



Epistle



No. 226
August - September 2014



Sam Crawshaw 3rd, M10A



Alex Crawshaw, 3rd, W10A



Adam Thorpe, 2nd, M12A

EPOC Medal Winners at the British Championships

All Photo's: Rob Lines

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2013/2014

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Club Kit Officer	Vacant	
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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

You are receiving your latest Epistle a little earlier than usual as it was either early or very late, so I opted for the early option. Consequently I expect the next edition to be a bumper one full of all the results and reports of the summer events both here and overseas. I know that EPOCians have been and will be going far and wide, including Sweden, Switzerland, Slovenia, the Lakes and White Rose. There must be some interesting tales from all these locations, so don't be shy and share your tales!

In my last editorial I suggested that having edited the Epistle for 5 years, it might be a good time to handover to a new editor with new ideas. I would love to say I have been inundated with offers but unsurprisingly no-one has come forward! The offer still stands so don't be shy and if you are wondering what it entails I am more than happy to have a chat.

Don't forget to keep Sunday 14th December free in your diaries for the Compass Sport final – consider it to be a bit of light relief from Christmas shopping!

I hope you all have a great summer of orienteering, wherever you end up.

Emma Harrison

CHAIRMAN'S CHAT

In the last chairman's chat I wished everyone the best of luck at the British Champs and when the controller describes the area as technically interesting and physically challenging in his report it doesn't quite tell the full story. Thankfully it was a really nice day up in Northumbria with lovely views so the trek to the start wasn't too bad but many competitors found the courses too long. I certainly found it very tough going and didn't enjoy it much as I found some of the terrain impossible but my biggest beef was the entry fees being in my view far too high. Perhaps I was just having a bad month as the Northern Champs also won't live in the memory long either due to car park logistics and the poor weather. I, very unusually for me, jacked it in after getting badly disorientated. I was struggling in the slippery conditions as I don't trust my shoulder so I was sorry to find out later that Paulette had taken a bad tumble and hurt herself. We now both have the dubious distinction of having something in common with Mark Cavendish.

We won't have another event until the Autumn due to the Tour de France trumping our scheduled urban event and I hope you all managed to see it somewhere on one or both of the days. The stunning views from all the aerial shots certainly will keep the tourist board in business for years and it's amazing how interesting all the landmarks sounded better as a chateau or l'eglise with a wide range of saints names sprinkled throughout. Having been out at Holmfirth on the Sunday I have since watched the second day back on the TV and as the Cragg Vale stretch came up I was expecting to pick out the EPOCians but was amazed just how many people had made their way there. I hope the several large social togethers that were organised within the club went well.

Last weekend was Airienteers Fat Rascal races weekend which I always feel they should have one of Betty's famous scones for every finisher. The urban races are certainly a very popular format which are a great way of publishing the sport to the general public. It was quite poignant but a nice touch that the M55+ sprint race would be the Nick Jones Trophy as I'm sure many of you will have known him as he was such an active and enthusiastic orienteer.

The Lakes 5 day and the White Rose will soon be upon us although there is the lure of Switzerland as the deluxe alternative for some. I hope everyone has a great time wherever you are and the new tops get good outing. Our next events will come in quick succession after the summer so please lend a hand where you can so that we can maintain our contributions to our region's quota of events.

Best wishes

Alistair Tinto

The EPOC Epistle is the club's bi-monthly newsletter

All offerings to the Epistle, including photo's, are gratefully received, especially the unsolicited ones. Reports on small events are just as welcome as those on big events. It really helps if articles, photo's, reports, notices and gossip can be emailed directly to me at

Eah1607@aol.com

Copy to Emma by 20 September
Look forward to hearing from you!

Helping at an EPOC event?

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

What has your committee been doing?



East Pennine Orienteering Club Summary of Committee Meeting Wed 18 June 2014 Marsh Liberal Club



Unfortunately I don't have a copy of the minutes from the committee meeting on 18th June and also I was unable to attend so I can't even try to summarise what was discussed. If you want to see the minutes or receive some feedback, please contact Rebecca Lloyd
rebeccajane.lloyd@yahoo.co.uk

Treasurer's Report *David Morgan*

It has been a relatively quiet time since the last Epistle was published. The club's equipment value has been re-assessed and the insurance cover increased without any premium increase. At the last committee meeting it was decided to fully fund the JK relay entries to reward the commitment of those runners who turned out to support the club.

The major outstanding liability is the club's membership fee to YHOA.

Via an e-mail committee meeting it was agreed that the club would provide financial support for juniors who are selected for high level training camps.

Compass Sport Trophy 2014

Don't forget to keep a note of the date and location of the Compass Sport Trophy final -
Sunday 14th December near Aldershot.



East Pennine Orienteering Club



Your Club Needs You!

SO PLEASE COME TO THE EPOC 2014 AGM



**Not sure of the date or time but is usually mid September
at Marsh Liberal Club, Huddersfield
Emails will be circulated round the club with further details!**

The 2014 AGM will be held at the Marsh Liberal Club, 31 New Hey Road (A640), Huddersfield. Travelling from junction 23 of the M62 towards Huddersfield, Marsh Liberal Club is on the right approximately 200 metres after the first roundabout (near the hospital). The building is set back from the road and the car park is in front of the club.

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.



This year, again, the formal business of the AGM will be followed by a QUIZ and NIBBLES - teams of 4 (max) are needed so get together with your cleverest orienteering friends and win a prize! We promise the questions will be well easy this time.

