

The Clarion



**Claro Orienteering Club
March / April 2015
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Linda Kelly finishing at the 2015 Portugal O Meet

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Editorial

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This edition of Clarion comes to you with the season in full swing; we have a full programme of events and the major competitions are planned or underway. The first of the five British Champs events has now taken place, with our own David Day again producing a solid performance at the Nights that only just missed the podium. Next up is the CompassSport Trophy, followed by the four days of the JK Festival in the Lakes over Easter. With 27 Claros entered it is safe to say that the club is in good health in its 25th year. It's a good job we have expanded the club tent to double the size we had last year! This edition includes a report on the recent membership survey, so hopefully you will find something of interest there. Finally, plenty of folks are looking forward to the Annual Dinner on Friday. Hopefully see you there!

PATELEY PRATTLINGS – Our Chairman, Stan



Now what was I doing 25 years ago? I'd just moved up to Yorkshire from the Midlands, my wife and young daughter joining me as I took up my new job in Leeds running the Chief Executive's office of a government agency. I was heavily involved in motor rallying with Jean's cousin and I'd just found a local running club, the now defunct Imperial AC. I certainly wasn't orienteering apart from entering the Saunders or the KIMM (as the OMM was then known).

Meanwhile a group of you were busy planning to form a new club in the fast-growing sport of orienteering, one catering more for the needs of Harrogate, Ripon and the surrounding area than was perhaps offered by the existing clubs. Thank goodness you did, or Claro might never have existed. Some of those founder members are still very active competitors still wearing the Claro shirt,

some have moved elsewhere but are still familiar faces at YHOA, JK or 6-Day meets, others have perhaps hung up their studs, whilst inevitably some have checked into their final control and will be among the 'absent friends' who we toast at our Jubilee dinner.

What changes those founder members will have seen. Think of master maps and red pencils, pin punches, manual results, briny nylon pyjamas. What success they've seen, GB vests, British and JK champs, countless YHOA champions. Then there's the old venues, some sadly long-lost, some needing resurrection like Angram, Hollin Head, Nutwith. Who would have thought 25 years ago that we'd be sprinting round RAF Linton-on-Ouse in a two-part sprint with winning times of 15 minutes and calling it orienteering, or enabling those with limited mobility to take part in the sport, or introducing a class for M90 at national championships. Then there's GPS tracking of elite runners on a big screen, commentary, websites, online forums, contactless dibbers, radio-orienteering. But whatever the technology in the end it's all about a map and a clock - an athletic sport with a difference, cunning running, thought sport. It can be a 45 minute score event round the streets of Harrogate or Knaresborough, a classic 60 minute/16 controls in a Sunday morning forest, or a week-long festival for thousands in Zermatt, Portugal, or the Highlands. What a varied sport we have.

It now looks fairly clear that Claro will not be responsible for managing any single day of JK2016, despite great efforts by Mike Cope and Chris Dicken in particular. The tail wagged the dog; we had a super venue that would have enabled the full range of courses and a good assembly area but sadly the parking challenge proved impossible. However, we will have a very important responsibility as a club across each of the first three days. Chris Dicken has been appointed Starts Coordinator, ensuring a comparable arrangement for competitors whether at the Friday urban sprint or at the terrain events on Saturday and Sunday. Any of you who've been to a JK will know that calls for a lot of people to staff the starts, often three starts each day and with long opening times so you'll be hearing much more from Chris over the next few months as he recruits his volunteer workforce. Those of you going to the Lakes for this year's JK might well pay very close attention to the start logistics.

I'm pleased to say that we now have a new social secretary to fill the vacancy caused by Lindsey Hensman's move up to Stirling. Or rather a couple, since Arthur Clarke and Christine Hayes do everything together (well they're just married aren't they!). Initially I've asked Arthur to think about the club dinner for 2016, but also to take a fresh look at what else we might include in a social

programme, perhaps taking account of some of the views expressed in the recent membership survey. My thanks to those who completed the survey and gave us some useful steers for the future. Of course some views were totally opposite to one another and it won't be possible to take them all up. Vince has an article later which gives some more detail.

Anyway, I'm just off to pour a small Lagavulin to toast the first 25 years and wish the club well for the next 25 – when I'll need that M90 class !

