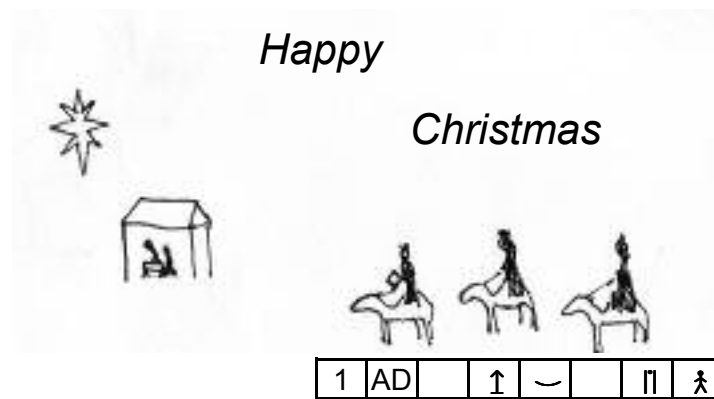


HALO NEWS

DECEMBER 2006



“Go and search diligently for the young child”

In this issue:

P3: From the Chair
P5: SuPict “O”
P6: Event Reports
P7: New Year’s Day Event Info
P8: New HALO ‘O’ Kit
P9: Letter to the Editor
P10: Phoenix Week-end
P14: GPS & Orienteering
P17: Venice Street ‘O’

P19: Fiona’s Foreign Adventures
P20: The Long Hard Road continued
P22: HALO Fixtures & officials
P23: YHOA Galloppen
P24: HALO League
P26: YHOA Night League
P27: District Events
P28: National / Regional Events

HALO Committee 2005 - 2006

Chairman: Ken Hutson
Address: 12, Turners Lane
North Ferriby
Tel: 01482 632529
Email: ken@kjsa.karoo.co.uk

Secretary: Dorothy Smith
Address: 111a, Westgate,
Belton
Tel: 01427 872762
Email: dottysmith@hotmail.com

Treasurer: Brian Ward
Address: 12, Southcote Close
South Cave
Tel: 01430 421343
Email: brian.ward62@btinternet.com

Membership: Mike Smith
Address: 111a, Westgate
Belton
Tel: 01427 872 762
Email: mikegsmith44@supanet.com

Fixtures: Neil Harvatt
Address: 5, Blenheim Drive
Finningley Doncaster
DN9 3QF
Tel: 01302 772911
Email: neil@neilharvatt1.orangehome.co.uk

Mapping & Newsletter: John Fulwood
Address: Sunnyside, Willoughby
Alford LN13 9SU
Tel: 01507 466314
Email: johnfulwood@supanet.com

Social: Ingrid Slater
Address: 32, Scrivelsby Court
Cleethorpes
Tel: 01472 509247
Email: bslaterclee@yahoo.com

Committee: Mike Cope
Address: 18, Burniston Road
Hull
Tel: 01482 870312
Email: mike.cope@ukgateway.net

Committee: John Butler
Address: 33, Hambling Drive
Beverley HU17 9GD
Tel: 01482 870312
Email: john@the-butlers.co.uk

Committee: Mary Carrick
Address: 13, Glebe Road
Wawne
Tel: 01482 821249
Email: m.e.carrick@hist.hull.ac.uk

Map Archive: (non-committee)
Brian Slater
Address: 32, Scrivelsby Court
Cleethorpes
Tel: 01472 509247
Email: bslaterclee@yahoo.com

From the Chair

A rather dry offering this month, unlike the weather, but before that, a thank you to everyone who helped at Primrose on the 9th & 10th, especially to Mike and Dorothy (Planner and Controller) and Neil for organising. I think we were quite lucky with the weather during the events, though the track became rather slippery for Neil and I, the last to leave on Sunday afternoon.

Congratulations too to Fiona Forrest upon her selection to the Scottish team for the Senior Home Internationals at Burbage.

On the evening of 6th December, Mike Cope and myself were invited to attend a meeting in Hull organised by the Humber Sports Partnership (HSP). Colin Best, our Regional Development Officer, was also invited and gave an overview of British Orienteering and his role within our region.

The HSP is one of 4 regional sports partnerships in Yorkshire and the Humber and essentially covers the area of the former county of Humberside. Its main aim is to increase participation in sport and active recreation and has a co-ordinating role with partners such as local authorities (LA), National Governing Bodies (NGB), local voluntary sector (e.g. HALO), school sport partnerships (SSP) and a plethora of agencies led by Sport England. Orienteering is one of Sport England's 32 priority sports and has been identified as a development sport within that group.

The HSP have identified orienteering as a sport that is genuinely for all, where all can take part simultaneously. For an organisation that has participation targets across the age range, orienteering is an attractive proposition for development.

The meeting was really about HSP finding out about orienteering and HALO. Interestingly, they are used to dealing with a number of clubs and organisations associated with a particular sport in their area. For orienteering there is only HALO. This is quite significant and is mirrored certainly across YHOA and probably in most parts of the country. We talked about our work with schools on the North and South Banks and the problems faced with continuing participation. The importance of good quality maps, and our work with mapping in general and school sites in particular, was emphasised, though there was not a good understanding in the room on this issue. We explained the type of events and competitions that are routinely available, which led to discussions on looking for and mapping more local areas. Increasing the number and quality of coaches is another aim of the partnership and of course is a subject of concern to us. This led to a discussion of the Clubmark award. These have been introduced by a number of NGBs, including British Orienteering, along with Whole Sport Plans (WSP), to encourage and provide quality provision and support participants, coaches and volunteers at all stages. In the recent past these awards have been a pre-requisite for the consideration of grants by some authorities.

(cont'd)

From the Chair cont'd

From our point of view, the HSP could provide significant support to our efforts to increase participation in and membership of our club. We are due to meet HSP again early in 2007, when specific avenues for joint working will be explored. No decisions were taken nor commitments made on behalf of HALO and the next committee meeting will provide an opportunity to discuss this important development and possibly set out our priorities and limitations that will inform future decisions.

Mike and I would welcome views or comments from members if they would like to contact us.

Brian Ward and Fiona Forrest have been busy organising new club kit to mark our 25th Anniversary year. Detailed information about sizes, prices and ordering will be appearing on our website soon and are later in the newsletter. Brian tells me he has just received some samples and will take them to the New Year's Day event.

I would like to wish all members a Happy Christmas and New Year and thank you for your continued support.

Ken Hutson

Editorial

A tremendous response for this Edition. From "International orienteering" to "use of GPS". Thanks to all who have contributed.

