



Epistle



No. 234
December 2015 - January 2016



Photo: Megan Harrison

**Laura and Emma Harrison receiving EPOC's 3rd place prizes
at the Compass Sport Trophy Final**



EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2015/2016

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EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

I can't believe another year has nearly passed already. There have been a lot of events in the autumn including the Compass Sport final which saw an amazing 41 EPOC members, including 9 juniors, head to Kendal to run for the club. This is the best turnout we have had in many years which was reflected in the results where we achieved 3rd place, just 10 points behind the winners, so a huge thank you to all who ran. The final in 2016 is being hosted by SYO at Tankersley so let's hope we are able to field our strongest team ever.

Don't forget to support the EPOC events at Newmillerdam on 19 and 20 December.

Have a lovely Christmas and New Year!

Emma Harrison

CHAIRMAN'S CHAT

Unfortunately no-one stood for club chair for this year, so there won't be any 'Chairman's Chat'.

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

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

me at

Eah1607@aol.com

Copy to Emma by 20 January 2016

Look forward to hearing from you!

Helping at an EPOC event?

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

What has your committee been doing?



East Pennine Orienteering Club

Summary of Committee Meeting

Wednesday 18 November 2015

Marsh Liberal Club



Present: Alistair Tinto, David Morgan, Emma Harrison, Pat Thorpe, Paulette Noot, Davey Averill and Viv Barraclough

Apologies: Paul Taylor, Linda Hayles and Rod Shaw

Minutes of last meeting (AGM): These were approved with no outstanding items

Treasurer's report: This had been previously circulated and was accepted. It has been suggested that the club purchases 10 new SI boxes, kites and stakes. This will make us self sufficient for the JK

JK Update: Alistair gave a short update on the JK.

Event Safety Workshop: Alistair gave an update; it is going to be mandatory eventually for event officials to have attended a workshop. An e-learning pack is still being considered.

Facebook page: Need someone to monitor it. Guy has offered to be involved. Davey happy to advise on Facebook use if necessary

Fixtures: Newmillardam approaching.

Sowerby Bridge (urban) map updated after last event 4 years ago.

Huddersfield weekend; Sat 2nd July Farnley Tyas incorporating the Yorkshire Schools' Championships, Sun 3rd Urban using Richard's new map

Compass Sport Cup Final is on October 16th 2016 at Tankersley; Alistair suggested holding a Saturday afternoon event at Deffer

Christmas event 2016 to be at Storthes Hall hopefully

For 2017 we have a level C event in January, Yorkshire sprints in May, Urban event in June, Level B at Rishworth 12th November, possibly using school for event centre, Saturday 23rd December level C event

Mapping: Mining Museum still in mind for the sprint competition May 2017, discussed possibility of Sculpture Park, probably a permanent course if anything

Coaching etc: Informal coaching has continued in the summer alongside Xplorer events, Viv doing final L2 assessment in Dec with YHOA squad. Next year's Xplorer questions to be refreshed again to retain participants. This year has attracted even more people. Several families now "regulars". Viv hoping to do series of activities to lead up to Yorkshire Schools' Orienteering Championships in July

Junior Parkrun: Club members invited to come along on Sun Dec 13th to hand out flyers in club kit and publicise the club and Newmillardam events. Can sign up on the roster on the Huddersfield Junior ParkRun page if you would like to marshal etc. Xplorer event available after the ParkRun (9:30-11)

Publicity: David to get leaflet printed, website, committee, photos need updating

Epistle: Out soon

Any Other Business: Maps at events; don't want to reuse maps at events if possible but difficult to calculate numbers needed

YHOA AGM Alistair ended his role as Chair

Natasha Conway is now the YHOA Junior Squad manager and treasurer dealing with co-ordination and admin. Nev is the lead coach and other coaches are on board

Date of next meeting: Wednesday Jan 20th 2016 at Marsh Liberal Club 19.30

Treasurer's Report for December Epistle

1. Update since AGM. The 2014/15 accounts have been returned by the accountant who has signed them.
2. The club has held one event in this financial year – Ogden Level B. This was attended by around 200 competitors. At the time of writing, the club has paid for map printing and BOF Levy plus Controller's Expenses and a donation to Calder Valley Search and Rescue Team. The Organiser also paid for the Toilet Hire and other incidental expenses out of On the Day entry fees. EOD and Pre-entry income has been received and the accounts are now complete. The event produced a satisfactory surplus.
3. Membership renewal is now commencing for 2016. As of today 15 membership units have renewed.
4. Planning is underway for Newmillardam at Christmas. As always this will be a relatively low cost event which should be profitable.
5. The committee have agreed that the club should purchase 10 new SI control boxes, plus stakes etc. This will help to make the club self-sufficient for the JK and future events.
6. At the end of November, the club bank account showed a small reduction from the August year end.

David Morgan 25/11/15

COMPASS SPORT TROPHY

As most club members will be aware, EPOC came 3rd in a very close Compass Sport Trophy final in October, just 10 points behind the winning team. This was an excellent result and one to build on in 2016 when both the qualifying round (CLARO) and final (SYO) will be on our doorstep. I still have some maps from the final and prizes for the 13 scorers to give out so if you are missing a map or were one of our top 13 scorers, look out for me at events so I can pass these on. Look out for further information about the 2016 events by email and in the next Epistle.

