



Epistle



No. 256
August - September 2019



Photo: Laura Harrison
Hebden Bridge Start

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

Apologies that this Epistle is slightly later than it should be. Time crept up on me and I didn't get chance to finish it before the Scottish 6 days. Laura and I had a great week in Strathearn enjoying better than expected weather and both of us achieved our best ever Scottish 6 days overall results while David and Megan were left at home working. Full Scottish results, photo's etc will be in the next Epistle once Guy has had time to find them all!

Moving into August we have Race the Castles, including our own 'Castle' event at Thornes Park (apparently there was a castle there at one time!) followed by the White Rose weekend which is in Scarborough and also includes an urban event so it may not be as rough as last year! We then creep into September when the calendar picks up again with events on most weekends.

Don't forget the EPOC AGM on 25th September. Please come along to this if you can, you won't be cajoled into anything but any offers of help on the committee and/or with future events will be much appreciated.

Enjoy the rest of the summer!

Emma Harrison

CHAIRMAN'S CHAT

Since the last Chairman's Chat we have had two well-attended events in the Calder Valley at Mytholmroyd and Hebden Bridge. Thanks to all who came to help.

Viv's Greenhead Park event had young competitors from Chernobyl. It was so hot their main focus of interest was the paddling pool. 4 days later Viv's next event was at Crow Nest Park whereupon rain of biblical proportions caused a cancellation. Anyone for more indoor events?

Thornes Park "Race the Castles" is in progress but with a 1:7500 map it is hardly going to be the sprint it was advertised as! In fact I am only $\frac{1}{2}$ way round the long course and I have racked up 5km.

We will need control putters out on the day, which is Monday 19th August (2019). Please contact me if you can help.

As ours is the first mid week Race the Castles we do not know how many entries to expect so David H. & Anthony have fixed up a provisional entry system (courtesy of CLOK) in order that we can hopefully make a more accurate guess at the amount of maps needed.

After Thornes Park we have a long break from organising events until our Night and Day at Christmas in Storthes Hall. I will enjoy the rest and can get back to POC's.

We were due to organise an event on 5/6th October but this clashed with the European City Tour weekend in Liverpool. As EPOC'ies are enthusiastic urbanites there would have been a shortage of experienced helpers as well as a lot of our potential entries going to Liverpool. Dates after that weekend are pretty full up and there were no other viable weekends to replace that event.

Which brings me to another point, which is **"Please could I have a volunteer to be assistant organiser at Storthes Hall"**, someone who is new to organising and not from the usual cast. "The Venue" at Storthes Hall is nearly! booked but I am quibbling about the price and formal permissions will already be in place.

Following on from this we are still without a Secretary. There is remarkably little work involved but as we do not have a Secretary this year please could you send me items to be included on the AGM, AGENDA. The AGM will be held on 25 September 2019. Seems a bit early to start asking but there will not be another Epistle before then.

Giraffes with the club logo are selling quite steadily and there are about 10 left. Please let me know if you want one.

EPOC Giraffe Bandana's

Now available for only £6.00 via Jean



Happy Orienteering

Jean Lochhead

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 September 2019

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?

There has been no meeting since last Epistle, the next meeting is 11 September and the summary will be in the next Epistle.

AGM - 2019

Your Club Needs You!

SO PLEASE COME TO THE EPOC 2019 AGM



On Wednesday 25th September 2019 at 7.30pm

Venue - Marsh Liberal Club, Huddersfield

Emails will be circulated round the club with further details/reminders

The 2019 AGM will be held on Wednesday 25th September 2019

We need as many club members as possible to attend: it is important for the committee to know what you want from the club.

Please come along and offer any help you may wish to give. We are not going to cajole you in to joining the committee unless you wish to, in which case, yes please. If you are interested in being Club Secretary or Fixture Secretary these jobs are also up for grabs. They're not too onerous these days!

