

The Clarion



**Claro Orienteering Club
September / October 2015
Issue 143**



Mike Cope on the run in on Day 1 of the Scottish 6 Days
(Photo: Wendy Carlyle)

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Editorial

Welcome to Clarion #143 - the first in the club's second quarter century. Our official birthday was 4th September 1990, when the constitution was first agreed, so happy birthday to us! Can you remember what you were doing on that day? If you are currently a junior you would not even have been born! I was measuring gravity in French speaking West Africa, which is a whole other story, but it did help me with Liz's article on p10. Good luck with that. Elsewhere, some first-hand reports of the World Champs and 6 Days in Scotland, together with an assortment of articles extracted from various people under several forms of duress. Now the new season is underway I'm hoping there will be more for people to write about. Our first event is

already behind us (and it was sunny!). Thanks to all those who did contribute and happy orienteering!

PATELEY PRATTLINGS – Our Chairman, Stan



I'm starting off this month's Prattlings from a very Pateley Bridge point of view as I'm writing this just after spending time laying out the running course element of the second Nidderdale Triathlon. The 200 entry limit filled up within days of the list opening with a large proportion of first-timers and locals included amongst the more experienced competitors. But what has this got to do with orienteering you may ask? Well, triathlons have become the 21st century 'cool sport'. They're trendy,

accessible and somewhat middle class because of the skills and cost of equipment needed. There's one most weekends whether a sprint of 400m swim, 15km ride and 5k run, or an Olympic distance or the ultimate challenge of an Ironman. They're closely followed in popularity by the 'muck and bullets' obstacle races for the macho types who like climbing cargo nets, crawling through mud and maybe getting mild electric shocks.

This is what orienteering in the UK is up against in trying to attract new blood and raise participation levels. The elements of triathlon are easy to understand – we've all seen the Brownlees do it and maybe even competed against them in local fell races or on the Chevin on Boxing Day. It's easy to relate to. But try to explain orienteering (as some of us did at the Great Yorkshire Show) and you're often met with confusion with geocaching or a form of rambling. There's no getting away from the fact that to succeed in orienteering can take a long learning curve as even the strongest of track or fell runners have found and it takes some tenacity to stay the course of that learning. Again we've all heard of the Brownlee brothers, or Mo Farah, but I have to admit I couldn't tell you the name of the world champion orienteers.

My point in writing this is to say that British Orienteering are currently looking at the future of orienteering and are inviting all orienteers to offer their views. Can it sustain itself on its current model of largely forest-based events each week, run by a reducing pool of volunteers, or should the sport involve some commercial partners and maybe offer new forms of the sport whilst still adhering to the basics of 'running with maps' ? Will all clubs be ready to comply with a centrally-driven model with which they disagree or will some clubs strike off in a different direction ? And to what degree are BOF's views influenced by their need to look upwards for funding from an arm of government rather than by looking at meeting the needs of current and potential competitors ? Are the needs (and costs) of elite competitors properly balanced against the grass-roots of the sport ? If you've got views on any of this sort of stuff then don't keep quiet, use BOF's questionnaire linked to their website. I can't promise they'll take notice of any rants but you never know !

Moving on, this will be the last Clarion before the AGM. Despite the committee's concerns that this might be a lean year financially I'm pleased that the provisional accounts suggest that we've actually held our own. At the AGM therefore it would be good to have a discussion about a number of related financial matters, such as the balance between membership fees, entry fee subsidies or vouchers for helpers and named officials, support for CompassSport Cup entries, discounted clothing, etc. We want to keep members' costs down but want to do it in the most beneficial way and in a way that encourages participation in CompassSport Cup and in rewarding our volunteers. I'll say no more about money lest I steel treasurer Linda's thunder, but please come to the AGM ready to discuss and listen to views.

By the time you read this I hope most of you will have had chance to kick off the season with our club event at Hanging Moor, a venue that's not been used for a Level C event for a little while. With venues often under threat it's good to be able to resurrect a lesser used one even if quite a bit of remapping has been necessary. While we're talking mapping, we've been reminded that all maps with even the most tenuous derivation from Ordnance Survey data need to acknowledge OS copyright in a prescribed form and all maps need to carry the BOF event number, even our street O's. Our mapping officer, Allen Banister, is producing some notes for event planners that cover this and the procedures for dealing with our printers. Anyway, must go now to get a good night's sleep before Saturday's triathlon and Sunday's Hanging Moor orienteering. Now when did I last run terrain-O ? Can I remember what to do ?

