HALO NEWS

The Newsletter of Humberside & Lincolnshire Orienteers

September 2011

Old News

Mike Smith being presented with his Lincolnshire Poacher Super-Vets Trophy



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HALO at the Scottish Six days

Whilst there were not the usual number of HALO members at this year's Scottish 6 Days, which was held on the west coast around Oban, there were still 18 of us. The best HALO results of the week were from 7 year old Emma Van Dam who was 1st on three days on the white course, out of between 50 and 60 competitors, and 3rd, 5th and 7th on the other days. George Van Dam and Zac Field also did well finishing 4th and 9th on their respective age courses. The overall results (best 4 out of 6 days) were-

M10A George Van Dam 4/33, Joe Field 22/33 M16A Zac Field 9/68, Jake Field 28/68 M21L Tom Chesters 49/56 (2 days only) M35S Martin Kullich 15/32 (3 days only) M45L Dean Field 26/112 M60L Paddy Neligan 88/127 M65S John Butler 18/61



John Butler ready for the off

M70L Pete Kullich 24/59 M75L Pat O'Grady 23/25 W12A Yasmin Field 13/35

Pete Kullich flying to the finish



W20L Charlotte Ward 10/21 W45S Rosie Field 30/75 W60L Mary Carrick 73/79

Martin & John -Post Race Analysis

Paul Van Dam did the light green course and finished 10/85, 11/86, 14/77, 23/83, 33/83



and 48/87, and his wife Maria finished 58/85, 62/77, 65/83, 66/87, 67/83 and 72/86 on the same course.

The traditional HALO dinner was held on the Tuesday evening at Cuan Mor in Oban where 8 members plus the 5 regulars from EBOR, SYO and LOG enjoyed a very pleasant meal, the excellent company, and of course a few drinks.

The next Scottish 6 Days is in 2013 in the Moray Firth area. If you want to go, start looking for your accommodation now!

Meanwhile at the **Swiss Orienteering Week** it was time for tea.



LOG Midsummer Madness - 11th August

Nine HALO members took part in the LOG Chase and Sprint event held at Lincoln University.

The event was won by Liam Harrington (M21) in 35:28, closely followed by HALO's Charlotte Ward (W20) in 36:47 with her father Brian (M45) in 3rd place in 42:36.

It is rumoured that Brian lost 4 minutes at a level crossing when the barriers came down to let a train through but there does not appear to be one shown on the map! The full results can be found on the LOG website www.logonline

(Brian Ward) - it's the Route Choice leg on the Chase - 1 to 2 - see below

The route which exits East through the Car Park, skirts North of the purple Out of Bounds and South of the large building next to the Railway and then over the (river) bridge before turning North to the crossing.

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(Continued from page 5)

It probably would not have been so bad had not Liam (off 2 minutes before) and Charlotte (off one minute before) both managed to get through the barrier successfully!

Gosh I was cross!! and yes - checking the GPS track it was a loss of 4 minutes

LOG City Race - 28th August

Well done Mike Smith for coming third in the D Class

One HALO member who will not need a map whilst running will be Emma Fulwood, who has been selected through her company "White Stuff" to run a leg with the Olympic torch. I suspect the GGGGGG0Psecurity will make sure she does not go astray!

Cairngorm Training Camp 2011

This years National Talent Development coaching camp took place at the Badaguish Outdoor Centre, Aviemore from the 23rd to the 30th July. The focus of this years camp was 'routines', with each day dedicated to practising a particular routine related to orienteering. Juniors from the age of 14 up to the age of 20 were present, and I was lucky enough to have been selected to attend. A long train journey on the Saturday, followed by dinner and a tour briefing set us up for the tough training week ahead...

Sunday 24th -

Thrown straight in at the deep end, the first day consisted of a long race at Battan, an area 80minutes drive from Aviemore. Battan is an area of mixed woodland with good visibility, but in most places, not at all runnable! With a distance of 5.1km and 210m climb for the girls. the expected winning time of 45 minutes seemed unlikely given the terrain - most, including myself, found it very difficult as a starter to the week. After a



very poor run it was hard to put the day behind me, but with a weeks training ahead, it was more than necessary!

