

HALO NEWS

The Newsletter of Humberside & Lincolnshire Orienteers

www.halo-orienteeing.org.uk

February 2007



In this issue:

P3: From the Chair

P4: New HALO "O" Kit

P4: Routegadget

P6: New Year's Day Relay

P8: Compass Sport Trophy

P9: Poacher 2007

P13: Cleveland Way Relay

P14: HALO League Points

P16: Cleveland Way Relay cont'd

P18: Lincolnshire Bomber Weekend

P20: Event Reports

P25: HALO League Fixtures

P26: HALO Fixtures & officials

P27: District Events

P28: National / Regional Events

HALO Committee 2006 - 2007

Chairman: Ken Hutson
Address: 12, Turners Lane
North Ferriby HU14 3DF
Tel: 01482 632529
Email: ken@kjsa.karoo.co.uk

Treasurer: Brian Ward
Address: 12, Southcote Close
South Cave HU15 2BQ
Tel: 01430 421343
Email: brian.ward62@btinternet.com

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

Social: Ingrid Slater
Address: 32, Scrivelsby Court
Cleethorpes DN35 0HJ
Tel: 01472 509247
Email: bslaterclee@yahoo.com

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

Map Archive: (non-committee)

Brian Slater
Address: 32, Scrivelsby Court
Cleethorpes DN35 0HJ
Tel: 01472 509247
Email: bslaterclee@yahoo.com

Secretary: Dorothy Smith
Address: 111a, Westgate,
Belton
Doncaster DN9 1PY
Tel: 01427 872762
Email: dottysmith@hotmail.com
Membership: Mike Smith
Address: 111a, Westgate
Belton
Doncaster DN9 1PY
Tel: 01427 872 762
Email: mikegsmith44@supanet.com

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

Committee: Mike Cope
Address: 18, Burniston Road
Hull HU5 4JY
Tel: 01482 870312
Email: mike.cope@ukgateway.net

Committee: Mary Carrick
Address: 13, Glebe Road
Wawne
Hull HU7 5XR
Tel: 01482 821249
Email: m.e.carrick@hist.hull.ac.uk

From the Chair

Whose sport is it anyway?

Over the last couple of years the promotion of our sport into the wider community has become a high priority for our National Governing Body as well as a number of regions and clubs around the country. Locally, we have embraced this initiative and Mike and Dorothy Smith and Mike Cope have been working with local schools by offering mapping facilities, coaching and orienteering opportunities with the help of Colin Best, our BO Regional Development Co-ordinator.

The Physical Education School Sport Club Links (PESSCL) strategy has provided Local Authorities with funding to create Partnership Development Managers (PDM) and School Sport Co-ordinators who work together with clusters of schools to promote participation in a range of different sports, usually centred around Specialist Sports Colleges. In a previous article, I have talked about the Humber Sports Partnership and its role in increasing participation in sport in the Humber area (East Riding, Hull, N. Lincs and NE Lincs) as part of the Sport England agenda. They provide strategic co-ordination, for example by working with PDM's from all the Authorities in the area.

Last Friday, Mike Cope and I attended a meeting with the East Riding PDM's, a Humber Sports partnership representative and Colin Best to discuss the development of orienteering in their schools and promoting links with HALO. Schools use the National School Competition Framework for Orienteering (see BO website for details), to inform the development of orienteering for their young people, which of course is closely linked to the BO coaching programme. The role of HALO in this development is crucial and we will need to respond to their needs if they are to stand any chance of success. At our next committee meeting we will be discussing some important issues which will impact on what we do and how we do it.

Our main reason for involvement at the school level was to increase participation (and membership) in orienteering. We always knew it would be a difficult task and so it has proved to be. We can get youngsters involved in orienteering at school and provide them with local events. However, there comes a point where they have to make the transition to a District Event in a technical area, which will rarely be on their doorstep. That will require commitment from parents as well as the young people.

Are we tackling our membership problem from the wrong direction? Should we be concentrating on encouraging parents first who then bring their children? I don't claim to have any detailed knowledge of the socio-economic aspects of sport, but I do observe that events tend to be significantly populated (but not entirely) by white middle class professionals and their offspring. Orienteering is a relatively new sport and will probably never gain the mass interest that fishing, football and rugby have, but does it have an image which might deter groups from taking part? It is interesting to see what, if anything, other clubs are doing to promote our sport and their club. There doesn't appear to be a magic formula and clubs need to develop policies that suit their needs and resources. We will continue our work with schools to get orienteering established on the school PE curriculum and support them where we can. We are always willing to look at additional ideas to increase participation as the club and its membership ages. If you feel you can contribute, in any way to this, we would love to hear from you

Ken Hutson

New HALO 'O' kit

The New HALO "O" Kit has been ordered from Trimtex.

10 Conventional Short Sleeved V necked "O" Tops

15 Short sleeved Extreme "O" Tops

Delivery should be around 20th March

All should have the "HALO 25" Logo so will be a collector's edition in this our 25th Anniversary year!

RouteGadget

At the last HALO Committee meeting it was agreed that HALO should proceed with the purchase & installation of RouteGadget on the HALO website.

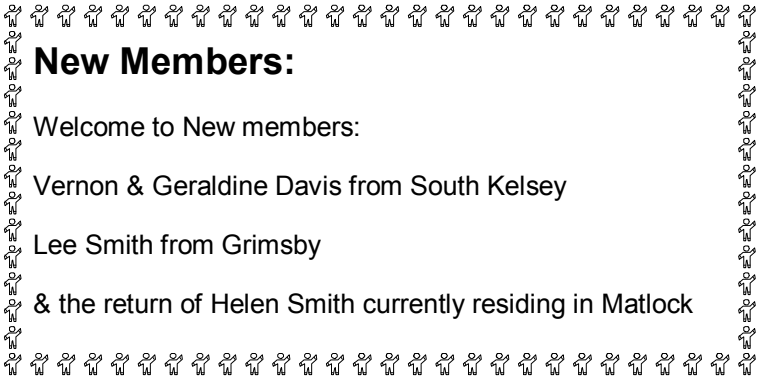
RouteGadget is a system for drawing and comparing routes taken in an Orienteering competition.

