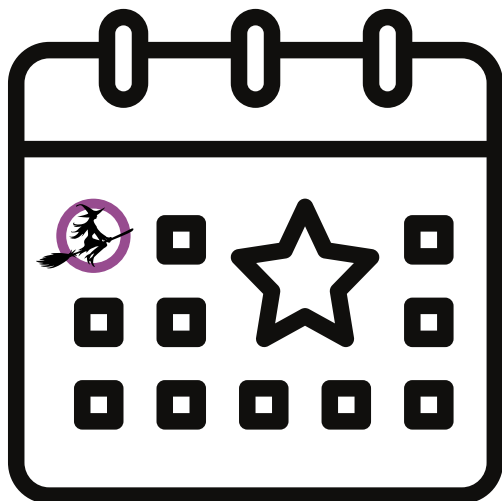


# THE PURPLE PEN

AUTUMN 23



## 2024 EVENTS

CHECK OUT WHERE AND WHEN YOU CAN GET YOUR ORIENTEERING ON IN 2024!



WAR OF THE ROSES WEEKEND 2024



READ ABOUT OUR JOINT URBAN WEEKEND WITH EPOC IN APRIL 2024!



### ANDY WOOD

WE PAY TRIBUTE TO MUCH LOVED PFO MEMBER ANDY WHO SADLY PASSED AWAY RECENTLY



PFO ON TOUR REPORT



COMPASS SPORT FINAL - WE NEED YOU!



JUNIOR NEWS



NEW MEMBER SPOTLIGHTS



UTMB & MONTE ROSA ADVENTURES!



STREET O SHIRTS



2024 PRIZE DRAWS

# THE PURPLE PEN

## WELCOME FROM THE CHAIR

In May, Judith stepped away from the role of Chair after guiding the club to become the modern and welcoming one it is today. She has spent many hours in the role encouraging members to be more involved in the club, it's future and being supportive of new initiatives to get more people into the sport. Everybody at the club passes their sincere thanks onto Judith for the effort and love she has shown PFO and hope to see her still at the business end of PFO for many years to come!



Stepping into the role is Hannah Dabinett, more commonly known as 'HanDab', Rupert's Mum or Gadget Queen. As a relatively 'newbie' into orienteering she values the experience and advice our members can share and is looking to carry on as best she can the great work Judith did!



## PFO AGM

Weds 16th Oct, 7pm  
Townsend Fold Pigeon Club  
Rossendale, BB4 6EL



The PFO Annual General Meeting will take place at the 'Pigeon Club' used in recent planning and S.I training nights.

Constitutionally, each year, we must hold an AGM to sign off the accounts, elect positions and vote in key positions in the club. In 2022 the meeting lasted less than 30 minutes with plenty of time to have quality and well priced local beer and a social gathering. 🍷

Please do come along to the AGM and please do feel welcomed to put in for any position you wish to help with. For further details on doing so please speak to Secretary, Andy Ellis.



## COMPASS SPORT FINAL 2023

The biggest club competition in the orienteering calendar is this year being held in Gloucestershire. With the DEE heat being cancelled earlier in the year, all NW clubs received a bye into the final - however we were confident in achieving that feat by ourselves!

Age nor experience matter, PFO would love you to represent the club at the Final on Sunday 13th November. Entry to the event is FREE for any PFO member wishing to take part and the club have hired out a very swanky scout hut for the weekend at a subsidised cost of £15p.p.n. You can stay from Friday, Saturday or both if you wished to and options to car share will be available.



### CLUB SUBSIDISED ACCOMMODATION

Wye Valley Woodside, Gloucestershire, GL15 6RS  
£15 p.p.n  
20 min drive to NGOC Saturday Regional  
20 min drive to Sunday's Compass Sport Final

If you are looking for some practice, North Gloucs OC have a Regional event on the Saturday (for those newer to the sport that just means more choice of courses) only 20 minutes away from the accommodation at High Meadow.

The more members we have attending the final the better as points are given to the best two scorers from the club in your age category. Even if you are the third/fourth best scorer - you may still knock participants from other clubs down the results - resulting in less points for their team!

Please let Compass Sport Co-Ordinator Cath Wilson know if you wish to go down, if you wish to stay over and your age class/S.I Card number. You should have received an email from Cath with full details on and an excel sheet to sign up to - [cath.wilson@yahoo.co.uk](mailto:cath.wilson@yahoo.co.uk)

# THE PURPLE PEN



## ANDY WOOD

Recently we lost PFO member and all round lovely guy, Andy Wood following his battle with cancer.

