



# Epistle



No. 228  
December 2014 - January 2015



*Photo: Juliet Morgan*

**Jean Lochhead and Juliet Morgan after successfully conquering Mount Kilimanjaro - Well Done!**



# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

## OFFICERS AND COMMITTEE 2014/2015

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

### EDITORIAL

I would like to thank the few EPOC members who will be running for the club at the Compass Sport final on 14<sup>th</sup> December. The response has been even more disappointing than last year although it is acknowledged that the timing and location have been less than ideal this year. Next year, if we manage to qualify, the final is in the South Lakes in October so here's hoping that EPOC can come back fighting in 2015.

Don't forget the EPOC night and day events at Royd's Hall on 20<sup>th</sup> and 21<sup>st</sup> December. Make sure you come along to support your club and get a bit of light relief from all the festive chaos!

Have a lovely Christmas and New Year!

Emma Harrison

### CHAIRMAN'S CHAT

For the second time this year we were able to hold an event on a brand new area with Midgley Moor following our first ever event at Brighouse courtesy of us having the Castle Carr map extended when we hosted the Northern Champs last year. Many thanks to the Lloyds for going well beyond the call of duty in hosting registration and download in their kitchen which was very much appreciated. Thanks again to Wils for organising and to Graham for his course planning so

that good use was made of the intricate quarries. The weather was a bit bracing but everyone looked to have enjoyed the new area.

Our fixtures will conclude with our traditional Christmas slot which this year is back in Royds Hall Woods. This is a nice runnable wood which has so far escaped the worse of the brambles which seem ever present in many areas these days.

We knew that competing at this year's Compass Sport Cup final near Aldershot was always going to be a stretch with the date change further complicating things. We came tantalisingly close to pipping FVO to the Trophy a couple of times when the final was held locally and it really was very much a case of what could have been if only we'd managed to field our strongest team. This year is very much about ensuring the continuity of the event by supporting it despite the distance. Next year's final is in the Lake District and I hope that, should we qualify, that this will encourage a good turnout. Good luck to this year's team.

BOF held their annual club and association conference recently and there is an account elsewhere in Epistle. As well as a round of recent trends on participation and activity, there was a focus on marketing. There has also been the Major Events Conference which included a lot of useful feedback and lessons learned from this year's JK team which the small contingent of YHOA officials found very useful. We will be following with great interest how the JK2015 being out on by the NWOA develops as it will be our turn soon enough.

This year's Urban League concluded with Brighthouse and with all the scores in, congratulations go to Jean Lochhead, the Harrisons and the Martlands with Jean, Megan, Emma, William and Simon all winning their classes. With this year's British School's Orienteering Championships being held at Temple Newsam. Having scanned the results, it is not surprise to see so many familiar surnames. It was good to see a strong showing from our club juniors as they represented their schools with congratulations in particular Alex and Sam Crawshaw who were both first in their age classes.

Best wishes

Alistair Tinto

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

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

me at

[Eah1607@aol.com](mailto:Eah1607@aol.com)

Copy to Emma by 20 January 2015

Look forward to hearing from you!

### **Helping at an EPOC event?**

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

## What has your committee been doing?



### East Pennine Orienteering Club Summary of Committee Meeting Wed 12 November 2014 Marsh Liberal Club



**Present:** Alistair Tinto, Emma Harrison, Viv Barraclough,  
**Apologies:** Dave Morgan, Paulette Noot, Paul Taylor  
(Minutes recorded by Alistair Tinto in absence of a Secretary)

#### Minutes from last meeting September 2014

- Alistair still to register for additional OCAD licence.
- Free white and yellow entries now as routine - Fabian can also be configured to accept these.

#### Chair's Report

Alistair had attended the following on behalf of the club:-

YHOA Committee meeting 25<sup>th</sup> September - minutes received - copy to be provided for Epistle

Major Events Conference (Nottingham) - 27<sup>th</sup> and 28<sup>th</sup> September - ADT to do summary for Epistle

Association and Club Conference (Stratford upon Avon) - 25<sup>th</sup> October - ADT to do summary for Epistle

#### Treasurer's Report

##### *David Morgan - November 2014*

The major source of income for the club is the revenue from events and during the period since the last Epistle the club has held 2 events, Brighouse and Mixenden Moor. Whilst the turnout for both events was lower than expected they made small surpluses.

One item of unexpected expense was the renewal of the S.I. auto-download licence. This will cost in the order of £500 for a 5 year period but is a necessary expense allowing the club to continue to provide on the day results to all competitors.

Over the next few months, the club has committed itself to a number of items of expenditure - professional mapping of Farnley Tyas and the purchase of additional E-punching equipment. Overall it is probable that the club will run a deficit of £2k - £3k this year which I believe is fully justified.

**Secretary's report** - NIL

#### Compass Sport Trophy - Aldershot - Long Valley 14<sup>th</sup> December

Acknowledged that timing and location have made even bigger impact on the team. Low numbers of entrants.

Club will pay entry fees and due the travel costs in attending, and a subsidy of £40 per vehicle.

2015 final in Lake District so hoped it would encourage a better turn out.

#### Club conference -ADT

##### JK 2016 -

Progress continues. Valuable feedback from M.E.C.

Site visits scheduled for 26<sup>th</sup> /27<sup>th</sup> November with key officials and BOF Major Events Manager Sally Pygott

##### Events de-brief

PFO used Langdale Sat 18<sup>th</sup> October for their club championships as planned

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

Organiser - Wils Wilson

Controller - Jim Mitchell PFO

Use of Lloyd's kitchen was much appreciated. Courses well received. Well received event with lots of positive comments although low numbers. Permissions in the future will need to include Natural England due to SSSI status.

## **Fixtures 2014**

**20<sup>th</sup> /21<sup>st</sup> December** Royds Hall Night and Day

Planner - ADT , Controller - Richard Payne, Organisers - Viv and ADT

Appleton Academy for assembly and car parking - still waiting at time of meeting for confirmation but arranged now thanks to Neil

## **Fixtures 2015**

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

Planner - Andy Thorpe, Controller - Charlie Adams, Organiser - TBC

**3<sup>rd</sup> May** - venue to be confirmed. Nostell is now longer an option as unable to get per permission for full use of the area due to conservation restraints. Map updated by ADT and Fred Ross - will take a Level D event in the future

**5<sup>th</sup> July** - Elland Urban. Moved from original date to the clash with Horwich Festival of racing. Confirmed as included in 2015 UK Urban League.

**25<sup>th</sup> October** Ogden - level B

**19<sup>th</sup> December** Night League - Norland ?

**20<sup>th</sup> December** Christmas Level C - Norland ?

Fixtures - suggestions on officials ?

**Fixtures 2016 - TBA**

### **Proposals**

Jan/Feb 2016 Level C

JK - March 2016 Level A - Storthes Hall JK Relay

June/July 2016 - urban - Level C

Oct/Nov 2016 - Level C

Dec 2016 - Night and Day - Level Cs

Areas to be considered 2016 (plus venue needed for May 2015 event)

Urban - new area or Halifax ?

Haw Park - last used Jan 2013. Best in December and January events due to camp site - Benefits Anglers Country Park facilities

Elland Park Woods - last used Dec 2012 - Benefit Southawram Cricket Club

Honley Woods - last used July 2011

Part of Farnley Tyas new map ? (For CSC Qualifier 2017)

Deffer - last used 2008. Updated and to be used 2015 by SYO. Cannon Hall Farm

Storthes - Xmas 2017 ?

### **Mapping.**

Nostell completed - POC being updated

Farnley Tyas - underway - Dave Peel

Storthes Hall (JK) - part of JK mapping tender

### **POC**

Neil and Keith are looking at Royds.

