 (182 -47)	Andy Thorpe	7648	1268, 1281, 1280, 1268, 1274, 1277
5 (243 +45)	Jonathan Emberton	7540	1252, 1248, 1243, 1243, 1273, 1281
6 (272 +57)	Mike Pedley	7501	1239, 1240, 1240, 1246, 1276, 1260
7 (361 -4)	Paul Taylor	7378	1220, 1222, 1232, 1220, 1243, 1241
8 (590 +5)	Richard Payne	7113	1174, 1225, 1175, 1169, 1174, 1196
9 (671 -20)	David Averill	7041	1172, 1157, 1189, 1162, 1173, 1188
10 (684 +5)	Emma Harrison	7032	1176, 1159, 1158, 1171, 1195, 1173
11 (757 +23)	Graham Lloyd	6983	1175, 1168, 1157, 1168, 1157, 1158
12 (968 +2)	Alistair Tinto	6822	1131, 1148, 1145, 1130, 1122, 1146
13 (1018)	Amanda Crawshaw	6785	1124, 1103, 1168, 1165, 1114, 1111
14 (1070 -24)	Richard Spendlove	6733	1105, 1117, 1140, 1110, 1115, 1146
15 (1194 +2)	Megan Harrison	6630	1097, 1102, 1102, 1095, 1123, 1111
16 (1197 +5)	Matthew Tinker	6627	1099, 1106, 1135, 1078, 1116, 1093
17 (1206 -5)	Julie Couch	6623	1092, 1076, 1156, 1126, 1070, 1103
18 (1396 +34)	Ian Couch	6463	1099, 1077, 1077, 1066, 1066, 1078

Pos. 	Name	Points	Contributing scores 
19 (1600 +5)	Esther Logue	6314	1067, 1078, 1040, 1089, 986, 1054
20 (1614 -89)	Helen Pedley	6305	1014, 1116, 1026, 1062, 984, 1103
21 (1701 +4)	Paul Jackson	6244	1065, 1029, 1043, 1045, 1037, 1025
22 (1835 +7)	David Harrison	6129	1043, 1003, 1020, 1008, 1024, 1031
23 (1961 +58)	Keith Sykes	5994	1030, 1034, 978, 956, 1006, 990
24 (1980 +3)	Brian Mellor	5978	952, 999, 891, 1045, 1149, 942
25 (2082 +2)	Helen Martland	5895	956, 987, 959, 965, 1053, 975
26 (2130 +33)	Neil Croasdell	5850	992, 992, 941, 973, 986, 966
27 (2203 +14)	William Barraclough	5753	1151, 1173, 1152, 1152, 1125
28 (2236 +11)	Jean Lochhead	5723	945, 948, 963, 999, 933, 935
29 (2279 +9)	Gill Ross	5677	959, 929, 925, 947, 916, 1001
30 (2353 +18)	Viv Barraclough	5564	1057, 1200, 1108, 1077, 1122
31 (2356 +40)	Guy Goodair	5551	905, 906, 917, 945, 935, 943
32 (2485 -19)	Rod Shaw	5396	878, 864, 869, 990, 897, 898
33 (2558 +47)	Joanna Emberton	5277	960, 904, 954, 830, 815, 814
34 (2614 +9)	Fred Ross	5180	836, 843, 844, 864, 900, 893
35 (2621 +25)	Mike Thorpe	5167	844, 836, 911, 842, 873, 861
36 (2640 +13)	Jane Payne	5138	866, 852, 879, 841, 847, 853
37 (2672 +6)	Rebecca Lloyd	5078	815, 786, 917, 863, 858, 839
38 (2685 +14)	Judith Goodair	5054	858, 855, 823, 848, 843, 827
39 (2718 +72)	Jackie Page	4977	828, 899, 765, 803, 817, 865
40 (2739 +11)	Bob Steeper	4949	832, 631, 870, 864, 863, 889
41 (2762 -33)	Philip Thompson	4899	793, 802, 835, 837, 867, 765
42 (2765 +13)	Phil Scarf	4896	1247, 1232, 1253, 1164
43 (2987 -7)	Margaret Shaw	4441	692, 769, 674, 693, 881, 732
44 (3005 +10)	Juliet Morgan	4381	777, 631, 765, 763, 729, 716
45 (3008 +13)	Jackie Scarf	4368	1055, 1118, 1160, 1035
46 (3259 +503)	James Williams	3784	1249, 1290, 1245
47 (3339 +7)	David Morgan	3604	643, 541, 573, 553, 624, 670
48 (3624 -766)	Linda Hayles	2907	900, 815, 775, 417

Pos. ?	Name	Points	Contributing scores ?
49 (3740 +294)	Corinne Roberts	2581	755, 500, 746, 580
50 (3947 +8)	Bryan Parkinson	2133	1095, 1038
51 (4012 +9)	John Rawden	2031	1029, 1002
52 (4146 +4)	Robert Page	1828	887, 941
53 (4285 +5)	Michael Wood	1489	834, 655
54 (4446)	Adam Breaks	1170	1170
55 (4874 -1)	John Elliott	884	884
56 (4976 +2)	Tom Crawshaw	807	807
57 (5036 +1)	Raymond Stone	744	744
58 (5189 +2)	Sue Levinson	532	532
59 (5232 -1104)	Pat Aspinall	414	414
60 (5252 -1)	Paulette Noot	325	325

Xplorer

Viv Barraclough, Coach, East Pennine Orienteering Club **Coaching**

The Xplorer and coaching day at Oakwell Hall in August planned and co-led by Cath Wilson (SELOC) was well attended with members and guests new and old, including new member Matthew and soon-to-join Meg. It included some relay practice with 5 teams competing although Luke had to run twice! Thanks to everyone for your enthusiasm, especially for the rounder's match at the end!