A reminder that HALO NEWS is On-line at www.halo-orienteering.org.uk

If you are happy to view, or download / print from the website instead of receiving a hard copy by snail mail, then please let me know by e-mail.

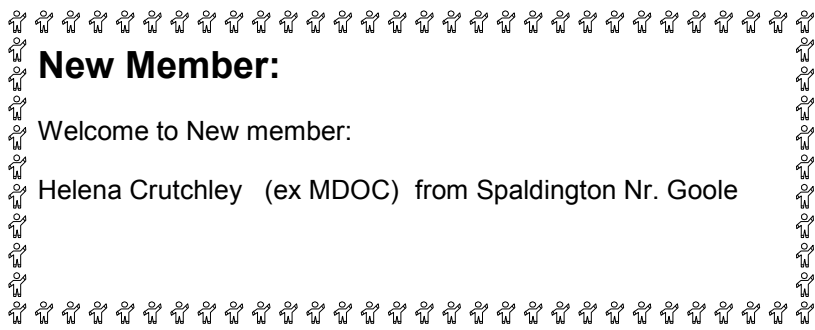
Savings on printing, stationery, postage will all help the club funds!!!!

2007 CompassSport Cup/Trophy

The First Round date has been fixed at 18th March: so keep a note in your next year's diary!!!

Venues closest to us are : SYO - Tankersley Sheffield - for YHOA region. and LOG - Stapleford Woods.

Further information will be forthcoming when known.
































New Member:

Welcome to New member:

Helena Crutchley (ex MDOC) from Spaldington Nr. Goole

A Christmas Competition:

SuPict "O" ??

								
				T				
							T	
								
								
								T
	T							
			T					
						T		

You must have seen it. Simply complete the Grid. No Pictorial Control Description may be repeated on a vertical or horizontal line, or within each of the 3X3 boxes.

Event Reports

South Common, Lincoln, 22nd October.

Shock, horror – what's this? – Master-maps! – what are they?! After the initial shock of having to copy down 29 controls for the Brown course things didn't start too well. The going was rough around the start, I spied Mr. Fulwood slowly traversing the terrain south to north, a sign of things to come? I think that we should have avoided the more overgrown southern end of the area where route-choice was at best a lottery, and with the winning time almost topping the hour mark, a kilometre or so less distance wouldn't have come a miss! Things could only get better – and they did! Once out of the southern tip of South Common the area became more runnable and generally more enjoyable. I over-did it though and literally hobbled through the last 3 or 4 controls until the last control where I stopped to help a very brave soul over a fence – later discovering he has his stick to help him as he's a Parkinson's sufferer, he was quite literally stuck on the fence and I had to lift / guide his feet to firmer ground – lord knows how long he would have been stuck there if I hadn't happened upon him!

Dalby South, North Yorkshire, 12th November.

Although the training has increased – quantity and quality, having a good fell-running friend in the next village helps! I decided the cautious approach was best policy with a potentially rough North Yorkshire forest. So to Blue – 6.8km / 190 metres, a good length and preferable to the extra 1.3km/90 meters required to compete on Brown! Although the map is a mass of green, much of it of the darker variety, we were carefully guided through the small corridors of white, which provided good running, if only I was just that bit fitter!!

A well balanced course was provided, short compass legs, long route choice legs, even the dreaded tripods, all 3 of them on consecutive legs, didn't detract from the quality of the forest or the planning, you can always guarantee you are on to a winner when Steve Whitehead is involved – this time as controller, obviously providing some well informed expertise for the first time planer – event verdict – 5 halo's out of 5!

Brian Ward

HALO

NEW YEAR EVENT

Monday 1 January 2007

Come to York for the 2007 New Year event

Terrain: the streets and green lanes of Copmanthorpe

Format: 3-person team relay; teams formed on the day
1 long-ish, 1 middle-ish, 1 short-ish

Registration: 10.30-ish

Starts: 11-ish am

Event centre: School House Farm, Copmanthorpe SE564469

Travel: From A1079 or A19 follow A64 West.

Take exit for A1237 York North

As slip-road curves round to L take first R into
Manor Heath, signposted Copmanthorpe

Follow road until curves sharp L, School Lane

At T-junction either turn R into drive, or park on

hard standing opposite.

Afterwards: soup, bread and cheese, and drinks provided.

Bring other contributions if you wish

I need to know roughly how many to plan and cater for. Please let me
know in advance if you are coming.

Paddy Neligan 01904 703197

paddy.neligan@btopenworld.com

New HALO 'O' kit

Fiona Forrest & Brian Ward have been looking at various options and styles of Orienteering Kit. The presentation Brian did at the AGM was followed up by a number of options being presented to the Committee meeting in November. Two themes became apparent.

- 1) That the use of laser printing enabled a wider range of designs to be used. This could include special features such as the 25th anniversary.
- 2) 2) Two styles of kit could be matched. The traditional type, and the newer "Extreme" version.



SIZE CHART

SIZING	XX-SMALL	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE
HEIGHT	60"	64"	68"	72"	74"	76"
WAIST	24"-26"	26"-28"	29"-32"	32"-36"	36"-40"	40"-44"

PRICING :-

TRADITIONAL "V" NECK O-TOP	LONG SLEEVE	£30
TRADITIONAL "V" NECK O-TOP	SHORT SLEEVE	£25
EXTREME O-TOP	SHORT SLEEVE ONLY	£30

There are minimum order quantities. If you wish to order, would you please let Brian know your preferred choice, and a second choice if the minimum order quantity is not reached for your first choice.

The information needed apart from size is: Whether "V" neck or extreme. If "V" neck - whether short or long sleeve.

Matching colour trousers / Tights / Gaiters are available as follows:

Trousers (Traditional "O" Polyester) - £20 Tights - £25 Gaiters - £20 .

All these are subject to discounts for volume, so will be cheaper if enough are ordered.

Sample tops and trousers have arrived and will be available at the New Year Day Event for trying on and checking sizes.

Any questions? Please contact Brian Ward : brian.ward62@btinternet.com

Letter to the Editor

Dear John,

We would like to express our surprise and pleasure at being awarded Honorary Life Memberships of the Club

When Mike and Dorothy arrive on our doorstep, it usually heralds time to be spent over a hot computer churning out some map or other. However, on this occasion we were actually being presented with maps.

The maps, with tastefully embellished borders were of Normanby Park, and formed the background on which the gold edged certificates were imposed. A lot of thought must have gone into producing the certificates in order to achieve such a nice result. Whenever thought Normanby Park could look so good!