Stan Appleton

Membership Update

A belated welcome to new member Matt Hol who actually joined before Christmas, but somehow managed to slip through the welcome net. Matt is working in Harrogate and has joined the merry gang of CLAROs going to the JK this Easter. We hope you enjoy your orienteering with the club and look forward to seeing you in the forest.

The Membership Survey - Vince Grealy

Many thanks to all those who completed the membership survey. It has proved very useful for the committee to get a steer on what you want from your club. The key themes emerging from it are below. The committee has already discussed the results and initial actions are also shown below. There are also quite a few things that the committee will consider further in due course.

Events

All the current series (Street-O, Spring and Club League) got favourable responses, so we will continue with them. See elsewhere in this edition for dates for the Spring-O series and a plea for planners. We discussed prizes, alternatives to Wednesdays and events on Saturdays. Conclusions: not to do adult series prizes, but do spot prizes for juniors; look to move one of the Street-O series to Thursdays; but to limit Saturday events to the picnic for now as the limited number of club events are already fixed with YHOA for 2015 & 2016.

Social

There were quite a number of useful suggestions concerning the social programme. The two obvious ones to take forward initially are to major on the social side at key events like the JK and CompassSport Trophy, and to hold a monthly pub night. The idea for the pub night is for an informal, drop-in style

event where people bring their maps and discuss things over a drink (rather than a meal). The other ideas will be passed on to our new Social reps - take a bow Arthur and Christine! No doubt we will hear more from them shortly.

So, the first monthly **PUB NIGHT** will be: Monday 20th April 2015 at the Swan on the Stray, Harrogate from 6.30pm. More dates will follow.

Development

There was strong support for training at all three levels, but with a preference from some for more ad-hoc rather than regular (like a club night), possibly tied to events. We will continue with the successful Primary School series and plan some training for all levels linked to the Spring-O series, as well as considering demand for some ad-hoc training events.

25th Anniversary

There were a reasonable number of suggestions for 25th Anniversary celebrations, which the committee will continue to consider after the Annual Dinner. You might have spotted the new Anniversary club logo on the front cover - we hope you like it.

Coaching / First Aid

We now have a much better idea of who is qualified and who is interested in training for these areas.

Helper Teams

The various responses concerning helper teams have been collated and will inform a review to be conducted by Stan and Graham.

So, all in all, it was a very useful exercise. If you have further views or questions then grab one of the committee when you next see them.

JK2016: All Change - Chris Dicken

After our very successful YHOA Superleague event at Timble in 2012, a number of people commented on how it would be good for a middle-distance event. So when YHOA started planning for JK2016 and the first thing to look at was areas, Timble was raised as a possibility (with the proviso that we could get permission from BO for day 2 to be middle distance for all, not just the elite as usual).

Originally Graham Ramsden and I did a recce or two to see if we could find locations for car parking for the amount of cars we'd have at a JK and also for the assembly area. We came away unsuccessful; nothing looked suitable, especially if the weather was wet. As YHOA was keen to have new areas for the JK, we went on to look at the only two other Claro areas that might be suitable – Brimham Rocks and Guisecliff. Having planned the YHOA middle distance champs at Brimham I knew this would be great and as fixtures sec I also knew that we had good relations with the NT at Brimham. Unfortunately, of course, the JK takes place at Easter – which just happens to be Brimham's busiest weekend of the year. We could use the area any other time of the year, but not Easter. So onto Guisecliff. The successful Compass Sport Cup gave us great hope..... but again circumstances dictated against us. The Hawkes Gill bit of wood became unavailable due to new ongoing forestry work and the show ground at Pateley – the proposed parking area – was already booked.

So Mike Cope, as JK overall coordinator decided to take another look at Timble and came up with some parking fields which Graham & I had sort of thought about but not looked at, as they were the other side of the woods. Mike not only realised that it could work, but soon had the farmer's permission to use them. And so we were on track again. We were even going to go for a long distance event, rather than middle distance.

I took on the role of day 2 organiser and after a couple of meetings with the farmer and the JK overall car parking manager, it really looked positive. The final hurdle was a visit by the BO major events coordinator. This took place in November, after a couple of weeks or so of rain. As I arrived at the site to meet her & Mike, I quickly realised that we had a problem. The parking fields were a lot wetter than anticipated. Soon all three of us were walking the fields and having a rather big sinking feeling. It really didn't feel good. We then walked on to where our intended assembly area would be and knew we were onto a loser. Getting the heavier vehicles required for toilet distribution, traders etc onto site, not to mention 3000+ people walking around, meant that if it was as wet at Easter 2016 we would be in a huge mud bath.