The idea is that the map and course will be shown and competitors can plot the routes they took in an Orienteering race. Attached to this are the splits from the SI data, so routes and time taken can be compared.

Anyone can view the site and look at the routes. Up to 10 on any one course can be displayed at any one time. The really clever (or the bit that appeals to me the most) is that you can replay the race with coloured squares for each individual having a mass start. They then follow their own routes in line with the actual splits taken.

The benefits are that you can compare your route choice and times with others. Planners can also get good feedback by seeing routes actually taken which may be different to those visualised. A coach can use the system to look at how performance can be improved at all levels.

At the time of writing, Pete Shew is manfully trying to get the system up and running, but is experiencing a number of glitches. Hopefully by the time you receive this Newsletter it will be in place.



New Members:

Welcome to New members:

Vernon & Geraldine Davis from South Kelsey

Lee Smith from Grimsby

& the return of Helen Smith currently residing in Matlock

Editorial

I would like to thank all those who have contributed to this Edition. My hard drive packed up at Christmas, so I lost the info saved from December's Newsletter. That will teach me not make a back-up. I think I have had all the outstanding content resent, but apologies to anyone who might have sent me an article that has now disappeared. There are no photos this time. It would be great if you could email any you that you feel will add to the newsletter. I will do my best to include them.

A reminder that HALO NEWS is On-line at www.halo-orienteing.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!!!!

A reminder !!!!!!!

If you have not renewed your membership for 2007, then this will be your last newsletter.

On the next page you will find Paddy's report on the New Year's Day Relay. On behalf of all those who took part, may I thank Paddy for the enjoyable courses, and Paddy & Chris for the excellent hospitality and food.

John Fulwood

HALO New Year Relays, Copmanthorpe

Sunday 1 January 2007

Not just North of the Humber, but outside HALO's area at Copmanthorpe near York, we still had a splendid turnout of 24 runners, with 14 making the long trek from South of the river. The weather was kind; although cool and windy, the rain held off, and there was even a bit of sunshine.

The format was a 3-person relay, but with runners out concurrently to compress the overall time. Each team ran a long, medium and short leg. Teams were ad hoc, with some family combinations and some family splits. You can judge for yourself from the result which was most effective.

The map was a line drawing of the streets and paths around the village of Copmanthorpe, which is very flat. The development of the village has included a lot of building around cul-de-sacs, which confused quite a few runners who found themselves trying to run through the houses at the end of a cul-de-sac. The controls were playing cards, and visiting a control was proved by recording the suit. It's amazing how many people don't know the difference between clubs and spades.

Courses	Short	3.2K	9 controls
	Medium	4.9K	11 controls
	Long	6.3K	13 controls

Distances measured by shortest feasible route, not as crow flies.

Congratulations to the winning team consisting of the youngest competitor, a wily old fox running the medium leg, and the club chairman, especially to Ken for a very creditable time on the long leg. The prize, as always, is the honour of organising next year's event.

Competition was fierce for some of the minor placings; note the overall times of the third and fourth teams, and fourth and fifth places on the long leg – into the wind along the A64, as well. Only seconds in it.

A special word for Amber Harris, who lost her control card, but enterprisingly copied down the remaining controls from another competitor, and when she found them recorded the suit on her map. I'm not sure which O'Grady deserves the greater accolade. Ann, who kept going despite setbacks, to find all the controls on the short course in a time only slightly longer than Pat took for the long course, or Pat himself, who gamely ran the long course when younger men opted for the medium.

The running was followed by a social gathering in Chris and Paddy Neligan's "Apple Store". Club members did what they do best: eat, drink and chat. Many thanks to Lynda who, in addition to providing an excellent trifle, took control of the washing up.

An excellent start to 2007. We await with interest news of the venue and format for 2008. We expect great things of you, Yasmin.

Paddy Neligan

Mapper, planner, controller, organiser, car parking attendant, lost property guardian.

Results

Position	Runner	Age group	Leg length	H'cap (mins)	Time	Adjusted team time
1	Yasmin FIELD (+1)	W7	S	2	20.49 (1)	
	Mike SMITH	M60	M	4	27.45 (1)	
	Ken HUTSON	M55	L	6	44.50 (4)	
					93.24	105.24
2	Christine COPE	W60	S	1	30.12 (2)	
	Rosie FIELD	W40	M	4	41.00 (6)	
	Mike COPE	M60	L	6	42.38 (3)	
					113.50	124.50
3	Mgt FULWOOD	W55	S	2	34.18 (5)	
	Mary CARRICK	W55	M	2	47.38 (7)	
	John FULWOOD	M55	L	6	44.57 (5)	
					126.53	138.53
4	Eleanor HUMPHREY	W20	S	4	30.54 (3)	
	Malcolm HUMPHREY	M60	M	2	40.02 (4)	
	Brian SLATER	M60	L	4	55.58 (7)	
					126.54	138.54
5	Fran HUMPHREY	W55	S	1	33.38 (4)	
	John BUTLER	M60	M	4	35.47 (3)	
	Pat O'GRADY	M70	L	0	65.10 (8)	
					134.35	139.35
6	Amber HARRIS	W14	S	2	45.06 (6)	
	Dorothy SMITH	W55	M	2	40.52 (5)	
	Pete HARRIS	M45	L	10	48.15 (6)	
					134.13	148.13
7	Ann O'GRADY	W70	S	0	76.13 (7)	
	Isoldt HARRIS	W45	M	4	55.12 (8)	
	Neil HARVATT	M50	L	10	35.35 (1)	
					167.00	181.00
Also ran	Jake FIELD	M10	S	2	43.54 (D) Missed 8,9	
	Zac FIELD	M12	M	3	29.22 (2)	
	Dean FIELD	M40	L	10	37.13 (2)	
					Disq	(125.29)

The lost property includes

Dorothy Smith's yellow top. We only know it's Dorothy's because she read Mike's e-mails while he was away; left to him, it would have remained unclaimed.

A Helly Hansen top, blue with white flashes down the arms; the older "jersey" type of material.