Always welcoming with his font of worldly knowledge and a story to tell he was as valuable on a quiz night as he was being a welcoming face to those taking part in events.

Admittedly much less competitive than Judith he still enjoyed an amble round the courses, and more recently with Tilly in tow (or arms)!

He leaves behind a loving family and a whole series of friends, of which he had many and will be missed by everybody at the club. Our thoughts are with Judith, Joe and Christian at this time.



## NEW STREET O SHIRTS

Now that the nights are drawing in we have decided to invest in our own PFO Street O shirts for those needing a high-viz fashion solution to go alongside their answer sheet!

After much frenzied debate on WhatsApp recently, the colour of Flo Lime was the winner, so t-shirts, both long and short sleeved were ordered.

These are embossed with a PFO witch in an O with the words PFO Street O on and are available in S-XL costing £8. We only have a batch of 30 (20 short sleeves / 10 long sleeves) -to order please email [kay.hawke@yahoo.co.uk](mailto:kay.hawke@yahoo.co.uk) stating your size and length preference.

## British Night Champs 2024

Sat 20th Feb

The 2024 Championship finally returns to the north-west and is being held at Hawse End, Keswick, hosted by West Cumberland OC. For any PFO'ers that took part in the very wet 2022 Compass Sport heat there you will know it is a very good area which will be made even trickier at night! Keep an eye out for entries which are more than likely to be on RaceSignUp. If you hadn't suffered enough, in the BOF calendar for the following day is the LOC Cumbrian Galopen not too far away at Ambleside (subject to confirmation).



## World Orienteering Champs 2024



Next year Edinburgh will host the biggest competition in orienteering, the World Orienteering Championships. The event happens annually however alternates each year between Forest and Sprint orienteering with the 2023 event in the forests of Films, Switzerland, in July.

Arguably our strongest Team GB discipline currently, Sprint returns for 2024 around the streets of Edinburgh in July with international teams fighting it out to be crowned World Champion. In 2022, SBOC (Swansea Bay OC) member Megan Carter-Davies won gold becoming the current World Sprint Champion in a talented field and Alice Leake (AIRE) came third. This was a fantastic achievement against a strong field. Our mixed relay team brought home Silver making it the most successful championships ever.

At the event next year there will be spectator races happening around the elite races meaning that you can sample some of the courses the elites will be tackling, being sure to be mapped and planned to a great level. Sneaking in just before the Fringe, accommodation is still relatively cheap (for Edinburgh) but likely to increase in price with the more promotion of the event. Leith on the outskirts offers more choice for less buck!

\*Sprint Orienteering doesn't mean you have to be Linford Christie (remember him?) - they are short fast-paced events held in very runnable park or urban environments testing rapid decision making. A sprint course is designed to test your ability to interpret the map in complex environments, and to plan and carry out route choices while moving as fast as you can.

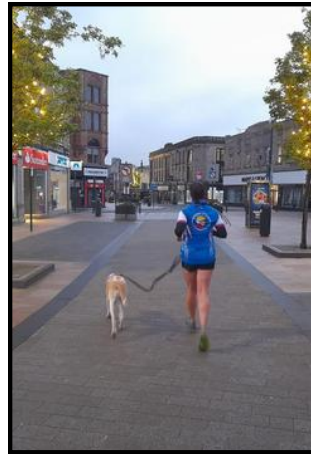
# THE PURPLE PEN

## BEAT THE STREET



It was fantastic to be a part of the Beat the Street game in May this year – a series of 110 'beat boxes' placed in different locations around Burnley that you visit to gain points for your team. Depending on the week, there were double points for different reasons, sometimes 'commuter hours', sometimes green spaces (though Sam and Lucy found some 'interesting' green spaces in Burnley one morning!).

After some frantic competition early in the game we got moved into a different category which meant a more leisurely stroll to the winners spot, meaning Sam, Karen and Lucy could give their legs a bit of a rest and set a later alarm! Thanks to everybody who got involved and earned £400 in Decathlon vouchers for the club!