Stan Appleton

Membership Update

The club currently has 110 members. Welcome to new member Toby Rochester (M10) who has joined after taking part in the schools events this year. We hope you enjoy your orienteering with the club and look forward to seeing you at an event soon.

World Orienteering Championships and Scottish 6 Days 2015

With the World Champs providing the main orienteering focus in the UK for the summer, there follows three articles from Claros with first hand experience.

Orienteering: A spectator sport? - Linda Kelly

Going to this year's Scottish 6 Days was always going to be a different proposition. Combined with the World Championships, not only did we get the chance to compete on some of the best terrain in the country (and some of the not the best!), but we would also get a chance to see the world's best orienteers in action. The events were carefully planned to enable us to both run our own races and not miss any of the action.

It seems that TV is the way to go now for major international events. Events have been televised in Scandinavian countries for some time and we can all now watch live pictures from races like the Jukola Relays in Finland and the World Championships over the internet via the IOF LiveCentre, sometimes for a small fee per race (€18 for this series). Live results and GPS tracking can make for gripping viewing, but probably only for keen orienteers. I remember being

glued to a laptop screen watching little dots move over the map during previous World Championship Relays, always the most exciting race to watch. Now, with the introduction of live pictures from the forest, orienteering can start to think about appealing to a wider audience. This year BBC ALBA, the BBC's Gaelic channel, broadcast three races live – the Sprint Relay, the Individual Sprint Race from the towns of Forres and Nairn and the Middle Distance Race from Darnaway. The long distance race in Glen Affric was also filmed and is due to feature on BBC Scotland's monthly programme, The Adventure Show, sometime soon. Watch the BBC website for details. The previous programme featured the UCI Mountain Bike World Cup races from Fort William so orienteering is in good company.

The first event to watch was the Sprint Relay in Nairn on Saturday evening. This is a new format with mixed teams of two women and two men. With winning leg times of around 15 minutes the action was fast and furious. We were there to cheer on the GB team for whom Cat Taylor from Whitby was running the last leg. Hollie Orr led off on the first leg but made a mistake in the second half which the rest of the team would find impossible to recover from, although that didn't stop the crowd from making plenty of noise to cheer the team on. The Danes led from start to finish, finishing over a minute ahead of Norway in second place.

On Sunday, after running our race in nearby Achagour Forest, we moved onto Forres for the finals of the individual sprint. The runners set off in reverse order of qualification with the fastest runners setting off last. It was great to cheer on our local Yorkshire athletes, Alice Leake from Ebor and Charlotte Ward from HALO, who made the top 20 in her first international race for GB. Maja Alm from Denmark was again on sparkling form winning the women's race after anchoring her team to the win in the relay. The local communities really supported the events with lots of schools and local businesses getting involved. Both towns were closed to traffic for the duration of each race to make the event fair and ensure the safety of the runners.

The Middle Distance and Relay races both took place in Darnaway Forest against the spectacular backdrop of Darnaway Castle. In the Middle distance Cat Taylor again gave a very impressive performance finishing in 5th place and gaining a place on the podium. In orienteering the top six are included in the podium presentations, a just reward for all their efforts. The following day the relays provided fast and furious racing. The GB women had mixed fortunes with Clare Ward on first losing time after scratching her eye but Cat Taylor then

had another storming run giving us plenty to cheer about to pull the team up and finish 3rd on her leg. Jess Tullie then held their place on the final leg. Scott Fraser got the men off to a great start coming in just over a minute down on the lead and handing over to Graham Gristwood who had the run of his life pulling us up to 2nd at the end of his leg – lots of noise! Ralph Street, running his first relay for GB, had a great start but just couldn't hold on to the leaders towards the end of the course and finished 4th, just outside the medals. The relay coverage in the arena was so exciting with several cameras out in the forest at key points where the gaffling came together. It was very tense waiting to see which country would appear out of the forest first. During the race the runners are kept in quarantine, out of sight of the big screen, so the maps and courses can be shown to the spectators, alternating with pictures from the cameras in the forest without giving the course away to later runners. This makes for entertaining viewing when following the GPS tracking as we know where they should be going!



