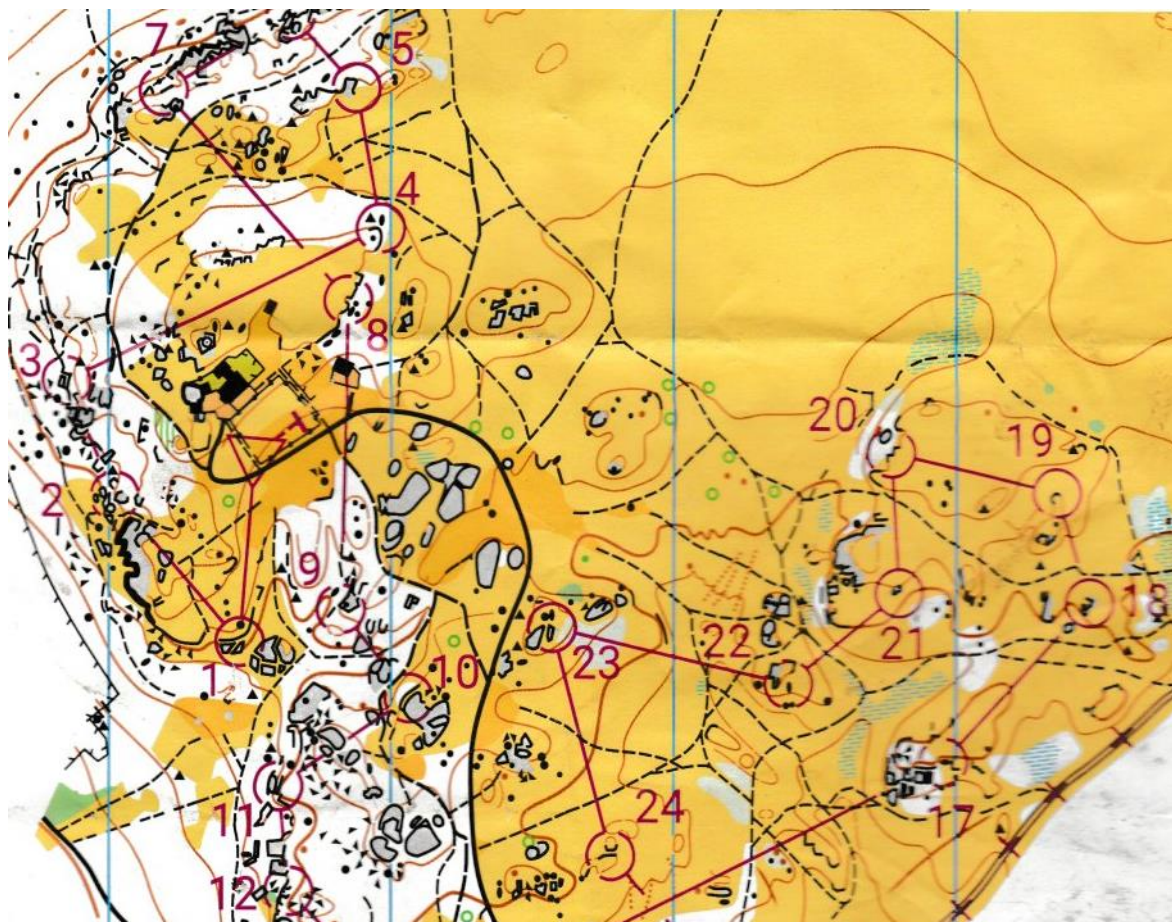




Epistle



No. 258
December 2019 - February 2020



Map Courtesy of CLARO

YHOA Middle Distance Champs - Brimham Rocks



EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

COMMITTEE 2019/2020

Chair	Jean Lochhead	jmloch1621@gmail.com
Secretary	Vacant	
Treasurer	David Morgan	davidmorgan.stopford@btinternet.com
Fixtures Secretary	Jean Lochhead	jmloch1621@gmail.com
Membership Secretary	David Morgan	davidmorgan.stopford@btinternet.com
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	Jackie Page	jackie.page127@ntlworld.com
	Neil Croasdell	croasded@gmail.com
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	Emma Harrison	eah1607@aol.com

OTHER CLUB OFFICIALS

Epistle Editor	Graham Lloyd	egrahamlloyd@yahoo.co.uk
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Compass Sport Trophy	Rod Shaw	margrod123@gmail.com
Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Welfare Officer	Viv Barraclough	viv.barraclough@cantab.net
Club Championship	Vacant	
Club Kit Officer	Daniel Sutcliffe	d.sutcliffe89@gmail.com
Permanent Courses	Jean Lochhead	jmloch1621@gmail.com
Relay Organiser	Vacant	
Stores and Equipment	Scarf Family	thescarfs@hotmail.com
E-Punching Equipment	Ian & Julie Couch	iancouch@btinternet.com
Website & Club Emails	David Harrison	eastpennineorienteeringclub@gmail.com
YHOA committee rep	David Morgan	davidmorgan.stopford@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

Having decided to enter the Venice City Race for the first time, I had hoped to have a front page photo of one of the EPOC contingent in action and an interesting article to include. Sadly the weather had other plans for us with terrible flooding in the week before the event resulting in the event being cancelled and the EPOC contingent deciding not to travel at all. Maybe next year...

On a more positive note I am delighted to say that Graham Lloyd has kindly offered (yes, he offered!) to take over as Epistle editor so I have willingly accepted his offer and this is now my final edition after just over 10 years of producing the Epistle. The committee recently agreed to reducing the Epistle to quarterly rather than bi-monthly as so much information is shared by email or on the website these days. This means the next Epistle will be due out around the beginning of March 2020 with subsequent issues around June, September and December 2020.

In the meantime our night and day events at Storthes Hall are creeping up on us so please offer to help if you are able. Early into the new year Rod Shaw will be starting to compile entries for the 2020 Compass Sport competition which EPOC are hosting so we need as many people as possible to both help and run so we can hopefully qualify for the final in October.

Have a great Christmas and New Year!

Emma Harrison

CHAIRMAN'S CHAT

Christmas is nearly upon us (no that does not mean booze, parties and fir trees) but refers to our Night & Day Event at Storthes Hall on **21/22 December 2019**. After access and badger trouble we are still on course but one never knows what spanners the next day will bring! I will be chasing round for helpers and have already had some volunteers.

The **CST/CSC** event for which we intend to use Ogden is still waiting for Natural England to say **NO** whereupon we can defect to our newly mapped areas of Upper/Lower Fell Greave Woods and Screamer Woods. Either way it will be another good event.
Date for your diaries for both helping and competing **15 March 2020**.

Our July Urban event will be a newly mapped area of Pontefract (thanks again to Richard Payne).

CHRISTMAS PRESENTS!

I still have a few Giraffes with the club logo 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

Graham Lloyd at

egrahamlloyd@yahoo.co.uk

Next edition contributions by 20 February 2020 please

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!

Membership – Don't forget to renew your membership for 2020!