Consider Wellholme Park ? - copy of original pack obtained at Brighouse Urban

Scammonden - Okay

Newmillerdam - missing post identified

Oakwell Hall - 1 post missing

Haw Park - Okay

Ogden - Okay

Greenhead - ?

Crow Nest Park - resurrect 2015

### **Publicity items - tips from club conference**

Try and get our events put on the local council websites.

Ask for a volunteer to organise an \EPOC facebook page.

**O Tech sheets** - Autodownload being updated by AG and ADT post Midgeley -  
Route gadget - poor uptake - useful for future planners .

SELOC are using Hardcastle Craggs for their 50<sup>th</sup> Anniversary - recommended end of April 2015

Viv continuing Xplorer

**Next meeting** - TBC mid January 2015 Marsh Liberal Club.

## **YORKSHIRE AND HUMBERSIDE ORIENTEERING ASSOCIATION**

### **Summary of meeting held on 25 September 2014**

**Attendees:** Alistair Tinto (Chair, EPOC), Ray Waight (Secretary, SYO), Mike Cope (Fixtures Secretary, CLARO), Ian Marshall (AIRE), John Butler (HALO), Stan Appleton (CLARO), Bryan Greener (EBOR), Chris Burden (AIRE)

#### **1) Other matters arising from the minutes – 1 May 2014**

- (i) AT will contact Mark White re. final accounts and m/ship lists.
- (ii) IM to contact Tony Thornley re. staging a Controllers Course at Ilkley.
- (iii) Event Safety Courses still required. CB to contact Heather Sears and RW to contact Colin Best.
- (iv) AT to contact Steve Corrigan re. course eligibility rules for the YHOA Night League.
- (v) MC to discuss with CB proposals to re-structure the scoring and eligibility in the YHOA Super League.

#### **2) Chairman's AGM Report**

AT concentrated on the current initiatives that are or will be taking place in the region, including JK 2016.

#### **3) Treasurer's AGM Report**

The accounts will be presented and authorised after the new Treasurer is appointed.

#### **4) Election of Officers**

*With no alternative candidates, AT, RW and MC agreed to continue as Chairman, Secretary and Fixtures Secretary. JB was appointed as the new Treasurer. It was noted that the BO Coaching Committee, of which YHOA's Nev Myers had been a member, has now been replaced by BO's National Source Group for Coaching.*

#### **5) Event Officials and Volunteers**

This topic was suggested by MC with regard to what is being done to develop club members, get them qualified, and find officials for events etc. RW read through a number of points received from SYO Chairman Colin Best which in summary were: Value your volunteers, mentor new officials, make the role as easy as possible, have a volunteer co-ordinator to find planners/controllers/organisers, continue the drive for new members so the volunteer pool isn't exhausted, club committee periodically review membership list for new volunteers, keep members in touch with what's going so there's a sense of vibrancy to encourage members to volunteer.

An informal discussion followed in which it was pointed out that the clubs currently do things in different ways and do what they think is right for their club. In particular, new planners can plan a midweek evening event before moving on to a Level C with an experienced controller.

#### **6) Reviewing Events**

This topic was also suggested by MC as to whether we should think about the overall pattern of events and whether individual events were successful or otherwise, or should clubs manage it? This was discussed by the committee and again it was pointed out that each club has its own way of staging events, circumstances vary for differing areas, and it is obviously important that events in other regions don't clash with YHOA events on the same day.

#### **7) JK 2016 Progress and other JK Items**

The BO Major Events Officials conference is on September 27/28<sup>th</sup> and 6 individuals from YHOA are attending, including MC, CB and AT. Progress is being made re. JK 2016, and the next JK meeting is after the Event Officials conference. JK controllers need assistants and specific helper roles from all clubs are required: EBOR helpers for Timble and Kilnsey, and SYO helpers for Leeds Univ. and Storthes Hall.

## 8) Any other business

BG asked if a Level 1 coaching course could be put on. MC said BO are putting one on soon and is now simplified. RW to ask Colin Best for further details.

Next YHOA fixtures meeting is on November 19<sup>th</sup> at The Vine Tree.

## 9) Future Meetings

Thursday 15<sup>th</sup> January 2015, Thursday 23<sup>rd</sup> April 2015, Thursday 24<sup>th</sup> September 2015

# Association & Club Conference 2014

The Conference took place on Saturday 25<sup>th</sup> October at the NFU Mutual Headquarters in Stratford upon Avon.

## This year's theme was Local Events

Martin Ward, Chair of British orienteering opened the conference hosted by NFU Mutual. Expectation was to generate some ideas about how clubs and associations can develop plans on how to engage members and non-members at local events and how clubs can develop a marketing strategy. British Orienteering should also have more clarity over what it can do as governing body to help.

The aims for the day had been circulated prior to the day of the Conference and were:

- To review trends in orienteering participation and lessons learnt from Sport England funded delivery
- To consider summer 2015 plans for local events
- Develop plans and thoughts on how to engage members and non-members through marketing

## Session 1: 2013 Conference Review

Mike Hamilton presented this session covering how the Board had established the Volunteer Needs Workgroup and a brief outline of how the group had arrived at its recommendations. Mike then provided an update on the recommendation and at what stage of implementation they are each at.

There is too much details to include here, copies original and complete Volunteer Needs Workgroup Report and Recommendations and the Action plan are available from the BOF website conference link

It was clear from the presentation but despite the good intentions, there is still a lot of progress to be made and that many strands of the action plan were behind the original schedule.

## Session 2: Craig Anthony - Orienteering Participation Trends, Sport England Programmes – what have we learnt?

Craig provided some detailed information about participation in orienteering over the last few years. He went on to explain the background to the 'increasing participation' initiatives and to report on what had been learnt through these initiatives.

A copy of his slides are available from the BOF website conference link

## Session 3: Hilary Quick, SOA - Local Events Good Practice, Moravian Orienteers/BASOC

Hilary presented a number of practical implementations that are being delivered by Scottish Clubs based on 'Regular Club Activities' which she had been instrumental in being to fruition. It was been a considerable undertaking on her part and her enthusiasm, determination and dedication were very commendable Hilary finished her session with some practical group work asking clubs to be open minded about their approach and to decide what it is they are trying to achieve. She

described how BASOC had been turned from a largely dormant club with a dwindling membership into a much more vibrant and active club.

A copy of his slides are available from the BOF website [conference link](#)

#### **Session 4: Paul Black, Club Leaders -Marketing: Club Leaders Seminar**

Paul told the conference a little about himself and his role with 'Club Leaders'. Paul's session was about developing a club marketing strategy and how social media might fit in as a part of that strategy.

There was certainly plenty of useful information and ideas which we as a club should consider

There is a Club Leaders website which hosts interactive and informative online learning with accompanying toolkits and templates, along with access to discussion forums, Q&As and events. They also provide one-to-one mentoring support with an experience business professional to deliver a more intensive and personalised form of learning over an extended period of time (up to 6 months). It is available to any club which needs support in developing its capability in the area of business skills or has a particular business area they are focusing on.