# DECATHLON

The vouchers have been spent on:

New start lane webbing / 2 changing tents / 2 collapsible chairs / all terrain equipment buggy / 2 new download tables

## PFO CLUB CHAMPS

### SAT 18 NOVEMBER 2023



After winning the brilliant 2022 Club Champs at Hurstwood, George is currently beavering away planning the 2023 Champs (on top of Witton / Aitken planning and a plethora of other things!). He is currently waiting on final permissions being granted for 1st choice 'Area 1' but has a back-up in his pocket if that does not materialise in time. The date however is set – so make sure you keep the diary clear for event – for those newer to the club, there is a handicapped scoring system, benefitting those newer to the sport and those younger and – ahem – older, so anybody can win! Will you be PFO Club Champion 2023??

## PFO CLUB SOCIAL

### JANUARY 2024

We will be returning to Sykeside, Haslingden for our annual Club Meal early in the new year. Always a great night, full of good food for a decent price, 2023 prize giving and a quiz thrown in for free!

## JIM MITCHELL'S A-Z

As we remember the first anniversary since his passing – if you haven't seen it already – a few years back he gave his honest (unsurprisingly) opinion on orienteering areas he has been to. It is always a go-to before a visit to any new area just incase Jim was there (more than likely) and ruddy hated it. I still remember him telling me to steer clear of Knots Wood (SROC), after control 1, I soon realised I should've listened to Jim! Find it here – <https://www.pfo.org.uk/info/jim-mitchells-a-z-of-orienteering>

# NEW MEMBERS SPOTLIGHT

## DAVE WOODS

Dave joined PFO after attending our Street O's filling in for Sam B to team with Lucy around the streets. Now he's on a mission to beat them both! Dave's son Oliver, has also joined as a member and achieving great results already!



### Why orienteering?

Peer pressure... but I really enjoy it now I've started!

### Best event so far?

The first Street-o event I did at Whitworth.

### Favourite type of event?

I'm not sure yet, both Street and 'normal' orienteering are both great fun.

### Favourite area to walk/run?

I love running the local trails.

### Best achievement?

Finishing the the first Street-o event I did with a time of 59:59. Beginners luck.

### Orienteering Goals for 2023

To beat Sam and Lucy at Street O!

### Lastly

Orienteering has been a parenting revelation. Trying to convince my ten-year-old to jog for 30 minutes is a battle of wills. Convincing him to walk around a park with a map in their hand for 30 minutes was easy. Only to then see him sprinting from checkpoint to checkpoint and loving it... To see him enjoy the sport so much and the competitiveness emerging was very cool.

# KAREN WINDLE

### Why orienteering?

Great for your mind especially as your getting older, it also gives you a sense of achievement when you find the controls

### Best event so far?

Burnley East Street O as it's the area I was brought up in so I knew the area!

### Favourite type of event?

Off road events.

### Favourite area to walk/run?

Locally - Pendle Hill, I also love the Lake District.

### Best achievement?

Lakeland 50 in July 2022 - I always said I would never run a marathon or an Ultra and now I've done 4 including London Marathon. My motto now is never say never!



### Orienteering Goals for 2023

Just to carry on enjoying events and helping others take part who are new to orienteering.

### Lastly

I really enjoy the social aspect of orienteering, love meeting new people and everyone I have met at PFO has been very friendly and welcoming.

Determined and with a never say die attitude, Karen has been a regular at Street O events in the past year. Now you can find her tackling long distance trail races in-between PFO events of all kinds!

# NEW MEMBERS SPOTLIGHT

## LUCY PARKER

One half of the famous Street O duo – Sam & Lucy, Lucy joined us after pounding the streets for the past year! Yet to be seen in long tights regardless of weather, she must be one of the toughest PFO members around!



### Why orienteering?

A combination of some of my favourite things. Running, chatting and learning

### Best event so far?

Street O (All of them) Especially the ones me and Sam win!!

### Favourite type of event?

Street O!

### Favourite area to walk/run?

Any trails – anywhere!

### Best achievement?

Winning Street O with Sam – Can you see a theme!

### Orienteering Goals for 2023

Learn to read the map myself!

### Lastly

Orienteering is a great way to incorporate fun interval fitness training into your weekly training. Great for learning new trails and exploring the local area. Lovely, friendly and inclusive club.

## STEVEN WHITE

### Why orienteering?

I have always had an interest in maps and navigation since being a scout. I was introduced to Street-O by a friend 5 years ago and have been hooked ever since.

### Best event so far?

This year I have won a couple of the Street-O events, a mix of hitting decent fitness and picking up tips on route choice over the years.