At the British Orienteering Member Forum on 16th November Scott Collier, the Vice Chair, led a discussion over the membership review. He highlighted that any proposals would have to be presented and agreed at a General Meeting (AGM or EGM). He informed the meeting of the current membership profile which had not changed over a number of years – the biggest concern is that the average age of a member appeared to be increasing year on year which would indicate that it was not sustainable.

The key challenge is:

17% of runs are by non-members and we have no record of who these people are. • Problematic in the event of an insurance claim (the current three-run limit is very difficult for clubs to enforce) or safeguarding incident • We don't understand their profile (age, where they live, how far they travel) • We can't contact them to encourage them to do more orienteering!

It was recognised that membership was a hard sell and that the current structure does not encourage membership, particularly in the autumn of every year because of the annual calendar membership renewal.

The session looked at two areas:

1. The "October Renewal Problem" 2. Wider reform

1. The "October Renewal Problem" - Currently, membership is for a calendar year, but if you join after 1st November your membership is valid for 14 months - Joining in Autumn/October, therefore, makes very little financial sense

The meeting discussed a number of options.

Tiered membership fee • Continue with calendar year membership • Introduce reduced fees for new members joining in the second half of the year, with tiered reductions closer to 1st November • Clubs and associations could choose to apply similar tiers or to continue with a flat fee

There was a discussion around the difficulty in explaining this structure to a new member or in publicity material.

Annual Rolling Membership Model • Change to a model where membership is valid for one year regardless of when you join • Renewal on the anniversary of your joining date • Add free membership for the first year if sign up to DD • Clubs and associations would need to switch to the same model

There was broad support for this model from delegates, while acknowledging the challenges of switching from the current model. This led into a discussion of the potential benefits of encouraging current members to pay by direct debit, and of giving new members financial incentives to do so in their first year.

2. Wider reform Three options were discussed • Rebalance membership fee vs. levy • Higher levy on non-members • Capitation fee

These options are not mutually exclusive – we could potentially pursue any combination of them.

Rebalance membership fee vs. levy • "Pay-to-play" model with higher levy • Balanced with a lower membership fee to make joining more attractive • Very rough calculation: to maintain the current income while reducing membership fees to £5/£2 could mean increasing levy from £1.50 to £2.25 per adult run

Higher levy on non-members • Make the levy on non-members more per adult run than the levy on members • Clubs encouraged to pass this on to competitors as a non-member discount (but they can still choose not to) • Could be combined with "rebalance membership fee vs levy" option.

Capitation fee • Members pay a single combined club + association + British Orienteering fee, set by the club • Each month, clubs pay a flat fee per member to British Orienteering for each member who has joined or renewed that month (with junior discount) • Membership system still administered by British Orienteering as at present

Scott informed the meeting that there would be wider consultation with clubs and associations and also indicated that he would welcome further thoughts. His contact details are:
scott.collier@britishorienteering.org.uk

What has your committee been doing?

EAST PENNINE ORIENTEERING CLUB

The Orienteering Club for Kirklees, Wakefield and Calderdale



Minutes of EPOC committee meeting held at Marsh Liberal Club on Wednesday 13th November 2019 at 7.30pm

Present: Rod Shaw, Emma Harrison, Jackie Page, Neil Croasdell, Jean Lochhead (Chair), Daniel Sutcliffe, David Morgan (Treasurer).

Club clothing Daniel had brought some more designs for club "O" tops based on the discussion at the AGM and also a thicker top with a short zip. The sizing was a concern due to the "race fit" of our previous clothing and Dan brought some samples. There was a discussion as to the various options and a vote was taken that the collar should still be yellow giving more colour to the "O" tops and that "East Pennine Orienteering Club" which takes up a lot of space should give way to "EPOC" which can be larger. The committee were in favour of contours on the sleeves and that the collar remains yellow.

Minutes of last meeting All had read the minutes previously, which had been circulated and had appeared in the Epistle and taken as approved.

Matters arising from the last minutes: None that would not come up later.

Chairmans Report: Jean said that there was going to be more of a problem in future getting permissions. Events on Council Land (Fell Greave set) and Storthes Hall (privately owned) should not have a problem but areas of SSSI seem to be growing and as these areas, which are at the moment mostly moorland, have to have approval by Natural England who seem to go out of their way to find reasons to object to organised events.

We still do not have formal permission for Ogden and as this is an SSSI the YWA forms have all been sent to Natural England so we wait....

All organisers are having problems and areas that have been used for many years are now subject to scrutiny as Landowners discover H & S issues.

B.O. are to appoint an access officer to negotiate with the major landowners, example National Trust and Natural England.

In my latest experiences with Storthes Hall's new management, YWA and Natural England is that the persons dealing with applications do not have the foggiest idea what Orienteering is and I have to explain we are not following paths and "how will competitors not get lost". To say that is the whole idea would be a bridge to far!

Treasurers Report: David Morgan gave a short report, which is attached. The annual accounts have not been audited and were not available. The 5-year Si license is to be written off in the current year.

There had been an application from a member who still wanted to be a member of the club but as they did not Orienteer any more did not want to pay the BO fee. The club fee is £7.50 but £2.00 of this goes via the club to YHOA and as they are not competing EPOC should not have to pay this element of the fee to YHOA. These members who may have been in EPOC for a long time but no longer Orienteer play an active role in helping at events and take an interest in the club. If we do not have a category of membership to cater for these people (of which there may be more in the near future!) they would not be able to vote at an AGM or more importantly at an EGM. It was discussed whether this category should be called "Affiliated", "Associated" or "Social". (As we have no social activities this item of the Agenda will have to be discussed again). The Constitution may have to be updated at the next AGM.

OCAD: Whilst Richard Payne needs the up to date version it was decided that at the moment those updating maps did not need to be mapping at the IOF standard applicable to category A & B events and the ever-mobile OCAD9 disc is still available.

There was also a discussion about whether we needed to use one of our three laptops to be borrowed by those wanting to do mapping. As they may have to be out on loan for a few months during which time we might need them for an event, this was considered not feasible. The purchase of a laptop and license solely for mapping work was deferred until it is decided that we really need it.

Epistle: Emma has been trying to part with this job for some time and Graham Lloyd has offered to be Epistle editor. Graham is unable to commit to attending committee meetings but Emma has offered to still attend the committee meetings.

EVENTS & AREAS

Storthes Hall Night & Day 21/22nd December: Simon Martland is planning this event and Jean to contact him for an update.

Compass Sport Trophy, Ogden 15.3.20: Permission seems to be secured from YWA who have now sent the application to Natural England. No reply to date.

If we do not get permission from Natural England we hope we will be able to use the new maps being produced by Paul Taylor (CLOK) of Lower/Upper Fell Grieve and Screamer Wood.

YHOA Champs & Super League 31.5.20: Bob Page and Jean to look at Honley Woods in the new light of resigning ourselves that it may be more overgrown than in its previous life. In the light of some recent events it may be suitable.

Rod said he would also look at Elland Park woods although two laps may be required for the longer courses. He thought that the map should be 1:7500 instead of 1:10,000.

YHOA Urban League 19.7.20: Richard P is intending to map Pontefract subject to Jean getting a favorable reply from their Highways dept. Ongoing.