Graham Gristwood giving his all
for Team GB

Photo: Wendy Carlyle

The final race of the week was the Long Distance in Glenn Affric which I'm afraid we missed! Recent rain had made the car parking very difficult and an invite from friends in Dornoch proved too tempting!

Overall we had a great week and watching the best in the world at close quarters is a real eye-opener. This World Championships really showed that orienteering can be an exciting spectator sport, especially the sprints. If you weren't watching, you can still catch TV coverage on the World Championships website at <http://www.woc2015.org/home>.

Wall to wall Orienteering - Susan Birtwistle

'Wall to wall orienteering' sums up this year's Scottish 6 days. It was organised to run alongside the World Orienteering Championships (WOC 2015), which was back in the UK for the first time since 1999. The atmosphere was exciting and international. Considering the challenges of catering for several thousand competitors and their cars, the organisation was immensely successful too (and no doubt stressful!) I spoke to Richard Oxlade, the 6 day supremo, on the way to his run on day 5 and he was extremely calm - which was evidently down to careful and detailed planning and a terrific number of volunteers.

We watched the WOC sprint relay in Nairn. It was set in a natural arena close to the sea which, combined with fine weather, enabled good views of the start, changeover and several spectator controls. There was an excellent commentary, a big screen and filming of a good number of control points out in the terrain. This was enhanced with a map display showing GPS tracking 'worms' with national flags that could be seen progressing around the course. Many locals came to watch as some had seen it on TV - BBC Scotland were broadcasting coverage on their Gaelic Channel!



The Big Telly at the WOC Sprint
Photo: Wendy Carlyle

I have to say the TV coverage was great for all the WOC events. In particular, the comparatively portly cameraman who managed to keep his camera steady while sprinting behind numerous world class orienteers deserves a medal all of his own for delivering some brilliant footage! I tried to place our Claro feather strategically near the run in, but unfortunately you would have to have had the TV on freeze frame to see it.

There was much flag waving and cheering for all the nations, which was great. There were competitors from all over the world, including Egyptians, Brazilians and Chinese, as well as the more well known orienteering nations. Denmark and Switzerland were extremely impressive and Team GB did really well in all their races, with only a few gaffs and often performed beyond expectation. There were many really nail-biting moments watching the screens and listening for news of runners' progress on their courses. Both the GB men's and women's relay teams were superb. Our whole family watched all the WOC races and got carried along by the excitement of it all.

By contrast, our family performance at the Scottish 6 day was pretty dismal due to various combinations of injury, mispunching, and retiring. Nevertheless we went along every day and enjoyed being outside in the fresh air in great Scottish terrain with no midges and hardly any rain - an excellent 6 days on that basis alone!

Not WOC and not M65L in Scotland! - Mike Cope

Ignoring my M65L courses and WOC, I had a good time at the Scottish 6 Days this year. Much more important was that to keep two grandchildren amused the string and the white courses needed to be right - and they were.

Because we did not get organised until late this time round and places were busier than usual, we ended up staying in Aviemore. With non-competitive youngsters to look after, I decided that we would only go to the nearest events and do alternative things on the other days. I mean non-competitive in the sense that they were not doing age class courses as part of the 6 days – they are certainly competitive at sports. Hence, all I did was days 1, 3, 4 and the Forres sprint.

The general idea was that Christine would take the boys to the string courses while I ran my course, and then I would take them round a white course. The string courses proved a great success and are an example of how to do it well. Specially drawn maps, electronic punching, interesting varied terrain, some challenge to get round quickly, certificates, stickers and giveaways at the end. They were easy for both children, but that did not seem to matter. They really did look forward to doing them each day.