New junior

Welcome to Matthew Reid, whom I have the pleasure of teaching this year at School. Matthew is very enthusiastic, confident to complete courses alone and keen to share his knowledge with his classmates. He is working towards the National Navigation Young Navigator Bronze Award.

Photos from Xplorer in Greenhead Park this summer.



Next Xplorer event Tuesday 25th Oct; Halloween special and Navigation Awards training and assessment.

East Pennine Orienteering Club invites you to:

EPOC get-togethers for Juniors, come and meet other club members, bring a picnic and enjoy a busy day out in the Park! **Tuesday 25th October 10-12** Greenhead Park. Xplorer event and **Opportunity to gain National Navigation Young Star Awards - training and assessment free; badges and certificates are £3 each. Meet at 10am in the Community Room.**

Please let me know you are coming

Viv Barraclough, Coach

07906 500541

EPOC's first 2016-2017 Schools' League Event

Saturday 15th October 2016 2-4pm £3 per person

Newmillerdam, Wakefield WF2 6QP www.wakefield.gov.uk/residents/sport-and-leisure/parks

Limited colour coded; white, yellow and orange. See league rules and information on the EPOC website. Training activity; kites will be put out in one of the more intricate areas of the woodland. Train independently or meet at 3pm at the start/finish for a coaching session based on the training kites.

Parking in council car park next to dam or in car park on School Hill. Registration in the Scout Hut on Barnsley Road opposite the Fox and Hounds pub

Please contact viv.barraclough@cantab.net to reserve maps

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NEWS AND GOSSIP

Congratulations to Dick Spendlove who is now overall winner of the M70 class in the English Fell Running Championships.

Congratulations also to Bryan Parkinson on his England Selection in the M65 team for the Home Countries 10km Championships completing the run in 42.29.

JUNIORS – Article taken from Compass Sport Magazine, August 2016

Laura Harrison

Club - EPOC

Age Class - W16

1 - How long have you been orienteering? I have been orienteering basically all my life, ever since I could walk and I would go round the string course with my family.

2 - What result are you most proud of? The British Middle last year as I was 3rd and gained championship standard from pushing myself.

3 - What training do you do? I train 2 times a week with Wakefield District Harriers and then I will usually orienteer 1-2 times on a weekend. I will sometimes go for an extra run throughout the week if I feel I haven't done enough. I also do 4 lessons of PE.

4 - Favourite Area? I think that my favourite area would be Sherwood Forest and other runnable areas.

5 - How do you prepare for an important race? I will usually prepare everything the night before so there aren't any last minute rushes to get something done. I will then listen to music that I always listen to before a race so everything is the same. I will usually prepare for my run in silence and like to focus on what I have to do. This also means that I don't like to know any last details of the area unless it is necessary and I do not like looking at results before I run either. I will then walk to the start in my own frame of mind about how I am going to tackle the course.

6 - Three words to describe orienteering: 1) Adrenaline-pumping, 2) Adventurous, 3) Unique

7 - What's your favourite food? I love a lot of foods and I will pretty much eat anything. I think my favourite that I know and love has to be a pasta dish. I feel like I can trust it the night before a big race and I always feel I perform my best after eating it.

8 - Favourite song? My favourite song would have to be Cold Water by Major Lazer and Justin Bieber.

9 - Your orienteering goals for the near future? I want to become consistent in my results and maybe improve to become higher up in the table. I also hope to get selected for more training camps to improve further.

10 - What O'shoes do you use? I wear the Inov-8 X-Talon 212 Fell Running Shoes.

11 - Do you do any other sports? I do running/athletics to help improve orienteering. I used to do a lot more when I was younger but now I just prefer to focus on improving my running.

12 - Your orienteering top tip? My orienteering top tip would be to never give up. I have had multiple bad runs and I always said to myself that I'm not doing this ever again. If you stick with it, it becomes a lot easier to work with and improve. I would have never have got to where I am today if I had just given up as soon as something went wrong.



© Steve Kimberley

Laura Harrison at Lagganlia 2016.

EVENT REPORTS AND RESULTS

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



Andy Thorpe at Croeso (photo: Nick Barrable)

SOA Purple Thistle Weekend - 30 & 31 Jul 16

Balmacara - 30 Jul 16

Big Thistle 4.9km 175m

13 Jo Buckley 96.07

The Plock 2.4km 110m

6 Jo Buckley 34.59

Balmacara - 31 Jul 16

Big Thistle 9.2km 430m

8 Jo Buckley 143.31

World Masters Orienteering Championships (WMOC): Tallinn, Estonia. August 2016

Mike Pedley

There were top-20 finishes for three (of five) EPOC runners among the 2500+ entrants at this annual pinnacle of veteran orienteering.