<http://www.sportenglandclubleaders.com/>

A copy of his slides are available from the BOF website [conference link](#)

#### **Plenary Session**

There was opportunity during this session for clubs and associations to raise questions of the staff or Board Directors that were present. After the reporting back session there was opportunity for delegates to raise questions or pass comment. Queries/points raised included:

- What is being done to ensure that orienteering can remain a part of the GCSE syllabus?  
*Orienteering will continue to be a significant part of many GCSE courses as it is classed as a very appropriate outdoor activity.*
- How is the image of orienteering and its link with 'sport' being developed?  
*Jennie Taylor, Marketing Manager, is looking into this matter as a priority.*
- Will there be an agreement with Natural England and other national bodies?  
*Unlikely; Natural England is like many other national bodies in that they operate at a national level for a variety of purposes but leave operational matter at local level to the local manager. This makes trying to develop national agreement very challenging and arguably has little impact. Clubs should continue to develop local relationship with managers, this is likely to be the avenue of greatest success.*
- When will British Orienteering develop a 'social media policy'?  
*A social media policy is included in the British Orienteering Policy Booklet although is goes under the guise of 'guidelines'. Mike Hamilton will review the guidance and see if a review of the policy is required.*
- Where do clubs sit with data protection regarding the details of club members?  
*Further guidance will be developed however the membership information that is considered 'private' under the Data Protection Act and the Freedom of Information Act is owned by the member and it is the member who has to agree with how that information is used.*
- When will clubs know what is happening with ClubMark?  
*Craig reported that the review being completed on behalf of Sport England is almost complete and we should shortly be in a position to inform clubs about the way forward with ClubMark.*
- Can the 'print portal' be used for on-line marketing; will there be fresh designs and can designs be added that will be of use on facebook?  
*Jennie to look into these queries.*

## EPOC ORIENTEERING TOPS

There are just 4 of the new style EPOC tops available to buy at £10 for seniors and free to juniors. Sizes available are XS (36" chest) and S (38").

### EPOC Club Championship 2014

**Graham Lloyd**

There is just one event left in the 2014 EPOC Club Championships

Remaining event:

- 7<sup>th</sup> December, Dob Park - CLARO (Low Key)

The final results will be circulated as soon as possible after this event.

## Xplorer

**Viv Barraclough**

**Lead Coach, EPOC Club Nights**

### Xplorer Update

This year was very successful again in terms of numbers attending. Entirely weather dependent though!

Annabel and I will continue next year as there is plenty to build on and improve in terms of marketing and signposting onto club events.

We have now got contacts with several cub and beaver units who booked events on their meeting nights and hope to grow links such as these.

We will also provide more mini coaching session add-ons to increase skill levels.

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# Kilimanjaro Charity Challenge

## *Juliet Morgan*

At the end of September Jean Lochhead and I set off with 4 others to climb Kilimanjaro in support of Wakefield Hospice. We were funding the challenge ourselves, so all sponsorship/donations would go to the Hospice.

The trip was organised by Global Adventure Challenges and we were joining 14 others from various parts of the country, all supporting charities.

After an overnight flight to Addis Ababa, we flew into Kilimanjaro International Airport arriving early afternoon. It was cloudy so we had no view of the mountain. We were taken to our lodge hotel for one night where we had a briefing from the local trekking company and repacked our bags – we needed to carry our own day sack, including plenty of water but everything else needed for 6 nights camping had to go into a soft bag, which had to weigh no more than 15kg, for the porters to carry (two bags each!). We had our evening meal in the hotel garden and were in bed around 9.30pm as we had an early start next morning.

**Day 1** - At 8.15am we set off in two mini-buses for a 45 minute drive to the National Park gate and our starting point at 1880m. There are several routes up the mountain requiring different number of days to complete and ours, the **Machame trail**, would take us 7 days. We all had to sign-in which was not a quick process and, having collected a lunch box, we finally set off at 10.30am feeling both excited and apprehensive.

With us were 5 guides, one was always at the front and a doctor who was always at the back. The other 4 guides spread themselves amongst the group and were very attentive, checking all was OK if anyone stopped for any reason. The guides kept us going at the best speed, saying 'slowly, slowly' (polé, polé) and, with 'sippy, sippy' encouraged us to drink often; two important factors leading to a successful ascent.

Also with us were about 30 camp crew who looked after all our needs. We were pleased to see that amongst the loads the porters carried were two camping toilets; not in the best condition and obviously well used but far preferable than using the permanent 'long drop' variety found along the route.



**Day 1** took us through tropical rainforest on well engineered paths but with no view of the mountain ahead of us. It was overcast, warm and humid. We were often overtaken by porters carrying huge loads, often just balanced on their heads! The ascent was unrelenting and we reached Machame camp at 4.30pm. We had climbed 1200m and walked 11km. Tea and popcorn was available in the mess tent then at 6.30pm we had dinner – delicious soup and spaghetti with meat sauce. An early night followed – it was dark anyway and we had an early start tomorrow.



**Day 2** - We were woken at 6.00am with tea and there was a small bowl of water for washing. We packed our bags, filled our water bottles with filtered water to which we added purifying tablets, and at 7am had breakfast - millet porridge, sausages, eggs/omelette, flat bread & jam, tea, coffee, hot chocolate. At 8am we set off again.

Today's route was another unrelenting ascent, steeper and more rocks than yesterday. It was hot and sunny with clear blue skies most of the time. We were now walking through more open vistas and we got our first view of the challenge ahead and of Mt Meru in the distance behind us. We arrived at **Shira camp** (3900m) at 3pm. It had been a hard day – 900m climb in only 8 km. Dinner was soup again followed by rice with chicken stew.

We were above the cloud layer now and that night had a wonderful view of the starry night sky. It was much colder now and extra clothing was being worn.



**Day 3** - We were woken at 6am with tea and had breakfast at 7am.

We started walking at 7.30am through scrubby vegetation becoming barren, dusty and stony later. After 4 hours we had lunch at **Lava Tower** where the mess tent had been erected (the porters, walking quicker than us had taken a different route) and instead of the usual lunch boxes a cooked lunch was prepared for us. After lunch we had our first significant descent to the next camp, arriving at 4.30pm. We had walked 10 km and climbed 700m to reach 4600m at the Tower before descending to 3900m at **Barranco camp**, the same altitude we had left that morning – another advantageous factor of 'walk high, sleep low'. Some of the group were now feeling the effects of altitude and were some distance behind only reaching camp as it was going dark.



**Day 4** - A later start today at 8.30 as this was to be a relatively easy day – only 5km and 200m climb so giving us a day of acclimatisation to the altitude. However it did mean negotiating the most technically difficult part of the trek, the **Barranco Wall**, a seemingly impassable rock ridge. We zig-zagged our way upwards through the rocks in single file using hands to scramble and pull ourselves up. It took two hours to get to the top. From there it was another two hours walk, crossing a steep valley to **Karanga Camp** at 4100m. It was raining now and we were pleased to arrive at 1pm for lunch knowing that we had several hours to rest – it was going to be a hard day tomorrow.



**Day 5** - We were woken at 6.30am. It was the coldest morning so far with frost on the tents. The top of the mountain was clear at first though it became cloudy later and we lost the views.



Today was to be another short walk – leaving at 8.30am and arriving at **Barafu camp** (known also as Base Camp) at 12noon. On the way we passed through an area of unique vegetation – giant lobelia and groundsel.



We rested for the afternoon, then had an early dinner at 5pm before trying to get some sleep (some more successfully than others) before being woken up at 10pm. This was to be the push for the summit!!

We set off at 11pm, wearing head torches (how long would the batteries last I wondered), extra clothing, woolly hats and gloves. Water bottles were wrapped as best we could to try and prevent them freezing. The aim was to reach the top in time for sunrise. We didn't quite make it – the climb of 1500m seemed to go on forever. It had taken more than 7 hours. The reduced oxygen level at that altitude was noticeable – we were all breathing hard even though we had walked very slowly. Waiting for us at the top were some of our camp crew with hot tea!! A hot cuppa never tasted so good!

