



NEWS

September 2010

AGM and Club Championships
7th November
details inside

In this issue:

- P2: 2009/10 Committee
- P3: AGM Information
- P4: Amendments to Constitution
- P6: Clubmark
- P7: Orienteering in Alicante
- P10: Lincolnshire Challenge Shield
- P13 Lakes 5 / 4 Days:

- P16: How time flies
- P18: Junior Page
- P21: HALO Podium Page
- P22: HALO 2-1-5 Series
- P23: HALO League Fixtures
- P24: Fixtures



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HALO Club Championships:7th November- Primrose Warren

See Event Details when available ; Scoring as HALO League

HUMBERSIDE & LINCOLNSHIRE ORIENTEERS ANNUAL GENERAL MEETING

**Sunday 7 November 2010, 2 pm approx, Primrose Warren, nr Brigg
AGENDA**

1. Apologies for Absence
2. Minutes of AGM, 1 November 2009 (see December 2009 HALO News or the website)
3. Matters Arising
4. Chairman's Annual Report
5. Presentation of Trophies
6. Treasurer's Report and Accounts for 2009/10
7. Membership Fees 2011
8. Amendments to the Constitution - see attached
9. Election of Officers -
 - (a) Chairman – John Butler
 - (b) Secretary -
 - (c) Treasurer – Brian Ward
10. Election of 9 Other Committee Members –
Mary Carrick, John Fulwood, Neil Harvatt, Ken Hutson, Pete Shew, Brian Slater, Ingrid Slater, Dorothy Smith, Charlotte Ward
11. Election of Auditor – Mary Carrick
12. Election of Honorary Life Member
13. Items Proposed by Members in Advance
14. Any Other Business
- 15.

The AGM follows the HALO event at Primrose Warren where the Club Championships will be contested for the Martin Dearden Trophy. Nominations of candidates for election as officers (9) and as other committee members (10) must be made in writing to the Chairman by 23 October at the latest, as must any items proposed by members (13) . The names shown at 9, 10 & 11 above are the current postholders who have indicated their willingness to stand again.

HUMBERSIDE AND LINCOLNSHIRE ORIENTEERING CLUB CONSTITUTION

~~Approved November 1984.~~ Revised and approved ~~September 2006,~~
7 November 2010

1. TITLE

The Club shall be called Humberside and Lincolnshire Orienteering Club.

The Club shall be affiliated to the Yorkshire and Humberside Orienteering Association (YHOA) and to ~~the~~ British Orienteering Federation (BOF).

2. OBJECTIVES

The objective of the club shall be to further the development of, and participation in, the sport of Orienteering in Humberside and Northern Lincolnshire.

3. MEMBERSHIP

Membership of the Club shall be open to anyone. There shall be 5 categories of Membership. Family, Senior, Junior, Group and Honorary Life Membership.

These categories are as defined at any time by BOF. Honorary Life Membership shall usually be elected at an AGM.

The membership fees for the following year shall be agreed at the Annual General Meeting. The membership fee must be paid by the last day of January of the current year otherwise membership shall be deemed to have lapsed.

4. COMMITTEE

The affairs of the Club shall be run by a committee ~~of 10 members (maximum).~~ comprising the three ~~Officers:~~ (Chairman, Secretary, Treasurer) and 9 other members. The officers shall have the power to co-opt ~~Other~~ additional members as required and/or on a temporary basis. All voting members are eligible for committee posts.

A quorum shall consist of 4 members of the committee, including one from Chairman, Secretary or Treasurer.

The Chairman will be able to stand for election for no more than 3 consecutive years.

He will be able to stand for a different office.

Non voting members may attend any committee meeting by prearrangement with the ~~committee.~~ Chairman.

5. FINANCE

The Treasurer shall be responsible for the financial affairs of the Club and may be called upon at any time to report on the current financial situation.

The financial year shall run from September 1st to August 31st and the accounts should be audited before the AGM.

The Club shall have a Bank/Building Society Account. The following officers shall be authorised to sign cheques ~~_; two from~~ Chairman, Treasurer and one other.

6. ANNUAL GENERAL MEETING

An Annual General Meeting shall be held before ~~October 31st~~ November 30 each year. All members

shall be informed of the AGM at least 28 days in advance.

The business of the AGM shall be to:

- a) Confirm the minutes of the previous AGM and deal with any Matters Arising from those Minutes.
- b) Receive the Chairman's Annual Report
- c) Receive the Treasurer's Report and the Accounts for the year.
- d) Elect an Auditor
- e) Agree membership fees for the forthcoming year.
- f) Elect/Re-elect all the club officers
- g) Discuss any items proposed by members in advance
- h) AOB approved by the Chairman and not requiring a vote.

Nominations of candidates for elections of officers shall be made in writing to the Secretary at least 14 days in advance of the AGM. Any positions for which no nominations have been received may be filled on the day.

Items of business proposed by members shall be submitted in writing to the Secretary at least 14 days in advance of the AGM.