### Favourite type of event?

I am still a newbie to longer Orienteering events but did enter the Kong Mini Mountain Marathon in Coniston this year as a pair and really enjoyed it.

### Favourite area to walk/run?

Living in Ramsbottom my favourite area has to be Holcombe Moor & Scout Moor either fell running or on Mountain Bike, there are so many route choices.



### Orienteering Goals for 2023

To build on my experience in the longer races and enter more of the championship events with the PFO team.

### Lastly

A good tip I was given recently was to highlight the 50 & 60 pointers at the start so it's easier to spot them when you are running and make quick decisions en-route.

A regular attendee at Street O's across the North West, Steven has got more into the sport in the past few months, after sharing many post race pints with our members! He planned his first event, a great Ratchet at Witton Park in June! A keen MTB'er and fell runner, he is happiest on a trail!

# NEW MEMBERS SPOTLIGHT

## ADAM LAW

Adam joined PFO in 2023 after attending our events for a few years! You can find Adam taking on all sorts of different events from Ratchet courses to our Autumn Series and everything in between!



### Why orienteering?

it was a way getting my fitness up, it's fun and I find running with a purpose easier than running aimlessly.

### Best event so far?

I don't have a best, but my top events have probably been the ones more local to me!

### Favourite type of event?

I've enjoyed so far the Score events the most!

### Favourite area to walk/run?

Hurstwood Reservoir or Towneley and the Brun Valley

### Best achievement?

Generally coming around mid table in events with some of the more experienced runners!

### Orienteering Goals for 2023

Try to get my 5 year old involved!

### Lastly

The group is friendly and welcoming to new comers and it's inspired me to venture into new areas for exercise.

**WELCOME**

# WELCOME

A huge welcome to the remaining new PFO members who joined our club in 2023!

Anne Bugler

Anthony Sutton

Simon Lakin

Chris Lowery

Alan Dorrington

Charles Colbourn

Claire Shaw

Laura Bowater



Finnan Cooney

Abigail Pearson

Odhran Magee

Oliver Woods

Eliza Sutton

Una May



**don't forget the window to join for the 2024 season opens on November 1st!**



# THE PURPLE PEN EVENTS



## 2023

### OCTOBER

7th - Aitken & Whitehough (including NEW woodland area)

Courses: Yellow / Orange / Red / Light Green / Green / Blue

11th - Burnley Street O (The Loom Bar)

14th - Witton (Regional)

Courses: Yellow / Orange / Light Green / Short Green / Green / Blue / Brown

29th - Towneley (including Woodland Fest)

Courses: Yellow / Orange / Red / Light Green

### NOVEMBER

8th - Colne West Street O

18th - PFO Club Champs

### DECEMBER

2nd - Hameldon Night

Courses: Orange / Green / Blue

3rd - Hameldon (Regional)

Courses: Yellow / Orange / Red / Light Green / Short Green / Green / Blue / Brown

13th - Waterfoot Street O (Whitewell Pub)

## Planning/Organising Help Required!

The 2024 season is just round the corner and as usual events will be happening throughout the year! If you would like to plan / co-plan with a mentor any event, you are more than welcome to do so. We need organisers for events and the usual on-the day help, Start/Finish/S.I etc.

Though it seems a while away, the earlier we can get these boxes ticked the easier it is to plan/update maps and get things sorted.

### What is involved in planning?

Fancy designing your own courses? PFO members can guide you through what is expected of events, either usual colour coded Level D or Ratchet/Snook O style. You can 'armchair' plan on paper remotely, then visit the area with/without a helper and check control sites, flow of course and make any amendments needed.

### What is involved in organising?

Liaising with permissions officer(s) to check permissions in place. Checking with S.I./website club members that entries are live and online, with details of courses from planner, Start/Finish points and checking car parking/other information. Organising the printing of the maps (guidance/payment by club). Liaising with members to pick up equipment from garage for the event. Organising help for the day (Start/Finish/S.I/collecting). Checking jobs are being done on the day. You will find that it is just a case of organising the roles already established, and is less daunting than it may seem!

## STREET O 2024

We need volunteers for the new series of Street O's starting from January!

Full guidance will be given, answer sheet and map creation/updates done for you if needed!

Some areas of interest (though you can choose your own!)