Regional Event 1.11.20: As above, permitting any one from 3 – Screamer/Greaves, Elland Park Woods and Honley Woods.

British Schools Score 9.10.21: At the moment Storthes Hall seems to be the best option with "The Venue" adjacent for facilities.

Walton Colliery now a country park: David Morgan has contacts and will look into whether we would get permission for an event before getting someone to map it for us.

There being no other business the meeting closed at 9.00pm

Date of next meeting: 15 January 2020 at Marsh Liberal Club 7.30pm.

EPOC EVENTS 2019 - 2020

2019			Venue	Organiser	Planner	Controller
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	????			

COMPASS SPORT TROPHY 2020

Rod Shaw

I've entered EPOC in next year's Compass Sport Trophy. The qualifying round is on Sunday 15th March and we hope the venue will be Ogden (awaiting permissions).

The final will be at Sutton Park, Sutton Coldfield on Sunday 18th October.

West Anglia OC who narrowly beat us in the qualifiers last year are now a large club. We expect a large entry because Ogden is the nearest venue for many clubs. We hope to have a large EPOC entry and I'll be asking for entries in the new year.

Cheers! Rod

MONDAY RUN AND WALK

Graham Lloyd

Many years ago East Pennine Orienteering Club used to have a well supported pack run on a Monday night. There were three groups. Fast, medium and slow.

The key idea was that the whole group would roughly do the same route. The faster runners would be sent in a series of longer loops, the slower ones sent in a series of short cuts. These loops/cuts always saw the three groups rendezvous at a predetermined point. Well planned runs would mean that everyone arrived at the rendezvous point at the same time.

It also meant that runners could move from group to group. As a medium runner, I'd sometimes go to the fast group, till my eyeballs popped out. At least at the next rendezvous I could go with the slow group for a bit!

Sadly due to retirements, people moving away and so on, these runs declined until there were just two of us going out! That is until I found myself retired early. Here was a chance to perhaps kick start the Monday run, but in the day time?

So now to the Science! I read an article somewhere about recovery exercise. Which if you watch the pro cyclists on their turbos after a Tour De France stage makes sense. The theory is that

gentle exercise after serious exertion loosens up the muscles, and speeds recovery. Problem is I can't find the original article I read. (This link is just a tribute: <http://www.runnersblueprint.com/the-complete-guide-to-recovery-runs/>)

That was the lightbulb moment! After a few months of seeing if it worked by running solo, I decided to try and arrange a revamp of the old EPOC Monday run. So that's what I did. Also being a member of Calder Valley Fell Runners I knew there were quite a few retired, part timers and shift working runners that might be up for this in the valley. So I used social media to spread the word. Now remember the original runs were always Halifax centred, with Kirklees doing them on Thursdays. Sorry Wakefielders you were somehow left out!

Now it's early days, but numbers are already better than two! We have had as many as 14 out. We have also got a group of walkers who struggle to run due to injury etc but still want to get out. It is definitely a gentle affair, though not a slouch either! It's always from a café, always an hour, usually five miles with a mixture of surfaces, but with focus off road, in good weather we go high, foul weather low!

So if you find yourself free on a Monday morning at 10:00 then come along, it is not any particular club thing, just a social run/walk.

So at the moment we are rotating round these cafés.

First Monday of the month: Secret Café Tenterfields Business Park Luddendenfoot.

Second Monday: Craggies, Craggies business park Cragg Vale.

Third Monday: Just Scrumptious Rishworth.

Fourth Monday: Blue Teapot Café Mytholmroyd.

If there is a fifth Monday we'll go somewhere different. The next one will be Todmorden way the one after that closer to Wakefield.

So watch out for the weekly post on Facebook if you can't remember where we'll be.

If you are not on Facebook, then check your emails as one is sent out weekly, usually on a Sunday evening at the latest!

EPOC ORIENTEERING KIT

Daniel Sutcliffe

NEW O-Tops for 2020!



NEW EPOC O Top Design for 2020! These have been designed by our supplier, Scimitar Sports, who specialize in cycling, running and triathlon events. The tops are sublimated meaning the design is all printed into the top itself so there will be no rubbing from embroidery or print wearing off over time. They are made out of Lightweight Aerolite Quick Dry 100% Polyester and are the

same as other clubs orienteering tops. They are also looser fitting than the previous Kukri tops that were ordered a few years ago.

Prices are going to be around **£25** for this top with the club subsidising artwork costs and initial delivery

For all those interested please send all enquires and sizes to d.sutcliffe89@gmail.com or Tel: 07411255946

Closing date for commitment to buy a top will be 22/12/2019 (Storthes Hall Event) and after I have that committment I will be collecting money in the New Year.

I am expecting Samples of these tops for people to try on and as soon as I get them, I will inform you and try and catch members at events to able to help them decide which size they need.

Lead Time 4-5 Weeks

NEW Club Kit for 2020!



These Quarter Zip tops have been designed as we have identified that members don't have a club top to wear before and after an event. With this in mind we have come up with the above design. The top can also be used in the winter months as a running top due to the design and material used. Both the EPOC logo and writing on the rear are embroidered so the top will hopefully last you for many years to come.

They are made out of Double Interlock 220-230 GSM Polyester and are cut and sewn garments.

Order 1-4

£22.59 ex. VAT
£27.11 incl. VAT

Order 5-9

£20.91 ex. VAT
£25.09 incl. VAT

Save £2.02

Order 10-14

£19.22 ex. VAT
£23.06 incl. VAT

Save £4.05

Order 15-999

£16.98 ex. VAT
£20.38 incl. VAT

Save £6.73

*The price above will incur an additional £2.12 Incl VAT for 'EPOC' to be embroidered rather than printed because the prices above are for ironed on printing. The committee decided it would be better that it was embroidered as the garment would last for longer because the writing won't crack or peel as could happen with ironed on printing.

For all those interested please send all enquires and sizes to d.sutcliffe89@gmail.com or Tel: 07411255946. Closing date for commitment to buy a top will be 22/12/2019 (Storthes Hall Event. A Sample top will be left at registration for both days 21st -22nd). Once I have that committment I will be able to work out how much people owe and will collect money in the New Year.

Lead Time 4-5 Weeks

Regards Dan Sutcliffe

QUARTER ZIP TRAINING TOP SIZE GUIDE

S.19.007.V3 - Created 16th April 2019

Warning: The measurements shown refer to a garment not to a person



***Logo Centre from Back of Collar:**

The logo positioning should be measured from the back centre of the shirt to the centre of the logo.

Some designs require the logo positioning to be adjusted to fit within the design, e.g. for hooped shirt (style 7) the logo must sit in the middle of the hoop.

On all shirts with collars and plackets, the standard requirement is that the middle of the logo should be in line with the bottom of the placket.

In case of confusion, query this with head office.