Tallinn is a real delight; one of the best preserved capital cities in Europe with its medieval citadel, an international airport almost within walking distance of the old city (3km) and relatively inexpensive accommodation (despite the slump in the pound). It made an ideal location for a long weekend so I entered on impulse (on the last possible day), booked an Easy Jet flight and found an apartment that turned out to be on the sprint final map (as was Jon and Jo Emberton's).

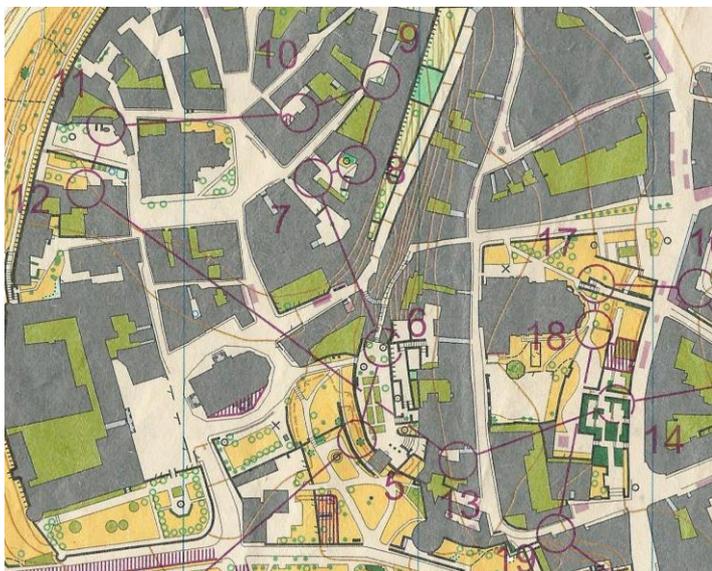
The format is a Sprint qualifier and final on the opening weekend then two long distance qualifiers during the week, culminating in a long distance final. For me it was all about the Sprint, having decided to fly back straight after the final to join our family holiday. Being a popular tourist destination and one where many participants were staying, there was no embargoed area (until the finals day itself when we all had to be in assembly very early). So the streets were even busier than usual as hundreds of orienteers took in the architecture whilst trying to anticipate which of the many streets, staircases and parks might be used.

Sprint Qualification was 2km outside the old town in the old Royal Park which still contains the presidential residence. It was nothing like the finals area. Courses were relatively easy and short apart from the youngest age groups (longest courses) who got as far as the amazing modern art gallery. Here they descended into sunken courtyard where on punching their control a 'secret' door slid open in the adjacent wall to reveal a passageway through the gallery. Qualifying for the A final (top 80) was the first goal (especially on M55 where Jon and I had 250 adversaries) and then with that achieved it was back to the old town for the following day's final.

The final came with everything you'd expect from an old capital city; narrow alleys, steps, frequent changes of direction... and thousands of tourists for the thousands of runners to avoid! Like York with hills (but without York's modern shops or traffic). My run was almost clean but around me mistakes were plentiful. I started as 35th fastest qualifier but finished 12th. My one poor decision had cost me 10 seconds and a top 10 finish but I was still delighted. Judith Goodair matched my result with 12th on W75 and Guy Goodair made it a family top 20 double with 14th on M80. Jon started after me, also on M55, but a big mistake dropped him to 37th whilst Jo finished 47th in the W55 B final.

Whilst I headed home that afternoon, the others stayed for the 'Finnish-like' terrain of the Long distance races later in the week; subtle contours and plenty of marshes. Sadly none made their A finals but they did get to spend more time in great terrain and a wonderful country. Watch out for WOC 2017 and Estonian O week running alongside it next July.

PS Next year WMOC is in New Zealand and WMOC 2018 is in Copenhagen when a Middle is to be added (presumably dropping to one long qualification race).



World Masters Championships, Tallinn Estonia - 7 to 14 Aug 16

Sprint	Qualification Kadrioru	Final Old Town
M55		
Mike Pedley	12 (12.36)	12 (14.54) A
Jonathan Emberton	9 (12.23)	37 (16.05) A
W55		
Jo Emberton	35 (18.27)	47 (26.37) B
W75		
Judith Goodair	8 (15.58)	12 (15.15) A
M80		
Guy Goodair	15 (14.55)	14 (13.08) A

Long	Qual 1 Korvemaa	Qual 2 Korvemaa	Final Pikasaare
M55			
Jonathan Emberton	18 (56.35)	26 (55.28)	2 (50.26) B
W55			
Jo Emberton	47 (81.32)	50 (94.41)	41 (60.20) B
W75			
Judith Goodair	13 (37.19)	34 (97.30)	22 (66.51) B
M80			
Guy Goodair	33 (77.48)	29 (44.01)	11 (59.23) B

LOG Lincoln Urban - 14 Aug 16

MUV 3.83km 60m		WSV 3.83km 60m	
4 Richard Payne	24.32	14 Jane Payne	47.06
20 Keith Sykes	35.43	WUV 3.51km 50m	
27 Neil Croasdell	40.45	4 Jean Lochhead	47.43
		7 Jackie Page	53.31

NATO Newcastle Urban - 21 Aug 16

MUV		WUV	
9 Neil Croasdell	66.55	2 Jean Lochhead	51.42
14 Guy Goodair	77.11	6 Judith Goodair	69.07
WJ			
3 Sue Levinson	50.39		

World Orienteering Championships (WOC) & Rocky Orienteering Circus (ROC) Stromstad, Sweden, 20-28 August 2016

Mike Pedley

After enjoying watching WOC so much last year, we decided to see this year's version whilst also getting to run in Sweden's rocky west coast forests.

