



Epistle



No. 257
October - November 2019



Photo: Paulette Noot

Monday Runners and Walkers!

EAST PENNINE ORIENTEERING CLUB

Serving Calderdale, Kirklees and Wakefield

COMMITTEE 2019/2020

Chair	Jean Lochhead	jmloch1621@gmail.com
Secretary	Vacant	
Treasurer	David Morgan	davidmorgan.stopford@btinternet.com
Epistle Editor	Emma Harrison	eah1607@aol.com
Fixtures Secretary	Jean Lochhead	jmloch1621@gmail.com
Membership Secretary	David Morgan	davidmorgan.stopford@btinternet.com
Committee Members	Rod Shaw	margrod123@gmail.com
	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

Since the last Epistle we have had the usual array of summer events including the Scottish 6 Days, Race the Castles and White Rose. We have also had the British Sprint and Middle Distance Championships in September with a number of EPOC members on the podium at these events.

It seems strange to not be heading off to the Compass Sport final in October having very narrowly missed out to WAOB at the qualifying round. Moving into 2020 EPOC will be hosting the YHOA/NEOA qualifying event at Ogden on Sunday 15th March so we will need as many people to help as possible to ensure as many people can also run to make up a strong team. With the final taking place in the West Midlands no doubt Rod Shaw will be making sure plenty of us enter and hopefully we will make the final again when it is not so far to travel.

EPOC's next event will be the traditional night and day Christmas events in December so don't forget to put these dates in your diaries and offer to help out if you can. If plenty of people help then more people are also able to have a run if they want to do so.

Prior to the AGM I requested a volunteer to take over the Epistle as I have now done this for 10 years (my first edition was October-November 2009). Unsurprisingly no-one has offered to do this so we may be exploring alternative ways of communicating with the club. This may be a reduced

number of Epistles from 6/year to 4, or something completely different such as a closed Facebook Group for communication and sharing photo's, results etc. I am aware that maybe not everyone uses Facebook so I would value any thoughts people have about this.

Emma Harrison

CHAIRMAN'S CHAT

Very few days have passed since the AGM so nothing much to update except that access permission for events get harder and especially on moorland. So we need more woodlands mapping and updating and we have 4 in mind.

Daniel is working on some designs for new club kit please give him your support and comments and Dick Spendlove is getting some new car stickers.

Club Buffs are still available

That's it

EPOC Giraffe Bandana's Now available for only £6.00 via Jean



Happy Orienteering

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 November 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!

Membership

Philip Thompson has a new mobile phone number - 07729 705596

The Lloyds no longer have a landline number so please use their mobile numbers:-

Graham: 07413 102008

Rebecca: 07967 882135

What has your committee been doing?



East Pennine Orienteering Club Summary of Committee Meeting Wednesday 11 September 2019 at 7.30pm Marsh Liberal Club



1. **Present:** Rod Shaw, Emma Harrison, Jackie Page, Neil Croasdell, Jean Lochhead (Chair)
2. **Apologies:** David Morgan
3. **Minutes of last meeting** 15.5.19. Rod pointed out that item 9 needed to be amended to read "three areas to be mapped Screamer Wood, Lower Fell Greave and Upper Fell Greave" – apart from this amendment the minutes were agreed to be a true record.
4. **Matters arising from the last minutes:** None that would not come up later.
5. **Chairmans Report:**
Since the last Chairman's Report we have had two well-attended events in the Calder Valley at **Mytholmroyd** and **Hebden Bridge**. Both went well with a blip on results at Mytholmroyd but the second part of Mytholmroyd had full results, which went forward to the YHOA & NWOA Urban Leagues. Thanks to all who came to help and thanks to the planners Jonathan and Richard Payne.

Viv's Greenhead Park event had young competitors from Chernobyl. It was so hot their main focus of interest was the paddling pool. 4 days later Viv's next event was at Crow Nest Park whereupon rain of biblical proportions put the event in doubt and just one brave family turned up. Anyone for more indoor events?

Thornes Park "Race the Castles" did take place! As ours was the first mid week "Race the Castles" we did not know how many entries to expect, which gave a map numbers headache, especially when I met a friend from the Lake District who had booked a hotel in

Ossett for the week! The provisional entry system (courtesy of CLOK) enabled us to make a fairly accurate guess at the amount of maps needed i.e. look at the entries and double the map numbers. We were delighted to see 100 Orienteers on a beautiful dry evening.

After Thornes Park we have a long break from organising events until our Night and Day at Christmas in Storthes Hall and I am looking forward to getting back to some POC's.

Which brings me to another point, which is “**Please could we have a volunteer to be organiser on the day at Storthes Hall**”, someone who is new to organising and not from the usual cast. “The Venue” at Storthes Hall has been booked at enormous expense and the excuse is Christmas.

Following on from this we are still **without a Secretary**. There is remarkably little work involved but as we do not have a Secretary this year please could you send items to me be included on the AGM, AGENDA.

6. **Treasurers Report:** had been circulated before the meeting and those accounts are at the end of these minutes. Additional Income and Expenditure has been incurred since with a 5 year renewal of our Si licence and Income of £1,093 received in respect of EPOC's part in the organisation of the BOC Relays 2019 in May. It was proposed that the club fees remain the same for 2020. The latest invoice from our map printers BML was discussed and in future we will be printing our own waterproof description sheets! The meeting agreed that we will still require proofs before ordering the final print run.
7. **Mytholmroyd:** The committee agreed that the half price runs offered for Part 1 were to be honoured even though it will work out expensive and will be carried forward to Storthes Hall and beyond.
8. **Hebden Bridge:** The dog issue had been resolved and nothing heard since.
9. **Race the Castles:** The committee agreed that the event had been a success with 100 competitors. However the map had been a problem in that the scale was hopelessly wrong. Juliet and I borrowed Holmfirth Harriers surveyors wheel and got accurate measurements, which were adjusted by an expert at a cost. As we had paid £500 for the map to be updated this matter is to be taken up with the mapper.
10. **Mapping updates:** Areas considered were Judy Woods, modest update, Oakwell Hall bit more extensive update, Honley Wood to be reviewed, Elland Park Wood to be reviewed and a totally new map of Upper Fell Greave, Lower Fell Greave and Screamer Wood which when combined would make an area big enough for a Regional event. Keith Sykes is updating the Scout Camp at Bradley, which we can use for a small event. The meeting discussed the appointment of a mapper for these woodland areas and this is to be discussed further when Jean has spoken to some contacts that may be interested.
11. **Urban Areas:** Richard Payne has asked which of our Urban areas we want converting to the new IOF mapping specifications and he has already started on Golcar & Leymoor as one map. It was hoped that Huddersfield University would at some time be finished! as it would be a good area to combine with the Huddersfield map.
12. **Storthes Hall:** Christmas Night & Day. The meeting thought that a Middle Distance event on Sunday would be more popular than a Score event. The Night event will be the normal 3 courses.
13. **Events 2020:** The woodland areas mentioned at item 10 are to be considered and subject to map updates before they can be confirmed. We are already working on trying to get

Ogden for the 15 March 2020 for the Compass Sport Cup Heat. However, Natural England will be involved so it may be a painstaking negotiation.