A tee-shirt, white with long black sleeves, issued for the 25th Askern 10 mile race.

2007 Compass Sport Cup/Trophy

As advertised previously: **First Round 18th March:**

Venue: SYO : Greno Woods Sheffield:

This is far from the planned venue: The draw was for HALO to compete against LOG & SUFFOC at Stapleford Woods. I quite fancied that as a competition, as we have beaten both those clubs in the Compass Sport Trophy in recent years.

Disaster then struck. The storms at the end of January caused a large number of trees to come down or be considered dangerous, so Stapleford Woods venue was abandoned. The alternate venue of Tankersley at Sheffield had previously been changed to Greno.

The outcome is that HALO are competing against CLARO; NN; SELOC & LOG which is a much more difficult proposition.

Please let me know if you can run for HALO

The courses are as follows:

1)	Brown : Men	Open	Large
2)	Blue :Women	Open	Small
3)	Blue : Men	M45+ M20-	Large
4)	Green :Women	W45+ W20-	Small
5)	Green :Men	M60+	Small
6)	Short Green: Vets	M75+ W60+	Small
7)	Light Green: Juniors	M/W 18-	Small
8)	Orange : Juniors	M/W 14-	Small

We can field as many competitors as we like. There are 13 to count which is made up from a max. of 3 on each of the large courses & 2 on each of the small courses. All competitors score points, so even if you do not count as a scorer it is possible to help the club by pushing another club's runner down the field.

HALO will pay the Entry fees. So please let me know if you can run. Entry is only through the club. I will issue Final Details to those entered as soon as they become available.

John Fulwood: 01507 466314 : johnfulwood@supanet.com

HALO LINCOLNSHIRE POACHER TROPHY 2007

10th ANNIVERSARY

A series of 11 summer events on consecutive Wednesday evenings open to all (Non Halo members welcome)

2 courses: Long 4-5.5 km. Short 2-3 km.

Start Times: 6.00-7.15 pm. 60 pence

Pre-Marked Bagged Maps

Series co-ordinator: Pete Kullich 01652 628358

pete@pkulich.plus.com

Best 7 of 11 events count towards the overall winners of the Poacher Trophies. Winners of both long and short courses receive 50 points. This decreases to 1 point for 50th place.

Long Course Trophies: Champion(Lincolnshire Poacher Trophy)

Masters(M40+) SuperVet(M55+)

Short Course Trophies: Champion

Lady(W21+) Junior(M/W20-)

1. Wed 11 April Cottagers Dale Wood Gt. Limber TA 119099

Mixed woodland, part of the Earl of Yarborough's estate. From the New Inn, Gt. Limber, travel NW towards the airport on the A18 for 1.25mils. Turn left along narrow tarmac road. Please start early as daylight is limited.

Planner: Pete Kullich Post-race analysis: New Inn, Gt. Limber

2. Wed 18 April Mausoleum Woods Gt Limber TA 133087

Mixed woodland, part of the Earl of Yarborough's estate. From the New Inn, Gt. Limber, travel east for 100m. on the A18, turn left into a small grass car park. Overflow parking is at the New Inn. Please start early as daylight is still limited.

Planner: Brian Slater Post-race analysis: New Inn, Gt. Limber

3. Wed 25 April **Willingham Woods Mkt. Rasen TF 131893**

Mixed Forest Enterprise woodland. Follow the A631 east from Mkt. Rasen. Turn left down forest track immediately before picnic layby. Park after 1km. near forestry buildings.

Planner: Liam Harrington *Post-race analysis: King's Head, Tealby*

4. Wed 2 May **Middle Rasen Woods Mkt. Rasen TF 107920**

Mixed Forest Enterprise woodland with open areas. At junction of A46 and A1103 7 mls. South of Caistor, 2 mls. North of Mkt. Rasen, turn east towards Walesby for about 600m. Park before level crossing.

Planner: Vernon Davis *Post-race analysis: Salutation Inn, Nettleton (A46)*

5. Wed 9 May **Nettleton Woods Caistor TF 081998**

Mixed woodland with open and semi-open areas. From the A46 in Nettleton take the B1205 west towards Moortown for about 2mls. 200m. before the level crossing turn left into Watermill Farm Leisure Park. Follow track to end; park left of lake.

Planner: Pete Harris *Post-race analysis: Queen's Head, N.Kelsey Moor*

6. Wed 16 May **Otby Lincolnshire Wolds TF 131929**

Rough well contoured grassland. Parking near Mill Farm, Walesby. At junction of A46/A1103 7mls. South of Caistor, 2mls. North of Mkt. Rasen, turn east to Walesby for 2mls. On outskirts of village turn left down track.

Planner: John Fulwood *Post-race analysis: King's Head, Tealby*

7. Wed 23 May **Primrose Warren, Brigg SE 950065**

Mixed woodland with sandy open areas. From Junction 4 of the M180 travel north towards the A18 roundabout for 100m. only. Turn left through gated entrance into wood, follow track for 1 km.

Planner: Andy Houlden *Post-race analysis: Arties Mill A18 before Brigg*

8. Wed 30 May **Normanby Park, Scunthorpe SE 894158**

Rough open woodland and parkland. Take the B1430 for 2mls. from Scunthorpe to the south end of the park. 100m. after Flixborough turn off take right turn for 1ml. along Bagmoor Lane.

Planner: Neil Harvatt Post-race analysis: Farmhouse M181/A18 roundabout

9. Wed 6 June **Swallow Wold Wood, Caistor TA 157045**

Mixed woodland, part of the Earl of Yarborough's estate. From the A46 at Caistor Top, take the A1173 towards Riby for 3mls. At first crossroads turn left (N) signed Gt. Limber for 1km. Turn left along farm track to wood.

Planner: Ben Offler Post-race analysis: New Inn, Great Limber

10. Wed 13 June **Brompton Dale, Limber TA 109065**

Mixed woodland, part of the Earl of Yarborough's estate. At Grasby Bottom crossroads 2 miles NE of Grasby, 2 miles SW of Great Limber, travel SE towards Caistor for 300m., turn left [ESE] down track by side of wood for about 1km.