Our thanks go to everyone involved in giving this award. The gesture is much appreciated, and we do indeed feel honoured.

Harry & Peggy

The Phoenix Week-end 23rd & 24th September 2006.

Or - Would it have been different with a GPS?

Neil Harvatt has been away for another week-end in the hills.

The Phoenix Long-O (or Force Ten to give it its correct title) is now becoming a fixture in my diary. Unlike many Mountain Marathons, there is no need to carry tents and overnight equipment. The start and finish are always in the same area for both days. 2006 was my third year, I have now dropped down to the C class after an unfortunate experience with an unmapped fence on the B course in 2004, this caused me to make a massive error and I eventually retired as I ran out of time. The event is run in The Cheviot Hills, which has some wonderful and isolated scenery. You often get the sense that you are the only person ever to have seen some of the hills and valleys.



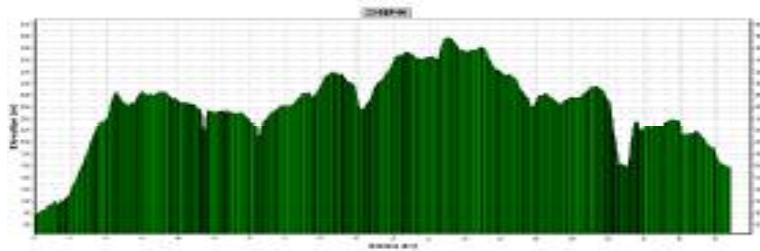
This year's base was at Highburn House campsite on the outskirts of Wooler. I opted for two nights in The Black Bull rather than rough it in a tent, it was the end of September after-all! However, a clear blue sky welcomed us all on the Saturday morning as we made our way to the start and the weather stayed fine all day. There were a number of HALO and ex-HALO members taking part: Mike Cope (who had travelled with current CLOK runner Rob Tooze); Steve Marin and Dean Field; all on the C course and all roughing it at the camp-site. (In actual fact the camp-site was pretty good, and I was thankful for a hot shower there before travelling home on Sunday). Mary Carrick was running in the

D pairs with a fellow East Hull Harrier. The maps are pre-marked Harveys' at 1:40000 scale, which always takes me a while to get used to as it seems to take ages to get anywhere.

I caught up with Ian, a runner from CLOK on the way to the first control and we stayed together for the rest of the course, both keeping each other going. The controls, in general are not hard to find, route choice and speed over the rough terrain are more important than fine navigation skills. It doesn't mean that you can't get lost (see Sunday). The first control was a re-entrant and we ran around Humbleton Hill avoiding any major climb and then caught a path which took us close to the control. A long leg to Number 2, with lots of decisions to make, we opted to run along the western flank of the valley, cross the E-W valley and run along a path and then contour around Cold Law.

The third was a contouring leg, it was on this section that we met LOG runner Jonathan May, who had twisted his ankle and gashed his leg whilst tripping over a barbed wire fence, he eventually convince us that he was OK to continue, although when we checked later, Jonathan has been forced to retire. A good track led most of the way to 4. For 5 we decide to run south of the big valley and cross close to the control, but this required a steep climb up to the control (see elevation section between 16 and 17 km.) On reflection if we had followed the path NE out of 4, we could have crossed the valley higher up and then contoured around into the control, saving quite a bit of climb – all important. Hindsight, it's a wonderful thing! The final control looked easy, on the corner of the forest, but we got confused crossing some fields and then aimed for the wrong corner!

If I had had a GPS with me I expect the plot would have looked a little like the one above, the blue lines representing the actual route, the red straight lines the course. The map depicted is a 1:50000 OS map extract, not the Harveys' that was used on the day, hence a lack of features. A GPS might produce an elevation section like the one below.



My time was within an hour of the leader so I was in the chasing start for the Sunday. Dean was 8 minutes ahead and Steve was 3 minutes behind. This was a big drawback for me because the early start meant that I would be missing my Full English at The Black Bull – I would have to settle for cereals in the hotel kitchen - what a let down! At least I'd had the works on the Saturday morning.

Saturday afternoon and evening were spent in Wooler, which seems to be in some sort of a time warp. Everybody seems to smoke, the pubs are full of a blue haze, in cafes the staff come and sit with the eating customers when they need a fag!, the cafes seem to be shut by 4pm, they have proper shops, butchers, green-grocers, wool shops but no Indian or Chinese takeaways, just fish and chip shops. There was one café that opened beyond 4pm, which filled with Orienteers as the afternoon wore on, I ate twice there, once in the afternoon and then again in the evening with Mike and Rob, then we found the least smoky pub and topped up with liquid carbohydrates, joining the Marin/Field clan.

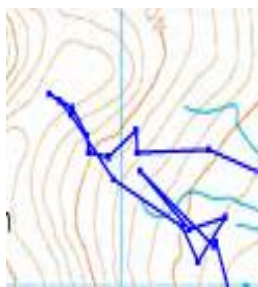
Sunday's weather was the complete opposite to the previous day; it was misty and very, very wet with visibility down to 50 metres, and no let up during the day. This was the first time I had run in such conditions and I wasn't particularly



looking forward to it. On the plus side there was very little wind (maybe this wasn't a plus, the wind may have blown the rain clouds away!) and it was quite warm.

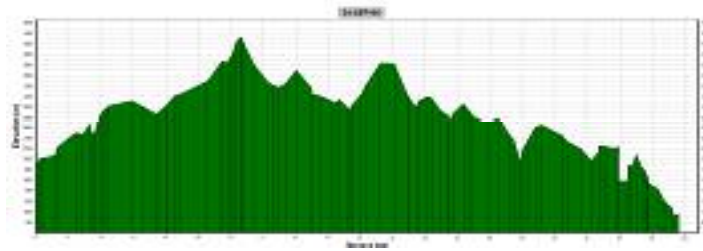
I took the first one quite steadily and despite ignoring a significant track, I was pleasantly surprised to find

some features that appeared to fit the map and I successfully located the first control. The second however was a different story, a sheep-fold on a featureless hillside, at least 300 metres from an attack point. I met Dean in this area, we knew we were in the right area but visibility was so poor we would only find it by chance. I decided to head NE up to the ridge top where there was a path junction to relocate from. Taking a bearing from there I managed to miss the sheep-fold again, this time arriving at a fence some 2 or 3 hundred metres beyond, this time I went to the fence corner and then followed a stream and took a bearing. I eventually saw fellow competitors appear out of the mist, two of them were stopped, looking at their maps, I asked if they were also looking for the sheepfold, "do you mean that one" they said pointing to one 10 meters beyond them which I hadn't seen. I had been searching for this for about 40 minutes, it was huge! But you had to be within 20 metres to see it. I had been within 30 metres of it on three separate occasions but at least now I'd found it. How useful a GPS would have been at this stage!!