- 14. Equipment:** Two Control boxes with stakes had been borrowed along with 4 kites, which had then been sub let to another club. David and Jean to ensure that these were returned or an invoice raised.
- 15. Age UK:** Following the lack of success in the past to attract useful new members by putting on CATI events "i.e. if youngsters want to pursue an interest in Orienteering they have to involve parents to take/bring them. Jean is to speak to SELOC on Saturday as they have been promoting a "Keep Fit with Orienteering" at 9 events in parks around Bolton. We will find out how successful it has been (U3A start at 55 which is considerably younger than many of our active members so don't laugh).
- 16. Website:** There was a mix up during the two Urban events in July when the organiser did not know who was doing what with the Website. When members, organisers and planners etc. want to add a notice, amendment, or update to the club Website would those asking for alterations and notices of events etc. **please** contact David Harrison so our Webmaster can arrange this.
- 17. The meeting closed at 9.15pm.** As you can see there was a considerable amount of items to get through and it was felt that this was because we had not had a meeting since 15 May 2019, a four-month gap during which we had held 3 events. There was much to discuss in a meeting that took nearly 2 hours and therefore unlike Parliament perhaps we do not need a summer recess.
- 18. Date of Next Meeting:** Wednesday 13 November 2019. Marsh Liberal Club.
- 19. AGM:** Wednesday 25 September 2019 at 7.30pm at the Toby Carvery, Brighthouse Rd, Elland, Huddersfield. HD2 2LB.
<https://streetmap.co.uk/map.srf?X=411624&Y=419357&A=Y&Z=110>

Could you send Jean any items for the agenda over and above the standard Agenda by Tuesday 17th September 2019.

AGM Minutes



EAST PENNINE ORIENTEERING CLUB

The Orienteering Club for Kirklees, Wakefield and Calderdale



MINUTES OF ANNUAL GENERAL MEETING

**held at: Toby Carvery, Ainley Top, Brighthouse Road, Huddersfield, HD2 2LB
on Wednesday 25th September 2019**

AGENDA

Attendance: Richard & Carla Spendove, Guy & Judith Goodair, Rod Shaw, Neil Croasdell, Jackie Page, Daniel Sutcliffe, Emma Harrison, Ian McMillan, Keith Sykes, Simon Martland, David Morgan (Treasurer), Juliet Morgan, Jean Lochhead (Chair)

Apologies: Arabella Woodrow, Viv Barraclough

Minutes of last AGM: Proposed an accurate record: David Morgan, Seconded: Emma Harrison

Matters Arising: None

Chairman's Report: Jean read out her report (see below), which was approved by the meeting. Proposed accepted: Rod Shaw.

Treasurer's Report: Final accounts were in the course of being prepared and David Morgan brought a summary, which showed that it had been a positive financial year. Audited accounts will be available at the next Committee Meeting on 13 November 2019.

It was agreed that there be no increase in Club Fees which remain at Senior, £7.50 & Junior £2.50. Proposed: David Morgan Seconded: Jean Lochhead

Secretary's Report: No Report, No Secretary!

Election of Officers and Committee:

Chair: Jean Lochhead (final year)

Secretary: Vacant

Treasurer: David Morgan (retiring next year)

Welfare Officer: Viv Barraclough (offered to continue in the role)

Auditor: Richard Payne Proposed: Jean Lochhead, Seconded: Jackie Page

Newsletter Editor: Emma Harrison - Replacement required but it was suggested that we reduce the number of Epistles to 4 per annum to make the job a bit less onerous. **New Epistle editor still required**. Thanks were given to Guy who looks at all result for inclusion in the Epistle.

Fixtures Secretary: was David Morgan, now Jean Lochhead

Website: David Harrison

Ordinary Members: Rod Shaw, Jackie Page, Neil Croasdell, Vacancy.

Club Kit: Daniel Sutcliffe. Daniel is designing and sourcing some new club kit so we do not look such a mixed bag. He will circulate all club members with ideas and material via David Harrison. Dick Spendlove offered to look into getting some more EPOC car stickers.

The meeting closed at 8.15pm with favourable remarks about the new, more appropriate venue.

Chairman's Report for AGM

Since the last AGM we have had 7 events, 3 Off Road and 4 Urban. Financially they were very successful and well enjoyed by both competitors and helpers despite a few blips!

Christmas at Newmillerdam 22/23.12.18 was the usual YHOA Night League and the following day in spite of the rain a Score Event. After listening to the number of people at previous events who said they didn't like Score events the attendance was very good, possibly participants wanting to escape Christmas shopping.

Judy Woods 24.2.19 YHOA Super League had a lovely fine warm day with good courses in a smallish area.

Elland Urban 24.3.19 YHOA Urban League. Despite the biting wind Neil's planning got lots of complimentary remarks even from someone who always complains.

Mytholmroyd 20.7.19 was a YHOA Urban League and incorporated the NWOA urban League which might have helped the numbers.

Hebden Bridge 21.7.19 was a YHOA Urban League and also incorporated the NWOA Urban League, a two day event well supported.

Thornes Park 19.8.19 was narrowly saved from embarrassment by David & Juliet Morgan, controllers and organisers! when it was discovered that the scale of the map was not right. The Planner noticed that it was weird too! David and Juliet worked overtime to get a map sorted via their contacts in time for the event. In spite of a poor forecast and rain in the afternoon it was a beautiful evening and the competitors seemed to enjoy it.

Compass Sport Cup 17.3.19 at Sherwood Pines. We narrowly lost our Heat to WAOC by 2 points. EPOC gaining 1277 points and WAOC 1279. Thanks to Rod Shaw for co-ordinating the team, like herding cats.

The club supplied the helpers for the British Relays in South Leeds on 6th May, the share of the surplus for our help got us £1,093. Thanks to all who came to help.

Once again the main key players are doing more than their fair share of work and more than one job. We have no secretary even though the job is not onerous.

We are about to lose our Epistle Editor and David & Juliet Morgan step in every time we cannot find a controller.

My pleas for event organisers, even as an assistant organiser on the day get no response. What is the problem when most likely the venue and registration have been sorted out for you? I was told yesterday it's because the same few members always step in to fill the gap. What would happen if they didn't fill that gap? End of EPOC?

EPOC EVENTS 2019 - 2020

	2019		Venue	Organiser	Planner	Controller
Saturday	21.12.19	YHOA Night League	Storthes Hall	Jean	Simon Martland	Simon Martland
Sunday	22.12.19	Regional Event	Storthes Hall	Jean	Simon Martland	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	????			

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 30.09.19) 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 (107 +12)	James Logue	7914	1308, 1326, 1328, 1308, 1308, 1336
2 (132 -3)	Simon Martland	7847	1303, 1319, 1299, 1312, 1315, 1299
3 (204 -2)	Andy Thorpe	7720	1301, 1279, 1283, 1281, 1284, 1292
4 (276 -3)	Jonathan Emberton	7608	1260, 1283, 1262, 1280, 1265, 1258
5 (314 +2)	Simon Bourne	7556	1230, 1254, 1273, 1265, 1247, 1287
6 (341 +3)	Phil Scarf	7522	1251, 1290, 1244, 1247, 1254, 1236
7 (411 +1)	Mike Pedley	7448	1245, 1237, 1237, 1249, 1237, 1243
8 (620 +1)	Adam Thorpe	7240	1219, 1211, 1180, 1207, 1213, 1210
9 (714 +29)	Emma Harrison	7159	1190, 1183, 1188, 1202, 1185, 1211
10 (767 -2)	Lindsay McMillan	7107	1153, 1235, 1172, 1208, 1158, 1181
11 (780 -3)	Matthew Tinker	7094	1178, 1194, 1176, 1180, 1190, 1176
12 (787 -1)	Daniel Sutcliffe	7089	1222, 1162, 1153, 1186, 1177, 1189
13 (900 -1)	Laura Harrison	7024	1168, 1157, 1166, 1170, 1181, 1182
14 (944 -6)	David Averill	6986	1186, 1154, 1154, 1168, 1154, 1170
15 (949 -11)	Richard Payne	6982	1166, 1176, 1155, 1148, 1176, 1161
16 (957 +3)	Graham Lloyd	6974	1158, 1204, 1147, 1147, 1163, 1155
17 (1080 +1)	Megan Harrison	6878	1149, 1172, 1137, 1138, 1143, 1139

