



Epistle



No. 248
April - May 2018



Photo: Laura Harrison

**EPOC Wrinklies Valentines Day walk,
including celebrating Gill's 70th birthday!**

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

OFFICERS AND COMMITTEE 2017/2018

Chair	Jean Lochhead	jmloch1621@gmail.com
Vice Chair	Emma Harrison	eah1607@aol.com
Secretary	Viv Barraclough	viv.barraclough@cantab.net
Treasurer	David Morgan	davidmorgan.stopford@btinternet.com
Epistle Editor	Emma Harrison	eah1607@aol.com
Fixtures Secretary	Davey Averill	daveyaverill@live.co.uk
Membership Secretary	Viv Barraclough	viv.barraclough@cantab.net
Map Librarian	David Morgan	davidmorgan.stopford@btinternet.com
Compass Sport Trophy	Rod Shaw	margrod123@gmail.com
Committee Members	Rod Shaw	margrod123@gmail.com
	Jackie Page	jackie.page127@ntlworld.com
	Neil Croasdell	croahay@hotmail.com

OTHER CLUB OFFICIALS

Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Club Championship	Vacant	
Club Kit Officer	Vacant	
Permanent Courses	Jean Lochhead	jmloch1621@gmail.com
Relay Organiser	Vacant	
Stores and Equipment	Scarf Family	thescarfs@hotmail.com
E-Punching Equipment	Ian & Julie Couch	iancouch@btinternet.com
Website	Anthony Greenwood	aandrgreenwood@gmail.com
YHOA committee rep	David Morgan	davidmorgan.stopford@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

We seem to have had a turbulent couple of months with more events cancelled due to the weather than I can remember happening in previous years although luckily the Compass Sport Round was not affected by the snow and EPOC stormed to a strong victory despite not having a full complement of runners in all classes. If everyone makes sure they are available for the final in October and with FVO now well and truly running as a large club, perhaps 2018 could be EPOC's year for victory?!

EPOC have a busy few months ahead with an urban event at Brighouse on 15th April, followed by an event at Oakwell Hall just 4 weeks after on 13th May. We then have a fairly short turnaround before a weekend of urban orienteering in Halifax. Please try to offer your help at some of these events if at all possible, the more helpers the less work for each person and it also means that those who want to run can still do so.

Hopefully spring really is on its way now, just in time for the JK and the major events coming up. Good luck to everyone heading to the West Midlands this weekend.

Emma Harrison

CHAIRMAN'S CHAT

Neil has finished the planning for Brighthouse on 15 April and I hope the swamp at Wellholme Park will have dried by then.

Davey has held an event safety workshop in Bradford and Neil and John E. were obliged to go before their events at Brighthouse and Oakwell Hall.

During my visits to stores I have been trying to clear out the unusable stuff and found, along with a lot of papier-mâché, a very interesting book which I have dried out (I was initially attracted to what appeared to be a Dickensian cash book) and proved to be the minutes of EPOC from just after its inception. I hope I have not brought home any of the boring insects that have been nourishing themselves on the binding.

Some of the writing is difficult to read but the first typed minutes in 1979 included many activities, not only of Film nights!! ** but a social meeting every 2 weeks featuring instruction on contours, pacing, compass work, route analysis and performance. The majority of the committee from those days are still orienteering and making a very useful and big contribution to the club.

Dances and dinners were also a regular feature but dances may not be as popular now due to the plethora of joints having been replaced by spare parts and we can say the same about the Tennis tournament. There were hotly contested Wednesday evening events done on line drawings of street maps, which were tracings of Ordinance survey maps. They looked a lot like the modern version of "streetmap" but with a lot more work. Unfortunately these became unpopular as the same hot contestants kept winning them. The forerunner of Urban events?

**Subsequent minutes have suggested that the film nights were Orienteering films.

So back to modern day and we are looking for helpers for Brighthouse on 15 April. The SIAC Auto download team have been working to get the system up to speed so it can be rolled out at Brighthouse prior the Halifax UK Urban.

We have an experienced start team all ready to go, but we need car park staff to hand out entry forms and collect £1 per car to go to the charity of choice for Towngate Plc who own the car parks.

We need another couple of people on registration and someone on Finish to point in the direction of download and we hope our friend Gerry will be well enough to man the road crossing.

As usual please could we have volunteers to help collect the controls after the event.

Jean Lochhead

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

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

Eah1607@aol.com

Copy to Emma by 20 May 2018
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!

Membership

A warm welcome to the following new members:-

- Shaun Camponi
- Tamsin and James Cook
- Penny Kirk

We hope to see you all at an EPOC event soon and please ask if you need any support for your first few events.

What has your committee been doing?



East Pennine Orienteering Club
Summary of Committee Meeting
Wednesday 14th March 2018 at 7pm
Marsh Liberal Club



1. **No apologies**
2. **Minutes** of last meeting approved, no outstanding items that will not occur later.
3. **Chairman's Report**, Jean has done a lot of work on upcoming events
4. **Treasurer's report** had been previously circulated. Funds up due to Storthes event. We have a few new members. Need to pay for the prize mugs and possibly purchase more Si boxes. Ian Couch spoke about contactless SIAC cards and the implications for EPOC, particularly regarding the setting up of events. The key points are:
 - Sport Ident recommend having a battery test box near registration for the SIAC cards
 - at the start the check box activates the SIAC cards so is crucial and we should therefore have an additional check box available
 - we should have punching start for everyone so that the start box can be interrogated
 - all the controls need to be in a different mode so that they can receive both contactless and normal dibbers
 - we should have a punching finish for all, again so that we can interrogate the box for safety checks
 - a new results set-up needs to be learned

