



# Epistle



No. 250  
August - September 2018



**Maggie and Rod Shaw on Carn Dearg above Loch Ossian,  
Rod's last Munro!**

# EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

## OFFICERS AND COMMITTEE 2017/2018

Chair	Jean Lochhead	<a href="mailto:jmloch1621@gmail.com">jmloch1621@gmail.com</a>
Vice Chair	Emma Harrison	<a href="mailto:eah1607@aol.com">eah1607@aol.com</a>
Secretary	Viv Barraclough	<a href="mailto:viv.barraclough@cantab.net">viv.barraclough@cantab.net</a>
Treasurer	David Morgan	<a href="mailto:davidmorgan.stopford@btinternet.com">davidmorgan.stopford@btinternet.com</a>
Epistle Editor	Emma Harrison	<a href="mailto:eah1607@aol.com">eah1607@aol.com</a>
Fixtures Secretary		
Membership Secretary	David Morgan	<a href="mailto:davidmorgan.stopford@btinternet.com">davidmorgan.stopford@btinternet.com</a>
Map Librarian	David Morgan	<a href="mailto:davidmorgan.stopford@btinternet.com">davidmorgan.stopford@btinternet.com</a>
Compass Sport Trophy	Rod Shaw	<a href="mailto:margrod123@gmail.com">margrod123@gmail.com</a>
Committee Members	Rod Shaw	<a href="mailto:margrod123@gmail.com">margrod123@gmail.com</a>
	Jackie Page	<a href="mailto:jackie.page127@ntlworld.com">jackie.page127@ntlworld.com</a>
	Neil Croasdell	<a href="mailto:croahay@hotmail.com">croahay@hotmail.com</a>

## OTHER CLUB OFFICIALS

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

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

## EDITORIAL

Two months always seems to fly by and suddenly it is Epistle time again.

We have had a busy couple of months with a successful Halifax weekend a couple of weekends ago. Quite a few EPOCies went to Europe for an Urban weekend in Belgium followed by the World Masters in Denmark and a number of members will no doubt be running in the Lakes 5 days and White Rose weekend.

Moving into Autumn we have the Compass Sport final in October. Rod has sent an email round asking for entries so please make sure you let him know your details for entry. We have a good mix of runners who can score highly and others who can help push down the scores of other clubs so with a good team effort we can achieve a good club result.

Have a lovely summer!

Emma Harrison

## CHAIRMAN'S CHAT

These Chairman's chats all seem to start the same way. We organised two really successful events on our Urban weekend of 30 June/1 July. The sun was shining and the venues were both excellent with car parking adjacent and both starts and finishes near by. The Saturday event was so good some people did three courses.

Unfortunately we have had to cancel the Marsden Moor event scheduled for 16 September. At the time we took this decision along with the National Trust and Natural England, Saddleworth Moor was well alight and had been for some time, along with another 3 fires on the moors near Winter Hill. The cancellation of Marsden was additionally disappointing because it was to be used as a selection race for England Juniors at Interland 2019. The fact that families would be making plans to come to the event and then subsequently find it had to be cancelled influenced our decision as well.

This has left us with no events until Christmas at Newmillerdam. If we include both Christmas's we will have put 9 events on this year, a lot for a small club and the space may give us chance to put on some evening events. There is plenty of help available if you would like to do one but need some help.

And now for the Dickensian Cash book (minutes 1980) -

*It was decided not to lend our kites to the JK as there was too much risk of damage (the IT team will now feel the same way after the computers were borrowed for JK 2016).*

*A coach (of the wheeled kind) had been arranged to go to the Brit Champs and was to be shared along with our Scout Hut accommodation with Airienteers.*

*There was £50 in the current account and £150 in a deposit account, which attracted Corporation Tax at 42% on the Interest. What ever was the Interest rate in those days?*

Minutes usually amount to 5 pages of typewritten 'foolscap' and each officer did a full report. I asked Anthony why he thought there was so much enthusiasm, he said, "the club was a major part of our spare time". From the amount of work that was done I agree it must have been.

Things have changed considerably since then with us all having lots of different interests and commitments.

Have a nice summer and remember if you want to put on a small event or street hydrant event there is help available.

*Jean*

### **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 September 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

Welcome to new member Arabella Woodrow

### What has your committee been doing?

There was no full committee meeting in July but due to a number of issues that needed addressing, Jean, David and Emma met on 18<sup>th</sup> July. The next full committee meeting will be on 12<sup>th</sup> September.



### East Pennine Orienteering Club Treasurer's Report for July 2018

- 1 As we have a long period between committee meetings, I thought it would be worthwhile circulating an interim report.
- 2 Since the last meeting, the club has held 2 events. The Halifax Urban weekend was held in extremely high temperatures and benefitted from good low cost assembly areas. Many thanks to Jean and Neil for finding these. Numbers on Saturday were low but overall income was good. The venues and courses were very well received. At this stage it is not possible to quantify the overall income as a substantial amount of pre-entry income has yet to be received as Fabian4 make payments a month in arrears.
- 3 The major items of expenditure have been the club's annual insurance (c.£235), the purchase of a new splits printer (£140) and a further supply of advertising leaflets. As of today, we have not been invoiced for the prizes (mugs) for the middle distance championships - £280? or for the facilities at Oakwell Hall (£80). We shall also have to purchase the software required to manage the club's web site as Anthony has indicated that he would like to reduce his current level of input.
- 4 The club has recently let a small contract for the mapping of Crownest Park. Subject to performance this may be repeated for other small areas not yet on OCAD.
- 5 To date we have received £657.50 in Membership Fees. Based on current renewal levels a further sum of £7.50 is expected. At the last

count we had 66 membership units with over 100 individual members.  
An up to date membership list has been compiled be circulated.

Overall, I am pleased to be able to say that for the first time in a number of years, the club will end up the financial year with a positive cash flow. This is due to careful financial management, especially by the event organisers and an increased number of events. The increase in membership fees 12 months ago, has aided overall cash flow and not damaged membership numbers.