Pos.	Name	Points	Contributing scores
18 (1085 -1)	Sarah Pedley	6877	1169, 1141, 1133, 1164, 1138, 1132
19 (1155 -2)	Viv Barraclough	6827	1146, 1149, 1103, 1167, 1139, 1123
20 (1252 +9)	Jackie Scarf	6756	1209, 1119, 1200, 1087, 1077, 1064
21 (1359 -7)	Richard Spendlove	6668	1112, 1093, 1105, 1114, 1140, 1104
22 (1501 -4)	Ian Couch	6561	1085, 1100, 1093, 1096, 1100, 1087
23 (1545 -2)	David Harrison	6529	1085, 1069, 1104, 1092, 1100, 1079
24 (1578 -2)	Julie Couch	6502	1075, 1090, 1112, 1071, 1077, 1077
25 (1637 -1)	Julian Green	6459	1041, 1096, 993, 1113, 1092, 1124
26 (1934 -2)	Helen Pedley	6236	1063, 1023, 1041, 1031, 1029, 1049
27 (2031 -5)	William Barraclough	6155	1243, 1247, 1234, 1202, 1229
28 (2104 -3)	Paul Jackson	6098	1031, 974, 969, 1075, 1022, 1027
29 (2124)	Helen Martland	6080	1026, 1021, 1006, 1004, 1000, 1023
30 (2298 -3)	Keith Sykes	5920	1009, 976, 988, 1013, 963, 971
31 (2316 -2)	Roy Lindsell	5895	965, 993, 972, 985, 976, 1004
32 (2411 -3)	Stephen Warner	5801	934, 1012, 942, 996, 983, 934
33 (2495 -6)	Brian Mellor	5713	951, 948, 1002, 925, 952, 935
34 (2526 -7)	Neil Croasdell	5671	943, 939, 949, 951, 954, 935
35 (2538 -9)	Arabella Woodrow	5656	932, 914, 972, 935, 959, 944
36 (2629 -7)	Rod Shaw	5550	902, 904, 970, 918, 919, 937
37 (2639 -5)	Gill Ross	5534	935, 911, 911, 940, 925, 912
38 (2731)	Linda Hayles	5412	979, 814, 866, 918, 936, 899
39 (2743 -18)	Guy Goodair	5398	906, 893, 906, 891, 906, 896
40 (2747)	Jean Lochhead	5395	886, 886, 922, 898, 919, 884
41 (2792 +44)	Judith Goodair	5336	858, 892, 906, 904, 861, 915
42 (2865 +40)	Jackie Page	5222	883, 856, 853, 868, 859, 903
43 (2921)	James Williams	5138	1310, 1269, 1261, 1298
44 (2942 -1)	Joanna Emberton	5114	794, 867, 845, 843, 820, 945
45 (2970)	Jane Payne	5069	848, 853, 841, 876, 825, 826
46 (3100 -3)	Sue Levinson	4858	793, 811, 805, 837, 775, 837
47 (3113 -1)	Mike Thorpe	4830	790, 815, 794, 868, 815, 748
48 (3141 +32)	Rebecca Lloyd	4777	776, 782, 859, 806, 814, 740
49 (3151 +1)	Fred Ross	4749	818, 814, 800, 774, 789, 754
50 (3151 +1)	Juliet Morgan	4749	793, 821, 760, 808, 796, 771
51 (3232 -8)	Philip Thompson	4544	743, 764, 743, 789, 740, 765
52 (3290 -7)	Michael Wood	4404	826, 717, 671, 737, 803, 650

Pos.	Name	Points	Contributing scores
53 (3368 -10)	Mathew Averill	4217	996, 1042, 1107, 1072
54 (3378 -11)	David Morgan	4199	724, 788, 662, 620, 692, 713
55 (3458 -2)	Margaret Shaw	3920	680, 590, 688, 613, 659, 690
56 (3824 -11)	Leah Stuart	2997	816, 1073, 1108
57 (3829 -11)	Richard Stuart	2987	813, 1112, 1062
58 (3956 -13)	Bob Steeper	2534	893, 859, 782
59 (3968 -11)	Joy Mellor	2503	622, 378, 502, 556, 445
60 (4139 -6)	Pat Aspinnall	2147	537, 590, 534, 486
61 (4729 -15)	Bryan Parkinson	1059	1059
62 (5240 -28)	Kyne Bordon	593	593
63 (5280 -30)	Robert Page	456	456

Gothenburg 2019

Laura Harrison

Gothenburg is a self-help training camp for 18s and 20s based in the South West of Sweden. After late selection, I was all packed and ready to go, looking forward to the week of training ahead. I travelled down south to meet up with my friend Chloe, who was also on the tour and after a swim in the hotel, we headed to bed before an early morning.

Waking up, the excitement was building, we headed through Gatwick and met up with Sarah, Stan and Matt before our flight left the UK. Once we landed in Gothenburg, we were picked up by Mark and Alice and headed to the hut. When we pulled up at the hut, we met others and explored around the hut, and even had a short swim in the lake! Once everyone else had arrived, we all started getting to know each other and then we all headed out to a course planned by Kirsty and Joe not too far from the hut. It allowed us to get used to the terrain and stretch our legs after a long day of travelling.

On the first day of training, we headed on the bus about 10 minutes away from the hut and got ready to head out on the training courses that Ryan had planned, it was based around Delsjo and the exercises were control pick and long legs. The control pick helped me to focus on the main features within the area and allow myself to understand the physical demand of the terrain. After this course, Sarah, Chloe and I headed out on long legs and decided to do a Talk O exercise, where we each took it in turns on different legs to talk through about how we approached it. After this, when we returned back, we had some lunch and headed back to the hut. In the afternoon, some of us decided to do a short run around the lake, and then after another swim, we all headed in for an early night.



Waking up on Tuesday morning, I was ready for another day of training and today we headed out from the hut to a forest, Stafett, around 20 minutes walk away. The exercise we completed in the morning was to practise completing legs without a compass, this was to help us to focus on the main features within the map and to be more aware of what feature the control was on. For this exercise, Sarah, Chloe and I completed it together again and allowed each person to take the lead to a control. This helped us to understand the different



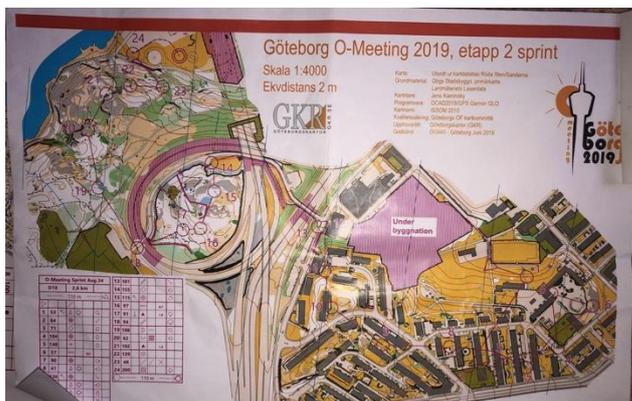
approaches taken to tackle each control. The terrain was tough, and the legs felt tired, but spirits were high. In the evening of Tuesday, we had a training session with Sävadalens orienteering club whose club hut we were staying in and for this, it was relay practise. We could complete as many loops as we wanted, and it helped us to not be so distracted in mass starts and allow for cleaner navigation under pressure.