Venue of AGM and Agenda to be published in the HALO magazine at least 28 days in advance of the Meeting.

Decisions at the AGM shall be by a simple majority of votes. Every one present at the AGM who is M/W 18 and over is entitled to vote, up to a maximum of 2 votes per family membership.

A quorum for an AGM shall be ~~20~~ 10 members or 5% of the voting membership whichever is the larger.

(Continued on page 6)

(Continued from page 5)

7. SPECIAL GENERAL MEETINGS

Special General Meetings may be called by the committee or on a request in writing to the Secretary from not less than 10 voting members. At least 21 days notice of the meeting must be given. Quorum as at AGM.

8. ALTERATIONS TO THE CONSTITUTION

Alterations to this constitution shall be by a simple majority at the AGM and notice of the intended alteration shall be given to the Secretary in writing at least 14 days before the AGM,

9. DISSOLUTION

The club shall be dissolved by a simple vote at a Special General Meeting. Any funds or assets shall not be distributed among the members but shall be given or transferred to another orienteering club covering the same area or to YHOA.

[7.11.2010](#)

HALO has successfully achieved the



accreditation.

What does this mean? To quote British Orienteering “Clubs are central to introducing and encouraging people of all ages into ‘mainstream’ orienteering. In many cases clubs provide additional orienteering experiences after a person has been introduced to orienteering through a school or youth organisation.

Clubs that work with young people are responsible for ensuring the quality of experience that young people are given, is both enjoyable and safe” Orienteering is one of about 20 sports working with this national accreditation.

HALO had to provide evidence that as a club it met the assessment criteria for:

- 1) Duty of Care & Child Protection
- 2) Coaching and competition
- 3) Sports Equity & Ethics
- 4) Club Management

Many of the Committee have worked hard to achieve this, but thanks go to John Butler for guiding the club to a successful outcome.

John Fulwood

European Tour Part 3 (Alicante)

I fancied a long week-end away, so spotting a week-end event near Alicante I popped off to Spain.

I thought I would be clever and wait until the last minute before booking flights, I watched as the price came down from £130 to £98 and expected them to continue that trend, so three days before I flew, I keenly anticipated that the price would almost be a give-away. So what was the price - £148! Curses, foiled again. I eventually managed to get the cost under £100 by coming back to Manchester rather than Robin Hood.

I'd borrowed a friend's apartment which was about 40 minutes drive from Alicante Airport. I picked up my hire car at the airport and set off for the apartment. It was then that I realised that I had no directions to get there. Fortunately I had been there once about 18 months ago and even though it was dark and everybody seemed to be driving towards me on my side of the road, I did manage to find it without any problems. I wish I could be that lucky when I am Orienteering!

The next day the Organisers had arranged a Model Event, close to the area that would be used for the week-ends event. This was on slopes leading down to the sea just North of Santa Pola on the Costa Blanca. There were 13 control sites marked on the map, 11 of which had kites at them, the last two close to the beach had been removed. And before you think it was because I was in the wrong place, it wasn't, a number of people confirmed the absence of these two kites.



Model Events are great concepts, there is no timing, so there is no pressure to rush. You can take your time and concentrate on your technique. You can do each leg as many times as you like to compare different routes. It's an excellent training opportunity. It's fairly easy on the Organiser's as you print your

(Continued on page 8)

(Continued from page 7)

own map from the web-site, so no manpower was required on the day. Somebody needs to position 13 controls (well 11) and that's it. It was a lovely sunny day down by the beach, sadly that was the last time I saw the sun.

Registration was in the Santa Pola Castle on Friday evening, where I collected my race number and goody bag. This included a very small T-shirt (even by Trimtex standards!) and a towel. It wasn't a very big towel either, but hey!

Saturday was a Middle Distance World Ranking Event on a coastal plateau just north of Santa Pola. It was a new area apparently, but from the Assembly area it appeared featureless, a rocky scrubby area populated with Mediterranean Pine trees. It was a large event, attracting about 1000 competitors, mainly Spanish, quite a number of Scandinavians and three British, two of whom lived in Spain.