David Morgan 23/7/18

## AGM - 2018

# Your Club Needs You!

SO PLEASE COME TO THE EPOC 2018 AGM



On Wednesday 26<sup>th</sup> September 2018 at 7.30pm  
at Marsh Liberal Club, Huddersfield

Emails will be circulated round the club with further details/reminders

The 2018 AGM will be held at the Marsh Liberal Club, 31 New Hey Road (A640), Huddersfield. Travelling from junction 23 of the M62 towards Huddersfield, Marsh Liberal Club is on the right approximately 200 metres after the first roundabout (near the hospital). The building is set back from the road and the car park is in front of the club.

We need as many club members as possible to attend: it is important for the committee to know what you want from the club.

**Please come along and offer any help you may wish to give. We are not going to cajole you in to joining the committee unless you wish to, in which case, yes please. If you are interested in being Club Secretary this job is also up for grabs. It's not too onerous these days!**

The agenda for the AGM is as follows:

1. Apologies
2. Minutes of the 2017 AGM
3. Chairman's report
4. Secretary's report
5. Treasurer's report
6. Club fees for 2019
7. Fixtures secretary's report
8. Election of officers
  - Chair
  - Secretaries (membership and meetings)
  - Treasurer
  - Fixtures Secretary
  - 4 executive committee members
  - Hon. Auditor
9. Any other business

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

## COMPASS SPORT TROPHY 2018

### **Rod Shaw**

All EPOC members are invited to compete in the Compass Sport Trophy on Sunday 21st October at Abraham's Valley in Staffordshire.

Entries will be made through the club, EPOC are subsidising the entry fee, the cost for competitors will be £8 seniors and free for juniors.

With a good turnout the club should do well; key members who are likely to score for the club are particularly urged to enter.

If you are willing to run email me ([margrod123@gmail.com](mailto:margrod123@gmail.com)) giving full name, age class, BO No., SI No., preferred start time (we have been allocated start times at 40 mins intervals between 10am & 2pm) and also whether you are willing to run up if this would be to the club's advantage.

I have to send entries in by Sunday 23rd September but please send entries to me as soon as possible.

Entry money preferably paid into the EPOC bank account and can be paid later. Non-competitive EOD is available on white, yellow, orange & light green.

## 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.



## La Sportiva Lake District Mountain Trial 2018

Classic mountain navigation event over challenging terrain in the Lake District. Interval starts with course disclosure beyond start line - ie. as in orienteering. The Trial is excellent preparation for the OMM.

Entries are now open for this year's trial to be held on September 9<sup>th</sup>, starting and finishing at Grasmere. Entries close on 27<sup>th</sup> August.

Entry is via: <http://www.ldmta.org.uk/entry.html>

Or via: [https://www.sientries.co.uk/event.php?beid=Y&event\\_id=4568](https://www.sientries.co.uk/event.php?beid=Y&event_id=4568)

Classic Trial: around 18 miles and 7500ft climb (29 km and 2300m). Estimated winning time = 4.5hrs. Minimum age for entry: 18yrs

Medium Trial: around 13 miles and 5000ft climb (21 km and 1500m). Estimated winning time = 3.5hrs. Minimum age for entry: 18yrs

Short Trial: around 9 miles and 3500ft climb (15 km and 1100m). Estimated winning time = 3hrs. Minimum age for entry for single runners: 18yrs.

The distances shown above are as the crow flies. Actual distances covered may be up to 50% further.

There is a Pairs category in the Short Trial. This presents a good opportunity to hone navigational skills with a partner. Over 14's may compete as part of a pair if the other runner is their parent or legal guardian.

More Information about the Trial is available at: <http://www.ldmta.org.uk/info.html>

## EPOC Rankings 2018

These are the current ranking positions (as of 30.07.18) of EPOC members aged second year M/W16 and over (ranking points are not awarded to first year M/W16 and younger).

<b>Pos.</b>	<b>Name</b>	<b>Points</b>	<b>Contributing scores</b>
1 (123 -4)	James Logue	7866	1295, 1302, 1321, 1329, 1316, 1303
2 (164 -4)	James Williams	7776	1316, 1278, 1295, 1298, 1283, 1306
3 (217 -3)	Simon Martland	7659	1256, 1274, 1256, 1278, 1293, 1302
4 (251 -2)	Andy Thorpe	7612	1268, 1263, 1259, 1274, 1273, 1275
5 (265 -3)	Jonathan Emberton	7598	1272, 1271, 1254, 1289, 1253, 1259
6 (316 -3)	Phil Scarf	7545	1271, 1257, 1269, 1248, 1262, 1238
7 (382 -2)	Mike Pedley	7474	1245, 1246, 1250, 1248, 1243, 1242
8 (428 -2)	Karen Poole	7426	1250, 1244, 1221, 1237, 1243, 1231
9 (706 -5)	Richard Payne	7173	1191, 1195, 1208, 1193, 1199, 1187
10 (768 -7)	Emma Harrison	7114	1174, 1173, 1224, 1177, 1188, 1178
11 (774 -7)	David Averill	7112	1204, 1170, 1208, 1176, 1174, 1180
12 (857 -5)	Sarah Pedley	7056	1170, 1178, 1159, 1184, 1163, 1202
13 (913 -4)	Matthew Tinker	7012	1172, 1187, 1140, 1177, 1169, 1167
14 (935 -5)	Graham Lloyd	6991	1177, 1146, 1171, 1176, 1164, 1157
15 (988 -5)	Viv Barraclough	6961	1155, 1170, 1174, 1178, 1169, 1115
16 (1285 -4)	Laura Harrison	6751	1116, 1120, 1130, 1123, 1122, 1140
17 (1295 -4)	Megan Harrison	6744	1127, 1124, 1106, 1130, 1142, 1115
18 (1356 -4)	Julie Couch	6704	1119, 1115, 1113, 1122, 1115, 1120
19 (1381 -4)	Jackie Scarf	6686	1142, 1090, 1152, 1086, 1125, 1091
20 (1506 -6)	Ian Couch	6593	1101, 1091, 1111, 1096, 1104, 1090
21 (1509 -5)	Mathew Averill	6590	1125, 1092, 1068, 1083, 1107, 1115
22 (1654 -4)	Richard Spendlove	6488	1085, 1092, 1085, 1097, 1092, 1037