Waking up on Wednesday morning was hard, tiredness had hit, so the training I decided to do for the day was a shorter and steady course, as I decided that I needed to be careful especially due to competitions approaching on the weekend. In the morning we headed to the forest around 15 minutes drive away and from our drawn maps, which we had

completed at the hut, I headed out on the short and long legs exercise which allowed me to adapt to both situations, in being quicker on the shorter legs and focus on the main features for the long legs, and allow me to focus on what feature I was aiming for and to stop focussing on every minor detail. After that, Chloe, Sarah and I headed out to the shops as we were cooking for tea. We spent the rest of the afternoon and evening cooking and then headed down to the lake.

Thursday was agreed that it would be more of a “rest day”, some of the group went to do a small amount of orienteering and others stayed at the hut. A few of us that had decided to stay at the hut, arranged to run all the way around the lake we were staying next to. In the end, Sarah, Chloe and I ended up running around 10km, so it wasn't really a rest, but it was very nice to get out in the forest! After a quick trip to the shops, we freshened up and then spent the rest of the day relaxing down by the lake before 3 days of competition.

Around came Friday, and due to the middle distance event not starting until late afternoon, the group had decided to have more of a relaxing morning and then head into the centre of



Gothenburg due to the event being over in that direction anyway. After a bus ride into the centre, we had a walk around the city, explored the botanical gardens and bought some souvenirs. We eventually all met back up and before we knew it, it was event time! We headed to the event and due to it being the first competition my nerves were high. I had a decent run but lots of mistakes made, it helped me to see what I did need to focus on even more back in the UK and also helped me to realise the things I was doing right. It was lovely terrain, and nice to stretch the legs after a long day walking around. After a long journey, we

finally made it back to the hut and settled in for the night.

Saturday was when the tiredness completely hit, both mentally and physically, however I knew I wanted a cleaner run today on the sprint, so I topped up on porridge and woke myself up for the day ahead. Once we arrived at the event, we had some time before Sarah and I headed up to the start. I had a really clean and accurate first half of my course and I was running well. However, as the course changed into forest for the last part, my confusion with the scale and not reading my map properly meant I lost too much time and ended up further down than I hoped. It was frustrating but I knew I had to learn from it. After the early morning sprint, the group split with some going to the archipelagos and the others, including myself, heading to Liseberg Theme Park. This was a nice distraction after the bad run and allowed the group to get to know each other better.

As Sunday rolled around, I knew it was going to be a tough day because even waking up was hard! I knew that I wanted to really try to nail the navigation and running over the terrain. As I headed to the start, my legs felt extremely tired and I knew the whole race was going to be hard, I also had to block out the fact that Chloe and Sarah were 2 and 4 minutes behind me. I hit the area of number 1 well and after wasting some time running around in circles around the control, I eventually punched and moved onto number 2, only to eventually find out that my run was about to go downhill. I had completely misinterpreted the map and the terrain and ran off in multiple wrong directions and relocating was extremely hard, particularly as I found myself making the terrain fit the map, even when it didn't. After messing around for too long, the decision was made that I needed to retire. I realised that my body and mind weren't able to deal with the terrain and I knew the heat was also making me struggle. I was disappointed in myself, but I knew I had made the right choice. After I returned back to assembly and put my thoughts into perspective, I realised I had made the right choice and although I didn't experience the course to its full potential, the part that I did complete was fairly enjoyable. After this, we headed back to the hut and down to the lake for one last swim as a whole group and enjoyed a late night together before the day of departures.

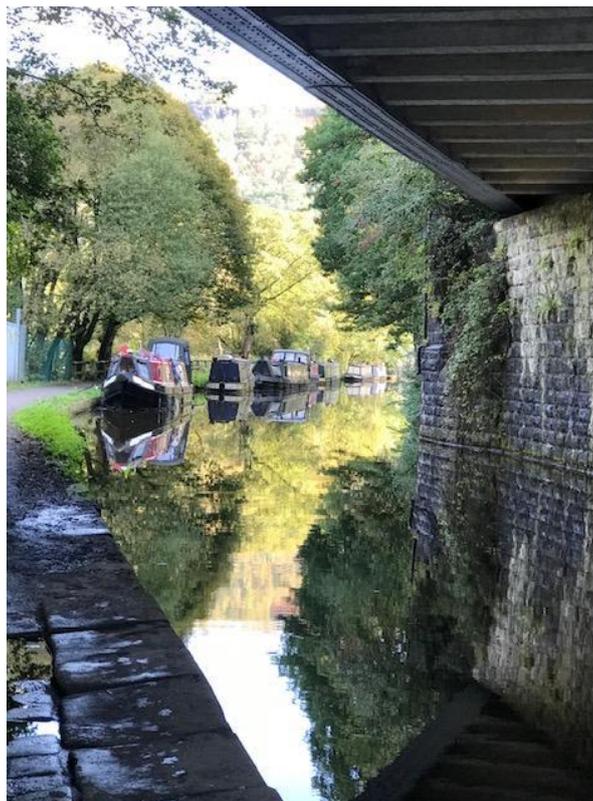
Monday morning rolled around and as we waved off the first four people to leave, it hit me how much I had enjoyed my week. Even though it had its ups and downs, the experience of running in Swedish forest and making new friends and developing my training around me showed me how grateful I was for the opportunity. The rest of the group that didn't need to leave until later on in the day, helped to tidy the hut and then spent the majority of the day relaxing and having a swim in the lake. Before I knew it, it was time to head to Gothenburg Landvetter airport and catch our flight back to the UK.

It was an amazing week of training, that helped me to improve my orienteering and helped me to identify both my strengths and weaknesses which I can adapt into my training. It also was so nice to make new friends and catch up with old ones from previous tours. I would personally like to thank Mark and Alice for all their time and effort spent planning the week and making sure everything ran smoothly. I would also like to thank Sävedalens AIK for letting us stay in their club hut for the week. Finally, I would also like to thank the Jack Bloor Fund for supporting me to be able to experience this fantastic opportunity.



Monday Walk/Run

Photo's: Paulette Noot



EVENT REPORTS AND RESULTS

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

Scottish 6 Days - 28 July to 3 August 2019

D1 Auchingarrich D2 Edinchip D3 Dundurn D4 Dulteuchar D5 Craig a Barns D6 Grandtully

	D1	D2	D3	D4	D5	D6	Best 4
M12B							
3rd Aidan Bourne	2	6	2	2	4	2	8
M16B							
4th Ciaran Bourne	6	3	4	1	3	6	11
6th William Martland	*14	6	5	3	*14	5	19
M40S							
4th Matthew Tinker	4	4	4	2	5	*25	14
10th Julian Green	*25	6	9	9	17	15	39
M50L							
8th Simon Martland	10	19	17	1	*119	3	31
13th Simon Bourne	38	18	12	12	23	4	46
49th Andy Thorpe	*119	10	*119	25	14	*119	168
102nd James Logue	7	*119	*119	*119	*119	*119	364
M55L							
7th Jon Emberton	10	19	5	8	14	7	30
15th Phil Scarf	*128	*128	13	14	7	19	53
27th Mike Pedley	16	*128	39	15	28	32	91
M65S							
1st Richard Payne	3	1	1	1	15 (L)	*71	6
M70S							
23rd Neil Croasdell	29	20	14	18	27	21	73

M75L

32nd Mike Thorpe	26	31	31	28	*41	*41	116
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M80

4th Rod Shaw	4	2	6	2	11	5	13
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13th Guy Goodair	19	15	13	7	13	8	41
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W18L

10th Laura Harrison	10	14	15	10	10	9	39
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17th Sarah Pedley	9	17	12	16	*31	*31	54
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W35L