Monday 25th –

Achlean forest, the RACAC routine. Thinking about 'Route Attackpoint Compass Attackpoint Control' was supposed to be the focus of the day, though I, along with others, found the acronym a little too difficult to use, so decided it best to rehearse our usual control routines. The forest was mainly heather underfoot, with reasonable visibility. There were several



exercises available to have a go at, and during the day I chose three courses which all helped me to practise accurate compass bearings and reading complex contour detail. I managed to learn quite a bit from this day, and particularly enjoyed the more relaxed format!

Tuesday 26th -

Dallashyle Forest, the area used for the 1999 WOC Short Race where Yvette Hague took Gold, was our training base for a day focused on 'extending the control', and 'control flow'. The course shown right was a challenging control pick exercise, where it was vital to stay in contact with the map and use



compass at all times. The forest was challenging to run through, tiring my legs out very quickly! A completely new experience but a great day of training and learning about more varied types of terrain and map detail.

Wednesday 27th -



Anagach Forest, a very runnable and lovely area! Distractions and 'first control routine' were involved in the exercises on the very hot Wednesday morning, my favourite of those exercises being the 'train's distraction' shown left. In groups of 5-6 we completed the set of mini courses, each setting off at minute intervals at every start, aiming to catch the others in front/stay away from those behind! Coaches were dotted around the area with the purpose of distracting our running, and Paul M (LOG) managed to successfully draw me off line on the way to control 3. I also completed a relocations course and went head to head with friends at some 'first controls'. The morning was a brilliant few hours of training, but I was more excited for the afternoon back at the Badaguish centre, where we were to complete an afternoon of 'physical training.

Before the week, each athlete was required to have sent in a recent 5km or 3km time-trial time, and for those interested, I have PB's of 19:48 and 11:23 for each distance. This data was used to calculate training paces which we used as a guide to planning and carrying out our own intervals session, around a 400m loop. In small groups we planned our own training, lasting between 50-60minutes, including warm up and cool down. Due to the very hot weather and concerned coaches, we didn't manage to complete all we had planned, though we did complete 4 x 400m reps and 3 x 300m reps. Surprisingly, my tired legs from the previous days felt much better after the hard running, and I wanted to continue the efforts!

Thursday 28th –

Culbin, formally a disliked area, but now my favourite orienteering terrain! Due to the nature of the forest, I chose to think about contour interpretation for the day and completed three courses of different types. The first I completed consisted of a line section, a control pick part and finally 4 legs through the light green (right). This was done without the use of a compass, hence emphasising the



need to be able to read and interpret complex contours. Although a challenge, the course was brilliant at making you stay focused, and I recommend trying orienteering without a compass sometime!



One of the other courses I did was about speed control, knowing when to run hard, and knowing those times when careful compass and slower running speeds are required. The course used the more northern section of the map (shown left), a very runnable but yet again complex area comprising of flat expanses and technical ridges. Bearings and attack points were the key to success here – one funda-

mental thing I learnt from the week is to always trust the compass and go where it tells you!

Friday 29th –

Moor of Alvie was our destination for the final day, where we completed an excellent middle race. As we were set off at 2minute intervals, the course had butterfly loops to try and avoid the situation of pack running. The race gave us a chance to put into practise the routines and techniques learnt throughout the week, in a situation much like a real selection race.



The main technique I knew I would need was the use of accurate bearings. With the terrain being very fast, it meant that reading too much detail slowed you down a significant amount, something I found difficult to remove from my race routine, putting me lower down the results list than I had hoped!

Although a disappointing performance in terms of time, I had many positives to take away and carry into the next week at the Scottish 6days.

Overall I had an excellent time at the camp - the training, coaching expertise and friendly atmosphere really made the week what it was, I hope to be selected again next year to improve my orienteering even more!

Charlotte Ward

London City Race 2011

I was impressed to see that over 1100 competitors (including many from overseas) had entered for this year's event. Although it is now in its fourth year it was the first time that I had tackled the streets of London in an Orienteering competition. Three HALO members (Helen Smith, Ken Hutson and me) travelled to the capital and were joined by two exiles, Jeff Slater and Martin Smith, together with Martin's wife, Krysia.

