

December 2011

HALO News

The newsletter of Humberside and Lincolnshire Orienteers
www.halo-orienteeing.org.uk

Is this the ultimate runnable forest? See page 15



Inside this newsletter.....

- | | |
|---------------------------|--|
| 2. 2011/12 Committee | 14. HALO Successes |
| 3. Chairman's Pages | 15. More HALO Successes |
| 5. HALO Events Dec - Mar | 16. Viva España |
| 6. Can you help? | 18. Event Reports: |
| 7. Poacher Update | Urban/Sprints, |
| 10. AGM minutes | 20. Hull University (Winter Series) |
| 11. Chairman's Report | 22. Parkrun |
| 13. Orienteer of the Year | 23. Winter Series information |
-



HALO Committee 2011-2012

Chairman & Welfare, Coaching, Mapping & SI:

Brian Slater
Tel: 01472 509247
Email: bslaterclee@yahoo.com

Secretary :

Paul Van Dam
Tel: 07811 614935
Email: pvandam1@hotmail.com

Treasurer:

John Butler
Tel: 01482 870312
Email: john@the-butlers.co.uk

Fixtures & Permissions

Junior Coach & Team Manager:

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

Membership:

John Fulwood
Tel: 01507 466314
Email: johnfulwood@supanet.com

Junior Representative:

Sam Ofler
Tel:
Email:

Committee & Equipment:

Ken Hutson
Tel: 07748 763368
Email: ken.hutson@gmail.com

Committee:

Mary Carrick
Tel: 01482 821249
Email: m.e.carrick@hist.hull.ac.uk

Committee & Website:

Pete Shew
Tel: 01652 651246
Email: pete@shew.org

Committee:

Brian Ward
Tel: 01430 421343
Email: brian@halo-orienteing.org.uk

Committee & Poacher

Co-ordinator:

Pete Harris
Tel:
Email: skybluepete@tiscali.co.uk

Committee:

Vacancy

Non-Committee Members

Social Secretary:

Ingrid Slater
Tel: 01472 509247
Email: chrysalis_i-slater@hotmail.com

PCC Co-ordinator:

Fran Humphrey

On this page and the next..... Our new Chairman, Brian Slater, shares his vision for the future of our club and invites all members to participate in its future development.

Collective Vision - HALO

HALO has always improved over the years owing to the dedication of its membership. We have for years put on a variety of events for our members and those from neighbouring clubs. We have staged national events such as 'Harvester' the one where the team runs through the night. Phew! This year's Yvette Baker Trophy Final to be held 4th Dec. 2011 is another example of our commitment to the sport. What a team effort? We support the community i.e. 'Humber Night Challenge'. We provide orienteering coaching clubs for the public to attend. Doesn't that make you proud of our club?

I hope we will continue to do all these things and move in the direction that is most likely to be beneficial and enjoyable. This does mean that we should continue to attract newcomers and also continue to serve our present membership with such series as 'The Poacher' which Pete Harris will be co-ordinating next year.

So, **what do we do and how do we do it?**

That's where the vision comes in, and I, as your new chairman, would like to involve you in the running and development of our club. Tell me if you have a vision for our club?

Your hard working committee had a brainstorming session at its last meeting. Each gave their thoughts on 'a vision' for the club. Here is a selection of mine and their interesting opinions/hopes/wishes.

More local events

Some of the most successful clubs have weekly events to attract the multitudes and keep regular orienteers on their toes.

School Development

Many think that work in schools does not benefit our club. I have the opposite view and it is this. Irrespective of what instant value or 'return' we get from our contribution to schools' orienteering, the more young people who know about orienteering, and have the opportunity to try it out, the better. You will note that the East Riding of Yorkshire is in its 3rd academic year of its 'Orienteering Championships'. This is a result of much hard work invested by our regular HALO orienteers. Hopefully next summer may well see the first 'Humber Schools' Championships', i.e. E.Riding; Hull; N.E.Lincs and N.Lincs.

A local schools' league, staged after the main championships, is a further initiative to be pursued.

Urban Events

This is a contentious one. Love them or hate them, they are here to stay. Who would think Skipton of all places would be a great venue. Well it was challenging. I fell into many of the planners traps, last month by 'attacking' from the wrong direction. And, a quiz question, how many Leeds Liverpool canals are there?

In moving on the urban orienteering idea, I would suggest that we map our west-most urban areas which have complex road/path/snicket networks, e.g. Pocklington. Then we would hopefully maximise participation from those other orienteers out west. Did someone mention Caistor or Scunthorpe? Which bit of sunny Scunny? Yes, Hull is also an excellent venue with no hills, lots of locks/docks and gunnels/ten-foots!

We have proponents and sceptics on this subject, and who knows, we may hear their views through this newsletter.



Socials

We are a geographically diverse membership and meeting locally is not easy for most. We have that wonderful BBQ at Pete's and Julie's in the summer, the Xmas dance/knees up and the New Years Day event, which next year is at The Van Dams. And, what a lovely idea of Brian's and Amanda's to have a winter Friday night urban race in South Cave and refreshments afterwards. I might have to map sunny Cleethorpes to do the same (if it takes off)!

Athletics clubs

Question: - how is it we do not target our athletic clubs? Are we not a runner's sport? HALO has been putting events on at the Westwood for the Beverley Athletics Club and they have been well received. Should we do more?

Event Strategy

Help

Club Nights

Wow! The Beverley club night is really taking off thanks to the good work of Neil and all those who help and support. Some of the newer attendees turned up at the Hull University 'Sprint'. Is that an unequivocal phenomenon? Possibly. Will those participants become regular orienteers? Who knows?

Publicity – Best Practice

John and Neil have been getting some really good successes communicating with the general public. We have an incredibly impressive leaflet produced by John through British Orienteering. Neil has had newspaper articles published. Things are looking up. Can anyone pull all these items of good practice together to inform, the committee and event organisers on how best to 'get the message across'. Apparently, putting an advert in the local 'chippy' works a treat! I must try it next time we do a Cleethorpes Country Park event.

Training – Training Officer?

To keep up our continued efforts in putting on Orienteering events small and large we need you. This year we have had new planners, (Rod Williams, Paul Simmons, Sam Ofler) coming forward to plan. We have new controllers, (Paddy Neligan, Helen Smith, PeteHarris). Neil, Pete Harris & Pete Shew (his garden) have taken up mapping. We have new coaches in Brian Ward, Sam Ofler and Mary Carrick. Who is training all these folk? Do we need to get BOF to send in some of their 'experts' to support us? Who would like to help? Tell me if its you. We, The Club, will support you.

Committee make-up

Men 10 – women – 1

Travel share scheme on the web

We thought that a car share section on the web-site might get more of us orienteering further afield. Pete Shew was going to explore this. If you know of any schemes please contact him.

Newsletter editor

Ken has kindly agreed to do **this edition** of our excellent award winning newsletter. Is there, out there, anyone with the same flare and commitment as John F and Ken who will take this on? Ken is one of our top organiser/planners who we would like to release so that he can continue his favourite pursuit – planning and organising orienteering for you all.

Our/your vision will manifest itself in a development plan to which, I hope, you will all contribute.

Your ever enthusiastic and optimistic Chairman.

Brian – Proud to be HALO

HALO Events

December to March

On this page John Butler explains the re-badging of the 215 Series and Neil Harvatt introduces a new competition for the 2012 events of the series. Paul van Dam invites everyone to burn-off a few, festively-acquired calories on New Years Day and there is an early reminder about the YHOA Championships.