- SIAC drains the box batteries quicker so need to turn them off after use

5. **Events update and event officials:**

- 15 April 2018 Brighthouse. Planner – Neil; Controller - David Morgan; Organiser - Jean Lochhead. **Neil updated**
- 13 May 2018 Oakwell Hall YBT Round 1. Planner - Gill Ross; Controller - David Morgan. Organiser - John Elliott **David updated us, Viv asked if there could be a white course**
- 30 June 2018 Halifax South - Urban Level C. Planned by Davey Averill, Controller - Karen Poole, Organiser - Jean or Neil. **Jean updated**
- 1 July 2018 Halifax. Planner - Richard Payne; Organiser - Jean Lochhead; Controller - Tony Carlyle.
- 16 September 2018 Marsden Moor. Planner - Rod Shaw; Organiser - Jean or other; Controller - Davey Averill. Application for area pending decision by Natural England **Jean updated**
- 22 Dec 2018 Newmillerdam Level C Night Event – **Jean to plan, Emma control, David organise**
23 Dec 2018 Newmillerdam Level C Day event – **Jean to plan, Emma control, David organise**
- Contactless SIAC update – **came under treasurer's report**

6. Compass Sport Cup Rod congratulated the club on Sunday's win. EPOC to pay for juniors in the final and subsidise adults.

7. Fixtures: Davey has updated the BO website so EPOC events are all up to date. YBT - entry fees £8/£4, provisional course distances to be provided. 2019 events booked, Davey to circulate to committee and officials to be sought, organisers, planners, controllers

8. Mapping: We need a mapper? Simon Martland but this would be a paid role? Need more mappers. Davey doing a mapping course. Small areas, we have areas with base maps but not on OCAD, these areas may be suitable for Simon and Viv for beginners events. Plan to discuss further.

9. Publicity: Leaflet still being updated. Struggling to remove bits from it.

10. Controllers Level B/C: - Jonathan Emberton to do Level C controllers. Karen Poole keen to do Level B controller and will need to provide the evidence that she meets the criteria to do this.

11. Event Safety Workshop: Neil Croasdell and John Elliott doing this on 15th March

12. Club Kit: Davey keen to explore kit options so will investigate and feedback.

13. AOB: David Morgan has a night league mug for Jane Hodgson if anyone is likely to see her sooner than he will?

14. Next Meeting: Wed 16th May at 7pm

COMPASS SPORT TROPHY 2018

Rod Shaw

Compass Sport Trophy Qualifying Event, Canklow Wood March 11th 2018

Overall results:

EPOC 1287, NATO 1252, CLARO 1248, EBOR 1239, HALO 1233, NN 946,

EPOC results:

Brown: William Barraclough 98

Short Brown: James Williams 100, Andy Thorpe 99, Matthew Averill 91

Blue Women: Karen Poole 100, Viv Barraclough 98

Blue Men: James Logue 100, Jonathan Emberton 99, Davey Averill 95

Green Women: Gill Ross 88, Helen Martland 86, Joanna Emberton 84

Green Men: Keith Sykes 86, Brian Mellor 85, Neil Croasdell 81, Roy Lindsell 80, Fred Ross 79

Junior Green Men: Adam Thorpe 100

Vet Short Green: Julie Couch 100, Ian Couch 99, Jean Lochhead 92, Rod Shaw 88, Guy Goodair 84, Juliet Morgan 80, Jackie Page 79, Philip Thompson 78, Judith Goodair 74

Junior Short Green Women: Laura Harrison 100

Orange Men: Luke Barraclough 98, William Martland 96, Seth Barraclough 90, Joseph Barraclough 88

Orange Women: Anna Thorpe 96

On the scoring 2 competitors from each senior class & one from each junior class count. The best 13 from the 18 counted. In our case the Green Men & Women didn't count & there was one vacancy in Brown. The lowest score counting was 96 so William & Anna were joint scorers. Our average score was 99 which is a remarkable achievement! Well done to all the scorers but everyone contributed to our success by reducing the scores of others.

A special mention to those who "ran up" - William, an M40, ran up to Brown; we had no M60 or 65 but 5 M70/75s stepped forward to run Men's Green. Gill, a W70 scored 88 on Green Women.

Well done & thanks!

p.s. Please all keep Sunday 21st October free for the Compass Sport Final at Abraham's Valley near Rugeley!