The agenda for the AGM is as follows:

- | | |
|--------------------------------|---|
| 1. Apologies | 8. Election of officers |
| 2. Minutes of the 2018 AGM | - Chair |
| 3. Chairman's report | - Secretaries (membership and meetings) |
| 4. Secretary's report | - Treasurer |
| 5. Treasurer's report | - Fixtures Secretary |
| 6. Club fees for 2020 | - 4 executive committee members |
| 7. Fixtures secretary's report | - Hon. Auditor |
| | 9. Any other business |

Copies of the agenda, minutes and audited accounts will be available at the meeting

EPOC EVENTS 2019 - 2020

2019	Venue	Organiser	Planner	Controller	
August	Race the Castles (perhaps)	Thornes Park	Format of Event not known		
Saturday	21.12.19	YHOA Night League	Storthes Hall	Jean	Simon Martland
Sunday	22.12.19	Regional Event	Storthes Hall	Jean	Simon Martland
2020					
Sunday	15.3.20	Compass Sport Cup 1st Round	Ogden		
Sunday	31.5.20	YHOA Champs Long	????		
Sunday	19.7.20	YHOA Urban	????		
Sunday	1.11.20	Regional	????		
Sat/Sun	19/20 December	Night & Regional	????		

Monday Night Runs - An Obituary

Graham Lloyd

It is with sadness that I have to report the passing of Monday night EPOC runs.

A young Anthony Greenwood started these well over 30 years ago. Apparently there was some debate over which night and at what time they should take place. Tuesday was seen as a good choice as this would give a day of recovery. However EPOC folklore suggests that many members had a knitting class on a Tuesday night, so Monday was chosen as a better alternative as the runs could act as a loosener from the previous days exertions.

A winter location was chosen, which was Albert Promenade, along with a time of 19:00 hours, late enough that some could eat before, early enough that others could eat on their return home.

Summer was to feature a wide range of locations in the Halifax locale, with the occasional "awayday!"

At its peak the Monday run attracted well over 30 runners, the record being somewhere in the region of 40! There were three to four groups, the piece de resistance being that everyone would run roughly the same loop through town or country. The sheer cleverness of Anthony's planning, was that the faster runners got a longer run, but being sent on long loops, with instruction of where the next meeting point would be. The slower runners would be sent on a shorter route to the same meeting point. When these loops were planned to perfection all the groups would meet up at the same time. This genius plan meant that runners could change loops and do a long loop, then a medium route, and if they wanted go to a slow one for a loop. Occasionally in foul weather we would head to the no extinct multi-storey car park near Bull Green for some "interval games" which involved laps, stairs, and ramps.

Different members took the lead each week, with Anthony being the driving force in winter. We got taken to places in Halifax that one would not normally go to, and some you wouldn't want to re-visit. After many years Anthony retired from the Monday runs, so that left me and Mike Thorpe to take over. Membership of EPOC was by now in steady decline, but we persevered, and still had a decent turn out. We picked up friends of EPOC, and indeed friends of friends. We kept the format the same and it really worked.

There were some memorable incidents, but usually nothing really happened on these runs, other than running. However one did get adept at not getting too far ahead of Anthony, as he would often change direction, when you were least expecting it, as well as knowing that this was not "the last hill..."

One of the two of my lasting memories however was when Ivor Noot was leading a run through Trimmingham. We got to a crossroads, and Ivor told the medium and slow group to head up to Warley, the fast group, and he named names I recall, "you are coming with me up here..." So we all dutifully ran up the steepest hill in Trimmingham, eyeballs out, trying to keep up with whoever was at the front. Ivor brought up the rear, and half way up shouted, "Turn around, we're going back down and on to Warley!" There was a huge groan from the group as we had to lose all the height we had gained only to gain it back on another road!

The other memorable occasion was on Midgley Moor, when EPOC hanger on Steve was waxing lyrical about the benefits of off road running, and how the uneven terrain had really strengthened his ankles, so meant he got less football injuries. No sooner had he finished his praise but he slipped and twisted that strengthened ankle. Not sure we ever saw him again!

Over the last ten years, numbers got smaller and smaller, until only myself, Dave Wakeford and Dick Spendlove were regularly running. Dick would week in week out run both me and Dave into the ground. Then when Dick was off on his Jollies, just Dave and I would venture out. Dave slowly realising that perhaps he might be better suited to running with Sowerby Snails. So that just left me, and Dick when he was at home. I still tried to get out when I could, but illness made this really difficult.