The agenda for the AGM is as follows:

1. Apologies
2. Minutes of the 2013 AGM
3. Chairman's report
4. Secretary's report
5. Treasurer's report
6. Club fees for 2015
7. Fixtures secretary's report
8. Election of officers
 - Chair
 - Secretaries (membership and meetings)
 - Treasurer
 - Fixtures Secretary
 - 4 executive committee members
 - Hon. Auditor
9. Any other business

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

YORKSHIRE AND HUMBERSIDE ORIENTEERING ASSOCIATION

Minutes of meeting held on 01 May 2014

Attendees: Alistair Tinto (Chair, EPOC), Ray Waight (Secretary, SYO), Mike Cope (Fixtures Secretary, CLARO), Ian Marshall (AIRE), Neil Harvatt (HALO), Stan Appleton (CLARO), Bill Griffiths (EBOR), Mark White (Treasurer, EBOR)

1) **Apologies:** John Butler (HALO)

2) **Minutes of the meeting held on 24 September 2013** were agreed.

3) **Actions from meeting held on 24 September 2013** None

4) **Other matters arising from the minutes** None

5) **Treasurer's Report**

MW asked club reps to find out clubs' Senior membership renewals so the regional element (£4.20) can be sent to YHOA before the year end of 30th June. Next year's YHOA fee will remain at £4.20.

Expenditure for the financial year so far was £2051 which included a £549 returnable deposit to Malham Youth Hostel relating to 2015 Senior Home Internationals. Grants of £153 were made to YHOA juniors or seniors who had represented GBR or individual countries at the World Schools Champs Home Internationals or Interland. MC attended the EOC AGM and reported that the regional fee, to be confirmed, would be 65p per Senior.

MW informed the committee that he would be standing down as Treasurer at this year-end, and the committee thanks him for all his work, usually unrecognised by YHOA members, over the last 8 years.

6) **Fixtures**

MC reported that fixtures have been OK for this year although there have been some weekends with no events in YHOA. In January/February, once the shooting season had started, access to some areas was not allowed. MC has participated in an audit summary of areas for the BOF Events and Competitions Committee. Fixtures for YHOA leagues in 2015 have been finalised, with the Super League fixtures to be confirmed.

7) **Development in YHOA**

Colin Best (SYO Chairman) had sent a list of pertinent questions to the committee regarding development in the region, and what sort of initiatives clubs were undertaking. It was noted that there was a useful article in the Spring Focus magazine about coaching sessions/school grounds orienteering for Year 5/6 juniors and stating that School Sports Partnerships (SSP) have funds of £8000 pa available for 2 years for every primary school, which CB had also mentioned.

CLARO have set up try-o coaching etc. at already mapped schools, and the SSP deal with entries. Children pay £2.50 to cover coaching, training and an event. HALO has a similar initiative but need more coaches, but in both cases, only a few children have joined the club. AIRE are finding it hard to get under 11/12 juniors to join but are making links with Leeds University OC.

EPOC have mapped 2 Huddersfield parks and put on mini-events for juniors, and are offering free entries for White-Orange at local events. Xplorer has also been used to recruit members by EBOR and EPOC although this is no longer occurring in York. SYO are putting on local events in parks on Saturday afternoons and also have a schools league for 8 to 11 year olds. Coaching is offered and some are joining the club. Two SYO members are able to go into schools to provide coaching but more are required.

The committee did have reservations re. SSPs and box ticking, and whether in future another sport would be chosen to support, but in summary it was noted that initiatives are occurring across the region but in different ways. Officials always required, with retired or non-working orienteers the ideal people. Also, the Yorkshire Schools Champs. are available each year for children who want a true competitive experience.

8) **YHOA Controller shortage**

It was agreed that another Controller's course would be arranged. IM will ask Tony Thornley to run a course for Level B and Cs simultaneously in Autumn 2014 at Ilkley Grammar School. Once confirmed, clubs to put forward attendees. MC will send an up to date list of YHOA controllers to club Fixtures Secretaries.

9) **JK Progress and other JK Items**

Two points were discussed. **(1)** Do all current attendees need to attend every meeting? After discussion it was agreed that the answer was no, as long as based on the agenda, the appropriate person(s) from the main club(s) had attended, and the non-main clubs were kept informed. **(2)** It was also agreed that the way the split of the 33% of any profit from the JK would be shared between the clubs and possibly YHOA itself, would be decided by the YHOA committee, and not the JK 2016 sub-committee.

10) YHOA League Rules for 2015

The changes to 2014/15 Night League rules re. course eligibility that organiser Steve Corrigan has proposed were endorsed by the committee. A decision on the proposed change to Super League rules as to whether M65/M70 run Short Blue or Green, was deferred to the next YHOA meeting.

11) Short Green courses for all YHOA events

It was agreed that all YHOA Level C events should have a Short Green course if the Green course was considered too long by the Controller. The target runners for Short Green courses are older orienteers who want a short but technical course.

12) Any other business

Club reps were asked to suggest any suitable person in YHOA who could take over Treasurer's job on the committee.

13) Next meeting

Thursday 25th September 19:30, The Vine Tree, Wakefield

Mike's eNews – 18 July 2014

As always, feel free to forward this eNews to your members...

National Office relocation

It now looks as though we will be moving into the new office towards the end of September. Hopefully the move will save on some of our costs and in the longer term the savings should be considerable.