Stromstad lies only 15 minutes drive south of the Norwegian border, as near to Oslo as it is to Goteborg. The whole coast is a mass of low lying rocky peninsulas and islands where forests seem to grow out of almost bare rock. It makes for fast but complex orienteering terrain – and not a bramble in sight!

ROCKy Running

The public races comprised a sprint, three middles and two longs spread over nine days. The races came in that order, meaning almost half the distance (and in my case well over half the running time) came in the last two days. The public events, known as ROC, were run before the WOC races each day, usually in adjacent areas. Visiting each of the three arenas twice in the week also meant we got to run some of the WOC terrain too.

ROC felt similar, perhaps a little smaller, than a Scottish 6 day. No overall competition or prizes (other than some amazing 'spot' prizes for under 16's – Sarah got a Silva 35 litre holdall as she finished one day) just a chance to run on some lovely terrain. It also showed just what good health orienteering is in in Sweden. Every day there were far more competitors on Sarah's W16 (typically 100) than on my M55 (about 60). Every day was enjoyable but the highlight was day 5 going into terrain used for WOC long. Even my biggest single navigation error in over 25 years of orienteering wasn't going to spoil that one. The long courses featured long legs for everyone. My 5.5km on day 5 only had 9 controls and included legs of 1.8km and 1.4km. If only we had more terrain in the UK that could support that type of planning.

WOC Watch

Like in Scotland, WOC came with live TV, big screen GPS tracking and non-stop commentary. Unlike Scotland, where spectators were mainly competitors who stayed after their run to watch, here the car parks got busier after the ROC races had finished. The highlight was probably the relay when 8000 turned up to watch (and live TV coverage drew over 200,000 – about 5% of the national population). For GB the best performances were all those involving Kris Jones: 4th in the Sprint, 4th in the Mixed Sprint Relay and 4th in the Forest Relay (joined by Hector Haines and Ralph Street). Elsewhere it was the experienced stars who dominated. Denmark's Maja Alm first in the sprint, part of a winning Danish sprint relay and a great last leg in the forest relay to bring Denmark through to 2nd. Olav Lundanes was almost as dominant in the men's events, winning the Long and part of Norway's victorious forest relay team.

In a week of generally great settings, good weather and typical Swedish organisation, the only hiccup came on the dismally wet WOC Long race. Those who have orienteered in Sweden know they love their plastic map bags and have only just started to use waterproof maps. Sadly in the premier event of the orienteering calendar, WOC Long Final, the maps and printing were not up to scratch. Thierry Gueorgiou had to stop and ask to see a fellow competitor's map and map-memory a section of the course. Amazingly he still came second! Hollie Orr tried to get a new map from the officials as she came through the arena to the spectator control but had to continue with her soluble version. Not surprisingly there were some long 'trains' that day. The organisers sheepishly apologised, reprinted the maps for the relay and bagged them. In the end though that didn't detract from a great week's racing. Anyone for WOC 2017 in Estonia?



GB's Kris Jones comes through the spectator control in the WOC Forest Relay on his way to 3rd place on leg one, ahead of Finland's Miika Kirmula

EBOR White Rose Weekend, Dalby Forest - 26 to 29 Aug 16

	Day 1	Day 2
M10A		
Joseph Barraclough	28.27 5 th	-
M10B		
Cian Sykes	-	20.56 4 th
M12A		
3 William Martland	39.36 7 th	40.23 2 nd
Seth Barraclough	28.57 5 th	-
M14A		
2 Sam Crawshaw	29.45 1 st	28.50 2 nd
M35S		
Matthew Tinker	58.26 2 nd	-
M40S		
William Barraclough	51.55 1 st	-
M45S		
David Harrison	77.12 6 th	w13
M50L		
3 Paul Taylor	46.17 2 nd	74.29 5 th
M65L		
Richard Payne	51.54 5 th	-
M70L		
9 Keith Sykes	69.43 11 th	66.40 10 th
Paul Jackson	-	63.28 8 th
M70S		
5 Fred Ross	71.55 5 th	63.42 6 th
David Morgan	95.41 7 th	-
M75L		
4 Mike Thorpe	65.46 4 th	59.47 3 rd
M80		
3 Guy Goodair	83.41 3 rd	62.33 1 st
Phil Thompson	m3	-

W14A			
2 Alex Crawshaw	37.51 2nd		37.45 5th
W16A			
3 Laura Harrison	51.02 3rd		51.28 2nd
W18A			
3 Megan Harrison	58.05 3rd		52.00 1st
W40L			
3 Emma Harrison	53.53 3rd		61.03 2nd
Viv Barraclough	60.12 5 th		-
W45L			
3 Amanda Crawshaw	57.28 4th		51.32 2nd
W60S			
Jane Payne	64.24 3 rd		-
W65L			
5 Gill Ross	69.44 7th		45.30 6th
W70L			
3 Jean Lochhead	66.23 3rd		54.42 4th
Juliet Morgan	84.44 11 th		-
W75L			
1 Judith Goodair	67.13 2nd		60.06 1 st

