



Epistle



No. 255
June - July 2019



Photo: Wendy Carlyle

**Joseph, Luke & Seth Barraclough
Second in the M14 class at the British Relay Championships**

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

COMMITTEE 2018/2019

Chair	Jean Lochhead	jmloch1621@gmail.com
Secretary	Vacant	
Treasurer	David Morgan	davidmorgan.stopford@btinternet.com
Epistle Editor	Emma Harrison	eah1607@aol.com
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	Jackie Page	jackie.page127@ntlworld.com
	Neil Croasdell	croasded@gmail.com
	Viv Barraclough	viv.barraclough@cantab.net

OTHER CLUB OFFICIALS

Map Librarian	David Morgan	davidmorgan.stopford@btinternet.com
Compass Sport Trophy	Rod Shaw	margrod123@gmail.com
Club Coach	Viv Barraclough	viv.barraclough@cantab.net
Welfare Officer	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 & Club Emails	David Harrison	eastpennineorienteeringclub@gmail.com
YHOA committee rep	David Morgan	davidmorgan.stopford@btinternet.com

EPOC WEBSITE www.eastpennineoc.org.uk

EDITORIAL

There seems to have been a lot of events recently with a lot of EPOC members competing in many of these and some podium positions along the way!

Moving forward we have the EPOC weekend of urban orienteering on 20 and 21 July at Mytholmroyd and Hebden Bridge. Helpers will be needed in all roles so why not volunteer your services now. There should be a chance for all helpers to run at both events if enough people come along and help out.

Although it is a few months away yet, please remember the EPOC AGM in September.

Emma Harrison

CHAIRMAN'S CHAT

Thanks to all the members who helped at the BOC Relays on May Day Bank holiday. The input of EPOC members support went a long way to making the Relays a big success. Comments at the end in map collection indicated that competitors finishing had enjoyed Richards 70 courses and thought that the area was good. I am sorry if some felt you were under employed but I was complying with the list I was given.

Mytholmroyd and Hebden Bridge are now organised as far as the venues and permissions are concerned and I have nearly got "Race the Castles" firmed up for 3 courses after borrowing ideas from AIRE. (no point reinventing the wheel). We have pointed out to Nev who is co-coordinating that maybe not many competitors will turn up unless they are Students or Teachers or had the day/week off or retired. Bearing in mind that we are an aging sport, 9 days of Orienteering with 12 events may be an exercise in stamina and tenacity and a castle too far for some. Nevertheless it is going ahead and a Castle will mysteriously appear in Thornes Park! I have in mind a control on this castle with knights and a begging bowl because this event is surely not going to show a profit. But let's all go and have a good time.

Of course, I will be looking for a merry band of helpers for the two Calder Valley events 20/21st July and we will be again looking for help in putting out controls, its Urban so we can drive to them. Mytholmroyd will need two start teams and Ian Mac will have to multilocate himself between the North & South areas to man the Finishes (yes it is a real word).

ALSO perhaps an organiser on the day would be nice??. Please apply to me for an application form to join the selection process.

Viv is putting on some activities on 23rd & 27th July in Greenhead Park and Crow Nest Park and no doubt further details will be forthcoming.

Look out for Giraffes on Ilkley Moor - Giraffes with the club logo have been paid for but are lost somewhere with a firm near Ilkley Moor so they may take some finding.

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

Copy to Emma by 20 July 2019

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 15 May 2019 at 7.30pm Marsh Liberal Club



1. **Present:** Rod Shaw, Emma Harrison, Jackie Page, Neil Croasdell, David Morgan (Treasurer), Jean Lochhead (Chair)
2. **Apologies:** N/A
3. **Minutes of last meeting** 20.3.19 agreed to be a true record.
4. **Matters arising from the last minutes:** None.
5. **Chairman's Report:** The BOC Relays on May Day Bank holiday have been and gone and again many thanks for the input of EPOC members whose support went a long way to making the Relays a big success. Comments at the end in map collection indicated it was clear that finishing competitors had enjoyed their courses and thought that the area was good. I personally contacted some of the newer members for help but unfortunately they seemed to be busy on that day!

We are well on with the organisation of the two July events at Mytholmroyd and Hebden Bridge, less so with Race the Castles, consisting of two weekends and a full week of races culminating in the White Rose for those still able to stand up.

6. **Treasurers Report:** had been circulated before the meeting and a summary is at the end of these minutes.
7. **BOC Relay 2019:** We will not know for quite some time what our share of the profit will be! as it is dependant on the number of helpers and the part the helpers played in the overall organisation.
8. **Race the Castles:** Race the Castles in August still has a lot of questions to be answered. R the C series consists of 12 races in 8 days culminating in the White Rose. As EPOC's event is the first of the weekday events on Monday 19 August it will be difficult to know how many maps to order. Neither do we know what format the races are to take. Jean will get further particulars.
9. **New Maps:** Rod brought copies of Screamer Wood and Lower Fell Greave maps to consider for another event area to increase our number of available wooded areas. The meeting thought it would be possible to combine the two woods which would then be suitable for a Regional event. It was agreed that the two areas need remapping and we should get two quotes for the mapping.

10. **Date of Next Meeting:** Wednesday 11 September 2019. Same venue.

11. **Date of AGM:** Wednesday 25 September 2019. Venue to be decided.

12. **The Meeting closed** at 8.20pm

East Pennine Orienteering Club Summary of Treasurer's & Fixtures Report for May 2019

- 1 Since the last meeting, the club has a relatively quiet time (financially at least). We have held the Elland Street event which ended up with a surplus.
- 2 Total membership payments from BOF now stand at £625. We now have 55 membership units. We have paid the YHOA affiliation of £292.
- 3 I said in my last report that I would be releasing the provision for the YHOA Championships mugs last year. I have now been informed that the invoice has been received by Davey Averill and I shall pay this once I have it.
- 4 The next 6 months subscription for Dreamweaver has been paid.
- 5 Major future expenditure (in next 3 months) will be Insurance.
- 6 As of today the bank account stands with an increase since the year end.

David Morgan 12/5/19

EPOC EVENTS 2019 - 2020

2019			Venue	Organiser	Planner	Controller
Saturday	20.7.19	YHOA Urban	Mytholmroyd - Double Sprint	Jean	Jonathan	
Sunday	21.7.19	YHOA Urban	Hebden Bridge	Jean	??	
	August	Race the Castles (perhaps)	Thornes Park	Format of Event not known		
Saturday	21.12.19	YHOA Night League	Storthes Hall	Jean	Simon Martland	
Sunday	22.12.19	Regional Event	Storthes Hall	Jean	Simon Martland	
2020						
Sunday	15.3.20	Compass Sport Cup 1st Round	Ogden			
Sunday	31.5.20	YHOA Champs Long	????			
Sunday	19.7.20	YHOA Urban	????			
Sunday	1.11.20	Regional	????			
Sat/Sun	19/20 December	Night & Regional	????			

AGM - 2019

Your Club Needs You!

SO PLEASE COME TO THE EPOC 2019 AGM



On Wednesday 25th September 2019 at 7.30pm
Venue tbc

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

The 2019 AGM will be held on Wednesday 25th September 2019

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 or Fixture Secretary these jobs are also up for grabs. They're not too onerous these days!