10th Lindsay McMillan	5	10	4	13	9	11	28
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W45L

5th Emma Harrison	3	4	5	6	8	6	18
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W50S

14th Helen Martland	6	15	*50	8	*50	17	46
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W55L

33rd Jackie Scarf	*91	*91	37	17	20	29	103
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48th Helen Pedley	38	44	50	53	*91	34	166
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W65L

35th Linda Hayles	35	36	39	21	24	34	114
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W70L

22nd Gill Ross	18	17	24	21	8	21	64
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W75L

9th Judith Goodair	3	8	15	9	7	13	27
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Green

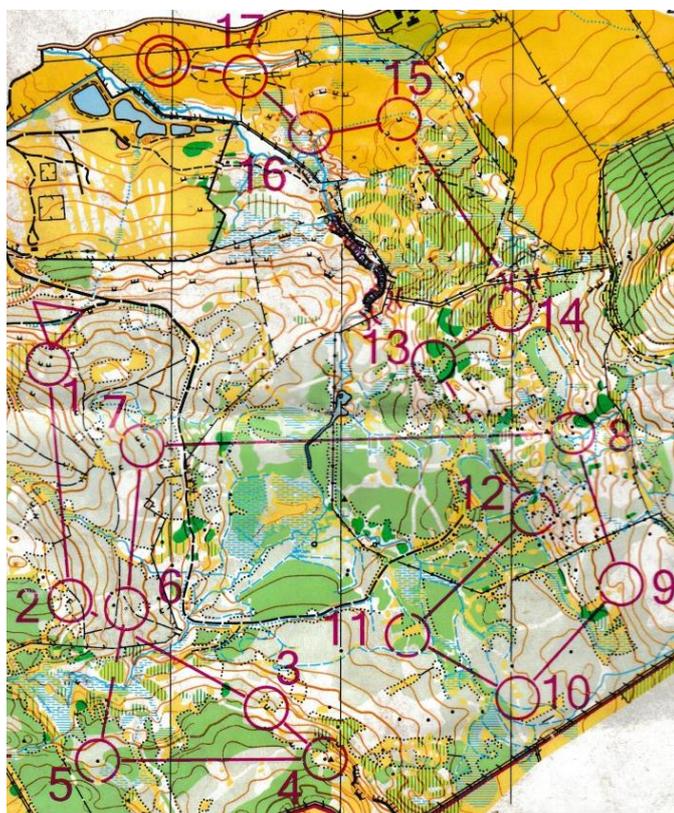
Jo Emberton	47	rtd	79	-	-	75
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Fred Ross	mp	-	-	-	-	84
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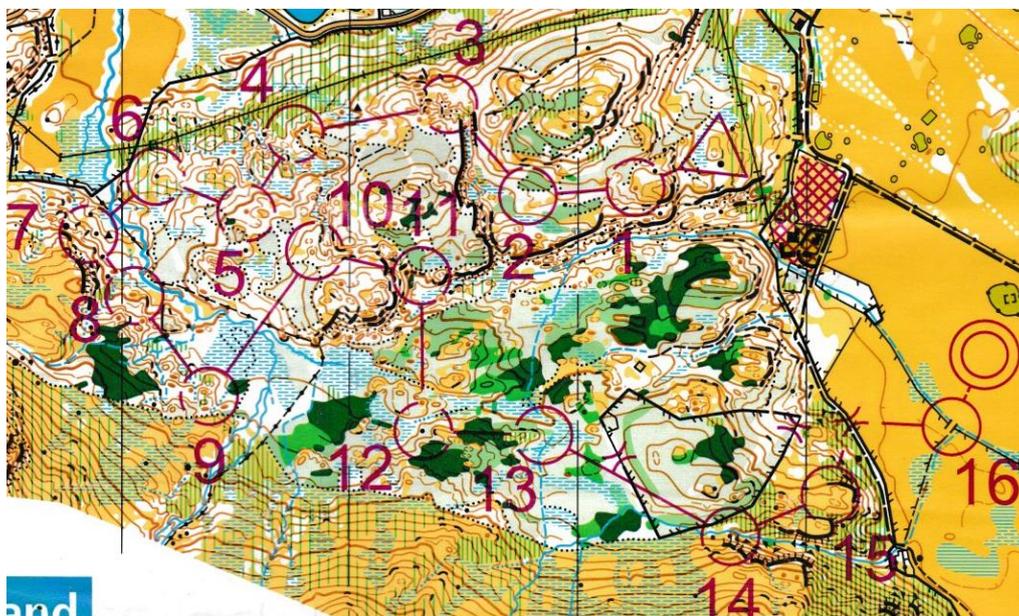
Light Green

Jo Emberton	-	-	-	53	60	-
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Fred Ross	-	53	66	61	64	-
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Day 1 – Auchingarrich



Day 3 Dundurn

UK Urban League Sprint, Macrosty Park - 31 Jul 19

Hypervet Men 75+ 2.2km

11th Guy Goodair	21:38
14th Rod Shaw	23:25

Hypervet Women 75+ 2.2km

2nd Judith Goodair	21:41
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Supervet Women 55+ 2.6km

50th Linda Hayles	28:17
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Ultravet Men 65+ 2.6km

5th= Richard Payne	16:07
53rd Neil Croasdell	25:19

Ultravet Women 65+ 2.2km

39th Jane Payne	28:48
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SYO Race the Castles, Sheffield - 17 Aug 19

MSV Length 7.4km, 110m climb (course 3)

6 Mike Pedley	40:48
18 Davey Averill	47:28

MUV Length 5.5km, 80m climb (course 4)

4 Richard Spendlove	40:41
11 Richard Payne	44:37
25 Neil Croasdell	58:42

MHV Length 3.9km, 35m climb (course 5)

3 Guy Goodair	46:18
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WO Length 8.9km, 135m climb (course 2)

10 Megan Harrison	68:04
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WV Length 7.4km, 110m climb (course 3)

2 Emma Harrison	47:43
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WUV Length 3.9km, 35m climb (course 5)

4 Arabella Woodrow	35:23
8 Jean Lochhead	39:07
13 Gill Ross	41:02
16 Jackie Page	43:52

WHV Length 3.9km, 35m climb (course 5)

1 Judith Goodair	46:34
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C4 Length 5.5km, 80m climb (course 4)

4 Sarah Pedley	40:53
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C5 Length 3.9km, 35m climb (course 5)

7 Fred Ross	55:21
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LOG UK Urban League & Race the Castles, Lincoln - 18 Aug 19

MSV 5.63km 110m

22 Graham Lloyd	43.50
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MUV 4.45km 120m

6 Richard Payne	36.10
28 Neil Croasdell	53.34

MHV 3.09km 100m

5 Guy Goodair	36.57
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WO 6.89km 140m

6 Megan Harrison	66.49
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WV 5.63km 110m

7 Emma Harrison	49.50
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WSV 4.45km 120m

29 Rebecca Lloyd	70.19
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WUV 3.09km 100m

9 Arabella Woodrow	32.58
12 Jean Lochhead	37.05
15 Jackie Page	38.23
16 Sue Levinson	38.42

WHV 3.09km 100m

3 Judith Goodair	37.18
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EPOC Race the Castles, Thornes Park - 19 Aug 19**Long 5.6km 90m**

16 Davey Averill	34.57
29 Dick Spendlove	41.52
37 Will Martland	54.12
39 Keith Sykes	64.17

Short 2.3km 45m

5 Arabella Woodrow	27.57
7 Stephen Warner	27.59
11 Judith Goodair	33.01
14 Guy Goodair	35.53

Medium 3.7km 55m

1 Emma Harrison	24.09
4 Megan Harrison	25.32
25 Helen Martland	37.01

AIRE Race the Castles, Bradford Grammar School & Lister Park - 20 Aug 19**Indoor Event****Long**