It was now **day 6** and we were at **Stella Point**, 5756m on the summit crater rim but this is not the top. **Uhuru Peak** at 9895m is another 500m further. Despite the elation of having climbed so far it was a real effort to walk that extra 500m.



By now the sun was up and it was crystal clear and most of us managed to stagger as far as Uhuru Peak. We spent about 2 hours at the top with amazing views of the crater and the remaining glacier ice cliffs.



We descended by the same route which took about 2 hours. By now the ground had thawed and much of the route was over loose scree so it was not easy. Even coming down we were breathing heavily due to the altitude.

We arrived back at camp around 11.30am just as it started to snow. We all went into our tents and within minutes we had a full blown blizzard. No-one wished to go outside which was unfortunate because the camp crew wanted to take down our tents as we were due to move to our final camp on our way down the mountain. After 3 hours at 3pm we had to go. The storm eased as we walked and in 1½ hours we reached Millennium Camp, 4km away. All but the last two tents were erected by the time we arrived! The porters and camp crew are amazingly fit and efficient.

Dinner that night was at 7pm and we all went straight to bed afterwards. Everyone was tired; it had been a hard 21 hours since we got up yesterday.

**Day 7** - Our final day on the mountain. Woken at 6.30am, we left camp at 7.45am. It was downhill all the way – ending as we started on well engineered paths through rain forest. We arrived at the finishing point, Mwenzi Gate at 12.30pm.



My feelings now we had finished were mixed – pleased that I had done it, relieved that it was over but rather sad too because it was all over. What was I going to do now? What could top that? It was my Everest!

We had climbed to the roof of Africa – at 5895m (19341 ft) the highest free standing mountain in the world.

We had walked approximately 75km and climbed about 5300 metres. A wonderful week, hard at times but one I'll never forget. I'm so glad I signed up for the challenge and pleased to say that a lot of money has been raised for the Hospice.

We paid for the trip ourselves so every penny donated will go to them and at the time of writing, with some still to come in, we think the total raised by the 6 of us will be in excess of £30,000.

Thanks to everyone who contributed.

## EVENT REPORTS AND RESULTS

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

### UK ORIENTEERING LEAGUE FINAL PLACINGS 2014

#### Team Event

**13th EPOC 4633pts** Scorers - Anna Thorpe (W10), Andy Thorpe (M45), Philip Thompson (M80), Paul Taylor (M45), Jackie Scarf (W50), Richard Payne (M60), Jean Lochhead (W65), Megan Harrison (W16), Emma Harrison (W40), Judith Goodair (W70), Guy Goodair (M75), Jonathan Emberton (M50), Sam Crawshaw (M10), Amanda Crawshaw (W40), Julie Couch (W55)

#### Individual Event

##### W16

16 Megan Harrison 294pts

##### W40

1 Amanda Crawshaw 473pts

3 Emma Harrison 432pts

18 Esther Logue 134pts

21 Sarah Noot 98pts

##### W45

87 Helen Martland 47pts

##### W50

53 Jackie Scarf 92pts

95 Helen Pedley 47pts

97 Jo Emberton 45pts

134 Rebecca Lloyd 20pts

##### W55

22 Julie Couch 222pts

##### W60

33 Jane Payne 143pts

48 Maggie Shaw 90pts

81 Jackie Page 28pts

##### W65

11 Jean Lochhead 340pts

##### W70

2 Judith Goodair 451pts

##### M16

20 Alasdair Pedley 216pts

##### M35

12 James Williams 180pts

##### M40

21 David Harrison 173pts

##### M45

7 Andy Thorpe 349pts

17 Paul Taylor 278pts

27 James Logue 196pts

90 Simon Martland 50pts

##### M50

48 Jon Emberton 148pts

89 Mike Pedley 71pts

15 Graham Lloyd 42pts

##### M60

6 Richard Payne 403pts

116 Steve Wood 38pts

##### M65

46 Ian Couch 154pts

84 Neil Croasdell 65pts

##### M70

20 Paul Jackon 230pts

54 Mick Wood 70pts

##### M75

8 Guy Goodair 335pts

22 Rod Shaw 177pts

##### M80

2 Phil Thompson 290pts

Next year's league events are here

<http://www.britishorienteering.org.uk/site/ukol/260>

## Porto City Race Weekend – 3 to 5 October 2014

### Guy Goodair

This weekend consisted of three separate races – an evening race round the centre of Porto on Friday evening, a score event round Porto's City Park on Saturday morning, and the main city race on Sunday round the streets of Foz. After sight-seeing round Porto on Friday morning we went to the event centre in the afternoon to collect our race numbers plus a technical shirt and baseball cap all for the princely sum of 17 euros for all three races!

The night race began at 8pm and Judith was off at 8.22 me at 8.33 but I could see there was a problem when her start time went and she was still on the line – Eventually she came back and said 'They've got me down in W55 class which is flattering but I've told them I'm nearer W75 class

so I need to go to registration and get it altered'. We hurriedly did this and got back in time for my start time and she got a fresh one. When it came to start I grabbed the map and set off down the same street as everyone else, when I'd found out where the start triangle on the map I realised I would have better off taking the adjacent street which meant I wouldn't have had to go round as many corners. After No 1 it was downhill to No 2. Then instead of coming back up to the main street I descended further – big mistake, a narrow street full of restaurants with tables full of diners overflowing onto the streets – wended my way through them including getting a friendly pat on the rear end by a woman in white (reckon she must have been drunk or desperate) and into a main square again full of diners. I thought it might be easier to cross up by a fountain – but no luck, past a load of startled diners, wondering what these runners with headlamps were doing. Up a load of steps and that's No 3, After a couple more it was a long climb back up for the rest of the controls, one of which was inside the railway station on the main concourse surrounded by people looking up at the departures board. Then up yet more hills to the finish. Finished last in M65 class. Didn't stay for the prize presentation which didn't start until 11.15pm so Judith lost out on getting a bottle of Port for 2<sup>nd</sup> in W65.

Map here

<https://plus.google.com/photos/10531...08160193486976>

The next day it was a score race – idea is there is a set time to visit as many controls each having a 'value' within the time limit – go over the limit and points are deducted for every minute late. However this race had an additional twist – there were 47 controls out in the park but you had to visit 30 and try and come back with exactly 1000 points and you'd 90 minutes to do it. If you were late you lost points, if you got more than 30 controls they deducted any points gained from the extra controls, if you amassed over 1000 points with your 30 controls they deducted the surplus off a 1000 (eg if you scored 1020 points they deducted 20 to give a final score of 980 points.) I and a lot more set off without any plan just getting any high scoring controls I could spot - I foolishly punched one which was only worth 5 points can't afford to get any more of those, look at the map and see I've missed a 75 The map was enclosed in a polythene bag and I'd taken a biro and was putting a cross through each control I'd visited. Decide to head west, better count up how many controls I'd been to, look at the map....disaster my sweaty hand has wiped off most of the crosses on the polythene bag! Stop and try and recall where I'd been, think it's 17 but not really sure. Get a few more then spot a motorway running northwards and on the far side of it are 3 controls worth 50, 30 and a juicy 95! The motorway is elevated so just run underneath it then realise where I am .... on the beach! The controls are simple to spot but its hard work running across the soft sand, now back under the motorway up a flight of steps, turn left up a slight rise for a 25 - get it then try and recount how many controls I've got (I'd given up how many points I'd got ages ago) I reckon I need one more – get a 20 then cross a public car park heaving with cars, through a wooded area to the finish. Go to download – got the 30 controls OK and my final score is 935 points which places me 29th in the Vets class. A number of people scored exactly 1000 points. The secret was to sit down after the start – work out exactly which controls would give you that magic 1000 then mark them on the map and belt round!