The agenda for the AGM is as follows:

- | | |
|--------------------------------|---|
| 1. Apologies | 8. Election of officers |
| 2. Minutes of the 2018 AGM | - Chair |
| 3. Chairman's report | - Secretaries (membership and meetings) |
| 4. Secretary's report | - Treasurer |
| 5. Treasurer's report | - Fixtures Secretary |
| 6. Club fees for 2020 | - 4 executive committee members |
| 7. Fixtures secretary's report | - Hon. Auditor |
| | 9. Any other business |

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

Bespoke EPOC Giraffe Bandana's for only £6.00



Made with 100% Coolmax Microfiber with Repel technology (water just runs off the surface keeping your bandana dryer for longer without any loss of functionality. Seamless Knit. GIRAFFE® 1.3oz and measures approx 50cm x 24.5cm. One size fits all. This item is printed to order. Seamless tube for maximum comfort. Perfect for the desert, snow capped mountains, orienteering or just out and about with 30 UPF sun protection. Wicks away moisture when you're hot and keeps you toasty when it's cold. Giraffe boasts extreme versatility and protection. Cover your mouth and nose with your Giraffe bandana to prevent dust and dirt from getting into your lungs when vacuuming. There are over 12 ways to wear a Giraffe Bandana. Ideal for emergency 1st Aid situations! and taking your competitors hostage.

We have negotiated a reduced price for Giraffe's (Buffs).
If we order 25 they will cost £6.00 each instead of £11.99
To take advantage of this amazing offer contact Jean by e-mail.
N.B. Shades not included!

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.



EPOC Rankings 2019

These are the current ranking positions (as of 30.05.19) 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 (106 +2)	James Logue	7879	1309, 1326, 1327, 1308, 1301, 1308
2 (120 +1)	Simon Martland	7851	1313, 1306, 1304, 1320, 1299, 1309
3 (167 -1)	Andy Thorpe	7760	1290, 1310, 1301, 1283, 1284, 1292
4 (260 +8)	Jonathan Emberton	7608	1261, 1283, 1263, 1280, 1256, 1265
5 (394 -8)	Mike Pedley	7442	1236, 1245, 1238, 1237, 1249, 1237
6 (546 +2)	Phil Scarf	7287	1251, 1104, 1189, 1220, 1233, 1290
7 (598 -1)	Adam Thorpe	7240	1219, 1211, 1180, 1207, 1213, 1210
8 (712 -5)	Emma Harrison	7129	1181, 1190, 1183, 1188, 1202, 1185
9 (753 -3)	Matthew Tinker	7090	1172, 1178, 1194, 1176, 1180, 1190
10 (810 -3)	Richard Payne	7053	1161, 1187, 1187, 1166, 1176, 1176
11 (848 -13)	Graham Lloyd	7018	1169, 1170, 1169, 1158, 1204, 1148
12 (935 +1)	David Averill	6950	1186, 1153, 1148, 1155, 1155, 1153
13 (948 +2)	Lindsay McMillan	6944	1153, 1158, 1164, 1144, 1172, 1153
14 (970 +1)	Sarah Pedley	6921	1143, 1158, 1177, 1169, 1141, 1133
15 (979 +1)	Laura Harrison	6912	1140, 1145, 1149, 1168, 1156, 1154
16 (1004 -3)	Viv Barraclough	6893	1169, 1146, 1149, 1167, 1139, 1123
17 (1028 -1)	Megan Harrison	6877	1149, 1172, 1137, 1137, 1143, 1139
18 (1428 +4)	Ian Couch	6561	1085, 1100, 1093, 1096, 1100, 1087
19 (1440 +1)	Richard Spendlove	6554	1112, 1088, 1093, 1079, 1106, 1076
20 (1499 -13)	Julian Green	6512	1094, 1089, 1110, 1083, 1040, 1096
21 (1516 -11)	Julie Couch	6502	1075, 1090, 1112, 1071, 1077, 1077
22 (1555 +2)	David Harrison	6472	1056, 1085, 1065, 1070, 1104, 1092
23 (1649 +11)	James Williams	6393	1255, 1310, 1269, 1261, 1298
24 (1893 +4)	Paul Jackson	6196	1016, 1024, 1031, 1075, 1022, 1028
25 (1913 +6)	Helen Pedley	6181	1063, 1016, 1015, 1023, 1041, 1023
26 (1946 +11)	William Barraclough	6156	1243, 1248, 1234, 1202, 1229
27 (2060 +16)	Helen Martland	6062	1013, 1026, 1021, 1005, 1003, 994
28 (2228 +14)	Roy Lindsell	5895	965, 993, 972, 985, 976, 1004
29 (2257 +16)	Keith Sykes	5858	1009, 920, 976, 988, 953, 1012
30 (2399 +15)	Brian Mellor	5702	951, 948, 1002, 925, 952, 924
31 (2404 +13)	Neil Croasdell	5699	943, 975, 943, 938, 949, 951
32 (2444 -20)	Arabella Woodrow	5647	945, 921, 985, 963, 909, 924

Pos.	Name	Points	Contributing scores
33 (2497 +168)	Stephen Warner	5581	922, 883, 927, 903, 934, 1012
34 (2518 +13)	Guy Goodair	5554	923, 910, 935, 934, 943, 909
35 (2531 +30)	Rod Shaw	5539	919, 908, 904, 970, 918, 920
36 (2532 +17)	Gill Ross	5537	913, 914, 935, 911, 939, 925
37 (2546 +16)	Linda Hayles	5519	909, 929, 898, 887, 979, 917
38 (2691 +5)	Jean Lochhead	5344	903, 886, 872, 875, 886, 922
39 (2788 +8)	Jane Payne	5202	915, 871, 848, 852, 841, 875
40 (2793 +8)	Judith Goodair	5175	872, 835, 866, 852, 858, 892
41 (2798 +8)	Jackie Scarf	5166	1050, 1024, 1027, 1014, 1051
42 (2827 +6)	Jackie Page	5119	855, 849, 883, 841, 856, 835
43 (2915 +10)	Joanna Emberton	4987	818, 794, 867, 845, 843, 820
44 (2973 +8)	Fred Ross	4882	792, 869, 818, 814, 800, 789
45 (2982 -42)	Rebecca Lloyd	4858	839, 777, 825, 776, 782, 859
46 (3044 +11)	Juliet Morgan	4722	795, 745, 793, 821, 760, 808
47 (3056 +14)	Mike Thorpe	4681	792, 735, 758, 790, 815, 791
48 (3078 +16)	Sue Levinson	4625	842, 740, 753, 692, 793, 805
49 (3109 +28)	Philip Thompson	4545	741, 742, 765, 743, 788, 766
50 (3168 +13)	Michael Wood	4405	652, 826, 717, 671, 736, 803
51 (3235 +22)	Mathew Averill	4217	996, 1042, 1107, 1072
52 (3305 -6)	David Morgan	4045	635, 724, 788, 662, 616, 620
53 (3411 +90)	Margaret Shaw	3739	609, 680, 560, 589, 688, 613
54 (3753 +13)	Bob Steeper	2877	988, 996, 893
55 (3917 +17)	Daniel Sutcliffe	2392	1222, 1170
56 (4183 +14)	Richard Stuart	1925	813, 1112
57 (4208 +12)	Leah Stuart	1889	816, 1073
58 (4355 +14)	Joy Mellor	1502	622, 378, 502
59 (4549 +14)	Pat Aspinall	1127	537, 590
60 (4668 +19)	Bryan Parkinson	1059	1059
61 (4929 +19)	Shaun Camponi	897	897