EPOC ORIENTEERING TOPS

There are just a couple of EPOC tops available to buy. Sizes available are XS (36" chest) and M (40"). If there is sufficient interest I can look into ordering some more tops so please let me know if you would like a top in a different size to the ones in stock. Remember they are an athletic fit!
Eah1607@aol.com

JK 2016

Jan Kjellström
International Festival of Orienteering 2016
Friday 25th March - Monday 28th March 2016
- in the spectacular scenery of Yorkshire

JK2016
YORKSHIRE

50 YEARS OF THE JK
50 YEARS OF THE JK

British Orienteering
UK LEAGUE

Supported by
Welcome to Yorkshire
yorkshire.com

Day 1: Sprint Race
Leeds University

Day 2: Long Distance Race
Elite Middle Distance Race
Wass Forest

Day 3: Long Distance Race
Kilnsey

Day 4: Relay Race
Storthes Hall

Yorkshire Dales
North York Moors

DAY 3 - KILNSEY
DAY 2 - WASS
DAY 1 - LEEDS
DAY 4 - STORTHESS HALL

YORKSHIRE ORIENTEERING ASSOCIATION

EPOC Rankings 2015

These are the current ranking positions (as of 29th November) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos.	Name	M/F	Points	Contributing scores
1 (53)	James Logue	M	7980	1329, 1326, 1322, 1324, 1338, 1341
2 (115 +1)	Andy Thorpe	M	7779	1278, 1290, 1298, 1310, 1318, 1285
3 (123)	Alasdair Pedley	M	7766	1288, 1291, 1302, 1300, 1297, 1288
4 (162 +1)	Simon Bourne	M	7693	1271, 1288, 1283, 1274, 1289, 1288
5 (177 -1)	Simon Martland	M	7674	1277, 1286, 1293, 1285, 1267, 1266
6 (282 -1)	Jonathan Emberton	M	7517	1250, 1248, 1252, 1249, 1261, 1257
7 (319 -2)	Mike Pedley	M	7456	1256, 1237, 1233, 1248, 1244, 1238
8 (329 -2)	Paul Taylor	M	7436	1230, 1262, 1226, 1234, 1253, 1231
9 (354 -1)	Phil Scarf	M	7407	1216, 1268, 1223, 1209, 1259, 1232
10 (747 -37)	Richard Payne	M	7049	1172, 1184, 1165, 1176, 1184, 1168
11 (789)	David Averill	M	7009	1187, 1158, 1164, 1162, 1175, 1163
12 (834 +1)	Emma Harrison	F	6983	1164, 1167, 1160, 1162, 1168, 1162
13 (908 +1)	Amanda Crawshaw	F	6933	1118, 1255, 1167, 1137, 1129, 1127
14 (947 -2)	Graham Lloyd	M	6907	1140, 1157, 1152, 1143, 1162, 1153
15 (975 +3)	Alistair Tinto	M	6882	1134, 1146, 1134, 1143, 1177, 1148
16 (1203 -1)	Richard Spendlove	M	6720	1164, 1137, 1101, 1101, 1115, 1102
17 (1205)	Megan Harrison	F	6719	1104, 1144, 1104, 1094, 1165, 1108
18 (1230 -1)	Julie Couch	F	6700	1125, 1113, 1102, 1108, 1111, 1141
19 (1311 +5)	Jackie Scarf	F	6637	1101, 1112, 1113, 1117, 1075, 1119
20 (1389 +1)	Ian Couch	M	6580	1103, 1118, 1103, 1091, 1081, 1084
21 (1577 -5)	Esther Logue	F	6459	1052, 1053, 1096, 1090, 1117, 1051
22 (1664 +1)	David Harrison	M	6401	1063, 1077, 1098, 1045, 1050, 1068
23 (1886 -6)	Paul Jackson	M	6216	1042, 1083, 1030, 1004, 1007, 1050
24 (2047 -3)	Helen Pedley	F	6089	1024, 1008, 1010, 1013, 1014, 1020
25 (2181 -3)	Jean Lochhead	F	5987	1001, 993, 995, 994, 993, 1011
26 (2233 -2)	Neil Croasdell	M	5945	982, 976, 986, 1018, 1007, 976

Pos.	Name	M/F	Points	Contributing scores
27 (2363 -2)	Guy Goodair	M	5813	961, 1004, 956, 963, 967, 962
28 (2468 -4)	Helen Martland	F	5710	925, 976, 985, 946, 937, 941
29 (2531 -7)	Gill Ross	F	5642	936, 936, 938, 949, 940, 943
30 (2580 -9)	Rod Shaw	M	5596	919, 952, 982, 916, 914, 913
31 (2654 -13)	Joanna Emberton	F	5515	914, 910, 936, 888, 922, 945
32 (2694 -14)	Linda Hayles	F	5467	847, 863, 970, 915, 985, 887
33 (2778 -5)	Bob Steeper	M	5331	939, 909, 984, 892, 791, 816
34 (2821 -7)	Judith Goodair	F	5275	851, 847, 916, 938, 876, 847
35 (2867 -3)	Fred Ross	M	5190	850, 841, 878, 863, 890, 868
36 (2879 -4)	Philip Thompson	M	5182	859, 852, 854, 878, 876, 863
37 (2958 -8)	James Williams	M	5066	1296, 1228, 1307, 1235
38 (2975 -8)	Mike Thorpe	M	5035	766, 846, 768, 987, 783, 885
39 (3149 -18)	Jane Payne	F	4732	798, 796, 787, 787, 780, 784
40 (3158 -4)	Jackie Page	F	4717	780, 779, 790, 810, 753, 805
41 (3185)	Keith Sykes	M	4665	899, 940, 919, 981, 926
42 (3256)	Rebecca Lloyd	F	4526	807, 747, 762, 763, 765, 682
43 (3264)	Pat Aspinall	F	4510	737, 733, 806, 772, 726, 736
44 (3300 +2)	Corinne Roberts	F	4430	742, 734, 648, 841, 723, 742
45 (3446 +13)	Margaret Shaw	F	4081	657, 718, 702, 692, 638, 674
46 (3448 -5)	Juliet Morgan	F	4078	880, 783, 821, 790, 804
47 (3626 -6)	David Morgan	M	3629	739, 664, 754, 732, 740
48 (3640 -5)	Brian Mellor	M	3570	1057, 827, 654, 1032
49 (3707 +1)	William Barraclough	M	3383	1195, 1100, 1088
50 (3868 -2)	John Elliott	M	2893	906, 1046, 941
51 (4095 -5)	Viv Barraclough	F	2263	1118, 1145
52 (4116 -5)	Bryan Parkinson	M	2233	1084, 1149
53 (4190 -3)	Michael Wood	M	2118	830, 466, 822
54 (4363 -4)	Paulette Noot	F	1823	528, 619, 438, 238
55 (4381 +660)	Robert Page	M	1800	874, 926
56 (4463 -6)	Tom Crawshaw	M	1620	830, 790