Planner: Mark Tyszka Post-race analysis: New Inn, Great Limber

11. Wed 20 June **Pillar Wood, Caistor TA132059**

Mixed woodland, part of the Earl of Yarborough's estate. From the crossroads 800m. east of the New Inn on the A18 at Great Limber, turn south towards Caistor. After 1.75 mls. turn left (E) down rough track to north of wood.

Planner: Malcolm Humphrey Post-series analysis: Queen's Head, N.Kelsey Moor

Trophy presentation

Website: <http://lincspoacher.org.uk>

POACHER 2007 KITE RETRIEVAL

Control collection has been an ongoing problem with the burden falling on a small number of people who also give their time by organising one of the Wednesday events. To alleviate this a rota of regular participants has been devised. If you can add to your squad by commandeering others this will quicken the task. Feel free to swap with others if you are not going to be there on your allocated evening.

1. APRIL 11 Cottager's Dale Wood Geoff Smith/Lee/Tracy
2. APRIL 18 Mausoleum The Field Family/Steve Marin
3. APRIL 25 Willingham Sean Harrington/Mel Clark/
Pickworths
4. MAY 2 Middle Rasen Peter Robinson/John Chaney /
Kim Walton
5. MAY 9 Nettleton Andy Furnell/Kaele
6. MAY 16 Otby John Bennett/Phil Longstaff
7. MAY 23 Primrose Pete Shew/Michael Robinson
8. MAY 30 Normanby Park Mike Smith/Dorothy
9. JUNE 6 Swallow Wold Paul Beresford/Ben
10. JUNE 13 Brompton Dale Mary Carrick/John Butler
11. JUNE 20 Pillar Wood Paddy Neligan/Mike Cope

Pete Kullich

Cleveland Way Relay - 24th June 2007

Introduction

The Cleveland Way Relay is a race on foot around the course of the Cleveland Way long distance footpath (For further information on the Cleveland Way see www.clevelandway.gov.uk). Normally, the event is run from Filey to Helmsley, though occasionally it has been run in reverse. The total distance is approximately 109 miles / 176km.

Teams

Teams consist of up to 16 runners, at least one of whom must be female. It is intended that teams should represent an organisation (e.g. a running club or an orienteering club), though composite teams are acceptable where it is not possible to find sufficient participants from a single organisation. Generally, competing teams tend to use from 14 to 16 runners.

Each runner must cover a distance of at least five kilometres.

Start and Finish

The event starts from Filey Landing Stage (i.e. the beach) at 5 am. Although the start may seem very early, this is important in order to ensure that everyone finishes in Helmsley before the Fish and Chip shop closes!

The finish is the cross in the market place in Helmsley. This is normally a good meeting place for all participants and supporters, as food and drink can be bought and there are several pubs nearby.

The actual time of the finish varies somewhat according to the speed of the teams, but most teams finish between 5:30pm and 6:30pm.

Necessary Experience / Ability

The event is aimed largely at running and orienteering clubs, though other clubs with a fit and active membership are welcome to participate. Typically, teams incorporate a range of abilities. The event is split into a series of legs of different lengths and difficulty, which allows a team captain (or other individual) to match their runners against suitable legs.

The event is not designed to be a test of navigational ability, though runners unfamiliar with the terrain are advised to take a map with them, as the official Cleveland Way signs are not always to be found.

Cont'd on Page 16

Halo League			Beverley	Dalby	N&R **	Primrose	Walesby **	Strensall
Zac Field	M12	Junior	124	122	120		(119)	114
Dean Field	M40	Senior	131	110	(101)	113	112	114
Brian Ward	M40	Senior	120	110		117	132	106
Yasmin Field	W10	Junior	92	104	101	97	(98)	95
Neil Harvatt	M50	Vet	132	109		112	132	106
Joe Field	M10	Junior	98	103	100	97		93
Jake Field	M10	Junior	105	104	(96)		100	83
Rosie Field	W40	Senior	90	92	100	87		
Pete Harris	M45	Senior	103	89		101	103	
Pat O'Grady	M70	Vet	105			87	103	93
Charlotte Ward	W14	Junior		105			103	95
Dinah Tyszka	W65	Vet	89			85	100	
Mike Smith	M60	Vet	109	105			108	
Ann O'Grady	W70	Vet				88	84	75
Mary Carrick	W55	Vet	111		98			95
John Fulwood	M55	Vet	109			95	117	
John Butler	M60	Vet			(96)	100	99	91
Fiona Forest	W21	Senior	129				118	
Dorothy Smith	W55	Vet	104	60			108	
Mark Tyszka	M65	Vet	120			105	107	
Ken Hutson	M50	Vet			(81)	82	83	80
Amanda Ward	W40	Senior					92	81
Tracey Blackburn	W21	Senior	86			59	81	
Helen Smith	W21	Senior	93			102	100	
Brian Slater	M55	Vet	106			92		83
Tom Crowston	M75	Vet				94		89
Amber Harris	W14	Junior		85		83		
Mike Cope	M55	Vet			91			88
Pete Kullich	M65	Vet	125			111		
Geoff Smith	M50	Vet				63	86	
Paddy Neligan	M55	Vet	115			99		
Christine Cope	W60	Vet			77			80
Martin Smith	M21	Senior		102		98		
Steve Marin	M45	Senior		107				86
Helena Crutchley	W40	Senior				100		
Matt Richards	M21	Senior			79	90		
Vernon Davis	M65	Senior						85
Phil Gray	M45	Senior	79					77
Alan Robinson	M55	Vet				71		77
Malcolm Humphrey	M55	Vet	71			66		
Geraldine Davis	W55	Senior						58
Isoldt Harris	W45	Senior		74		57		
Dave Siddle	M50	Senior	117					
John Chaney	M65	Vet	111					
Hannah Siddle	W10	Junior	97					
Fran Humphrey	W55	Vet	96					
Nick Allan-Smith	M50	Senior	93					
Jeff Slater	M21	Senior						88
Luke Allan-Smith	M21	Senior	88					
Rod Williams	M60	Senior						
Andrew Houlden	M35	Senior						69
Richard Soulby	M35	Senior				55		