Burnley West (Ightenhill)  
Blackburn Central / North or South  
Rishton  
Barnoldswick (New)  
Oswaldtwistle  
Clayton Le-Moors  
Darwen / Lower Darwen  
Habergham & Lowerhouse  
(Burnley/Padiham border)

### JAN

27th - Whitaker Park/Rawtenstall Urban

### FEB

4th - Hardcastle Craggs (Regional)

24th - Corporation Park (Blackburn)

Double Sprint

### APR

20th - War of the Roses Day 1 (EPOC)

Mytholmroyd / Hebden Bridge

Double Sprint

21st - War of the Roses Day 2 (PFO)

Burnley East Urban

### MAY

11th - Peel Park, Accrington (Regional)

JUN (Midweek Series Snook O)

5th - Letcliffe Park (Barnoldswick)

12th - Queens Park (Burnley)

19th - Boothman's Estate (Barley)

26th - Darwen Double

# 2024

### AUG

31st - Capricorn

Bowland / Gisburn

### SEPT

21st - Towneley Colliery

28th - Wycoller

### OCT

5th - Calf Hey (Regional)

21st - Compass Sport Cup Final

Holcombe (TBC)

### NOV

30th - Hurstwood N (Night)

### DEC

1st - Hurstwood N (Regional)

If you are interested in volunteering to Plan or Organise an event, whether 'traditional' style Spring Series/June Series, or a Street O, please email: [kay.hawke@yahoo.co.uk](mailto:kay.hawke@yahoo.co.uk)

Sign Up

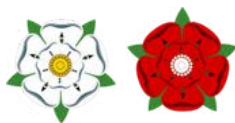




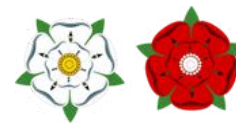
# THE PURPLE PEN EVENTS



## War of the Roses Urban Weekend

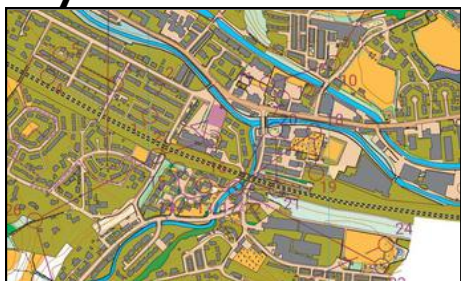


20/21 April 2024



Following the success of some brilliant Urban Weekends this year we are collaborating with our neighbours across the Pennines and producing our own War of the Roses Weekend! You can expect a weekend of top Sprint and Urban action with newly mapped areas, an exciting competition format and some great prizes too, thanks to our friends at Altra and Up & Running!

### Day 1 -



**Mytholmroyd & Hebden Bridge**  
2 - part Sprint

### Day 2-



**Burnley East**  
Urban

**If you would like to put your name down to plan or organise the Burnley East Urban then let us know as soon as possible! It truly is a fantastic area to hold an Urban event.**

## Hardcastle Crag - 4th February 2024

Our first collaboration sees PFO and EPOC join forces to hold a joint Regional at the border of both of our clubs - the brilliant Hardcastle Crag. Traditionally an EPOC area (but left to *kind of* ruin) EPOC kindly allowed us to use this for our Club Champs in 2022. Earlier in 2023 we came to an agreement with EPOC to share the area moving forward.

The area is currently being mapped by EPOC's Alasdair Pedley and EPOC will plan the courses, PFO's role in this? Organise, permissions, S.I and work some connections!

**We are therefore looking for an Organiser (or two) to step up from PFO for the event in February!**



# PFO On Tour



SROC EVENT



HARROGATE



ASOM - GENT



OSTRA, ITALY



VIGO - SPAIN



CORDOBA, SPAIN



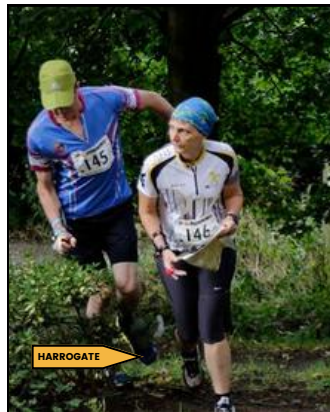
ANCONA, ITALY



STOCKHOLM



N.IRELAND



HARROGATE



SKEM URBAN



N.IRELAND



KNARESBOROUGH



SCOTTISH 6D



TOD URBAN



BRITISH SPRINT RELAYS



HARROGATE

## CITY RACE EURO TOUR

### EURO CITY RACES 2024

- Glasgow 10-12th May
- Leuven (BEL) 18-20 May
- Azores (POR) - 1-2 June
- Dublin - September
- Esztergom (HUN) - 05- 06 Oct
- Barcelona - Nov