Helen, who has been a regular in these events, provided everyone with copies of previous maps. It was clear that the area to be wary of was the Barbican Estate which had two levels of walkway. Finding the steps/escalators from one level to another and knowing which level to be on were going to be the difference between success and failure. The event this year started and finished in the Barbican Estate so clearly we were going to have to navigate this complex area twice. Further confusion came with the publishing of the Final Details. The intrepid Mappers had managed to map a third level, which in the past had been deemed unmappable! To their credit the organisers devoted a large part of the Final Details to explain this section – no-one who read it less than five times understood it! They also mentioned that there were other unmapped levels that may look a good route choice but shouldn't be used as they often ended in locked gates.

Armed with the threat of these complexities I decided to take it steady in the Barbican Estate and make sure I executed my route correctly. The first control appeared to be on a different level to the start so I studied the map for the best set of steps to use – it took me so long to find the best route that the next set of starters came past me before I knew which way to go. As it happened I passed a kite with my number on it on my way to the steps, it wasn't on a different level after all! 2 minutes 50 secs elapsed 2 minutes lost!

I was OK but slow to #2 going down a ramp. I wanted to reverse that route to #3 but couldn't find the ramp I had just come down (how does that happen?). Despite the warning in the final details I set off along an unmapped underpass but when I got back to street level I was the wrong side of an uncrossable wall and had to run all



the way round the building again. About 10 minutes elapsed, 6 minutes lost. The middle section of the race was fairly straightforward, albeit with lots of route choice options. We passed many landmarks including the Gherkin and St. Pauls' Cathedral before making our way back to the finish at the Barbican. Despite my appalling start it was a thoroughly enjoyable event. Full results (plus routegadget and photos) can be found at <u>www.cityrace.org</u>

HALO results as follows

Men's Long sive.	Martin 29 th	(out of 205 finishers) – impres-
Women's Long	Helen	57 th (90)
	Krysia	83 rd
Men's Short	Jeff	22 nd (62)
Men's Supervets	Neil	67 th (142)
Men's UltraVets	Ken	57 th (101)

Ken and I then tried to find as many pubs as we could on the Orienteering map and in no time at all the pain in my feet and the frustration of my rubbish start were soon long forgotten. Isn't beer marvellous!

Then more disaster – my journey home was about as successful as my race.

First the train was cancelled, so I had to catch an East Coast train rather than my booked Hull Train, resulting in a 45 minute delay. Then it got worse, arriving at the Doncaster car-park, I discovered that they lock the gates at 8pm – it was now 10:15 and as the car –park wasn't open on Sundays, the gates would not be unlocked until 7am Monday! The only notice to this effect was on the gate – perfectly readable when the gate is closed, but practically invisible when the gates are open. So I had to walk back to the station to catch a bus which fortunately left at 11pm. I was lucky to catch the bus because the queues at the taxi-ranks were massive, at least 50 at each one we passed – it was the Doncaster St Leger Festival. So no car on Sunday. I collected it about 10am on Monday, half expecting a parking ticket or clamp or a couple of smashed windows (I don't know which would be worse), but thankfully all was OK and my car and I were reunited.

The Fifth City of London Race will take place on Saturday 22 September 2012 followed by the Southern Championships in Epping Forest on the Sunday – I intend to be there, will you?

Neil Harvatt

HALO Lincolnshire Poacher 2012

There will be a few minor changes on the format – but nothing too revolutionary.

- A 'Joker' will be introduced planners/controllers will be able to nominate another event(s), whereby the points that they score at the nominated event will also score a similar value for the event that they are officiating at.
- Controlling planners will be asked prior to the event what degree of controlling that they are happy with – this will be from a full check of maps/courses/control sites/tapes/numbers/control descriptions etc. to just a few random control checks on the day or simply (as in previous years) nothing. I shall take on the responsibility of controlling all the events but I am unlikely to be able to check courses on the day but are able to do so the weekend prior to the event.
- Events the first 8 events will be in the same format as before (Introductory/Short and Long) – then there will be 3 Park/Sprint events in June (5 courses varying in length from between 1 and 3 kms) – competitors will have to decide which course lengths that they run but must total the following lengths to qualify for a points score :