We will of course let you know the details once we have confirmed our moving date. In the meantime we continue to operate out of our current offices as normal.

Staff Update

The Marketing Manager role is now being advertised fairly widely, if any of our members have the skills required and are interested please give the office a ring.

The Performance Manager role will be advertised during the week commencing Monday 21 July. The summary of the role is:
"To take a lead role within the organisation in developing and delivering a robust, effective Performance Pathway focussed on creating sustained podium success at the World Orienteering Championships."

This is a full time role, funded by Sport England as a part of their 'Talent' initiative.

Hopefully there are members that will be interested in the position and have the skills, knowledge and experience that will make them strong candidates for the role.

Our staff diagram is published on the web site for those interested.

Insurance Cover

There has been continual email traffic regarding the '3 events, come and try it' aspect of our public liability insurance cover.

The situation remains the same, under our cover the following applies:

- a) The club and its officials will be covered for public liability insurance regardless of the non-members situation
- b) All members participating or volunteering to organise etc will be covered
- c) Non-members will be covered by public liability for 3 events.

It is clear that one thing you can do and probably should do is make it clear to non-members in a disclaimer that, if they have already tried orienteering 3 times, they may not be covered by the British Orienteering Public Liability insurance.

Similarly we will be adding a disclaimer statement to our template Standard Entry Form published on the web for non-members entering events.

One other insurance matter confirmed this last week is that our Public Liability insurance will also cover events organised by members of British Orienteering anywhere in the European Union. So a club based in Northern Ireland can organise an event that crosses into Ireland or is entirely staged in Ireland.

Club & Association Conference

A reminder to put the Conference in your club diaries for Saturday 25th October at the NFU Mutual headquarters near Stratford. The focus of the Conference will be 'Local Events' and we've had several offers from members to share successes they have had.

As indicated in the last eNews, if you have other matters you would like to discuss which you feel will be of interest to other clubs and associations please let us know as a matter of urgency and definitely before the end of July please.

Board Meeting, Saturday 21 June 2014

For those interested the minutes to the meeting are now published [here](#).

Sport England Satellite Clubs

Sport England's Satellite Clubs funding programme provides funding for clubs to set up and deliver regular (weekly) participation opportunities for young people aged 11 to 25 in community facilities in every county across England.

This is an opportunity for clubs in England to develop club nights to recruit new young members alongside existing members in that age range. If you or someone within your club is interested in exploring this opportunity please contact Craig Anthony canthony@britishorienteering.org.uk.

Talent & Performance

The World Orienteering Championships have just finished, with GBR coming away with 7 top twenty places but unfortunately no top 10 places in the individual competitions. The top twenty places consisted of: Tessa Hill (12th in the Sprint), Claire Ward (12th in the Middle), Hector Haines (12th in the Middle), Murray Strain (13th in the Sprint), Kristian Jones (18th in the Sprint), Catherine Taylor (19th in the Long) and Graham Gristwood (20th in the Long). The women's Relay team finished 6th and the men's 7th.

I hope you enjoyed the coverage of WOC on our web site, thanks go to those that produced it or contributed to producing it.

With only a year to go before our home WOC 2015 there is clearly a lot of training and work to be done to maximise opportunities for our GBR athletes to win medals and podium places. I suspect the time will go quickly!

The Junior World Orienteering Championship team has now departed for Borovets, Bulgaria with competitions between 21st and 28th July. We wish the team well in what is a great opportunity to perform well and learn for the future.

Once JWOC is finished we will be reviewing our organisation, preparation and performances at both WOC and JWOC with a view to producing a draft programme for 2015 during September.

Good news in the second round of the MTB-O World Cup in Sweden organized in conjunction with the biggest orienteering event in the world: O-Ringen. Congratulations to Emily Benham, GBR, who won the Middle distance race by over a minute.

Great news also for John Crosby who won a Bronze medal in the Paralympic class of the Pre0 competition at the World TrailO Championships in Italy.

EPOC ORIENTEERING TOPS

There are 8 of the new style EPOC tops available to buy at £10 for seniors and free to juniors. There is a selection of XS (36" chest), S (38"), M (40"), and XL (44"). As I mentioned when I first did the order, they are an athletic fit so they are designed to be slim fitting. If you want one but don't want it so snug then please ask for a bigger size, or try one on first.



EPOC Club Championship 2014

Graham Lloyd

There are still enough events for everyone on the championship table to qualify for the final championship standings. To remind you your best 5 events count, but you need at least one in each category. So for example Guy and Judith have done 5 events but still need a local event, of which there are 3 remaining. Quite a few need an Urban(ish) event to qualify, so you need to get to either Beverley or Townley Hall on December 7th!

It is very tight near the top, once again Richard Payne is on top. Remember it is your time against the average that determines your points score, so Richard is doing well against the average for his courses, well done.

There are some interesting events still to come including either Tankersley or Tarn Hows, as well as few on our door step. I know the Lloyd's have been quite quiet on the orienteering front, but we are going to get out there this autumn, so why not join us and get some events done?

We are looking into having a special event at the end of the season for prize giving with trophies and quality prizes...any suggestions?