My next control was only marginally better; I got confused by some obvious features, a wood and then a farm! After that I ran pretty well and caught up a few places, hardly seeing anyone at all in the mist. At the 5th control we swapped to a 1:10000 map for the last few controls that took us back to the camp-site.

Steve had passed me during my search for the sheep-fold, but I caught up with him towards the end, he'd had his own nightmare on numbers 1 and 3. I didn't see Dean again on the course, later he claimed to have given up on number 2 and was making his way back to retire when he stumbled across it in the mist!



A thoroughly enjoyable week-end, the Black Bull has fine accommodation, (not sure about the Friday night turn, though!), I discovered I can navigate in poor visibility (I'm not letting one poor leg put me off) and I should remember, that in conditions like that nearly everyone will struggle.

How useful a GPS would be on these events; you could see exactly where you had run, look at the amount of climb you've done and in an emergency it could even guide you to where you need to be. Still, they're not allowed so all this is just wishful thinking!!

I would recommend the week-end to anyone, the courses ranged from 22km (with 830m climb) to 44km (1770m climb) (total for two days) and they even run shorter colour-coded courses, which Zac and Jake Field competed in.

For more details visit the Phoenix web-site, find it via the NATO site from the BOF web-site.

HALO (and associates) Overall Results

Class C

Posn.	Time	Competitor			DAY 1	DAY 2
1	4:22:31	Nick GREEN	M30	AIRE	2:13:31 (1)	2:09:00 (1)
8	5:25:38	Dean FIELD	M42	EBOR	2:37:26 (8)	2:48:12 (11)
12	5:44:01	Neil HARVATT	M49	HALO	2:45:53 (11)	2:58:08 (18)
14	5:46:25	Steve MARIN	M44	HALO	2:48:25 (14)	2:58:00 (17)
23	6:49:16	Mike COPE	M58	HALO	3:29:21 (28)	3:19:55 (27)
24	6:49:28	Rob TOOZE	M56	CLOK	3:40:56 (33)	3:08:32 (20)

Phoenix Long O results cont'd

Class D Pairs

Posn.	Time	Competitor		DAY 1	DAY 2
1	5:27:35	HOUGHTON & HIPWOOD	M58/M54 HOC	2:38:17 (1)	2:49:18 (1)
2	6:12:24	ADAMS & BINKS	F48/M53 EBOR	3:08:47 (3)	3:03:37 (2)
3	6:33:56	HENRY x 2	M56/F26 AH	2:59:29 (2)	3:34:27 (3)
4	7:20:47	CARRICK & NICHOLSON	F56/F51 EHH	3:29:36 (6)	3:51:11 (4)

Whilst on the theme of use of GPS, Brian Ward has been experimenting on Beverley !

GPS and Orienteering

At the Beverley Westwood event on Saturday 7th October I conducted a little experiment with a GPS cycling computer. Garmin produce a range of GPS (Global Positioning System) gadgets, the one I chose for cycling, the Edge 305, also comes in very handy for running. I've been using it constantly to track my training runs since I started to convert myself back into a runner rather than a cyclist!

The Edge can be configured in numerous ways to display all the information you could possibly require (and more!) when training and then it can be downloaded to P.C. after your session for analysis.

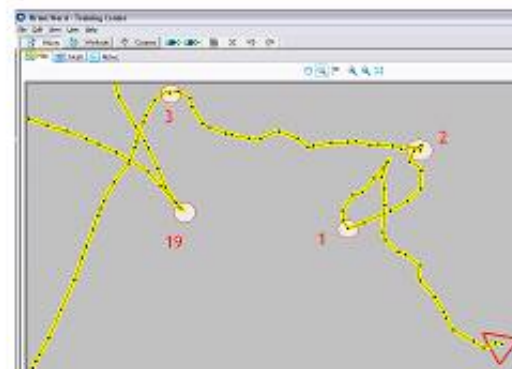
For the Westwood I was interested to see my route, which on the Edge is shown as a "biscuit-trail", but can easily be interpreted if you are familiar with maps.

Screen-shots below are taken from (1) Training Centre software that comes with an Edge GPS – I have added in the locations of the start and controls. As you can see – there was a bit of a mistake to 1 (!!). With a bit of imagination you can convert the route onto the O-map of the course, seen in Screen-shot (2) OCAD map of part of Blue course (matching GPS route shown in Screen-shot (1)).

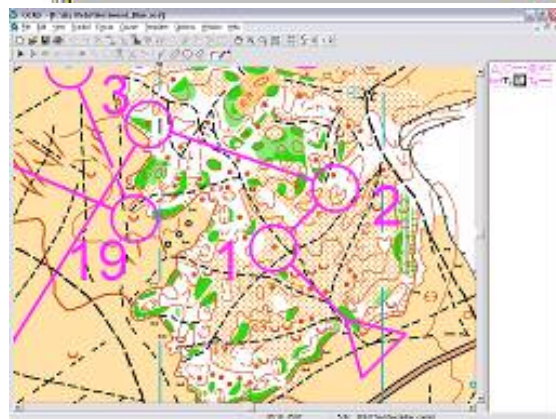
Various statistics can be viewed – Profile of route, gradient, Heart Rate, speed and pace – An example from the Westwood Event is shown in Screen-shot (5)

Screen-shot (3) shows Biscuit-Trail from Edge GPS of route actually taken compared to full course profile on OCAD – Screen-shot (4).

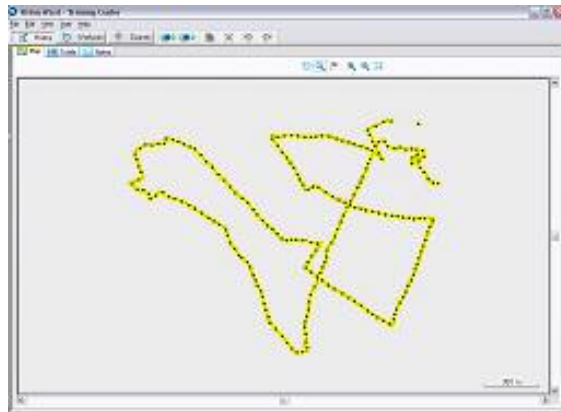
Screen Shot 1



Screen Shot 2



Screen Shot 3



Screen Shot 4



Screen Shot 5



SOMETHING DIFFERENT – STREET O in VENICE

Last December I had a conversation with Guy Goodair who talked so enthusiastically about the annual Venice event that I decided there and then that I would try and go in 2006. I am not really a lover of cities but for some reason this was a place that I had always wanted to see and so combining a visit with orienteering seemed ideal.