<b>Pos.</b>	<b>Name</b>	<b>Points</b>	<b>Contributing scores</b>
23 (1739 -4)	David Harrison	6430	1051, 1058, 1086, 1075, 1087, 1073
24 (2070 -6)	Helen Pedley	6176	1065, 1005, 1031, 1052, 1004, 1019
25 (2098 -9)	Gillian Markham	6155	1001, 990, 1053, 1088, 1008, 1015
26 (2127 -7)	Paul Jackson	6134	995, 1018, 1049, 1013, 1043, 1016
27 (2253 -8)	Helen Martland	6024	982, 1033, 1049, 989, 993, 978
28 (2262 -8)	William Barraclough	6015	1189, 1169, 1229, 1227, 1201
29 (2362 -10)	Keith Sykes	5900	969, 969, 1013, 962, 999, 988
30 (2415 -12)	Arabella Woodrow	5845	974, 977, 973, 956, 980, 985
31 (2482 -11)	Gill Ross	5773	967, 949, 976, 960, 967, 954
32 (2510 -11)	Brian Mellor	5747	937, 1004, 875, 941, 973, 1017
33 (2575 +24)	Neil Croasdell	5669	941, 937, 936, 943, 937, 975
34 (2601 -10)	Guy Goodair	5634	920, 950, 923, 988, 929, 924
35 (2618 -9)	Rod Shaw	5622	917, 934, 980, 925, 949, 917
36 (2691 -10)	Linda Hayles	5529	889, 949, 942, 898, 925, 926
37 (2808 -9)	Jean Lochhead	5343	879, 869, 880, 950, 862, 903
38 (2877 -10)	Joanna Emberton	5237	875, 863, 915, 861, 844, 879
39 (2887 +4)	Judith Goodair	5224	869, 857, 883, 859, 884, 872
40 (2916 -8)	Fred Ross	5186	837, 875, 876, 853, 869, 876
41 (2959 -9)	Philip Thompson	5116	837, 842, 847, 880, 832, 878
42 (2993 -6)	Jackie Page	5048	874, 830, 837, 834, 847, 826
43 (3000 -8)	Juliet Morgan	5039	840, 839, 855, 856, 851, 798
44 (3006 -8)	Jane Payne	5027	870, 830, 834, 826, 828, 839
45 (3047 -8)	Rebecca Lloyd	4944	813, 819, 782, 806, 885, 839
46 (3084 -4)	Mike Thorpe	4880	803, 784, 788, 826, 787, 892
47 (3200 +9)	Sue Levinson	4632	739, 766, 792, 842, 740, 753
48 (3208 -5)	Bob Steeper	4622	867, 1032, 932, 946, 845
49 (3262 -5)	David Morgan	4496	757, 872, 739, 752, 685, 691
50 (3308 -4)	Margaret Shaw	4392	692, 759, 685, 696, 770, 790
51 (3342 -4)	Michael Wood	4302	623, 807, 464, 803, 730, 875
52 (3537 -5)	Simon Bourne	3728	1222, 1216, 1290
53 (3594 -4)	Stephen Warner	3548	974, 782, 868, 924
54 (4026 -5)	Adam Thorpe	2355	1175, 1180
55 (4331 -8)	Roy Lindsell	1773	978, 795
56 (4984 -2)	Shaun Camponi	897	897
57 (5238 -3)	Christine Smith	669	169, 139, 361
58 (5313 -2)	Paulette Noot	391	391

## EVENT REPORTS AND RESULTS

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

### AIRE YHOA Urban League, Skipton - 2 Jun 18

<b>Black 7km 130m</b>		<b>Short Green 3.2km 60m</b>	
11 Matthew Tinker	87.23	8 Guy Goodair	55.30
<b>Blue 5.9km 115m</b>		10 Gill Ross	55.49
17 Graham Lloyd	65.51	11 Sue Levinson	57.32
<b>Green 4.7km 70m</b>		13 Jane Payne	57.45
4 Richard Payne	54.44	17 Judith Goodair	60.21
35 Neil Croasdell	72.30	19 Jackie Page	62.43
53 Fred Ross	96.39	21 Rebecca Lloyd	66.53
		m14 Jean Lochhead	57.47

### AIRE YHOA Superleague, Kilnsey South - 3 Jun 18

<b>Black 11.8km 370m</b>		<b>Green 4.6km 115m</b>	
4 Alasdair Pedley	80.10	15 Paul Jackson	55:09
<b>Blue 8.8km 220m</b>		36 Neil Croasdell	70:13
3 Mike Pedley	58.12	42 Rod Shaw	79:51
<b>Short Blue 5.4km 135m</b>		44 Fred Ross	90:20
4 Richard Payne	52.14	<b>Short Green 3.8km 110m</b>	
9 Laura Harrison	55.18	9 Gill Ross	65:04
10 Emma Harrison	55.20	16 Guy Goodair	69:52
20 Ian Couch	65.51	19 Jean Lochhead	73:27
25 Sarah Pedley	69.19	m6 Philip Thompson	100:04
35 David Harrison	82.10	<b>Very Short Green 3.1km 75m</b>	
		2 Judith Goodair	65.40
		<b>Orange 2.1km 80m</b>	
		6 Sue Levinson	49.02

### EBOR Strensall Urban - 9 Jun 18

<b>Course A</b>		<b>Course D</b>	
28 Jackie Page	51.42	5 Jackie Page	8.37
<b>Course B</b>		6 Guy Goodair	8.48
12 Guy Goodair	34.20		
19 Judith Goodair	39.35		
21 Sue Levinson	57.15		