Size	A Length (from back centre)	B Chest Across	C Waist Across	D Hip Across	E Sleeve Length (with cuff, from neck point)	F Neck Across (from seam to seam)	G Armhole (straight)	H Long Sleeve Opening	I Long Sleeve Cuff Height	J Long Sleeve Cuff Opening	K Quarter Zip Height	L Collar Point Height	M Collar Back Height	N Logo Centre from Back of Collar ^A	O Logo Centre from Middle Point	P Logo Centre from Underarm Joint
4K Small Youth	48.0cm	35.0cm	33.0cm	33.0cm	48.0cm	16.0cm	18.0cm	8.0cm	5.0cm	7.5cm	20.0cm	7.0cm	7.0cm	13.0cm	7.5cm	10.0cm
2K Small Youth	52.0cm	38.0cm	36.0cm	36.0cm	52.0cm	16.0cm	19.0cm	8.0cm	5.0cm	8.0cm	20.0cm	7.0cm	7.0cm	13.0cm	7.5cm	11.5cm
2K Small Youth	56.0cm	41.0cm	39.0cm	39.0cm	56.0cm	17.0cm	20.0cm	8.5cm	5.0cm	8.0cm	20.0cm	7.0cm	7.0cm	13.0cm	7.5cm	13.0cm
Extra Small Youth	60.0cm	44.0cm	42.0cm	42.0cm	60.0cm	17.0cm	21.0cm	8.5cm	5.0cm	8.0cm	20.0cm	7.0cm	7.0cm	16.0cm	9.0cm	13.0cm
Small Youth	64.0cm	46.0cm	44.0cm	44.0cm	62.0cm	18.0cm	22.0cm	9.0cm	6.0cm	9.0cm	20.0cm	7.0cm	7.0cm	16.0cm	9.0cm	14.0cm
Medium Youth	66.0cm	48.0cm	46.0cm	46.0cm	65.0cm	18.0cm	23.0cm	9.5cm	6.0cm	9.0cm	20.0cm	7.0cm	7.0cm	16.0cm	9.0cm	15.0cm
Large Youth	68.0cm	51.0cm	49.0cm	49.0cm	68.0cm	19.0cm	24.0cm	10.0cm	6.0cm	9.5cm	20.0cm	7.0cm	7.0cm	18.0cm	11.0cm	14.5cm
Extra Large Youth	71.0cm	53.0cm	51.0cm	51.0cm	71.0cm	19.0cm	25.0cm	10.5cm	7.0cm	10.0cm	20.0cm	7.0cm	7.0cm	18.0cm	11.0cm	15.5cm
Small Adult	74.0cm	55.0cm	53.0cm	53.0cm	75.0cm	20.0cm	27.0cm	11.0cm	7.0cm	10.0cm	25.0cm	7.0cm	7.0cm	18.0cm	11.0cm	16.5cm
Medium Adult	76.0cm	57.0cm	55.0cm	55.0cm	77.0cm	20.0cm	28.0cm	12.0cm	7.0cm	10.5cm	25.0cm	7.0cm	7.0cm	18.0cm	11.0cm	17.5cm
Large Adult	78.0cm	60.0cm	58.0cm	58.0cm	79.0cm	20.0cm	29.0cm	13.0cm	7.0cm	11.0cm	25.0cm	7.0cm	7.0cm	18.0cm	11.0cm	19.0cm
Extra Large Adult	80.0cm	63.0cm	61.0cm	61.0cm	81.0cm	21.0cm	30.0cm	13.5cm	7.0cm	11.5cm	25.0cm	7.0cm	7.0cm	20.0cm	13.0cm	18.5cm
2K Large Adult	82.0cm	66.0cm	64.0cm	64.0cm	83.0cm	21.0cm	31.0cm	14.0cm	7.0cm	12.0cm	25.0cm	7.0cm	7.0cm	20.0cm	13.0cm	20.0cm
3K Large Adult	84.0cm	69.0cm	67.0cm	67.0cm	85.0cm	22.0cm	32.0cm	14.0cm	7.0cm	12.0cm	25.0cm	7.0cm	7.0cm	20.0cm	13.0cm	21.5cm
4K Large Adult	86.0cm	72.0cm	70.0cm	70.0cm	87.0cm	22.0cm	33.0cm	14.5cm	7.0cm	13.0cm	25.0cm	7.0cm	7.0cm	20.0cm	13.0cm	23.0cm
Ladies' 6	61.0cm	46.0cm	42.0cm	46.0cm	62.0cm	17.0cm	22.0cm	9.5cm	6.0cm	9.0cm	20.0cm	7.0cm	7.0cm	15.0cm	10.0cm	13.0cm
Ladies' 8	62.0cm	48.0cm	44.0cm	48.0cm	65.0cm	17.0cm	23.0cm	10.0cm	6.0cm	9.0cm	20.0cm	7.0cm	7.0cm	15.0cm	10.0cm	14.0cm
Ladies' 10	63.0cm	51.0cm	47.0cm	51.0cm	68.0cm	18.0cm	24.0cm	10.5cm	6.0cm	10.0cm	20.0cm	7.0cm	7.0cm	15.0cm	10.0cm	15.5cm
Ladies' 12	64.0cm	53.0cm	49.0cm	53.0cm	69.0cm	18.0cm	25.0cm	11.0cm	7.0cm	10.0cm	20.0cm	7.0cm	7.0cm	15.0cm	10.0cm	16.5cm
Ladies' 14	65.0cm	55.0cm	51.0cm	55.0cm	70.0cm	19.0cm	27.0cm	12.0cm	7.0cm	11.0cm	25.0cm	7.0cm	7.0cm	18.0cm	12.0cm	15.5cm
Ladies' 16	66.0cm	57.0cm	53.0cm	57.0cm	71.0cm	19.0cm	28.0cm	12.5cm	7.0cm	11.5cm	25.0cm	7.0cm	7.0cm	18.0cm	12.0cm	16.5cm
Ladies' 18	67.0cm	60.0cm	56.0cm	60.0cm	72.0cm	21.0cm	29.0cm	13.0cm	7.0cm	12.0cm	25.0cm	7.0cm	7.0cm	18.0cm	12.0cm	18.0cm
Ladies' 20	68.0cm	63.0cm	59.0cm	63.0cm	73.0cm	21.0cm	30.0cm	13.0cm	7.0cm	12.0cm	25.0cm	7.0cm	7.0cm	18.0cm	12.0cm	19.5cm
Ladies' 22	69.0cm	66.0cm	62.0cm	66.0cm	74.0cm	22.0cm	31.0cm	13.5cm	7.0cm	13.0cm	25.0cm	7.0cm	7.0cm	18.0cm	12.0cm	21.0cm
5M-FR Extra Small Youth	58.0cm	42.0cm	38.0cm	38.0cm	62.0cm	16.0cm	17.0cm	8.0cm	6.0cm	7.0cm	20.0cm	7.0cm	7.0cm	17.0cm	9.0cm	12.0cm
5M-FR Small Youth	60.0cm	44.0cm	38.0cm	38.0cm	64.0cm	17.0cm	18.0cm	8.0cm	6.0cm	7.0cm	20.0cm	7.0cm	7.0cm	17.0cm	9.0cm	13.0cm
5M-FR Medium Youth	62.0cm	46.0cm	40.0cm	40.0cm	66.0cm	17.0cm	19.0cm	9.0cm	6.0cm	8.0cm	20.0cm	7.0cm	7.0cm	17.0cm	9.0cm	14.0cm
5M-FR Large Youth	64.0cm	48.0cm	42.0cm	42.0cm	68.0cm	18.0cm	20.0cm	9.0cm	6.0cm	8.0cm	20.0cm	7.0cm	7.0cm	17.0cm	9.0cm	15.0cm
5M-FR Extra Large Youth	66.0cm	50.0cm	44.0cm	44.0cm	70.0cm	18.0cm	21.0cm	10.0cm	7.0cm	9.0cm	20.0cm	7.0cm	7.0cm	17.0cm	9.0cm	16.0cm
5M-FR Small Adult	68.0cm	52.0cm	46.0cm	46.0cm	72.0cm	19.0cm	22.0cm	10.0cm	7.0cm	9.0cm	25.0cm	7.0cm	7.0cm	17.0cm	11.5cm	14.5cm
5M-FR Medium Adult	70.0cm	54.0cm	48.0cm	48.0cm	74.0cm	19.0cm	23.0cm	11.0cm	7.0cm	10.0cm	25.0cm	7.0cm	7.0cm	20.0cm	11.5cm	15.5cm
5M-FR Large Adult	72.0cm	56.0cm	50.0cm	50.0cm	76.0cm	19.0cm	24.0cm	12.0cm	7.0cm	11.0cm	25.0cm	7.0cm	7.0cm	20.0cm	11.5cm	16.5cm
5M-FR Extra Large Adult	74.0cm	58.0cm	52.0cm	52.0cm	78.0cm	19.0cm	25.0cm	13.0cm	7.0cm	12.0cm	25.0cm	7.0cm	7.0cm	20.0cm	11.5cm	17.5cm
5M-FR 2K Large Adult	76.0cm	60.0cm	54.0cm	54.0cm	80.0cm	20.0cm	26.0cm	14.0cm	7.0cm	13.0cm	25.0cm	7.0cm	7.0cm	20.0cm	11.5cm	18.5cm
5M-FR 3K Large Adult	78.0cm	62.0cm	56.0cm	56.0cm	82.0cm	20.0cm	27.0cm	15.0cm	7.0cm	14.0cm	25.0cm	7.0cm	7.0cm	20.0cm	11.5cm	19.5cm