And so the search for a new area for day 2 started. This is a great pity for Claro as it would have been wonderful for us to put on that day, but alas it's not to be. Finding a new area was not going to be easy either as we'd more or less already considered everywhere before. In the end Mike, after expending a lot of hard work and time, has acquired use of Wass, an EBOR area at the West end of the NY Moors.

We also now have an EBOR organiser, so that relieves me of that job, but of course I don't get off as I'm now taking on overall starts co-ordinator, for the first three (i.e. non-relay) days.

However, whatever you do don't take the date out of your diary. Claro will still be needed to help out over the weekend, as we would have needed help if we'd done Day 2. I for instance will need at least one more 'on-the-day Start team leader'. So please be ready to assist when asked, so that the Yorkshire JK2016 can be successful and so that Claro can rightfully play its part along with the other Yorkshire clubs. Watch this space.

Yorkshire Superleague 2015

News from the YHOA committee is that the Yorkshire Superleague will be revised this year. The new system is based on one used in SEOA, where people can run up or down instead of their recommended course and still get a score in their age class using a points system. The old system resulted in individuals who did that getting multiple results in different classes, as well as having some oddities like M65s having a choice of course. It also only recognised 10 year age classes over 35 rather than the usual 5 year. One compromise is that the league will no longer recognise Short classes (the UK league does not either). It remains open to all, not just YHOA, and will be made up of around nine of the best events staged in the YHOA region each year.

Club League - Allen Banister

We are nearing the end of this year's club league, with fifteen events completed and four events still to run. To date we have had 5 different winners and 155 runs. So far only 4 people have a full nine scores so lots can still change, especially as the next event is the CompassSport Trophy heat with a good turnout expected. Current class leaders are **Ewan Reid** in Young Men and **Isla Reid** in Young Women, just ahead of Lois Parker; **Luke Parker** has a clear lead in Junior Men and **Jenny Claridge** remains unopposed Junior Woman; **Mark Hewson** leads Senior Men with **Jemima Parker** in a narrow lead for Senior Women; and **Vince Grealy** is only 8 points clear of **Alan Barnes** in Vet Men with **Jackie Barnes** leading Vet Women.

Winter Blues Street-O

There are two events left in the winter series of Street-O - firstly on Wed 18th March in the Valley Gardens area, planned by Ruth and Tamsin, and then an

extra one to reschedule the Jennyfields event that was cancelled in the snow, which will now be on Wed 1st April. This is not an April Fool. Honestly! Why not have a go? You will probably not even need a headtorch for the last one!

Schools and Spring-O 2015

Following last year's success with the Primary Schools Programme and feedback from the Membership Survey, plans for the events programme in the spring are coming together. The idea is to build on both series, which should provide for progression for juniors and adults by incorporating some training alongside the Spring-O events. The dates for the Spring-O events are below and they tie in to how the schools programme is being done this year. There is more detail for the schools programme on the website (look under Development). One change for the Spring-O events is that they will be simpler to organise as we will only use SI electronic timing for start and finish. Richard Kirk and Graham Ramsden are looking for **volunteer planners** now, so please get in touch if you want to have a go. They are the perfect events to try planning for the first time and full help will be provided.

Wed 15 Apr 15	Conyngham Hall
Wed 29 Apr 15	Brimham Rocks
Wed 13 May 15	Hell Wath, Ripon
Wed 27 May 15	Killinghall Moor
Wed 10 Jun 15	Hookstone Woods
Wed 1 Jul 15	Jacob Smith Park, Knaresborough
Sat 18 Jul 15	Club Picnic Event, Valley Gardens

Another Good Night Out: Marmot Dark Mountains 2015 - David Gudan

It's promoted as the 'overnight winter mountain marathon' and each of those words is important - it's a night event, in January, in the hills somewhere, and 'marathon' distance (well, the Elite class is well over 50km; we did about 30km on the score course). It's also very much an orienteering event (as are all mountain marathons) with a choice of linear or score courses.