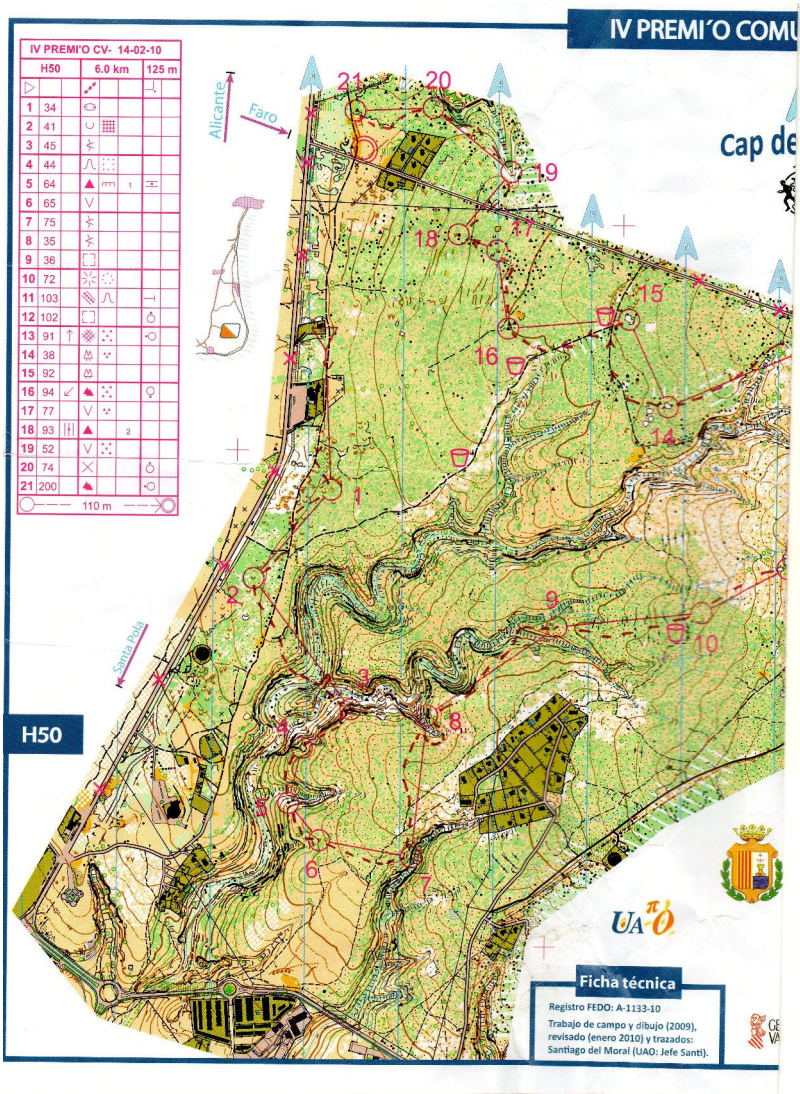
The local police were deployed on parking duty – now that's the way forward.

Once the event started it was clear the area was far from featureless, with a number of steep sided ravines and many rock and contour features. I started off pretty well but took as long to find number 13 as I did to find the previous 12 controls! A fairly simple river bed, maybe that was the problem, I though it would be easy and switched off.

I finished 14th out of 29, ah well, there's always tomorrow!

Sunday was a Long Distance event and was part of the Spanish League. It seems that all the keen Spanish Orienteers travel the length and breadth of the country for the League events, hence the organisers will normally have a Saturday event also to make it worth while for all the travelling they do. It was effectively the same area on Sunday as Saturday except it was mainly on the south side of the parking road, with a different start but the same assembly area and same finish.

The map (most of it) from the Sunday's event



I didn't make any big mistakes today but had a little trouble with a couple of caves and finished 7th out of 29. The courses were well planned and organised (although I did find two tags with the required control number written on them but the kites were about 50 metres away in both cases!). The maps were excellent although quite why (and how) they mapped the

(Continued on page 10)

vegetation to the intricate levels they did, I don't know. It was impossible to use as a control feature and it didn't particularly help in route choice.

I had a bonus event on the Monday. It was meant to be a sight-seeing day as I was travelling back on the Tuesday. The other British competitors had told me that someone was organising a training week for many of the Scandinavians in the week following the event. They had a practice event on the Monday at Guadamar which is a very intricate sand dune area alongside the Mediterranean with very runnable areas of Pines. I made some enquiries and was able to join in. It turned out to be a good decision, the weather was atrocious and not a day for sightseeing. However neither was it a day for orienteering when you rely on being able to see through glasses. I managed to get round the course without major mishaps. I was well beaten by the Scandinavian males, but managed to take the scalp of one of the females (the one who swam between controls 4 and 5 - to boost her triathlon fitness!).

It was a great few days and I intend to keep my eye on the Spanish calendar to see if I can combine cheap flights with other Spanish league events in the Spring or Autumn (I think running in the summer in Spain is a bit of a no no).

Neil Harvatt

Lincolnshire Challenge Shield

The Midsummer Madness Chasing Sprint

The very first running of the Lincolnshire Challenge Shield saw HALO victorious.

An excellent event was organised by Paul Murgatroyd and his LOG colleagues, featuring testing courses through the University of Lincoln campus in addition to a complex maze section both before and after the conventional controls. This was then repeated for the Chase finale. The complexity (and the pressure) caught out many an experienced competitor. There were so many mispunches that it was touch and go whether any team would have enough counters for the team score. (*Paul Murgatroyd described it as carnage in his LOG report – very apt – JF*) Brian Slater, as good coaches do, set an example for us all (I'll let you look at the results to see what sort of example it was!) It was good to see such a strong HALO turnout (this turned out to be our trump card). LOG had provided a very good assembly area with views of much of the course as well as the Maze. Watching fellow competitors navigate (or not) their way through this was great entertainment. They even arranged good weather.