Remaining events:

- 22nd September, Lindley Moor – CLARO (Low Key)
- 28th September, Clowbridge (Low Key)
- 2nd November, Tankersley Middle - SYO **or** Tarn Hows Middle - LOC (Complex)
- 23rd November, Dob Park - CLARO (Low Key)
- 7th December, Beverley - HALO **or** Townley Park Burnley - PFO (Urban ish)

Results so far (for full results file email Graham Lloyd)

Seniors

		Super	Vets	Ladies	Points	Races
1	Richard Payne	1			486	5
2	Emma Harrison		1	1	469	5
3=	Amanda Crawshaw		2	2=	462	5
3=	Megan Harrison			2=	462	5
5	Helen Martland		3	4	458	5
6	Judith Goodair	2		5	442	4*
7	Jayne Payne	3		6	433	5
8	Guy Goodair	4			424	4*
9	David Harrison		4		414	5
10	Jean Lochhead			7	391	4
11	James Williams				373	4
12	Paul Jackson	5			354	4
13	Phil Thompson	6			346	4
14	Rebecca Lloyd		5	8	340	4
15	Graham Lloyd		6		338	3
16	Paulette Noot	7		9	323	4
17	Mike Pedley		7		292	3
18	Alasdair Pedley				286	3
19	Sarah Noot		8	10	279	3
20	Pat Aspinall	8		11	274	3
21	Alistair Tinto		9		259	3
22	Rod Shaw	9			254	3
23	Mike Wood	10			241	3
24	Margaret Shaw	11		12	232	3
25	Dick Spendlove	13			197	2
26	Jon Emberton		10		196	2
27	Phil Scarf		11		191	2
28	Andy Thorpe		12		185	2
29	Ian Couch	12			182	2
30	Jackie Page				181	2

Juniors

1	William Martland	487	5
2=	Megan Harrison	482	5
2=	Laura Harrison	482	5
4	Adam Thorpe	294	3
5	Sam Crawshaw	293	3
6	Alex Crawshaw	291	3
7	Alasdair Pedley	289	3
8	Anna Thorpe	286	3
9	Imogen Noot-W	197	2
10	Euan Logue	100	1
11	Luke Barraclough	99	1
12=	Seth Barraclough	97	1
12=	Ffion Noot-W	97	1
12=	Maebh Logue	97	1
15	Cormac Thomas	94	1
16	Sarah Pedley	93	1
17=	Seth Thomas	90	1
17=	Joe Barraclough	90	1

31	Paul Taylor		13		180	2
32	Viv Barraclough		14	13	173	2
33	Jackie Scarf		15	14	161	2
34	Simon Martland				100	1
35	Julie Couch		16	15	99	1
36	Linda Hayles	14		16	96	1
37	Neil Croasdell	15			95	1
38=	Juliet Morgan	16		17	91	1
38=	Keith Sykes	17			91	1
40	Steven Wood	18			90	1
41=	Brian Mellor	19			90	1
41=	Siarlot Lloyd				90	1
43	Esther Logue		17	18	88	1
44	Pat Thorpe	20		19	85	1
45	Jo Emberton		18	20	84	1
46	Sue Brant	21		21	83	1
47	Helen Pedley		19	22	82	1
48	Will Barraclough		20		80	1
49	Ben Scarf				77	1
50	David Morgan	22			74	1
51	John Elliott		21		73	1

Club Nights

Viv Barraclough

Lead Coach, EPOC Club Nights

XPLORER

Fun, Family Challenge

EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.

DATE	VENUE	MEETING PLACE	TIME	COST
30th May	Greenhead Park	Main Playground	11-12 & 1-2pm	£1.50
11th June	Ravensknowle Park	Playground	4-5pm	£1.50
14th June	Greenhead Park	Main Playground	11-12noon	£1.50
14th June	Greenhead Park	Main playground	1-2pm	£1.50
18th June	Greenhead Park	Main playground	4-5pm	£1.50
25th June	Beaumont Park	Playground	4-5pm	£1.50
10th July	Greenhead Park	Main playground	7-8pm	£1.50
22nd July	Greenhead Park	Main playground	11-12 & 1-2pm	£1.50
23rd July	Oakwell Hall	Hall	11-12 noon	£1.50
23rd July	Oakwell Hall	Countryside Centre	2-3pm	£1.50
11th Aug	Greenhead Park	Main playground	11-12 & 1-2pm	£1.50
12th Aug	Crow Nest Park	Car park	11-12 & 1-2pm	£1.50

FOR FURTHER INFORMATION PLEASE VISIT:

WWW.XPLORER.ORG.UK

Calling EPOC Members under 25

Do you lack the means to pursue your dreams
in the outdoors?

Have you heard of the Jack Bloor Fund?

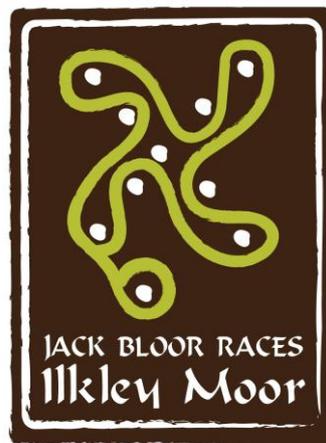
The **Jack Bloor Fund** is

- Available to young people up to 25 years who are members of an eligible Yorkshire Club (see below)
- Grants are to be used to improve a physical and/or technical skill in any recognised outdoor pursuit
- Up to 50% of the total cost is available with a maximum grant of £300