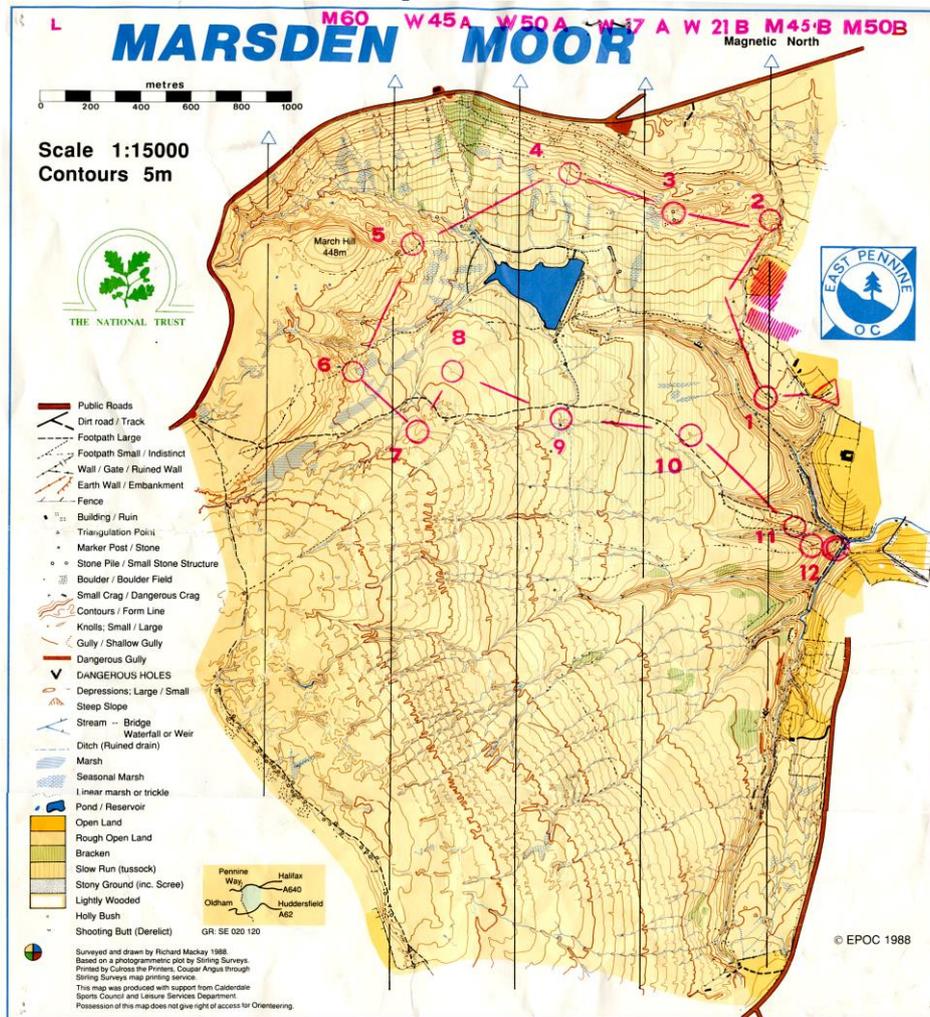
Junior T-Shirts

Viv Barraclough

If you would like a t shirt as below please let Viv know. If you have grown out of yours please pass it on.



Map Archive



The 1988 map of Marsden Moor. We will all be able to see how much the area has changed in the past 30 years at our event there on 16th September!

EPOC Rankings 2018

These are the current ranking positions (as of 25.3.18) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

Pos.	Name	Points	Contributing scores
1 (108 -1)	James Logue	7899	1310, 1323, 1314, 1302, 1321, 1329
2 (182 +1)	James Williams	7746	1276, 1316, 1278, 1295, 1298, 1283
3 (185 -12)	Simon Martland	7743	1281, 1285, 1304, 1278, 1293, 1302
4 (242)	Andy Thorpe	7636	1286, 1276, 1284, 1268, 1263, 1259
5 (253 +2)	Jonathan Emberton	7619	1265, 1268, 1272, 1271, 1254, 1289
6 (340 +5)	Phil Scarf	7510	1271, 1257, 1269, 1248, 1262, 1203
7 (366 +3)	Mike Pedley	7484	1250, 1245, 1245, 1246, 1250, 1248
8 (436 +8)	Karen Poole	7426	1250, 1244, 1221, 1237, 1243, 1231
9 (650 -22)	William Barraclough	7226	1180, 1200, 1189, 1229, 1227, 1201
10 (728 +8)	Richard Payne	7146	1177, 1191, 1182, 1195, 1208, 1193
11 (729 +9)	David Averill	7144	1205, 1206, 1193, 1204, 1167, 1169

Pos.	Name	Points	Contributing scores
12 (778 +7)	Emma Harrison	7106	1174, 1173, 1224, 1170, 1177, 1188
13 (943 -102)	Graham Lloyd	6985	1177, 1182, 1132, 1177, 1146, 1171
14 (985 +11)	Sarah Pedley	6954	1144, 1153, 1148, 1161, 1170, 1178
15 (1022 -74)	Viv Barraclough	6935	1122, 1136, 1155, 1170, 1174, 1178
16 (1206 +11)	Megan Harrison	6794	1125, 1146, 1127, 1124, 1130, 1142
17 (1299 +13)	Laura Harrison	6727	1115, 1116, 1120, 1130, 1123, 1123
18 (1366 +17)	Julie Couch	6678	1119, 1115, 1113, 1094, 1122, 1115
19 (1417 +13)	Ian Couch	6636	1133, 1101, 1091, 1111, 1096, 1104
20 (1423 +12)	Jackie Scarf	6634	1092, 1142, 1073, 1085, 1090, 1152
21 (1679 +15)	Mathew Averill	6443	1066, 1125, 1092, 1067, 1025, 1068
22 (1703 +17)	David Harrison	6428	1071, 1051, 1058, 1086, 1075, 1087
23 (1933 +15)	Helen Martland	6268	1056, 1042, 1031, 1057, 1033, 1049
24 (1983 +17)	Helen Pedley	6227	1014, 1036, 1029, 1065, 1031, 1052
25 (2064 +19)	Gillian Markham	6155	1001, 990, 1053, 1088, 1008, 1015
26 (2083 +17)	Paul Jackson	6140	1014, 1020, 1026, 1018, 1049, 1013
27 (2306 +18)	Roy Lindsell	5910	1069, 1007, 896, 974, 985, 979
28 (2353 +18)	Keith Sykes	5857	991, 954, 969, 969, 1013, 961
29 (2422 +19)	Gill Ross	5787	963, 967, 976, 960, 967, 954
30 (2506 +15)	Guy Goodair	5694	926, 1016, 935, 943, 924, 950
31 (2585 +18)	Rod Shaw	5608	936, 917, 916, 934, 980, 925
32 (2613 +22)	Neil Croasdell	5572	928, 934, 926, 941, 921, 922
33 (2651 -18)	Linda Hayles	5529	1017, 963, 852, 889, 859, 949
34 (2772 +17)	Judith Goodair	5355	921, 903, 885, 879, 883, 884
35 (2776 +17)	Fred Ross	5345	955, 894, 875, 876, 869, 876
36 (2822 +22)	Jean Lochhead	5271	879, 856, 837, 869, 880, 950
37 (2837 +22)	Joanna Emberton	5255	868, 880, 854, 875, 863, 915
38 (2853 -21)	Jane Payne	5217	899, 871, 870, 861, 846, 870
39 (2902 +21)	Philip Thompson	5138	844, 847, 842, 847, 880, 878
40 (2931 +21)	Juliet Morgan	5073	832, 840, 839, 855, 856, 851
41 (2932 +21)	Michael Wood	5072	935, 886, 766, 807, 803, 875
42 (2940 +4)	Mike Thorpe	5059	821, 835, 876, 809, 826, 892
43 (2940 +20)	Jackie Page	5059	849, 835, 874, 830, 837, 834
44 (3072 -12)	Rebecca Lloyd	4802	872, 736, 846, 716, 813, 819
45 (3163 +22)	David Morgan	4622	737, 765, 757, 872, 739, 752
46 (3167 +22)	Brian Mellor	4610	937, 1004, 875, 853, 941
47 (3203 +22)	Margaret Shaw	4527	820, 692, 759, 696, 770, 790
48 (3496 +21)	Bob Steeper	3777	867, 1032, 932, 946
49 (3514 +20)	Simon Bourne	3728	1222, 1216, 1290
50 (3893 +19)	Stephen Warner	2692	936, 974, 782
51 (4006 +19)	Adam Thorpe	2355	1175, 1180