No doubt 'overnight', 'winter' and 'mountain' could, in some circumstances, provide an extreme test of endurance and survival, but for the second year in a row the weather conditions were just about perfect - a clear night, little wind

(most of the time, anyway) and not too cold. So rather than being a test of survival skills, it was just a great night of navigational challenge out in the hills.

The location this year was the Howgills, great hills for this type of event - runnable, not many objective dangers (craggs etc.) and packing a lot of ridges and valleys into a small area.

My partner for the event, Steve, is an experienced ultra-runner (think Marathon des Sables), so a 10-hour run for him was mere light exercise; luckily his orienteering experience is limited so I could at least contribute to the team effort by finding the controls.

The whole event has a select entry (can't think why) of about 70 teams of two. We elected to do the 'Long Score' - 10 hours. On the start line it's quite hard to plan your route more than a few hours ahead, so we chose the first six controls and headed up the hill. I had an awesome Ayup headtorch (courtesy of Adrian Parker) with which you can glimpse the terrain 100m around you - sufficient to spot the controls (each with a helpful reflective strip attached) when they weren't tucked around a corner or down a hideously steep, albeit grassy, gully.

The first six controls were found uneventfully, but that's where it went a little wrong. The plan was to follow a valley for around 400m, turn up a side valley and climb over a ridge and down to a control in a second valley. We could see a headtorch seemingly impossibly high in the sky (the hills are that steep) and we headed up the valley in that direction only to be surprised to find another deep gully cutting across our path. As this didn't seem to be on the map, we doubted our navigation - perhaps we had actually turned up the next valley and we were too far south? We traversed the hillside and made our way down into the second valley, but by now we weren't sure at what point we were along it. After mulling over the possibilities we decided our most likely position and then managed to confirm this by finding a control about half a km away. A minor deviation from our planned route, and perhaps only 30 minutes delay (but 10 additional points gained) so no great loss.

After 10 controls and 4 hours (1am) we made a wrong decision - we headed for the next control in the general direction we were going without planning very much ahead of this. This committed us to a return journey with relatively few options for picking up extra points and after 8½ hours in total we were back at the start. By not thinking through our route between 1 and 4am, we missed the opportunity to extend our route and pick up another 20 points at least. 17 controls found with hardly a hiccup, but almost an hour and a half spare which

could have been spent finding more. That's not to say it didn't seem like hard work at the time and, as on all mountain marathons, the "never again" thought did cross my mind at some point in the small hours. However, sore legs get better after a couple of days and looking back, you only remember the good bits! A great night out, and there's always next year...

Sand Dunes, Sardines and (some) Sun

Me (as I never learn): "Would you like to go to Portugal for Valentine's Day?"

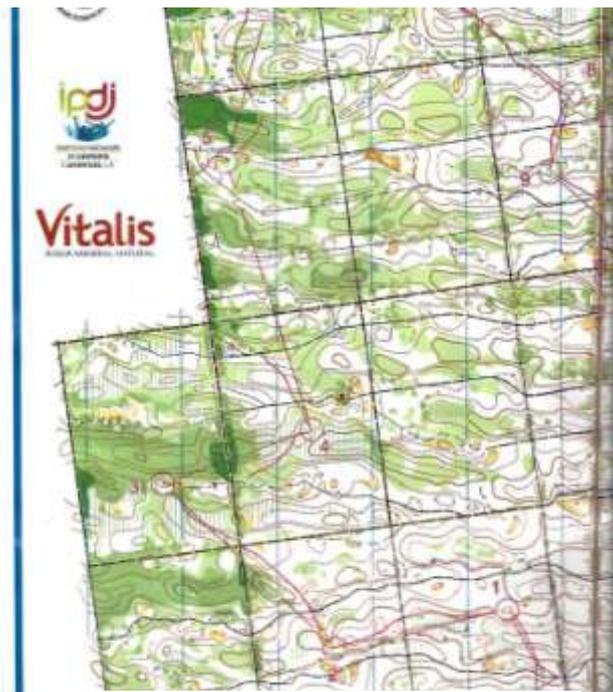
Better half (non-orienteer): "Sounds great, but I bet there is some orienteering involved...". Busted again.

So, after a few excellent days in Lisbon as part of the deal, we find ourselves with some friends from Bristol in a Portuguese hire car driving up the empty motorway to Mira, about 2 hours north - but in the rain, which was not part of the deal. After failing to find anyone at the deserted event centre, we head for the team sprint event (which is in progress), and track down some soggy officials who tell us we can have our numbers at the event centre later. Much later. As it transpires, the hotel my chum has booked for us is 30km away, so we decide to come back in the morning.