Part time working however meant that I did not work on Mondays or Fridays, so I could walk, run or ride during the day.

So that is why the Monday night runs are no more.

However Dick and I still meet up to run on Mondays, during the day, often from the Secret Café in Luddendenfoot, or from Craggies up Cragg Vale. So if any EPOC members find themselves at a loose end and want a gentle hour's run (5 or so miles) usually from a café, then contact me, and we can get running socially again. Hangers on most welcome. Long live the Mon DAY runs.

Ends

Graham Lloyd

La Sportiva Lake District Mountain Trial 2019

Classic mountain navigation event over challenging terrain in the Lake District. Interval starts with course disclosure beyond start line - ie. as in orienteering. The Trial is excellent preparation for the OMM.

Entries are now open for this year's trial to be held on September 15th, starting and finishing at Stool End Farm, Great Langdale. Entries close on 26th August.

Entry is via: <http://www.ldmta.org.uk/entry.html>

Or via: https://www.sientries.co.uk/event.php?event_id=5610

Classic Trial: around 18 miles and 7500ft climb (29 km and 2300m). Estimated winning time = 4.5hrs. Minimum age for entry: 18yrs

Medium Trial: around 13 miles and 5000ft climb (21 km and 1500m). Estimated winning time = 3.5hrs. Minimum age for entry: 18yrs

Short Trial: around 9 miles and 3500ft climb (15 km and 1100m). Estimated winning time = 3hrs. Minimum age for entry for single runners: 18yrs.

The distances shown above are as the crow flies. Actual distances covered may be up to 50% further.

There is a Pairs category in the Short Trial. This presents a good opportunity to hone navigational skills with a partner. Over 14's may compete as part of a pair if the other runner is their parent or legal guardian.

More Information about the Trial is available at: <http://www.ldmta.org.uk/info.html>

This information is also shown in the attached Word Document if that's easier to handle.

Kind Regards

Tony Richardson

Chairman LDMTA

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.



EPOC Rankings 2019

These are the current ranking positions (as of 04.08.19) 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 (117 -15)	James Logue	7881	1309, 1326, 1329, 1308, 1301, 1308
2 (126 -14)	Simon Martland	7854	1313, 1306, 1304, 1320, 1299, 1312
3 (184 -18)	Andy Thorpe	7760	1290, 1310, 1301, 1283, 1284, 1292
4 (264 -7)	Jonathan Emberton	7610	1261, 1283, 1262, 1280, 1265, 1259
5 (360 +38)	Phil Scarf	7491	1251, 1220, 1233, 1290, 1249, 1248
6 (398 -20)	Mike Pedley	7449	1245, 1238, 1237, 1249, 1237, 1243
7 (622 -24)	Adam Thorpe	7240	1219, 1211, 1180, 1207, 1213, 1210
8 (732 -20)	Emma Harrison	7131	1190, 1183, 1188, 1202, 1185, 1183
9 (786 +166)	Lindsay McMillan	7087	1144, 1172, 1153, 1237, 1173, 1208
10 (789 -31)	Matthew Tinker	7086	1178, 1194, 1176, 1168, 1180, 1190
11 (864 -30)	Graham Lloyd	7035	1169, 1170, 1169, 1159, 1204, 1164
12 (950 -90)	Richard Payne	6973	1152, 1166, 1176, 1155, 1148, 1176
13 (970 -31)	David Averill	6954	1186, 1153, 1155, 1155, 1153, 1152
14 (976 -1)	Sarah Pedley	6950	1143, 1158, 1177, 1169, 1141, 1162
15 (977 +24)	Laura Harrison	6949	1149, 1168, 1156, 1154, 1155, 1167