Eligible Clubs are

- Yorkshire Orienteering Clubs affiliated to the British Orienteering Federation
- Yorkshire Mountaineering Clubs affiliated to the British Mountaineering Council
- Yorkshire Fell Running Clubs affiliated to UK Athletics (North of England AA) or the FRA
- Yorkshire Scout or Girl Guide Groups affiliated to the Scout Association

Further details and application forms can be found at www.jackbloor.co.uk



Catering by Viv Barraclough

Quality hot and cold food with emphasis on seasonal and local produce

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Corporate Events and Business Lunches, Morning Coffee, Afternoon Tea,
Dinner Parties and Ready Meals

Menus to suit your taste and budget

Tel: 01484 316707 or 07968 243536; Email: viv.barraclough@cantab.net

EVENT REPORTS AND RESULTS

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

NEOA British Championships 2014, Thrunton and Callaly - 31 May 2014

M10A Length 3.2km, 70m climb, 10 controls

3 Sam Crawshaw 19:42

M12A Length 4.2km, 110m climb, 10 controls

2 Adam Thorpe 25:34

M16A Length 6.9km, 200m climb, 21 controls

19 Alasdair Pedley 86:07

M45L Length 9.0km, 320m climb, 21 controls

4 Andy Thorpe 85:10

25 Paul Taylor 124:39

M50L Length 8.1km, 330m climb, 20 controls

13 Jonathan Emberton 89:14

15 Phil Scarf 92:09

18 Mike Pedley 96:04

M60L Length 6.7km, 240m climb, 19 controls

11 Richard Payne 100:26

M65L Length 5.8km, 190m climb, 16 controls

27 Ian Couch 95:57

M70L Length 5.9km, 200m climb, 19 controls

17 Paul Jackson 149:20

Michael Wood rtd

M80 Length 3.4km, 95m climb, 12 controls

Philip Thompson rtd

W10A Length 3.2km, 70m climb, 10 controls

3 Alexandra Crawshaw 26:45

5 Anna Thorpe 36:11

W14A Length 3.3km, 80m climb, 13 controls

23 Laura Harrison 81:57

Sarah Pedley rtd

W16A Length 4.4km, 120m climb, 16 controls (course 17B)

Megan Harrison rtd

W40L Length 6.7km, 280m climb, 16 controls

7 Emma Harrison 100:23

Amanda Crawshaw dnf

W50L Length 6.1km, 210m climb, 22 controls

7 Jackie Scarf 96:02

W50S Length 3.8km, 115m climb, 14 controls

8 Helen Pedley 125:34

W55L Length 5.9km, 200m climb, 19 controls

10 Julie Couch 106:54

W60S Length 3.4km, 95m climb, 12 controls

4 Jane Payne 124:47

W70S Length 2.9km, 75m climb, 9 controls

1 Pat Aspinall 93:26

Light Green Length 4.2km, 120m climb, 13 controls

14 Joanna Emberton 111:57

Blue Length 7.0km, 280m climb, 18 controls

15 David Harrison 117:22

British Relays 2014, Cragg Estate and Chesterhope Common - 01 Jun 2014

M40

6 101:40 EPOC Bulldogs 31:39 (7) 34:56 (7) 35:05 (6)

Phil Scarf, Paul Taylor, Jonathan Emberton

W40

6 111:42 EPOC Wildcats 28:36 (2) 34:38 (2) 48:28 (6)

Jackie Scarf, Amanda Crawshaw, Joanna Emberton

EBOR 'Not the British Championships', Peasholm Park - 1 Jun 14

Superstars

12 Guy Goodair 40:56

16 Judith Goodair 49:14

HALO YHOA Urban League, Beverley - 8 Jun 14

W16- (D) (Length 2.00Km)

2 Megan Harrison 17:23

4 Laura Harrison 24:20

W40+ (B) (Length 4.40Km)

2 Emma Harrison 39:00

7 Helen Martland 44:46

W55+ (C) (Length 3.40Km)

7 Jane Payne 48:06

M12- (E) (Length 1.00Km)

1 William Martland 11:06

M40+ (A) (Length 5.60Km)

1 Simon Martland 35:06

16 David Harrison 48:28

M55+ (B) (length 4.4km)

7 Richard Payne 34:23

M65+ (C) (Length 3.40Km)

7 Neil Croasdell 35:36

Belgian 3 days 2014 - St Hubert

Guy Goodair

We stayed in St Hubert and it was a short drive to Mirwart to collect our bibs and emit cards. The event itself started on the Saturday afternoon. I was first starter at 1500 hours and after being told at the start that if I encountered any wild boar I should stop and clap my hands vigorously. With this reassuring advice I was off, using the tracks where I could and it wasn't until I got to Control 5 that I saw another runner – a young girl looking for a gully end. Going to No 8 was a mass of dark green but there was a path through then a taped route to No 9 – a timed out road crossing. I took advantage of a drink here and planned the next leg before punching on the other side of the road. Struggled with 15 getting too near a road before doubling back. Over a tarmacked area to a path junction then decided not to drop down a banking as I rounded a building but suddenly there were cries of 'Monsieur – les boules' and I'd strayed into the middle of a boules game! With a quick 'Pardon' I quickly went down the banking to the last control and onto the finish.