### NATO UK Urban League, Morpeth - 10 Jun 18

<b>MUV 5.5km 85m</b>		<b>MHV 4km 50m</b>	
13 Davey Averill	63.15	1 Guy Goodair	52.39
<b>WUV 4km 50m</b>		<b>WHV 4km 50m</b>	
10 Jean Lochhead	60.25	1 Judith Goodair	61.52

### YHOA Schools Championships and Regional Event, Sandall Beat - 10 Jun 18

<b>Blue (length: 7.6km, 34 controls)</b>		<b>Short Green (length: 2.9km, 18 controls)</b>	
28 Matthew Tinker	61.38	14 William Martland	23.56
30 Viv Barraclough	61.41	17 Seth Barraclough	27.34
35 Richard Payne	63.51	<b>Yellow (length: 2.2km, 10 controls)</b>	
<b>Green (length: 5km, 20 controls)</b>		3 Luke Barraclough	12.43
34 Helen Martland	54.42		
<b>Short Green (length: 2.9km, 18 controls)</b>			
16 Gill Ross	44.00		
24 Jane Payne	50.32		



**Luke Barraclough, 2<sup>nd</sup> Year 7 Boys**

**Photo: Viv Barraclough**

**LEI EM Urban League, Quorn - 10 Jun 18**

**WO 6.9km 5m**

3 Laura Harrison 65.23  
6 Megan Harrison 69.51

**MV 6.9km 5m**

15 David Harrison 72.14

**WV 5.9km 5m**

2 Emma Harrison 47.30

**BAOC MLN, Coatham Wood - 13 Jun 18**

**60 min Score**

18 Stephen Warner 110 pts  
27 Neil Croasdell 80 pts

**45 min Score**

5 Sue Levinson 10 pts  
6 Judith Goodair 0 pts  
7 Phil Thompson -30 pts  
9 Guy Goodair -40 pts

**EBOR Relays, Hood Hill - 16 Jun 18**

6 EPOC (David's Angels) 151.47

**White** Laura Harrison 6.52 (3) **Yellow** Megan Harrison 7.40 (4) **Orange** Emma Harrison 14.33 (5) **Light Green** Laura Harrison 29.54 (10) **Short Green1** Megan Harrison 54.37 **Short Green 2** Emma Harrison 38.11 (4)

**HOC UK Urban League (2017), Castle Vale - 16 Jun 18**

**Mens Ultravet 5km 19c**

16 Neil Croasdell 50.28

**Womens Hypervet 3.1km 12c**

1 Judith Goodair 34.59

**Mens Hypervet 4km 16c**

2 Guy Goodair 47.59

**HOC UK Urban League (2018), Birmingham University - 17 Jun 18**

**Mens Ultravet**

Neil Croasdell Race 1 mp Race 2 30.30 (24) Overall

**Mens Hypervet**

1 Guy Goodair 28.30 (1) 29.04 (1) 57.34

**Womens Hypervet**

1 Judith Goodair 25.51 (1) 28.36 (1) 54.27

**EBOR YHOA Superleague, White Horse - 17 Jun 18**

**Brown 4.4km 220m**

8 Richard Payne 85.07

**Short Green 2.5km 125m**

10 Jane Payne 104.51

**Green 3km 145m**

7 Paul Jackson 85.41

## SELOC Horwich Festival of Racing, Horwich - 17 Jun 18

Course 2	Prologue	Final	Overall
18 Jean Lochhead	42.57 (17)	29.44 (25)	72.41

## DVO EM League, Stanton Moor - 17 Jun 18

Short Green (length 3.1km, climb 95m, 16 controls)

18 Philip Thompson	95:02
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## HALO & LOG Sea, Sand & Spires Weekend - 23 & 24 Jun 18

### Cleethorpes Sprint -23 Jun 18

Long (Length 2.70Km)		Short (Length 1.30Km)	
27 Emma Harrison	20.39	4 Helen Martland	11.20
30 Megan Harrison	23.29	10 Judith Goodair	19.48
Medium (Length 2.20Km)		mp Guy Goodair	
31 Neil Croasdell	20.25	Juniors (U16) (Length 1.30Km)	
43 Jean Lochhead	23.55	1 William Martland	9.41
48 Jackie Page	26.45		
51 Arabella Woodrow	35.07		

### Louth Cattle Market Maze - 23 Jun 18

Long 0.4m		Short 0.2km	
7 Emma Harrison	9.15	5 Jackie Page	6.20
11 Megan Harrison	9.39	8 Guy Goodair	12.12
30 Helen Martland	12.05	9 Judith Goodair	12.54
32 William Martland	12.15	nc Megan Harrison	3.29
37 Richard Payne	13.03	nc Emma Harrison	3.34
48 Neil Croasdell	14.53	nc Neil Croasdell	5.47
58 Jean Lochhead	19.57		
nc Jackie Page	12.51	(second runs were recorded as nc)	
nc Judith Goodair	16.03		
nc Guy Goodair	18.17		

### YHOA Urban League, Louth - 23 Jun 18

<b>Men Super Veteran (M55+)</b> 4.60Km		<b>Women Open (W18-W35)</b> 5.20Km	
13 Richard Payne	44.37	7 Megan Harrison	54.22
<b>Men Ultra Veteran (M65+)</b> 3.90Km		<b>Women Veteran (W40+)</b> 4.60Km	
Neil Croasdell	46.59	2 Emma Harrison	40.17
<b>Men Hyper Veteran (M75+)</b> 3.00Km		<b>Women Super Veteran (W55+)</b> 3.90Km	
1 Guy Goodair	36.56	8 Arabella Woodrow	45.14
<b>Men Junior (M16-) (2)</b> 2.80Km		<b>Women Ultra Veteran (W65+)</b> 3.00Km	
William Martland	29.14	7 Jean Lochhead	37.16
		9 Jackie Page	39.38
		10 Jane Payne	39.47
		<b>Women Hyper Veteran (W75+)</b> 3.00Km	
		1 Judith Goodair	41.04