Pos.	Name	Points	Contributing scores
16 (1072 -43)	Megan Harrison	6877	1149, 1172, 1137, 1137, 1143, 1139
17 (1139 -44)	Viv Barraclough	6827	1146, 1149, 1103, 1167, 1139, 1123
18 (1466 -39)	Richard Spendlove	6568	1112, 1088, 1093, 1079, 1106, 1090
19 (1474 -36)	Ian Couch	6561	1085, 1100, 1093, 1096, 1100, 1087
20 (1512 -8)	Julian Green	6535	1110, 1083, 1041, 1096, 1113, 1092
21 (1555 -35)	Julie Couch	6502	1075, 1090, 1112, 1071, 1077, 1077
22 (1601 -33)	David Harrison	6471	1056, 1085, 1065, 1069, 1104, 1092
23 (1688 -33)	Jackie Scarf	6398	1050, 1024, 1027, 1051, 1201, 1045
24 (1696 -32)	James Williams	6393	1255, 1310, 1269, 1261, 1298
25 (1947 -16)	Helen Pedley	6197	1063, 1016, 1023, 1041, 1023, 1031
26 (1977 -37)	Paul Jackson	6175	1024, 996, 1031, 1075, 1022, 1027
27 (1999 -38)	William Barraclough	6156	1243, 1248, 1234, 1202, 1229
28 (2098 -23)	Helen Martland	6067	1013, 1026, 1021, 1005, 1003, 999
29 (2287 -40)	Roy Lindsell	5895	965, 993, 972, 985, 976, 1004
30 (2321 -49)	Keith Sykes	5858	1009, 920, 976, 988, 953, 1012
31 (2458 -45)	Stephen Warner	5721	922, 927, 934, 1012, 942, 984
32 (2463 -46)	Brian Mellor	5713	951, 948, 1002, 925, 952, 935
33 (2487 -41)	Neil Croasdell	5672	943, 938, 949, 951, 954, 937
34 (2599 -54)	Gill Ross	5538	913, 914, 935, 939, 925, 912
35 (2606 -54)	Guy Goodair	5533	935, 934, 943, 909, 906, 906
36 (2606 -54)	Arabella Woodrow	5533	963, 909, 932, 907, 907, 915
37 (2631 -86)	Rod Shaw	5505	892, 902, 904, 970, 918, 919
38 (2750 -187)	Linda Hayles	5361	898, 887, 979, 814, 866, 917
39 (2766 -53)	Jean Lochhead	5339	886, 872, 875, 886, 922, 898
40 (2862 -60)	Jane Payne	5202	915, 871, 848, 852, 841, 875
41 (2874 -53)	Judith Goodair	5177	866, 852, 858, 892, 855, 854
42 (2903 +25)	Joanna Emberton	5133	818, 867, 845, 843, 820, 940
43 (2915 -74)	Jackie Page	5119	855, 849, 883, 841, 856, 835
44 (3054 -63)	Fred Ross	4871	869, 781, 818, 814, 800, 789
45 (3056 +17)	Mike Thorpe	4869	792, 790, 815, 791, 867, 814
46 (3068 -57)	Rebecca Lloyd	4825	777, 825, 776, 782, 859, 806
47 (3112 -56)	Juliet Morgan	4723	745, 793, 821, 760, 808, 796
48 (3145 -56)	Sue Levinson	4634	692, 793, 811, 696, 805, 837
49 (3183 -58)	Philip Thompson	4543	742, 765, 743, 788, 740, 765
50 (3247 -60)	Michael Wood	4405	652, 826, 717, 671, 736, 803

Pos.	Name	Points	Contributing scores
51 (3318 -62)	Mathew Averill	4218	996, 1042, 1108, 1072
52 (3377 -60)	David Morgan	4045	635, 724, 788, 662, 616, 620
53 (3477 -77)	Margaret Shaw	3789	680, 560, 589, 688, 613, 659
54 (3483)	Simon Bourne	3757	1230, 1254, 1273
55 (3554 -68)	Daniel Sutcliffe	3570	1222, 1162, 1186
56 (3863 -82)	Bob Steeper	2877	988, 996, 893
57 (3984 -89)	Joy Mellor	2503	622, 378, 502, 555, 446
58 (4170 -99)	Pat Aspinall	2147	537, 590, 534, 486
59 (4301 -108)	Richard Stuart	1925	813, 1112
60 (4328 -106)	Leah Stuart	1889	816, 1073
61 (4771 -95)	Bryan Parkinson	1059	1059