Calverley	Bishop Wood	Best six	Events
103	94	677	6
86	97	677	7
86	91	676	7
98	98	593	7
		591	5
98	95	591	7
94	97	583	6
77	82	528	6
	72	468	5
74		462	5
62	94	459	5
63	77	414	5
	91	413	4
79	79	405	5
	96	400	4
	75	396	4
84		374	4
	93	340	3
	64	336	4
		332	3
	78	323	4
54	73	300	4
73		299	4
		295	3
		281	3
93		276	3
	85	253	3
70		249	3
		236	2
71		220	3
		214	2
51		208	3
		200	2
		193	2
	76	176	2
		169	2
	83	168	2
		156	2
		148	2
		137	2
	74	132	2
		131	2
		117	1
		111	1
		97	1
		96	1
		93	1
		88	1
		88	1
	86	86	1
		69	1
		55	1

Cleveland Way Relay cont'd

Mini-mass start

In order for the event to avoid continuing into the night, a mini mass start takes place at Clay Bank at 2pm. If the incoming runner for a club would not be expected to arrive before about 2:30pm, it is recommended that the next runner begins at 2pm.

Winners

The winning team is the team which takes the least aggregate time to cover the total distance of the event, in compliance with the rules of the event. The team which arrives first is not automatically the winning team, as they may have participated in the mini mass start.

Entries

Entry to the event is free and there are no prizes. All runners, helpers etc. take part at their own risk. The event is run on trust; there may be one or two marshals, there may not

The Route

Runners must follow the course of the Cleveland Way, wherever possible. There are two dog legs: Roseberry Topping and the White Horse. These must both be visited. There are no official routes through towns; runners may choose whichever route they please (applies to Scarborough, Whitby and Saltburn).

It is the responsibility of each runner to find their own way. The route is better marked in some places than in others. Markings usually consist of a "Cleveland Way" sign or an Acorn symbol. These signs may not be too hard to follow when walking, but they can be more difficult to spot when running. No special markings are used for the event.

Between Filey and Saltburn the route follows the coast i.e. the sea should always be to the runners' right hand side. In some places, however, there are several paths, only one of which is the correct (and normally shortest) one. After Saltburn the route moves away from the coast. Although the paths are generally well trodden, mistakes have been made in the past.

It is advisable to survey the route in advance. When this is not possible, it is recommended to run with a map. Although it is sometimes possible to follow other runners, they too can make mistakes, or run at a different speed!

The legs

Teams may split the event into legs of their own choosing, but experience has taught those clubs who participate regularly that there are good places to start and finish legs. The standard legs are listed below.

Not only is it usually easier to handover at these points, it is generally more sociable, as all the teams tend to congregate in the same area.

Leg	From	To	Approx Dist / km
1	Filey	Scarborough	14
2	Scarborough	Cloughton	10
3	Cloughton	Ravenscar	11
4	Ravenscar	Robin Hoods Bay	6
5	Robin Hoods Bay	Whitby	12
6	Whitby	Runswick	13
7	Runswick	Skinningrove	13
8	Skinningrove	Slapewath	13
9	Slapewath	Gribdale	12
10	Gribdale	Battersby Moor	7
11	Battersby Moor	Clay Bank	11
12	Clay Bank	Carlton Bank	8
13	Carlton Bank	Osmotherly	12
14	Osmotherly	Sneck Yate	13
15	Sneck Yate	Hambleton Inn	10
16	Hambleton Inn	Helmsley	11

It is many years since HALO put up a team for this relay. There seems to be quite a lot of enthusiasm this time, and we would like to give it a go.

Please contact me if you would like to take part so we can get a team together.

Neil Harvatt 01302 772911
Email: neil@neilharvatt1.orangehome.co.uk

Lincolnshire Bomber Weekend

Relay:

Peter Fulwood

Last years race, despite only having 10 teams enter, had an international flavour with a contingent from KOKK coming over for the weekend. This year not only did they return in numbers but the number of teams had tripled. Among the entrants were teams from LOG, NOC, AIRE, a large turn out from RAFO and a team of youngsters from PFO (who have been trained by a certain member of the HALO team on NW Junior Squad weekends!) If they were to beat us at least I could blame Sarah.

Having registered it was decided we would stick to our previous winning running order of Neil, myself and Sarah, running Medium, Long and Short respectively. The mass start was the usual stampede of people opening maps, trying to find the start triangle on their maps and head off in the right direction as quickly as possible. With the short course heading off east and the medium and long courses heading south back through the car park and on to the main campus of RAF Cranwell.

The first people to finish were the short course runners who coming in after about 15 minutes for the 2.3Km course. This was followed shortly by the first medium leg runner and then shortly after Neil handed over to myself finishing a in a very respectable time of 20:32min for the 3.5Km Medium Leg.

Having found the first control hidden behind a rootstock, right next to the car park the course lead me onto the main campus where it proceeded to zigzag eastwards then loop back onto the sports field, through the spectator control and into a small woodland for the final few controls.

The running was very fast, with control flow and navigating around the buildings being crucial to picking up extra seconds in what would be close times between the teams. With the map showing paths going through buildings, this might have looked like a quick short cut. However, the paths were actually corridors through buildings with locked doors either end!

By the time I had passed on to Sarah, no team had finished and with only the short leg left we hoped we could be on for a high place finish.

Alas, it was not to be. Only a few minutes had passed since the hand over and the NOC 1 team (consisting of 3 top M21s) finished in 53.15, shortly followed in 54.04 by a KOKK team finishing 2nd for the second year running.

In the end HALO finished 7th in 65.18, not the winning return to the Lincolnshire Bomber Weekend as hoped but a valiant effort none the less.

On the whole the event was well organised with excellent facilities. The courses were as good as they could have been on such a flat area with such prominent features that would always be easy to navigate on. With the lengths of courses as they were they were a good warm up for the following days Long-O.

Hopefully the Bomber Weekend will return in 2008 and I would encourage more people to enter. It is an enjoyable, local event which has perfect timing for burning off the excesses of the Christmas period.