Pos.	Name	Points	Contributing scores
52 (4134 +21)	Richard Spendlove	2148	1063, 1085
53 (4666 +23)	Matthew Tinker	1118	1118
54 (4751 +27)	Esther Logue	1065	1065
55 (5078 +36)	John Elliott	838	838
56 (5197 -755)	Alistair Tinto	708	708
57 (5202 +35)	Pat Thorpe	693	693
58 (5215 +35)	Christine Smith	669	169, 139, 361
59 (5291 +32)	Paulette Noot	391	391

Schools Orienteering Competition

Simon Martland

This year, for the first time, Orienteering is included in the West Yorkshire Winter School Games which is held every March at Beckett Park, Leeds. Schools from all over the county compete in a number of sports to determine the county champions.

As part of the qualification process for the Winter Games a competition was held at Newsome High School to select the school teams to represent Kirklees. Similar competitions have also been held in Leeds, Bradford, Calderdale (in Saville Park, Halifax) and Wakefield (St John's Primary in Normanton).

The race format of a Star Relay involved teams of 4 racing as 2 pairs. The pairs run alternate legs to collect 12 controls one at a time. This format means the changeover area is constantly busy with pairs coming in and going out and this helps to keep up the excitement. It also means small areas such as school fields can be used to produce a race of 20-40 minutes. Although complicated to explain, once the teams had started they were (nearly) all able to complete the race without mistakes.

A good number of schools have attended the district qualification rounds with close competition in all races. The top 4 teams progress on to the finals which will be held on Tuesday 27th March at Beckett Park where our first West Yorkshire County Champions will be crowned.

PS. A big thank you to those members of EPOC who helped me stage the Wakefield and Kirklees races.

Results

Kirklees Results

Years 3/4

1. Lindley - team 2
2. Newsome - team 6
3. Crow Lane - team 7
4. Newsome - team 5
5. Lindley - team 3
6. Meltham Moor - team 4
7. Crow Lane - team 8
8. Lindley - team 1

Years 5/6

1. Reinwood - team 9
2. Lindley - team 3
3. Kirkburton - team 7
4. Newsome - team 11
5. Meltham Moor - team 5
6. Kirkburton - team 6
7. Newsome - team 10
8. Nethertong - team 8
9. Lindley - team 4
10. Hillside - team 1
11. Lindley - team 2
12. Hartshead - team 12

Wakefield Results

Year 3/4

POS	School	Time
1	St John's	22:37
2	Ackworth Howard	25:38
3	De Lacy Primary	28:48
4	De Lacy Primary	30:39
5	St Joseph's Cas	31:05
6	St John's	35:33
7	St John's	44:41
8	St John's	44:58
9	St John's	50:57
10	St John's	54:41

Year 5/6

POS	School	Time
1	De Lacy Primary	21:50
2	St Joseph's Cas	22:14
3	St John's	27:01
4	Ackworth Howard	27:37
5	St John's	39:00

Calderdale Results

Year 3/4

POS	School	Time
1	Ripponden	42:12
2	All Saint's	48:45
3	Ripponden	49:19
4	Lee Mount	50:32
5	St Augustine's	60:15
6	St Augustine's	60:28
7	St Mary's	61:18
8	Elland C of E	61:50
9	Salterhebble	62:36
10	Lee Mount	62:58
11	Salterhebble	66:28
12	St Augustine's	67:33

Year 5/6

POS	School	Time
1	Ripponden	21:31
2	All Saint's	25:14
3	Ripponden	26:36
4	Elland C of E	27:13
5	All Saint's	27:31
6	Salterhebble	31:44
7	St Augustine's	31:52
8	St Augustine's	33:07
9	Lee Mount	33:40
10	Lee Mount	35:10
11	St Augustine's	35:16
12	Salterhebble	36:19

EVENT REPORTS AND RESULTS

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

BAOC MLN, Primrose Hill - 31 Jan 18

Light Green (4.2Km, 20m)

18 Neil Croasdell	0:55:51	26 Guy Goodair	1:07:54
22 Stephen Warner	1:02:44	27 Sue Levison	1:09:44
25 Jean Lochhead	1:05:06	31 Judith Goodair	1:20:00

AIRE Yorks Superleague Middle Distance Event, Calverley Woods - 4 Feb 18

Brown 4.2km 190m

7 Mike Pedley	58.43
13 Laura Harrison	74.03
15 Megan Harrison	80.28
mp27 David Harrison	84.21

Blue 3.8km 170m

5 Emma Harrison	57.56
m26 Rod Shaw	101.43
m17-19 Bob Steeper	103.29

Short Green 2.8km 105m

10 Gill Ross	52.54
15 Guy Goodair	64.15
16 Mike Thorpe	69.33
18 Phil Thompson	71.03
23 Jackie Page	85.16
28 Maggie Shaw	102.09