EPOC Rankings 2019

These are the current ranking positions (as of 01.12.19) 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 (114 -3)	James Logue	7914	1308, 1326, 1328, 1308, 1308, 1336
2 (139 +2)	Simon Martland	7839	1319, 1299, 1312, 1315, 1299, 1295
3 (212 +1)	Andy Thorpe	7704	1279, 1283, 1281, 1284, 1292, 1285
4 (280 +4)	Jonathan Emberton	7608	1260, 1283, 1262, 1280, 1265, 1258
5 (316 +3)	Simon Bourne	7556	1230, 1254, 1273, 1265, 1247, 1287
6 (341 +1)	Phil Scarf	7532	1290, 1244, 1247, 1254, 1253, 1244
7 (415)	Mike Pedley	7448	1245, 1237, 1237, 1249, 1237, 1243
8 (695 +1)	Matthew Tinker	7182	1194, 1180, 1190, 1217, 1199, 1202
9 (702 +2)	Emma Harrison	7173	1190, 1188, 1202, 1211, 1193, 1189
10 (707 +1)	Daniel Sutcliffe	7169	1222, 1162, 1186, 1177, 1189, 1233
11 (730)	Adam Thorpe	7148	1211, 1180, 1207, 1213, 1127, 1210
12 (773)	Lindsay McMillan	7107	1153, 1235, 1172, 1208, 1158, 1181
13 (859 +67)	Graham Lloyd	7044	1158, 1204, 1163, 1155, 1167, 1197
14 (887 +3)	Laura Harrison	7024	1168, 1157, 1166, 1170, 1181, 1182
15 (960 +1)	Richard Payne	6965	1148, 1176, 1161, 1167, 1163, 1150
16 (978 -45)	David Averill	6954	1154, 1154, 1168, 1154, 1170, 1154
17 (1077 -1)	Sarah Pedley	6877	1169, 1141, 1133, 1164, 1138, 1132
18 (1181 -58)	Megan Harrison	6793	1137, 1138, 1143, 1139, 1120, 1116
19 (1191 +5)	Viv Barraclough	6782	1149, 1103, 1167, 1139, 1123, 1101
20 (1202 +6)	Jackie Scarf	6775	1209, 1119, 1200, 1087, 1077, 1083
21 (1381 -1)	Richard Spendlove	6647	1105, 1091, 1114, 1140, 1104, 1093
22 (1471 -2)	Ian Couch	6577	1100, 1093, 1096, 1100, 1096, 1092
23 (1527 +4)	David Harrison	6531	1104, 1092, 1100, 1079, 1086, 1070
24 (1542 +7)	Julie Couch	6519	1090, 1112, 1077, 1077, 1082, 1081
25 (1544 +7)	Julian Green	6518	1041, 1096, 1113, 1092, 1124, 1052
26 (1989 -9)	Helen Pedley	6196	1023, 1041, 1023, 1031, 1029, 1049
27 (2043 -12)	William Barraclough	6155	1243, 1247, 1234, 1202, 1229
28 (2106 -7)	Paul Jackson	6102	1031, 974, 1075, 1022, 1027, 973
29 (2205 -7)	Helen Martland	6014	1004, 994, 999, 994, 1000, 1023
30 (2281 -53)	Keith Sykes	5952	976, 988, 1013, 963, 971, 1041
31 (2338 -17)	Roy Lindsell	5890	993, 972, 985, 976, 1004, 960
32 (2421 -4)	Stephen Warner	5801	934, 1012, 942, 996, 983, 934