Long "O" :

John Fulwood

This was my first attempt at something like a ½ Marathon distance for a few years. Having seen the standard at last year's Bomber, I decided that I shouldn't humiliate myself, so would give it a go. The prospect was of fairly open terrain, fairly fast, and little or no undergrowth. There can't be that many woods in Lincoln! So physically it was probably one of the easiest Long "O"s

The weather was perfect, a cool sunny day. The LOG/RAFO organisation was excellent.

The minibus took us from the Lawn Centre by the castle to the Start at South Common where we waited in a thoughtfully provided tent, sheltering from the wind for our start time. The presence of Swedes in their colour coordinated "O" suits was a little off-putting, but gave an International flavour.

6 Controls in the physically most demanding area of South Common were followed by a control on South Cliff, a grassy escarpment. Across some fields and a housing estate to Bracebridge Hall Fish Ponds, then a path run along the Witham Valley to Boultham Park.

A link through Boultham Moor and I realised where I was when running past Sainsbury's on Tritton Road, although the route was still heading out of town! We crossed the railway using a pedestrian crossing and turned the A3 map over to Part 2. Through the beautiful Swanholme Nature Reserve to Hartsholme Country Park. This is an area I didn't know existed with a lot of quarry type lakes with a canal. Well wooded with Birch to soften the landscape.

A track run through the fields took us to Swan Pool, a contoured area of grassed over landfill, then back up Tritton Road, past Morrisons to the University. A separate map now at 1:5000 for the Park "O". Through the University & 3D Orienteering with controls that could have been up or under flights of stairs and in passageways, then along Brayford Pool to the park outside the Usher Gallery. By this time a number of competitors had started to cramp up, and I was overtaking one or two. Up steep hill (overtaken by a Swede still running!) through the castle and back to the Lawn Centre.

The miles seemed to flow past, with concentration being on the navigation. Technically it was easy Orienteering. Mistakes could be made, so care was needed but it was very enjoyable running. The waterproof maps were excellent. Lots of variety of terrain and

City Race :

Dorothy Smith

I had been really looking forward to this event having always enjoyed the York City races and with my hip seeming to be able to cope as well as it ever did. It's the brain which lets me down more often and this race was no exception.

The first control was no problem even with Mike running next to me telling me to slow down! No. 2 though, still in the college grounds, had me going in circles. I thought it couldn't be a problem in an intricate garden area and near what looked like a pond and the description [canopy] fairly obvious - however I had run through the garden and never saw the pond never mind the canopy. I retraced my steps and spotted the control behind a post. I had been within 3m of it minutes earlier.

Cont'd on Page 20

City Race cont'd

Reaching 3 & 4 I had to look behind a wall each time to find the control but that was sensible in such public places. Then a long leg to 5, couldn't make my mind up which way to go and got tempted to go round by the Minster [doing the tourist bit!] not quite taking on board that there might not be a way to cross the 'uncrossable walls' – everyone else in there finding their controls but not me. So back out [past a grinning Planner] and a long road run [well long for me] and the control was so easy to reach. I did look at the ivy clad wall and thought about climbing down but

The next 4 controls were uneventful and I even managed to outrun some students!! Looking at No 10 I couldn't be sure exactly where it might be and the description had no helpful information like which side of the wall it was on. Not wanting to get caught out again I took the longest route [an extra 550m] only to find that it was not necessary – the control was outside the wall this time.

I was not now enjoying the event as much as I had hoped however I persevered and managed a reasonable time all things considered. I was even given a medal for finishing 3rd - yet another undeserved trophy for me this year.

I ought to give it to Linda Kelly though. She was faster and had the same concerns over the possible location of No 10. Being so relieved to actually find it she just looked at her map and continued to 11 forgetting to punch!

Primrose Warren, HALO District event, 10th December Brian Ward

It's not just me. The general consensus was that Primrose improves every year.

A light wind, but with a fair chill to it, greeted competitors to the annual HALO festive district event. A reasonable trek to the start soon warmed you up, or tired you out, as the case may be! From there the technical courses were sent straight into the woods with little choice of opting for the soft track option.

In general the planning was such that direct running was rewarded with the best route. Longer track runs around the forest blocks were not encouraged as we criss-crossed through the terrain. Only the top right hand corner of the area still has that nasty Lincolnshire brambly undergrowth, but even that seems to be in recession. With a bit of effort straight-lining here was also possible.

My only negative thoughts on the planning, voiced with both controller and planner, was the sending of us "Brownies" down into the far left hand corner of the area (the area of woodland to the west of the main road) twice in quick succession. The second small gripe was the fact that we were denied any technical challenge on the complex slope on the western side of the road crossing. Mr. Smith (planner) informed me that unfortunately all the kites he placed on that grade A piece of terrain stuck out like a sore thumb! Apparently (good point) someone suggested mini-kites for Blue and Brown to get around the problem, hind-sight, a wonderful thing!

So, with only two very minor negatives, this event gets a big thumbs-up. For an area that we use frequently, Mike and Dorothy came up with imaginative planning and I didn't think anywhere "Now, I remember doing that leg before." The planning was such that familiar areas were approached from new angles almost giving you the feeling that you were running on a new area.

Walesby Forest, NOC District event, 17th December Brian Ward

Another winner! A mix of runnable woodland with large areas of open provided fast Orienteering. Courses were planned accordingly, on the longer side of BO (British Orienteering – does anyone else think they may have made a mistake with that one?!) recommendations. As with the previous week, straight line was always going to be the optimum route, and, as with Primrose, the undergrowth wasn't as bad as it could have been, visited by courses crossing into the southern block of woodland over the road that you approached assembly on.

Now we have SI, planning longer courses to get decent winning times on even small areas is possible, but I think that you need to go with the two maps, back-to-back, to make sure it doesn't get confusing for the competitor. Both Primrose and Walesby sensibly employed this tactic.

I'm not sure how most people approached the problems set by the planner, but on the Brown course, in the northern area it was mainly compass then check off features on route to make sure you don't stray from the straight line. The southern wood (over the road) required a bit more thinking, pacing along the small tracks and trying to leave them in the right place to pick off the pit controls amongst the undergrowth.