Pos.	Name	M/F	Points	Contributing scores
57 (4573 -3)	Adam Breaks	M	1259	1259
58 (4742 -8)	Steven Wood	M	1083	1083
59 (4809 -11)	Roland Sansom	M	1038	1038
60 (4861 -11)	John Rawden	M	1013	1013
61 (4892 -12)	Gillian Markham	F	995	995
62 (5161 -8)	Alan Hardwicke	M	779	779
63 (5213 -8)	Raymond Stone	M	731	731
64 (5283 -10)	Siarlot Lloyd	F	626	626
65 (5354 -9)	Donna Wood	F	505	505
66 (5436 -8)	Pat Thorpe	F	112	23, 23, 66

Xplorer

Viv Barraclough
Lead Coach, EPOC Club Nights

The next Xplorer will be at Greenhead Park (after Parkrun) on 13th December 9:30-11am. Near the cafe/railway. See www.xplorer.org.uk

Viv Barraclough
07906 500 541

Catering by Viv Barraclough

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EVENT REPORTS AND RESULTS

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

MWOC VHI & Welsh Long Distance Champs, Llynnoedd Teifi - 3 Oct 15

International

M50

6 Phil Scarf 62.39

Open

M50

1 Jon Emberton 66.23

VHI Relays - 4 Oct 15

M50

8 Phil Scarf (leg 2) 25.18

CLOK October Odyssey, Eston Moor & Silton Forest - 3 & 4 Oct 15

Eston Moor

Blue course

6 Emma Harrison 55:36

21 David Harrison 80:39

27 Rod Shaw 99:59

Green course

3 Megan Harrison 50:57

Light Green course

7 Laura Harrison 75:13

Silton Forest

Blue course

9 Emma Harrison 78:44

22 David Harrison 98:54

30 Ian Couch 107:02

David Averill rtd

Green course

3 Megan Harrison 55:42

4 Julie Couch 56:57

28 Paul Jackson 84:51

29 Rod Shaw 88:19

Light Green course

4 Laura Harrison 49:48

A Weekend in Poland

David & Juliet Morgan

Yet another good idea from Guy and Judith saw us booking flights from Leeds to Krakow in October for a two day event. Ryanair schedules meant we had to fly out on Thursday and back on Tuesday giving us 2 spare days. The hotel however was very helpful and said it would book us an airport taxi each way and trips to the salt mines and Auschwitz.

Our PM flight soon saw us in a posh Mercedes Taxi heading into Krakow rush hour – not a place for a hire car!!!. Lovely, friendly hotel just outside the city centre and soon into our first restaurant. Friday was warm and sunny and Juliet and I set off on a pre-booked tour to the Salt Mines. 100's of steps down and long rather boring galleries but some spectacular carvings. We finished in a beautiful banqueting hall with rock salt chandeliers and religious carvings.



Saturday was the first competition day. We were starting at about 7pm. In the morning we explored the town, actually Guy and Judith had been there the day before but they were very patient as we went to the main square, the Castle and the Jewish Market.



Time for lunch and then back to the hotel to get ready for the evening event. It was to be run in one of the classic "soviet" new towns and we needed to take a tram. Problem 1 was buying tram tickets, luckily there was a young Polish lady there and she pressed the right buttons on the ticket machine and even gave us the 10p coin to make up the right money. We had contemplated walking but the tram took 30 mins and we were 10km away from our hotel. We were dreadfully early and found shelter to wait for our starts. The area was classical Soviet era apartments. Long 4/5 story blocks with narrow roads and occasional gardens with play equipment.

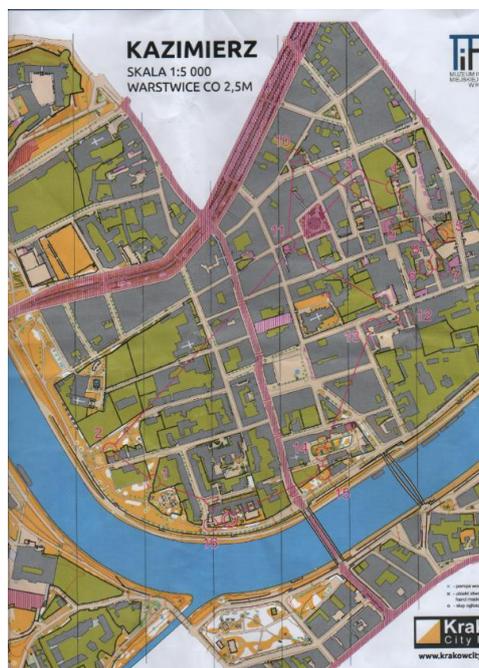


There was some street lighting but we needed head torches and struggled as we had maps in plastic bags that reflected out torch beams! The initial instructions were to avoid the roads and use the pavements but with all the parked cars this was difficult.



In theory, navigation was simple but our small head torches were not up to the job and the surfaces were very uneven. Cold water and tasty apples at the finish and then another tram back to the hotel – too late for supper – even the bar was closed!