### LOG EMUL and UK Urban League, Skegness - 24 Jun 18

<b>MJ</b> 4.31km 20m		<b>WV</b> 6.41km 35m	
2 William Martland	52.53	10 Helen Martland	76.36
<b>MSV</b> 6.41km 35m		<b>WSV</b> 4.91km 30m	
7 Richard Payne	53.49	8 Arabella Woodrow	59.05
<b>MUV</b> 4.91km 30m		<b>WUV</b> 4.04km 25m	
15 Neil Croasdell	61.34	11 Jane Payne	53.02
<b>MHV</b> 4.04km 25m		<b>WHV</b> 4.04km 25m	
1 Guy Goodair	50.55	1 Judith Goodair	53.37

## EPOC Sprint, Halifax South - 30 Jun 18

### 1 - 3.8km

3. James Williams	25.06
5. William Barraclough	29.25
6. Graham Lloyd	33.05
8. Mathew Averill	40.47

### 2 - 3.3km

5. Megan Harrison	30.35
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### 3 - 2.2km

1 Richard Payne	15.03
4= Emma Harrison	16.52
12. Viv Barraclough	19.56
15. William Martland	22.45
16. Shaun Camponi	24.23
17. Rebecca Lloyd	29.46
18. Rod Shaw	31.17

### 4 - 1.7km

2. Viv Barraclough	14.05
9. Neil Croasdell	19.24
11. Arabella Woodrow	20.44

### 6 - 1.4km

3. Emil Noot-Williams	24.06
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## ASOM2018 (Antwerp Sprint Orienteering Meeting)

### *Guy Goodair*

To commemorate 100 years since the ending of the First World War this year's event moved from the usual Antwerp venue to areas closely connected to WW1 – Kortrijk and Ypres. There was an extra Friday evening event at Paschendale memorial park (we'd already booked the Friday overnight ferry before this race was announced so we missed that race). The ferry was late sailing from Hull, so late arriving in Zeebrugge and we only got to Kortrijk shortly before 1pm with our starts being just after 1.30. Keith showed us where registration was and we quickly sorted ourselves out.

First race was south of the event centre and we had to cross two rivers (or were they canals?) I went OK until the very end when I went through a building saw a control in front of me and, like a fool, went to check the number even though mine was obviously to the right – cost me a win. Judith went walkabout at Control 6 and had to settle for second behind another UK runner, Pat Hart.

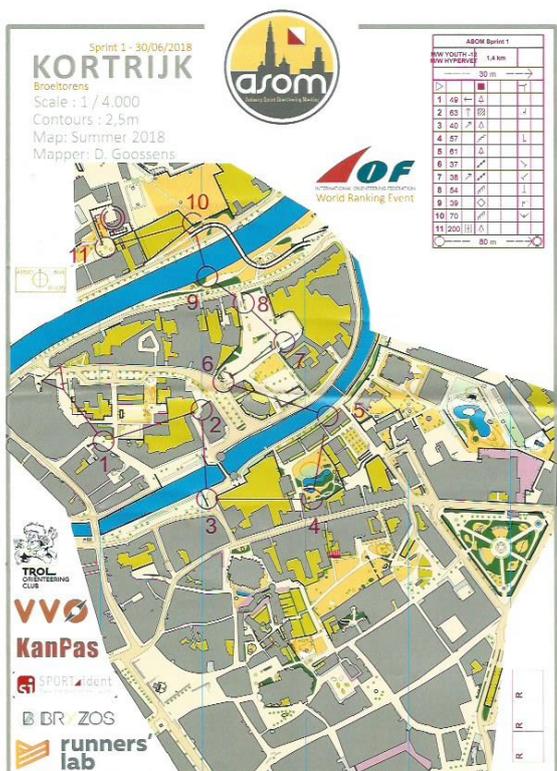
The second race was around 3 hours later and started in a park northwest of the event centre (Guldensporecollege) but before our races started we had an opportunity to watch the elite runners in action as there was a spectator control in the college grounds. It was interesting to note that although they were all doing the same course I noticed runners taking four different routes from the spectator control. My course had five controls in the park before crossing a main road where a volunteer with a hand held baton just stopped all the traffic as he saw a runner approaching (can't imagine that happening over here). The last eight controls were within the college complex with several route choices, but managed these OK to give me the overall lead after the two races. I'd finished and was watching others coming in when I saw Judith at the top of the fence near the finish looking puzzled "To your right" I shouted and off she went into the finish. Should have kept my mouth shut it turns out she hadn't found the last control so she'd mispunched and at the time she was miles in front of the second placed runner.

We then set off to Ypres but as we neared our destination the satnav was trying to send us down a oneway street and having worked our way round that we were unable to get anywhere near our Bed & Breakfast accommodation ('The Dugout' a WW1 museum) as all the roads were up (Ypres was laying a new pipework system round there). We found a parking spot near the church and was assured by a local that we could park there for free over the weekend. Approaching our B & B by foot we found the street but no signs but knocked on the door of No 7 and was immediately welcomed in by the owner Andre, shown our room and told to come down as soon as we were ready. We did so and were asked which Belgian beer we would like – there were a couple of English bikers staying there too and one came from Cawthorne! Andre has been collecting WW1 material from the battlefields for over 30 years and the place is crammed with guns, shells, bullets, pottery and other ephemera from the battlefields.