Days 2 & 3 were based at Fourneau Saint-Michael, which is an open air museum where 50 ancient traditional buildings, have been re-erected on a 250-acre site, including a school, a chapel, thatched cottages, tobacco-drying sheds, a public washhouse, farmhouses and artisans dwellings. From here was a 40 minute walk uphill to the start. It was very hot but there was a drinks station at the start. Found first control easily but then went, I thought, straight to No 2 – a marsh, got there, but it's No 74 mine should be 101 run round like headless chicken and eventually find the right marsh. Just after No 3 Jean catches me but overshoots No 4 and I repass her. From then on it was bit & bit to the finish. It was now very hot but undeterred we decided to have a go at the sprint, which was around the museum area. Jean wisely called it a day after one control whilst Judith & I manfully struggled round getting slower and slower in the heat. One control was quite novel – in a stream underneath a house!

The last day entailed another 40 minute walk uphill to the start, but this time in the opposite direction. We'd all got lateish starts so there weren't many runners in the forest. No 1 was a charcoal burning area, which I personally always think they're a bit vague so it took me a bit to find it. After that I was fine until No 6 when I was higher up the re-entrant than the control. From No 7 to 8 I didn't look at the map carefully enough to notice 8 was a contour up so contouring round I came across a marsh (OK) then saw a control lower down the slope and went to it, - not mine! So looking at the map decided it must be a 'rocky area' and mine was an individual boulder a couple of contours up. Went up and thankfully there it was! Then it was all downhill to the next two, onto a road crossing control then two more controls before the finish in an area we'd run on in the sprint the previous day. Both Judith & Jean struggled with No 7, in fact Judith never did find it and was completely alone in that area of the wood.

After the event Judith & I went out for a meal and were sat outside in the square by the church as the clouds got darker and darker –we'd just been served with our soup when there was a terrific gust of wind which whipped off the sun umbrellas over the tables and the heavens opened, Just dashing 10 yards into the restaurant completely soaked us. The thunder was tremendous and lightening flashed for about 30 minutes and large hailstones crashed down. The local fair was completely washed out. Then Jean came dashing in wanting the telephone number of the owner of the gite we were renting. The kitchen was flooding! When we got back from our meal Jean and the owner had just about cleaned it up but the hailstones had pockmarked the bonnet of her car and cracked the windscreen. On the drive back to Zeebrugge the next day there were countless uprooted trees on the roadside. All in all a very interesting weekend!



Photo: Guy Goodair

BELGIAN 3 DAYS - 5th to 10th June with Guys Tours

Jean Lochhead

Guy, Judith and Jean boarded the Ferry in Hull for an expedition to the Belgian 3 day via the port of Zebrugge. The event was in the Ardennes and we were based in Self Catering accommodation in St. Hubert the "European capital of hunting and nature". St Hubert appeared to be the patron saint of Deer Hunting. A bit much for a vegetarienne to cope with but the Basilica in his name was very beautiful and ornate. Our arrival in the Ardennes to collect the key was followed by a James Bond car chase as I endeavoured to keep up with our Landlord who charged off to our digs in St. Hubert. The accommodation was lovely, not so the fair, which was hastily being built up for the public holiday, that was imminent. One of the rides was situated only 10ft from our front door. It was a noisy 3 days as the same tunes were played over and over again interspersed with bits of Blue Danube whilst the walls expanded and contracted in time with the music until 2am in the morning. I carefully bagged the room in the back of the house, but it didn't make much difference. I really must remember to pack my earplugs.

Off next day to the first event. Maps were 1:7500, something I discovered after being impressed with my sheer speed across the ground. Unfortunately after a successful 13 controls I got lost in some jungle and slid down the list for a 7th. Guy and Judith coped better; Judith was 4th and Guy 9th out of a good entry of 19 M75's!

Day 2. The forested valley in which we parked on the next 2 days was a farming museum with old machinery and old buildings. There was a 50 min, 2-mile, walk to the start of both these events and the temperature made the walk hard work but water was fortunately available at the start. This event was better for me with 5th place, Judith 6th and Guy 7th. Steve Whitehead and Bill Griffiths, EBOR, were also there and Steve, who never makes mistakes, got his EMIT punching wrong and was disqualified whilst winning by a country mile.

In the afternoon there was an Urban event round the farm museum buildings. Guy and Judith competed in this but I bottled out as it was quite hot and I wanted to save something for the next day.

Day 3 another 50min 2 miles to the start – After having lessons in Orienteering from Steve during the evenings in a local bar I was doing well until no.7. I was proceeding from 6 to 7 and then heat took its toll as I couldn't figure out why the map did not fit, because whilst I had a bearing from 6 – 7 I was reading the map from 7 – 8. The featureless forest took no prisoners and by the time I had it sorted I had lost 20 mins. Guy finished in 9th but Judith also had heat stroke and did not finish which is really unusual for Judith.

Now to the interesting bit – Jean writes her car off.

Guy and Judith had gone up town for a meal and I was left in charge of digs. I thought Jackie Page ought to get the full benefit of the disco outside so I went upstairs leaned out of the window with the phone and said “this is our nightly entertainment”. She just wanted to know what rides were there! The fair was going full bore again and Jackie was enjoying the music, then suddenly at 7.00pm we were cast into instant pitch black darkness as a hurricane arrived with 90mph winds accompanied by massive thunder and lightning throwing down golf ball sized hailstones. Lights went out (and music) at the fair and smoke came out of one of the rides. I do not know what was happening on the other side of the street, as I couldn't see that far for rain/hail. Anyone caught out in it was instantly wet through, which included Guy and Judith who were sat at a street table having soup. Evidently by the time they had scooped everything up and rushed back inside the restaurant they had full soup bowls! Upstairs I listened to the golf balls battering the velux window above me and wondered at what stage the glass broke. Lights in the house fused but within half an hour the storm was all gone leaving blown down trees, leaves and general devastation. I went downstairs with a torch to look at the fuse box and discovered the tripped switch which I pushed back, to find I was standing in 1/2 inch of water which had come up through the floor, whilst rugs floated round the kitchen.