Newcomers	Have To	>2.4
Short	Have To	>3.9
Long (>Vets)	Have To	>5.9
Long (<vets)< td=""><td>Have To</td><td>>7.4</td></vets)<>	Have To	>7.4

		Kms	Controls
Course	1	1.0	6
Course	2	1.5	9
Course	3	2.0	12
Course	4	2.5	15
Course	5	3.0	18

Results are based on average mins/kms and any combination can be used as long as the minimum lengths are achieved – so if mp on one course can still get a score, and can also run a maximum of 10km. This sounds more complex than it actually is.

Hope our IT gurus (Pete/Brian & Neil) will be able to compute accordingly.

Poacher scoring system remains the same with the best 8 from the above 11 events counting for Winners of each category.

A 12th event is also proposed – a Knock Out Cup Event on the last Weds in June. The draw will be made at the Traditional Prizegiving Ceremony. Competitors (in groups of 3 or 4) will run head to head against each other with the start times based on an average of the worst 6 times recorded during the Poacher Series in terms of mins/ kms. So if a competitor has a 'mare' one night – it could still be of benefit for the Cup Competition – also the more traditional events run will also be beneficial as the mins/kms for these should be greater than those for the sprint events. Note – entrants will get to run at least twice as First Round losers will go to a *repercharge* competition. Full details to be published in due course.

Provisional List Of Events

- 1) 11th April Hendale
- 2) 18th April Middle Rasen/Osgoodby
- 3) 25th April Swallow Wold Wood
- 4) 2nd May Willingham Woods
- 5) 9th May Primrose
- 6) 16th May Halliday Hill
- 7) 23rd May Normanby Hall South
- 8) 30th May Nettleton Hill (alt Otby)

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Park/Sprint Events

9) 6th June Central Park, Scunthorpe

10) 13th June Baysgarth Park, Barton (Might be too small) (alt Normanby Hall or North/Weelsby)

11) 20th June Mausoleum

KO Cup

27th June Swallow Vale

WALES 6-DAYS 2012

22 to 28 July 2012

The 2012 Summer multi-day event will be in Wales, based around Aberystwyth on the West coast overlooking Cardigan Bay.

Please note that it has been brought forward to the last week in July in order to avoid a clash with the Olympic games, the opening ceremony of which is on 27 July. The link is http://www.croesomultiday.org.uk/

Paddy Neligan is looking for suitable accommodation for a "HALO House" for a group of us to stay together. In the past we have had up to 14 people. If you haven't been before, it is a lot of fun.

Good accommodation tends to be booked up early. It would be very helpful to know now who is likely to be going so that we can find a house of suitable size. We don't need a definite commitment, but a likely indication.

Thus far we have 3 definites (Brian Slater, Neil Harvatt and Paddy Neligan) and 2 possibles (Ingrid Slater and Paul Murgatroyd).

If you are interested in going, please contact Paddy Neligan at paddy.neligan@btopenworld.com giving an indication of how likely you are to want to join us.

Paddy Neligan

JK SCOTLAND 6 to 8 April 2012

The 2012 JK weekend will be held in Perthshire, Scotland. The web-site is <u>www.thejk.org.uk</u>

If anyone is interested in this multiday event then please contact Neil Harvatt.

As it may not be possible to book a cottage at Easter for short breaks, it may be that we have to book a cottage for 7 nights (6 April to 13 April).

If you are interested let Neil know if you would prefer 4 days or the full week (or either).

Editorial / HALO AGM.

The following page displays the notice and Agenda for this year's AGM.

After three years John Butler has to stand down as Chairman as defined in the Constitution. We should all reflect on where he has taken the club in the last three years. Achievement of Clubmark; grant funding for all sorts of projects; the establishment of regular club nights. A dramatic change in the HALO philosophy. Of course circumstances have conspired to assist the transformation; the retirement from paid employment of Brian and Neil has meant the coaching club nights are resourced now by the tremendous effort they have put in which was not possible in the past.