EVENT REPORTS AND RESULTS

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

EBOR Summer Series, Knavesmire Woods - 1 Jun 19

Long Technical (3.6km)		Sprint Finish (93m)	
24 Jackie Page	62.21	47 Jackie Page	0.57
26 Pat Aspinall	86.05	57 Pat Aspinall	1.28

SYO Yorks Urban League, Rotherham Wingfield - 2 Jun 19

Course 2 Length 6.4km, 140m climb		Course 5 Length 3.0km, 70m climb	
18 Laura Harrison	60.26	7 Guy Goodair	33.45
23 David Harrison	67.01	9 Gill Ross	33.51
Course 3 Length 5.2km, 125m climb		25 Judith Goodair	41.47
5 Emma Harrison	43.33	27 Sue Levinson	44.56
9 Davey Averill	47.25	Jackie Page	mp (39.07)
24 Helen Martland	65.45	Course 6 Length 2.8km, 60m climb	
Course 4 Length 3.5km, 110m climb		7 Will Martland	19.45
23 Dick Spendlove	46.36		
23 Neil Croasdell	47.22		
38 Roy Lindsell	65.31		
40 Fred Ross	71.26		
Richard Payne	mp (33.43)		
Stephen Warner	mp (45.18)		

BAOC MLN, Bardon Moor Catterick - 5 Jun 19

Light Green 3.9km 100m 17c

3 Roy Lindsell	57.57
5 Stephen Warner	62.07
18 Judith Goodair	82.41
19 Guy Goodair	84.59
21 Sue Levinson	87.10

EBOR Yorks Urban League, Tadcaster - 8 Jun 19

Course A 6.2km 55m		Course D 2.4km 15m	
25 Laura Harrison	75.18	4 Gill Ross	35.56
Course B 5.8km 50m		6 Jean Lochhead	40.09
7 Davey Averill	60.08	10 Jackie Page	42.42
10 Emma Harrison	61.50	11 Arabella Woodrow	43.42
14 Graham Lloyd	65.38	16 Rebecca Lloyd	50.02
Course C 4.2km 20m		20 Sue Levinson	61.35
33 Fred Ross	71.36	22 Pat Aspinall	65.57
		Roy Lindsell	m12

OD Coventry Orienteering Weekend Sprint, Warwick University - 8 Jun 19

Course 3	Race 1	Race 2	Overall	
6 Mike Pedley	17.14 (4)	20.45 (8)	37.59	
Course 4	46 Neil Croasdell	26.17 (49)	23.27 (42)	49.44
Course 5	10 Judith Goodair	22.46 (11)	26.44 (12)	49.30
14 Guy Goodair	22.18 (9)	32.27 (20)	54.45	

OD UK Urban League, Coventry - 9 Jun 19

Mens Supervet 5.775km 75m	Mens Hypervet 3.975km 60m
6 Mike Pedley 44.41	6 Guy Goodair 58.29
Mens Ultravet 4.825km 70m	Womens Hypervet 2.425km 40m
35 Neil Croasdell 56.25	2 Judith Goodair 34.27

EBOR Saturday Series, Woodthorpe - 15 Jun 19

Course 4 2.7km
13 Arabella Woodrow 35.34
18 Neil Croasdell 40.27
19 Jean Lochhead 41.04
25 Jackie Page 44.02
28 Pat Aspinall 66.11

NN Urban Sprint, Saltwell Park - 15 Jun 19

Course 5 - 1.4km, 15m, 12c
5. Judith Goodair 21:20
6. Guy Goodair 24:06
8. Sue Levinson 30:01

DVO EM Urban League, Allestree - 16 Jun 19

MUV/WSV (length 5.0km, climb 65m, 16 controls)
46 Roy Lindsell 58.21

SELOC NW Sprint Champs, Horwich - 16 Jun 19

WUV	Race 1	Race 2
1 Jean Lochhead	15.56 (1)	18.19 (1)
3 Jackie Page	20.14 (3)	20.16 (93)

NATO UK Urban League, Newcastle/Gateshead - 16 Jun 19

MV 5.5km 180m	WSV 3.2km 100m
7 Graham Lloyd 57.42	8 Rebecca Lloyd 65.11
MSV 4.3km 160m	WUV 2.3km
6 Davey Averill 49.14	5 Sue Levinson 42.15