Map here

<https://plus.google.com/photos/10531...08160193486976>

The main race of the weekend was centred in Foz, a bus ride away along the riverfront. I'd a 10.33 start so we were down fairly early at assembly which was in a park on the seafront. Queued up at the pre-start and when you'd started it meant heading out of the park across a busy main road. However on approaching the road the traffic was brought to an immediate standstill by a rather imperious looking policeman so we could safely cross. The start triangle is up a steep cobbled street, in fact most of the streets in Foz that we ran on were cobbled. No I was up this street, turn right, first left, first right, first left then run up alongside a large wall until I can enter a works complex and the control is over a grassed area by the side of a building. Out the way I came in but a faster runner than me stays in the complex but heads north. As I'm running up an alley I notice

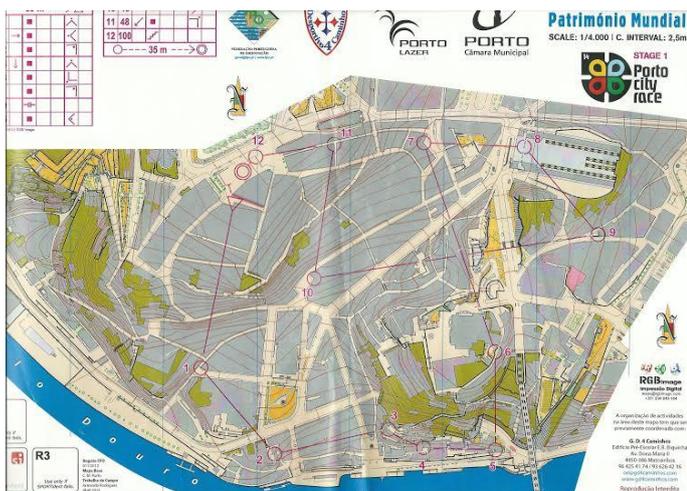
what he's obviously spotted – there's a gap in the wall higher which will save him time. At the top of the alley turn left and it's on the 2nd street left. Exit that street run downhill across a grassed area to a tree for No 3. No 4 is straight forward but then I opt to go downhill to No 5 but this I'd have been better going back uphill then on a street to descend to No5 as my route involves dropping too low and more climbing up later on. I go north with a gradually descending road here because to go east means that you suddenly come to a big drop to the road below and no easy way to get down. Luckily I can see No 6 behind a wall as I approach. The route to 7 looks easiest to the east but I haven't looked at the map properly – the control is on the far side of an uncrossable wall so I have to run right to the bottom of the street and up the other side to get there. No 8 is uphill, No 9 is a bit tricky involving more climbing then down a couple of narrow streets, across a car park and a grassed area to the corner of a building. 10 involves going round a building, finding a small path through some deep grass up a couple streets, up some steps to the inside corner of a wall. Nice to see a few have gone to the outside corner which is about 20 feet higher!. 11 is easy and 12 involves more uphill picking my way round blocks of flats. 13 is round a large building complex to a single tree then onto 14 past 2 flat blocks and down between another. Now for 15 down over a grassy area, hesitate here, not sure if there's a way out down a steep embankment (there wasn't) play it safe and go over the car park I'd been through earlier and down a street which went far lower than where the control was on an adjacent street which meant yet more climbing. By now I was going 'braindead' and went further up the street to turn left and down past the church where all the people were coming out of morning service (I would have been better dropping straight down the street opposite the control (which was downhill) and running along the main road.) Across the main road into the park, punch the last control and try to sprint to the finish. I ended up 5th out of 6 in the Ultravets (65+) class. My better half finished 3rd in her class.

Map here

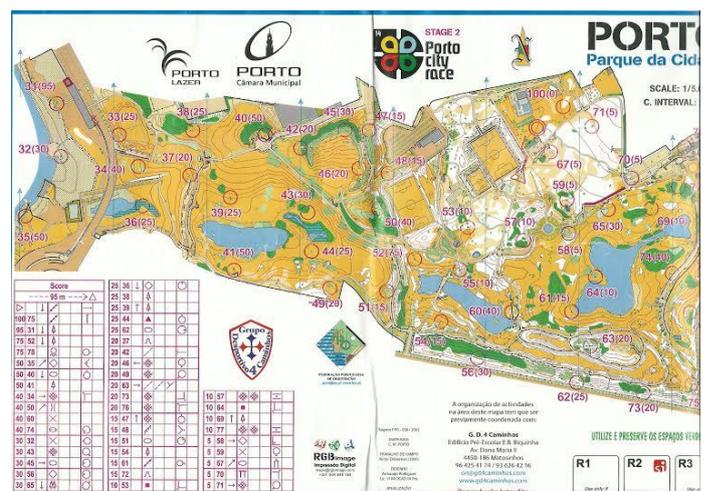
<https://plus.google.com/photos/10531...08160193486976>

As previously mentioned the entry fee for the weekend was 34 Euros for the two of us including technical t shirts and hats. The race organisers had a deal with an hotel which cost 192 Euros for 4 nights B & B plus evening meal including wine. 226 Euros plus airfares for the two of us. All in all, a brilliant weekend.

If anyone is interested in going next year the races will be on the weekend of 26/27September.



Day 1



Day 2



### City Park Score Event - 4 Oct 14 (1000 points max)

#### Womens Vet 40+

21 Judith Goodair 865pts

#### Mens Vet 40+

29 Guy Goodair 935pts

### City Race, Foz - 5 Oct 14

#### Womens Ultravet 65+ 2.8 km 12 C

3 Judith Goodair 40.12

#### Mens Ultravet 65+ 3.6 km 16 C

5 Guy Goodair 46.39

### PFO Clitheroe Event, Aitken Wood - 4 Oct 14

#### Blue (length: 4.8km, climb: 225m)

14 Linda Hayles 01:41:06

#### Green (length: 3.7km, climb: 165m)

9 Neil Croasdell 01:22:26

### NN October Odyssey Day 2, Hamsterley - 5 Oct 14

#### Green

8 Michael Wood 01:21:12

### DEE, Formby Dunes - 5 Oct 14

#### Short Brown (length: 7.5km, 23 controls)

4 Andy Thorpe 00:57:50

8 Paul Taylor 01:02:00

10 Simon Martland 01:03:16

13 Jonathan Emberton 01:05:37

14 Mike Pedley 01:06:39

44 Alistair Tinto 01:29:43

#### Blue (length: 6.02km, 17 controls)

6 Alasdair Pedley 00:46:20

65 Emma Harrison 01:11:54

81 David Harrison 01:27:33

mp- Ian Couch 01:03:18

rtd Amanda Crawshaw

#### Short Blue (length: 4.75km, 15 controls)

19 Julie Couch 00:52:54

#### Green (length: 4.17km, 18 controls)

25 Megan Harrison 00:52:31

31 Helen Pedley 00:54:13

45 Paul Jackson 00:59:10

#### Short Green (length: 3.48km, 13 controls)

29 Joanna Emberton 01:12:56

rtd- Philip Thompson 01:13:03

#### Very Short Green (length: 2.83km, 12 controls)

5 Pat Aspinall 01:22:13

#### Light Green (length: 3.13km, 14 controls)

9 Sarah Pedley 00:31:36

22 Laura Harrison 00:43:52

#### Yellow (length: 1.77km, 8 controls)

1 Sam Crawshaw 00:12:17

6 Alex Crawshaw 00:19:34

7 Anna Thorpe 00:19:48

13 William Martland 00:29:30

## Five Days of Puglia



Richard Payne

Photo's: Ian Gilliver, MDOC

**PWT 5 Days Event, Puglia Oct 14****Matera - 4 Oct 14**

**M60**  
Richard Payne mp

**W60**  
4 Payne Jane 65.05

**Polignano - 5 Oct 14**

**M60**  
1 Payne Richard 09.31

**W60**  
1 Payne Jane 14.25

**5 Days**

<b>Overall Result</b>	<b>Day 1 Monopoli</b>	<b>Day 2 Pina de Lenne</b>	<b>Day 3 Pina de Lenne</b>	<b>Day 4 Alberobello</b>	<b>Day 5 Bari</b>
<b>W60</b>					
5 Jane Payne	5 (20.49)	5 (77.13)	mp	5(23.38)	3 (26.16)
<b>M60</b>					
2 Richard Payne	mp	4 (45.01)	1 (33.37)	1 (16.08)	1 (17.14)