The off string was just as good and easily managed by the older grandchild. The younger one does sometimes think he knows best though, and needed someone to keep more of an eye on him. Two of the days were on non-standard orienteering maps where the original string course including the control points was marked, and it was only necessary to deviate off a bit. The third was on a proper orienteering map which only had the string marked and not the original controls points. This was fine but it did make it a bit more difficult with off-line features to find, even though they were not far off line. Probably a good job I was there on that day – even though I was looking in the right direction, I could not see one control at first! With no rules about line features, an off-string can be more difficult than a white course. Congratulations though to all those who organised the string and off-string courses.

White courses were just as they should be – all clear line features to follow with controls at decision points. My two are not vastly experienced at orienteering but they were fine. On the first two days we all went together. On the third one I sent the older grandchild off on his own first with a few words of advice, but no chance for a prior look at the map. Should I have got permission from his parents first before sending him round alone? No problems for him though, and

he was pleased to have done his first white course without any help from me. It also meant that the younger one did all the map reading when he went round with me just checking.

As it turned out, I could have taken them to all six days without any complaints and they would have enjoyed them. But a day at the beach, a visit to Landmark, walks, cricket, and a visit to the reindeer centre also filled in nicely. Sadly it is difficult to take them to any ordinary weekend events. They live too far away and football and cricket take priority on most Sundays.

Comparing my position in M65L with their positions on the white course gave them a few laughs at their old grandad. I think I meant to enter M65S but obviously I didn't. I made a few mistakes but mostly I am just slow.

We hadn't planned to see much of WOC2015 but ended up watching part of the Womens' Relay Race. It was some spectacle being able to see parts of the course on the big screen and then see the long run in and out, and the speed at which runners came into and out of the changeover after long runs. The lads know about the top end of other sports and clearly appreciated that they were watching the World Champions in our minority sport. I might even take them to Wales next year or Scotland again in two years – perhaps I will retire and just help them!

Où allez vous en 2016? - Liz Potterton

Après le dernier jour de 6-jour d'Ecosse j'étais très triste - il n'y aura pas d'autre 6-days pour deux années. Mais sur la voiture était un prospectus pour 'Orienteering Larzac France'. "Où est Larzac?" j'ai demandé (vous aussi?). Alors, "Google est ton amie" (hum?), et j'ai trouvé *La Causse de Larzac* est un plateau calcaire au sud de France, sud de Gorge du Tarn, avec des vieux villages et de belle paysage. J'ai regardé la carte sur le prospectus - il avait beaucoup de roches grandes - c'est comme Brimham Rocks. C'est comme Yorkshire - c'est bon!



©CDOC12

Il y était un event ici en 2008, mais ça s'appelait 'Aveyron', et il y a beaucoup des célébrité recommandations pour la région: Thierry Gueorgiou ("qui?"; j'ai demandé Google encore un fois - il est le champion du monde d'orienteeing)

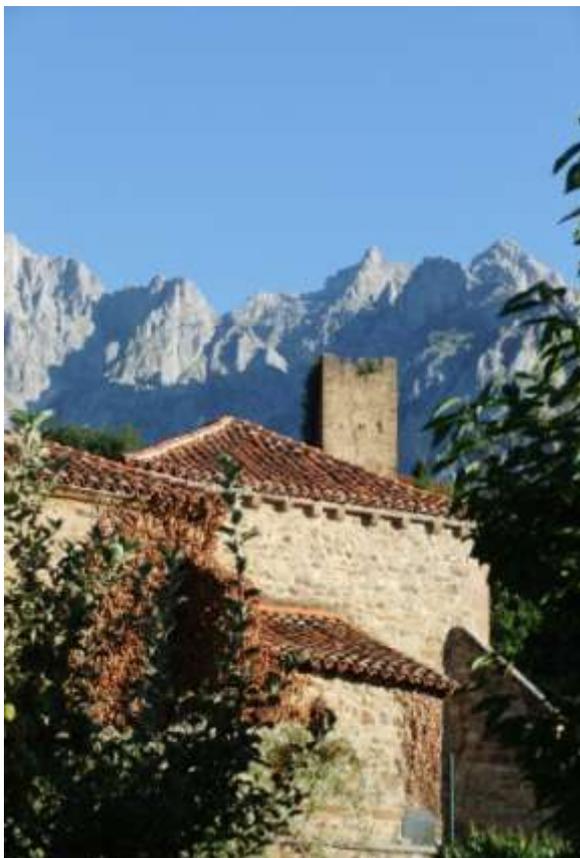
dit (parce qu'il est Français) "I definitively think that there are only very few terrains in the whole World who can match the difficulties of these ones". Steve Whitehead d'EBOR porte une chemise 'Aveyron 2008' a Hanging Moor le dimanche dernier et je lui ai demandé "Comment c'était?" Il a dit "Endroit génial... difficile..." et "il un autre compétition là? .. je dois y aller." Alors, mes amis, je pense que nous devons aller (et s'entraîner à Brimham).