I tried to get other HALO members to join us but in the end Christine and I went on our own. Cheap flights with Easyjet and a hotel booked over the internet were easy to arrange. No serious problems in getting there but it is probably best to try and arrive in daylight which we did not. We wondered where the waterbus from the airport was going and as it sounded so rough we wondered if it would make it. Our hotel was only 150m from the water bus stop but it would have been useful to have the orienteering map in advance with the hotel marked on it to find it.

Sunday turned out to be a warm autumn day and 3000 orienteers turned up to add to the thousands of others already visiting Venice. The start and finish were on the 'promenade' which is probably where they have to be to find a space big enough to take a start and finish. Control descriptions were only issued in the start lanes but a nice touch was that helpers with wide rolls of sellotape kindly taped them to arms as required. Over the first bridge within 100m of the start and I had soon run too far. I turned left as I needed too and soon a canal was in the way so I had to retrace a few steps. I soon got used to the map though and managed to navigate round without too much difficulty but it is essential to stay in touch with the map all the time. Lose your place and you could be anywhere in the maze of narrow alleyways. The map was excellent with every little bend and even alleyway width changes clearly shown. Route choices obviously have to be made but the addition to normal is that you have to watch make sure that your route has bridges over canals. There are many street networks that do not have crossings at the end and lots of dead-end streets. Not sure if they should be called streets or alleyways. I had not realised that there is absolutely no road traffic in Venice – everything is done by boat.

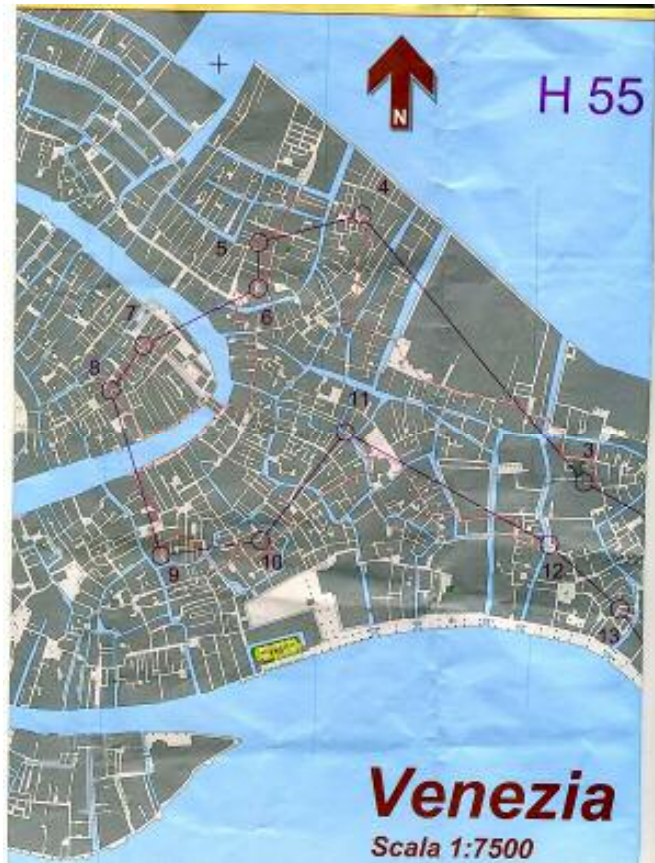
Readers should get the idea from the bit of map shown and I have tried to mark part of my route on it. I think that is where I went but it does get a bit confusing. I think it would have been quicker to go right round the northern edge from 3 to 4. 4 to 5 to 6 just needed care. Between 6 and 7 and between 8 and 9 I crossed the Rialto Bridge over the Grand Canal. That was full of tourists as were many places. Running along the waterfront from 8 to 9 was easier than finding another way. My route from 10 to 11 was not the best one. My time was not very good but I did enjoy a very different kind of orienteering. As you will know Fiona did really well on her course. Two rules were interesting.

'It's strictly forbidden to swim through the channels and to get boats.'

'We beg the competitors to respect the citizen of Venice, above all if high tide floods the city: some controllers will be stationed all over the city, to compel the competitors to stopping their run and proceeding by walk.'

In a couple of days after the event and with the help of the orienteering map we managed to see a lot of the city but not all and so we may well go back next year. Anybody else coming?

Mike Cope



Mike & Fiona in Venice

Foreign Travel in 2006

Fiona Forrest

Orienteering and running are great reasons and excuses for foreign travel. So far this year I have visited some very interesting places and the following is a brief description.

The first trip in May was not for orienteering, but participating in the Gothenburg half marathon. This was my first half marathon and I was unsure what time I would take as I still don't know how to pace myself at such events. I finished in 1 hour 38 minutes, and was quite pleased for a first half marathon. Gothenburg was great. Went out to the southern Archipelago islands, visited the botanic gardens and the lovely shops.

The second excursion was to Germany in May to the "31st Internationaler Ostee-OL". I flew to Berlin and got the train up to the Baltic coast to the seaside resort of Kuhlungsborn. The Thursday and Friday were training events using the central park. The terrain was woodland with much undergrowth, although by the end of the Friday afternoon this was considerably flattened. The Saturday event was classic distance, with the Sunday a middle distance. The terrain could be described as forested sand dunes with intricate contour detail. The courses were technical and physical. Before the event I stayed in a lovely luxurious sea view hotel. However, during the event I stayed in the gym hall floor accommodation. Kuhlungsborn is a lovely place. An old steam train takes you into the resort. Definitely nice for a few days holiday.



photos – mostly of the Matterhorn.

The Swiss 6 days in July was fantastic. Based in Zermatt at the foot of the Matterhorn. Each day we were taken by cable car, gondola or railway to the assembly areas and starts. Most days the start was at between 2500 and 3000 metres. I arrived a couple of days early in the hope of getting acclimatised to the altitude.