I went out to look at my car, which was covered in leaves and twigs and failed to notice until the following day the dents in every panel and the broken windscreen. As it has done 68,000 miles and 2008 vintage it would not be repaired and would be written off if I made an insurance claim. £75 for new windscreen and a battle scarred car, which is freely available for your inspection next time we meet.

We didn't have to listen to the fair that night!

Balise 10 OC Belgian 3 days, Saint Hubert - 07 to 09 Jun 14

	Overall	Day 1	Day 2	Day 3
M75				
7.Guy GOODAIR	2:34:11	0:47:53 (9)	0:49:19 (7)	0:56:59 (9)
W65				
7.Jean LOCHHEAD	2:26:18	0:45:42 (7)	0:39:15 (5)	1:01:21 (13)
W70				
Judith GOODAIR	not classified	0:49:11 (4)	0:54:55 (6)	mp

MDOC Twin Peaks Event, Platts Fields / Fallowfield Campus & Manchester City - 14 & 15 Jun 14

Pos	Name	Sprint Qualifier	Sprint Final - City of Manchester		Total
Mens Vet					
	Graham Lloyd	-	-	55:20 (31)	-
	Simon Martland	-	-	43:25 (4)	-
	Mike Pedley	17:37 (9)	15:50 (10)	-	-
	Paul Taylor	m12	15:08 (7)	-	-
Womens Vet					
6th	Amanda Crawshaw	16:38 (5)	16:30 (4)	55:01 (13)	88:09
	Helen Martland	-	-	59:06 (17)	-
Mens Supervet					
	Richard Payne w12	-	-	49:46 (26)	-

Womens Supervet

6th	Jackie Page	20:44 (7)	20:11 (8)	66:54 (18)	107:49
	Jane Payne	20:53 (8)	-	66:44 (17)	-

Mens Ultravet

19th	Guy Goodair	18:55 (24)	16:56 (23)	47:44 (22)	83:35
22nd	Neil Croasdell	17:15 (20)	16:35 (20)	51:07 (27)	84:57
	Richard Spendlove	-	-	41:06 (10)	

Women's Ultravet

4th	Jean Lochhead	13:55 (2)	11:53 (2)	51:43 (9)	77:31
7th	Judith Goodair	18:18 (8)	14:16 (5)	53:12 (10)	85:46
	Rebecca Lloyd	-	-	57:46 (17)	-
	Siarlot Lloyd	-	-	53:30 (11)	-

Junior Men

	Alasdair Pedley	14:04 (1)	14:19 (2)	-	-
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Young Junior Men

	William Martland		-	21:56 (3)	-
	Sam Crawshaw	13:00 (2)	12:28 (2)	-	

Young Junior Women

	Alexandra Crawshaw	21:07 (2)	16:59 (2)		
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NOC East Midland Urban League, Notts University - 21 Jun 14

	Overall	race 1	race 2
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Mens Ultravet

5	Guy Goodair	43:12	23:02(6)	20:10(7)
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Womens Ultravet

	Judith Goodair	rtd	28:31(7)	
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DVO Level C Event, Carsington Pastures - 22 Jun 14**Short Green (length 2.9km, climb 100m, 12 controls)**

8	Jean Lochhead	42:10
20	Guy Goodair	53:29
24	Judith Goodair	62:21
	Jackie Page	rtd

Green (length 5.0km, climb 140m, 17 controls)

11	Julie Couch	50:46
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Blue (length 6.3km, climb 195m, 22 controls)

18	Ian Couch	65:59
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PFO Level C Event, Tockholes - 22 Jun 14**Brown (length: 7.8km, climb: 280m, 19 controls)**

5	James Williams	01:07:04
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Blue (length: 6.5km, climb: 220m, 16 controls)

18	Richard Payne	01:20:45
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Green (length: 4.5km, climb: 160m, 14 controls)

1	Andy Thorpe	39:43
10	Adam Thorpe	01:01:17
13	Mike Pownall	01:03:07
28	Val Pownall	01:16:33

Short Green (length: 3.5km, climb: 120m, 11 controls)

7	Jane Payne	01:23:17
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Orange (length: 2.6km, climb: 90m, 9 controls)

4	Anna Thorp +1	00:47:29
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8	Pat Thorpe	01:49:57
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White (length: 1.6km, climb: 50m, 8 controls)

3	Imogen Noot-Williams	00:19:38
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4	Paulette Noot	00:21:08
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SYO Yorkshire Schools Champs and Colour Coded Event, Graves Park - 28 Jun 14**White (length 1.4km, climb 50m, 12 controls)**

7	William Martland	SKELMANTHORPE B5	12:31
10	Seth Barraclough	HIGHBURTON B4	14:22
23	Madelaine Wood	HIGHBURTON G4	26:00
28	Luke Barraclough	HIGHBURTON B3	49:01
mp	Joseph Barraclough	HIGHBURTON B1	27:07

Yellow (length 1.6km, climb 55m, 10 controls)

6	Seth Thomas	EPOC M9	28:30
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Orange (length 2.6km, climb 105m, 13 controls)