Sunday dawned. Guy had been searching the web and warned of imminent snow. We were running in the old Jewish Getto – Kazimierz. 30 mins walk from the hotel to a Jewish primary school with start and finish right beside. First problem was the queue to the loo (singular) until we found a few more downstairs. The courses set off with a really boring long leg and then became intricate, my 3-10 came thick and fast and the weather if cold was dry.



Talk about cold, I don't think I saw one competitor in shorts all weekend and I wore a Helly Hansen, thin fleece and EPOC top for each event.

Monday dawned snowy - 2C. Juliet and I set off on an 8hr. trip to Auschwitz (tell you all about it but not for this article) and froze. Another good meal in our favourite restaurant and back to keep the hotel staff up to closing time in the bar (9pm).

Tuesday – posh Mercedes taxi to the airport, chatty driver with really good English and (less than posh) Ryanair flight home.

As always, Guy will provide the gory details of our performances. We did not collect any trophies!

Krakow City Weekend - 10 & 11 Oct 15

Night Event 10 Oct

MUV

7 Guy Goodair 43.53

8 David Morgan 56.56

WUV

5 Judith Goodair 38.34

6 Juliet Morgan 43.32

City Race 11 Oct

WUV

6 Judith Goodair 34.12

7 Juliet Morgan 35.24

MUV

9 Guy Goodair 36.29

11 David Morgan 55.33

DEE Sprint Weekend, Forest Sprint - 10 Oct 15

Course 1 (length: 2.8km, climb: 65m)

10 Alasdair Pedley 19.37

Course 2 (length: 2.4km, climb: 45m)

3 Simon Martland 17.39

Course 3 (length: 2.2km, climb: 40m)

12 Amanda Crawshaw 20.14

18 Mike Pedley 21.08

45 Helen Martland 29.58

Course 7 (length: 1.4km, climb: 20m)

4 Sam Crawshaw 8.25

9 Alex Crawshaw 10.57

13 William Martland 13.09

DEE Urban Sprint (UKOL), Chester City Centre and The Dale Barracks - 11 Oct 15

Course 1 (length: 3.1km, 19 controls)

7 Alasdair Pedley 37.54

Course 2 (length: 2.6km, 18 controls)

4 Simon Martland 32.40

Course 3 (length: 2.3km, 15 controls)

4 Mike Pedley 27.52

51 Helen Martland 41.28

Amanda Crawshaw dsq 33.08

Course 4 (length: 1.9km, 13 controls)

36 Jane Payne 48.31

Richard Payne mp 29.55

Course 7 (length: 1.3km, 14 controls)

1 Sam Crawshaw 12.52

5 Alex Crawshaw 17.26

8 William Martland 19.21

EBOR Regional Event, Skipwith Common - 11 Oct 15

Brown (length: 8.46km)

2 Andy Thorpe 54.35

7 David Harrison 96.45

Blue (length: 6.42km)

2 Emma Harrison 63.44

6 Ian Couch 69.14

19 Megan Harrison 97.27

Green (length: 4.38km)

11 Julie Couch 46.36

13 Paul Jackson 47.42

37 Rod Shaw 79.18

Short Green (length: 3.28km)

22 Margaret Shaw 93.54

Orange (length: 3.03km)

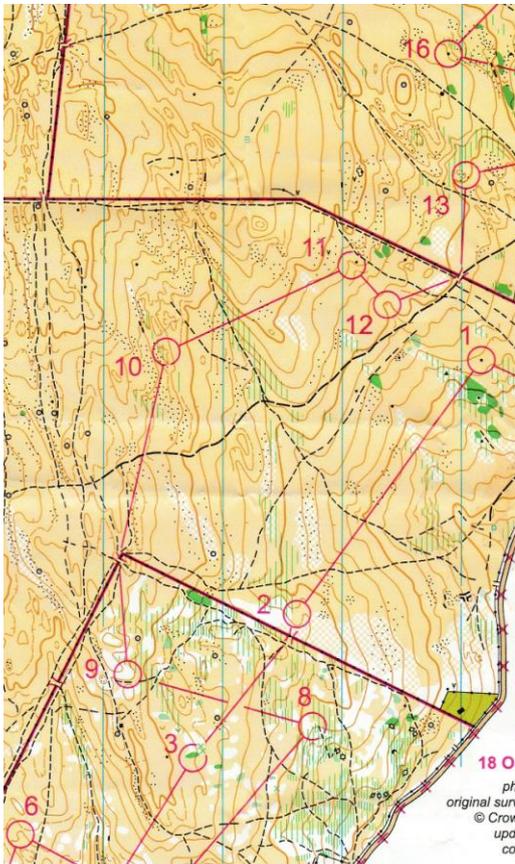
Chris Turner mp 44.35

PFO Tockholes - 17 Oct 15

Green 4.1km 155m
26 Rod Shaw 85.35

Short Green 3.1km 100m
22 Phil Thompson 89.57
26 Maggie Shaw 111.18

COMPASS SPORT FINAL 2015



Women's Open

SROC CompassSport Cup/Trophy Final, Helsington Barrows - 18 Oct 15
(Trophy Results)

Brown 10.4km 370m
11 James Williams 71.13
Short Brown 8.5km 340m
1 James Logue 45.17
2 Andy Thorpe 56.56
34 David Harrison 103.31
Blue Men 6.8km 240m
4 Simon Martland 44.29
10 Paul Taylor 53.34
14 Mike Pedley 55.57
16 David Averill 59.14
26 Graham Lloyd 70.15
Jonathan Emberton rtd
Blue Women 6.7km 230m
17 Emma Harrison 63.58
20 Esther Logue 66.29
Green Men 4.7km 145m
5 Richard Payne 35.14
15 Dick Spendlove 39.06
21 Ian Couch 44.04