Winter Events

The Winter Events are a renaming of last year's 215 series and run from September to April, following the same format. Many people were unhappy with last year's title as it was not very descriptive, so after many hours of committee drinking time, the new name was coined, to be hopefully more descriptive. (Pedants, among you, need not point out that it neither starts nor finishes in Winter).

The aim is to have one Orienteering event on the North Bank and one on the South Bank each month. (This in addition to the weekly club nights at Beverley and Grimsby). Therefore in the months without a Sunday event, there will be a Saturday Winter Event. In general they will run from 1pm to 3pm and will feature White, Yellow and Orange standard courses (junior beginners through to adult beginners) in addition to a technical course. Thus the events will cater for beginners, improvers as well as experienced orienteers. What more could one ask for?

John Butler

The remaining events for the 2011/2012 Winter Series are as follows:

Dec 17th	Humber Bridge Country Park
*Jan 7	Cleethorpes CP
*Jan 28	East Park, Hull
*Feb 4	Weelsby Woods
*Feb 18	Beverley area
*Mar 10	Beverley Westwood
*March 31	Oasis Academy
*April 21	Humber Bridge CP.

Event-specific details will be posted on the HALO website.

For the last 7 events (* above), there will be a competition for competitors on all of the available courses, with the best 4 events counting. For the Technical course competitors, a handicapping system will be used, similar to that proposed for the 2012 Poacher series.

Neil Harvatt

New Year's Day Social Event

The Van Dams cordially invite you to the New Year's Day Social event which will take place in and around Barmby Moor (Post code YO42 4DG). You may not know the village name but it is one mile from Allerthorpe Common.

It will be the usual 45 minute team score event starting at midday.

The event will have both an urban and a cross country element so you can choose to do either or both!

There will also be a weakest link part in that ten controls will need to be completed in order to score points for all controls. Points will not be scored for controls in that group of ten that are punched once the sequence is broken.

Parking will be on a grass verge at or near our house.

Please confirm if you are able to attend and if you should be considered a B or C runner as I have an idea of who the A runners are!

pvandam1@hotmail.com

Compass Sport Trophy - Qualifying Round

Sunday February 19th - Gilling

(details to follow)

As a 'small' club (as defined by BO), we compete against other small clubs for the Compass Sport Trophy, rather than the CS Cup which is for large clubs. If we can win the qualifying round we will go forward to the national final.

We need as many HALO members as possible to compete and as an incentive, the club will pay event entry fees.

Neil Harvatt is co-ordinating our team so please contact him regarding your availability before he contacts you!

neil@neilharvatt1.orangehome.co.uk

Can you help?

john@the-butlers.co.uk
neil@neilharvatt1.orangehome.co.uk

On this page Two more dates for your 2012 diary, both high profile events for which Neil and John are seeking helpers.

2012 Humber Lifestyle Night Challenge Saturday/Sunday 3rd/4th March

HALO is one of the joint organisers of this event which is taking place between late afternoon Saturday and the early hours of Sunday morning. The other organisers of the event are Humberside Police, Humberside Fire and Rescue and the High Sheriffs' Tribune Trust. This the third year running that HALO will have been involved in the event.

There will be 32 mixed teams of five young people (aged between 14 and 17) who will be required to follow a 20k route, mainly off road, starting and finishing at Ionians Rugby Club at Brantingham Park in East Riding. There will be six check points on route where the teams will have 15 minutes to complete a "challenge". Each team will be accompanied by an adult supervisor whose role is in part a safety one but does include, for example, questioning his/her team if they are heading totally in the wrong direction!

The event starts at 4 pm on the Saturday with each team being briefed before partaking of a hot meal. The teams set off from 5 pm at 15 minute intervals, the last one going off at 00.45 am on the Sunday morning. The winning team is the fastest one, subject to adjusting for the marks awarded at the challenges, and is expected back after about six hours. There are medals for all finishers and prizes for the first three teams.

Teams are provided with head lights, rear lights, tabards, compasses, whistles, pens, pencils, maps (which are ordnance survey based) and map holders. Competitors are not allowed to take mobile phones with them but the supervisors, who will have attended a briefing and walked the route before the event, will have one. Safety is paramount and the organisers are providing appropriate vehicles, ambulances, helicopters, etc. at strategic locations.

As last year HALO will provide the teams with pre-event training in map reading and navigation, as well as manpower and all the necessary SI and IT kit for registration, start, controls, finish, download and results, together with start and finish banners, start clock, stakes, kites, etc on the weekend.

We could do with plenty of helpers, so if you would like to support such a high profile and

worthwhile event, please contact Neil Harvatt or John Butler.

Subject to sufficient helpers, we will be operating a shift system so you will not have to be out for the full 14 hours – unless you really want to!

East Riding of Yorkshire Schools Orienteering Championships Final Tuesday 1st May

For the third year, HALO is organising this event which will take place at Burton Constable Hall from 4.00pm.

Prior to that there will have been 13 cluster competitions for years 5 and 6 at various schools in the East Riding at which HALO has offered to have a presence at and to give a hand if required. (Last year over 500 children from 45 schools, many of whom had little or no experience of orienteering, took part in the cluster competitions.) The top 20 scorers from each of the cluster events are invited to take part in the Final. Awards are made to the first three and the best school in each year group.

In 2011 there were 200 young people from 29 schools in the Final, and in 2012 there could be even more - so we will need Club members' help on the day.

Don't wait to be asked - please let Neil Harvatt or John Butler know now that you are available.

An opportunity not to be missed!

HALO Committee Vacancy

Would you like to join our other new Committee members, Paul Van Dam, Pete Harris and Sam Offler in bringing new ideas and thinking to shape the future development of our Club?

Interested? Contact Brian Slater or any other member of the Committee. We should be delighted to hear from you. See page 2 for contact details.

On this and the next 2 pages Pete Harris, our new Poacher Co-ordinator, provides an update and insight into some exciting developments planned for the new series which launches next April.

Getting involved

Currently 9 planners and 2 mappers have offered their services for putting on next year's events. Thanks go out to them – a schedule of who does what will be forwarded in due course.

However with 12 events scheduled, including the inaugural Knock Out Cup, further assistance is sought.

Assistance can come in a variety of ways :

- The Total Experience -full planning of an event (from course design through to putting out the controls) – newcomers will receive a package that includes full training and guidance from day one.
- The Assistant Experience – assisting a planner in many of the duties that are required, an opportunity to gain experience in all aspects so that the Total Experience can be enjoyed in future years.
- The Controlled Experience – on the day checking of control sites
- The Mapped Experience – projects from updating existing areas to creating new maps
- The Junior Experience – any scholars requiring ideas for GCSE or A Level PE coursework need look no further than incorporate a Poacher Event
- The Duke Experience – similarly for DofE awards suitable skills can be learnt
- The Armchair Experience – plan courses from the comfort of your own home
- The Purple Experience – using the free user friendly Purple Pen software produce your own maps and courses in an instant
- The Collective Experience – if all else fails you can always volunteer to collect controls in at the end of an event(s)
- The Joker Experience – anyone who plans/controls or has to run non competitively for an event(s) will be able to choose another event whereby the points attained at that nominated event(s) will also be used to give a corresponding score at the event that they officiated at.

So anybody who would like a free 'experience' then contact me.