[WWW.CITYRACETOUR.ORG](http://WWW.CITYRACETOUR.ORG)  
Three more races tbc

### OTHER NOTABLE FIXTURES

- Edinburgh Big Weekend (EUOC)- 27-29 Jan
- JK Festival (Midlands) 29 Mar - 1 April
- British Middle Champs (Otley) 27 Apr
- British Sprint Relay Champs 22 June (Birmingham Uni)
- British Sprint Champs 23 June (Warwick Uni)
- Bavarian 5 Days (Germany) 6-10 July
- Welsh 6 Days (Brecon) 21-27 July



# PFO On Tour



UTMR - ULTRA TOUR MONTE ROSA - PAULINE MAY

## In September, Pauline took on the UTMR! Read about her epic adventure below.

Ultra Tour Monte Rosa is a 100 mile ultra trail race along a classic European long distance footpath, the Tour de Monte Rosa. The race route leads anticlockwise around the Monte Rosa massif, making a complete circuit of the Mischabel Peaks and the 4000m summits of the Nadelgrat ridge. At 4634m Monte Rosa is the second highest mountain in the Alps and western Europe. On its eastern side the mountain falls away in an almost vertical 2,400m wall of granite and ice, the biggest in Europe. The route encircles a total of 29 of the 4000m summits, and consists of 100 miles / 170 km as a single-day ultra race, or as a four-day stage race of 41, 42, 45 and 44 km.

The full tour is an alternative to the UTMB, though more technical and more wild, taking runners 20% longer to complete than the UTMB course. The races are held in early September, the optimal time for stable weather and for the high passes to be clear of snow.

*Starting at dawn each morning from a different town. Sharing a room with an unknown runner each night. Making friends along the way, either when running or with roommates. Nice cool mornings and sweltering afternoons.*

**Day 1: Grächen to Zermatt, 36.6km, 3020m ascent.** Flowing forest trails; waterfalls and stream crossings (with dipping of hat and buff to cool down); steep climb to first aid station; crossing the Charles Kuonen Hängebrücke, a 494m long suspension bridge; runnable trails; short tunnels through rockfall areas; long rooty descent to Zermatt; lugging the drop bag back up the hill to the hotel; pasta dinner and early to bed.

**Day 2: Zermatt to Gressoney la Trinité, 42.9km, 3055m ascent.**

Dawn view of the Matterhorn from the start line at Zermatt; 1500m climb in the first 13km; crossing the Theodul glacier; views of blue lakes and rocky ski resort areas; going wrong and needing to retrace steps back up about 100m climb (the route was flagged, we didn't notice the turn-off); climbing through a boulderfield; descending on rocky trail, forest trail, grassy trails and finally along the river to the finish in Gressoney; having evening meal with random Dutch runners who struggled to train for such a hilly race in their native land.

**Day 3: Gressoney la Trinité to Macugnaga, 46.0km, 3724m ascent.**

Two huge passes; following the pack on ascent; wonderful reflections of the mountains in a still lake; ascending a ski slope; over the pass to a wonderful inversion; hoping to get down into the cloud to escape from the heat but the inversion had dispersed by then; descending through meadows; running out of food and water before next aid station; sit down with pasta and lots of fluid; 10km ascent on old Roman Road followed by 10km rocky descent on old Roman Road; the Romans have left neglected the upkeep of their roads!; runnable track through forest into the finish town; feeling very strong at the finish; pizza at the finish line but stomach unable to take it in.

**Day 4: Macugnaga to Grächen, 43.8km, 3469m ascent.**

1500m climb in the first 6.4km; Monte Moro aid station with fantastic chocolate brownies; back into Switzerland; technical rocky trails on tired legs; boulder fields to cross; runnable section around the lake of Mattmarksee; forested descent; gradual climb to (upstairs!) aid station at Saas Fee; technical, seemingly never-ending, Höwenweg trail with sheer drop to one side for about 10km, final checkpoint and last 3.5km technical, rooty, descent to Grächen; crossing the finish line with relief; sociable post-race meal with new-found friends.