Vets Short Green 4km 140m
4 Paul Jackson 40.46
26 Rod Shaw 57.12
30 Phil Thompson 61.30
31 Guy Goodair 62.41
32 Jean Lochhead 64.11
34 Jane Payne 67.06
38 Maggie Shaw 72.27
42 Judith Goodair 74.14
44 Jackie Page 84.14
Junior Men 4.7km 140m
4 Alasdair Pedley 29.56
Junior Women 4km 140m
7 Megan Harrison 39.08
Orange Men 3km 95m
2 Adam Thorpe 17.22
9 Sam Crawshaw 26.00
18 William Martland 39.48

Green Women 4.7km 140m

7 Amanda Crawshaw 39.51
 12 Julie Couch 43.51
 19 Jackie Scarf 45.41
 25 Helen Pedley 49.04
 28 Jo Emberton 53.33
 36 Rebecca Lloyd 64.56
 38 Helen Martland 69.04

Orange Women 3km 95m

3 Sarah Pedley 21.57
 6 Laura Harrison 24.54
 10=Alex Crawshaw 28.45
 19 Anna Thorpe 43.15

Yellow 2.6km 75m

11 Maebh Logue 20.47

BAOC MLN, Eaglescliffe - 21 Oct 15

18 Guy Goodair 42.50
 24 Sue Levinson 47.54
 34 Judith Goodair 55.30

Junior Home International, Magilligan Dunes - 24 Oct 15**M16 Length 5.6km, 18 controls**

2 Alasdair Pedley 33.30

W14 Length 2.9km, 12 controls

8 Sarah Pedley 25.16

CUOC Cambridge Urban Race & UK League - 24 Oct 15**Mens Ultravet**

19 Neil Croasdell 43.32

YUOC York University Sprint Event - 24 Oct 15**Superstars**

25 Guy Goodair 34.18
 41 Judith Goodair 51.08

Stars

21 Guy Goodair 36.30

British Mountain Marathons – A Scarf Summary

Jackie Scarf

There are several classic 2 day Mountain Marathons (MM's) in the UK: Highlander, LAMM, Saunders, RAB, OMM are the main ones.

If you want to do the Highlander in Scotland, next year is your last chance as the organisers have decided it is not sustainable. I've done the Lowe Alpine MM a few times in June, but as it's also in Scotland it's a long drive. Many runners favour the Saunders MM, which is held in the Lakes in July, however the RAB [Sept] and OMM [Oct] are the ones that Phil and I target for our sins.

MMs are all about navigation and endurance. It helps to carry the lightest kit possible: for that reason we are prepared to eat rubbish dehydrated food and sleep in a coffin sized tent on bubble wrap! When choosing whether to do a set route course [Elite ABCD] or a Score class [where you have set hours to get as many controls as possible], we always go for the latter as it suits our navigational skills best. Although we often compete together, as a mixed pair, we do like to vary things, so I've run with my eldest son, my sister and friends, both male and female. A change is as good as a rest, so they say! One friend I've run with is an expert bird watcher and I love listening to his bird commentary.

Race preparation is important. Firstly you need a decent level of fitness. Realistically you will be doing a mixture of running and walking in rugged terrain, with a light pack on your back most of the day, so a bit of training comes in handy. Secondly you need to have been practising those navigation skills. We've done a lot of orienteering and have been members of EPOC for over 25 years, so that's a big plus. Finally, you need to be ruthless with your kit. Take all the required stuff, don't carry more than you need. Phil gets out the lightweight travel scales before a race, which seems a bit keen to me, but he insists on it. Phil's pack weighed 11lbs and mine 9lbs. We

use the lightweight 20/25L OMM sacks, 600g down sleeping bags, merino wool tops, wool socks, tiny head torches and a homemade meths stove made out of a coke can. We carry an empty water bottle and use fast running streams. A litre of water weighs 1 kg and that's a lot! For food its pot noodles [use for cup too], more noodles, couscous [pour hot water in the sachet], cup a soup, lots of tea and packet custard or semolina. During the day it's just bars, nuts, dried fruit and gels, although we eat a homemade sandwich on the way to the start.

Once you got the preparation right, it's all about making the right route choices on the day. Choosing the best route requires experience and planning. In the score class, some runners use a piece of string with knots representing every km and they know how far they can expect to run say 6 hours. Others judge it by eye and expect to run, say 4-5k an hour. When doing the score we always try to leave options at the end and aren't afraid of coming in late if getting an extra control means we keep some of the points.

Over the last few years we've had some notable successes in the score classes. Last year we won the RAB short score outright. This year we won £100 Rab vouchers each for coming in 1st mixed pair. Similarly we won £100 OMM vouchers each for being 1st mixed on the OMM Long Score. *Sounds good but actually once you've paid entry fees [£50 each], luxuriated in a B+B the night before and paid for petrol, it just about equals your costs!* MMs are not just about the winning anyway; they're about the laughs and stories at the overnight camp, the bag piper at 6am, the incredible scenery and the feeling of elation and exhaustion when you finish. If you haven't tried one already you must have a go!