MUV 3.2km 110m		WHV 2.3km 90m	
Neil Croasdell	m5	2 Judith Goodair	39.09
MHV2.3km 90m			
1 Guy Goodair	37.28		

BAOC MLN, Catterick North - 19 Jun 19

Light Green 4.1km 45m 18c		22 Guy Goodair	113.02
2 Roy Lindsell	64.35	23 Sue Levinson	115.03
5 Neil Croasdell	75.10	28 Phil Thompson	120.14
9 Stephen Warner	81.32		
18 Judith Goodair	102.12		

HALO Yorks Urban Sprint Champs, Gainsborough Park Springs - 22 Jun 19

MUV 1.8km 18c		WUV 1.5km 14c	
3 Richard Payne	14.12	3 Arabella Woodrow	15.16
MHV 1.2km 12c		5 Gill Ross	16.52
2 Guy Goodair	12.39	6 Jean Lochhead	16.57
WO 2.2km		8 Jane Payne	19.21
3 Laura Harrison	18.54	Jackie Page	mp
4 Megan Harrison	19.24	WHV 1.2km 12 c	
WV 1.8km 18c		2 Judith Goodair	13.06
2 Emma Harrison	14.16		

HALO Yorks Urban League Middle Distance, Gainsborough Town - 22 Jun 19

MSV 4.1km 45m 16c		WV 4.1km 45m 16c	
12 Davey Averill	38.21	4 Emma Harrison	36.14
MUV 3.4km 45m 15c		WUV 2.7km 40m 15c	
4 Richard Payne	29.59	3 Arabella Woodrow	28.57
18 Fred Ross	68.15	5 Jean Lochhead	32.47
MHV 2.7km 40m 15c		7 Gill Ross	35.16
2 Guy Goodair	35.05	9 Jackie Page	36.49
WO 4.7km 50m 19c		13 Jane Payne	41.37
5 Laura Harrison	44.33	WHV 2.7km 40m 15c	
6 Megan Harrison	47.49	2 Judith Goodair	38.46

CLOK Regional Event, Cringle & Cold Moors - 23 Jun 19

Blue (length: 5.3km, climb: 160m)		Short Green (length: 3.2km, climb: 50m)	
17 Brian Mellor	104.41	1 Ian Couch	51.56
Green (length: 3.7km, climb: 125m)		14 Maggie Shaw	96.06
6 Julie Couch	58.00	15 Mick Wood	99.28
21 Rod Shaw	83.12	Light Green (length: 3.3km, climb: 75m)	
Paul Jackson	mp	Joy Mellor	mp

LOG EMOA Sprint Champs, Witham St Hughs - 23 Jun 19

WUV	Prologue	Chase
10 Jackie Page	24.02 (13)	30.27 (11)
13 Jean Lochhead	19.53 (8)	39.55 (16)
15 Judith Goodair	26.48 (15)	34.33 (14)
MO		
5 Mike Pedley	17.18 (6)	22.07 (5)
MUV		
19 Guy Goodair	23.38 (20)	33.07 (19)

TROL ASOM Sprint Weekend, Ostend - 28 to 30 Jun 19

WHV	Sprint1	Sprint2	CityRace	Overall
1 Judith Goodair	22.03 (1)	31.42 (1)	44.24 (1)	1:38:09
MHV				
Guy Goodair	38.34 (3)	24.01(2)	mp	

EBOR Regional Event, Escrick - 30 Jun 19

Blue 5.4km		Light Green 4km	
17 Richard Payne	68.14	5 Roy Lindsell	49.58
Brian Mellor	mp (w10)	7 Stephen Warner	51.29
Green 4.1km		8 Gill Ross	52.52
36 Mick Wood	118.37	13 Arabella Woodrow	55.50
Paul Jackson	mp (m15)	18 Jean Lochhead	63.01
		19 Jackie Page	66.32
		25 Fred Ross	75.06
		28 Philip Thompson	76.28
		35 Joy Mellor	82.00