Relays

A - 120+

3rd EPOC/AIRE 142.34 (Leon Ricketts, **Paul Taylor**, David Alcock)

B - 120+ All Women

1st Fizzy Ladies 101.58 (Jenny Lightfoot, **Amanda Crawshaw**, Pauline Tryner)

B - 160+

6th Red & White Roses 153.56 (Liz Hamer-Davis, **Fred Ross**, **Gill Ross**)

C - 1 Parent/2 children

1st EPOC Harrison Family 79.39 (**Emma Harrison**, **Laura Harrison**, **Megan Harrison**)

D - M/W 12-

1st Chocs Anonymous 23.27 (**Sam Crawshaw**, Euan Tryner, Jamie Lightfoot)

2nd Cookie Monsters 26.55 (**Alex Crawshaw**, Imogen Pieters, Freya Tryner)

Veteran Home International 2016

Emma Harrison

Following a year of mixed results at level A events I was lucky enough to be selected to represent England at the Veteran Home International (VHI) competition between England, Ireland, Scotland and Wales held in Northern Ireland on 3 and 4 September. Although I was the only EPOC member on the team, there were 6 of us from YHOA making up ¼ of the team of 24 which consists of 12 men and 12 women aged from 35 to 65.

The competition consists of an individual event on one day and a relay event on the other. The individual competition was held at Rostrevor – Cassey close to where the teams were staying. This proved to be a mixed area of runnable moorland, thick forest and areas of open with stumble inducing undergrowth and plenty of unavoidable contours. Arriving at the event we were told that both whistles and waterproofs were compulsory due to the poor weather conditions with visibility on the moor down to 20 metres due to the mist. We were also told to allow 30 minutes to walk the 1km to the start, as we later calculated there was 200m climb to get there! I was one of the first starters and set off steadily into the mist. I took it carefully for the first few controls on the moor and then into the wood, however I made around a 4 minute mistake at number 6 as I found the map unclear in that area due to more ditches and windblown areas of trees that weren't mapped so I had to relocate back into it. I took the next few controls cleanly but got slightly distracted at number 10 losing maybe a minute. It was a long slog gently uphill through the mist to number 11 then another silly mistake at number 12 losing another 4 minutes as I was trying so hard not to

lose too much height that I didn't lose enough. Luckily I ended up at number 13 which was not too far away, though several contours higher, so I was able to quickly relocate to 12 from 13 then run as hard as I could back to 13. The final controls were clean but it had been a tough 7.7km course with 190m climb. I was disappointed with the mistakes I had made but it seemed later that a lot of people had struggled somewhere or another and I came a respectable 3rd place out of 8 runners on W40.

The relay was further north at Hillsborough Forest with a map scale of 1:7500 and by contrast offered a flat wooded area with fast running and clear sunny weather. Each country has 8 relay teams; 4 are Man, Woman, Man and 4 are Woman, Man, Woman with certain rules who can run which course and each team has to have ages adding up to 145+. I was first leg running a long course in a team with an M55 and W50. I set off well to number 1 and was puzzled that no-one else came the same way as me as I expected at least someone else to have the same gaffe as I did. Unfortunately I messed up number 2 as I found the map quite vague in that area (I later found out that more experienced England orienteers than me had also got confused in that area) but rather than running around in circles getting more and more confused I made a quick decision to get back to the last point I was 100% sure of where I was and take a very accurate bearing back in, which luckily worked. I got to number 3 just behind some other women on the long course who presumably had also had a wobble in the first couple of controls. I ran well and cleanly until number 13 where I made another silly mistake, close to the mistake at number 2. I was cross with myself as I had planned to take a safe route around paths, especially on a map scale of 1:7500, but then talked myself into cutting through as it was the VHI and I shouldn't just be using paths! Luckily I ended up at number 5 which was not too far away so I could relocate to number 13 and then took the last 2 controls well. I thought I had lost too much time with the 2 errors, but I finished about 2 minutes behind the leading woman on a long course and ahead of the other English woman on a long course on first leg who had also made some mistakes on her run.

Overall England won the individual, relay and overall competition by a significant margin over Scotland (our main rival) which hasn't happened for a lot of years, so despite some errors it was a successful weekend overall!