Orienteering Development

Viv Barraclough, Coach, East Pennine Orienteering Club

Orienteering for children- Sands Recreation Ground, Holmfirth Tues 28th May 10am -11am

Have a go at several courses starting from the playground

Contact jdo@aire.org.uk for more details or just turn up

Orienteering for all- Greenhead Park Tuesday 23rd July morning

Have a go at several courses starting from the community room

Orienteering for all- Crow Nest Park Saturday 27th July afternoon

Have a go at several courses starting from the lodge in the car park

Contact orienteering@cantab.net for more details

EVENT REPORTS AND RESULTS

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

SELOC Saturday Series, Nuttall Park - 6 Apr 19

Technical 3km

1 Daniel Sutcliffe	21.34
20 Jean Lochhead	39.58
25 Jackie Page	44.33
26 Judith Goodair	44.41
29 Guy Goodair	51.41
mp Neil Croasdell	m12 (39.57)

Orange 3.4km

mp Sue Levinson	m14 (48.51)
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CLOK National Event, Eston Moor & Lazenby Banks - 7 Apr 19

Brown course

1 Andy Thorpe	65:06
<u>Blue course</u>	
6 Laura Harrison	63:37
13 Emma Harrison	70:11
18 Ian Couch	75:38
28 David Harrison	91:11
Megan Harrison	m6-9

Green course

8 Julie Couch	66:16
15 Paul Jackson	72:19
38 Anna Thorpe	106:37
41 Rod Shaw	122:57
<u>Short Green course</u>	
14 Michael Wood	94:15
16 Margaret Shaw	146:49

LEI EMOA League, Bagworth - 7 Apr 19

Blue 6.3km 135m

11 Richard Payne	73.01
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Short Green 3.6km 50m

21 Jane Payne	99.11
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BAOC MLN, Primrose Hill - 10 Apr 19

Light Green 4.5km

16 Roy Lindsell	42:52	34 Guy Goodair	64:06
20 Stephen Warner	45:24	36 Judith Goodair	64:47
31 Neil Croasdell	56:46	37 Sue Levinson	64:54
		40 Philip Thompson	68:21

JK 2019

All Photo's: Steve Rush







Results

SCOA JK Festival Aldershot, Windmill Hill, Cold Ash & Minley - 19 to 22 Apr 19

	Sprint	Middle	Long
W16			
Anna Thorpe	42 (31.34)	40 (68.29)	dns
W18E			
Laura Harrison	24 (23.51)	20 (37.42)	24 (77.53)
Sarah Pedley	16 (22.38)	18 (35.24)	28 (83.19)
W20E			
Megan Harrison	19 (23.15)	21 (38.39)	18 (85.06)
W45			
Emma Harrison	7 (15.28)	4 (44.44)	10 (77.39)
W55			
Helen Pedley	47 (19.51)	32 (50.17)	35 (90.57)
Jo Emberton	88 (34.24)		
W60			
Linda Hayles	44 (21.13)	43 (68.10)	37 (96.14)
W65			
Jane Payne	29 (22.40)	9 (52.05)	11 (80.25)
W70			
Gill Ross	12 (17.24)	16 (47.45)	23 (107.50)

W75

Judith Goodair	mp (16.03)	8 (39.09)	15 (120.45)
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M18E

Adam Thorpe	32 (24.06)	41 (51.25)	dns
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Mens Open

Davey Averill	25 (20.31)	dns	dns
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Matthew Averill	44 (24.09)	dns	dns
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M45

David Harrison	60 (22.06)	13 (63.37) S	7 (85.19)
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M50

James Logue	1 (13.20)	1 (36.37)	1 (64.40)
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Andy Thorpe	15 (15.19)	3 (38.57)	10 (69.51)
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M55

Mike Pedley	7 (15.31)	20 (47.26)	dnf
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Jon Emberton	mp (15.47)	9 (42.32)	15 (75.27)
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Davey Averill	dns	66 (60.18)	59 (99.27)
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M65

Richard Payne	mp (15.19)	22 (46.51)	25 (92.07)
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M70

Dick Spendlove	11 (16.26)	21 (42.10)	25 (82.07)
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Keith Sykes	42 (21.20)	42 (49.22)	63 (131.23)
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Neil Croasdell	48 (22.11)	72 (84.38)	mp (107.25)
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Fred Ross	63 (35.29)	dns	dns
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M75

Roy Lindsell	dns	19 (53.49)	17 (81.28)
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Mike Thorpe	dns	27 (94.41)	dns
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M80

Guy Goodair	4 (17.20)	15(59.32)	18 (108.45)
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M85

Phil Thompson	dns	1 (41.07)	rtd
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Light Green

Jo Emberton	dns	mp (26.50)	42 (65.23)
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Fred Ross	dns	59 (103.54)	66 (90.56)
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Relay**Class D Women's Short**

EPOCoordinates *Laura Harrison, Megan Harrison, Emma Harrison* 6 (118.25)

MDOC UK Urban League, Birchwood - 28 Apr 19**Mens Junior**

4 William Martland	29.50
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Mens Vet

2 Simon Martland	36.21
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Mens Supervet

5 Mike Pedley	30.43
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17 Richard Payne	39.32
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Mens Ultra Vet

Neil Croasdell	mp
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Mens Hypervet

6 Guy Goodair	46.45
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Womens Vet

8 Helen Martland	48.43
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Womens Ultravet

6 Jean Lochhead	43.52
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12 Jane Payne	54.30
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Womens Hypervet

3 Judith Goodair	57.27
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5 Pat Aspinall	85.46
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HALO Yorkshire Super league, Mausoleum Woods - 28 Apr 19**M45 7.0km**

4 David Harrison	59.36
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M70 4.9km

8 Fred Ross	93.25
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W70 3.5km

1 Gill Ross	47.18
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Other Very Short Green 3.1km

2 Joy Mellor	64.55
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M75 3.5km

4 Michael Wood 104.14

M80 3.5km

2 Rod Shaw 46.45

W20 4.9km

1 Megan Harrison 43.15

W65 3.5km

2 Margaret Shaw 117.21

Other Green 4.9km

2 Julie Couch 48.13

3 Roy Lindsell 48.50

12 Brian Mellor 68.10

Other Blue 7.0km

4 Emma Harrison 51.49

6 Laura Harrison 57.12

12 Ian Couch 65.11

CLARO Spring O Event, Plumpton Rocks - 1 May 19**Course A**

3 Jon Emberton 16.52

13 Mike Pedley 20.23

15 Emma Harrison 20.43

30 Laura Harrison 25.23

38 Neil Croasdell 31.20

Course B

12 Jon Emberton 17.21

14 Emma Harrison 19.18

15 Laura Harrison 19.33

17 Mike Pedley 20.09

40 Neil Croasdell 31.28

45 Jean Lochhead 44.22

46 Guy Goodair 50.19

47 Jackie Page 54.58

Course C

3 Jon Emberton 13.44

9 Emma Harrison 16.07

12 Laura Harrison 16.52

43 Jean Lochhead 37.10

46 Judith Goodair 42.12

Orange

9 Sue Levinson 41.10

British Champs Weekend

Photo's: Steve Rush



Photo's: Wendy Carlyle



YHOA British Mixed Sprint Relay Champs, Bradford University - 4 May 19

Relays

AD Hoc

4 EPOC 50.08 - Viv Barraclough 11 (19.39), Helen Martland 6 (16.18), Simon Martland 1 (14.11)

7 EPOC 59.56 - Richard Stuart 13 (21.30), Francis Stuart 9 (17.53), Leah Stuart 8 (20.33)

Vets

Mp EPOC AStars - Jon Emberton 12 (15.14), Emma Harrison 4 (12.59), James Williams m9