Pos.	Name	Points	Contributing scores
33 (2464 +1)	Brian Mellor	5757	948, 1002, 952, 935, 969, 951
34 (2546 -14)	Arabella Woodrow	5676	932, 972, 935, 959, 944, 934
35 (2561 -15)	Neil Croasdell	5663	933, 932, 934, 954, 935, 975
36 (2621 -13)	Rod Shaw	5584	904, 970, 918, 919, 937, 936
37 (2696 -13)	Linda Hayles	5502	979, 866, 918, 936, 899, 904
38 (2703 -13)	Gill Ross	5490	940, 925, 902, 912, 910, 901
39 (2731 -14)	Jean at Ltd	5454	922, 898, 919, 889, 923, 903
40 (2806 -4)	Judith Goodair	5346	892, 906, 904, 861, 915, 868
41 (2828 -3)	Guy Goodair	5323	891, 906, 896, 878, 861, 891
42 (2926 -4)	Jackie Page	5175	853, 868, 859, 903, 847, 845
43 (2970 -1)	Joanna Emberton	5114	794, 867, 845, 843, 820, 945
44 (3068 -7)	Sue Levinson	4928	811, 805, 837, 775, 837, 863
45 (3070 +17)	Rebecca Lloyd	4923	782, 859, 806, 814, 857, 805
46 (3100 -58)	Jane Payne	4870	825, 808, 824, 784, 826, 803
47 (3143 +1)	Mike Thorpe	4771	815, 794, 868, 815, 748, 731
48 (3231 -2)	Philip Thompson	4504	764, 743, 789, 740, 765, 703
49 (3244 +7)	Fred Ross	4476	789, 754, 722, 746, 750, 715
50 (3343 +82)	Margaret Shaw	4218	688, 659, 690, 662, 696, 823
51 (3344 +4)	Mathew Averill	4217	996, 1042, 1107, 1072
52 (3396 +1)	Michael Wood	4091	596, 671, 737, 803, 650, 634
53 (3741 -4)	Juliet Morgan	3135	760, 808, 796, 771
54 (3799 -2)	Leah Stuart	2997	816, 1073, 1108
55 (3804 -2)	Richard Stuart	2987	813, 1112, 1062
56 (3919 -10)	David Morgan	2642	617, 620, 692, 713
57 (3936 +341)	Robert Page	2589	456, 766, 672, 695
58 (3946 -15)	James Williams	2559	1261, 1298
59 (3954 -15)	Bob Steeper	2534	893, 859, 782
60 (4131 -9)	Pat Aspinall	2147	537, 590, 534, 486
61 (4442 -10)	Joy Mellor	1503	502, 556, 445
62 (4717 +3)	Bryan Parkinson	1059	1059
63 (5190 +14)	Kyne Bordon	593	593

EVENT REPORTS AND RESULTS

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

SYO Saturday Series, English Institute of Sport - 5 Oct 19

Blue (length 5.5km, climb 8m, 24 controls)		Green (length 3.1km, climb 4m, 15 controls)	
10 Emma Harrison	50:07	6 Laura Harrison	37:50
David Harrison	63:45	Missing no 20	

DEE Liverpool Big Weekend, Everton Brow Sprint - 5 Oct 19

Course 1 5.475km 80m		Course 5 2.25km 35m	
13 Daniel Sutcliffe	36.37	11 Gill Ross	25.29
Course 2 4.525km 60m		14 Jean Lochhead	26.38
3 Simon Martland	25.44	15 Jackie Page	27.30
Course 3 3.575km 45m		16 Guy Goodair	28.30
46 Helen Martland	34.24	17 Judith Goodair	28.51
Course 4 2.9km 45m		21 Sue Levinson	31.18
53 Fred Ross	48.20	Course 6 2.975km 55m	
		2 Will Martland	25.36

WCH WMOA League, Oldacre Valley - 6 Oct 19

Green (length: 4.8km, climb: 75m)		Blue (length: 6.4km, climb: 130m)	
5 Ian Couch	54.13	19 Megan Harrison	75.12
23 Julie Couch	62.28		

CLOK Regional Event, Sneaton East - 6 Oct 19

Blue (length: 5.2km, climb: 80m)		Green (length: 4.4km, climb: 75m)	
7 Emma Harrison	77.00	David Harrison	mp 83.35

SELOC UK Urban League, Liverpool City Race - 6 Oct 19

Course 1 9.5km		Course 5 3.8km	
20 Daniel Sutcliffe	73.33	15 Jean Lochhead	39.08
Course 2 7.7km		18 Judith Goodair	40.46
4 Simon Martland	45.09	19 Sue Levinson	41.08
Course 3 6.4km		20 Jackie Page	42.28
5 Mike Pedley	41.41	26 Guy Goodair	45.08
18 Davey Averill	48.32	29 Gill Ross	48.35
23 Graham Lloyd	49.49	35 Fred Ross	66.12
75 Helen Martland	67.14	Course 6 3.6km	
Course 4 5.6km		6 Will Martland	27.38
43 Keith Sykes	53.44		
72 Rebecca Lloyd	77.20		

EBOR Saturday Series, Clifton - 12 Oct 19

Long Course 3.3km	
23 Guy Goodair	43.32
26 Judith Goodair	44.48

LEI EM Urban League, Ashby de la Zouch - 13 Oct 19

MV 6.7km 70m		WO 6.7km 70m	
13 David Harrison	66.34	3 Megan Harrison	69.36



Police Sport UK Orienteering Championships

Wombwell - 13 October 2019

The 2019 PSUK Orienteering Championships were held at Wombwell, near Barnsley, on Sunday 13th October 2019 at an event organised by South Yorkshire Orienteers.

It also included the annual inter services challenge match against the RAF (RAFO), who were successful.

The terrain varied from fast runnable forest to steep low visibility new plantation. A wet day, with very muddy conditions underfoot, made the crossing of some steep sided disused railway cuttings very difficult.

The entry included Police Service serving and retired officers from as far away as Devon & Cornwall and Northern Ireland.

The winners of the various PSUK classes were:

Men's Open Champion: Richard Vasey – Police Service of Northern Ireland (M45 Blue 72.11)

Veteran Men's Open Champion – Steve Green – Nottinghamshire (M60 Green 67.11)

Super Veteran Men's Champion – Keith Sykes – West Yorkshire (M70 Green 67.55)

Super Veteran Women's Champion – Hayley Fox – Lincolnshire (W45 Short Green 88.20)

PSUK Orienteering Roll of Honour 2019



SYO YHOA Championships, Wombwell & Worsborough - 13 Oct 19

Course 1 Length 11.0km, 280m climb	Course 6 Length 4.7km, 110m climb
15 Daniel Sutcliffe 166.29	13 Julie Couch 60.36 (1 st W60)
Course 2 Length 9.4km, 200m climb	17 Jackie Scarf 61.50 (3 rd W55)
4 Matthew Tinker 93.04 (2 nd M40)	20 Keith Sykes 67.55
Course 3 Length 7.6km, 140m climb	57 Neil Croasdale 121.41
4 Simon Martland 65.50 (2 nd M40)	Linda Hayles rtd

Course 4 Length 6.5km, 160m climb

2 Phil Scarf	61.13 (1 st M55)
5 Jon Emberton	66.35 (2 nd M55)
9 Mike Pedley	68.10
Will Martland	rtd

Course 5 Length 5.4km, 150m climb

4 Emma Harrison	56.25 (2 nd W45)
6 Richard Payne	59.20 (2 nd M65)
8 Laura Harrison	60.38 (1 st W18)
17 Ian Couch	70.17
33 Brian Mellor	101.15
35 Helen Martland	102.43

Course 7 Length 3.7km, 90m climb

14 Jackie Page	100.43
18 Jean Lochhead	126.14
Mick Wood	mp 137.28
Paul Jackson	rtd
Roy Lindsell	dnf

Course 8 Length 2.9km, 75m climb

Joy Mellor	rtd
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Course 10 Length 2.9km, 70m climb

Sue Levinson	mp 113.29
Sue Brant	rtd

Course 12 Length 2.3km, 65m climb

n/c Cynthia Thewlis	44.29
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Course 14 Length 3.5km, 100m climb