Green 3.1km 140m

18 Keith Sykes	60.49
28 Helen Martland	65.54
35 Fred Ross	79.18
36 Neil Croasdell	80.23
39 Paul Jackson	83.26
m13-15 m19-20 Brian Mellor	72.41

Very Short Green 2km 90m

2 Judith Goodair	54.28
3 Jean Lochhead	55.52

Light Green 2.4km 110m

3 William Martland	55.53
--------------------	-------

Orange 1.9km

9 Sue Levinson	89.56
11 Pat Thorpe	115.27

SYO Local Event, Norfolk Park - 10 Feb 18**Long Urban (length 5.8km, climb 160m)**

19 Neil Croasdell	68:28
20 Jean Lochhead	80:45

Short Urban (length 3.4km, climb 80m)

17 Jackie Page	41:54
----------------	-------

NOC EM League, Bestwood Country Park - 11 Feb 18**Short Green (length 3.6km, climb 120m)**

25 Jean Lochhead	71.33
26 Jackie Page	71.46

Green (length 4.2km, climb 140m)

37 Neil Croasdell	74.54
-------------------	-------

Blue (length 6.1km, climb 270m)

32 Megan Harrison	76.19
-------------------	-------

Portugal O Meeting, Evora & Portel - 10 to 13 Feb 18**W75**

	Day 1	Day 2	Day 3	Day 4	Night event
4 Judith Goodair	17.44 (2)	32.17 (5)	34.24 (15)	36.57 (6)	18.12 (4)

M80

13 Guy Goodair	21.34 (1)	60.27 (17)	44.51 (17)	51.40 (15)	(mp)
----------------	-----------	------------	------------	------------	------

SROC Northern Night Champs, Nicky Nook - 17 Feb 18**Blue (length: 5.3km, climb: 290m)**

mp Mike Pedley	71.44
----------------	-------

Green (length: 3.8km, climb: 180m)

7 Jon Emberton	39.57
----------------	-------

SYO National YHOA Superleague, Tankersley Woods - 18 Feb 18**Brown Length 5.3km, 160m climb**

12 Mike Pedley	46:44
26 Megan Harrison	56:27
30 Laura Harrison	59:52
36 David Harrison	71:09

Blue Length 4.8km, 150m climb

5 Emma Harrison	45:44
-----------------	-------

Green Length 3.8km, 90m climb

26 Ian Couch	45:11
35 Paul Jackson	47:37
41 Helen Martland	49:25
45 Rod Shaw	50:31
69 Neil Croasdell	64:38
71 Fred Ross	68:16

Short Green Length 3.2km, 80m climb

5 Julie Couch	38:59
25 Gill Ross	50:29
30 Jean Lochhead	52:30
37 Guy Goodair	58:45
38 Jackie Page	61:36
42 Philip Thompson	64:37
52 Margaret Shaw	83:41