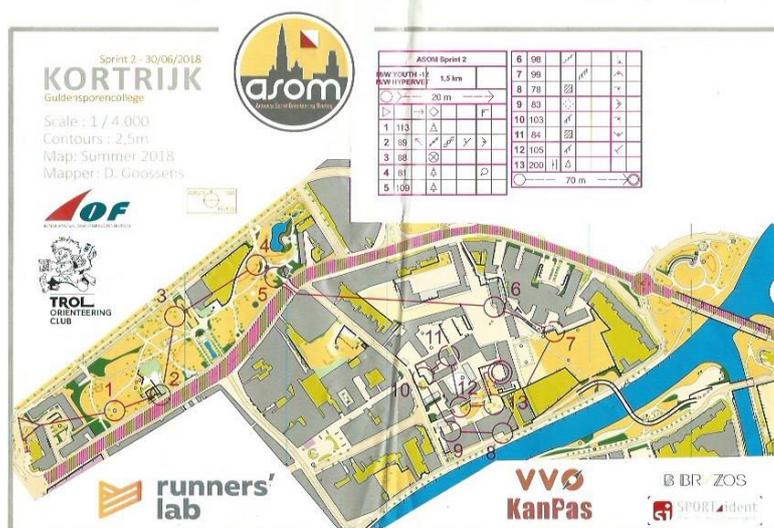
The next morning as we were having breakfast Andre came into the breakfast room and remarked there was a chap walking down the street tying black & yellow tape on the lampposts. When we left we followed the tapes and found the start was less than 100 yards away. We spoke to the officials as our car was now in the competition area but they assured us that there were no controls before we got to it so we then drove around to Minneplein campus, the event centre. My first control was at the back of the church where we'd parked then it was through an arch under 'Flanders Field' museum for two controls - one up an alley then No5 was on the ramparts at the back of the Menin Gate then across town for 3 controls before entering the campus for the last 10 controls with quick changes of direction.

Dick & Keith had more of a problem on their course as going towards a control up on the ramparts and approaching what looked like a nice grassy square they suddenly found themselves confronted by a huge circus tent and all round the sides of the square and surrounding streets was a flea market with crowds everywhere to impede progress.

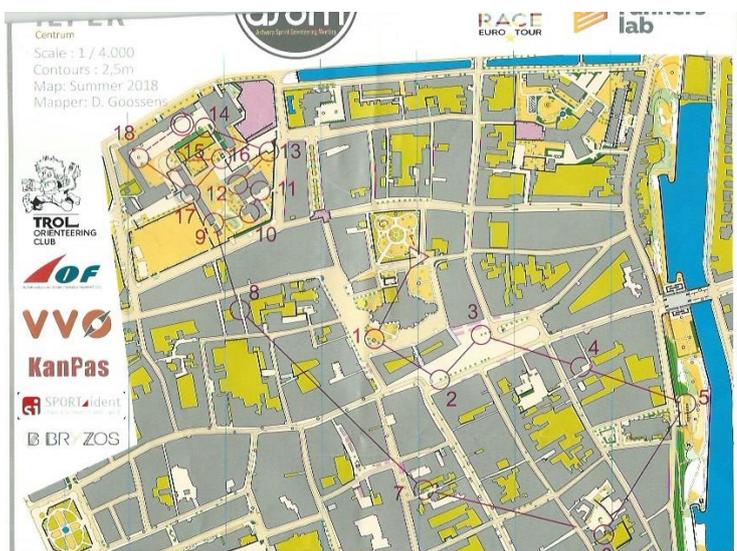
Managed to win and take overall victory whilst Judith easily won but unfortunately her mispunch meant she didn't have 3 finishes for overall victory. Another good Belgian weekend. Can recommend it



Race 1



Race 2



Race 3



**Guy Goodair –  
1<sup>st</sup> Men's Hypervet  
Photo Dick Spendlove**

**TROL ASOM Meeting, Kortrijk & Ypres - 30 Jun & 1 Jul 18**

	Race1 Kortrijk	Race 2 Kortrijk	Race 3 Ypres
<b>MUV</b>			
8 Dick Spendlove	20.25 (15)	19.20 (5)	17.53 (8)
18 Keith Sykes	25.03 (28)	24.06 (20)	58.31 (26)
<b>WHV</b>			
Judith Goodair	23.48 (2)	mp	35.14 (1)
<b>MHV</b>			
1 Guy Goodair	17.02 (2)	16.26 (1)	28.27 (1)

**EPOC YHOA and UK Urban League, Halifax - 1 Jul 18**

**Black - 8.1km 190m**

6. Matthew Tinker 78.48

**Brown - 6.5km 170m**

17. David Averill 59.56

18. Laura Harrison 62.58

19. Megan Harrison 66.53

**Blue - 5.8km 85m**

8. Graham Lloyd 46.21

12. Emma Harrison 46.51

16. Viv Barraclough 48.47

David Harrison m11

**Green - 4.6km 85m**

24. Neil Croasdell 52.51

34. Arabella Woodrow 62.33

**Short Green - 3.7km 65m**

13. Rebecca Lloyd 51.00

16. Juliet Morgan 55.03

22. Rod Shaw 86.59

**Light Green - 3.6km 50m**

5. William Martland 39.48

7. Lucy Payne +1 53.31

## **WORLD MASTERS ORIENTEERING CHAMPIONSHIPS 2018**

### **Rod Shaw**

With no direct ferry, the drive via Dover meant I clocked up 2600 miles. Most of the driving was on free motorways and we were only held up in Antwerp and Hamburg. Having a campervan there was a bonus; we only needed to take the event bus into Copenhagen. Everything was organised with Scandinavian efficiency. The mapping was excellent which we appreciated more on the training days when the map could be studied at leisure. The forests of Sealand were a delight to run through. On one of the training days adjacent to the beach people actually swam in the sea. One feature that helped location was the mapping of fallen trees as green lines showing the exact position of the tree.

The format this year was different for the forest events with only one forest qualification run, then a middle distance final. A complicated system of promotion and relegation meant that someone in the E final for the middle distance could be promoted to the long distance A final.

EPOC's best result was Guy finishing 4<sup>th</sup> in the M80A sprint final in Copenhagen. The real competition was reserved for the evening boules competition which took place on the excellent sports field at Farum Arena!

The weather was sunny most of the week with a cool breeze making it less oppressive than recent British weather.