Ultravets

Mp EPOC - Jean Lochhead 21 (32.57), Jackie Page w13, Neil Croasdell 15 (24.46)

Individual Sprint

Womens Open

4 Lindsay McMillan 24.58

Womens Supervet

20 Jo Emberton 31.17

Womens Ultravet

13 Gill Ross 27.06

15 Jane Payne 29.58

Mens Vet

1 James Logue 17.44

Mens Ultravet

7 Richard Payne 19.35

29 Fred Ross 41.30

Mens Hypervet

5 Roy Lindsell 23.28

YHOA British Long Distance Champs, Kilnsey - 5 May 19

M50L 8.1km 280m

1 James Logue 48.29

9 Andy Thorpe 58.08

M55L 7.3km 310m

9 Jon Emberton 53.43

15 Mike Pedley 56.43

M65L 6.2km 240m

13 Richard Payne 57.54

M70L 5.7km 175m

18 Dick Spendlove 57.20

26 Ian Couch 62.31

M70S 3.3km 90m

16 Fred Ross 78.30

M75L 4.9km 175m

16 Roy Lindsell 65.22

17 Paul Jackson 67.19

33 Mick Wood 113.00

M80 3.3km 90m

10 Rod Shaw 56.28

M85 3km 70m

1 Phil Thompson 64.10

W18E 6.5km 295m

7 Laura Harrison 61.12

8 Sarah Pedley 63.46

W20E 6.5km 295m

7 Megan Harrison 72.04

W45L 6km 235m

3 Emma Harrison 55.02

W50S 4.3km 130m

12 Helen Martland 61.37

W55L 5.7km 175m

32 Helen Pedley 63.29

W55S 3.3km 90m

6 Jo Emberton 61.35

W60L 5.2km 170m

9 Julie Couch 50.54

W70L 4.3km 130m

18 Gill Ross 70.55

W75 3.3km 90m

11 Pat Aspinall 81.28

YHOA British Relay Champs, Middleton Woods Leeds - 6 May 19

Junior Boys M14

2 EPOC - Joe Barraclough 38.47 (2), Seth Barraclough 30.04 (2), Luke Barraclough 36.58 (2)

NOC UK Urban League, Nottingham Trent University - 12 May 19

MUV Length 4.2km, 30m climb

20 Neil Croasdell 46.25

WHV Length 3.4km, 20m climb

1 Judith Goodair 43.16

MHV Length 3.4km, 20m climb

2 Guy Goodair 40.16

WUV Length 3.4km, 20m climb

10 Jackie Page 44.15

13 Jean Lochhead 50.26

15 Sue Levinson 62.51

SYO Regional and Yorks Schools Champs, Canklow - 12 May 19

Yellow (length 2.1km, climb 75m)

12 Joseph Barraclough 22:28

Orange (length 2.8km, climb 95m)

8 Luke Barraclough 28:57

Light Green (length 3.7km, climb 140m)

5 Will Martland 48:49

Very Short Green (length 2.6km, climb 90m)

3 Philip Thompson 66:35

6 Joy Mellor 79:33

Green (length 4.3km, climb 140m)

2 Richard Payne 50:15

4 Viv Barraclough 51:12

5 Laura Harrison 53:44

24 Brian Mellor 76:04

25 Rod Shaw 77:00

27 Paul Jackson 77:07

Blue (length 5.2km, climb 190m)

10 Matthew Tinker 48:56

Short Green (length 3.4km, climb 105m)
 8 Roy Lindsell 53:29
 22 Jane Payne 78:19
 24 Margaret Shaw 130:22

12 Emma Harrison 51:11
Brown (length 7.2km, climb 255m)
 12 William Barraclough 62:02
 21 David Harrison 83:33

LOC National Event, Caw - 18 May 19

Short Brown (length: 6.5km, climb: 500m)
 23 Andy Thorpe 67.31
 31 Jon Emberton 69.43
 32 Adam Thorpe 72.02
Blue (length: 5.5km, climb: 430m)
 14 Graham Lloyd 55.08
 42 Lindsay McMillan 67.07

Short Blue (length: 4.3km, climb: 330m)
 19 Ian Couch 60.00
Green (length: 3.7km, climb: 280m)
 1 Mike Pedley 35.29
 17 Julie Couch 47.50
 79 Rod Shaw 109.27
Very Short Green (length: 2.6km, climb: 185m)
 5 Rebecca Lloyd 70.44

NOR Kings Lynn Urban - 19 May 19

Course 4 (length: 4km, 20 controls)
 15 Fred Ross 71.38

Course 5 (length: 3.2km, 19 controls)
 3 Gill Ross 48.17

DVO EM League, Calke Abbey - 19 May 19

Very Short Green (length: 2.6km, climb: 60m)
 2 Phil Thompson 40.11
Short Green (length: 3.6km, climb: 95m)
 44 Jane Payne 74.43
 46 Mick Wood 82.09

Blue (length: 7.5km, climb: 140m)
 16 Richard Payne 60.41
 24 Megan Harrison 64.07

LOC National, Stickle Pike - 19 May 19

Brown (length: 4.94km, climb: 250m)
 29 Andy Thorpe 53.31
 42 Graham Lloyd 65.52
Blue (length: 4.44km, climb: 240m)
 37 Lindsay McMillan 54.33
 53 Julian Green 59.44

Green (length: 3.45km, climb: 140m)
 36 Ian Couch 48.03
 82 Rod Shaw 79.05
Short Green (length: 3.06km, climb: 130m)
 3 Julie Couch 36.00
 31 Rebecca Lloyd 74.34

Euro City Race – Porto

Sue Levinson

So, last race of the tour last year and first race this, I write after my second overseas weekend of orienteering. Again with Goodair tours, this time 5 of us, our tour leaders, Judith and Guy, and my fellow travellers, Gerry and Neil. After riding on a very packed train to Manchester Airport - so many people seem to travel on a weekday before 8am, thank goodness I've retired - we all met at terminal 3, endured Ryanair self-service check in (well some of us did) and then, c/o Costa, had the necessary sustenance before the flight. Apart from a bit of turbulence we had a safe landing and it was a good flight. A train ride and walk saw us at our accommodation - I can certainly recommend Spot Family Apartments, we were all very happy with our spacious and well furnished apartments. Arriving Thursday enabled us to get our bearings on Friday and we used last year's map to see part of this scenic city (and some areas in need of repair). Just a 15 minute walk from our accommodation to registration - I must be honest, I'd hoped for a t-shirt along with my race number as people have had before, but this year just numbers (and no other orientation information, so thankfully we are orienteers, or meant to be), however at €5 entry a day, I shouldn't complain.