15 Megan Harrison	19.38
38 Will Martland	23.54
39 Simon Martland	24.41
58 Emma Harrison	29.55
Mike Pedley	w9

Short

11 Judith Goodair	26.59
12 Arabella Woodrow	28.24
18 Gil Ross	40.11
21 Guy Goodair	49.15
Fred Ross	m6

Medium

48 Dick Spendlove	38.45
67 Jackie Page	55.08
69 Keith Sykes	62.25
Helen Martland	w2
Jean Lochhead	mS 2 rtd

Lister Park**Long 2.9km 80m**

5 Simon Martland	16.01
50 Emma Harrison	21.52
51 Mike Pedley	22.12
57 Megan Harrison	23.57
Stephen Warner	m11

Short 2km 50m

7 Arabella Woodrow	19.05
10 Judith Goodair	20.15
13 Jackie Page	22.18
18 Guy Goodair	24.06
23 Jean Lochhead	25.29

Medium 2.5km 70m

19 Dick Spendlove	20.13
58 Helen Pedley	25.31

CLARO Race the Castles, Knaresborough Castle - 21 Aug 19**Course E 2.4km 60m**

5 Arabella Woodrow	38.45
6 Guy Goodair	41.56
14 Sue Levinson	53.33

Course F 2km 50m

2 Judith Goodair	44.34
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HALO Race the Castles 45 min Score Event, Beverley - 22 Aug 19

39 Keith Sykes	240 pts (44.23)
46 Judith Goodair	220 pts (42.00)
53 Guy Goodair	210 pts (47.27)

CLOK Race the Castles, Standing Stone Rigg - 23 Aug 19**D Course**

39 Keith Sykes	66:15
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E Course

6 Jackie Page	34:04
9 Judith Goodair	36:40
13 Guy Goodair	45:37
Jean Lochhead	w10

EBOR White Rose Night Score 30 min - 23 Aug 19

SW		UVM	
5 Megan Harrison	100pts	8 Rod Shaw	80 pts
Vet Women			
3 Emma Harrison	170pts		

EBOR White Rose Middle Distance, Raincliffe Woods - 24 Aug 19

Brown 5km 185m		Short Green 3km 100m	
31 Megan Harrison	67.42	10 Julie Couch	44.03
Blue 4.5km 160m		63 Rod Shaw	71.41
71 Bob Steeper	114.12	75 Fred Ross	86.53
Davey Averill	m15/16	77 Arabella Woodrow	89.21
David Harrison	w7	78 Mike Thorpe	89.42
Green 3.8km 135m		80 Dave Morgan	91.02
1 Emma Harrison	39.40	81 Maggie Shaw	91.20
4 Dick Spendlove	45.22	85 Guy Goodair	102.05
6 Richard Payne	46.36	87 Jackie Page	127.21
29 Ian Couch	56.22	Very Short Green 2.2km 60m	
55 Keith Sykes	70.59	4 Gill Ross	43.47
Kyne Bordon	m5	18 Judith Goodair	59.36
		22 Jean Lochhead	66.07
		24 Phil Thompson	70.25
		Juliet Morgan	m4 -13

EBOR White Rose Sprint Race, Falsgreave - 24 Aug 19

Course A 2.8km 165m		Course D 1.8km 75m	
35 Megan Harrison	30.59	31 Gill Ross	25.57
Course C 2.1km 80m		32 Judith Goodair	26.56
3 Emma Harrison	18.04	39 Jackie Page	28.55
40 Keith Sykes	25.43	Arabella Woodrow	w18
53 Rod Shaw	32.21	Guy Goodair	m 17/18
		Jean Lochhead	m14

EBOR White Rose Classic Distance, Peasholm Park - 25 Aug 19

Blue 5.4km 175m		Short Green 3.2km 95m	
21 Davey Averill	57.00	25 Jean Lochhead	51.29
55 Bob Steeper	98.20	34 Guy Goodair	53.56
Short Blue 4.4km 160m		35 Jackie Page	53.59
6 Emma Harrison	46.51	36 Arabella Woodrow	54.06
17 Richard Payne	51.54	48 Gill Ross	59.04
20 Megan Harrison	53.01	51 Rod Shaw	60.56
59 Kyne Bordon	105.22	56 Juliet Morgan	62.51
David Harrison	w10	60 Mike Thorpe	73.16
Green 3.8km 155m		Very Short Green 2.7km 90m	
15 Dick Spendlove	46.56	4 Sue Levinson	43.40
65 Keith Sykes	65.03	5 Judith Goodair	44.34
		20 Dave Morgan	56.33
		23 Fred Ross	59.38
		25 Phil Thompson	71.15

Some of EPOC's White Rose Prize winners
Photo's: Keith Sykes



Photo's: Dick Spendlove



EBOR White Rose Team Event, Raincliffe Woods - 26 Aug 19

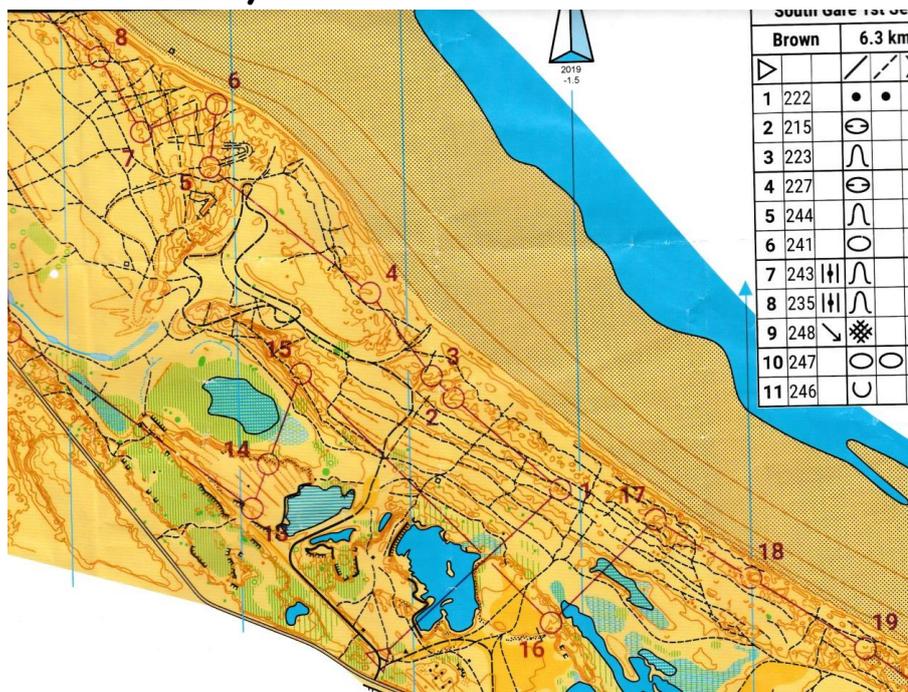
Womens 120+

1 EPOC Generation Game 100.32 Emma Harrison 28.45, Megan Harrison 23.48, Gill Ross 31.50
ANother 16.09



Photo: Fred Ross

South Gare, Redcar



CLOK Regional Event, South Gare - 1 Sep 19

Brown course

8 Emma Harrison	64:32
13 David Harrison	74:08

Blue course

4 Richard Payne	53:19
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Green course

Michael Wood	m13
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Short Green course