1 Laura Harrison KETTLETHORPE G8 26:36

Long Orange (length 4.2km, climb 160m, 19 controls)

3 Megan Harrison KETTLETHORPE G10 37:04

Green (length 4.8km, climb 215m, 21 controls)

2 Emma Harrison EPOC W40 52:22

mp David Harrison EPOC M40 63:37 Missing no 2

CLOK Yorkshire Urban League, Whitby - 29 Jun 14

B course Mens Supervet/Womens Vet

5 Richard Payne 41:43

13 Emma Harrison 48:45

C course Mens Ultravet/Womens Suoervet

9 Guy Goodair 53:09

22 Jane Payne 72:14

27 Jackie Page 80:36

D course Womens Ultravet

1 Jean Lochhead 45:28

7 Judith Goodair 52:18

E course Juniors M/W-16

1 Megan Harrison 30:32

3 Laura Harrison 37:47

AIRE Fat Rascal Chasing Sprint, Beckett Park - 12 Jul 14

Young Junior Men

1st William Martland 14.17 (1) 19.13 (1) 33.30

Veteran Men

1st Simon Martland 13.33 (1) 14.14 (1) 27.47

9th David Harrison 19.48 (10) 18.53 (7) 38.41

Super Vet Men

3rd Richard Payne 17.31 (4) 11.43 (1) 29.14

Ultra Vet Men

5th Guy Goodair 21.47 (8) 16.20 (6) 38.07

6th Neil Croasdell 21.16 (6) 17.07 (9) 38.23

7th Keith Sykes 22.08 (11) 16.36 (7) 38.44

Junior Women

2nd Megan Harrison 13.32 (2) 14.31 (2) 28.03

3rd Laura Harrison 17.20 (3) 14.34 (3) 31.54

Veteran Women

3rd Emma Harrison 21.38 (2) 12.35 (2) 34.13

9th Helen Martland 31.58 (10) 13.52 (8) 45.50

Super Vet Women

12th Jackie Page 23.40 (11) 25.46 (12) 49.26

13th Jane Payne 23.56 (12) 27.21 (13) 51.17

Ultra Vet Women

2nd Jean Lochhead 16.35 (2) 14.44 (2) 31.19

5th Judith Goodair 23.01 (5) 15.24 (4) 38.25

AIRE Fat Rascal, Otley Urban - 13 Jul 14

Young Junior Men

1st William Martland 15.12

Veteran Men

2nd Simon Martland 37.16

13th Alistair Tinto 53.37

m22-23 David Harrison 51.32

Super Vet Men

m9 Richard Payne 41.48

Ultra Vet Men

13th Guy Goodair 47.29

14th Keith Sykes 47.31

17th Neil Croasdell 53.00

Young Junior Women

1st Alexandra Crawshaw 14.04

Junior Women

2nd Megan Harrison 17.14

w19 Laura Harrison 17.05

Veteran Women

2nd Emma Harrison 48.55

9th Helen Martland 57.06

Super Vet Women

18th Jane Payne 56.35

19th Jackie Page 61.40

Ultra Vet Women

4th Jean Lochhead 41.21

10th Judith Goodair 51.40

YHOA URBAN LEAGUE – 2014

For further information about the 2014 Urban League and results go to www.aire.org.uk

YHOA SUPER LEAGUE – 2014

For further information about the 2014 Superleague and results go to www.aire.org.uk

CLUB NIGHTS

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

Everyone welcome and all abilities catered for!

For further information contact Viv Barraclough
Phone: 01424 316707 or Email: viv.barraclough@cantab.net

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

Further details and updates from Graham Lloyd
Phone: 01422 882899 or Email: thelloydfamily@tiscali.co.uk (note 3 l's)

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

Usually at 10am but sometimes 9.30am. We move around the hills and dales keeping out of towns. The runners do about 1 $\frac{1}{2}$ to 2 hours while the walking group aim for around 2 to 2 $\frac{1}{2}$ hours, don't slouch but aren't aggressive either. The run/walk usually ends up with a pub lunch.

Contact 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 2014

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

www.britishorienteeing.org.uk

Date	Club/Region	Type/Area	Location
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August

3-8	NWOA	Lakes 5 Days	Lake District
22-25	EBOR/YHOA	White Rose Weekend	Scarborough
30	SYO/YHOA	YHOA Urban	Sheffield
31	LOG/EMOA	Lincoln City Race	Lincoln

September

6	POTOC/WMOA	British Sprint Champs, Keele Univeristy	Newcastle-under-Lyme
7	WCH/WMOA	British Middle Distance Champs, Brereton Spurs	Rugeley
13	AIRE/YHOA	Long O and Colour Coded, Conistone	Kettlewell
14	EPOC 	Brighouse Urban Event	Brighouse
21	CLARO/YHOA	Lindley Moor	Harrogate
21	DVO/EMOA	Longstone Moor	Bakewell
21	SLOW/SEOA	London City Race	London
28	SYO/YHOA	Wombwell Woods	Barnsley

October

4	NN/NEOA	October Odyssey	tbc
5	NN/NEOA	October Odyssey	tbc
5	DEE/NWOA	Formby Dunes	Formby
12	EBOR/YHOA	Brayton Barff Middle Distance	Selby
19	EPOC 	Midgley Moor	Hebden Bridge
26	DVO/EMOA	Midland Championships, Longshaw	Chesterfield

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