The next morning is warm and sunny (yay!) and as we have loads of time we go to the Model Event area. For those that are unfamiliar, this is like a training area with a map and some kites so you can get a feel for the terrain, and very useful it was too. We learned that it was very rolling, fast and runnable, except the massive grid network of sandy tracks, which were very slow - they were like running in sand (wait a minute...). We also realised that 2.5m contours need high concentration and that often they were all there was to go on.

Thus armed, off to the Day 1 arena. We followed the signs and parked up, still with well over an hour, and set off to get numbers before coming back to the car to change and head out. That was the plan, anyway. My chum says "they have not parked them very tightly". We walk. We walk some more. 2km later we find the start, with "only another 800m" to go to the arena. I begin to get nervous and start to jog. I get my number, run 2.8km back to the car, which I fail to find for some time amongst the huge queue, get changed super-fast (flapping), race 2km back to the start and miss my call up by 1min 40sec. Pah! The official in the late start lane gets all excited and grabs me, thrusts a control description into my hands and tells me to take a map (which were face down in the -1 box). I put my hand on it as if to wait, but he insists I go, so I pick it up and go get the fastest

split on the first leg as a result, which would be a great help except that I have just run about 5.2km and my course is 9.1km plus climb. I did pretty well on the first half, but by the last third I was sooo tired I started making very silly mistakes. 55th and 9th Brit - room for improvement. I was back in time to see fellow Claro Linda, who had a late start. After a bit of vocal spectating and cheering Linda home, it was time for the long walk back to the car, then back to the hotel for a romantic Valentine's Day dinner - just the two of us. Oh, and 6 orienteers from BOK (I know...). Linda did the sensible thing and did the night sprint. Much more romantic - headtorches and everything.



Map Extract from Day 1

On Day 2 they had obviously had some "feedback". It was the same arena, but they packed the cars in and we only walked about 1km with our kit, so really a breeze in comparison. It was the short, Middle Distance day, so only 5.1km. I had a good start and only a few small errors until the last third (can you see a pattern starting?). I just could not make one control fit and it cost me about 8 mins; and it was going so well. Hey ho. Down to 60th.

Days 3 & 4 had a new arena further north. We were wise and went early - a good job as parking was bad again. My 9.2km felt like a long way, and there was much more dark green (which really was fight), but I concentrated hard in the last third and had a pretty clean run. 42nd and 8th Brit. Progress at last. It was also the world ranking event for the elites, so some good spectating to be had. By Day 4 my lack of fitness was really catching up with me, especially as there were a few legs where ploughing the sand along the tracks was the only option, but I managed to drag myself around 8.2km and somehow finished up 42nd again.



Some balding chap posing by a sign in a club top

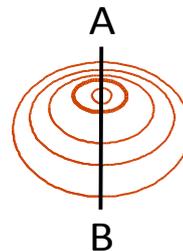
Overall impressions - a fantastic, friendly event, great technical orienteering on excellent maps, only a few bits of not quite so good organising, but all in all very jolly and even the little rain was warmer than home. Highly recommended - I think I'll be back.

Sardine, anyone?

Coaching Corner - Mike Hind

Contours - OK so now we get into the tricky stuff. Are you reading carefully? – especially those who use words like “brown spaghetti stuff”. Contours on the map show two things:

- How steep the ground is
- What shape the ground is



So if we set off with our basic hill:

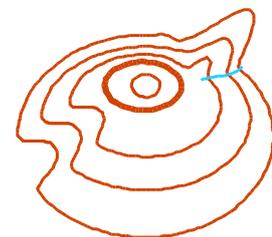
Firstly we can see that the N side of the hill is steeper than the S side because the contour lines are closer together. If we draw the profile from A to B it would look like this:



So you can maybe run from B to the summit but probably not from A to the summit. Secondly we can see that the hill is remarkably symmetrical, close to a circle at the base and rising smoothly on all sides.

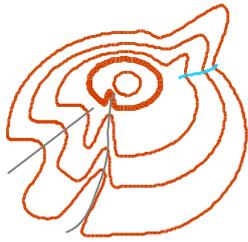
The contour next to the top is thicker. This is an index contour and every fifth contour is drawn like this so if you just want a quick idea of how big and how steep a hill is, just use these heavier contours.