Well, Friday's event, a night event. Now for those off early, there wasn't much night as such, however for some of us whose start was at dusk, I can tell you night falls quickly in Porto and

controls on trestle tables in an unlit park are not easy to find, well not for this night event newby. So well no, I did keep going, learnt to manage compass, map, torch, route choices, traverse street areas (preferred these), visited another unlit park where I stuck to the wall as I could see so little, cars on tram lines, past the place on the pre-race literature thankfully Neil has spotted and eventually finished successfully. Was I glad to see Gerry and Neil by the finish. My brother asked if I had enjoyed it; after my not very positive response he reckoned I might feel differently in the morning? I did. They took out that leg in the second unlit park! The security guard had initially ensured some could only enter via the long way round which was lit - my route choice wasn't - I guess it was fair?

An after 10pm finish Friday for me to a 10am first start for some on Saturday meant we hadn't much downtime, especially as we needed to get the bus this time. So 8.15am meet up it was, met fellow orienteers at the bus stop and on the bus to find, to our delight, the bus stop was a 2 minute walk to the event centre and start! So time to find a cafe - Google maps was very useful - as some of us had time for the luxury of a coffee and change from €2 for the round. It's hilly in Porto, and Saturday's race was no exception. Around the wooded area (I dislike woods so not the best of starts) and crags in the park, I eventually located my 1-8 controls and onto cement block housing areas - checking the building shapes, counting the blocks, climbing the hills and seeing controls at tops of stairs - I was very pleased no SIAC enabling as it was not easy to get to some controls (number 42 for example) - and little narrow roads this time. However, all round successfully, some of us getting very good value for their entry fee (me - 1.9k, no way!). Judith and Guy got their prizes for their podium finishes both days and met us back at our lunch stop for map and route choice discussion. We watched the FA cup final Saturday evening in a local cafe - most of it on their tv, but with it being the last day of the Portuguese season starting 15 minutes before the end of 'our' match, they switched the channel; we watched the end of the final on a Smart phone - we're resourceful us tourists

Sunday, the main event, longer, hillier and a hotter day for us weary competitors, but off we set at 8.15am, on the underground this time - again we joined the tram nearby. We got to grips with getting tickets, saw a lot of female runners dressed in pink t-shirts travelling somewhere nearby (we think a Race for Life type event) on the underground. Now travel instructions from the event organisers weren't their strong point, so we walked the scenic route to the event centre; a beautiful setting, thankfully a sunny day, but sadly, though some of us were off over an hour and a half after the early starters in our party, nowhere to relax with a coffee fix it seemed. However, the resourceful duo (off the latest) had a wander, somehow found where the volunteers were to have refreshments and acquired very welcome Turkish coffees (a first for us both). Judith and Guy were off just after 10, me at 11.42! So after much chatting with some friendly fellow orienteers it was finally 4 minute call up. Punching start again, as had been the other days - start flag this time up 2 flights of stone steps. Up was to be the order of the day, control 1 in the gardens, 2 up the top of more steps, I seemed to run down alleys at the back of people's houses (yes I was right) and yes, one control seemed to be in someone's back garden where the residents were having their morning drinks! I did okish finding my first 8 controls, but the next 8 took me rather longer, especially number 13 at the back of the apartment block that you couldn't get to the way I wanted; no wonder the map contours were so close here. A Portuguese resident tried to help, but though I guessed she was saying 'it's up there, you have to go round' it took me some time to grasp it! Eventually I got to control 16 (of 20) and was surprised to realise I was almost back. Nearly 90 minutes, but no mis-punch and not quite last. 3 events, 3 days, a new city, lovely weather, good company. Judith and Guy podiomed again and over the 3 events added to our return luggage: bottles of port and tins of tuna within hold luggage, olive oil, medals and soap but sadly not olive tapenade (confiscated) within hand luggage.