Very Short Green Length 2.5km, 75m climb

1 Judith Goodair	49:56
------------------	-------

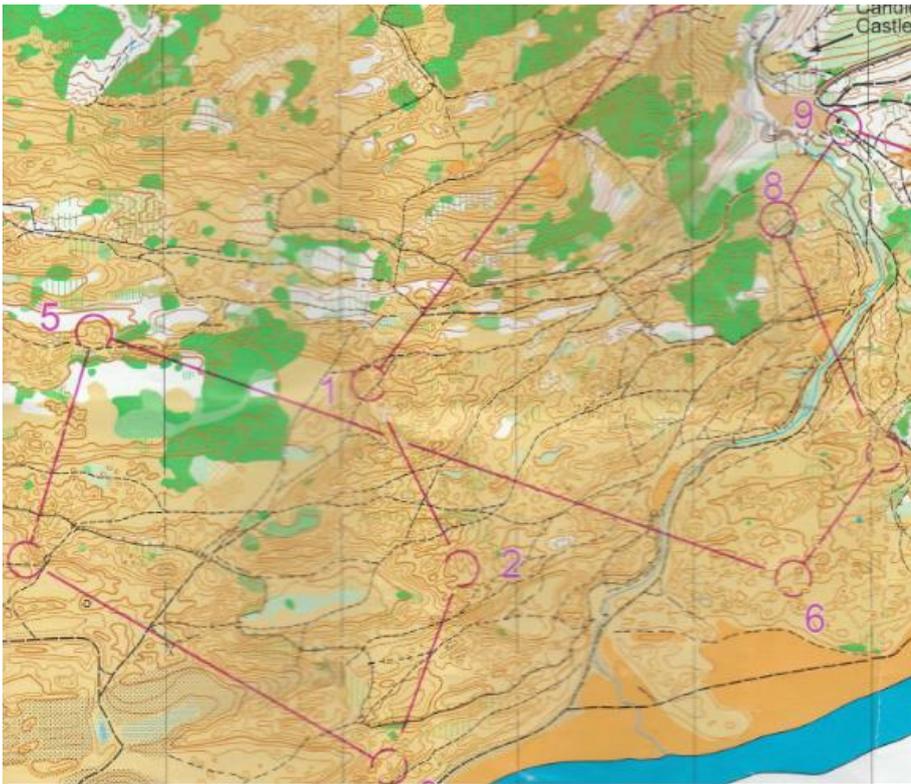
Light Green Length 2.8km, 80m climb

4 William Martland	49:53
--------------------	-------

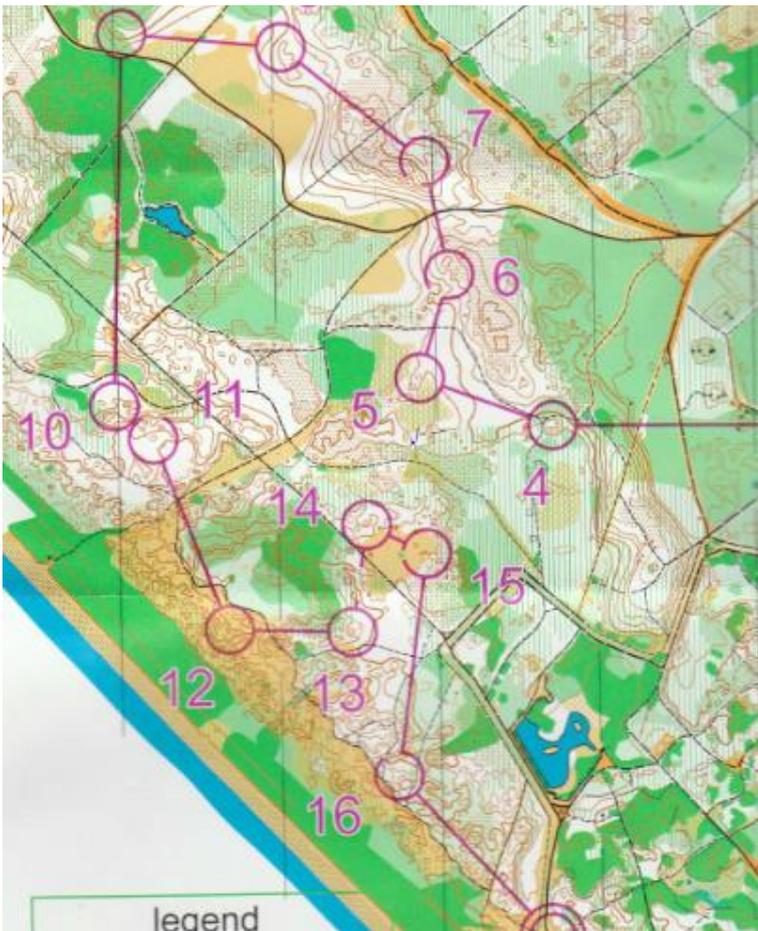
Yellow Length 1.7km, 25m climb

7 Susan Brant	27:58
---------------	-------

British Night Championships Weekend



British Nights: Course 7



Pembrey: Short Blue

SWOC British Night Championships, Merthyr Mawr - 24 Feb 18

M55

6 Mike Pedley	62.59
7 Jon Emberton	64.45

W45

2 Emma Harrison	69.17
-----------------	-------

SBOC WOA UKOL, Pembrey Forest - 25 Feb 18

Blue (length: 7.2km, climb: 170m)		Short Blue (length: 5.1km, climb: 130m)	
7 Jon Emberton	52.04	3 Emma Harrison	45.27
11 Mike Pedley	56.12	14 Laura Harrison	55.03
Short Green (length: 3.4km, climb: 120m)		38 David Harrison	72.53
22 Jo Emberton	65.47		

LEI EM League, Cademan - 25 Feb 18

Brown (length: 7.9km, climb: 220m)		Blue (length: 5.2km, climb: 125m)	
7 Joey Scarf	75.37	9 Megan Harrison	68.47

EBOR Local Event, Bishopwood North - 25 Feb 18

Blue 5.3km		Short Green 3km	
14 Richard Payne	62.47	7 Gill Ross	50.23
Paul Jackson	m 9-13 17-19	13 Mike Thorpe	56.11
Green 4.6km		14 Jean Lochhead	57.19
24 Roy Lindsell	70.16	15 Fred Ross	57.44
33 Neil Croasdell	91.59	27 Jackie Page	70.35
34 Rod Shaw	94.01	34 Maggie Shaw	101.59
		Orange 2.8km	
		10 Pat Thorpe	79.44

RR UKUL, Melrose & Tweedbank Sprints - 25 Feb 18

W Hyper Vet	Melrose	Tweedbank
1 Judith Goodair	25.10 (1)	20.49 (1)
M Hyper Vet		
1 Guy Goodair	22.00 (1)	20.36 (1)

SYO CompassSport Cup Round, Canklow Woods - 11 Mar 18

Brown (length 7.7km, climb 260m)		Veterans Short Green (length 2.9km, climb 120m)	
10 William Barraclough	67:32	3 Julie Couch	35:26
Short Brown (length 6.3km, climb 200m)		4 Ian Couch	35:41
3 James Williams	44:51	25 Jean Lochhead	46:30
4 Andy Thorpe	47:55	33 Rod Shaw	49:16
21 Mathew Averill	71:31	38 Guy Goodair	52:44
David Harrison	64:57 Missing no 9	46 Juliet Morgan	57:18
Blue Women (length 4.8km, climb 190m)		47 Jackie Page	59:06
4 Karen Poole	42:08	49 Philip Thompson	63:50
8 Viv Barraclough	47:54	60 Judith Goodair	77:09
Blue Men (length 5.0km, climb 200m)		Junior Men Green (length 3.7km, climb 130m)	
1 James Logue	37:13	3 Adam Thorpe	34:29
19 David Averill	52:51	Junior Women ShGrn (length 2.9km, climb 120m)	
Green Women (length 3.4km, climb 120m)		4 Laura Harrison	31:40
29 Gill Ross	54:10	Orange Men (length 2.6km, climb 75m)	
33 Helen Martland	59:28	7 Luke Barraclough	22:06
39 Joanna Emberton	62:56	8 William Martland	23:44
Green Men (length 3.7km, climb 130m)		22 Seth Barraclough	40:23
32 Keith Sykes	57:26	23 Joseph Barraclough	43:21
40 Neil Croasdell	72:57	Orange Women (length 2.6km, climb 75m)	
42 Roy Lindsell	74:45	9 Anna Thorpe	35:40
43 Fred Ross	76:10	Light Green (length 3.2km, climb 90m)	
		9 David Morgan	61:42

INTERLAND 2018

Emma Harrison

Interland is an annual competition between England, 2 Belgian Teams (French & Flemish), The Netherlands and Northern France with runners in each age group of M/W 14, 17, 20, Open, 40, 50, 60. As the older age groups are in 10 year bands it is English policy to run at least one from the older 5 year age class, i.e. 45, 55, 65. This year I was a W45 reserve but was fortunate to be called up to run on the team.