Alternatively just Google: 'Orienteering Larzac'.

[Note: Special thanks to Liz for giving me an excuse to dig out my old French books in order to tinker as Editor, even if that was not what she intended. The map extract looks amazing. For those with sufficient interest I can offer the excitement that there is an English translation hidden somewhere on the website under a tiny French flag. Good luck. And consider getting out more. I should know.]

Vertical "Orienteering " in Spain - Adrian and Luke Parker

No local orienteering was available on our summer holiday in the Picos de Europa (big limestone mountains in the North of Spain), but plenty of opportunity for map reading. We stayed in a Casa (self-catering accommodation) below the Eastern Massif of the Picos.



The dominant peak is Silla Del Caballo Cimero (2436m). While the rest of the family went to the beach for the day(!), Luke and I went off to climb it, setting off at 7.15am just as it got light so as to walk as much as possible in the shade. The photograph on the previous page is from our garden. The target peak is the one on the right. There was no obvious way up, but our map showed a route (orange dashed line above) for most of the way - so off we went. Let's just say that this isn't the Lake District. Someone might have walked up that way before; in fact someone must have as occasionally there was a blob of red paint on a rock – but there was certainly no path. You will be pleased to hear that we did have a compass and a whistle.

Luke plotted the walk on Strava (below). You can't believe everything you read on Strava – for a start the max elevation must be wrong as we definitely got to the top. However it gives some idea of the gradient and height gain. What colour is an orienteering course with over 2000m of climb?



I haven't walked up many mountains where my hands ached as well as my legs. Much of the climb was steep enough to need hands and feet – either non-technical rock pitches or steep loose scree. We went down a different but longer way!

Including an hour admiring the view at the top and eating our lunch after our 6 ½ hour climb, it was 14 hours and getting dark at 9.15pm when we got back. A good long day, and back just in time to stop Jemima trying to send out a search party with her very

limited (zero) Spanish. I am not sure our phrase book had the Spanish for “I am not sure which mountain they were climbing but they haven't come back”.

Studying the map over supper we realised after all that we had not actually climbed the highest mountain. On the other side of the saddle there was a mountain that was 5m taller! – the pointy one in the photograph – bother! It

didn't look bigger – or so we consoled ourselves for the rest of the holiday... unfinished business. Maybe next year?

Common Orienteering Errors

This is the first of what might be a series of occasional articles illustrated from real life – occasional articles, but frequent errors. Feel free to submit your own! This first one is about the last control...

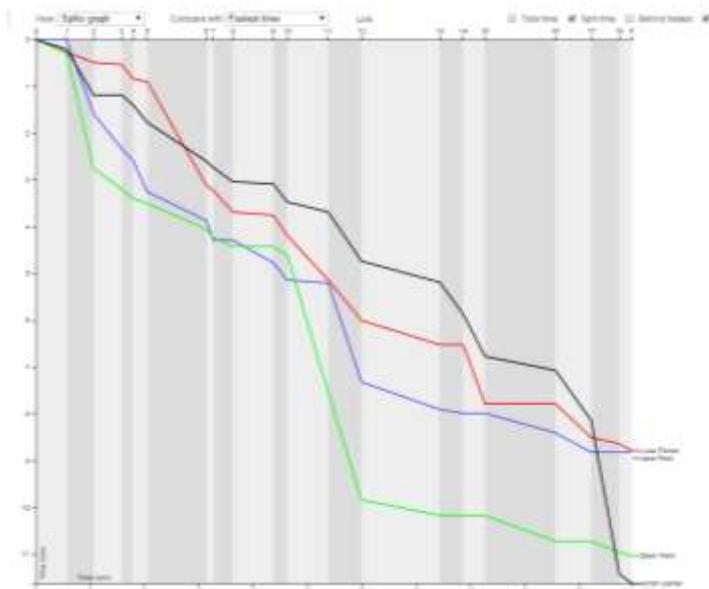
#1 Losing concentration on the last control - Team Parker

You are near the finish, you know where the finish is, you have run well, you only have a little way to go and you are probably running fast. The last control is a formality prior to the run in to the finish. Stay focused!