Original Mountain Marathon, Tweedsmuir - 24 & 25 Oct 15

Long Score

12 Phil & Jackie Scarf 510 pts (1st Mixed team)

EPOC Regional & YHOA Superleague, Ogden Water - 25 Oct 15

Brown 7.9km 250m

Rtd Adam Breaks

Blue 6km 200m

22 Emma Harrison 77.44

23 Dick Spendlove 78.24

32 John Rawdwn 86.18

38 David Harrison 102.07

40 Ray Stone 126.04

m 6-14 Brian Mellor 43.20

Short Blue 5km 230m

13 Megan Harrison 106.45

21 Linda Hayles 120.49

Green 3.9km 160m

19 Paul Jackson 75.33

24 Neil Croasdell 82.34

25 Laura Harrison 88.19

30 Tom Crawshaw 99.08

Short Green 3km 120m

10 Judith Goodair 88.59

11 Guy Goodair 92.50

Light Green 2.9km 90m

3 Adam Thorpe 29.29

10 Jean Lochhead 60.19

13 Corinne Roberts 78.30

Orange 2.1km 65m

7 Gillian Crawshaw 48.37

White 1.4km 15m

2 Imogen Noot Williams 10.50

EBOR Autumn Event, Yorkshire Arboretum - 31 Oct 15

Beginners

5 Seth Barraclough 12.49

8 Joe Barraclough 16.57

Improvers

26 Seth Barraclough 38.51

27 Joe Barraclough 39.09

Superstars

1 Will Barraclough 18.12

12 Viv Barraclough 22.19

40 Jean Lochhead 33.32

42 Guy Goodair 33.51

52 Judtih Goodair 44.35

53 Jackie Page 48.52

Stars

2 Will Barraclough 15.32
 4 Viv Barraclough 16.27

Barcelona City Weekend - 31 Oct & 1 Nov 15

Supervets	Day 1	Day 2
Women		
Jackie Scarf	33.43 (5)	44.24 (3)
Men		
Phil Scarf	41.05 (14)	43.55 (10)

SYO Regional Event, Ramsley Moor - 1 Nov 15

Orange (length 2.6km, climb 95m)	Blue (length 5.7km, climb 140m)
1 Sam Crawshaw 27:52	13 Amanda Crawshaw 71:03
3 Alex Crawshaw 46:50	
mp Susan Brant 76:03 Miss no 7	

Red Bull Robin Hood Event, Sherwood Forest - 1 Nov 15**Solo Men 48 control 75min limit**

19 Mike Pedley 330 pts
 22 Alasdair Pedley 310 pts

Peak Raid Mini Mountain Marathon, Old Glossop - 1 Nov 15

60 Linda Hayles 205 pts
 72 Neil Croasdell 165 pts
 75 Phil Thompson (& Keith Montgomery) 145 pts

SOC November Classic, Burley West New Forest - 1 Nov 15

W16	M14
8 Laura Harrison 62.48	6 Adam Thorpe 36.19
W18	Blue
3 Megan Harrison 62.59	12 David Harrison 79.30
W40	
2 Emma Harrison 62.28	

LOC Middle Distance, Simpson Ground - 7 Nov 15

Brown 4.16km	Short Green 2.07km
22 Andy Thorpe 42.05	10 Julie Couch 37.03
28= Paul Taylor 44.28	47= Corinne Roberts 55.49
62 Graham Lloyd 54.03	51 Jane Payne 62.43
Blue 3.6km	Light Green 2.27km
1 Alasdair Pedley 33.38	1 Adam Thorpe 23.27
43 Amanda Crawshaw 56.20	Orange 1.83km
Green 2.95km	6 Sam Crawshaw 27.30
7 Richard Payne 39.00	12 Anna Thorpe 33.08
55 Ian Couch 51.57	Yellow 1.54km
101 Rebecca Lloyd 85.18	8 Alex Crawshaw 19.43
rtd Mike Thorpe 62.07 m6-17	

LOC Long Distance, Bethcar Moor - 8 Nov 15

Orange 2.3km 75m	Short Blue 2 4.5km 185m
1 Sam Crawshaw 21.19	19 Richard Payne 56.08
Light Green 3.1km 125m	Blue 2 5.3km 260m
1 Adam Thorpe 25.37	9 Mike Pedley 56.08

Short Green 3km 125m

32 Rebecca Lloyd	80.19
36 Jane Payne	87.02
42 Corinne Roberts	99.53
Green Women 3.6km 155m	
4 Julie Couch	42.10

Short Brown 1 6.2km 285m

12 Andy Thorpe	56.29
15 Paul Taylor	59.09
26 Graham Lloyd	66.16
Short Brown 1 6.2km 285m	
3 Alasdair Pedley	46.28

NOC East Midland League, Thoresby North - 8 Nov 15**Short Green** (length 3.0km, climb 15m)

6 Laura Harrison	39:45
15 Jean Lochhead	45:53
25 Guy Goodair	51:08
29 Judith Goodair	54:26
34 Jackie Page	60:22

Green (length 4.5km, climb 30m)

8 Megan Harrison	46:15
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Blue (length 6.3km, climb 40m)

4 Emma Harrison	60:27
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Brown (length 8.7km, climb 55m)

25 David Harrison	89:21
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DVO Matlock Urban Event - 15 Nov 15**MUV**

19 Neil Croasdell	50.07
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AIRE Regional Event, Middleton Park - 15 Nov 15**Brown** (length: 8.1km, climb: 220m)

Jon Emberton mp	
Blue (length: 5.9km, climb: 165m)	
3 Simon Martland	52.14
6 Emma Harrison	57.16
28 Bob Steeper	1.45.54

Green (length: 4.7km, climb: 105m)

26 Paul Jackson	1,25,38
Brian Mellor	rtd

Short Green (length: 3.1km, climb: 90m)

6 Helen Martland	45.28
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11 Gill Ross	56.47
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14 Fred Ross	58.39
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Jo Emberton mp	
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Orange (length: 2.9km, climb: 60m)

1 William Martland	45.12
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Seville Orienteering Weekend - 14/15 November 2015

Guy Goodair

The last race in the City Tour Series was held in Seville so Judith & I went for some welcome sunshine. The Middle distance race was held in La Puebla Del Rio Fores4.

The organisers organised buses to the Assembly area but it meant an early start for us as they left the Event Centre at 8am and the EC was quite a way out of the centre of town. Our hotel hadn't started serving breakfast when we left, but the park had an information centre and they offered to make us coffee and a toasted sandwich which was very welcome. It was a strange pre-start – Your race and dibber number came up on a large screen then you went into a box whilst your details were checked, then you were told to follow the tapes for 20 minutes to the proper 4min start line. Luckily Jack Kosky had an early run and told us that we needed to run or at least jog briskly otherwise we'd never get there in 20 minutes. He was right I made it with a minute to spare. Judith had to go through but made the final startline in time – and as it was a timed start I reckon many missed their start times. OK for first 2 controls then struggled with No 3 – but OK with the rest however after punching No 14 I ran straight past No 15 (never saw it) and into the finish so was disqualified.