Lincolnshire Challenge - Results

First	Last	Club	Position	LOG	HALO	Prologue	Chase	Total
Liam	Harrington	LOG	Sen #1	1		00:14:52	00:15:13	00:30:05
Brian	Ward	HALO	Sen #1		1	00:16:43	00:16:30	00:33:13
Charles	Nell	LOG	Jun #1	2		00:17:04	00:16:32	00:33:36
Neil	Harvatt	HALO	Vet # 1		2	00:17:46	00:17:52	00:35:38
Dave	Denness	LOG	Vet # 1	3		00:18:37	00:17:52	00:36:29
Andy	Lucas	LOG	Sen # 2	4		00:19:55	00:20:05	00:40:00
Steve	Bones	LOG	Sen # 3	5		00:19:25	00:21:50	00:41:15
Sam	Offler	HALO	Jun # 1		3	00:20:27	00:22:15	00:42:42
Peter	Harris	HALO	Vet # 2		4	00:23:03	00:20:14	00:43:17
Hayley	Fox	LOG	Sen# 4(F#1)	6		00:20:30	00:22:48	00:43:18
Joanne	Nell	LOG				00:21:31	00:22:04	00:43:35
Ally	Wright	LOG				00:20:45	00:22:50	00:43:35
Michael	Smith	HALO	Vet # 3		5	00:22:43	00:20:55	00:43:38
Amanda	Roberts	LOG				00:21:37	00:22:31	00:44:08
Sean	Harrington	LOG	Vet # 2	7		00:22:58	00:22:06	00:45:04
Helena	Crutchley	HALO	Sen# 2(F#1)		6	00:21:37	00:24:09	00:45:46
Craig	Lucas	LOG	Jun # 2	8		00:23:37	00:22:42	00:46:19
Michael	Nell	LOG	Vet #3	9		00:24:01	00:22:36	00:46:37
Helen	Smith	HALO	Sen# 3(F#2)		7	00:23:08	00:23:37	00:46:45
Martin	Wheeler	LOG				00:23:24	00:23:32	00:46:56
Andy	Furnell	LOG				00:23:36	00:23:23	00:46:59
Clare	Hanna	LOG				00:24:36	00:23:50	00:48:26
John	Fulwood	HALO	non-counter			00:25:30	00:23:37	00:49:07
Andrew	Houlden	HALO	Sen # 4		8	00:29:32	00:24:29	00:54:01
Yasmin	Field	HALO	Jun # 2(F#3)		9	00:29:45	00:24:18	00:54:03
Rosie	Field	HALO	non-counter			00:26:20	00:27:54	00:54:14
John	Butler	HALO	non-counter			00:28:33	00:28:10	00:56:43
Amanda	Ward	HALO	non-counter			00:29:46	00:32:14	01:02:00
Mary	Carrick	HALO	Vet #4(F#4)		10	00:34:44	00:31:14	01:05:58

If I have understood the results correctly, LOG finished with 2 Juniors (but no females), 10 Seniors (6 female) and 4 Veterans (but no females). Unfortunately the lack of female finishers in the Juniors and Veterans meant they could not muster the required 10 according to the rules. HALO finished with 2 Juniors (1 female), 6 Seniors (4 females) and 9 Veterans (3 females), hence we were able to field 10 valid finishers and therefore we were declared the winners. Our scorers were Sam and Yasmin (Juniors), Brian W, Helena, Helen and Andrew

(Continued on page 12)

(Continued from page 11)

(Seniors) and Neil, Pete H, Mike and Mary (Veterans). The outstanding performances, I think, were the two scoring Juniors. Whilst HALO's International Juniors were mispunching at high speed, Sam and Yasmin kept it together and were able to complete their courses successfully, thus ensuring HALO had enough team members to count. Well done!

The evening was finished of with food and drinks at a local hostelry, so local it was on the map, also boasting views over the Marina.

Thanks again to LOG for organising an excellent evening. Our turn next year, provisionally it will be held on the Wednesday after the final Poacher event of the 2011 series. Venue to be announced.

Neil Harvatt

Other HALO runners

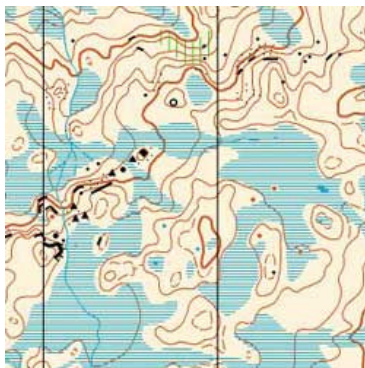
First	Last	Club	Position		Prologue	Chase	MP?	Total
Dorothy	Smith	HALO			00:32:14	00:33:53		01:06:07
Malcolm	Humphey	HALO			00:37:00	00:39:01		01:16:01
Pat	O'Grady	HALO			00:40:53	00:40:24		01:21:17
Ann	O'Grady	HALO			00:46:30	00:44:27		01:30:57
Zac	Field	HALO			00:15:11	00:15:34	mp	00:30:45
Charlotte	Ward	HALO			00:17:02	00:16:21	mp	00:33:23
Dean	Field	HALO			00:18:10	00:17:27	mp	00:35:37
Dave	Ward	HALO			00:15:43	00:24:48	mp	00:40:31
Brian	Slater	HALO			00:26:10	00:25:42	mp	00:51:52
Mark	Tyszka	HALO			00:29:06	00:30:50	mp	00:59:56
Joe	Field	HALO			00:34:06	01:00:00	mp	01:34:06
Amber	Harris	HALO			00:34:54	01:00:00	mp	01:34:54
Fran	Humphey	HALO			00:39:50	01:00:00	mp	01:39:50
Pete	Shew	HALO			01:00:00	01:00:00	mp	02:00:00