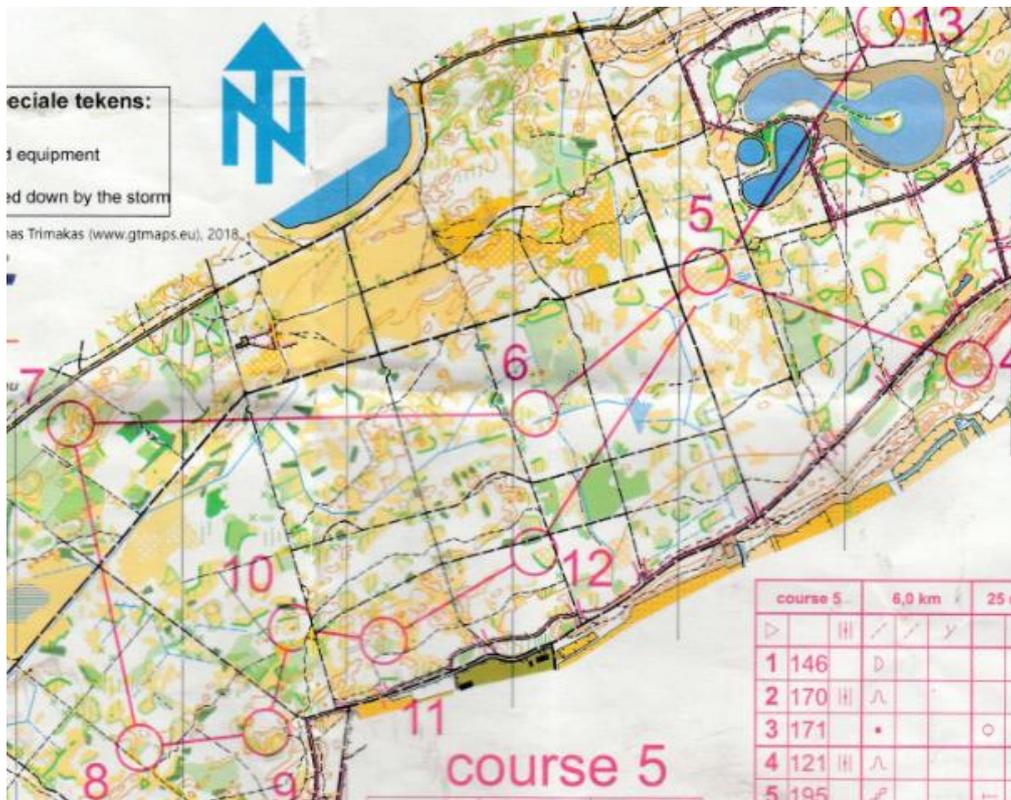
Most of the team met on Friday 9th March for the coach and ferry journey to Holland where the competition was being held (some team members had chosen to fly separately). We had an overnight stay at Oostduinkerke in Belgium on Friday night. On Saturday morning we were up bright and early to drive to Breda in Holland where the team had time for some sightseeing, shopping, or just to have coffee and cake! Following this we carried on to the event centre at Herperduin near the town of Oss. This year the event centre for the events and the accommodation were all co-located so once we arrived in the early afternoon we could find our accommodation before heading to the start of the middle distance event. Most of the England team used this as training to get an idea of the map and terrain. I set off steadily but managed to make 3 very silly mistakes although it was better to do it at this event than the main competition on Sunday!

After this run we went back to our accommodation which was at a holiday park and consisted of lots of small self catering chalets sleeping between 4-8 people which meant the team were scattered around the park. After showering we went for our evening meal which was in a restaurant at the event centre followed by an England team meeting. Later that evening there was a night sprint event around the holiday park and surrounding woods which I couldn't resist and once again managed to make some silly mistakes! At the end of the day my watch told me I had done nearly 22km after walking around Breda, to and from starts/finishes, event centre, and running twice!

On Sunday we woke up bright and early as the first start was at 9.30am with the start being 750m from the event centre which was in turn a 10 minute walk from our chalet. My start time was 10.15 and luckily one of the early starters who had allowed plenty of time to get to the start came back in good time to tell us that the start was actually in the direction of our chalets so was in fact only a 5 minute walk from where we were staying. Also we didn't need to check out of our chalets until later on so we could all have a leisurely preparation for the race and could also come back to shower and change after running.

I knew the course would be runnable and fast so I set off to take the first few controls carefully. They weren't particularly difficult but with a lot of controls in the area and all of them on re-entrants or similar features it was easy to be distracted by other controls. Having taken the first 3 there were then some longer legs but with an option of slogging through rough terrain or running round the paths, mostly, even at my speed, it was quicker to stick to the paths. I took the course carefully and didn't make any particular mistakes although I did stick with safe route choices. This meant that by the time I finished my 6.1km course I had actually run 7.7km so I was pleased with my 51 minutes time and 6th place out of 15 runners overall (2nd English runner and only 30 seconds behind the first placed England W40). The winner was 44 minutes and I know I could not have run that fast.

Overall in the team competition England were narrowly pipped by the Belgian Flanders team coming 2nd overall.