*I ended up with tendon pains in my left shin and 4 black toes so it was difficult walking around for a few days afterwards but it was a fantastic experience and there is a great pull to go back again next year!*

UTMB 100km CCC - Greg May



A very honourable shout out to the other half of the SuperMays - Greg who tackled the UTMB just a few weeks before Pauline tackled the UTMR. Maybe there was a discount code in the May household recently! Greg's adventure took him along the famous UTMB 100 km route CCC which took in the famous areas of Courmayeur, Champex and Chamonix. We'll get Greg's POV about his epic achievement in the next newsletter!

# NEW AREAS

## CORPORATION PARK, BLACKBURN

A great addition and surprisingly tricky area with a great mixture of park features and some interesting woodland parts, not to mention an slope!

Mountain Rescue often perform their training in the woodlands due to the tricky nature of the area, showing the promise of some interesting courses!

## BOLD VENTURE PARK / WHITEHALL PARK DARWEN

Two relatively small parks that offer a double sprint capability! Interestingly featured, both set at the foot of Darwen Moors and linked by interesting street networks, they offer a good choice of events or extended use of Sunnyhurst Woods / Darwen Moor.

Look out for them featuring in the June Series!

## BURNLEY EAST (URBAN)

A fantastic area to the east of the town is currently being mapped for use in the War of the Roses Urban Weekend with EPOC. A great mix of social housing, urban sprint style estates and town centre cut throughs, this is bound to be a great addition to our bank of urban maps!

## IGHTENHILL, BURNLEY (URBAN)

Easy to overlook sat on the west of Burnley, the area offers some brilliant street networks, a mix of newer private estates, social housing and a few parks all crammed into a small area! This will be mapped early in 2024 to compliment our urban areas.

## PADIHAM (URBAN)

An area with a historic town centre, social housing network, greenway, National Trust property park full of features and a few extras = a great place to map! Those that have done a Street O here or Beat The Street will know how tricky it can be in places!

## OCAD LICENCES

We have two extra OCAD licences for club use to help produce more mapped areas/update current ones. We are actively looking for more people to become trained in the art of mapping, with full guidance from the club.

There are online eLearning courses by British Orienteering for both Urban and Forest Mapping and tutorage available from the club including funding for taking part on the courses. Having more areas to map means more variation for Club Nights, events and reaching to new communities. Becoming a 'mapper' will also help your own orienteering skills as your ability to see the map 'come to life' helps you out in the field come event time!

### eLearning

[www.britishorienteering.org.uk/elearning](http://www.britishorienteering.org.uk/elearning)

### Interested in mapping


[georgecrawfordsmith@gmail.com](mailto:georgecrawfordsmith@gmail.com)

## HARDCASTLE CRAGS

As part of our closer work with EPOC, the area now is a 'shared' venture between the clubs. Sitting on the border of both, EPOC kindly allowed PFO to use the area for their Club Champs in 2022. Mapping updates are currently taking place ahead of the joint Regional event there in February 2024 between PFO and EPOC. A fantastic area, little used in recent history with sloping woodlands, scenic control sites and many historical interests!

As you can see- the majority of new areas currently being mapped by the club are Urban. If you know of any particular more traditional orienteering areas of interest we should look at mapping please do feel free to share these with us, even more handy is if you know who may own the land! At the same time - if you know a suitable park/country park/woods or urban area then also please do share - we are consistently on the look out for new areas to map!

# MEMBER REWARDS

Fancy getting hold of some great prizes next year? There's three ways to win 

## Champions League

Emma has formulated it so that everybody is in with a chance of winning. We have chosen these certain events as they all have Age Category courses (e.g. W45) which make it easier to collate points from. Your result will be based on your time taken at the event.

## The Rules:

If you win your Age Cat course you will get 100 points, for every other position -  $\text{Winners Time (secs)} / \text{Your Time (secs)} \times 100$

If you run up or down a course + / - 5% of total.

Organiser/Planner of any PFO events included in the league will get the average of their other 5 scores at the end of the standings for that event.

*In case of a draw - Club Champs position will be the decider.*

**All involved must be a PFO member from the 1st event listed-Feb 10th.**

**Separate Category Winners:**

Male Adult / Female Adult / Junior.

## CHAMPIONS LEAGUE

A handicapped points scoring system so regardless of your age you can win.

Enter 6 of the 10 following events to count. The events are throughout the year and a mix of urban and terrain.