**Poacher Events 2012
Provisional Dates**

1	April 11th	Hendale
2	April 18th	Middle Rasen or Otby
3	April 25th	Swallow Wold
4	May 2nd	Willingham
5	May 9th	Primrose Warren
6	May 16th	Halliday Hill or Cottager's Dale
7	May 23rd	Normanby Hall South
8	May 30th	Nettleton or Otby
9	June 6th	Central Park Scunthorpe
10	June 13th	Baysgarth Park Barton
11	June 20th	Mausoleum
KO Cup	June 27th	Swallow Vale

Pete explains how the Knock Out Cup will operate on the next page

HALO Regional Event**YHOA Championships****Pillar Woods****Sunday 18th March****Organiser: John Fulwood****johnfulwood@supanet.com**

John will be seeking helpers for this event in due course, so please put the date in your diaries.

Virtual Poacher Knock-out Competition

The Final Event on the 2012 Poacher Schedule is a Knock Out Cup competition. In order to give an insight as to how it will work I have analysed the 2011 Poacher times and calculated who would have been the 2011 Champion if an identical event had been run. At the moment I have only calculated the Long Virtual Winner.

Stage 1 – Qualification (4 Poacher Events plus Swallow Vale)

Stage 2 – Race Draw made – used Christian Names alphabetically

Stage 3 – Calculate start times – from a finish time of 19:00 for all competitors the start time determined from the average mins/km for the worst 4 times e.g . so Andrew Houlden had an average of 9 mins 54 secs per km so for a 2km course for him to finish at precisely 19:00 his start time was 19:00 less (2 times 9 mins 54 secs = 19 mins 48 secs)

		Av Mins/Km From Worst 4 Poacher Times	Start Time	Swallow Mins / Km	Finish Time
Race 1	Andrew Houlden	00:09:54	18:40:12	00:10:36	19:01:24
	Brian Slater	00:10:31	18:38:58	00:10:42	19:00:22
	David Ofler	00:10:02	18:39:56	00:09:30	18:58:56
Race 2	Dean Field	00:07:43	18:44:34	00:07:48	19:00:10
	Digby Sowerby	00:09:35	18:40:50	00:09:54	mp
	Gary Robinson	00:12:51	18:34:18	00:11:18	18:56:54
Race 3	Jay Robinson	00:09:10	18:41:40	00:08:48	18:59:16
	John Chaney	00:16:22	18:27:16	00:13:18	18:53:52
	John Fulwood	00:13:53	18:32:14	00:14:42	19:01:38
Race 4	Lewis Tuck	00:09:31	18:40:58	00:08:18	18:57:34
	Liam Harrington	00:06:42	18:46:36	00:06:30	18:59:36
	Mary Carrick	00:14:39	18:30:42	00:14:06	18:58:54
Race 5	Michael Smith	00:09:39	18:40:42	00:10:12	19:01:06
	Neil Harvatt	00:07:18	18:45:24	00:07:48	19:01:00
	Paddy Neligan	00:09:58	18:40:04	00:10:06	19:00:16
Race 6	Patrick O`Grady	00:17:45	18:24:30	00:15:36	18:55:42
	Paul Murgatroyd	00:07:40	18:44:40	00:06:24	18:57:28
	Pete Shew	00:12:27	18:35:06	00:11:36	18:58:18
Race 7	Peter Kullich	00:09:06	18:41:48	00:09:54	19:01:36
	Rod Williams	00:10:41	18:38:38	00:10:42	19:00:02
Race 8	Sam Ofler	00:09:22	18:41:16	00:08:00	18:57:16
	Sean Harrington	00:10:52	18:38:16	00:11:24	19:01:04
Race 9	Vernon Davis	00:15:48	18:28:24	00:14:12	18:56:48
	Zachary Field	00:06:55	18:46:10	00:06:48	18:59:46

Stage 4 – Calculate Finish Times by using the Actual mins/km taken at Swallow Vale e.g. Andrew in 2011 took 10 mins and 36 secs per km so for 2 kms his finish time would be 21 mins and 12 secs after his start time = 19:01:24

Stage 5 - Calculate Race Winners – so those finishing first in each Race would progress to semi finals – not the fastest time so in Race 1 Dave Offler was the winner and he would then run against Gary Robinson and John Chaney in the first Semi Final (the winners of Races 2 & 3) whilst Andrew and Brian as losers would compete in the *repercharge*. The other semi finalists would be the winners of Races 4,5 & 6 and 7,8 & 9 respectively.

Note : anybody who finished before 19:00 recorded faster times at Swallow Vale than the average of their 4 worst times.

John Chaney	18:53:52
Patrick O`Grady	18:55:42
Vernon Davis	18:56:48
Gary Robinson	18:56:54
Sam Offler	18:57:16
Paul Murgatroyd	18:57:28
Lewis Tuck	18:57:34
Pete Shew	18:58:18
Mary Carrick	18:58:54
David Offler	18:58:56
Jay Robinson	18:59:16
Liam Harrington	18:59:36
Zachary Field	18:59:46
Rod Williams	19:00:02
Dean Field	19:00:10
Paddy Neligan	19:00:16
Brian Slater	19:00:22
Neil Harvatt	19:01:00
Sean Harrington	19:01:04
Michael Smith	19:01:06
Andrew Houlden	19:01:24
Peter Kullich	19:01:36
John Fulwood	19:01:38
Digby Sowerby	mp

So John being the first to finish in Round 1 would similarly be the first to finish in subsequent Races i.e. Semi Final and Final with Pat 2nd and Vernon 3rd.

In reality would John have been able to catch Vernon and Pat up and then not only overtake them but 'burn' them off by nearly 2 minutes over a 2 kms course. As we all know in orienteering anything is possible – one mistake can prove very costly. A 'Chase' also adds to the pressure on the front runners. Will experience be the winner - we will find out in June 2012?

If anybody wishes to calculate a Short Virtual Winner all the relevant data is detailed in the results on the website.

It is anticipated that newcomers will compete against the Short competitors – as by the final event they should be competitive especially when mins/km are used similarly.

Anybody wishing to predict the winners next year, I suggest have a go on the National Lottery as they probably have a better chance of winning.

Note : apologies if I missed anybody out who did the 4 Events and also competed at Swallow Vale.

Can't think what to get your loved one for Christmas?

Look no further, your problem is solved! Buy him or her a HALO Club Jacket. We have a variety of sizes in stock and they will be delivered in time for Christmas. Price still only £27.50.

Place your orders with John Butler

john@the-butlers.co.uk

AGM Information / 1

On this and the next 3 pages The minutes of the club AGM held at Longcroft School on 15th October following the Club Championships on Beverley Westwood, the retiring Chairman's report and announcement of the 2011 Orienteer of the Year award.