Today's classic errors include:

(a) Losing map contact

Don't think about the finish until you have found the last control. The graph is from Splitsbrowser and shows the blue course from the recent Claro event at Hanging Moor. The black line is Adrian's plot and the red line Luke's. You can see the plummeting black line at control 18 to the right of the graph. 3 minutes lost and 3 places.



(b) Not punching the last control

This is worse! In his enthusiasm to finish, Luke notably failed to punch the last control within sight of the finish kite at an event at Brimham Rocks. Had he done so he would have won.

Ed: If you have a "favourite" error why not submit it so we can all share your pain?

Claro Harrogate Schools Orienteering League 2016

Many of you will know that over the last few years the club has run a series of events for Primary Schools in and around Harrogate. They have been run after school, usually on Wednesday afternoons, and have proved very successful. A

new development this year was that Harrogate Schools Sports Partnership, who have always been involved with us in the series, have taken their efforts to a new level; they have bought their own kit (including a basic SI set) and have run a parallel set of events to complement ours. This welcome development encouraged us to review what we were doing, and as a result, Jemima Parker and Richard Kirk have put together a new concept for 2016.

The new concept builds on the ideas from SYO and their highly successful schools league that featured in Focus recently. The aim is to get the best return from the effort that we put in. SYO found that two key factors were getting the timing of events right and getting parents to be involved, so the new series will take place on Saturday afternoons, with roughly one event per month between November and May. It will also be open to Secondary school pupils.

Full details are now up on the website and we will be using all sorts of ways to get the message out. We will be writing to schools, going to other events and generally shouting from the rooftops. You can help too - if you are a junior, tell your friends and teachers. If you are a parent, come along, get involved and tell your fellow parents! There will be lots of flyers available, so let us know if you want some. Just email jemimap@claro-orienteing.org.uk. The good news is that club members get subsidised entry too.

Up & Running

British Orienteering has recently formed a relationship with Up & Running, the high street and internet sports retailer. Whether you are new to running and orienteering or planning your next event, Up & Running can help you to get your kit sorted from your shoes to your head torch and everything in between. They also do things like digital gait analysis to make sure you are training in the right shoes, hold specialist in-store events, give you training programmes if you need them, and information on how to stretch and make the most of your training. They also partner with local physios and podiatrists.

The logo for 'UP & RUNNING' features the word 'UP' in a bold, black, sans-serif font, followed by an ampersand '&' in a bright orange color, and the word 'RUNNING' in a bold, black, sans-serif font.

Up & Running are Yorkshire-founded, and as a specialist running retailer they have plenty of running shoes, technical clothing and accessories, as well as some specialist orienteering kit like Noname. They currently have a promotion on Ron Hill kit with up to 40% off and you can get 10% off as member of British Orienteering. They even have a store in Harrogate at 16 Station Parade, Harrogate HG1 1UE.

Events Listing

This listing shows all YHOA events currently advertised for the coming months. The website has more including separate lists for what's on locally, other events and club league events.