It had been a long time since I'd last been orienteering at Walesby, but I would certainly be back again without any hesitation, good planning, organisation, area and weather, might just have hit the jackpot there!

And Now For Something Completely Different!

Over the Christmas / New Year break I decided to try a couple of the North East Hill Runners Association, Winter Series races. The first was the Guisborough Woods race and the second the Captain Cooke race, held on Wednesday 27th December and New Year's Day respectively.

Guisborough Woods consisted of a 3 lap circuit within the forest, starting out on a good track leading to a soggy ride and then on to a climb too steep to run up, although underfoot conditions were favourable! After the climb we had a good flattish section on forest tracks before plunging down through the woods back to the start / finish area.

The venue for the Captain Cooke race was Great Ayton. Starting on road we climbed steadily until hitting farm tracks followed by moorland paths and then turning very steeply uphill into the woods. Once more, I can see a theme developing here, the climb was just too steep to run up, but once out of the woods and on to the moor top, with the monument in sight, the pace quickened!! Turning at the top around the monument we then dropped on a flagstone path through the woods, onto the moor and then back towards the start via field paths and a road section.

Cont'd from Page 21

The weather for both events was good, and underfoot conditions were more than acceptable for the time of year. I'm thinking of possibly doing more of the series at the end of the year, it runs from the end of September to the middle of April, so the early races would help sharpen some running form after the summer break.

Race Stats:-

Guisborough – 8.9km / 387 metres climb (5.5 miles / 1,290 feet climb)

winner 38.18, 1st Over 40 3rd in 39.19, me 16th in 42.48 (4th in category)

Captain Cooke's – 8km / 300 metres climb (5 miles / 1,000 feet climb)

winner 32.04, 1st Over 40 7th in 33.58, me 23rd in 36.23 (4th in category)

Strensall Common, EBOR District event, 30th December

Brian Ward

This is an area that I know doesn't suit me, especially at this time of year, it really is border-line if I go or not, Charlotte was the decisive factor, giving the thumbs up when both Amanda and I were in two minds! I really don't like tussocky terrain, I just can't traverse it with any aplomb at all! That's another reason I tend to avoid most of the EPOC Regional events on areas like Marsden Moor or Stoodley Pike. Anyway – wet at the best of times, Strensall surpassed itself this time around, and on more than one occasion I found myself up to my nether regions in cold water! Technically the time I lost was on one route choice leg (best part of 4 to 5 minutes) where I was just fed up of stumbling around so took an exceptionally long path run as the best alternative. Other than that, despite the lengthy time gaps between myself and those that I'm usually nip and tuck for time with, I wasn't displeased.

Another bonus for us was the revelation that Charlotte has been talent spotted by the regional junior squad. To say she only started orienteering properly on her own at the end of September, and has only been to six events (including Strensall) she is doing very well. Granted she is only running Orange, and a condition of having an invitation to a squad training day is that she starts to compete regularly (and get good results) on Light Green – but it's amazing the increase in interest it's given her, who knows, football may take a back seat (but I can't see it somehow!).

Calverley Woods, AIRE District event, 7th January

Brian Ward

It's no good – I've totally "lost it" – my super-powers of accurate navigation over difficult terrain have vanished! Well, I knew Calverley was going to be technical, having been once before and also making a complete hash of it that time around as well! I just wasn't tuned in, can't blame it on fatigue – I had two easy days running on the Friday and Saturday, can't blame it on anything other than my technical ineptitude!

Oh well, another "learning" day. Calverley is basically a block of mostly runnable woodland on a northern facing slope, but with an area of complex rock quarries and cliffs, which, like me, will really catch you out if you're on an "off" day! I wasn't map-reading at all competently, and my result reflects that with all too obvious harshness. I'm going to have to revert to the old tried and tested – run slowly, read the map and don't make any mistakes – policy. Well, there's always next week!

Wombwell Woods, SYO District event, 14th January

Brian Ward

Restoring some normality to the orienteering regime was the order of the day at Wombwell. Having been to the area on only one previous occasion I remembered it as being gently sloping and mostly runnable, I remembered correctly! As it turned out, car park, start and finish were exactly the same as the previous event – what are the chances? Some good technical challenges were set, mixing long and short legs to test your skills, or more recently in my case, lack of, skills! I guess I'm now lucky in being able to run 'Brown' as these are the sort of length and difficulty I can expect at Regional events, but for a cheaper rate and a bit closer to home, generally. This is another of those little gems of an area that you ought to make the effort to get to when they put on an event there!

Bishop Wood, EBOR District Event, 21st January

Brian Ward

A bit of a developing groin / hip / foot problem(s) meant a cautious "run" at Bishopwood, I probably over-did it and should have "run" down on Blue or Green. The worst of the horrendous undergrowth seemed to be well avoided, mixing short, technical legs in the "light green" forest with long path runs on the route-choice legs. All in all it would be difficult to plan a better Brown course on the area, unfortunately I failed to capitalise on the opportunity to hone my erstwhile O-technique being very cautious about my catalogue of injuries, weary of the fast approach first Regional Event as am M45!

Sherwood Pines, NOC Regional Event, 28th January Brian Ward

Sadly, the area gets no better with age! I remember being here as far back as 1977 or so when the entire area was mapped as runnable, hardly a speck of green to be seen – and the forest WAS just about 100% runnable, with the straight line option almost always being the quickest way across the area. Not so now! Even the white “runnable” forest needs to be approached with caution. Fortunately, the storms which threatened cancellation of the event were restricted to only a few places within the woodlands, and these were very dealt with by the Forestry Commission, and so the competition went ahead. Sherwood isn't particularly challenging on a technical level, but I still managed a whopping 7 (SEVEN) minute loss on one control about 2/3rds of the way through my course. Lack of concentration teamed up with fatigue at a crucial point in the race and I blew it! Trying to make up for lost time I started to fade fairly badly in the last 3 or 4 controls and my technique got very scrappy leading to more time loss. Lesson hopefully learned!