Sadly hills are not all just inverted christmas puddings. They have shape – like this, our basic hill which has now changed quite a lot with a spur and a re-entrant (a re-entrant is a truly stupid word used by orienteers to show how clever they are – it is a little valley. French orienteers call it a vallon!)



The SW side of the hill now has its contours pulled in towards the summit – a re-entrant whilst the NE side has its contours pulled away from the summit – a spur. Almost inevitably a spur creates a re-entrant. Often the re-entrant has a stream in it as shown here (a good way to tell which are the spurs and which

are the re-entrants is to look for water features as they usually are in the re-entrants).

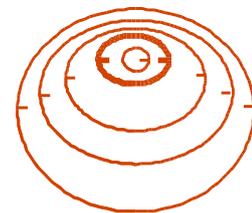


Once we get into multiple spurs/re-entrants things can get tricky. If we start with a simple version with just two re-entrants

What can we learn from all these brown lines? Well firstly we can see that the NW re-entrant is broader and less steep sided and more or less straight (the contours are further apart = less steep and a line drawn up the apex of the contours would be straight). The SE re-entrant is narrower with steeper sides and it is curved. This re-entrant is also longer as it deflects more contours. If we are looking for a control in the SE re-entrant then we are looking for a narrow steep-sided re-entrant with a noticeable curve rather than a broad shallow straight re-entrant. This will save many a “parallel error”. Notice that the two re-entrants have created a spur between them, broad at the base and then narrowing as it gets higher.

But what if we don't have hills but rather we have holes. A situation which is not uncommon in sand-dune and limestone areas. We get this:

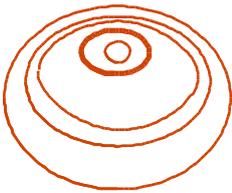
It is just like our original hill BUT it has little tags on the contours to show which side of the contour is downwards (the tags are on the down side). The hole is just like the hill – it is steeper on the N side and has a fairly constant slope all round. It is very easy to miss the tags and look for a “hill” which is, in fact, a hole - so be careful!



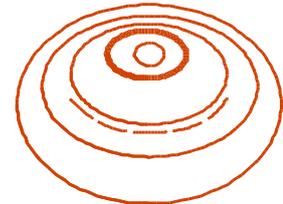
If all slopes were smooth and regular life would be easier in some respects and harder in others. It would be easier to map and interpret the area but finding controls on such featureless stuff would be difficult. Always beware of controls on smooth, featureless slopes!

Many slopes however are not even in gradient so we can use this information to navigate by. Often hills (and holes) go up or down in steps which reflect the underlying rock strata. Contours show this quite clearly.

Here we have a hill which is initially quite easy but then ramps up quite steeply before another shallower bit with a small steeper lump at the summit (a cherry on top?). A sudden change in steepness is called a “break of slope” If the control we want is on the flatter area nearer the top then we can confidently run till we are above the break of slope lower down before we start looking for it.



Not all ground shapes are big enough to merit a 5m contour (much less the 10m contours seen on some older maps) so they are mapped using a form line (a dashed contour). A small break of slope can thus be shown like this:

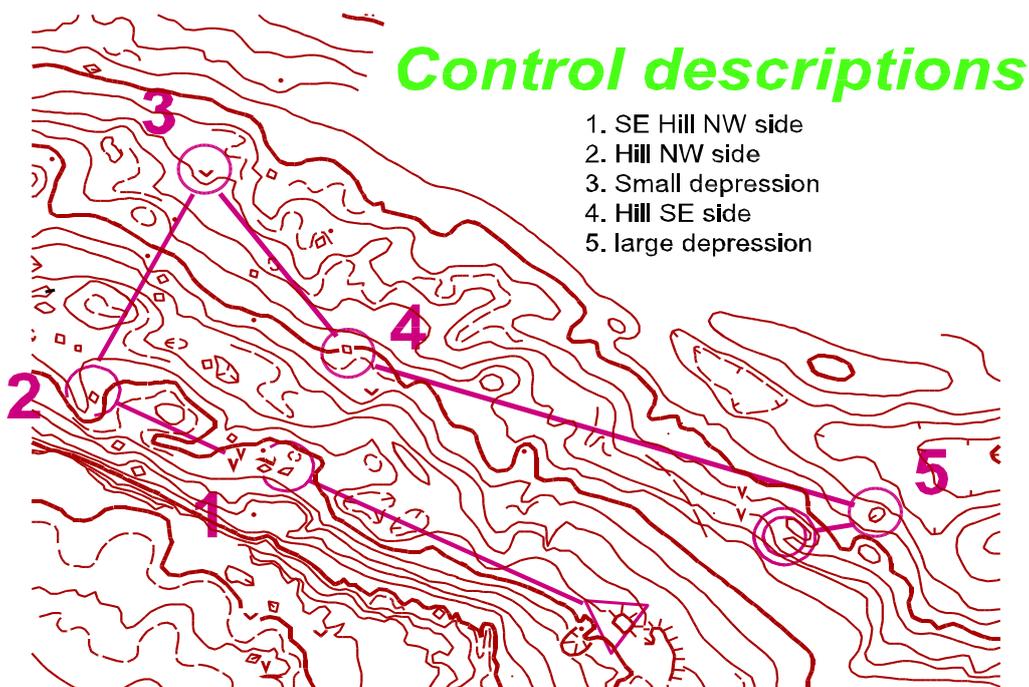


There is a short (less than 5m climb) steep bank half way up the hill on the southern slope. Form lines can also be used to show shapes which are not 5m high or deep. Like the small spur and re-entrant shown here (with a tag to show which way is down)

Also used are form-line hills and depressions if they are too big for the point features.



If we look at a map which has only contour features (a “brown only” map) it initially looks hopeless!



However with a bit of application of things we already know we can make it do-able! Re-entrants, spurs and breaks of slope are in effect line features, so we can use them as handrails and catching features just like any other line feature.

Using the things we already know, like handrailing, aiming off, pace counting and so on, navigate your way from start to finish on the map above. As usual. my thoughts on how to do it will go up on the website in a week or so.

Anyone recognise the map?

Events Listing

This listing includes a selection of **local**, **regional** and **national** events currently advertised until May 15. It includes all YHOA events, and club league events are marked as *. The website has separate lists for what's on locally, other events and club league events.

March	
Fri 13 Mar 15	Club Annual Dinner - The Academy, Harrogate
Sun 15 Mar 15	CompassSport Cup Heat (B) - Hamsterley, Darlington*
Sat 21 Mar 15	YHOA Sprint Championships (C) - Linton-on-Ouse, York
Sun 22 Mar 15	EBOR Regional Event (B) - Pickering
Sun 29 Mar 15	YHOA Middle Championships (B) - Knapton Wood, Malton
April	
Fri 3 Apr 15	JK Weekend Sprint (A - UKOL) - Lancaster University
Sat 4 Apr 15	JK Weekend Individual 1 (A - UKOL) - Ulverston
Sun 5 Apr 15	JK Weekend Individual 2 (A - UKOL) - Bigland, Ulverston
Mon 6 Apr 15	JK Weekend Relays (A) - Graythwaite, Windermere
Sun 12 Apr 15	AIRE Regional Event (C) - Calverley Wood, Bradford*
Sat 18 Apr 15	British Champs (A - UKOL) - Forest of Dean
Sun 19 Apr 15	British Relay Championships (A) - Forest of Dean
Sun 19 Apr 15	CLARO Regional Event (C) - Hookstone Woods*
Sun 26 Apr 15	EBOR Regional Event & Yvette Baker Heat (C) - Dalby, York*
May	
Sat 2 May 15	YHOA Urban League (C) - Sheffield
Sun 3 May 15	EPOC Regional Event (C) - Halifax
Sat 9 May 15	British Sprint Champs (A - UKOL) - Aldershot
Sun 10 May 15	British Middle Champs (A - UKOL) - High Wycombe
Sat 16 May 15	HALO YHOA Urban League (C) - Hull
Sun 17 May 15	CLOK Regional Event (C) - Whitby
Sun 17 May 15	HALO YHOA Urban League (B) - Hull
Sun 24 May 15	CLARO YHOA Urban League (C) - Knaresborough
Mon 25 May 15	EBOR YHOA Urban League (C) - York
Sat 30 May 15	Twin Peak Day 1 (B) - Glenridding
Sun 31 May 15	Twin Peak Day 2 (B) - Glenridding