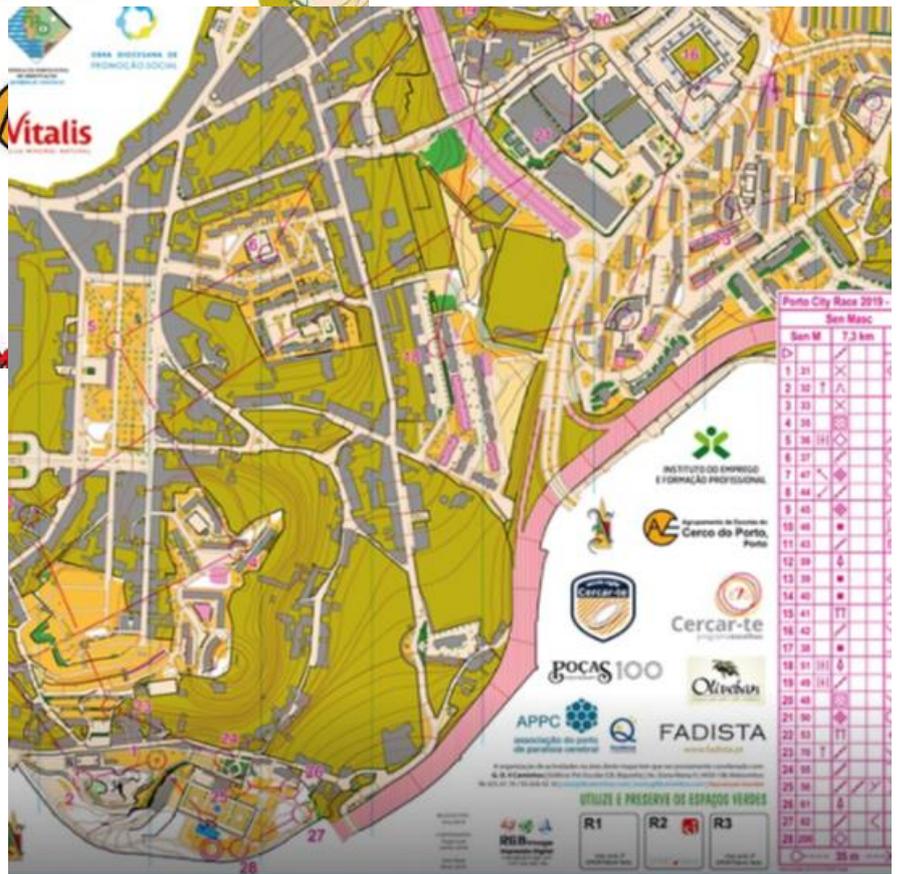
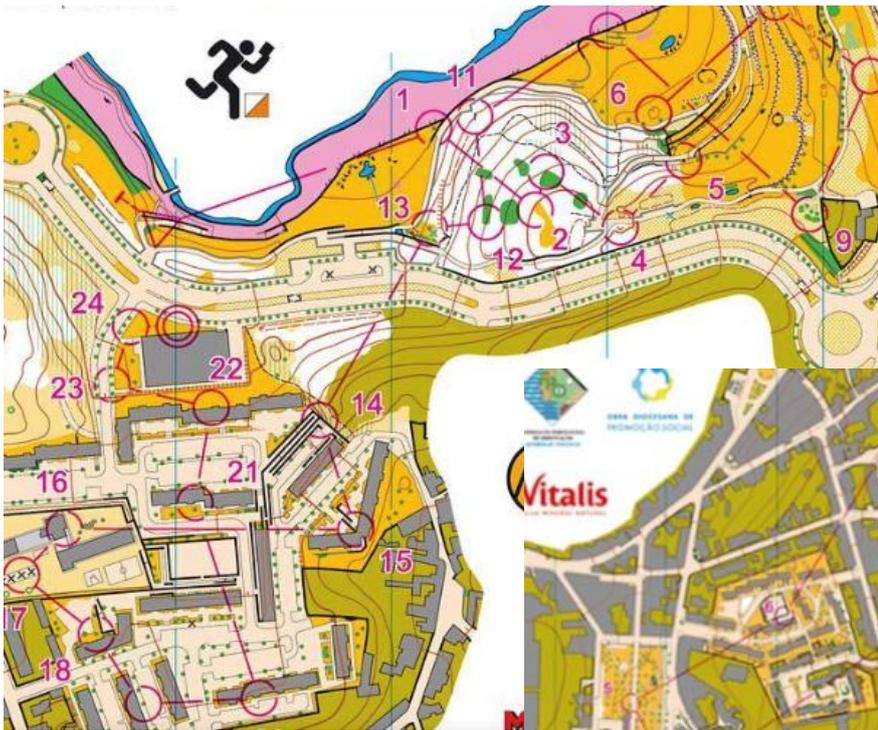
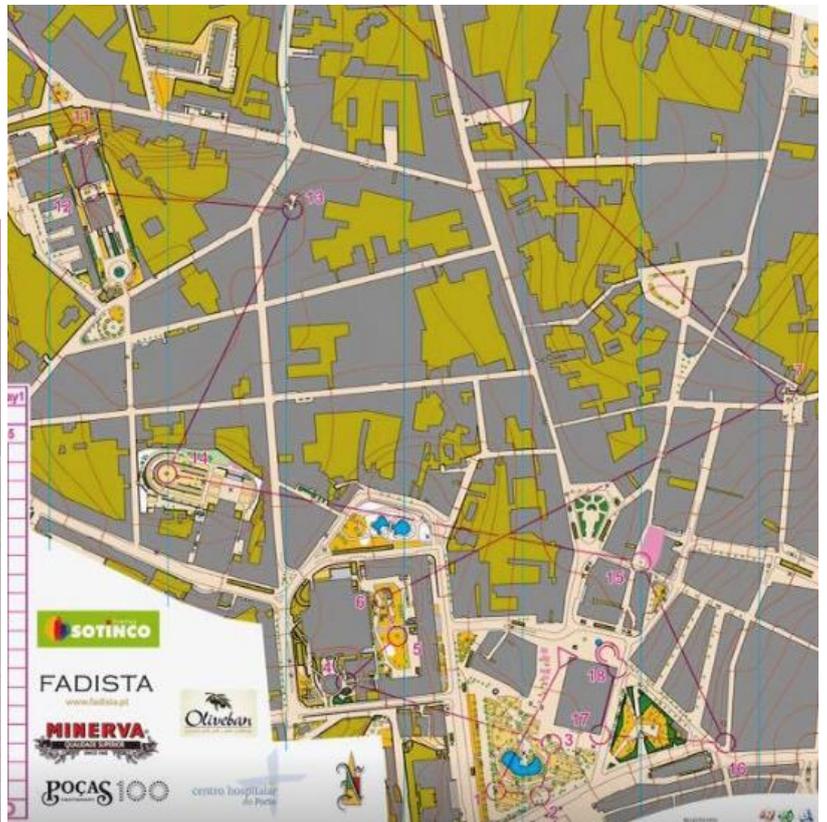
Did I enjoy it? - yes - would I go again? - yes please - and a night event? - yes, but I'll add a head torch to all the other orienteering gear I seem to be acquiring!

And the reasons for the areas and costs? It transpires, though not advertised, the theme this year was social inclusion. Consequently, areas of the city with the most social and economic

disadvantage were utilised. If the number of participants on the open courses can be used as a guide, the event most certainly served this purpose very well indeed.