Minutes of the ANNUAL GENERAL MEETING Saturday, 15 October 2011 - Longcroft School, Beverley

Present: John Fulwood (Acting Chairman),

1. **Apologies:** John Butler (Chairman), Dorothy Smith, Mike Smith, Mary Vickers, Brian Ward and Charlotte Ward
 2. **Minutes of the AGM, 7 November 2010**
 - 2.1 Accepted as a true and correct record, proposed by Pete Shew, seconded by Fran Humphrey
 3. **Matters Arising**
 - 3.1 None
 4. **Chairman's Annual Report**
 - 4.1 *(See page 11 of this Newsletter)*
 - 4.2 A motion was made of thanks to John Butler for his work as Chairman for the last three years. This was proposed by John Humphrey and seconded by Fran Humphrey.
 5. **Presentation of Trophies**
 - 5.1 The HALO League Trophies for 2010/11 were presented to the Overall Champion Zac Field, Junior Champion Jake Field, Senior Champion Dean Field and Veteran Champion Pat O'Grady. (Pat was the first recipient of the Harry Milton Trophy which was kindly donated by Peggy Milton and family in memory of Harry to be presented annually to the Veteran Champion.)
 - 5.2 The HALO Club Championship Trophy for 2011 was won by Helena Crutchley.
 - 5.3 The HALO Orienteer of the Year Trophy for 2011, decided by the Chairman, was awarded to Ken Hutson
 6. **Treasurer's Report and Accounts for 2010/11**
 - 6.1 In the absence of the Treasurer Brian Ward and the Chairman John Butler, the Auditor Mary Carrick presented the accounts for 2010/11 which showed that the Club continues to be financially sound. The Accounts were approved, proposed by Brian Slater, seconded by Paul Simmons.
 7. **Membership Fees 2012**
 - 7.1 In view of the current economic climate and the Club's healthy financial position, it was agreed that subscriptions for 2012 should remain at the present level. Proposed by Pete Shew, seconded by Pat O'Grady.
 8. **Amendments to the Constitution**
 - 8.1 None
 9. **Election of Officers**
 - 9.1 In the absence of any other nominations, the following were elected to the positions indicated: Brian Slater - Chairman, Proposed Neil Harvett seconded Ken Hutson
Paul Van Dam - Secretary Proposed Mary Carrick seconded Anne O'Grady
John Butler - Treasurer Proposed Mary Carrick seconded Brian Slater
 10. **Installation of Chairman**
 - 10.1 Brian Slater was installed as Chairman and expressed thanks to the outgoing Chairman John Butler for his significant contribution to the development of the Club in the three years of his office. Brian Slater also thanked Brian Ward for all his work as treasurer.
 11. **Election of Other Committee Members**
 - 11.1 In the absence of any other nominations, the following were elected to the Committee – Mary Carrick, John Fulwood, Pete Harris, Neil Harvatt, Ken Hutson, Sam Offler, Pete Shew, Brian Ward. These were proposed by Helena and seconded by Brian Slater.
 - 11.2 Sam Offler was to take over the Junior role from Charlotte Ward. Peter Harris was to take on the role of organising the Lincolnshire Poacher.
 - 11.3 The Committee were authorised to fill the remaining vacancy during the year as they saw fit.
 12. **Election of Auditor**
 - 12.1 Mary Carrick was elected for the ensuing year. Proposed by Brian Slater and seconded by Pete Shew.
 13. **Any Other Business**
 - 13.1 A request was made for a new editor to take over the newsletter from John Fulwood. A vote of thanks was made to John for all his hard work on the newsletter over the years.
-

AGM Information / 2

Chairman's Report to the 2011 Annual General Meeting

First of all let me apologise for not being here in person to present my final report as your Chairman but I am required to attend a family gathering in Chester this weekend.

Secondly, I would like to thank John Fulwood who has kindly agreed to chair today's meeting and to read out my report.

I am very pleased to be able to report another successful year for the Club. We may be relatively small in numbers but we do consistently "punch above our weight".

On the competition side we organised a record 31 events in the 12 months to the end of August catering for all levels of orienteers, including local, regional, short, urban, and night events. An innovation last winter was the Saturday 2-1-5 local events held once a month on the North and South Banks. These proved to be very popular with an average attendance at the 8 events of 40, many of whom were new to the sport. The Lincolnshire Poacher summer series continued to be an outstanding success with an average of 70 competitors taking part in the 11 events. However, the numbers taking part in the East Yorkshire Short Race Series, now in its fourth year, continued to disappoint with an average of 32 at the 4 events. This year was our turn to organise the Lincolnshire Challenge Shield when despite a good turnout and being on home territory, Cleethorpes Country Park, we were narrowly beaten by LOG.

The Club also organised for the second year running the final of the East Riding Schools Orienteering Championships at Burton Constable Hall which was attended by some 200 children from 29 schools. As well as running the final, members were involved in some of the 13 heats where over 500 children from 45 schools took part. The medal winners all received vouchers entitling them to free entry at any HALO event for a year. What is especially pleasing is that the year 5 winners – Patrick Cooke and Cameron McGregor from Driffield Junior School – have become regular attendees at the Beverley Club Night.

Some of you will no doubt remember that in 2009 a number of our members were involved with the Humber Night Challenge which was organised by Humberside Police, the Fire and Rescue Service and the Tribune Trust. This year we were asked to be full members of the organising team and consequently took a much greater role in putting on the event in March where 150 youngsters in teams of 5 successfully completed 20K of night orienteering, mainly off road, starting and finishing at Brantingham Park. The top six teams all received vouchers entitling them to free entry at any HALO event for a year.

Thanks to everyone involved in the events programme but especially to Neil Harvatt, Brian Slater, Ken Hutson, Pete Shew and the individual planners, controllers and organisers.

Club Members have continued to orienteer far and wide, both in this country and abroad, with some excellent results especially by the juniors. For example –

- Charlotte represented England in the Junior Home International in Scotland and was the overall class winner in the Future Champions Cup
- Zac was selected as a non-travelling reserve for the GB team at the European Youth Orienteering Championships.
- Charlotte and Zac were selected for the second year running to attend the British Orienteering National Talent Development Coaching Camp in Scotland.
- Zac and Yasmin represented Yorkshire and the Humber in the Junior Inter Regional Championships in the Lake District. Zac was in the winning relay team contributing to Y & H's 3rd place overall
- In the YHOA Schools Championships, Zac and Joe got gold medals, Yasmin, Jake and George silver.
- Jake came 4th in the Saunders Mountain Marathon (with Dean).
- Zac and Jake were in the 2nd placed B team at the Harvesters Relay in Sheffield.
- At the Scottish 6 Days Emma had three 1sts, a 3rd, a 5th and a 7th on the white course, George was 4th and Zac was 9th in their respective classes.

AGM Information / 3

On the coaching front the two regular club nights – Beverley on Mondays and Grimsby on Wednesdays – have continued to attract new members. Not as many as we would like but the existing members who attend do find them very beneficial. Both the Club Night organisers -Neil Harvatt and Brian Slater - have in addition been coaching individual schools during the year and a huge vote of thanks is due to them for all their time and effort.

Sadly one of our long standing and respected members – Harry Milton - passed away during the year but he will not be forgotten as his family have very kindly donated a trophy in his memory to be awarded each year to the HALO League Veteran Champion.

Special thanks to John Fulwood for not only maintaining our membership records, which have seen a steady increase in numbers during the year, but also for editing the very successful HALO News which was acknowledged by Compass Sport as one of the top 10 orienteering newsletters in the country. Thank you very much for all that you have done, John. We urgently need someone to take over from John who has decided to stand down as editor but I am pleased that he has agreed to remain on the Committee. Thanks also to Pete Shew for maintaining the website which continues to be a valuable source of information to Club members and others.

On the social side, Ingrid Slater organised a number of events, including the Xmas Dinner and the Summer BBQ, which were much appreciated by those who attended.