Some 26 HALO Orienteers ventured to the Lake District for this year's summer multi-day Event. Held in the last week of August, the Events were roughly centred around Coniston. All summer multi day events feature the souvenir T-shirts. This time the tops were rather better than the usual t-shirts, being made by Tackla and very stylish.

Day 1) Swindale North. – the Northernmost Event.

What an introduction to Lake District Orienteering! The 2.6KM trek to the start and 1.Km back from the finish set the tone for the week, as did the Lake District practice of putting SI units on a plate on the ground. A new technique was required to avoid poking ones eye out on the control flag cane.



Typical Swindale from *Lakes 5 days website*

The map showed extensive marsh, and so we were fortunate with the fine weather, dry and not too hot. HALO managed to find a site for the club tent, the only one to be erected. This set the trend for the week.

Day 2) Guards Wood and Tarn Hows:

We parked in the school car park at Coniston. This time the 2.5Km walk required carrying the club tent to the assembly field. The Start was quite close and club tents overlooked the finish run in.

There was much more climb than Day 1 in mixed woodland with a small field linking the two pieces of woodland. There were some very steep slopes to climb up / slide/shuffle down. It started to rain by control 3. I found the Tackla absolutely useless for wiping water from glasses. It just smeared, so I did most of the course unable to see the map detail. I therefore headed for easily recognisable features such as tracks, although they did sometimes turn out to be walls or crags when I got there. I'll never wear that top again when wet – back to the T-shirt. There were many helpful suggestions the most imaginative of which was that I should have a ball boy/girl with a towel following me around as in

(Continued on page 14)

tennis but after some consideration I did consider them impracticable.

Day 3) Cancelled: This should have been at Harrop Tarn. The field was too wet for parking and the stand-by car parking on a minor road was vetoed by a jobsworth in the Police. Initially this was postponed to the rest day, but then subsequently cancelled. A lot of discussion ensued about why it was cancelled when there had not really been that much rain (apart from Day 2). It does appear that the number of people and cars associated with the Lakes 5 days presents the organisers with significant parking problems. Perhaps the wish to use this high quality terrain over rode the considered view that parking for that number of cars was not on when wet. It might be that there will be restricted entry in the future so that the Events are manageable.

Rest Day : Urban / Rural Event including an Ultrasprint. . This was held around Coniston with many Orienteers pleased to get in a run, replacing that of the missing Day 3 Event

Day 4) Caw Fell. The terrain is dominated by Caw itself. It was a beautiful area with ideal running conditions. Sunshine, and not too hot. The terrain was open fell with some bracken on the lower slopes.

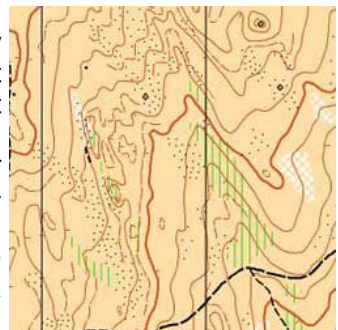


Brian Slater amazed in the maze at the Urban -*photo Brian Ward*

Another 3Km walk to the start, and 1.6Km back from the finish.

Again HALO were the only club tent in the assembly area. This did provide a venue for a welcome sit down at the end to review the day's triumphs and disasters.

Day 5) Helsington Barrows. At last a start and finish in the assembly area. HALO were off very early which meant we were again the first club tent up with prime position by the finish. Another hot sunny day and really, apart from Day 2 we had been very lucky with the weather. It was another superb technical area of undulating grassy limestone pavement with bracken and gorse. The going was tricky underfoot and it was difficult to relocate as there were few distinctive features. It provided a fitting finale to a week of technical orienteering, a world apart from the Lincolnshire Woods!



Helsington from Lakes 5 days website



Left - Team HALO enjoying the sunshine at Helsington

Below - Pete Kullich on the run in at Helsington - photo Brian Ward

How did the results go? – The star of the week was undoubtedly Mark Tyszka on M70S – winning all four days. Other notable performances came from Brian Ward, 1st M45S on the last day; Zac Field 2nd M16A on Day 3(4); Martin Kullich 2nd M21S on Day 3 (4); George Van Dam 3rd M10A on Day 2.