Photo's Armando Vieira



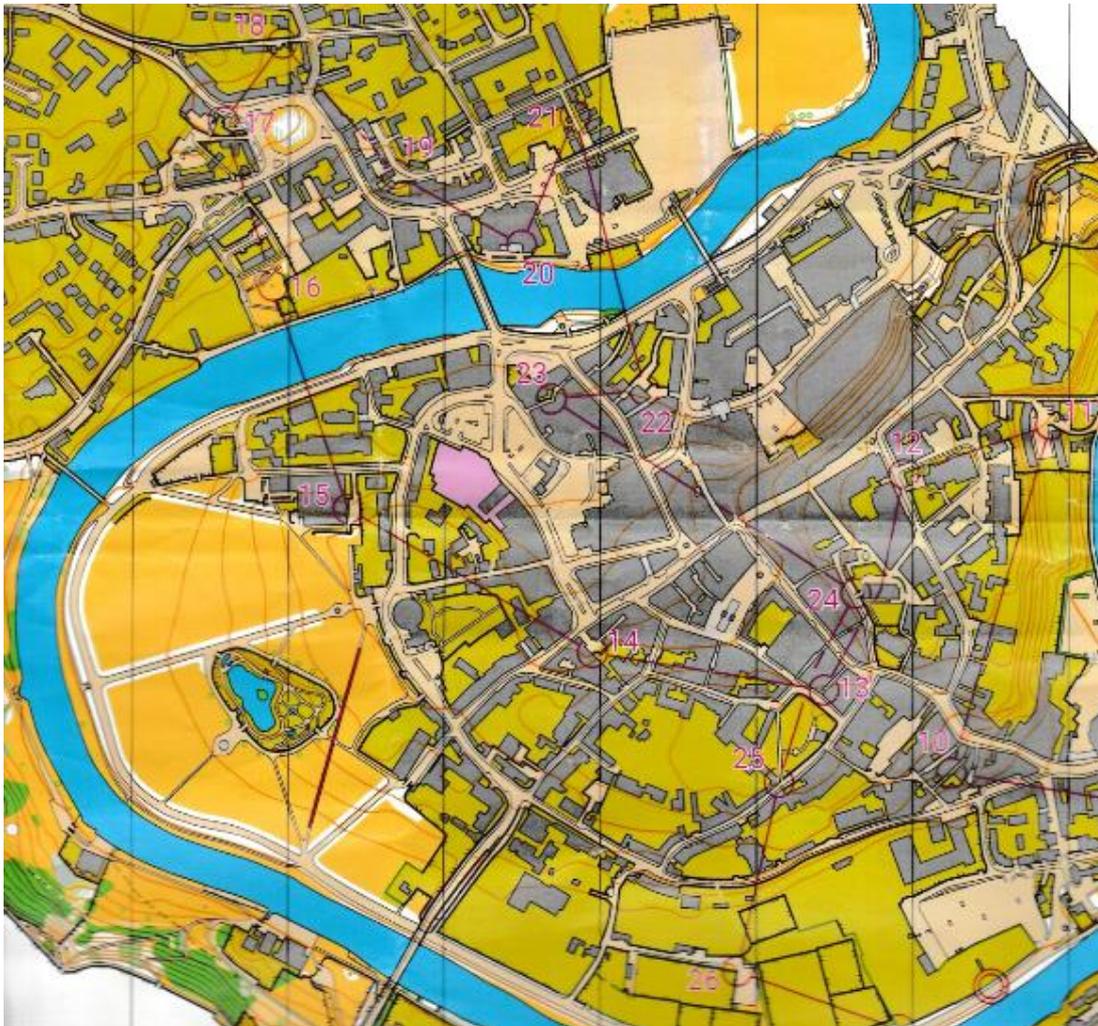


Porto City Race Weekend - 17 to 19 May 19

Race 1	Race 2	Race 3		
		Night Event	Sprint	City Race
WUV				
Sue Levinson	59.15 (9)		37.59 (11)	89.06 (11)
MUV				
Neil Croasdell	42.17 (14)		26.11 (14)	mp
WHV				
Judith Goodair	34.07 (1)		30.48 (1)	65.16 (1)
MHV				
Guy Goodair	44.33 (1)		29.44 (2)	67.55 (2)

WRE UK Urban League, Shrewsbury - 25 May 19

MSV		WV	
7 Mike Pedley	41.43	6 Emma Harrison	50.28
8 Jon Emberton	43.05	WSV	
42 Graham Lloyd	52.07	53 Rebecca Lloyd	64.21
MUV		60 Jo Emberton	87.56
62 Neil Croasdell	53.04		
MHV			
10 Rod Shaw	45.21		



WRE Springtime in Shropshire, Brown Clee - 26 May 19

M55L		W45L	
4 Jon Emberton	69.08	3 Emma Harrison	65.01
9 Mike Pedley	77.17	W50L	
37 Graham Lloyd	118.24	27 Linda Hayles	166.30

M70L	
14 Ian Couch	77.12
Neil Croasdell	dnf
M75L	
Paul Jackson	mp
Mike Thorpe	dnf
M80	
8 Rod Shaw	104.56
M85	
23 Phil Thompson	74.25

W55S	
10 Rebecca Lloyd	105.04
M60L	
4 Julie Couch	68.17
W65L	
20 Maggie Shaw	112.46

CLARO Yorks Urban League, Ripon - 26 May 19

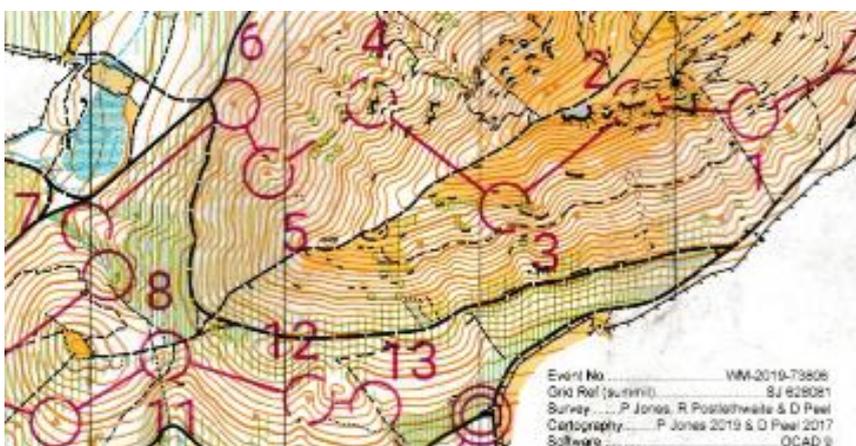
Course B	
3 Simon Martland	49.51
19 Laura Harrison	67.17
21 David Harrison	72.37.
Course C	
24 Helen Martland	71.33
25 Stephen Warner	72.58
Course D	
4 Richard Payne	45.59

Course E	
2 Arabella Woodrow	45.40
5 Gill Ross	52.30
7 Jean Lochhead	54.24
9 Guy Goodair	55.20
10 Jackie Page	55.25
11 Sue Levinson	56.07
15 Jane Payne	62.55
Course F	
2 Judith Goodair	49.55
Course G	
3 Will Martland	26.19

WRE Springtime in Shropshire, The Wrekin - 27 May 19

M55L	
4 Jon Emberton	39.37
22 Graham Lloyd	59.55
M70	
8 Ian Couch	51.04
27 Neil Croasdell	102.37
M75	
8 Paul Jackson	59.27
M80	
1 Rod Shaw	64.21
M85	
1 Phil Thompson	86.17

W45	
2 Emma Harrison	48.49
W50	
Linda Hayles	dnf
W55	
Rebecca Lloyd	mp
W60	
5 Julie Couch	48.28
W65	
22 Maggie Shaw	108.04
Short Green	
Jo Emberton	mp