We could not have achieved all that we have without adequate funding. Although events raised £1934 and membership fees £441 this year, the rest of the funding (£3899) came from external sources. British Orienteering contributed £1395 towards the purchase of SI boxes, stakes, gripples and a printer, £1000 to help establish the Grimsby Club Nights and £454 towards the Beverly Club Nights. The Tribune Trust gave £800 in recognition of HALO's work with young people and the Humber Night Challenge which we used to purchase a start/finish clock and towards the cost of the SI boxes, stakes, etc; and Pete Harris persuaded his employers - PD Logistics - to donate £250 which we used to purchase another start/finish clock. Thanks largely to these grants (which were on top of the £4898 obtained in the previous year) we have been able to update a lot of our equipment whilst still maintaining the Club's finances on a sound footing. It would be remiss of me if I did not express on your behalf our particular thanks to Brian Ward who, having looked after the accounts for the last 9 years, has decided it is time to hand over the reins to someone else – but I am delighted that he has agreed to remain on the Committee.

Having now completed three years as your Chairman, in accordance with the constitution I am standing down. I think that a lot of progress has been made in the last three years but it is very much a team effort and could not have been achieved without the contribution, help and support of members of the Committee.

So my final duty is to express my personal thanks to all the Committee members who do a tremendous amount of work on your behalf, much of it behind the scenes, to ensure that the Club continues to be the success it undoubtedly is. Charlotte Ward is standing down as the junior representative and in thanking her for her contribution we wish her well in her academic studies and will follow her orienteering future with interest.

I hope that you will all agree with me that it has been an incredibly successful year and I see no reason why, with your help, the next 12 months under your new Chairman should not be just as successful.

John Butler

14 October 2011

AGM Information / 4

HALO Orienteer of the Year 2011

As most of you will know, it is the Chairman's prerogative to decide who he considers to be the HALO Orienteer of the Year. There are no rules laid down but one of the criteria that I set for myself when I took on the chairmanship three years ago was that the Cup should be awarded to someone who had not received it previously. My other criterion was that it should go to someone who had made a significant contribution to the Club.

When I looked down the list of the previous recipients – and a pretty impressive list it is – I was struck by the fact that one name, which I would have expected to see, was missing.

The person I am referring to has been a valued member of the Club for a considerable number of years. He – yes, it is a he – is one of those rare people who is totally reliable. You know that whatever he does, it is going to be done well and without any fuss or drama.

He qualified as a British Orienteering Coach in 2003 and has been an outstanding ambassador for HALO, particularly through the work that he has done with the schools in our area, and has been a great supporter of the Beverley Club Nights.

In addition he is, without any doubt, our most experienced event organiser, as well as finding the time to look after and maintain all of our equipment, and making sure that it is in the right place at the right time – which is no mean feat!

He is also an experienced planner and this year planned all the eight events that made up the very successful East Yorkshire Short Race Series. He has been heavily involved in the Humber Night Challenge since it was instigated, both in a professional capacity and as a Club member, and his experience and knowledge have been invaluable.

He has been a member of the Committee for many years including serving as Chairman from 2005/06 to 2007/08 during which period he was responsible for instigating a number of projects, particularly Clubmark, which came to fruition during my period of office.

I am of course referring to KEN HUTSON – as if you had not guessed. Ken please step forward and receive the HALO Orienteer of the Year Cup which you so richly deserve.



John Butler



HALO Facebook

HALO now has its own Facebook page and you can find the link to it on the HALO webpage.

If you are a Facebook member then please *Like* the page and then you'll receive regular updates about events, results, photos etc. If you are not a Facebook member don't worry, the website will continue to contain all the usual information too!

If you would like to add an update to the page, or have some photos to share, please send an email to either myself or Brian Ward and we'll be happy to help.

Helen Smith

1975miffy@gmail.com



Plenty of interest from newcomers at the Club Championships on Beverley Westwood

HALO Successes

Acting Chairman, John Fulwood, performs the presentations at the AGM



League Champion: Zac Field (above)

Senior Champion: Dean Field (below)



Junior Champion: Jake Field (above)

Veteran Champion: Pat O'Grady



More detailed information about the HALO League, the HALO Championship and all other HALO events may be found on the HALO website:

www.halo-orienteing.org.uk

Pat (pictured above) was the first recipient of the Harry Milton Trophy which was kindly donated by Peggy Milton and family in memory of Harry to be presented annually to the Veteran Champion .

HALO Club Championship

Awarded to the winner of Beverley Westwood Handicap Event which preceded the AGM.

Winner: **Helena Crutchley**

More HALO Successes

National League Competition win for Charlotte Ward

The Final of the Future Champions Cup (FCC) (along with the UK Cup Final) took place at Pickering Forest on 9 October.

Collecting points all season through allocated events, the top 15 scorers only in each class get to run the final in classes Men & Women 18 and 20 (the top end Juniors).

Charlotte scored consistently during the season and ran a controlled race in the Final to secure top spot overall in the FCC W20 class.

Podium photo :-

<http://www.flickr.com/photos/halo-o/6227232378/in/photostream>

Zac & Jake Field 2nd in Peter Palmer Relays

(To follow) Congratulations to Zac & Jake who were members of the SYO junior team who came 2nd in September at Stafford. Zac and Jake both came 2nd on their respective legs. The winning team was Lakeland OC by 2 minutes.

The Peter Palmers are an overnight relay for juniors that start in the early morning when it is dark and by the time the last runner is back it is light. This year's event was organised by British Army Orienteering Club for the second year running and the barracks presented an interesting change from the more traditional rural areas.

Zac Field selected for National 2012 Talent Development Squad

British Orienteering Selectors quick to act.

Only two days after being coming second at the 2011 HALO Club Championships on Beverley Westwood on 15 October, Zac Field has been named in British Orienteering's 2012 Talent Development Squad. According to the British Orienteering (BOF) web-site, these are athletes who have confirmed their potential to progress up the talent pathway and are ready to progress to in-depth specialisation and master the sport-specific skills necessary to become a top 10 performer at World Championships.

Full details on the BOF web-site. <http://www.britishorienteering.org.uk/page/home>

YHOA Super League - Final Positions (3 or more events completed)

M21L	Tom Chesters	1	W45L	Helena Crutchley	7
M45L	Dean Field	2	W55L	Mary Carrick	4
M55L	Neil Harvatt	3	W45S	Rosie Field	3
M65L	Mark Tyszka	17		Amanda Ward	9
M75	Pat O'Grady	4	M16	Jake Field	2
M35S	Paul Van Dam	6	M12	George Van Dam	3
M45S	Paul Van Dam	3	M10	George Van Dam	1
M65S	John Butler	1		Joe Field	2
M20	Zac Field	1	W12	Yasmin Field	1
	Jake Field	3			

On the next two pages Neil Harvatt, the HALO globetrotter, describes how he achieved a podium finish whilst visiting his daughter in Madrid.

Orienteering in Madrid 2011

Why orienteer in Madrid?

A number of reasons

- Flights are cheap (£55 return from Luton with Easy Jet)
- Good area - Campo Casa is a great area to run in – the map is practically all white with very fast runnability. The Campo Casa is a vast forested public park to the west of Madrid which was a Royal Hunting Ground before the revolution, no doubt becoming the Ground for Hunting Royals during the Revolution.
- Good competition – this was a Spanish National weekend event – almost 1000 participants on both days.

Oh and a chance to visit my daughter who now works there. (So free accommodation also)

The weekend event was the XXIV Trofeo Internacional “Martin Kronfield”. He was the Spanish equivalent of Jan Kellstrom, and produced the first Spanish orienteering map (of Campo Casa).