2 Jo Emberton	89.25
n/c Fred Ross	102.12

HALO Yorks Urban League, Hessle - 19 Oct 19**Course A 6.6Km, 40m**

12 David Harrison	63.15
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Course B 5.7km, 35m

2 Emma Harrison	49.14
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Course D 3.7km, 20m

1 Arabella Woodrow	38.14
2 Jean Lochhead	43.22
3 Jackie Page	46.39
2 Guy Goodair	49.08
1 Judith Goodair	55.02
6 Sue Levinson	55.22

PFO Autumn Series, Dean Clough - 20 Oct 19**Brown 7km 170m**

18 Richard Payne	76.55
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Blue 5.7m 155m

1 Mike Pedley	47.37
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Short Blue 4.6km 140m

4 Ian Couch	53.14
14 Rod Shaw	70.15
15 Linda Hayles	79.38

Green 4.4km 105m

4 Julie Couch	48.33
12 Brian Mellor	55.21

Short Green 3.2km 120m

1 Roy Lindsell	38.16
8 Jean Lochhead	48.45

CUOC Cambridge City Race - 26 Oct 19**MSV 4.4km**

4 Mike Pedley	32.55
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DVO EMOL, Longshaw - 26 Oct 19**Blue (length: 6.6km, climb: 160m)**

21 Emma Harrison	67.23
22 Megan Harrison	67.49

Green (length: 5.6km, climb: 180m)

6 Julie Couch	63.52
9 Ian Couch	65.25
33 Brian Mellor	81.18
37 Rod Shaw	93.13

Short Green (length: 3.8km, climb: 75m)

6 Helen Pedley	53.04
8 Jean Lochhead	61.56
14 Laura Harrison	72.12
23 Maggie Shaw	110.43

NATO October Odyssey, Hexham Urban - 26 Oct 19**Course 3 (length: 4.7km, climb: 95m)**

20 Linda Hayles	53.45
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Course 5 (length: 3km, climb: 55m)

9 Gill Ross	41.30
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Course 4 (length: 3.8km, climb: 75m)

23 Neil Croasdell	36.04
31 Fred Ross	52.42

NATO October Odyssey, Dukeshouse Wood - 27 Oct 19

Green 4km 90m		Short Green 3km 55m	
8 Richard Payne	59.52	14 Fred Ross	119.45
44 Linda Hayles	103.17	Gill Ross	m9 - 14
48 Neil Croasdell	114.20	Light Green 3.1km 60m	
		Jane Payne	m5 m10 - 12

EBOR Saturday Series, St Nicholas Fields - 2 Nov 19

Sprint 1		Sprint 2	
20 Jackie Page	27.09	17 Jackie Page	24.08
22 Jean Lochhead	29.13	21 Jean Lochhead	33.26

ERYRI Welsh League, Newborough - 2 Nov 19

Brown - 9.1km		Short Green - 3.1km	
5 Jonathan Emberton	1.44.07	6 Rebecca Lloyd	1.26.30
Blue - 6.4km		Joanna Emberton	dnf
8 Emma Harrison	1.20.23		
14 Graham Lloyd	1.24.06		
32 David Harrison	2.03.57		

ERYRI Welsh League, Newborough - 3 Nov 19

Brown - 9.2km		Short Green - 3.1km	
Jonathan Emberton	dnf	7 Rebecca Lloyd	1.24.26
Blue - 6.4km		12 Joanna Emberton	1.39.36
9 Emma Harrison	1.19.14		
36 Graham Lloyd	1.48.44		
David Harrison	dnf		

EBOR Yorks Superleague, Skipwith Common - 3 Nov 19

Brown 5.9km		Short Green 3.7km	
1st Matthew Tinker	44:15	4th Roy Lindsell	45:09
Blue 5.3km		10th Jean Lochhead	55:09
7th Richard Payne	45:54	16th Paul Jackson	61:27
19th Ian Couch	54:36	20th Jackie Page	63:26
33rd Brian Mellor	84:43	22nd Robert Page	65:21
Green 4.8km		23rd Fred Ross	67:11
3rd Julie Couch	50:21	24th Gill Ross	69:42
27th Rod Shaw	89:48	28th Margaret Shaw	87:38
		29th Jane Payne	103:26
		Michael Wood	w3 m8
		VS Green 2.9km	
		8th Joy Mellor	78:57

POTOC West Midlands Urban League, Leek - 3 Nov 19

Mens Ultravet 5km 90m		Women's Hypervet 3.4km 65m	
9 Keith Sykes	55.12	2 Judith Goodair	47.49
Mens Hypervet 3.4km 65m			
3 Guy Goodair	42.42		

SOC November Classic, Bramshaw Wood - 3 Nov 19

Short Blue (length: 5.975km, climb: 140m)

80 Megan Harrison 91.34

MDOC Twin Peaks, Goyt Valley - 9 Nov 19

Short Brown (length: 5.8km, climb: 240m) Green (length: 3.8km, climb: 155m)

9 Matthew Tinker 79.42 6 Julie Couch 59.10

Short Blue (length: 4.4km, climb: 150m) 32 Paul Jackson 76.21

6 Ian Couch 67.35 57 Neil Croasdell 123.32

Linda Hayles 106.21

MDOC Twin Peaks, Stockport Urban - 10 Nov 19

Course 3 (length: 9.1km, climb: 100m) Course 5 (length: 5km, climb: 25m)

2 Phil Scarf 45.31 3 Roy Lindsell 35.31

28 Helen Martland 66.57 9 Jean Lochhead 40.02

Course 4 (length: 7.1km, climb: 55m) 11 Arabella Woodrow 40.15

3 Richard Payne 41.25 17= Guy Goodair 45.32

7 Jackie Scarf 45.15 17= Judith Goodair 45.32

49 Linda Hayles 65.21 24 Jackie Page 47.34

57 Neil Croasdell 74.18 26 Gill Ross 48.00

Keith Sykes mp (60.27) 32 Jane Payne 50.39

40 Sie Levinson 61.57

41 Fred Ross 62.16

Course 6 (length: 6.2km, climb: 70m)

16 Will Martland 50.53

HOC WMOA League, Titterstone Clee - 10 Nov 19

Blue (length: 7.2km, climb: 265m)

40 Rod Shaw 179.13

Short Green (length: 3.6km, climb: 85m)

30 Maggie Shaw 89.11

EBOR Saturday Series, Walmgate Stray - 16 Nov 19

Improvers Course

4 Sue Levinson 25.50

Long Course

18 Arabella Woodrow 50.54

Medium Course

10 Jean Lochhead 31.36

13 Bob Page 35.08

Jackie Page rtd

CLARO YHOA Night League, Hell Wath - 16 Nov 19

Medium (length: 4.1km, climb: 40m)

1 Emma Harrison 36.09

CLOK Regional Event, Town Moor & Boltby Forest - 17 Nov 19

Blue 6.9km 95m

14 Ian Couch 73.20

Short Green 3.2km 30m

10 Mick Wood 70.57

Green 4.5km 40m

10 Julie Couch 47.16

SYO Regional Event, Bowden Housteads - 17 Nov 19

Brown course

1 Andy Thorpe 44:34

12 Matthew Tinker 55:25

Green course

31 Stephen Warner 83:17

33 Fred Ross 87:23

mp Roy Lindsell 56:25

Missing nos 4,16

Blue course

2 Emma Harrison	45:11
8 Richard Payne	50:51
11 Megan Harrison	56:32
18 David Harrison	59:58
23 Dick Spendlove	69:45
34 Neil Croasdell	85:53
36 Linda Hayles	91:38
38 Rod Shaw	93:49