As well as a new Chairman, HALO also need a Secretary, a position that has remained vacant for much of the past year.

It should be noted that the club needs a new Newsletter Editor, as announced in the previous edition.

Please come along to the AGM to show your support and to volunteer to help manage the club.

HUMBERSIDE & LINCOLNSHIRE ORIENTEERS ANNUAL GENERAL MEETING

Saturday 15 October 2011, 3.30 pm approx, Longcroft School, Beverley TA 022 406 - SatNav: 53.85418 -0.447712 AGENDA

- 1. Apologies for Absence
- 2. Minutes of AGM, 7 November 2010 (see December 2010 HALO News or the website)
- 3. Matters Arising
- 4. Chairman's Annual Report
- 5. Presentation of Trophies
- 6. Treasurer's Report and Accounts for 2010/11
- 7. Membership Fees 2012
- 8. Amendments to the Constitution
- 9. Election of Officers -
 - (a) Chairman
 - (b) Secretary
 - (c) Treasurer
- 10. Election of 9 Other Committee Members
- 11. Election of Auditor
- 12. Items Proposed by Members in Advance
- 13. Any Other Business

The AGM follows the HALO event at Beverley Westwood where the Club Championships will be contested for the Martin Dearden Trophy.

Nominations of candidates for election as officers (9) and as other committee members (10) must be made in writing to the current Chairman John Butler by 1 October at the latest, as must any items proposed by members (12).

HALO 30th Anniversary – Possible Celebratory Event

2012 besides being an Olympic Year and Queen's Jubilee is also HALO's 30th anniversary. In order to celebrate this landmark I have the following idea – this is in the preliminary stages and just an idea – whether it is feasible or not I am not sure but would appreciate comments etc.

The idea is to have a relay race – with 2 start points one on the North Bank – 30 miles from the middle of the Humber Bridge following the Wolds Way and the other (you've guessed) on the South Bank similarly 30 miles from the middle of the Humber Bridge following the Viking Way.

From a quick analysis the starting points would be close to Pocklington and close to Walesby. Precise locations need to be verified via GPS or calculated manually. Whether one route has more climb or more road legs I don't know but I am sure it will not be that important – although I am sure competition will be fierce. Obviously it will be a North v South race. Both routes have plenty of handover points so team sizes can be as small or large as required and leg lengths should be able to accommodate all members (young and not so young). Even a string of runners along the Humber Bridge could be accommodated at the end. The HALO banner could emblazon the summit of the Humber Bridge as the finish line (wind and anchorage points permitting) with runners finishing from both directions. In order to verify routes etc. a GPS watch could be used as a baton.

Whether there should be just one team from either side of the Humber or multiple teams it is open to debate (I know of one family who could have their own team!!) – Similarly whether adjacent Clubs (EBOR/LOG/SYO) should be invited is also open to debate?

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If starts at approx 07:00 with finishes approx 11:00??? Can then have an event at Humber Bridge CP (e.g. Team Score) afterwards followed by lunchtime do etc. Best time for such an event would I guess be Tues 5th June, the Queens Jubilee. Note: it is British Orienteering Champs May Day Bank Holiday weekend and York City Event on Monday 4th June – so 5th seems the most viable? Suggestions etc. welcome.

Pete Harris

Opening of the New Permanent Orienteering Course

Weelsby Woods



Come and 'HAVE A GO'

on Saturday 17th Sept 2011.

'Starts' are from 11am to 1pm. Juniors (under 21) - £1

Adults - £2, Families - £5 Courses for families and individuals Please come prepared for the weather.

'Have A Go' at Orienteering in this pleasant public area.

This event marks the opening of the new

Permanent Orienteering Course.

It is produced in partnership with

NELincs Neighbourhood Services

and

NELincs Young Peoples Support Services.

Course Distance Suitability

White	1.4k m	Navigation by paths, roads and fences for those new to orienteering
Yellow	2.3k m	Navigation by paths and fences but with more difficult decision making required, for those who would like to walk/run a little fur- ther.
Orange	3.1k m	Navigation using some 'line features' but needing to find more difficult 'control' sites. A more challenging course for more experi- enced map readers.
Techni- cal Light Green	4km	A technical course for those with some ex- perience of orienteering – some control sites will be off-paths.