Haw Park Woods, EPOC District Event, 4th February Brian Ward

This is a magic little area, combined with some very good planning, produced a far more technical challenge than the previous week's Regional Event at Sherwood. At last my technique seems to be coming back together again – it's taken about six months, but I think I only have two or three small problems to be dealt with now, but, of course, these little problems can create bigger problems (see Sherwood) if not addressed! This is the first event that I have been to where RouteGadget has been provided for post-race analysis, next to the introduction of Si punching I reckon this is the next big thing – all that's needed is for someone to produce an Si dibber with built in GPS and you have the perfect tool for post-race analysis. Bring it on!!

Cannock Chase, WCh Regional Event, 11th February Brian Ward

Keeping our fingers crossed seemed to do the trick as the event went ahead as planned despite the car park still being under a full cover of snow just 48 hours earlier. The going was slow as the area had become saturated, water flowing down the more substantial paths and a lot of rides being very wet and spongy. On the day the sun shone and it was a beautiful day – visit the Walton Chasers web site for some event photo's to see what I mean! Sherbrook North is a mixture of fast and open runnable woodland (on the whole) and a steep sided and intricate heather moorland valley side.

The course I “ran” was the most technical since coming back into the fold last September, mixing short compass and pacing legs within the myriad of spurs and reentrants and long route-choice legs to get you to the more interesting parts of the terrain.

It was another successful day for 2/3rds of the Ward clan, the other 1/3rd still nursing a dodgy back! Sherbrook – highly recommended – that's why we went!!!

HALO League Fixtures

The following fixtures have been identified so far:

October 7th	Beverley	HALO	
November 12th	Dalby	EBOR	
November 26th	Nutwith & Roomer	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 Wood	EBOR	
February 11th	Bradfield Moor & Strines	SYO	
February 25th	White Horse Thirsk	EBOR	Double Header
March 3rd	Stanton Moor Matlock	DVO	Double Header
March 11th	Harlow Wood	NOC	Double header
April 15th	Bramham West Wood	AIRE	
April 22nd	Holin Head Ripon	CLARO	Double Header
April 29th	Eisham	HALO	
June 3rd	Beeley Sheffield	SYO	

The November 26th / December 17th : February 25th / March 3rd : March 11th / April 22nd Events are Alternates even though they are not on the same day.

Mike Smith

Apologies for incorrect info. In December's Newsletter. The Wombwell SYO Event was highlighted as a HALO League Event on the list of District Events. This was not the case, the League Fixture listing being correct.

District Events continued

APR

29th YH **HALO District Event.** Elsham Hall, Brigg, Scunthorpe.

C4 Neil Harvatt, 01302 772911. neil@neilharvatt1.orangehome.co.uk
www.halo-orienteing.org.uk **HALO League**

HALO Fixtures and Officials up to April 2008

Listed below are HALO events up to April 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

DATE	VENUE	CONTROLLER	ORGANISER	PLANNER
2007 Feb 18	REGIONAL & 25 th ANNIV. - Scardale & Knapton	Chris Wright (CLOK)	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 2	DISTRICT & YBT FINAL - Normanby Hall			
Dec 8	NIGHT—venue TBA			
2008 Mar 2	REGIONAL - Pillar Woods		John Fulwood (to confirm)	
Apr 20	DISTRICT			

FIXTURES

District Events

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

FEB

25th YH EBOR District Event. White Horse, Thirsk.

C4 Ann Smith, 01347 821220.
www.eborienteers.org.uk

HALO League

MAR

3rd EM DVO District Event & EM League. Stanton Moor, Birchover, Matlock.

C4 Brian Denness, 01332 553658. briandenness@naims.co.uk
www.dvo.org.uk

HALO League

11th EM NOC District Event. Harlow Woods, Mansfield.

C4 Garry Drew, 0115 8406748. garry.drew@ntlworld.com
www.noc-uk.org

HALO League

18th YH **SYO CompassSport Cup 1st Round.** Greno Woods, Sheffield.

O3 Ruth Sutherland, 01909 770 347. ruth@sutherld.freeseerve.co.uk
www.southyorkshireorienteers.org.uk

APR

15th YH AIRE District Event. Bramham West Wood, Leeds.

C4 Chris Burden, 01274 583853. chris.burden@btinternet.com
www.aire.org.uk

HALO League

22nd YH CLARO District Event. Hollin Head, Ripon.

C4 Peter Pozman, 01937 590642. peter@pozman.freeseerve.co.uk
www.claro-orienteering.org

HALO League

22nd EM NOC Local Event. Manton, Mansfield.

C5 Bob Alderson, 0115 845 0771. r.alderson1@ntlworld.com
www.noc-uk.org

National & Regional Events:

- 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.*
Internet entry via website by 21/02/07. Late entries available
on-line only. www.eastpennineoc.org.uk/
- 25th YH **AIRE Regional Event.** Baildon Moor & Shipley Glen,
Baildon. [SE138384](http://www.se138384.com).
C3 Organiser: Bruce & Helen Woodley, 01943 873562.
Entries: Alan & Margaret Parker, 10 King Alfred's Drive,
Leeds, LS6 4PS, 0113 2685764.
meparker@freenet.co.uk *CD: 12/03/07.* Online entries
preferred from 02/01/07 via website. www.aire.org.uk
- April 1st YH **EBOR Regional Event & YHOA Championships.**
C3 Organiser: Dennis Hooton, 01904 768066.
www.eborienteers.org.uk
- 14th-15th YH **Seaside Scramble Weekend**
NE
O2S **14th - EBOR British Sprint Championships & UK Cup
& FCC.** Scarborough.
Nev Myers, 01904 767677. Neville.Myers@btinternet.com
- O2 **15th - CLOK British Elite Middle Distance
Championships & UK Cup & FCC also inc Public
Races.** Mulgrave Woods, Whitby.
Organiser: Chris Wright, 01287 660767.
dichris.wright@btinternet.com
- Entries: Seaside Scramble Entries, 25 Sandringham
Close, Haxby, York, YO32 3GL, 01904 761120.
enquiries@seasidescramble.org.uk *CD: 24/03/07.*
www.seasidescramble.org.uk