My Spanish is not very good and I had to rely on Google to translate the final details which wasn't perfect especially for the technical parts but it was good enough. One thing did confuse my though – according to Google the updated map was drawn by red angels. Some sort of divine intervention? Are red angels the nice ones or the nasty ones.

Saturday was a classic distance event. I was quite an early starter (only just got to the start line in time after a 3 metro journey across the city) and according to the splits I was 2nd out of 3 finishers when I finished. Is that good or bad – hard to tell. I waited an hour before I left to meet up with Catherine for lunch, at that time I was 2nd out of 7..There were 18 competitors on the Hombres 55. The Spanish have a younger demographic than us, they had low numbers in the high age groups and 80 to 100 in the younger age groups. In fact H60 was the oldest competitive class.



Arriving back the following morning I was pleasantly surprised to have finished 2nd out of the 18.

The assembly area was the same for both days but different areas of the park were used for each event. I was far more confident today than yesterday and so went for the straight line route for control 1. Big mistake - missed it and lost 5 minutes! Didn't do too bad after that but 5 minutes on a middle distance is significant and I finished 7th. However I was 3rd overall and so was on the podium for the presentations. That was a bonus.

I'm not a big lover of cities but I would recommend Madrid to any tourist. It's got plenty of cultural things to visit (Prada museum et al), lots of imposing historic buildings, a number of large parks and plenty of Plazas. At the end of October the weather was warm and sunny and sitting outside to eat was the norm.

Madrid has a very good metro system, much of it quite new (it's good to see where they have been spending our European subsidy). It costs less than 80p per journey and you can travel direct from the airport to the city for 2.5 Euros.

In case you are still wondering, the map was drawn by a chap called Angel Rojas.

CASA CAMPO III
Escala 1:10000 | Equidistancia: 5 m

REVISION DE CAMPO:
Francisco José Campo Muñoz
FECHA REVISION:
Mayo - Sep. 2011
Nº REGISTRO FEDO:
MA.1256.11

R1
Utilizar en caso de
dado del.

R2
SI

R3
Use only if
SPORTS BOLS.

Comunidad de Madrid

iberCaja

FedEx
FEDERACIÓN DE ORIENTACIÓN

ATELIER

Madrid 28 y 30 Octubre 2011

XXIV TROFEO INTERNACIONAL "MARTIN KRONLUND"

LARGA

Alabarda-O

ORIENTACION

Mapa de España

Mapa de Madrid

Mapa de Casa Campo

El deporte de Orientación implica siempre el cuidado y respeto del entorno y la naturaleza.
LA POSESION DE ESTE MAPA NO AUTORIZA LA ESTANCIA EN EL TERRENO, SIN EL PERMISO CORRESPONDIENTE

Distancia: 200m

Comunidad de Madrid

iberCaja

FedEx
FEDERACIÓN DE ORIENTACIÓN

ATELIER

Madrid 28 y 30 Octubre 2011

XXIV TROFEO INTERNACIONAL "MARTIN KRONLUND"

LARGA

Mapa de España

Mapa de Madrid

Mapa de Casa Campo

Distancia: 200m

Comunidad de Madrid

iberCaja

FedEx
FEDERACIÓN DE ORIENTACIÓN

ATELIER

Madrid 28 y 30 Octubre 2011

XXIV TROFEO INTERNACIONAL "MARTIN KRONLUND"

LARGA

Mapa de España

Mapa de Madrid

Mapa de Casa Campo

Distancia: 200m

Comunidad de Madrid

iberCaja

FedEx
FEDERACIÓN DE ORIENTACIÓN

ATELIER

Madrid 28 y 30 Octubre 2011

XXIV TROFEO INTERNACIONAL "MARTIN KRONLUND"

LARGA

Mapa de España

Mapa de Madrid

Mapa de Casa Campo

On this and the next three pages events both locally and a little further afield.

Brian Ward reflects on some excellent brian.ward62@btinternet.com

NOPESPORT (National) Urban League
www.urbanleague.nopesport.com

Cambridge City Race Saturday 22nd Oct.

This was our second outing, the previous being 2009. More colleges were used this time and fenland (rough open areas) with less emphasis on the city streets. Starting on one of the fenland areas, these soon gave way to college grounds, where numerous marshals kept watch to ensure that you didn't step on the grass (all marked Olive Green – out of bounds) – numbers being taken should you transgress! As is usual, some parkland helped to mix it up a little, but the main thrust was weaving your way in and out of the college grounds.

I wasn't alone in being caught by the locked gate across the river on one of the minor route-choice legs, and also got totally flustered in one of the few City Centre route choices when I came across a sea of people and then neglected to stick to my plan, meaning a lengthy detour to enter the covered area which had very limited access – but there again, that's what cunning planning in urban races is all about!

As we came through the last college and onto the fenland to finish Cambridge had, once again, proved to be a most worthy urban challenge!

Skipton Urban Race Sunday 30th Oct.

Double-header – final Yorkshire Urban League event and Nopesport counting race. A really excellent race with school grounds, parkland, and canals galore to navigate round. Very well planned courses with many head scratching moments, where 5-10 seconds to stop and look at the map can save you minutes in naff route-choice.

Quickly (a little too quickly as it turned out) followed by the Yorkshire Urban League prize-giving.

Chester City Race Sunday 13th Nov.

This was the second "double Sprint" we've attended in the last few weeks. They are, without doubt, the best way to bring orienteers together at an event. The only other occasions where you tend to linger are generally JK and other multi-day competitions. By having a focal point (as with the University of Leeds Sprints 2 weeks previous) it naturally means that competitors stay to chat, compare routes, have a moan....you know the sort of thing!

We were very lucky (on both occasions) with the weather, but having a nice, large building to congregate in, means the weather can be ignored if it is a little unpleasant! The icing on the cake with the Chester City Sprints was the MikroSprint on a 1:800 map in between the main events. Centred on the assembly, they registered just short of 100 runs! Basically there are 4 courses run in loops, so they are really all the same course, the advantage being you can start 4 people at a time, and the winning time was around 4 and a half minutes, I even did 2 MikroSprints, I enjoyed them that much, and, as Amanda very rightly pointed out afterwards, they are excellent Sprint Training exercises J

To the main event. It was a little unusual in as much as we had back-to-back maps for both Sprint races (the times of both were added together to determine your overall result – no chases going on here!). The other strange aspect of the first race was that our part 1 map was landscape and our part 2 map was portrait in orientation, slightly confusing! I didn't get off to the best of starts either, not being able to get a GPS signal for my Garmin, I then proceeded to ignore the instructions from the Start Marshall, and so, arriving at the Start Kite, 70 metres after picking up my map, I just couldn't work out what was going on and how I was suppose to get through the City Walls that towered above me, blocking my way! Thankfully Amanda started with me (on the C course) and just urged me to "keep going" – so I did until I found that elusive gap in the wall, of course, it all made perfect sense after I'd finished and looked at what had happened – hindsight, a wonderful thing!

I love Urban Races and Sprints, MicroSprints/ mazes and anything a little "different" also score highly on my "must do instead of going to that grotty forest/wood/moor" list too. So, choosing Chester, a 2 hour drive, over Ashdale (formerly known by many other names) was a no-brainer. If there's a choice between a mediocre "traditional" event or Urban/Sprint you know where you'll find me, but try not to be too surprised if I turn up at places like Pillar and Mausoleum, as long as the forest/wood/moor is "nice" I'll make an exception.....but not too many ;) One annoyance about Urban/Sprint, and my biggest pet hate (Mike Cope knows only too well!) is ambiguous control descriptions. There's just NO need. This time we had a "Tower, NW Side" but it was very difficult to tell from the map the exact location of the flag.