The scenery was magnificent. Each event was based on mountainside with views of the Matterhorn. The best days were days 3 and 5. Not because I did well on these days (I didn't), but, because of the setting. Running along the edge of a glacier is a great experience. Day 3 was, therefore, called the "ice day" and was supposedly one of the highest orienteering areas in the world. The competition area was at the foot of two glaciers. The terrain was mostly sandy moraine ground with melt water streams and polished rock and boulder fields. Day 5 was a sprint event round the streets of Zermatt. Far too many tourists. I came back with over 300

Foreign Travel in 2006 - cont'd

At the beginning of October I decided to enter the Oslo half marathon. I finished in 1 hour 36 minutes. A new PB! Oslo is a beautiful city with the Vigeland Park – sculptures and open space; the Munch Museum, with “The Scream” painting; and scenic walks along the sea front (also the location of very expensive fish restaurants).

My latest event was the International Orienteering Meeting of Venice (MOV) on the 11th and 12th November. There was a training event on the Saturday morning and in the afternoon a sprint event of 3.3km around the southeast corner of Venice. I thoroughly enjoyed this and was third. The route choice was relatively simple and obvious. On the Sunday was the main MOV and I ran DA which was 7.8km in length. This was a fantastic event having lots of route choice and decisions. There are only three bridges over the Grande Canal and with routes crossing the canal the decision of which bridge to cross was important. On my return to the finish I crossed the Rialto Bridge which was packed with tourists. I don't know how many times I said “Excuse Me” or “Sorry” when I was out. It was a fantastic way to see the city and one of the best events I have been to. I took 61.01 minutes and was third out of 56 competitors winning an engraved glass plaque and some chocolate and other biscuits. It was nice meeting up with other orienteers from the UK including several from Yorkshire, in particular Mike and Christine.

Venice was fantastic. I remained for a few days after the event and made trips to Murano Island (where the glass is made), a visit into and on top of the Basilica di S. Marco, a tour round the Palazzo Ducale (which included going over the “Ponte dei Sospiri” (Bridge of Sighs)), and of course shopping and wandering round the many alleyways. I definitely plan to go back.

My last trip for 2006 will be to the Hong Kong Championships and Asia Pacific Championships – both in Hong Kong over Christmas and New Year. Unfortunately, therefore, I won't be at the HALO Christmas meal and New Years day event.

However flying home on New Years Eve, I will be able to celebrate many times as I fly over numerous time zones.

Plans for 2007 have already started!!!

Moving Forward - The Long hard Road continued (from Oct newsletter)

Where are we now? Well, first aim, to run 'comfortably' for an hour - I've moved passed the hour mark – but it's not quite 'comfortable' enough for my liking! It seems that this hernia is on the move, a very unpredictable beast! There could be a trapped nerve in there as well (sciatica?) – I can be uncomfortable anywhere from deep in the groin, up about 6 inches, round the corner into the hip, further round into the lower back then down into the buttock and even deeper to where you would rather not know the details!!

Progress is good in as much as the problem is not as bad when running, but tends to give me more problems after I stop, which is the opposite of where I was when I started running again at the beginning of September. Anyway, my NHS specialist appointment is on the 18th December, so maybe I'll know more then?

Up to 45 minutes running seems o.k. but from then on the deterioration increases slowly until after about an hour it's touch and go whether I'll hold up or not. That's my main reason for being cautious when orienteering, I can get away with Blue at District Events, but Brown can be a bit of a lottery, will I beat the hour? – if not I'm tending to play it safe.

Medium term goals – as already said, I've managed to move on to Blue, but I still need to weigh up the possibility of competing M45 long as oppose to short at Regional Events, first one pencilled in is Sherwood Pines at the end of January – so I should know around New Year if I think I can manage it, at the same time I'll need to decide about long or short for J.K. which we have decided to go to.

Night-O never got off the ground, I didn't get around to sorting myself out with a decent Head Torch – maybe next year? – maybe not, Saturday night in front of the telly is quite nice actually – something I don't ordinarily get around to doing, working evenings and all!

Planning and Controlling – well, I haven't been asked, although the Pillar Badge in '08 is quite tempting, it is our best area and will be super-fast in early March – maybe I ought to let someone else have the pleasure of planning there, after all, I hogged the area for the Harvester!

The Best Laid Plans

The running is progressing really quite well now. Weekend of 25th / 26th November – hiccup – develop a terrible sore throat overnight Friday / Saturday morning, not helped by standing in the cold / rain for an hour and a half at Longcroft School for Charlotte's Inter-School's Cross Country on the Saturday morning. Sunday we had planned to go to Bestwood, for the NOC District Event, but I really did not feel up to it! Monday developed the cold into a series of violent coughing fits, leading to a sore chest and back during Tuesday coupled with runny nose syndrome! At least I had a little appetite back by then, maybe this thing might clear sooner than anticipated? Tuesday night was sneezy night then Wednesday the cold seemed to have blown itself out – but my lower back was now causing a lot of trouble shooting pains down into my legs. I lived on paracetamol for the best part of 4 days before it eased, helped with liberal doses of deep heat in the affected area. By the weekend all seemed well again (well, compared to the previous 7 days anyway!).

Here We Go Again

Better not be too ambitious – Saturday, cross-country early afternoon, battling against the hordes coming the opposite way on Rudolph's Romp - a LDWA event which attracts numerous runners as well as walkers.

The Plan

Well, M45 Long is looking very realistic now – even for the J.K. There's almost a straight run of events every weekend through to J.K. after Christmas, HALO Travellers take note – I'll be contacting –

Brian Ward

HALO Fixtures and Officials up to March 2008

Listed below are HALO events up to March 2008, together with the names of those members who have agreed to officiate. If you can help by volunteering to fill any of the other main posts, please contact our Fixture Secretary, Neil Harvatt (neil@neilharvatt1.orangehome.co.uk). This help will be much appreciated and will also allow some of the regular officials to fully take part in our events.

If you can't fill an official role but are able to help on the day for any event, then please contact the organiser for that event. Even if you can't help during an event, you could still contribute by volunteering to collect some of the controls in. (This is a valuable way to improve your orienteering skills, finding controls with no time pressure – you should have to pay for the privilege!!)