Results

Individual

W40 - 7.7km, 190m

3. Emma Harrison 96.20

Relay

WMW

4. England 1 - **Emma Harrison/**Kevin Harding/Lesley Ross

Malaga City Race - 3 & 4 Sep 16

Middle

M50

7 Phil Scarf 46.42

M65

12 Guy Goodair 54.29

W50

3 Jackie Scarf 35.30

W65

4 Jean Lochhead 68.57

Judith Goodair mp

Long

MSV

Phil Scarf dnf

MUV

6 Guy Goodair 51.27

WSV

2 Jackie Scarf 52.41

WUV

2 Jean Lochhead 38.51

5 Judith Goodair 72.02

Sprint

M50

4 Phil Scarf 13.11

41 Guy Goodair 22.14

W50

6 Jean Lochhead 20.38

Jackie Scarf dnf

Judith Goodair mp

Liverpool Big Weekend - 3 & 4 Sep 16

DEE Ainsdale Sands - 3 Sep 16

Short Brown 8.675km 240m

1 Alasdair Pedley	61.45
7 Andy Thorpe	70.19
17 Paul Taylor	82.43

Blue 7.15km 190m

5 Mike Pedley	68.47
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Short Blue 5.8km 120m

15 Amanda Crawshaw	68.53
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Green 4.975km 130m

2 Sarah Pedley	48.19
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Light Green 3.675km 90m

7 Sam Crawshaw	39.04
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38 Alex Crawshaw	73.42
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Orange 2.925km 70m

7 Anna Thorpe	56.36
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SELOC Liverpool Urban Race - 4 Sep 16

YMJ

3 William Martland	27.52
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MV

3 Simon Martland	50.33
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MUV

43 Neil Croasdell	48.52
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Richard Payne	dnf
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WV

19 Helen Martland	49.56
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WSV

22 Jane Payne	48.58
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WUV

14 Jackie Page	46.38
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CLOK Level C Event, South Gare - 4 Sep 16

Brown

14 David Harrison	93.58
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Green

21 Helen Pedley	82.46
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BOK Blast, Wells Urban - 4 Sep 16

MV

22 Graham Lloyd	59.16
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WV

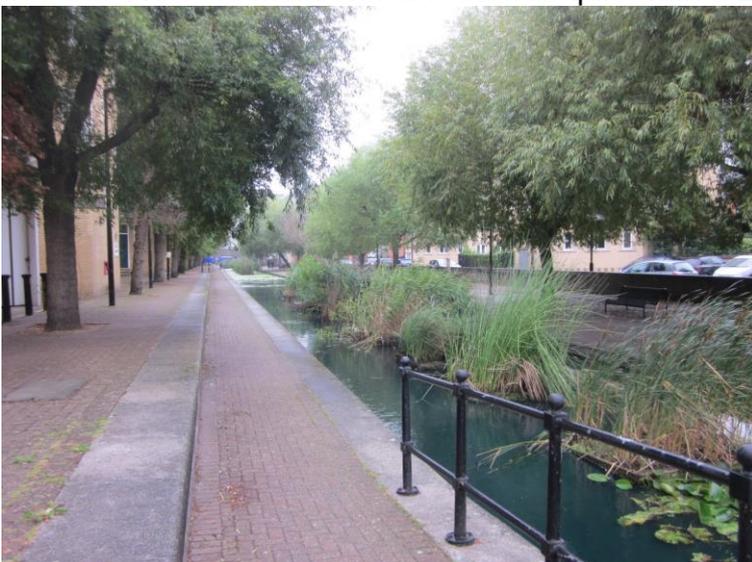
Rebecca Lloyd	m9 85.24
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London City Race September 2016

David Morgan

With Juliet away leading a walking holiday in Norway and not being able to get a decent start time to play golf on the Saturday, I took a late decision to enter the London City Race.

This year's venue, a new area, was Rotherhithe. This was old London dockland, the Surrey docks, and the area was mainly used to import timber from Scandinavia and the Baltic. Over the last 50 years, many of the docks have been filled in and a large amount of development, much of it housing has taken place. The area now is a mix of housing areas with many cul-de-sacs, some larger buildings, some parkland and some large or small water features. The area was not traffic free but even the main orbital road was quiet with a 20 mph limit.



The event centre, Bacon College, was a 10 minute walk from the nearest tube station along a route running right through the competition area though no controls were visible. Unusually the start was about 10m. from the main hall at the college, out the back door, turn left and you were there. The finish was just as close.



I had asked for a late start and had time for a sandwich as I got changed and in a very relaxed frame of mind arrived at the start. The route to no.1 was obvious, turn R, turn L follow the out of bounds area to the first path on the R. I stood at the start and wondered where on earth I was. Panic, not helped by the fact that the large OOB immediately N of the start was a football pitch with a very competitive and noisy match taking place. So I turned round and went south then left into the green area, eventually arriving back at the start and setting off in the right direction. Split browser showed I had lost 5 mins on that leg. From there to No. 7 it went well though the cloudy morning was turning damp.

7-8 was the key leg – 1km across the map and nearly through the finish. I set off OK, planning the route, but then the heavens opened. I could not see a thing as it was still warm and my glasses were steaming up. I reached a large open area and knew where I was. 30 seconds later I was on a road with a high fence and totally confused. I blundered on seeing no other competitors (always a bad sign) until eventually I reached a distinctive building and realised I was near to no. 11. Quick change of plan and back on route to 8. Again looking at splits browser I reckon I lost 8-10 mins on that leg. After that it was straight forward to the finish.

Overall it was a good event, helped by the lack of major traffic and by some well planned legs. Certainly a number of people made errors by heading down cul-de-sacs. I know as they overtook me more than once.

Back home on the train after a pint and a plate of Fish'n'Chips at the John Betjeman pub at St Pancras.