10 Jean Lochhead	54:38
11 Judith Goodair	55:40
13 Guy Goodair	57:55
14 Jane Payne	58:04
15 Jackie Page	59:13

Orange course

Sue Levinson	m5-6 m8-9
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AIRE Fat Rascal Prologue & Chasing Start, Colton & Temple Newsam - 7 Sep 19

MJ	Prologue	Chase	Total
1 Will Martland	19.57 2	18.03 1	38.00

MV	Prologue	Chase	Total
14 David Harrison	24.50 12	25.49 15	50.39

MUV	Prologue	Chase	Total
3 Dick Spendlove	16.11 5	14.44 3	30.55

MV	Prologue	Chase	Total
5 Richard Payne	15.57 3	15.21 5	31.16

MV	Prologue	Chase	Total
9 Keith Sykes	22.17 15	18.44 7	41.01

MHV	Prologue	Chase	Total
18 Bob Page	36.37 21	36.32 18	73.09

WO	Prologue	Chase	Total
6 Guy Goodair	18.22 6	17.26 6	35.18

WO	Prologue	Chase	Total
6 Laura Harrison	22.42 7	21.44 6	44.26

WO	Prologue	Chase	Total
8 Megan Harrison	24.11 9	23.45 7	47.56

WV	Prologue	Chase	Total
2 Emma Harrison	17.23 3	17.33 2	34.58

WV	Prologue	Chase	Total
6 Helen Martland	22.02 6	23.36 6	45.38

WUV	Prologue	Chase	Total
3 Arabella Woodrow	13.26 3	14.34 3	28.00

WUV	Prologue	Chase	Total
4 Gill Ross	14.39 5	15.23 4	30.02

WUV	Prologue	Chase	Total
9 Jackie Page	18.30 11	17.18 8	35.48

WUV	Prologue	Chase	Total
10 Jean Lochhead	17.18 9	20.03 10	37.23

WHV	Prologue	Chase	Total
1 Judith Goodair	16.23 1	16.54 1	35.17

AIRE Fat Rascal UK Urban League, Leeds City - 8 Sep 19

MJY 1.7k		WJY 1.7k 20m	
1 Stanley Stuart	22.15	1 Dora Stuart	22.19
MJ 3.24k 65m		WO 7.5k 75m	
3 Will Martland	34.09	5 Laura Harrison	65.53
5 Francis Stuart	40.00	Megan Harrison	m 17-23
MO 8.2k 100m		WV 6.4k 70m	
14 Daniel Sutcliffe	60.38	3 Emma Harrison	49.41
MV 7.5km 75m		4 Leah Stuart	52.44
1 Simon Martland	46.45	12 Helen Martland	62.16
17 Richard Stuart	65.20	WUV 4k 50m	
18 David Harrison	68.47	10 Gill Ross	53.49
MSV 6.4k 70m		11 Jane Payne	54.06
6 Davey Averill	47.15	13 Jackie Page	59.32
MUV 5.1k 60m		19 Sue Levinson	76.16
5 Richard Payne	37.17	Arabella Woodrow	m18
10 Dick Spendlove	39.55	Jean Lochhead	rtd
24 Keith Sykes	51.30	WHV 4k 50m	
MHV 4k 50m		1 Judith Goodair	55.41
3 Guy Goodair	56.40		
6 Fred Ross	63.52		

PFO Saturday Series, Whitaker Park Rawtenstall - 14 Sep 19**Technical Course 4km 140m**

14 Jean Lochhead	53.51
15 Jackie Page	55.16
17 Neil Croasdell	62.09

LEI British Sprint Championships, Loughborough University - 14 Sep 19

	Heats	Final
M16		
Will Martland	22.27 10	17.36 8 B final
M45		
David Harrison	18.12 11	17.26 8 B final
M50		
James Logue	11.35 1	12.09 2 A final
Simon Martland	12.39	13.12 8 A final
M65		
Richard Payne	11.32 2	14.43 8 A final
M80		
Guy Goodair	23.34 4	16.24 1 B final
WO		
Laura Harrison	17.37 13	19.16 4 C final
W45		
Emma Harrison	14.29 1	12.56 3 A final
W50		
Helen Martland	21.50 12	12.57 3 B final
W55		
Helen Pedley	27.00 12	19.48 18 B final
W75		
Judith Goodair	19.20 2	20.13 2 A final
EOD		
Jane Payne	20.55 6	18.02 8

EPOC British Sprint Medallists

Photo's: Laura Harrison



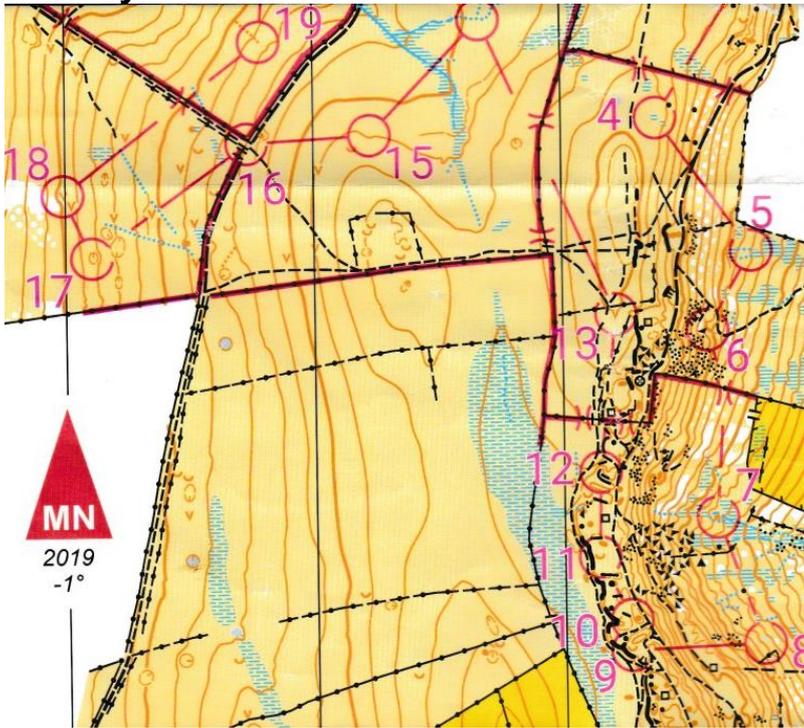
Judith (2nd)

James (2nd)



Emma (3rd)

Chinley Churn



British Middle Distance Champs
Not an overly difficult course but the climb from 8 to 9 was a bit of a scramble!

DVO British Middle Distance Championships, Chinley Churn - 15 Sep 19

M50 Length 5.2km, 190m climb, 26 controls

1 James Logue 35:43

M65 Length 4.0km, 135m climb, 22 controls

mp Richard Payne 41:32

M70 Length 4.1km, 130m climb, 24 controls

11 Ian Couch 50:23

M80 Length 3.3km, 125m climb, 21 controls

3 Rod Shaw 55:15

9 Guy Goodair 85:09

W18 Length 3.3km, 105m climb, 22 controls

7 Sarah Pedley 31:54

9 Laura Harrison 32:54

W20 Length 3.3km, 105m climb, 22 controls

5 Megan Harrison 35:34

W45 Length 4.0km, 135m climb, 22 controls

2 Emma Harrison 39:22

W55 Length 3.3km, 125m climb, 21 controls

11 Helen Pedley 39:25

W60 Length 3.3km, 125m climb, 21 controls

6 Julie Couch 37:47

W75 Length 2.3km, 55m climb, 15 controls

4 Judith Goodair 37:24

EPOC British Middle Distance Medallists

(Rod Shaw missed the ceremony!)