Springtime in Shropshire

Photo's: Andy Johnson



EBOR Yorks Urban League, York - 27 May 19

Course B 5.7km 45m

19 Matthew Tinker	51.49
21 Laura Harrison	53.27

Course C 4.5km 35m

36 Helen Martland	51.02
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Course D 3.5km 20m

12 Stephen Warner	35.21
40 Fred Ross	60.28

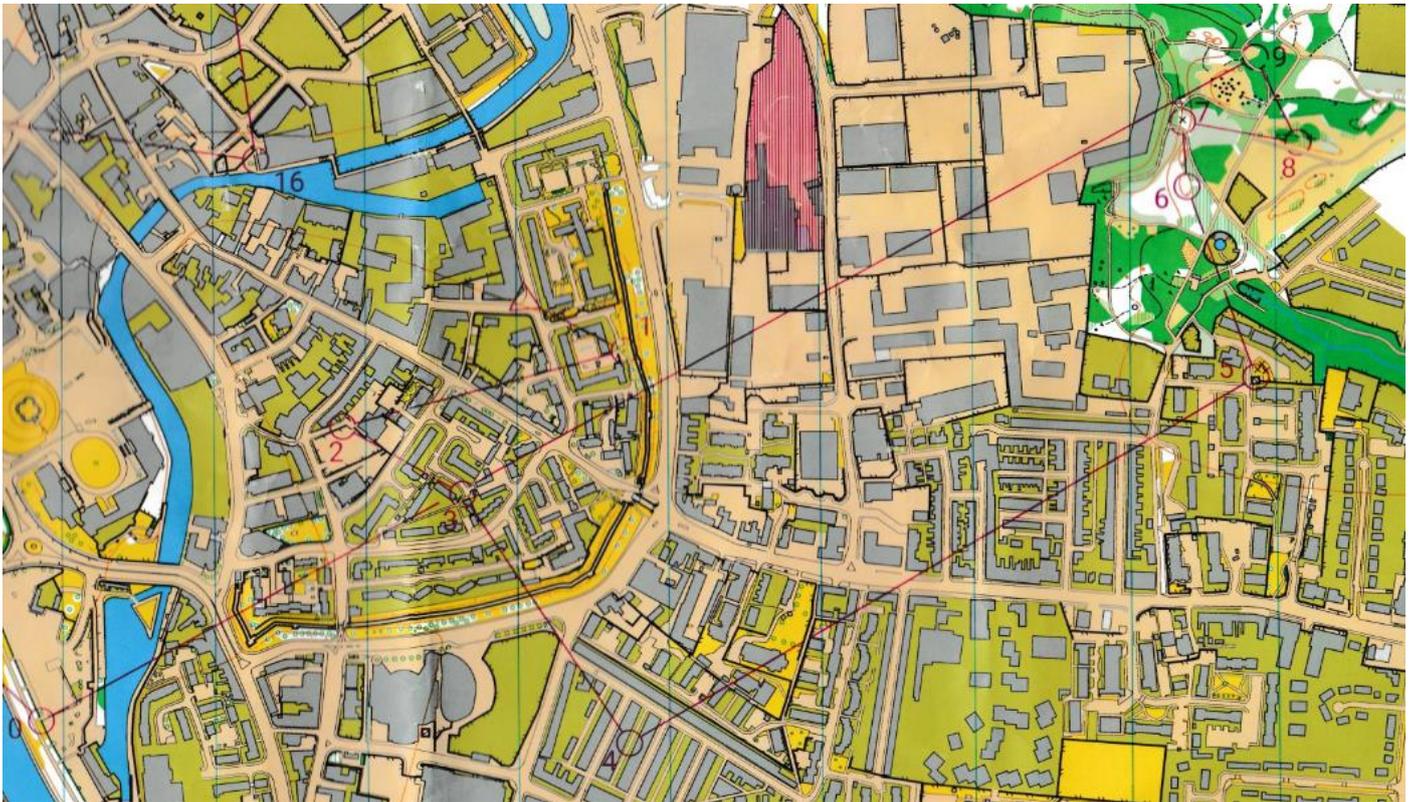
Course E 2.8km 35m

5 Jean Lochhead	38.47
9 Gill Ross	39.32

Course F 2.9km 20m

11 Arabella Woodrow	39.50
12 Jackie Page	41.11
15 Guy Goodair	42.28
17 Judith Goodair	44.17

7 Will Martland	24.16
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York Photo's: Brian Ward



YHOA URBAN LEAGUE – 2019

Details and results so far can be found at www.yhoa.org.uk

Races 2019

Best 7 out of 13 races to score. [Scoring system](#).

1	SYO	Sheffield Ponderosa	09-Mar	UKUL02
2	EPOC	Elland	24-Mar	
3	CLARO	Ripon	26-May	
4	EBOR	York	27-May	
5	SYO	Rotherham Wingfield	02-Jun	
6	HALO	Gainsborough Park Springs	22-Jun	
7	HALO	Gainsborough	22-Jun	
8	AIRE	Lower Baildon	07-Jul	
9	EPOC	Mytholmroyd	20-Jul	
10	EPOC	Hebden Bridge	21-Jul	
11	AIRE	Leeds University	07-Sep	
12	AIRE	Leeds	08-Sep	UKUL16
13	HALO	Hessle & Humber Bridge	19-Oct	

YHOA SUPER LEAGUE - 2019

Details and results so far can be found at www.yhoa.org.uk

League Dates 2019

Best 5 scores to count. Minimum of 2 scores needed for the league.

24 Feb 19	EPOC Royds Hall Woods (Regional)
3 Mar 19	AIRE 50th Anniversary Event, Ilkley Moor (Regional)
24 Apr 19	HALO Mausoleum Woods & Cottagers Dale Wood (Regional)
17 Aug 19	SYO Race the Castles in Yorkshire (UKOL), Mam Tor (National)
25 Aug 19	EBOR Race the Castles in Yorkshire – White Rose (National)
13 Oct 19	SYO YHOA Championships, Wombwell (National)
3 Nov 19	EBOR York (Regional)
24 Nov 19	CLARO YHOA MD Champs, Brimham Rocks (Regional)
1 Dec 18	AIRE Shipley Glen (Regional)

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 – June to August 2019

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

www.britishorienteering.org.uk

Date	Club/Region	Type/Area	Location
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June

2	SYO/YHOA	YHOA Urban League, Rotherham (Wingfield)	Rotherham
Sat 8	EBOR/YHOA	Tadcaster Urban Event	Tadcaster
8	OD/WMOA	Coventry Weekend of Orienteering, Warwick Univeristy	Coventry
9	OD/WMOA	Coventry Weekend of Orienteering, City of Coventry	Coventry
16	DVO/EMOA	Allestree Urban	Derby
16	SELOC/NWOA	Horwich Festival of Racing	Horwich/Bolton
16	NATO/NEOA	Gateshead/Newcastle Urban	Gateshead
22 am	HALO/YHOA	YHOA Sprint Championships, Gainsborough Park Springs	Gainsborough
22 pm	HALO/YHOA	YHOA Middle Urban, Gainsborough Town	Gainsborough
23	LOG/EMOA	Sprint Event Witham St Hughs	Newark
23	CLOK/NEOA	Cringle and Cold Moors	Stokesley
30	EBOR/YHOA	EBOR Club Champs and Regional Event, Hollicarrs Wood	Selby

July

6	AIRE/YHOA	YHOA Urban League	Baildon
7	CLOK/NEOA	Northallerton Urban	Northallerton
20	EPOC 	YHOA Urban Sprint	Mytholmroyd
21	EPOC 	YHOA Urban	Hebden Bridge
28-31	SOA	Scottish 6 Days	Strathearn

August

1-3	SOA	Scottish 6 Days	Strathearn
17	SYO/YHOA	Race the Castles	Sheffield
18	LOG/EMOA	Race the Castles	Lincoln
19	EPOC 	Race the Castles, Thornes Park	Wakefield
20	AIRE/YHOA	Race the Castles	Bradford
21	CLARO/YHOA	Race the Castles	Knaresborough
22	HALO/YHOA	Race the Castles	Beverley
23	CLOK/NEOA	Race the Castles	Whitby
23-26	EBOR/YHOA	White Rose Weekend	Scarborough

Check with club and/or BO websites for further information about an event.

Club websites can be found via the BO website (details above).



Following on from the very successful Race the Castles in 2014, the event now comes to Yorkshire and the East Midlands with 12 different orienteering events in just 9 days, all with a (tenuous!) castle theme.

The provisional programme is as follows:

Date	Club	Location	Type
Saturday 17th August	SYO	Sheffield	Urban
Sunday 18th August	LOG	Lincoln City	Urban Race
Monday 19th August	EPOC	Thornes Park Wakefield	Urban Sprint
Tuesday 20th August - AM	AIRE	Bradford Grammar School	Indoor Sprint
Tuesday 20th August - PM	AIRE	Lister Park	Park Sprint
Wednesday 21st August	CLARO	Knaresborough Castle	Urban Middle
Thursday 22nd August	HALO	Beverley	Sprint / Score
Friday 23rd August	CLOK	Standing Stones Rigg Robin Hood's Bay	Moorland Middle Race
Friday 23rd August	EBOR	Oliver's Mount, Scarborough	Night Score
Saturday 24th August	EBOR	Raincliffe, Scarborough	Middle Race
Saturday 24th August	EBOR	Scarborough	Sprint Race
Sunday 25th August	EBOR	Peasholm Park & Scarborough	Urban Race



South
Yorkshire
Orienteers



Further Information as it becomes available from:

Email: racethecastles2019@gmail.com

Web: <http://www.racethecastles2019.com/>

Facebook: @racethecastles2019