Judith finished 3rd in the Women's Ultravet W65.

We got the bus back then took a shower and lounged around until it was time for the night sprint, This was held in the Maria Luisa Park, Seville's most famous park, developed for the 1929 exhibition and dominated by the splendid semicircular Plaza de Espana (this has featured in

several films including as Cairo in 'Lawrence of Arabia' and as Naboo in 'Star Wars: The attack of the Clones'). There were headlamps dashing everywhere in the darkness but I'm afraid my ability to run and read the detail on the map at the same time is now non-existent and I finished last on M50 whilst Judith was 27th on W50.

Then it was back for another shower and out for a late meal by our standards but not by Spanish ones.

The Sunday race was held round Seville's Historical Centre including the narrow streets and alleys of the old Jewish area, Santa Cruz – meet a car coming down one of these streets meant flattening your back against the nearest wall until the car had passed. Tony Udris was an early starter and told us the crowds in the streets around the cathedral and in Santa Cruz were getting thicker as the race went on. Certainly I thought the later starters got the worst of it. I set off through an arch and came across the runner in my class who'd started a minute earlier already stood looking completely bemused. First three were straightforward then it was a longish leg across to 4. 5 OK then a slight glitch to 6 down the wrong street but spotted my error at the next junction so had to go left and quick right then after that it was a matter of not losing contact with the map which I managed OK. The crowds around the cathedral were thick but by climbing up the steps surrounding the adjacent Archivo De Las Indias building it was possible to bypass the crowds. At the finish there were unlimited supplies of water, beer, bananas, apples, oranges and Sharon fruit. It was very pleasant just sat in the sun watching others finish. We went back to the hotel, and a shower and a beer then wandered down to see the prizegiving – Louise Dunn of EBOR and Liz Godfree of DVO being amongst them. However just after we'd got there we heard Judith's name called out. 'What's this for?' she asked. 'No idea, just get up there' I replied. Then my name was called.

Apparently there was an overall league throughout the series, best 4 races to count and we'd come 2nd & 3rd. We only got certificates on the day and apparently we'll be notified of our prizes by email. In the Seville race we both finished 5th in our classes.

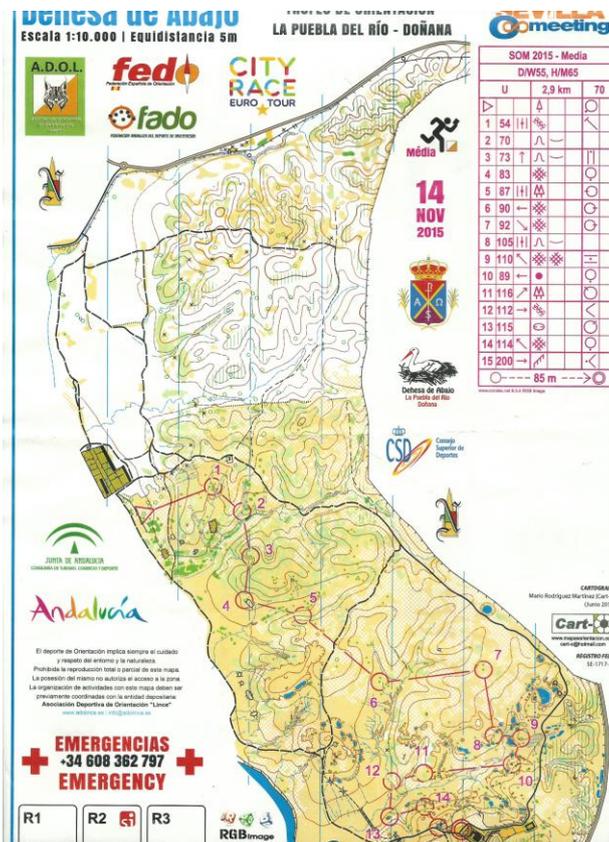
Next year it seems the number of races is being increased to 8 (4 to count) and the provisional list is:- Antwerp, Malaga, London, Porto, Warsaw, Barcelona, Lille and Florence. I can thoroughly recommend them for a good weekend's orienteering trip.