Short Green course

4 Gill Ross	49:46
11 Jackie Page	60:36
14 Margaret Shaw	65:41
16 Bob Page	67.48

BAOC MLN, Coatham Woods - 21 Nov 19**Light Green 4km 50m**

2 Roy Lindsell	41.20
19 Stephen Warner	55.02
12 Neil Croasdell	57.06

15 Jean Lochhead	59.05
20 Judith Goodair	65.44
28 Guy Goodair	80.30
29 Sue Levinson	81.26

AIRE Autumn Night Score, Riddlesden - 20 Nov 19

35 Arabella Woodrow 260 pt (46.05)

SYO Saturday Series, Shirebrook Valley - 23 Nov 19**Green (length 4.4km, climb 110m)**

14 Neil Croasdell 62:35

Blue (length 5.6km, climb 120m)

15 Linda Hayles 68:41

CLARO YHOA Middle Distance Champs, Brimham Rocks - 24 Nov 19**Brown 3.8km 155m**

1 Simon Martland	41.12
27 David Harrison	85.17

Blue 3.1km 120m

31 Laura Harrison	77.49
33 Will Martland	84.38

Short Blue 2.8km 105m

2 Emma Harrison	40.40
8 Ian Couch	62.05
25 Helen Martland	102.10
26 Stephen Warner	108.46

Green 2.6km 90m

7 Julie Couch	56.06
18 Roy Lindsell	77.22
28 Fred Ross	107.50
David Morgan	rtd
Brian Mellor	rtd

Short Green 2km 70m

11 Paul Jackson	62.34
13 Maggie Shaw	68.11
17 Gull Ross	81.03

Very Short Green 1.5km 50m

2 Rod Shaw	45.58
3 Juliet Morgan	49.59
6 Judith Goodair	80.34
12 Guy Goodair	76.17
Joy Mellor	m14

Light Green 1.8km 90m

7 Arabella Woodrow 99.23

LOC Cumbrian Galoppen, Bethcar - 24 Nov 19**Short Green (length: 2.7km, climb: 100m)**

21 Rebecca Lloyd 57.04

Blue (length: 5.8km, climb: 250m)

13 Graham Lloyd 54.53

NOC EM Urban League, Nottingham University - 24 Nov 19**Course 2 (length: 7.6km, 26 controls)**

24 Megan Harrison 62.21

Course 4 (length: 4.2km, 17 controls)

53 Bob Page 67.14

Course 5 (length: 3.3km, 15 controls)

10 Jackie Page 39.44

22 Sue Levinson 51.48

YHOA URBAN LEAGUE – 2019

Congratulations to the following EPOCies who came in the top 3 in their age class:- WYJ – 2nd= Ffion Noot-Williams, 2nd= Dora Stuart; MJ – 1st William Martland; WO – 3rd Laura Harrison; MV – 1st Simon Martland; WV – 1st Emma Harrison; WUV – 2nd Arabella Woodrow, 3rd Jean Lochhead; MHV – 2nd Guy Goodiar; WHV – 2nd Judith Goodair (1st YHOA) Overall results can be found at www.yhoa.org.uk

YHOA URBAN LEAGUE – 2020

Details will be available at www.yhoa.org.uk when confirmed.

YHOA SUPER LEAGUE - 2019

The final event in the 2019 YHOA Super League will take place on 1st December at AIRE's event at Shipley Glen. Details of the league and results so far can be found at www.yhoa.org.uk

YHOA SUPER LEAGUE - 2020

Details for the 2020 league will be available at www.yhoa.org.uk when confirmed.

YHOA NIGHT LEAGUE – 2019/20

There have already been 2 events in the annual YHOA night league with another 4 left. Details and results are available at www.yhoa.org.uk

HALIFAX MONDAY RUNS and WALKS

- * First Monday of the month: Secret Café, Tenterfields Business Park, Luddendenfoot
- * Second Monday of the month: Craggies, Craggs Business Park, Cragg Vale
- * Third Monday of the month: Just Scrumptious, Rishworth
- * Fourth Monday of the month: Mytholmroyd, meet in the public car park by Russel Dean Furniture shop
- * If there is a fifth Monday the run will be an away day TBC.

Please contact Graham for further Information - 07413 102008

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 – December 2019 to February 2020

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

www.britishorienteeing.org.uk

Date	Club/Region	Type/Area	Location
December			
1	BOK/SWOA	Southern Championships, Churchill Enclosure and Cannop Ponds	Coleford
1	AIRE/YHOA	YHOA Superleague, Shipley Glen	Bradford
1	DVO/EMOA	EMOA League, Allestree Park	Derby
8	PFO/NWOA	Darwen Moor	Darwen
14	HALO/YHOA 	YHOA Night League, Beverley Westwood	Beverley
15	HALO/YHOA	Regional Event, Beverley Westwood	Beverley
21	 EPOC 	YHOA Night League, Storthes Hall	Huddersfield
22	 EPOC	Middle Distance Event, Storthes Hall	Huddersfield
29	EBOR/YHOA	Queen Margaret's School and Escrick Estate	York

January 2020

1	AIRE/YHOA	New Year's Day Score, Ilkley Moor	Ilkley
1	DVO/EMOA	Wirksworth Urban	Wirksworth
5	AIRE/YHOA	Regional Event, Bramley Fall	Leeds
12	LEI/EMOA	Regional Event, Castle Hill Country Park	Leicester
18	EBOR/YHOA 	YHOA Night League, Bishop Wood	Selby
19	SYO/YHOA	Regional Event, Ramsley Moor	Sheffield
25	AIRE/YHOA 	YHOA Night League, Middleton Woods	Ilkley
25	EUOC/SOA	Edinburgh Big Weekend	Edinburgh
26	EUOC/SOA	Edinburgh Big Weekend	Edinburgh
26	BKO/SCOA	Southern Championships, Long Valley North	Aldershot
26	CLOK/NEOA	Regional Event, Errington	New Marske

February

1	NATO/NEOA 	Northern and North East Night Championships, Jesmond Dene	Newcastle
2	DEE/NWOA	Bickerton Hill Middle Distance Event	Tarporley
2	LOG/EMOA	Regional Event, Harlaxton	Grantham
8	NOC/EMOA	Middle Distance Event, Bramcote Hills	Nottingham
9	DVO/EMOA	Midland Championships, Longstone Moor	Bakewell
16	AIRE/YHOA	YHOA Superleague, Harden Moor	Keighley
22	TVOC/SCOA 	British Night Championships, Hambleden	Henley-on-ThamesTV
23	TVOC/SCOA	Chiltern Challenge, Hambleden	Henley-on-Thames
23	NOC/EMOA	Regional Event, Byron's Walk	Mansfield
23	CLOK/NEOA	Regional Event, Ayton Moor	Great Ayton

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