AIRE Yorks Urban League, Lower Baildon - 6 Jul 19

Brown (length: 7.4km, climb: 140m)		Short Green (length: 3.4km, climb: 45m)	
2 Simon Martland	52.13	2 Arabella Woodrow	38.22
7 Davey Averill	69.51	4 Jean Lochhead	39.47
Blue (length: 6.5km, climb: 100m)		5 Jackie Page	40.39
11 Helen Martland	70.08	7 Gill Ross	41.59
Green (length: 4.3km, climb: 65m)		15 Pat Aspinall	69.02
28 Fred Ross	77.33	Light Green (length: 2.7km, climb: 25m)	
		5 Will Martland	37.33

CLOK UKUL, Northallerton - 7 Jul 19

Course C (length: 5.7km, climb: 20m)		Course E (length: 3.6km, climb: 10m)	
5 Davey Averill	38.28	2 Roy Lindsell	29.01
Course D (length: 4.8km, climb: 15m)		7 Sue Levinson	35.48
5 Richard Payne	33.03	8 Arabella Woodrow	36.29
13 Stephen Warner	41.41	10 Jackie Page	39.31
		17 Jean Lochhead	46.30

AIRE Summer Sprint League, Holt Park - 10 Jul 19

32 Arabella Woodrow	33.26
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World Masters Orienteering Champs, Riga 6 to 12 Jul 19

	Sprint Qualifier	Sprint Final	Forest Qualifier	Middle Final	Long Final
W75					
Judith Goodair	18.20 (41-2)	9.12 (1 B)	50.06 (12-1)	33.36 (51 A)	59.11 (56 A)
M80					
Rod Shaw	12.00 (16 -2)	13.19 (44 A)	88.30 (43-1)	38.19 (17 B)	56.14 (20 B)
Guy Goodair	14,54 (36-1)	9.12 (6 B)	dnf	mp (39.41)	56.02 (18 B)

WCH WMOA Urban League, Tamworth - 13 Jul 19

5 (length: 3.2km, climb: 35m, 13 controls)

3 Roy Lindsell 34.18

HAVOC GLOSS, Belhus Woods - 14 Jul 19

GLOSS 3.25km 15m

25 Rod Shaw 65.53

NN Richmond Urban - 14 July 19

Course 3

1 Richard Payne 42:26

11 Stephen Warner 60:18

Course 4

2 Roy Lindsell 47:58

4 Jean Lochhead 52:51

6 Jackie Page 60:43

7 Judith Goodair 61:59

10 Guy Goodair 65:11

AIRE Summer Sprint League, Weetwood - 17 Jul 19

38 Arabella Woodrow 42.27

Hebden Bridge Urban

Photo's: Davey Averill





EPOC Yorks Urban League, Hebden Bridge - 21 Jul 19

Black (length: 6.6km, climb: 375m)

7 Jackie Scarf	71.33
8 Daniel Sutcliffe	73.58

Brown (length: 5km, climb: 290m)

1 Simon Martland	44.00
13 Lindsay McMillan	71.05
17 Daniel Mellor	73.52
20 David Harrison	73.14
21 Laura Harrison	74.44
Julian Green	mp 71.56

Blue (length: 4.6km, climb: 160m)

2 Phil Scarf	41.45
6 Graham Lloyd	48.14
7 Emma Harrison	48.42
26 Helen Pedley	64.33
Davey Averill	mp 47.49

Green (length: 3.5km, climb: 150m)

3 Dick Spendlove	36.29
8 Jackie Scarf	40.02
19 Stephen Warner	44.45
25 Roy Lindsell	46.41
28 Neil Croasdell	48.24

Short Green (length: 2.9km, climb: 70m)

4 Arabella Woodrow	35.56
10 Rod Shaw	44.53
11 Juliet Morgan	45.24
21 Joy Mellor	72.00

Light Green (length: 2.9km, climb: 70m)

4 Lucy Payne & Ffion Noot	41.40
Will Martland	mp 29.02

Yellow (length: 1.6km, climb: 20m)

1 Sarah Noot	14.29
2 Imogen Noot & Lucy Payne	15.20

Graz City Race - 19 to 21 Jul 19

WHV

	Day 1	Day 2	Day3
1 Judith Goodair	26:48 2	22:46 1	44:55 1

MHV

2 Guy Goodair	23:54 2	24:42 1	56:14 2
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YHOA URBAN LEAGUE – 2019

Details and results so far can be found at www.yhoa.org.uk

Races 2019

Best 7 out of 13 races to score. [Scoring system](#).