The final points total - 3 out of 4 days to count

Mark Tyszka M70S	4058	John Butler M65S	3498
Martin Kullich M21S	3894	Paddy Neligan M60L	3397
Zac Field M16A	3838	Yasmin Field W12A	3170
Jake Field M14A	3828	John Fulwood M60L	3120
Rosie Field W45S	3751	John Chaney M70L	3058
George Van Dam M10A	3743	Brian Slater M60L	2963
Charlotte Ward W18L	3725	Joe Field M10A	2954
Neil Harvatt M50L	3646	Andrew Houlden M40S	2853
Margaret Fulwood W55S	3640	Brian Ward 2 days only M45S	2606
Pete Kullich M65L	3547	Pete Harris - 2 days only M50S	2377
Sue Chaney W65S	3530	Pat O'Grady - 2 days only M75S	2013
Dean Field M45L	3530		
Mary Carrick W60L	3512		

How time flies!

It doesn't seem like more than two minutes since we took up orienteering again more seriously, in fact, it's nearly four years ago now! Our first "come back" event was at a rainy Harlow Carr in Harrogate on September 24th, 2006. Since then we've racked up the best part of 200 events, including multi-day, and travelled, literally, the length and breadth of Britain.

So, what have been the highlights, and lowlights?! Well, I thought it might be a good idea to write a mini-guide to the best, and worst, of British Orienteering since our relatively short come back into the fold.

This edition- the top 10 YHOA areas visited (since September 2006).

Oops – it soon became apparent a top 20 would have been easier – I couldn't even split it down to a top 10 – so it's actually a top 11 !

So, in no particular order, other than alphabetical to avoid further complications, here goes :

Beeley Woods, Sheffield, SYO. A compact area mapped at 1:5,000 with areas of complex rock and contour detail on a fairly steep slope but mostly runnable for those with the legs ;)

Haw Park Woods, Wakefield, EPOC. Another small area, probably most suited to a middle race or a relay. Undulating, rather than hilly, but interesting enough for a good planner to be able to set a variety of interesting orienteering problems including long route choice legs.

Heator Rigg, Helmsley, EBOR. What a gem! Runnable – both fast and slow, wood and moor, without being too "North Yorkshire". Quite tough both physically and technically but without the usual rubbish generally associated with NY forests.

Mausoleum Woods, Caistor, HALO. Fast and runnable with a good track and ride network, although in an irregular pattern so that things aren't too easy! Sufficient ground detail to provide features for control sites and "that hill" in the bottom corner upon which stands the mausoleum.

Newmillerdam, Wakefield, EPOC. A wooded country park straddling two sides of a very large lake. One side is long and thin on a reasonably steep slope but very runnable, the other side is mixed with fast, and only slightly

slower, runnable woodland, and gives rise to a nice plateau on top where you can stretch your legs after the brief climb out of the valley.

Pillar Woods, Caistor, HALO. Fast, open woodland, perhaps a little too open? Virtually no undergrowth and gently undulating, could do with a few more ground features, but one of the few areas where straight-line running on compass with no underfoot hindrance is nearly always the quickest route choice.

Sandall Beat, Doncaster, SYO. Dead pan flat mapped at 1:5,000 and fitting very nicely onto an A4 sheet of paper – perfect!! Although the track network is mostly a very regular north-south east-west affair, the myriad of ditches and rhododendron thickets can really cause confusion and lead to parallel errors for the non too wary. Almost 100% runnability underfoot, what slows you down is having to cross the many ditches that abound. Diagonal legs across the grain of the paths, even long legs, are nearly always rewarded with quickest leg times if executed on the red line.

Scardale and Knapton, Malton, HALO. An area of two halves, literally! Knapton is the steep north facing slope with intricate vegetation and some good contour detail – ideal “middle” race territory. Scardale contrasts having the flatter plateau top, unfortunately now nowhere near as runnable as it use to be. The slope down to the road provides interesting orienteering challenges and the steep valley in the bottom south east corner will test your lung capacity to bursting point!

Skipwith Common, Selby, EBOR. What makes this area so very, very good is the excellent map. Flat, with extensive marsh detail and a mix of oh so runnable wood and semi-open / rough open it's a veritable delight to run on. Go there – now – that's an order!!

Tankersley Wood, Sheffield, SYO. Again, a very runnable wood on a gentle slope but littered with depressions, all too easy to get yourself lost here if you don't stay in control of your navigation.

Wombwell Woods, Barnsley, SYO. Super little area, and open access too. Gently undulating, runnable woodland that slopes very steeply at one edge but rarely visited. Again, run straight and confidently and your rewards will be fast splits, but careful planning can result in some very interesting long – straight or round, problems.

Brian Ward

HALO - Junior Page

Hi again :)



After a great summer of orienteering (the lakes5 was definitely not to be missed!) teamed with plenty of relaxing, it's time to start planning my training for the coming year. After spending a week on the British Orienteering summer tour to Cairngorm in Scotland, I learned that having a set routine, and mapping out the year ahead will help me to progress further in the sport, and hopefully take me a step further towards representing Great Britain!