INTERLAND W40/M17

NOLB Interland, Herperduin Netherlands - 11 Mar 18

W40

6 Emma Harrison (ENG) 51.13

BAOC MLN, Cowpen Bewley - 14 Mar 18

Light Green

14 Guy Goodair 70.21
 15 Sue Levinson 71.14
 21 Judith Goodair 84.11
 23 Phil Thompson 86.33

Blue

4 Davey Averill 56.44

LEI Midland Middle Distance Champs, Irchester Country Park - 17 Mar 18

M55 8.2km 50m

6 Mike Pedley 39.10

AIRE Central Leeds City Night Urban - 21 Mar 18

Medium Course 6.4km 45m

4 Jon Emberton 54.59

EBOR Huntington Urban - 24 Mar 18

Medium Course

11 Neil Croasdell 26.33
 12 Guy Goodair 26.35
 14 Judith Goodair 27.27
 15 Jean Lochhead 28.20
 16 Jackie Page 31.16
 17 Sue Levinson 41.54

FVO Scottish Spring Weekend - Middle-distance, Abbey Craig - 24 Mar 18

Black (length: 3.75km, climb: 245m, 27 controls)

12 Alasdair Pedley 34.09

DEE JOK Chasing Sprint, Delamere - 24 Mar 18

W Open	Prologue	Chase	Total
5 Sarah Pedley	38.34 (5)	33.32 (6)	72.06
W55			
5 Helen Pedley	38.07 (5)	32.18 (5)	70.25
M55			
1 Jon Emberton	21.33(2)	19.11 (1)	40.44
4 Mike Pedley	22.21 (4)	21.22 (9)	43.43
M65			
1 Richard Payne	25.16 (1)	21.16 (1)	46.32

MDOC UK Urban League, Macclesfield - 25 Mar 18

WO 7.8km 140m		WHV 3.55km 60m	
1 Karen Poole	72.31	2 Judith Goodair	58.01
WUV 3.55km 60m		MUV 4.15km 75m	
9 Jackie Page	55.23	6 Richard Payne	40.00
10 Jean Lochhead	55.47	27 Neil Croasdell	60.51
13 Sue Levinson	62.27	MHV 3.55km 60m	
14 Jane Payne	62.43	2 Guy Goodair	48.13

CLOK Acorn National Event, Boltby Forest & Dale Town Moor - 25 Mar 18

Brown		Green course	
3 Andy Thorpe	87:34	3 Julie Couch	60:06
Blue course		25 Paul Jackson	86:46
12 Ian Couch	91:39	Short Green course	
		12 Philip Thompson	84:20

NOC League, Byron's Walk - 25 Mar 18

Green 4.0km, 130m		Short Green 3.2km, 105m	
50. Fred Ross	97.43	17. Gill Ross	67.19

YHOA URBAN LEAGUE – 2018

Details at www.yhoa.org.uk



Sun 15 Apr	EPOC	Brighouse
Sat 21 Apr	HALO	Thirsk
Sun 6 May	AIRE	Kippax
Sun 27 May	CLARO	Knaresborough
Mon 28 May	EBOR	York
Sun 3 Jun	AIRE	Skipton
Sat 23 Jun	HALO	Louth
Sun 1 Jul	EPOC	Halifax
Sun 8 Jul	SYO	Sheffield
Sat 14 Jul	AIRE	Cliffe Castle/Myrtle Park
Sun 15 Jul	AIRE	Bingley
Sun 23 Sep	SYO	Gleadless
Sun 20 Oct	HALO	Gainsborough



YHOA SUPER LEAGUE - 2018

Details at www.yhoa.org.uk

Yorkshire Orienteering Superleague 2018



Sun 28 Jan	EPOC	Storthes Hall	Middle Distance
Sun 4 Feb	AIRE	Calverley	Middle
Sun 18 Feb	SYO	Tankersley	Middle
Sat 2 Jun	AIRE	Kilnsey	Classic Distance
Sun 26 Aug	EBOR	Duncombe Park	Classic
Sun 30 Sep	CLARO	Angram	Classic
Sat 28 Oct	EBOR	White Horse	Classic
Sun 2 Dec	SYO	Ramsley Moor	Classic
Sun 9 Dec	HALO	Mausoleum Woods	Classic



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: egrahamlloyd@yahoo.co.uk

WEDNESDAY WRINKLIES COUNTRY RUN & WALK

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

FIXTURES – April to June 2018

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

www.britishorienteering.org.uk

Date	Club/Region	Type/Area	Location
------	-------------	-----------	----------

April

1	WMOA	JK Long Distance	Cannock
8	AIRE/YHOA	Regional Event, Baildon	Baildon
15	EPOC 	Brighthouse Urban	Brighthouse
21	HALO/YHOA	Northern Champs Weekend Urban Event	Thirsk & Sowerby
22	EBOR/YHOA	Northern Championships, Wass	Thirsk
29	SYO/YHOA	West Haigh & Howell Woods	Barnsley
29	NOC/EMOA	Southwell Urban	Southwell

May

6	AIRE/YHOA	YHOA Urban League	Kippax
13	EPOC 	Yvette Baker Trophy Round 1, Colour Coded and Score Event, Oakwell Hall	Batley
19	SOA	British Orienteering Championships, Balmoral	Balmoral
27	CLARO/YHOA	YHOA Urban League	Knaresborough
28	EBOR/YHOA	York City Race, YHOA Urban League	York

June

2	AIRE/YHOA	The Dales Town and Country Weekend, YHOA Superleague, Kilnsey South	Skipton
3	AIRE/YHOA	The Dales Town and Country Weekend, YHOA Urban League	Skipton
10	SYO/YHOA	Regional Event and YHOA Schools, Sandall Beat	Doncaster
16	EBOR/YHOA	EBOR Relays	York
17	EBOR/YHOA	EBOR Club Champs	York
17	DVO/YHOA	Stanton Moor	Bakewell
23	HALO/YHOA	Sand, Sea and Spires Weekend, YHOA Urban League	Louth
23	HALO/YHOA	Sand, Sea and Spires Weekend, Sprint	Cleethorpes
24	CLOK/YHOA	Catterick Regional Event	Catterick
30	EPOC 	Halifax Urban Short, Halifax South	Halifax
1 July	EPOC 	UKUL & YHOA Urban League, Halifax	Halifax

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