I will leave Guy to publish the gory results.

London City Race Weekend - 9 to 11 Sep 16

DFOK Park Sprint, Crystal Palace - 9 Sep 16

Senior Vets M60+

41 Fred Ross 58.10

Senior Vets W60+

13 Gill Ross 45.41

SLOW London City Race, Rotherhithe - 10 Sep 16

Mens Supervets 6.2km 35m

18 Mike Pedley 45.44

35 Paul Taylor 47.37

Mens Ultravets 4.6km 15m

72 Fred Ross 65.51

80 Dave Morgan 78.01

Womens Ultravet 3.7km 15m

12 Gill Ross 47.37

Womens Vets 5.2km 35m

37 Esther Logue 56.38

SLOW Soho Sprint - 11 Sep 16

Womens Vets 4.2km

13 Esther Logue 33.45

LEI Peter Palmer Relays, Ratby Woodlands - 11 Sep 16

9 EPOCalypse 243.06	Alasdair Pedley (6)	33.26
	Megan Harrison (7)	46.54
	Laura Harrison (10)	50.58
	Sam Crawshaw (1)	28.33
	Alex Crawshaw (14)	15.23
	Sarah Pedley (14)	67.41

SYO Regional Event, Wombwell Woods - 11 Sep 16

Orange (length 2.7km, 7 controls)

1 Luke Barraclough	30:40
2 Seth Barraclough	30:47
4 Joseph Barraclough	35:38
7 Pat Thorpe	66:04

Light Green (length 3.6km, 9 controls)

9 Anna Thorpe	61:18
11 William Martland	65:03

Short Green (length 3.9km, 11 controls)

11 Jean Lochhead	51:45
33 Michael Wood	71:09
37 Jane Payne	75:23
38 Mike Thorpe	76:08
40 Jackie Page	80:47
Margaret Shaw	65:15 Missing no 5

Green (length 4.9km, 16 controls)

4 Viv Barraclough	46:27
7 Richard Payne	48:15
34 Paul Jackson	76:22
37 Helen Martland	81:16
39 Rod Shaw	83:14

Brown (25 controls)

15 William Barraclough	74:00
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PFO Hot Pot Weekend - 17 & 18 Sep 16

Todmorden Urban - 17 Sep 16

Yellow 1.9km 20m

2 Maebh Logue	18.04
4 Thea Crowther	22.41
6 Euan Logue	23.41
8 Imogen Noot Williams	27.15
10 Ffion Noot Williams	31.58

Light Green 3.3km 60m

8 William Martland	43.51
12 Sue Levinson	61.40

Short Green 2.4km 40m

6 Jean Lochhead	32.55
7 Jackie Page	34.51
8 Judith Goodair	36.35
10 Corinne Roberts	42.48
Paulette Noot rtd	

Green 3.9km 65m

21 Keith Sykes	41.42
24 Neil Croasdell	43.30
30 Guy Goodair	45.18
32 Esther Logue	45.45
37 Jane Payne	52.09
39 Jo Emberton	55.09
45 Mike Thorpe	66.36

Blue 4.7km 70m

1 Mike Pedley	30.47
2 Jonathan Emberton	30.54
44 Rebecca Lloyd	66.36

Brown 5.7km 75m

5 James Williams	36.15
13 Graham Lloyd	43.50

UKOL Hurstwood Long - 18 Sep 16

Brown 10.8k 260m

1 James Williams	96.14
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Short Brown 9km 235m

2 Alasdair Pedley	75.21
8 Andy Thorpe	96.27
18 Graham Lloyd	116.50

Short Green 4km

16 Mike Thorpe	105.11
21 Jean Lochhead	110.46
22 Rod Shaw	111.34
26 Guy Goodair	121.45
27 Rebecca Lloyd	122.27
Mick Wood m9-13	118.15
Corinne Roberts m15	123.06

Blue 6.3km 250m

2 Jonathan Emberton 61.41
4 Mike Pedley 65.10

Short Blue 5.4km 160m

18 Ian Couch 85.27
31 Amanda Crawshaw 95.11
51 Neil Croasdell 140.50

Green 5.km 130m

9 Julie Couch 72.10
23 Paul Jackson 90.56

Very Short Green 3.5km 70m

2 Jo Emberton 89.56
Judith Goodair w6 103.37

Light Green 3.8km 85m

26 Anna Thorpe 146.27
Adam Thorpe m 7-9 59.56

Yellow 2.4km 80m

2 Imogen Noot Williams 32.32
5 Ffion Noot Williams 46.38
9 Thomas Brandon 75.12

BAOC MLN, Hamsterley Forest - 21 Sep 16**Blue 7.2km**

34 Davey Averill 1.48.45

MAROC JIRCS, Cambus O' May - 24 Sep 16**M14 3.7km 145m**

6 Adam Thorpe 34.42
19 Sam Crawshaw 47.48

M18 9.5km 440m

7 Alasdair Pedley 89.27

W16 5km 285m

16 Sarah Pedley 77.02
22 Laura Harrison 91.58

W18 6.3km 280m

20 Megan Harrison 129.24

GRAMP JIRC Relays Forvie - 25 Sep 16**Men**

5 YHOA 1 91.18 Dominic Dakin 31:28 (6) **Adam Thorpe 22:59 (4) Alasdair Pedley 36:51 (10)**
19 YHOA 3 136:54 Luke Parker 38:48 (20) **Sam Crawshaw 36:36 (18) James Howlett 1:01:30 (24)**
20 YHOA 4 138:01 George Van Dam 34:00 (12) Max Mobus 39:04 (20) **Megan Harrison 1:04:57 (25)**