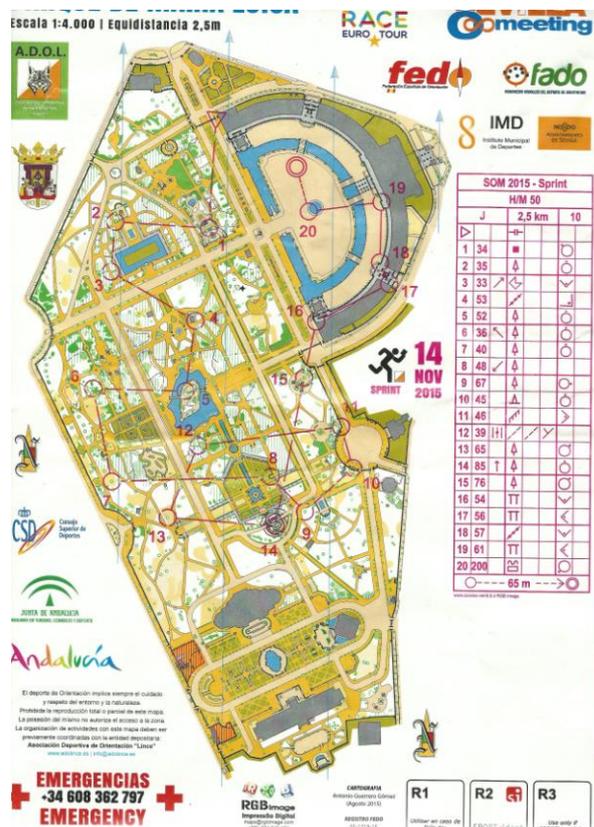
City Race Tour



Last Control Seville Night Race



Seville Middle



Seville Night



Seville City Race

SEVILLE O Meeting - 14 & 15 Nov 15

W 65 Ultravet
Judith Goodair

M65 Ultravet
Guy Goodair

Middle Race
3rd 43.45

dsq

Night Sprint(M/W50)
27th 36.49

68th 56.44

City Race
5th 54.24

5th 42.37

LEI Level B Event, Bradgate and Swithland - 21 Nov 15

Short Brown (length:7.9km,climb: 200m)	Short Green (length: 4km, climb: 95m)
3 Andy Thorpe 49.30	18 Jane Payne 54.37
Blue (length: 6.3km, climb: 180m)	Light Green (length: 3.5km, climb: 95m)
13 Emma Harrison 51.59	1 Adam Thorpe 24.10
Short Blue (length: 5.4km, climb: 120m)	
Richard Payne mp	

LOK Southern Night Champs, Holmbury - 21 Nov 15

M45	M14
8 Andy Thorpe 1.10.01	1 Adam Thorpe 35.18

SLOW OK Nuts Trophy, Winterfold - 22 Nov 15

Short Brown (length: 8.1km)	Light Green (length: 3.2km)
14 Andy Thorpe 67.17	1 Adam Thorpe 23.11

CLARO Yorks Superleague, Brimham Rocks - 22 Nov 15

Black 8.7km 270m	Short Green 2.7km 95m
2 Alasdair Pedley 73.03	14 Rod Shaw 61.43
Short Brown 6.1km 215m	15 Mike Thorpe 62.51
2 Simon Martland 56.56	18 Maggie Shaw 66.35
28 Graham Lloyd 98.20	23 Judith Goodair 76.47
Paul Taylor rtd	Guy Goodair rtd
Blue 4.8km 150m	Jackie Page rtd
4 Mike Pedley 53.12	Helen Martland rtd
44 Bob Steeper 112.50	Orange 2.7km 40m
Green 3.2km 95m	3 Sam Crawshaw 27.50
11 Julie Couch 51.58	15 William Martland 53.38
26 Bob Page 66.40	20 Pat Thorpe 84.26
	Yellow 1.7km 30m
	1 Alex Crawshaw 15.35

PEAK RAID Mini Mountain Marathon, Grindleford - 22 Nov 15

59 Neil Croasdell 290pts
68 Linda Hayles 250pts
114 Phil Thompson (& Keith Montgomery) -95pts

CLARO Night Event, Killinghall Moor - 28 Nov 15

Medium - 4.1km, 80m	Long - 4.7km, 95m
1 Emma Harrison 44.31	15 Viv Barraclough 56.00

DVO East Midlands Championships, Birchen Edge - 29 Nov 15

W12 Length 2.7km, 50m climb	M12 Length 2.7km, 50m climb
3 Alex Crawshaw 33:48	1 Sam Crawshaw 20:44
W40 Length 6.6km, 125m climb	
3 Amanda Crawshaw 83:12	

YHOA URBAN LEAGUE – 2016

For details of the 2016 YHOA Urban League go to www.aire.org.uk

YHOA SUPER LEAGUE - 2015

For further information and results so far, go to www.aire.org.uk.

For 2015 the final event is:

6 Dec 15

SYO Level C Event, Wharnccliffe

YHOA NIGHT LEAGUE – 2015/16

There have already been 2 events in the 2015/16 YHOA Night League, however with another 4 events to go and the best 3 results to score it's not too late to have a go! For further information about the League go to www.aire.org.uk

TRAINING RUNS

HALIFAX MONDAY FOOTPATH RUNS - 6.30pm

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

Further details and updates from Graham Lloyd

Phone: 01422 882899 or Email: thelloydfamily@tiscali.co.uk (note 3 l's)

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

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

FIXTURES – December 2015 to February 2016

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

www.britishorienteering.org.uk

Date	Club/Region	Type/Area	Location
December			
6	SYO/YHOA	Regional Event, Wharncliffe	Sheffield
12	HALO/YHOA 	YHOA Night League, Swinemoor	Beverley
13	HALO/YHOA	Regional Event, Beverley Westwood	Beverley
19	EPOC  	YHOA Night League, Newmillerdam	Wakefield
20	EPOC 	Regional Event, Newmillerdam	Wakefield
Mon 28	EBOR/YHOA	Regional Event, Bishop Wood	Selby

January 2016

1	DVO/EMOA	Ashbourne Urban Event	Ashbourne
3	NOC/EMOA	Regional Event, Boundary Wood & Haywood Oaks	Mansfield
3	CLOK/NEOA	CLOK Team Score, Flatts Lane	Middlesbrough
9	AIRE/YHOA 	YHOA Night League, Meanwood	Leeds
10	SYO/YHOA	Middle Distance Event, Canklow	Rotherham
16	EBOR/YHOA 	YHOA Night League, Bishop Wood South	Selby
17	DVO/EMOA	Eyam Moor	Eyam
24	AIRE/YHOA	Regional Event, Flasby Fell	Skipton
31	SYO/ YHOA	Sport Relief Regional Event, Brodsworth	Sheffield

February

7	EPOC 	Urban Event	Sowerby Bridge
14	CLOK/NEOA	Mulgrave & Skelder	Whitby
14	NOC/EMOA	Regional Event, Thieves Wood	Mansfield
21	EBOR/YHOA	Regional Event, Cawthorne & Keldy	Pickering
27	LEI/EMOA	British Night Championships, Cademan & Thringstone Woods	Loughborough
28	NOC/EMOA	Midland Championships, Sherwood Forest	Ollerton

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