The courses are colour coded, the lighter coloured ones being easier.

Parents may accompany children on any of these courses.

You may attempt as many courses as you wish in the allotted time.

Electronic timing will be used. No pens or compasses required.

Courses close at 4pm.

Instruction provided by members of: -

HALO - Humberside & Lincolnshire Orienteers.

Access to the Wood is from Weelsby Road, Grid Ref. TA284079 Please assemble in the Café area.

Organiser – Brian Slater – 01472 509247



Sunday 25th September 2011

Followed by an MTBO event on the same area

TRAVEL and PARKING: The entrance to the Airfield is on the A614, at TA 001 560, [SATNAV 53 59 24.5N;0 28 23W] approximately 1 mile to the South West of Driffield. Parking will be onhard-standing within the Airfield.

REGISTRATION: 10am to 11:30. MTBO Registration 12:30 to 13:30

Note: times may vary slightly from those published here to allow competitors to also take part in the MTBO event. Check the web-site for final timings.

STARTS: Starts and finishes will be adjacent to the Assembly area. 10:30am to 12:00 Courses close at 1:30pm (see note above regarding times) MTBO starts 13:00 to 14:00

ENTRY FEES: Entry on the Day only :

Seniors £5.00 Juniors/Students £2.00

£1 extra for adult non-BOF members *e-punch* hire £1.00

There will be a discounted rate for competitors also entering the MTBO event.

(See separate flyer for MTBO entry fees)

COURSES: Seven standard colour coded courses - White to Blue Plus a string course (to be confirmed)

MTBO: - 4 courses (see separate flyer)

MTBO: A MTBO event organised by NYMBO will follow the foot orienteering event. The organisers anticipate that many competitors will wish to take part in both events.

MAZE As if two events are not enough, there will be third – a maze. This will be free to anyone entering either the Foot-O or MTBO (or both), 50 p otherwise. As an incentive to take part in all three, times (or results) will be combined to find the overall winners.

OFFICIALS Organiser Neil Harvatt, HALO (**neil@haloorienteering.org.uk**); 07800-784255

Planner Helen Smith, HALO Controller Brian Ward, HALO

TERRAIN The area is now disused as an airfield but is widely used by the MOD for driver and Cadet training.

The area consists of predominately flat rough grassland containing areas that have been partly excavated. In these areas many hills and tracks have been created for MOD driver practice, there are also many pits created as a result of the heavy vehicle movements over relatively soft ground. The rough grassland is generally runnable. There are also a number of pockets of woodland of varying sizes providing a good contrast to the fast grassland.

MAP 1:10,000 scale updated for this event.

Map size will be A4 and will be pre-marked and bagged or on waterproof paper (tbc)

SAFETY Competitors take part at their own risk and are responsible for their own safety.

NEWCOMERS Newcomers are always welcome at HALO events. Bring a compass and ask at registration for assistance.

INFORMATION Up to date information, results and future fixtures can be found on the HALO web-site

RouteGadget will be used for this event

HALO Fixtures

DATE	SERIES	LEVEL	VENUE	ORGANISER	PLANNER	CONTROLLER
2011						
Sep 17	HALO Winter Events S	D	Weelsby Woods	Brian Slater		
Sep 25	Colour-coded	с	Driffield with Bike O (Quad-O)	Neil Harvatt	Helen Smith	Brian Ward
Oct 1	HALO Winter Events S	D	Cleethorpes Country Park	Brian Slater		
Oct 15	HALO Winter Events N	D	Bev West (Newbegin Pits)	Neil Harvatt		
Nov 5	HALO Winter Events S	D	Oasis Academy Winteringham			
Nov 19	HALO Winter Events N	D	Hull Uni			
Dec 3	Night	С	Primrose		Rod Williams	Pete Harris
Dec 4	YBT Final	В	Mausoleum Woods	Brian Slater	Dean Field	
Dec 17	HALO Winter Events N	D	Humber Bridge Country Park			

The blank spaces indicate where officials required. Are you prepared to help out with the organisation - particularly the Level D Events