**EBOR, Brayton Barff Middle Distance - 12 Oct 14**

<b>Brown 5.6km 310m</b>		<b>Green 3.6km 190m</b>	
7th Andy Thorpe	50:29	9th= Megan Harrison	45:40
<b>Blue 4.4km 260m</b>		27th Rod Shaw	63:24
6th Emma Harrison	47:51	36th Jackie Page	79:24
20th Adam Thorpe	68:09	38th Margaret Shaw	92:11
		w20 Jean Lochhead	58:22
		<b>Orange 2km 100m</b>	
		5th Anna Thorpe	45:37

**WCH Urban, Stafford - 12 Oct 14**

**Mens Ultravet**  
9th Neil Croasdell 42:05

**NOC EMOA League, Byron's Walk - 12 Oct 14**

<b>Green (length 4.6km, climb 140m)</b>		<b>Blue (length 5.8km, climb 180m)</b>	
5 Julie Couch	62:18	28 Ian Couch	83:07
18 Helen Pedley	75:16		

**Race the Castles, Balmoral - 18 Oct 14**

**Blue 6.9km 285m**  
20th Paul Taylor 78:08

**CLOK Northallerton Urban - 19 Oct 14**

<b>Mens Ultravet</b>		<b>Womens Ultravet</b>	
17 Neil Croasdell	43:01	5 Jean Lochhead	33:32
		10 Jackie Page	41:38

**EPOC Level C Event, Midgley Moor - 19 Oct 14**

<b>Brown 7.7km 250m</b>		<b>Short Green 3.0km 85m</b>	
5th James Williams	62:06	5th Helen Martland	42:58
6th Jonathan Emberton	63:09	7th Philip Thompson	46:25
<b>Blue 6.9km 240m</b>		8th Pat Aspinall	50:17
3rd William Barraclough	57:53	9th Juliet Morgan	51:28
9th Viv Barraclough	63:46	11th David Morgan	54:13
18th Richard Payne	71:00	13th Rebecca Lloyd	55:52
		18th Jane Payne	70:06

**Green 5.0km 4.9m**

11th	Paul Jackson	64:33
13th	Michael Wood	67:11
16th	Rod Shaw	72:08
21st	Valerie Pownall	85:08

**Orange 3.5km 85m**

1st	William Martland	40:21
3rd	Pat Thorpe	81:37

**White 1.2km 25m**

2nd	Luke Barraclough	10:07
3rd	Seth Barraclough	10:20
4th	Imogen Noot Williams	10:32
6th	Ffion Noot Williams	22:07
7th	Emil Noot Williams	22:46

**UYOC Urban Sprint, York University - 25 Oct 14****SUPERSTARS 2.4km 45m**

34	Jean Lochhead	24.51
50	Jackie Page	34.28

**DVO Midland Championships, Longshaw - 26 Oct 14****M12A Length 4.2km, 100m climb, (course 18)**

2	Adam Thorpe	27:56
6	Sam Crawshaw	35:27

**M16A Length 6.7km, 280m climb, (course 6)**

3	Alasdair Pedley	49:18
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**M45L Length 9.0km, 355m climb, (course 4)**

2	Andy Thorpe	65:15
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**M45S Length 6.2km, 215m climb, (course 8)**

5	Alistair Tinto	56:18
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**M50L Length 9.0km, 355m climb, (course 4)**

7	Mike Pedley	72:33
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**M60L Length 6.7km, 280m climb, (course 6)**

4	Richard Payne	61:10
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**M65L Length 6.2km, 215m climb, (course 8)**

11	Ian Couch	64:51
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**M70L Length 5.7km, 195m climb, (course 9)**

6	Paul Jackson	67:43
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13	Michael Wood	82:58
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**M80L Length 3.8km, 80m climb, (course 13)**

3	Philip Thompson	59:05
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**W10A Length 4.1km, 95m climb, (course 19)**

1	Alex Crawshaw	32:59
6	Anna Thorpe	52:12

**W14A Length 4.3km, 105m climb, (course 17)**

6	Sarah Pedley	39:37
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**W16A Length 5.7km, 195m climb, (course 9)**

9	Megan Harrison	60:29
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**W40L Length 6.5km, 265m climb, (course 7)**

1	Emma Harrison	62:38
	Amanda Crawshaw	rtd

**W50S Length 4.3km, 190m climb, (course 12)**

2	Helen Pedley	49:23
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**W55L Length 5.7km, 195m climb, (course 9)**

7	Julie Couch	63:25
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**W60L Length 4.5km, 210m climb, (course 11)**

12	Jackie Page	93:33
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**W60S Length 3.8km, 80m climb, (course 13)**

4	Jane Payne	65:55
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**W65L Length 4.3km, 190m climb, (course 12)**

6	Jean Lochhead	51:13
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**AIRE Rothwell Country Park - 1 Nov 14****Green**

1	Paul Taylor	28 min
7	Sam Crawshaw	45min
22	Pat Thorpe + 1	102mins

**Orange**

2=	Alex Crawshaw	22 mins
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**RED BULL Robin Hood Score Event, Sherwood Pines - 1 Nov 14**

34	Mike Pedley	240pts
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**BAOC Urban Event, Winchester - 1 Nov 14****Mens Vet 45+ (length: 6.81km, climb: 75m)**

23	Andy Thorpe	63.29
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**Womens Ultravet 65+ (length: 3.78km, climb: 40m)**

9	Judith Goodair	60.21
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11	Guy Goodair	61.55
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**Course 6 (length: 3.29km, climb: 20m)**

5	Adam Thorpe	30.14
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**Course 7 (length: 1.74km, climb: 10m)**

14	Anna Thorpe	24.34
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### **SOC November Classic, Kings Garn New Forest - 2 Nov 14**