September	
Sat 19 Sep 15	Dales Weekend: Northern Champs (UKOL) (A) Settle
Sun 20 Sep 15	Dales Weekend: YHOA Champs (UKOL) (B) Upper Wharfedale
Tue 22 Sep 15	Claro Street-O (D), Harrogate
October	
Sat 3 Oct 15	EBOR Autumn Series (D) Castle Howard Arboretum
Tue 6 Oct 15	Claro Street-O (D), Harrogate
Sat 10 Oct 15	EBOR Autumn Series (D) Easingwold
Sun 11 Oct 15	EBOR Regional Event (C) York
Sat 17 Oct 15	EBOR Autumn Series (D) Lakeside, York
Tue 20 Oct 15	Claro Street-O (D), Harrogate
Sat 24 Oct 15	EBOR Autumn Series (D) York University
Sun 25 Oct 15	EPOC YHOA Superleague (B) Ogden Water, Halifax
Sat 31 Oct 15	SYO YHOA Night League (C) Ramsley Moor, Sheffield
November	
Sun 1 Nov 15	SYO Regional Event (C) Ramsley Moor, Chesterfield
Tue 3 Nov 15	Claro Street-O (D), Harrogate
Wed 4 Nov 15	EBOR Autumn Series (D) Castle Howard
Wed 11 Nov 15	EBOR Autumn Series (D) The Hawkhills, Easingwold
Sun 15 Nov 15	Aire Regional Event (C) Middleton Park, Leeds
Tue 17 Nov 15	Claro Street-O (D), Ripon
Wed 18 Nov 15	EBOR Autumn Series (D) York University
Sun 22 Nov 15	CLARO YHOA Superleague (C) Brimham Rocks
Wed 25 Nov 15	EBOR Autumn Series (D) Malton
Sat 28 Nov 15	CLARO YHOA Night League (C) Killinghall Moor, Harrogate
December	
Tue 1 Dec 15	Claro Street-O (D), Harrogate
Sun 6 Dec 15	SYO Regional Event (C) Wharnccliffe, Sheffield
Sat 12 Dec 15	HALO YHOA Night League (C) Swinemoor, Beverley
Sun 13 Dec 15	HALO Regional Event (C) Beverley Westwood
Sat 19 Dec 15	EPOC YHOA Night League (C) Norland Moor, Sowerby Bridge
Sun 20 Dec 15	EPOC Regional Event (C) Norland Moor, Sowerby Bridge

Sun 27 Dec 15	EBOR Regional Event (C) York
January	
Sat 9 Jan 16	AIRE YHOA Night League (C) Meanwood, Leeds
Sun 10 Jan 16	SYO Regional Middle Distance (C) Canklow, Rotherham
Sat 16 Jan 16	EBOR YHOA Night League (C) York
Sun 24 Jan 16	Aire Regional Event (C) Flasby Fell, Skipton
Sun 31 Jan 16	SYO Sport Relief Regional Event (C) Brodsworth, Sheffield
February	
Sun 7 Feb 16	EPOC Regional Event (C) Huddersfield
Sun 21 Feb 16	EBOR Regional Event (C) York
March	
Sun 13 Mar 16	CompassSport Cup Heat (B) Timble Ings, Harrogate
Fri 25 Mar 16	JK 2016 - Sprint (UKOL) (A) Leeds University
Sat 26 Mar 16	JK 2016 Individual 1 (UKOL) (A) Wass Forest, Thirsk
Sun 27 Mar 16	JK 2016 Individual 2 (UKOL) (A) Kilnsey
Mon 28 Mar 16	JK 2016 Relays (A) Storthes Hall, Huddersfield
April	
Sun 10 Apr 16	YHOA Champs and Superleague (B) Pillar Wood, Caistor
Sun 24 Apr 16	EBOR Regional Event (C) York
May	
Sun 8 May 16	YHOA Middle Distance Champs & Superleague (C) Keighley
Sun 15 May 16	SYO Regional Event & YBT Heat (C) Sandall Beat, Doncaster
Sun 22 May 16	HALO YHOA Urban League (C) Hull
Sun 29 May 16	CLARO YHOA Urban League (C) Ripon
Mon 30 May 16	EBOR YHOA Urban League (C) York
June	
Sun 5 Jun 16	SYO YHOA Urban Sprint (C) Sheffield
Sat 18 Jun 16	EBOR Relays (C) York
Sun 19 Jun 16	EBOR Club Championships (C) York
Sat 25 Jun 16	Dales T&C Weekend / YHOA Urban League (B) Settle
Sun 26 Jun 16	Dales T&C Weekend / YHOA Superleague (B) Yockenthwaite
July	
Sun 3 Jul 16	EPOC YHOA Urban League (C) Huddersfield