1	SYO	Sheffield Ponderosa	09-Mar	UKUL02
2	EPOC	Elland	24-Mar	
3	CLARO	Ripon	26-May	
4	EBOR	York	27-May	
5	SYO	Rotherham Wingfield	02-Jun	
6	HALO	Gainsborough Park Springs	22-Jun	
7	HALO	Gainsborough	22-Jun	
8	AIRE	Lower Baildon	07-Jul	
9	EPOC	Mytholmroyd	20-Jul	
10	EPOC	Hebden Bridge	21-Jul	
11	AIRE	Leeds University	07-Sep	
12	AIRE	Leeds	08-Sep	UKUL16
13	HALO	Hessle & Humber Bridge	19-Oct	

YHOA SUPER LEAGUE - 2019

Details and results so far can be found at www.yhoa.org.uk

League Dates 2019

Best 5 scores to count. Minimum of 2 scores needed for the league.

17 Aug 19	SYO Race the Castles in Yorkshire (UKOL), Mam Tor (National)
25 Aug 19	EBOR Race the Castles in Yorkshire – White Rose (National)
13 Oct 19	SYO YHOA Championships, Wombwell (National)
3 Nov 19	EBOR York (Regional)
24 Nov 19	CLARO YHOA MD Champs, Brimham Rocks (Regional)
1 Dec 18	AIRE Shipley Glen (Regional)

TRAINING RUNS

HALIFAX MONDAY RUNS

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

Further details and updates from Graham Lloyd

Phone: 01422 882899 or Email: egrahamlloyd@yahoo.co.uk

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

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

FIXTURES – August to October 2019

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

Date	Club/Region	Type/Area	Location
August			
1-3	SOA	Scottish 6 Days	Strathearn
17	SYO/YHOA	Race the Castles	Sheffield
18	LOG/EMOA	Race the Castles	Lincoln
19	EPOC 	Race the Castles, Thornes Park	Wakefield
20	AIRE/YHOA	Race the Castles	Bradford
21	CLARO/YHOA	Race the Castles	Knareborough
22	HALO/YHOA	Race the Castles	Beverley
23	CLOK/NEOA	Race the Castles	Whitby
23-26	EBOR/YHOA	White Rose Weekend	Scarborough
September			
1	CLOK/NEOA	Regional Event, South Gare	Redcar
7	AIRE/YHOA	Fat Rascal Sprint/YHOA Urban League, Colton and Temple Newsam	Leeds
8	AIRE/YHOA	Fat Rascal/YHOA Urban League, Leeds City Centre	Leeds
15	LEI/EMOA	British Sprint Championships, Loughborough University	Loughborough
16	DVO/EMOA	British Middle Distance Championships, Chinley Churn	Chapel-en-le-Frith
21	SLOW/SEOA	London City Race	London
22	CLARO/YHOA	Regional Event	Harrogate
29	NOC/EMOA	Worksop Urban	Worksop
October			
5	DEE/NWOA	Euro City Race Tour, Everton Brow	Liverpool
6	SELOC/NWOA	Euro City Race Tour, Liverpool City Centre	Liverpool
6	CLOK/NEOA	Regional Event, Sneaton East	Whitby
12	MDOC/NWOA	British Schools Score Championships, Heaton Park	Manchester
13	SYO/YHOA	YHOA Championships and Superleague, Wombwell	Barnsley
13	LEI/EMOA	Ashby Urban	Ashby
19	HALO/YHOA	Hessle and Humber Bridge Urban	Hessle
26	DVO/EMOA	Regional Event, Longshaw	Sheffield
26	CUOC/EAOA	Cambridge City Race	Cambridge
26	NATO/NEOA	October Odyssey Day 1, Urban	Hexham
27	NATO/NEOA	October Odyssey Day 2, Dukes House Woods	Hexham

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