#### **M10,W10 (length: 2.51km, climb: 60m)**

6 Anna Thorpe 27:25

#### **M14, (length: 3.65km, climb: 70m)**

2 Adam Thorpe 32.24

#### **M40 (length: 10.45km, climb: 190m)**

14 Andy Thorpe 80.41

#### **M65 (length: 5.89km, climb: 110m)**

30 Ian Couch 54:49

#### **W55 (length: 4.67km, climb: 90m)**

11 Julie Couch 48.21

### **SYO YHOA Superleague, Hesley and Tankersley - 2 Nov 14**

#### **White (length 1.4km, climb 30m, 12 controls)**

1 Luke Barraclough 11:49

2 Joseph Barraclough 19:43

mp Seth Barraclough 13:15 Missing no 5

#### **Orange (length 2.6km, climb 40m, 14 controls)**

5 William Martland 31:56

#### **Green (length 6.7km, climb 165m, 21 controls)**

4 Megan Harrison 51:53

13 Paul Jackson 59:07

16 David Harrison 60:16

27 Helen Martland 68:48

28 Jean Lochhead 69:16

36 Jackie Page 87:05

43 Michael Wood 119:15

#### **Blue (length 6.8km, climb 190m, 26 controls)**

8 Emma Harrison EPOC W40 62:18

Richard Payne EPOC M60 dnf

#### **Brown (length 7.8km, climb 235m, 30 controls)**

14 William Barraclough 73:11

#### **Short blue (length 7.4km, climb 165m, 26 controls)**

5 Alistair Tinto 57:18

17 Viv Barraclough 66:26

#### **Short green (length 6.3km, climb 85m, 18 controls)**

21 Jane Payne 68:18

### **SN Southern Navigators Trophy, Mychett - 8 Nov 14**

#### **Brown 10.4km 380m**

11th Andy Thorpe 01:21:15

#### **Short Brown 8.7km 300m**

13th Mike Pedley 01:15:03

#### **Blue 7.6km 295m**

5th Alasdair Pedley 00:52:01

34th Emma Harrison 01:08:47

m7-20 David Harrison 00:56:00

#### **Green 5.3km 185m**

26th Megan Harrison 01:08:21

#### **Light Green 3.7km 100m**

6th Adam Thorpe 00:33:18

16th Laura Harrison 01:04:49

### **AIRE Yorks Night League, Adel Woods - 15 Nov 14**

#### **Medium 4.025km 175m**

1st Emma Harrison 59:07

2nd Megan Harrison 61:01

13th John Elliott 139:33

### **AIRE O-Lite, Golden Acre Park - 15 Nov 14**

#### **White course**

5 Cormac Thomas 20.00

#### **Yellow Course**

16 Cormac Thomas 24min

#### **Green Course**

3 Julie Couch 28.15

7 Ian Couch 34.00

11 Rod Shaw 42.00

### **CLOK North East Score Champs, Eston Nab - 16 Nov 14**

#### **45min score**

16 Paul Jackson 40pts

### **British Schools Champs, Temple Newsam - 16 Nov 14**

#### **Year 5 girls**

1 Alex Crawshaw 11.14

#### **Year 5 boys**

12 Luke Barraclough 21.08

25 Seth Barraclough/M Wood 46.34

**Year 9 girls**

17 Laura Harrison 26.26

**Year 11 girls**

7 Megan Harrison 34.38

**Year 6 boys**

1 Sam Crawshaw 14.20

6 William Martland 23.28

**Aire O LITE, Roundhay Park - 20 Nov 14****Orange - 2.5km, 9 controls**

6 Guy Goodair 31 min

8 Judith Goodair 34.30min

**Green - 4.4km, 12 controls**

25 Rod Shaw 68 min

**HALO Twigmoor Level C Event - 21 November 14****Yellow (5) (Length 2.60Km, Climb 10m)**

1 Sam Crawshaw 17:03

2 Alexandra Crawshaw 18:07

3 Anna Thorpe 24:33

**Orange (Length 3.20Km, Climb 20m)**

1 Adam Thorpe 22:21

2 Laura Harrison 32:32

Pat Thorpe dnf

**Light Green (Length 3.50Km, Climb 25m)**

5 Mike Thorpe 83:16

**Short Green (Length 3.80Km, Climb 35m)**

3 Jean Lochhead 48:57

12 Judith Goodair 72:27

14 Jane Payne 75:55

18 Jackie Page 89:07

19 Guy Goodair 90:28

**Green (Length 4.70Km, Climb 45m)**

1 Richard Payne 46:03

2 Megan Harrison 54:22

8 David Harrison 59:53

**Blue (Length 6.10km, Climb 50m)**

1 Paul Taylor 48:15

17 Amanda Crawshaw 68:33

Emma Harrison dnf

**Brown (Length 7.70Km)**

2 Andy Thorpe 54:53

**CLARO Yorkshire Night League, Hookstone Woods Harrogate - 29 Nov 14****Medium Course**

1st Emma Harrison 35:01

m11 Amanda Crawshaw 35:01

**Short Course**

2nd Sam Crawshaw 28:00

**AIRE YHOA Superleague, Iikley Moor - 30 Nov 14****Brown 7.65km 340m**

3rd Andy Thorpe 62:54

**Short Brown 6.5km 260m**

5th Paul Taylor 65:29

**Blue 5.275km 285m**

8th Richard Payne 54:41

10th Richard Spendlove 55:29

25th Ian Couch 63:15

30th Emma Harrison 64:55

35th Amanda Crawshaw 67:10

49th Bob Steeper 83:54

**Short Blue 4.8km 240m**

2nd Julie Couch 53:11

3rd= Alistair Tinto 53:59

**Green 3.525km 205m**

8th Brian Mellor 50:44

49th Michael Wood 69:44

56th Jackie Page 88:10

**Short Green 2.925km 130m**

9th Helen Martland 53:34

14th Jean Lochhead 57:27

18th Judith Goodair 61:13

20th Guy Goodair 61:49

28th Jane Payne 75:14

36th Rod Shaw 107:52

**Very Short Green 2.2km 125m**

4th Pat Aspinall 71:48

**Light Green 3.6km 155m**

3rd Adam Thorpe 56:47

**Long Orange 4.6km 175m**

m4-6 m8-10 Dave Owen 71:58

**Orange 2.825km 120m**

1st Sam Crawshaw 31:23

8th William Martland 50:05

**Yellow 1.6km 65m**

1st Alexandra Crawshaw 15:55

4th Anna Thorpe 21:47

## **YHOA URBAN LEAGUE – 2014**

Congratulations to the following EPOC members who were in the top 3 in their class:– Young Junior Men – 1<sup>st</sup> William Martland; Young Junior Women – 2<sup>nd</sup> Alex Crawshaw; Junior Women – 1<sup>st</sup> Megan Harrison, 2<sup>nd</sup> Laura Harrison; Men's Vets – 1<sup>st</sup> Simon Martland; Women's Vets – 1<sup>st</sup> Emma Harrison; Women's Ultravets – 1<sup>st</sup> Jean Lochhead. For full results go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA URBAN LEAGUE – 2015**

For further information about the 2015 Urban League go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA SUPER LEAGUE – 2014**

The final event for this year was at Ilkley Moor on 30<sup>th</sup> November. Final results have not yet been published but will be available on the AIRE website [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA SUPER LEAGUE - 2015**

For further information about the 2015 Superleague go to [www.aire.org.uk](http://www.aire.org.uk)

## **YHOA NIGHT LEAGUE – 2014/15**

There have already been 3 events in this year's night league. For results and further information about the 2014/15 YHOA Night League go to [www.aire.org.uk](http://www.aire.org.uk)

### **CLUB NIGHTS**

Club Nights will now be held in different locations so look out for regular updates via email or contact Viv directly for more information  
Everyone welcome and all abilities catered for!