There are many things that keep me motivated to continue to train, and whilst it may be difficult at times, the hard work really does pay off! One thing I do is to log my training, both on paper, and electronically. I use the website 'attackpoint', and my log can be found at:

http://www.attackpoint.org/log.jsp/user_5291.

These methods of recording my running help to keep me focussed; I would definitely recommend trying it out to see if it helps you too :)

Having a training partner is another thing that makes me want to train. Someone of a similar ability to yourself is often best, but it doesn't harm to be slower than your partner; that way, they can motivate you to try harder!

I have been training more seriously over the last 12 months or so, and I focus a lot on improving my running speed. Training doesn't have to be running though, you can use less important o-events to practice techniques, go cycling or swimming, or do some all important core strength work. Choosing a low key event and forcing yourself to find an attack point for every control certainly makes you think harder about what you are doing, it's definitely a worth while technique to practise.

Informal training is also great. Last Christmas and New Year my dad and I did quite a lot of orienteering in the school holidays, by ourselves, on areas like Brumby Woods and Central Park in Scunthorpe and the Humber Bridge Country Park in Hessle. These sessions helped with my confidence in control flow, and my ability to hang controls as well!

In the 2009/2010 season, I ran quite a lot of Cross Country races. These help your speed and stamina as the courses are often on challenging terrain, encompassing hills, simulating a typical orienteering area! Road races are also great, they help you gauge your fitness as the distances are precise, and I always check them with my Garmin, which itself is a really good training tool. In the winter I ran in the City of Hull Athletic Club Winter League. From October to March, once a month, this was a 3 mile handicap race based around the Humber Bridge/ Hessle. This gave me a really good workout once a month where I could compare my fitness from race to race. Similarly in spring and



summer I ran the City of Hull Champagne League. It starts at the end of March and goes on until the end of July. At first it's once a week then reverts to once a fortnight after the London Marathon. Most races are mass-start but there are a couple of handicap races too, which mean trying as hard as possible to move your way up the field, and not lose too many places by the really fast people over-



taking! I was really pleased that, for most races, I was a minute or so quicker for each race than the previous year, I also won the Ladies "Yellow Jersey" which is the cumulative time from all the races, Mary, my dad and I also won the team handicap prize running as "Halorienters"!

Most of my training wasn't really planned, I attended regular track training up until my exam period, but other than that, I chose what I wanted to do on a day to day basis. Most of my running is off-road and varies between about 5k/25 minutes up to hilly 10k runs in an hour. My running over the next year will be over the same distances, but I hope to have a more structured plan to hand.

Next time I'll tell you what my plans are for next year and recount my international experiences so far—running for England at Interland in Holland last March and in Scotland at the Junior Home Internationals in September.

Bye for now :D

HALO Podium Page

In the last edition only Juniors were reported as the Seniors could not make the podiums (podia?). Better news this time.

Congratulations to the following:

White Rose:

1st Short Blue Course : Dean Field : 1st Short Green Course : Mike Smith

3rd M10 -

Yellow course :

George Van Dam



YHOA (*I refuse to call it Yorkshire*) Urban League - to date

1st Junior Women: Charlotte Ward : 1st Women Open - Helen Smith

1st Men Vet M40+ - Neil Harvatt : 2nd Men Ultra Vets M70+ - Pat O'Grady

YHOA (*I refuse to call it Yorkshire*) Orienteering Super League - to date

1st W12- :Yasmin Field 1st M10- :Joe Field :3rd M10- :George Van Dam

1st M14- :Jake Field 1st M16- : Zac Field

1st W45S : Roseanne Field 1st M65S: John Butler : 3rd M65S: Mike Smith

1st M75 : Pat O'Grady

3rd M45L : Neil Harvatt 3rd M45S: Paul Van Dam

Editorial - John Fulwood

Thanks again to all who have contributed.

You will notice the absence of a View from the Bridge - I do owe John Butler an apology for my inappropriate comments in the last edition. I had not realised that his father had collapsed and was very ill. John was in Spain to look after him and repair his apartment. John's father has since died and John is now sorting out his affairs. I am sure we all offer him our sincere condolences.

The AGM is approaching and I would urge all who can to come along and contribute. You will note the Secretary's position has been vacant for most of the year. I seem to have been sitting around the table looking at the same faces for more years than I care to remember. Why not put your name forward for election. I am sure some new ideas would be welcome!

Copy Date for the next Newsletter - 20th November -



Welcome to new club member:

Lucy Grierson - from Grimsby

I hope all club members will introduce themselves and make her feel welcome.

The HALO 2-1-5 Series

What is it?

The club believes that we need more events locally to cater for members and prospective members who don't fancy a 100 mile round trip on a Sunday for an Orienteering Event.

The plan is to have two HALO events every month, one on the North Bank and one on the South Bank.

The 2-1-5 Series will be on Saturday afternoons, starting from 1pm.