**WMOC Indoor Event, Naerum Gymnasium - 6 July 18**

**Semi Tough**

34 Dick Spendlove	39.14
53 Keith Sykes	48.56
65 Guy Goodair	56.54
82 Linda Hayles	87.24

**Oldies**

14 Neil Croasdell	26.38
25 Fred Ross	32.58
33 Judith Goodair	40.13
38 Gill Ross	43.32
mp Keith Sykes	

**WMOC 2018, Denmark - 7 to 13 July 18**

Race 1 Sprint QF, Race 2 Sprint F, Race 3 M&L QF, Race4 Middle F, Race 5 Long F

	Race 1	Race 2	Race 3	Race 4	Race5
<b>W60</b>					
Linda Hayles	50 21.27	B 61 17.24	59 85.06	C 44 59.28	C 40 86.39
<b>W65</b>					
Jane Payne	48 22.41	B mp	dns	dns	dns
<b>W70</b>					
Gill Ross	22 18.03	A 56 18.34	16 56.00	A 53 53.43	A 63 97.40
<b>W75</b>					
Judith Goodair	8 16.40	A 8 13.39	41 63.38	B 21 47.08	B 8 63.43
<b>M50</b>					
Mike Pedley	13 16.18	A 49 14.48	23 59.28	B 8 37.29	A 66 82.34
<b>M65</b>					
Richard Payne	8 15.50	A	36 56.16	C 37 41.37	dns
<b>M70</b>					
Dick Spendlove	11 15.01	A 37 14.40	6 44.37	A 76 53.12	B 36 71.54
Keith Sykes	35 19.17	C 15 15.02	52 72.37	D 21 39.32	D 32 77.50
Neil Croasdell	mp	E 13 14.29	56 85.59	D 56 48.32	D 56 90.26
Fred Ross	69 26.44	E 33 19.48	61 88.08	E 31 49.58	E 38 102.30
<b>M80</b>					
Rod Shaw	30 20.50	B 22 17.22	12 47.48	A 42 52.26	A 32 83.17
Guy Goodair	9 14.15	A 4 11.49	52 83.44	B 29 55.13	B 28 93.27
<b>Open Course M20</b>					
Alasdair Pedley	2 19.00	1 16.02	1 34.33	1 46.36	3 58.15



**Gill**



**Fred**



**Judith**



**Guy**



**Keith (left)**

*Above Photo's: Rod Shaw*



Above Photo's: Guy Goodair

**SYO Cliffhanger YUL, Sheffield - 8 July 18**

<b>Brown 7.2km</b>		<b>Short Green 3.3km</b>	
20 Laura Harrison	73.58	11 Jean Lochhead	52.09
27 Megan Harrison	84.30	12 Jackie Page	53.14
<b>Blue 5.8km</b>		14 Sue Levinson	57.58
8 Emma Harrison	54.52	<b>Light Green 3.3km</b>	
31 Helen Martland	81.01	7 William Martland	26.25
<b>Green 4.6km</b>			
19 Anabella Woodrow	52.59		

**AIRE Fat Rascal YUL, Cliffe Castle & Myrtle Park - 14 Jul 18**

	<b>Prologue</b>	<b>Chasing Final</b>
<b>Course 2</b>		
Simon Martland	mp	-
Megan Harrison	-	21.54 (17)

### Course 3

Emma Harrison	13.14 (4)	17.15 (7)
William Martland	15.49 (11)	16.02 (3)
Helen Martland	16.25 (14)	23.32 (15)

### Course 5

Jackie Page	17.30 (3)	16.54 mp
Jean Lochhead	20.21 (7)	17.18 (6)

### AIRE Fat Rascal YUL, Bingley - 15 Jul 18

#### Brown 8.1km

28 David Harrison 92.03

#### Blue 5.6km

1 Simon Martland 40.41

8 Emma Harrison 47.56

15 Laura Harrison 51.52

20 Megan Harrison 54.38

#### Short Green 3.1km

3 Jean Lochhead 41.17

7 Jackie Page 47.12

8 Sue Levinson 51.19

#### Lt Green 3.2km

6 William Martland 32.13

### EBOR Afternoon Series, Rowntree Park - 21 Jul 18

#### Course C

7 Arabella Woodrow 16.38

#### Course D

5 Arabella Woodrow 17.40

#### All controls course

7 Arabella Woodrow 32.25

## Sprint Scotland 2018

### Guy Goodair

Sprint Scotland is the brainchild of Graham Gristwood, who with his wife, Fanni Gyurko, UK's World Championship sprint runners Kris Jones and Chris Smithard got together to give two days of various exercises to improve sprint orienteering techniques, 3 evening talks by world class sprinters and three World ranking races on the remaining two days.

Day One was centred on Grangemouth Stadium and the first exercise was Starts Training – Practising starts doing multiple starts on the same leg. There were 10 different starts to practice on. The next session was Visualisation Training. Look at the map and from a picture of how the control will sit in the picture - did it look like you'd pictured it when you actually got there? Later on you then had to try and visualise the whole leg.

Final exercise of the day was Long Leg/Short Leg training – you'd a long leg and whilst you were running that you had to try and remember the way to the next shorter leg control without referring to the map – later on you'd to try and remember the next two controls without map referral.

Day Two was on the very hilly and complex Hallglen map and the first exercise was Route Choice training – you'd to choose a route to a control then do it again with a different route. Which was fastest and was it what you expected?