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

### **TRAINING RUNS**

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

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

### **WEDNESDAY WRINKLIES COUNTRY RUN & WALK**

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

## FIXTURES – December 2014 to February 2015

A complete list of fixtures can be found on the BO website  
[www.britishorienteering.org.uk](http://www.britishorienteering.org.uk)

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

7	CLARO/YHOA	Dob Park	Otley
14	<b>SN/SCOA</b>	<b>Compass Sport Trophy Final, Long Valley North</b>	<b>Aldershot</b>
20	EPOC 	YHOA Night League, Royds Hall	<b>Bradford</b>
21	EPOC 	<b>EPOC Christmas Event, Royds Hall</b>	<b>Bradford</b>
28	HALO/YHOA	Leconfield	Beverley

### January 2015

3	MDOC/NWOA	John of Goats Charity Event, Lyme Park	Stockport
4	AIRE/YHOA	Shipley Glen	Bradford
17	EBOR/YHOA 	YHOA Night League, Walmgate Stray and The Retreat	York
18	DVO/EMOA	Crich Chase	Matlock
25	DEE/NWOA	Crewe Urban Race	Crewe
31	SYO/YHOA 	YHOA Night League, Ramsley Moor	Chesterfield

### February

1	SYO/YHOA	Ramsley Moor	Chesterfield
7	MV/SEOA	Southern Champs Weekend Short Event	Dorking
8	MV/SEOA	Southern Championships	Dorking
8	AIRE/YHOA	Haworth Moor & Penistone Hill	Keighley
15	WCH/WMOA	Midland Championships	Cannock
22	EPOC 	<b>Marsden Moor</b>	<b>Huddersfield</b>
28	AIRE/YHOA	British Night Championships	Leeds
1 Mar	SYO/YHOA	Deffer and Cawthorne	Barnsley

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



## East Pennine Orienteering Club

Provisional Details v2



Royds Hall Woods 2014  
YHOA Night League Final Event Saturday 20<sup>th</sup> December

Directions Signed from the A641 **between Brighouse and Bradford. (Sat Nav BD12 8AL)**

**Assembly and Parking - Appleton Academy Woodside Rd, Wyke, Bradford BD12 8AL**

**Car Parking £1**

Terrain: **A mature, generally runnable woodland following a river valley with sections of bell pits and the remnants of a 19<sup>th</sup> century trackway. Popular with local dog walkers. Not all tracks and paths on the ground will be mapped.**

Map: . 1:7500, 5m contours, updated 2014

**Registration** 4.30pm to 5.30pm

**Entries.** £6 adults (£8 non British Orienteering members).  
£2.50 juniors/students – short course free to enter

All maps are printed on waterproof paper and will not be bagged.

**Electronic punching:** Sportident equipment is being used.

**SI Download:** After punching the finish control you must download as soon as possible. Hired SI cards will be collected. Should you lose your SI card, or fail to return it, you will be charged the full price of a replacement. **e-punch** hire £1.00 (Juniors 50p)

**Shadowing Juniors:** Juniors may be shadowed. To remain competitive, any adult who shadows a junior must have completed their run beforehand.

### **Courses (subject to final controlling)**

Course Controls Length Climb

<b>Short</b>	<b>12</b>	1.7 km	50 m
Medium	15	3.3 km	100 m
Long	18	5.5 km	150 m

**Start Times.** 5pm to 6pm

Start and finish 800m from assembly

**All courses close** at 7.30pm

Cakes and hot drinks will on sale in aid of junior squad

**Organiser Saturday** Viv Barraclough [viv.barraclough@cantab.net](mailto:viv.barraclough@cantab.net)

**Planner** Alistair Tinto

**Controller** Richard Payne

**Results & Updates** EPOC web site [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)



## East Pennine Orienteering Club



Provisional Details v2

Royds Hall Woods 2014  
YHOA Level C Christmas Event Sunday 21<sup>st</sup> December

Directions Signed from the A641 between **Brighouse and Bradford. (Sat Nav BD12 8AL)**

**Assembly and Parking - Appleton Academy Woodside Rd, Wyke, Bradford BD12 8AL**

**Car Parking £1**

Terrain: **A mature, generally runnable woodland following a river valley with sections of bell pits and the remnants of a 19<sup>th</sup> century trackway. Popular with local dog walkers. Not all tracks and paths on the ground will be mapped.**

Map: . 1:7500, 5m contours, updated 2014

**Registration.** 10.00am to 12.00am

**Entries** £6 adults (£8 non British Orienteering members).

£2.50 juniors/students- N.B. White and Yellow Courses will be free to enter

All maps are printed on waterproof paper and will not be bagged.

**Electronic punching:** Sportident equipment is being used.

**SI Download:** After punching the finish control you must download as soon as possible. Hired SI cards will be collected. Should you lose your SI card, or fail to return it, you will be charged the full price of a replacement. **e-punch** hire £1.00 (Juniors 50p)

**Shadowing Juniors:** Juniors may be shadowed. To remain competitive, any adult who shadows a junior must have completed their run beforehand.

### **Courses (subject to final controlling)**

Course	Controls	Length	Climb
White	13	1.7 km	40 m
Yellow	12	2.5 km	70 m
Orange	12	3.1 km	65 m
Light green	15	3.6 km	100 m
Short green	12	3.9 km	95 m
Green	21	5.0 km	140 m
Blue	26	6.2 km	200 m
Brown	30	7.4 km	265 m

**Start Times.** 10.30am to 12.30pm **Start and finish 800m from assembly**

**All courses close** at 14.30pm

Cakes and hot drinks will on sale in aid of junior squad

**Organisers** Alistair Tinto & Neil Croasdell - [alistair.tinto@yahoo.co.uk](mailto:alistair.tinto@yahoo.co.uk)

**Planner** Alistair Tinto

**Controller** Richard Payne

**Results & Updates** EPOC web site [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)



## Manchester and District Orienteering Club

Saturday January 3<sup>rd</sup> 2015

### 'John o'Goats' Charity Event at Lyme Park

*Mass start, miss out some controls of your choice (how many you miss out depends on your age class)*

- Venue:** Lyme Park, Disley, near Stockport, SK12 2NR. GR SJ 964 823  
Entrance is on the A6, just west of Disley village
- Car Parking:** We shall have a licence to allow free entry to the Park which will save you £7 per car. We hope that you will make a donation to offset this cost.
- Charity:** Our charity this year is **Mind**, which promotes mental health education and provides support for those in need. (Further information on [www.mind.org.uk](http://www.mind.org.uk))  
*Unlike previous years we shall have to pay BOF Levy on this event, and we ask you to allow for this additional cost in your donation. All expenses (including the cost of maps) are donated by MDOC and Club members*
- Raffle:** Prizes for the raffle are donated by club members. The raffle will be drawn after the prize giving at about 1.15pm
- Registration:** 10.15 to 11.15 (nb. There's a Park Run at 9.00)
- Mass Start:** **11:30.** Start and Finish will be adjacent to the car park
- Courses:** Long (10 km), Medium (7 km), Short (4 km)  
*These are the approximate course lengths with 2 controls omitted. You leave out between 1 and 5 controls, depending on your age class, so the courses are shorter when omitting more controls. Long is for Black/Brown/Short Brown; Medium is for Blue/Short Blue/Green; Short is for Short Green/Very Short Green*  
There may be some compulsory controls; other controls may be visited in any order. SI punching will be used.  
There will also be a Novice Course of Yellow standard with mass start at 11:35.  
*This year, the Novice course has 1 control which may be missed out.*
- Prizes:** There will be prizes for each course, to be presented at about 1pm
- Facilities:** Toilets at the lakeside (3 minutes from car park)  
*No muddy shoes in the Toilet Block please.*  
The Old Workshop Tea Room should be open from 12 noon
- Fees:** No entry fee will be charged, but donations will be gratefully received
- Dogs:** Under close supervision only.
- Spikes:** A condition of our use of the Park is that no spikes shall be worn
- Officials:** Planner: Liz Britton, whose friend took her own life earlier this year.  
Organiser: John and Jen Britton  
Enquiries to [lyme2015@mdoc.org.uk](mailto:lyme2015@mdoc.org.uk) or phone 0161 426 0301  
**Details on** <http://www.mdoc.org.uk/events/lyme2015.htm>