Photo's: Laura Harrison



James (1st)



Emma (2nd)

AIRE MLN, North Kippax - 18 Sep 19

Light Green 3.6km 60m

4 Roy Lindsell	44:56
8 Stephen Warner	47:10
13 Jean Lochhead	54:41
16 Judith Goodair	55:34
18 Guy Goodair	56:50
22 Sue Levinson	59:40

Blue 6.2km 90m

14 Dick Spendlove	65.14
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Red 4.8km 60m

1 Anabella Woodrow	42:41
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LOK London Race Weekend Sprint, Middlesex University - 20 Sep 19

MSV

17 Graham Lloyd	22.27
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MUV

26 Neil Croasdell	32.40
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MHV

1 Guy Goodair	33.25
---------------	-------

WSV

16 Rebecca Lloyd	35.20
------------------	-------

WUV

2 Jackie Page	28.50
---------------	-------

5 Jean Lochhead	35.38
-----------------	-------

9 Sue Levinson	51.29
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WHV

1 Judith Goodair	28.14
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SLOW City of London Race, Charterhouse - 21 Sep 19

W20-

5 Megan Harrison	78.10
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WSV

4 Jackie Scarf	39.29
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WUV

Gill Ross	48.19
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Jackie Page	51.39
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Jean Lochhead	54.17
---------------	-------

Sue Levinson	64.09
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n/c Rebecca Lloyd	62.50
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WHV

1 Judith Goodair	24.07
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MV

47 Graham Lloyd	66.13
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MSV

20 Mike Pedley	49.22
----------------	-------

28 Phil Scarf	52.56
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MUV

66 Neil Croasdell	69.49
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74 Fred Ross	88.39
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MHV

6 Guy Goodair	57.52
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DFOK London Race Weekend, Greenwich Royal Park - 22 Sep 19

MSV 4.7km 65m		WJ 5.2km 100m	
2 Mike Pedley	28.22	3 Megan Harrison	48.08
4 Phil Scarf	30.08	WSV 3.8km 55m	
17 Graham Lloyd	34.34	2 Jackie Scarf	26.22
MUV 3.8km 55m		32 Rebecca Lloyd	52.01
30 Neil Croasdell	42.11	WUV 3km 55m	
MHV 3km 55m		11 Jackie Page	34.58
5 Guy Goodair	39.31	15 Sue Levinson	41.10
		WHV 3km 55m	
		3 Judith Goodair	36.35

CLARO Regional Event, Hollin Head - 22 Sep 19

Brown 8.5km 145m		Short Green 3.2km 50m	
16 David Harrison	110.52	8 Jane Payne	60.27
Blue 6.3km 110m		13 Maggie Shaw	82.15
4 Emma Harrison	60.57	15 Mick Wood	116.54
19 Richard Payne	81.39		
Green 4.3km 70m			
18 Julie Couch	64.25		
30 Rod Shaw	77.17		
32 Roy Lindsell	80.55		
Ian Couch	m2 m10		

SYO JIRCS Individual, Cowms Rocks - 28 Sep19**Class W18 Length 6.1km, 150m climb, 17 controls**

8 Laura Harrison	72:00
10 Sarah Pedley	73:28

SYO JIRCS Relays, Tankersley - 29 Sep 19

10 Laura Harrison	47.05
14 Sarah Pedley	50.19
45 min Score event	
22 Roy Lindsell	120pts (43.48)

NOC East Midlands Urban League, Retford - 29 Sep 19

Course 2 (length: 5.4km)		Course 5 (length: 3.7km)	
13 David Harrison	60.52	2 Gill Ross	49.58
14 Megan Harrison	63.49	3 Jean Lochhead	50.33
Course 3 (length: 5.1km)		4 Guy Goodair	51.22
9 Emma Harrison	44.56	5 Jackie Page	53.58
		6 Judith Goodair	55.30
		10 Sue Levinson	59.09
		12 Fred Ross	71.55

YHOA URBAN LEAGUE – 2019

Details and results so far can be found at www.yhoa.org.uk Best 7 of 13 races to score. Final race on Saturday 19 October at Hessle and Humber Bridge

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. Remaining events

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)

YHOA NIGHT LEAGUE – 2019/20

The first YHOA Night League 2019-2020 event will take place on Saturday 2nd November. Full details and results will be available at www.yhoa.org.uk

HALIFAX MONDAY RUNS

Graham Lloyd and Dick Spendlove still meet up to run on Mondays, during the day, often from the Secret Café in Luddenfoot or from Craggies up Cragg Vale. If any EPOC members or friends have some free time on a Monday and fancy a gentle hour's run (around 5 miles) then contact Graham Lloyd egrahamlloyd@yahoo.co.uk

UPDATE!!

It seems that the Monday run has a group of walkers too! So if you fancy an hour's walk you'll be more than welcome! Here is the plan for the time being:-

- * First Monday of the month: Secret Café, Tenterfields Business Park, Luddendenfoot
- * Second Monday of the month: Craggies, Craggs Business Park, Cragg Vale
- * Third Monday of the month: Just Scrumptious, Rishworth
- * Fourth Monday of the month: Mytholmroyd, meet in the public car park by Russel Dean Furniture shop
- * If there is a fifth Monday the run will be an away day TBC.

Please contact Graham for any further Information - 07413 102008

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 – October to December 2019

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

www.britishorienteeing.org.uk

Date	Club/Region	Type/Area	Location
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October

5	DEE/NWOA	Euro City Race Tour, Everton Brow	Liverpool
6	SELOC/NWOA	Euro City Race Tour, Liverpool City Centre	Liverpool
6	CLOK/NEOA	Regional Event, Sneaton East	Whitby
12	MDOC/NWOA	British Schools Score Championships, Heaton Park	Manchester
13	SYO/YHOA	YHOA Championships and Superleague, Wombwell	Barnsley
13	LEI/EMOA	Ashby Urban	Ashby
19	HALO/YHOA	Hessle and Humber Bridge Urban	Hessle
20	PFO/NWOA	PFO Autumn Series, Dean Clough	Great Harwood
26	DVO/EMOA	Regional Event, Longshaw	Sheffield
26	CUOC/EAOA	Cambridge City Race	Cambridge
26	NATO/NEOA	October Odyssey Day 1, Urban	Hexham
27	NATO/NEOA	October Odyssey Day 2, Dukes House Woods	Hexham

November

2	SYO/YHOA 	YHOA Night League, Loxley Common	Sheffield
3	EBOR/YHOA	Regional Event, Skipwith Common	Selby
9	MDOC/NWOA	Twin Peak, Day 1, Goyt Valley Forest	Buxton
10	MDOC/NWOA	Twin Peak Day 2, Stockport Town Centre	Stockport
16	CLARO/YHOA 	YHOA Night League, Hell Wath	Ripon
17	SYO/YHOA	SYO Regional Event, Bowden Housteads	Sheffield
17	CLOK/NEOA	Regional Event, Dale Town Moor and Boltby Woods	Thirsk
24	CLARO/YHOA	YHOA Middle Distance Champs and Superleague, Brimham Rocks	Harrogate

December

1	BOK/SWOA	Southern Championships, Churchill Enclosure and Cannop Ponds	Coleford
1	AIRE/YHOA	YHOA Superleague, Shipley Glen	Bradford
1	DVO/EMOA	EMOA League, Allestree Park	Derby
8	PFO/NWOA	Darwen Moor	Darwen
14	HALO/YHOA 	YHOA Night League	TBC
15	HALO/YHOA	Regional Event	TBC
21	  EPOC	YHOA Night League, Storthes Hall	Huddersfield
22	 EPOC	Middle Distance Event, Storthes Hall	Huddersfield
29	EBOR/YHOA	Queen Margaret's School and Escrick Estate	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).