Neil Harvatt

DATE	VENUE	CONTROLLER	ORGANISER	PLANNER
2006 Dec 9	NIGHT - Primrose Warren	Dorothy Smith	Neil Harvatt	Mike Smith
Dec 10	DISTRICT - Primrose Warren	Dorothy Smith	Neil Harvatt	Mike Smith
2007 Feb 18	REGIONAL & 25 th ANNIV. - Scardale & Knapton		Ken Hutson	Paddy Neligan (M Cope to assist)
Apr 29	DISTRICT - Elsham Hall	Brian Slater	Pete Harris (to confirm)	M Smith (P Shew to assist)
Sep 30	DISTRICT - North Bank			
Dec 1	NIGHT - Normanby Hall (venue or date tba)			
Dec 2	DISTRICT & YBT FINAL - Normanby Hall			
2008 Mar 2	REGIONAL - Pillar Woods			

YHOA Galloppen

	Club	LSJ	Class	Hou	JK1	JK2	Gren	W.Pit	wr1	wr2	Ogd	Bur	Best	
1 Zachary	Field	EBOR	JM	M12	1200	834	874	1007	1095	1126	990	1066	942	6484
2 Jake	Field	EBOR	JM	M10	1200	500	821	1071	1084	857	835	921	995	6128
1 Alice	Leake	EBOR	JW	W16	1022	914	948	1140	1099	769	937		964	6110
2 Yasmin	Field	EBOR	JW	W6	1200			822	842	743	976	1061	771	5672
47 Amber	Harris	HALO	JW	W14				0						0
1 Steve	Whitehead	EBOR	ML	M55	1007	934	924	956	984			970	961	5812
7 Dean	Field	EBOR	ML	M40	997	651	696	693	945	689	846	741	745	4970
9 Neil	Harvatt	HALO	ML	M50	830	728	655	762	750	770	635	789	718	4629
37 Mark	Tyszka	HALO	ML	M65	840	557	669					651	598	3315
52 Patrick	O'Grady	SYO	ML	M70	627	515			708	546	500			2896
74 Steve	Marin	HALO	ML	M45	795	699		627						2121
76 John	Fulwood	HALO	ML	M55		681	680		683					2044
88 Peter	Harris	HALO	ML	M45	714		500	611						1825
89 Brian	Slater	HALO	ML	M55		606	600			616				1822
90 Paddy	Neligan	HALO	ML	M55		628	562	615						1805
98 John	Chaney	HALO	ML	M65	585		603				500			1688
126 Mike	Cope	HALO	ML	M55						626	595			1221
143 Martin	Smith	HALO	ML	M21	1000									1000
160 Rod	Williams	HALO	ML	M55	718									718
169 David	Siddle	HALO	ML	M50			657							657
189 Phil	Gray	HALO	ML	M45								500		500
1 Graham	Lloyd	EPOC	MS	M40		944	982	882		912	926	978	921	5663
6 John	Butler	HALO	MS	M60	1042	705	647		941	740	934	870	736	5263
25 Michael	Smith	HALO	MS	M60						997	971	931		2899
42 Andrew	Houlden	HALO	MS	M35	724	603	604							1931
48 Peter	Kulich	HALO	MS	M65						821	848			1669
49 Max	Guscott	HALO	MS	M21	917			749						1666
77 Luke	Allan-Smith	HALO	MS	M21	521		500							1021
78 Nick	Allan-Smith	HALO	MS	M50	500		500							1000
85 Martin	Smith	HALO	MS	M21							845			845
89 Matt	Richards	HALO	MS	M21									705	705
91 Kenneth	Hutson	HALO	MS	M55	672									672
96 Alan	Robinson	HALO	MS	M55	603								0	603
1 Ruth	Ker	AIRE	WL	W35		921	909	959	971	992	829			5581
6 Fiona	Forrest	HALO	WL	W21	772	713	721	819	916	817	761		695	4806
18 Mary	Carrick	HALO	WL	W55	637	500	555		663	528	513		500	3396
1 Janet	Leake	EBOR	WS	W45	979	986	0	703	843	649	833		724	5068
12 Rosie	Field	EBOR	WS	W40	681			759	772	616	517			3345
44 Dorothy	Smith	HALO	WS	W55						689	672			1361
51 Emma	Fulwood	HALO	WS	W21		577	582							1159
66 Helen	Smith	HALO	WS	W21									678	678
72 Isoldt	Harris	HALO	WS	W45				500						500

YHOA GALLOPEN 2006

Points from all the counting events are now calculated. The best 6 results determine the final points scores. It is a pity that there were fewer counting events than was planned so that more competitors could not get 6 counting results. Nearly 600 competitors are listed with points though a few of these are doubled up as some competed in the ML and MS or the WL and WS classes at different events.

Congratulations to all those in the top positions. Trophies etc. will be organised in due course.

Zachary and Jake Field were well ahead in the JM class with Joshua Cooper coming third. Alice Leake was a long way ahead in the JW class with Yasmin Field and Charlotte Myers coming second and third. Steve Whitehead was well ahead of the field in the ML class but it was a bit closer between Richard Payne and Barrie Speake for second and third. Andrew Thorpe was in fourth place only one point behind Barrie. The top of the MS class was the closest with only 45 points separating Graham Lloyd, Tony Udris and Dennis Hooton. Ruth Ker was out in front in the WL class but only one point separated Celia Wells and Karen Clark for second and third places. There was similar closeness in the WS class with Janet Leake out in front and the Margaret Parker and Amanda Crawshaw close for second and third places.

Any queries to mike.cope@ukgateway.net

Mike Cope

HALO League Fixtures

The following fixtures have been identified so far:

October 7th	Beverley	HALO	
November 12th	Dalby	EBOR	
November 26th	Nutwith & Roamer	CLARO	Double Header
December 10th	Primrose Warren	HALO	
December 17th	Walesby	NOC	Double Header
December 30th	Strensall	EBOR	
January 7th	Calverley Woods	AIRE	
January 21st	Bishop's Wood	EBOR	
February 11th	Bradfield moor & Strines	SYO	
April 29th	Elsham	HALO	

HALO League - after 4 Events

HALO LEAGUE		Beverley	Dalby	Nut & Room A1	Primrose	Walesby A1	Total
dean field	M40	131	110	101	113		455
joe field	M10	98	103	103	97		401
yasmin field	W10	92	104	104	97		397
rosie field	W40	90	92	100	87		369
zac field	M12	124	122	120			366
neil harvatt	M50	132	109		112		353
brian ward	M40	120	110		117		347
jake field	M10	105	104	96			305
pete harris	M45	103	89		101		293
pete kullich	M65	125			111		236
mark tyszka	M65	117			102		219
paddy neligan	M55	115			99		214
mike smith	M60	109	105				214
mary carrick	W55	111		98			209
john fulwood	M55	109			95		204
martin smith	M21		102		98		200
brian slater	M55	106			92		198
john butler	M60			96	100		196
helen smith	W21	93			102		195
pat o'grady	M70	105			87		192
mike cope	M55			91	100		191
dinah tyszka	W65	89			85		174
matt richards	M21			79	90		169
amber harris	W14		85		83		168
ken hutson	M50			81	82		163
tracey blackburn	W21	86			59		145
malcolm humphrey	M55	71			66		137
isoldt harris	W45		74		57		131
fiona forest	W21	129					129
dave siddle	M50	117					117
john chaney	M65	111					111
charlotte ward	W14		105				105
dorothy smith	W55	104					104
helena crutchley	W40				100		100
hannah siddle	W10	97					97
fran humphrey	W55	96					96
tom crowston	M75				94		94
nick allan-smith	M50	93					93
luke allan-smith	M21	88					88
ann o'grady	W70				88		88
phil gray	M45	79					79
christine cope	W60			77			77
alan robinson	M55				71		71
geoff smith	M50				63		63
richard soulby	M35				55		55