Unfortunately I took the wrong option and second guessed that the control was at the Tower on TOP of the City Walls – WRONG! It was actually at the foot, so, 2 minutes later (a long time in a Sprint Race!), and lots of cursing, I arrived flustered at the correct spot, not having planned what I was going to do next (this was also the 1st control after the map turn over). It just happened to be the key (in my opinion) route choice leg in the course as well, now things were going from bad to worse (well, not quite, but that's how it felt!). Having overcome these minor irritancies(!) it was a relatively short "sprint" to the last control and finish, but, why-oh-why, did you have to run past the finish control to the last control, then about face and run 15 metres (YES – 15 metres) back to the Finish Control.....madness!! What are controllers for??

Anyway, after having calm and equilibrium restored at the MikroSprint (did I say that it was REALLY good fun?), the time for Race 2 approached. We had early starts in race 1 (9:37am from a span of 9:30 to 10:30), and so this was repeated in the 2nd race, although this time I was 1st off on our course. Luckily in Urban/Sprint, an early start tends not to be a disadvantage as it can be in forest orienteering, I know quite a few runners who purposefully always run late because of the elephant tracks that appear making it easier to locate routes and controls, and, ordinarily, these will be the same people who will tell you that "Urban" and "Sprint" events aren't "proper" orienteering ;)

I don't know why I always seem to run better on a second race, but, true to form, the afternoon sprint went very smoothly, even employing my new Thumb Compass with Magnifier to great effect in a very complex little garden area within the grounds of the University.

Editor's Note:

The final Nopesport Urban League event took place on Saturday 26th November in Penrith. Hopefully there will be a report in the next edition of HALO News with the final league positions of the small, enthusiastic band of HALOists who have travelled England & Scotland to take part in this excellent series.

YHOA Urban League

[http://www.orienteering.ilkley.org/clubdocs/YHOA Yorkshire Urban League 2011.htm](http://www.orienteering.ilkley.org/clubdocs/YHOA_Yorkshire_Urban_League_2011.htm)

University of Leeds Sprint & Chase

More of these please! Complex University campus make for excellent Sprint-fodder, Leeds was no exception. We did also visit the obligatory

parkland, and, on this occasion (the Prologue) some surrounding streets. Unfortunately, I got distracted early on by some builders who were quite insistent I'd gone wrong and should be taking an all-together different route, when, in fact, my route was perfectly valid....grrrrr.....so my 30 second man caught me and we proceeded to duke it out for the remainder of the course – all 15 minutes (or so) worth!

I'm usually better in the chase, and by golly, was this a chase. It was MANIC. Blindingly fast, someone must have been navigating somewhere along the line!? I did split briefly from my pack on a couple of occasions because I thought my route better, but we usually ended up no more than seconds apart at the next control.

Kicking myself over a missed route choice right at the death, but it fooled a few folks, must invest in a thumb compass and Spectra mag for Urban's and Sprint's – although I'd NEVER use anything other than a Base-Plate Compass for conventional Forest Orienteering.

Editor's Note:

The final event in the 2011 YHOA Urban League was at Skipton (see Brian's previous Nopesport report).

HALO final positions (counting events in brackets—max 6)

Junior Men:

Jake Field (6) 2=
Dom Simmonds (1)15=

Junior Women:

Yasmin Field (6) 2

Men Open:

Zac Field (6) 2
David Jolly (1) 55=
David Ward (1) 100

Women Open:

Charlotte Ward (6) 1
Helen Smith (6) 4

Men Vets (40+):

Brian Ward (6) 1
Dean Field (6) 5
Paul Van Dam (1) 74=
Pete Harris (1) 103

Women Vets:

Amanda Ward (6) 8

Men Super Vets (55+):

Neil Harvatt (5) 9
Ken Hutson (6) 11
Mike Smith (5) 14
Brian Slater (3) 32

Women Super Vets:

Dorothy Smith (6) 7=

Men Ultra Vets (70+)

Pat O'Grady (3) 6

EBOR Autumn Sprint Series

Running from Saturday 24th September for 4 consecutive Saturday's (now into the Night event stage of the series from Wednesday 2nd November) the events we attended were low-key and informal but with high quality professional standard maps at scales of 1:4,000 and 1:5,000. Event 1 at Clifton Backies on the York Ring Road consisted of rough open land with some scrappy woodland made interesting with the inclusion of World War 2 bunkers throughout the area. The courses we ran were generally the "long" Sprints – typically 2.5 to 3.0km, winning times 15-20 minutes, depending on who turned out! A generally small, but very enthusiastic bunch of followers (sound familiar?) could be found week after week, all down to, I'm guessing, much of the above!

Event 2 took us to Old Earswick and the River Foss, again, just off the York Ring Road. A strip of runnable parkland to the North West of the area linked nicely into the Urban Jungle of Old Earwick giving a great contrast in required Sprint styles, a most enjoyable event followed by informal picnic and prize giving in the glorious October sunshine J

Malton East provided venue 3, an even more eclectic mix of terrain measuring just one kilometre square. Rough open parkland, a small wooded area, walled garden (250m x 100m) and Malton streets gave a constant contrast in terrains, I particularly enjoyed the cunning route choices around Morrisons and the uncrossable river running through the woodland!

Finally, as all good things must come to an end, Thornton-Le-Dale was pure, classic, urban sprint. They did throw in a small section in the grounds of a Primary School, just to mix it up a little, but it was really all you would expect of a fast and furious sprint.

The thing that most impressed me was the quality and professionalism of the map production, any of the area's / maps being more than worthy of hosting higher quality events, but that's just my opinion. We may even venture out at night to one of the evening events!!

Wincobank

When is an Urban event, not(!) an Urban event? SYO held a non-Urban, Urban event, on Sunday 2nd October at Wincobank close to Meadowhall. The "Urban" connection was that the map was 1:5,000 drawn to ISSOM standards, making it very legible for those of us who's eyesight ain't what it use to be!

The well contoured hillside is surrounded by industrial and residential area's, each of which on their own I'm sure would make excellent Urban terrain! That's the trouble with Sheffield, it's a veritable Urban Orienteering Hot Spot, think I know where I'll be retiring to when the time comes ;)

This is just the type of area / event I need now that my focus is switching from Forest Orienteering to Urban and Sprint. Although we didn't run on any tarmac it had all the classic elements of Urban, and actually, would make a superb Sprint area. The 6.5km Brown course had 25 controls, so comparable to many Urban events with the number of controls to course length ratio, and the terrain covered could easily be found in many Urban races where you switch from paved road to park / woodland and then back again.

Of course, you can have the best area in the world, but if the planning isn't up to standard, you might as well just go and run round a track! In this case, the course planning matched the standard of the Oli Johnson produced work of art perfectly! The thing I love about these maps, at this kind of scale, is that, mostly, I can actually pick out the detail. I've given myself a bigger advantage now by actually, after 35 years of Orienteering, buying a Thumb Compass with a larger than life Magnifier – and what a difference it makes (the Magnifier).