### FEB

10 - WCOC - British Night Championships

18 - SROC - Compass Sport Cup Heat

### APR

20 - EPOC - "War of the Roses" Urban Day 1

21 - PFO - "War of the Roses" Urban Day 2

27 - AIRE - British Middle Championships

28 - CLARO - Northern Champs

### MAY

04- MDOC - Manchester City Urban Weekend

### JUNE

23 - OD - British Sprint Champs (Warwick Uni)

### AUGUST

24/25 - EBOR - White Rose Day Events

### SEPTEMBER

8 - SELOC - NWUL Urban Media City

### OCTOBER

20-PFO - Compass Sport Cup Final

TBC - PFO Club Champs

**£50**



## EXPLORER CHALLENGE



Over the course of 2024 take part in orienteering events by 6 different clubs to be included in the draw!

**£25**



## STREET O COMPETITION



Take part in 7 out of 10 Street O events in 2024 to be entered into the draw to win!

**£25**



# QUIZ 'N GOOD NEWS



## JUNIOR WITCHES & WIZARDS



2023 has seen our Junior Wizards and Witches achieve some fantastic results! Not only did we make it to the Yvette Baker Final, we saw many juniors out competing at major events this year. Our smallest Witch, Una smashed her way round the courses at both the JK and The Scottish 6 Days, moving up from string to a White course by herself! Oliver started the year as he meant to go on at Alkincoats winning the Yellow course, before some great results at the Yvette Baker Heat and Todmorden Urban. Odhran came a brilliant 4th at Todmorden, sprinted his way round a Street O and did fantastic at the Yvette Baker heat too! Finally, Billy, Daniel and Anna have stepped up unbelievably this year, not content with brilliant results at local WCOC Lake District Regionals or the JK and Scottish 6 Days, they are smashing their way through TD5 Green and Blue courses with success. We're proud of all of our juniors!!



Achievements big and (not) small for many of our PFO members this year! Maggie tackling (and loving) her first ever Urban and Sprint (at the British Champs!). Ginny coming 2nd at Ilkley Urban and the Northern Champs! HanDab coming a whisker away from Bronze at the British Middle Champs, with Emma coming 2nd! Emma and Kay winning gold at the British Sprints. Cath W having some fantastic results at the S6Days and the WCOC Regional, Cath H planning her first event!

Can you find the 20 Control Descriptions hidden in the grid below?

1	⚡	11	🌀
2	⚡	12	🏠
3	⚡	13	👤
4	⚡	14	📀
5	↑	15	📀
6	↓	16	⚠️
7	👤	17	⏏️
8	⚡	18	📀
9	⚠️	19	⚡
10	☀️	20	📀

Q	U	N	E	A	T	C	N	H	C	T	I	D	R
I	C	A	N	O	P	Y	N	U	U	Y	J	Y	R
O	N	B	R	A	V	R	R	N	A	E	R	B	O
E	H	T	E	U	E	E	N	W	O	S	E	K	C
H	R	Y	H	H	L	E	R	T	R	T	A	T	E
T	N	R	T	B	L	I	O	G	W	R	R	N	C
A	A	R	U	A	A	P	R	E	R	E	T	E	A
E	O	A	O	T	E	R	E	E	N	O	H	M	R
N	R	U	S	N	T	N	E	C	B	E	W	U	R
E	W	Q	L	H	T	A	H	R	E	N	A	N	E
B	L	A	J	U	N	C	T	I	O	N	L	O	T
O	N	N	W	R	E	P	P	U	V	C	L	M	E
D	R	H	T	L	N	E	W	E	B	E	K	A	L
G	R	A	L	L	I	P	K	C	O	R	A	O	W

Max being Max coming in 6th overall at the S6Days and 3rd at the White Rose Weekend! Karen and Lucy tackling Skem Urban (what a place to learn the ropes!). Dawn & Dave planning an amazing Clued-O club night, Tod Urban and Scott Park ratchet in the space of a month or so!

**The list goes on.. Thanks to everybody who makes our club so brilliant to be a part of!**



**FANCY WINNING FREE ENTRY TO A PFO EVENT?**

SEND YOUR ANSWERS TO BELOW TO

KAY.HAWKE@YAHOO.CO.UK BY OCT 31ST TO BE IN THE DRAW

**Q1 -WHAT TIME DID DAVE FINISH HIS FIRST STRET O IN??**

**Q2-WHERE IS THE FIRST SNOOK O EVENT OF 2024?**

**Q3 - WHAT DATE IS THE CLUB AGM?**