District Events continued

JAN

- 27th YH SYO Local Night Event. Ecclesall Woods, Sheffield. [SK328836](#).
- C5N Colin Best, 0114 230 2621. colinallanb@yahoo.co.uk £7.00/£1.00 Discount of £2 to British Orienteering senior members. EPS-SI. Parking £1.00. Dogs on leads. www.southyorkshireorienteers.org.uk
- 28th YH CLARO District Event. Swinsty and Beecroft, Harrogate.
- C4 Mike Higlett, 01423 561069. m.higlett@iee.org Fees TBA. www.claro-orienteering.org

FEB

- 11th YH SYO District Event. Bradfield Moor and Strines Woods, Sheffield.
- C4 Lucy Wiegand. lucywiegand@onetel.com £6.00/£1.00 Discount of £2 to British Orienteering seniors. www.southyorkshireorienteers.org.uk
HALO League
- 17th YH AIRE Night Event. Hirst Wood, Shipley.
- C4N Katherine Hill, 0113 267 1858. £6.50/£2.00 £2 discount for BO (adults) www.aire.org.uk
- 25th YH EBOR District Event. White Horse, Thirsk.
- C4 Ann Smith, 01347 821220. £6.50/£2.50 £2 discount to Adult BO Members. www.eborienteers.org.uk

YHOA Night League 2006/7

Event 3	13 Jan 07	SYO	Wombwell, Rotherham
Event 4	20 Jan 07	EBOR	Brayton Barff, Selby
Event 5	03 Feb 07	EPOC	Haw Park
Event 6	17 Feb 07	AIRE	Hirst Wood, Shipley

Prize giving at Hirst Wood after the event, in the Rowing Club.

For Info: British Night Champs 10 Feb 07, Norfolk

Info courtesy of Steve Corrigan

FIXTURES

District Events

Please check with the Organiser / Club website for all details.

DEC

- 17th EM NOC District Event. Walesby, Nottingham.
C4 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
www.noc-uk.org **HALO League**
- 24th YH EPOC District Event. Storthes Hall, Huddersfield.
C4 Alistair Tinto, 01484 691709. alistair.tinto@bdct.nhs.uk £4.00/£1.50
www.eastpennineoc.org.uk
- 30th YH EBOR District Event. Strensall Common, York.
C4 Peter & Dawn Watson, 01759 388269. peterwatson_bc@btinternet.com
www.eborienteers.org.uk **HALO League**

JAN 2007

- 7th YH AIRE District Event. Calverley Wood, N Bradford.
C4 David Alcock, 0113 2263214. alcock_david@hotmail.com
www.aire.org.uk **HALO League**
- 13th- EM Lincolnshire Bomber Weekend
14th R5 13th - Lincolnshire Bomber Relay Event. RAF Cranwell, Cranwell.
C4 14th - Lincolnshire Bomber - Long O & Park Race. Castle Square, Lincoln.
Steve Bones, 01522 541449. eventinfo@logonline.org.uk
www.lincsbomber.logonline.org.uk
- 14th YH SYO District Event. Wombwell Woods, Barnsley.
C4 Lesley Ward, 0114 220 9553. martinandlesley@blueyonder.co.uk
£4.00/£1.00 Discount of £2 to British Orienteering seniors
www.southyorkshireorienteers.org.uk * Check fees **HALO League**
- 20th YH EBOR Night League Event. Brayton Barff, Selby.
C4N John and Maggie Archer, 01904 422803. Fees TBA.
- 21st YH EBOR District Event. Bishop Wood, Selby. **HALO League**
C4 John and Maggie Archer, 01904 422803. Fees TBA.

National & Regional Events:

- Jan 28th EM **NOC Robin Hood Trophy Regional Event.** Sherwood Pines, Mansfield.
- C3 Organiser: Janet Evans, 01636 813058.
janet@janetandnick7.freemove.co.uk
Entries: Joy Cholerton 01773 715234. CD: 21/1/06. Fees £10.00/£3.50 BOF Discount applies. Enter via internet at www.noc-uk.org
- Feb 4th EA **Thetford Thrash Regional Event**
C3 **4th - Thetford Thrash Regional event - Day 2.** Croxton Heath and The Devil's Punchbowl, Thetford.
Organiser: Steve Hinshelwood, 01223 844541.
steve.hinshelwood@ntlworld.com
Entries: Caroline Louth 01223 246145.
TT2007@waoc.org.uk CD: 21/01/07. Fees Senior £9.50.
First Junior in family £3, further juniors in same family free.
Senior fees discounted by £2 for BOF members. Internet entry via website - CD: 28/01/07. www.waoc.org.uk
- Feb 10th EA **NOR British Night Championships.** Sheringham Park & Weybourne Forest, Sheringham.
- C2N Organiser: Alan W Bedder, 01603 424589.
alan.bedder@virgin.net
Entries: Pam Jermy, 01603 482773 (7:00 pm - 9:00 pm only). pamjmy@hotmail.co.uk CD: 31/01/07. £7.50/£3.50.
www.norfolkoc.co.uk
- Feb 18th YH **HALO 25th Anniversary Regional Event.** Scardale and Knapton, Malton,
- C3 Organiser and entries: Kenneth Hutson, 01482 632 529.
ken.hutson@gmail.com CD: 12/02/07. £9.00/£3.00.
www.halo-orienteeing.org.uk
- Mar 4th YH **EPOC Regional Event.** Marsden Moor, Huddersfield.
- C3 Organiser: Bob Page, 01484 316170.
robert.page73@ntlworld.com
Entries: Martyn Hodgson, 01484 846889. CD: 18/02/07.
£7.00/£2.00, Family £17. Internet entry via website by 21/02/07. Late entries available on-line only.
www.eastpennineoc.org.uk/