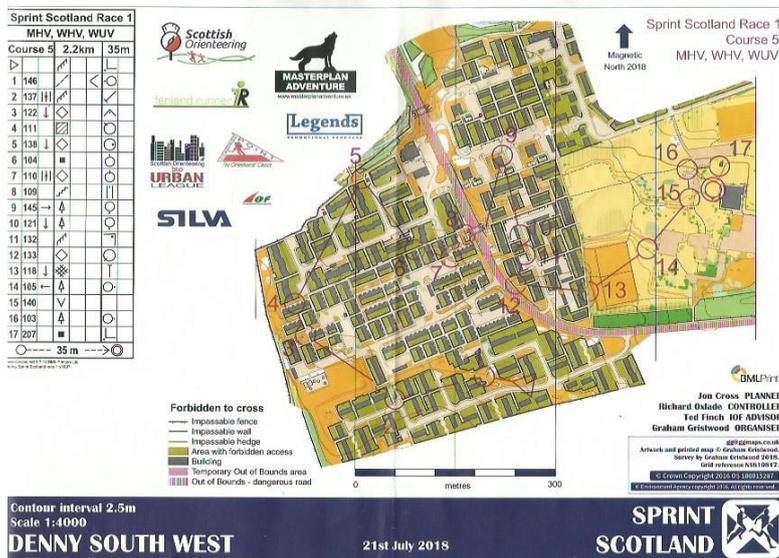
The second exercise was a line course training exercise you'd to follow a complex route round a 3.3km course how accurately can you follow it, are you in contact with the map at all times. How fast can you speed up and still know where you are?

Final exercise was a Norwegian event. You could study a section of map in the sports centre you'd then to run that leg and then you got another small section to memorise to the next control. One of the problems I found that I didn't always remember what the feature I was looking for when I got there. There were no kites used just a small red and white card around 3" x 6"

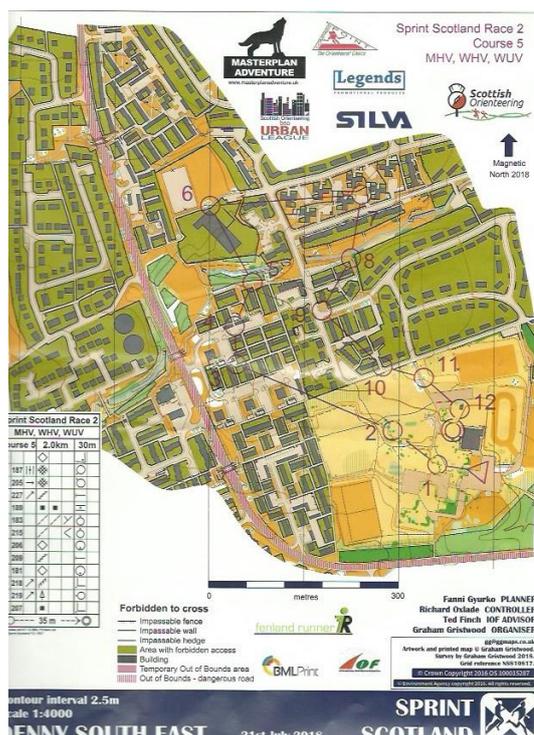
Day 3 was 2 races at Denny and the speed of the elites is amazing sub 3 and a half minutes a km – Maja Alm, the women's World Champion batted round her course in the equivalent time of 18 mins for Park Run

Day 4 was a sprint round a new extended Grangemouth map. Judith had a very late start and found that control 5 had be stolen and she and another competitor were tainted by a bunch of jobs from a nearby flat shouting 'It's in the bin'. Needless to say it wasn't. However at the finish

they knew the control had gone so they removed the legs before and after that control to get a fair result. All in all a good four days and we think we learned a lot.



**Sprint Scotland 1**



**Sprint Scotland 2**



**Sprint Scotland 3**

**Masterplan Adventure WRE & SOUL, Denny - 21 Jul 18**

Course 5	Race 1	Race 2
Guy Goodair	17.58 (4)	17.50 (5)
Judith Goodair	19.07 (7)	17.31 (4)

**Masterplan Adventure WRE, Grangemouth - 22 Jul 18**

Course 5 1.7km	
3 Guy Goodair	12.13
4 Judith Goodair	13.39

**CLOK UK Urban League, Barnard Castle - 22 Jul 18**

Course 4 2.8km		Course 5 2.2km	
21 Neil Croasdell	34.00	6 Jackie Page	34.22
42 Sue Levinson	48.11		

## YHOA URBAN LEAGUE – 2018

Details at [www.yhoa.org.uk](http://www.yhoa.org.uk)



### Yorkshire Urban League 2018



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](http://www.yhoa.org.uk)

### Yorkshire Orienteering Superleague 2018



Sun 28 Jan	EPOC	Storches 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](mailto: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 – August to October 2018

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

[www.britishorienteeing.org.uk](http://www.britishorienteeing.org.uk)

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

19	LOG/EMOA	Lincoln City Race	Lincoln
24-27	EBOR/YHOA	White Rose Weekend, Duncombe Park	Helmsley

### September

1	SWOA	British Sprint Championships, Bath University	Bath
2	SWOA	British Middle Distance Championships, Stock Hill	Wells
2	CLOK/NEOA	South Gare Regional Event	Redcar
8	PFO/NWOA	Hurstwood	Burnley
15	SLOW/SEOA	London City Race	London
15	ERYRI/WOA	Welsh League, Newborough Forest	Newborough, Anglesey
16	ERYRI/WOA	Welsh Champs, Newborough Forest	Newborough, Anglesey
23	SYO/YHOA	YHOA Urban League, Olympic Legacy Park (Attercliffe)	Sheffield
30	CLARO/YHOA	YHOA Championships and Superleague	Harrogate

### October

6	DEE/NWOA	Liverpool Big Weekend, Formby Dunes	Formby
7	SELOC/NWOA	Liverpool Big Weekend, Liverpool University Sprint	Liverpool
7	LEI/EMOA	Shepshed Urban	Shepshed
13	CLOK/NEOA	October Odyssey Day 1, Fylingdales	Whitby
14	CLOK/NEOA	October Odyssey Day 2, Sneaton	Whitby
14	DVO/EMOA	EM League, Grangewood	Swadlincote
20	HALO/YHOA	YHOA Urban League	Gainsborough2
<b>21</b>	<b>WCH/WMOA</b>	<b>Compass Sport Final, Abraham's Valley</b>	<b>Rugeley</b>
28	EBOR/YHOA	Woodthorpe Urban	York

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