Each event will have a White, a Yellow and an Orange course plus a Technical course to cater for the experienced orienteer.

(Continued on page 23)

The fees will be £2 for adults, £1 for Juniors and £5 for Families.

The following will be part of the 2-1-5 Series:-

Oct 30 – South Bank, Wintringham, Grimsby

Nov 20 – North Bank, Hull University

Dec 4 – North Bank, Humber Bridge Country Park

Dec 18 – South Bank, Cleethorpes Country Park

In general, North Bank events will be the first Saturday in the month and the South Bank events will be the third Saturday in the month. Starts will be from 1pm to 3pm.

Some of these fixtures are provisional, so please check the web-site for any updates.

Please support this initiative; in particular if you have friends or colleagues who you think may be interested, please forward this information.

If you require any further information, please contact me. [Neil Harvatt](#)

HALO League Fixtures 2010/2011

26/09/2010	Scot Gate	<u>CLARO</u>	<u>(SE158668)</u>
31/10/2010	Ebberson&Bickley,Pickering	<u>EBOR</u>	<u>(SE903906)</u>
	Alternate - Stanton Moor		
31/10/2010	Stanton Moor	<u>DVO</u>	<u>(SK245635)</u>
	Alternate - Ebberson&Bickley,Pickering		
14/11/2010	Hirst Wood & Shipley Glen	<u>AIRE</u>	<u>(SE130391)</u>
28/11/2010	Showground & H&BW Woods	<u>CLARO</u>	<u>(SE326538)</u>
12/12/2010	Normanby Hall	<u>HALO</u>	<u>(SE887168)</u>
19/12/2010	Walesby	<u>NOC</u>	<u>(SK685705)</u>
	Alternate - Barns Cliff		
09/01/2011	Temple Newsom	<u>AIRE</u>	<u>(SE356321)</u>
13/02/2011	Chevin	<u>AIRE</u>	<u>(SE215445)</u>
20/02/2011	Treeton	<u>SYO</u>	<u>(SK438872)</u>
20/03/2011	South Common	<u>LOG</u>	<u>(SK975695)</u>
03/04/2011	Timble & Asquith	<u>CLARO</u>	<u>(SE172518)</u>
17/04/2011	Cawthorne	<u>SYO</u>	<u>(SE280100)</u>
15/05/2011	Barns Cliff	<u>EBOR</u>	<u>(SE978929)</u>
	Alternate - Walesby		

Fixtures

Links for more info: AIRE: www.aire.org.uk CLARO: www.claro-orienteering.org
 CLOK: www.clok.org.uk DVO [www,dvo.org](http://www.dvo.org)
 EBOR www.eborienteers.org.uk EPOC www.eastpennineoc.org.uk
 LOG www.logonline.org.uk NOC www.noc-uk.org
 SYO www.southyorkshireorienteers.org.uk

Please check Club websites, or fliers for details. Fees are a relative indication only and are as far as I can make out; assuming Senior BOF Regional member :
 £= £0-3: ££= £3.01-6: £££= £6.01-8: ££££= £ 8.01-10: £££££ - over £10

Fixtures identified on the British Orienteering Event list and / or the Club's website. Some information is sketchy so it is essential you check beforehand.

Other Fixtures : **HALO League** see P 23 :

HALO 2-1-5 series see Page 22 and website :

Date	Type	Club	Courses	Info	Where	Fees
9th Oct	Urban	AIRE	See website	Bronte Weekend	Haworth & Thorn-ton	£££
10th Oct	Urban	AIRE	See website	Bronte Weekend	Otley	£££
23rd Oct	Urban	LOG	Short / Long	Winter Series 1/6	Sleaford North	£
24th Oct	X-Country	EPOC	White - Black	Stoodley Pike	Todmorden	£££
6th Nov	Urban	LOG	Short / Long	Winter Series 2/6	Sleaford South	£
7th Nov	X-Country	HALO	White - Blue	Club Champs	Primrose Warren	TBC
10th Nov	Sprint	EBOR	TBC	Sprint Series	Knavesmire	TBC
17th Nov	Sprint	EBOR	TBC	Sprint Series	Clifton	TBC
20th Nov	X-Country	LOG	Short / Long	Winter Series 3/6	Harlaxton College	£
21st Nov	X-Country	SYO	White - Black	Regional Event	Eccleshall Woods	£££
24th Nov	Sprint	EBOR	TBC	Sprint Series	Easingwold	TBC
4th Dec	Urban	LOG	Short / Long	Winter Series 4/6	Grantham Town	£
5th Dec	X-Country	DVO	TBC	Regional Event	Shining Cliff	TBC
11th Dec	X-Country	HALO	TBC	Night Event	Normanby Hall	TBC
12th Dec	X-Country	HALO	TBC	Colour Coded	Normanby Hall	TBC
19th Dec	X-Country	EPOC	TBC	Norland Moor	Huddersfield	TBC
28th Dec	X-Country	EBOR	TBC	Colour Coded	Skipwith Common	TBC