Women

YHOA 3 mp **Sarah Pedley mp Alex Elliot 51:07 (16) Louise Adams 48:22 (12)**

Ad Hoc Women

2 'A - L - H' 134:04 Alex Hare 42:21 (3) **Laura Harrison 36:14 (1) Holly Hughes 55:29 (3)**

DVO Level B, Chinley Churn - 25 Sep 16**Short Green** (length 3.4km, climb 135m)

30 Philip Thompson 74:13

Green (length 4.2km, climb 150m)

4 Julie Couch 48:20
17 Helen Pedley 60:24

Short Blue (length 4.4km, climb 165m)

24 Ian Couch 50:52

Blue (length 5.7km, climb 255m)

5 Mike Pedley 54.26
17 Emma Harrison 62:14

CLARO YHOA Superleague, Harlow Hill & Harlow Carr - 25 Sep 16**Short Brown 6.8km 150m**

2 Simon Martland 50.34
7 Davey Averill 61.37

Short Blue 5.2km 90m

27 Rod Shaw 82.24

Green 4.4km 50m

21 Fred Ross 60.08
26 David Morgan 67.01

Short Green 3.5km 40m

4 Helen Martland 43.38
5 Jean Lochhead 47.13
7 Gill Ross 50.04

12 Juliet Morgan 54.18

15 Mike Thorpe 56.19

19 Guy Goodair 65.26

20 Maggie Shaw 67.38

Jackie Page m8-9 55.19

Very Short Green 3km 35m

3 Judith Goodair 51.55

Light Green 3.1km 35m

7 Anna Thorpe 47.56

12 Pat Thorpe 91.32

Orange 2.2km 30m

2 William Martland 19.50

YHOA URBAN LEAGUE – 2016

For details and current placings go to www.yhoa.org.uk

Best 5 Events to count. Remaining events:-

8	EBOR	Peasholme Park	22-Oct
9	AIRE	Saltaire & Shipley	30-Oct

YHOA SUPER LEAGUE - 2016

For further information and current placings go to www.yhoa.org.uk

For 2016 there will again be 9 events, with the best 5 scoring. Remaining events:-

6 Nov 16	SYO Regional Event (C) – Burbage, Sheffield
18 Dec 16	EPOC Regional Event (C) – Storthes Hall

YHOA NIGHT LEAGUE – 2016/17

The YHOA Night League for this winter kicks off on Saturday 19th November in Harrogate. Why not come along and try something new? For details of the 2016/17 Night League go to www.yhoa.org.uk

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

Further details and updates from Graham Lloyd
Phone: 01422 882899 or Email: 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 – October to December 2016

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

www.britishorienteering.org.uk

Date	Club/Region	Type/Area	Location
October			
2	HALO/YHOA	Regional Event, Pillar Woods	Caistor
2	CLOK/NEOA	Guisborough Urban Event	Guisborough
8	LEI/EMOA	British Schools Score Championships, Bagworth Common and Woods	Leicester
8	NATO/NEOA	October Odyssey, Simonside	Rothbury
9	NATO/NEOA	October Odyssey, Slaley Hall Estate	Hexham
9	PFO/NWOA	Nick O'Pendle Level C	Clitheroe
15	EPOC 	Informal Event, Newmillerdam	Wakefield
16	SYO/YHOA	Compass Sport Final, Tankersley	Barnsley
23	EBOR/YHOA	YHOA Urban League, Peasholme Park	Scarborough
29	EBOR/YHOA	York Indoor Orienteering Cup	York
30	AIRE/YHOA	YHOA Urban League, Saltaire and Shipley	Shipley
November			
6	SYO/YHOA	YHOA Superleague, Burbage	Sheffield
6	SOC/SCOA	November Classic and Southern Championships, Fritham/Islands Thorn	Southampton
12	LOC/NWOA	LOC/SROC Weekend, Sandscale Haws	Barrow
13	SROC/NWOA	LOC/SROC Weekend, Torver High Common	Coniston
19	CLARO/YHOA 	YHOA Night League, Hookstone Woods	Harrogate
20	EBOR/YHOA	Regional Event, Brayton Barff	Selby
20	OD/WMOA	British Schools Orienteering Championships, Sutton Park	Sutton Coldfield
27	CLARO/YHOA	Regional Event, Dob Park	Harrogate
December			
4	AIRE/YHOA	Regional Event, Northcliffe Park and Heaton Royds	Shipley
10	HALO/YHOA 	YHOA Night League, Primrose Warren	Scunthorpe
11	HALO/YHOA	Regional Event, Twigmoor	Scunthorpe
17	EPOC  	YHOA Night Event, Storthes Hall	Huddersfield
18	EPOC 	YHOA Superleague, Storthes Hall	Huddersfield
Tue 27	EBOR/YHOA	Regional Event	York

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