As we zig-zagged across the hillside, the short legs (not mine, those in the course planning) made you keep in touch constantly, and the elevation difference forced you to always be aware of the micro route choice options. I wouldn't ordinarily entertain "forest" orienteering at this time of year, but the undergrowth really was minimal and the wooded slope a delight to navigate across. There were plenty of light green and "walk" area's, but these were soon traversed on the magnificent map.

So – this IS the way to go – 1:5,000 ISSOM maps – you know it makes sense, oh, I wouldn't moan if you could run to 1:4,000 actually, even if it did mean having a larger than A4 size map. I think it's a common problem, but one that we can overcome – cramming an area onto a standard size sheet of paper at the sacrifice of map detail – as far as I'm concerned, the bigger the better! Come on you mappers, you've heard the call – make it happen!

**Hull University, HALO Winter Series
19th November**

Of all the things that are required to put on an orienteering event, by far my favourite “contribution” is that of planner. I think it’s almost as much an art as a science, and you’ve either “got it” or you haven’t! I like to think I have, but, if you’ve been involved in a sport for 35 years, you’d think that you would gain some sort of affinity to certain aspects of that pastime.

My planning approach to the Winter Series event at Hull University was certainly biased towards what I would do for a Sprint or Urban event. Compared to “traditional” orienteering planning there are certain things you can get away with, and certain things that are actively encouraged, but would be frowned upon if you did the same for a forest or moorland event!

The easiest courses to plan, in my opinion, are the hardest, or most technical, courses. I wanted to try to keep the number of overall controls used down to a minimum, knowing that I would probably need to gripple most, if not all, of the Si units. I started with the “Technical” course. My plan was to max out the area with that course, then use as many of the controls from there to plan the other courses.

Start and Finish were more or less set as we had use of the side room at the Sport Centre, one restriction was to avoid using the grassed area to the west of the cricket square as there was potentially a group who might have needed access on the day. With that in mind I did purposefully set the first and last legs of each course to leave due south and return due north to keep everyone to the east of the cricket square.

With Urban/Sprint it’s all about the micro route choices, and trying to make them as complex as you can. When I planned the Technical course I tried to put in as many legs as possible where there was more than one route choice option, not always possible, but we tried! Another good planning technique is to carefully place (NOT hide) controls where it’s possible for competitors to get “trapped” – the wrong side of a wall or fence, or ending up at a dead end. This should not, however, be down to the competitor being lucky, as accurate and unambiguous control descriptions MUST be used to define the control location.

Once I had the general shape of the Technical course mapped out I could gauge what needed to be done to produce the other courses. My general rule of thumb for Urban/Sprint, because of the nature of the terrain used, is to add 50% onto the straight line course distance to find the actual distance (with a clean run!). Thus, the Technical, at 4.0km, should offer at least 6.0km of (clean)

running, and estimating a speed of 5 minutes per km (for me, anyway), that would give a winning time of around 30 minutes. Rather than using the usual White, Yellow and Orange, as for traditional orienteering, I thought it more appropriate to label the other courses Short, Medium and Long, a fairer reflection, I thought, of what was on offer. With the Long Course (3.0km equals 4.5km running equals winning time 20-25 minutes) I used controls from the Technical but planned the legs to be as different as I could, assuming (wrongly, in fact) that anyone running the Technical would also want to run the Long, and vice-versa.

I then wanted to use the same controls (different order again) for Middle and Short, but try to make the courses progressively more complex, so that, as is the tradition for the Winter Series, competitors could do progressive courses if they wanted to or had the enthusiasm/energy to.

On the day there were 20 individual runs, and 29 total runs – so 9 re-runs. Winning times were 10 minutes, 28 minutes, 35 minutes and 35 minutes respectively for the Short, Medium, Long and Technical. I didn’t plan the Technical as a Sprint, it turned out to be more of a Middle Race! On test runs I covered 6.4km on the Technical and 4.7km on the Long, so the courses were running at slightly over length plus 50%.

On the morning of the event grippling went well. I pre-grippled the Si units and had some spare extra long wires that I could swap out if I needed to. I knew that all the control sites were secure, mostly drainpipes, but also a couple of unusual points were discovered during planning.

Potential disaster was averted on discovery of a 100 foot crane on site and the temporary erection of a wire fence across one of the key route choice options. I hand amended the maps where appropriate before the first start then had a “test” run on the Technical to get my run for the day under my belt – for the first time complete with flags and Si units .

Grrrrrr..... the crane and fence were now gone – temporary indeed – so another quick map amendment to try to let everyone know they could actually cross the hand-drawn uncrossable fence – hey-ho!

The weather was great, and all enjoyed the courses. This type of orienteering isn’t as straight forward as you might believe – just ask Ken and Brian (S)! I’d really like to get a good crowd here to experience what Hull Uni has to offer, the best way seems to be to offer to host the YHOA Sprint Champs in 2013 (it’s already spoken for in 2012).

So, with that thought in mind, we look forward to bigger and better Urban/Sprint times ahead.

On this page Amanda Ward tells us about something new and local to try.

Diary of a Parkrun First Timer!

Earlier this year I registered the family for parkrun (www.parkrun.org.uk) which Brian had heard about (the local parkrun being at East Park in Hull) and I had read on Attackpoint (www.attackpoint.org) that orienteers were trying parkruns in Sheffield and Edinburgh. Due to our weekend orienteering commitments and our overall lack of enthusiasm for getting up early on a Saturday morning (before 7am!) and running at 9am, our parkrun barcodes gathered dust in our 'orienteering events' drawer in the hall console table. Every week however, I received the weekly parkrun email and would often take a look at the East Park results and ponder 'could I do this?'; 'would I be the last to finish?'

I have always enjoyed undulating (not steep!) forest orienteering with some navigational challenge. These events provide me with the best chance of success (i.e. top 25% in W45S). Sometimes I have some good 'runs' such as the British Champs 2011, and the SYO event at Wincobank (11th October). On analysis this is because I made good route choice decisions, had attack points and kept in close contact with the map. Jogging (or 'shuffling' as my family cheekily refer to my running style!) rather than walking was relatively less important than good navigational techniques (at Wincobank I did particularly well due to some handy tips from Steve Whitehead, EBOR!).

Brian and Charlotte have, over the past two years, become increasingly enthused over Urban and Sprint Orienteering and last year I decided, rather than bag carrying, I would "have a go". In 2010 I 'ran' a few Urban Races and it took me a while to get used to the ISSOM symbol set and also to members of the public asking me what I was doing! In 2011 I have enjoyed many more Urban Races, some University Campus events and informal, social events. It is apparent that being able to keep moving at a decent pace is as important as good navigational technique in these events. Charlotte has 5 contributing scores from Urban/Sprints to her overall ranking points, Brian has 2 and I have none! My best forest point score is 860 (SYO event at West Haigh 17th April) My best Urban point score is 686 (Beverley Urban 26th June) - and I work in Beverley!

Whilst after an Urban event I have a sense of satisfaction that I have met the challenge, been out in the fresh air, probably visited somewhere new and excersied I would like to improve my positions in Urban Races and try Sprint Orienteering.

I realise that to do this I need to run more regularly and spend more time looking at Urban/Sprint maps. A Thumb Compass and magnifier may also help! Perhaps above all I need to improve my fitness! Recently Charlotte's Garmin has shown that I have been covering around 9km on an Urban course (Cambridge and Skipton) and 'running' about 9min per km. I figured therefore that if I can 'run' 9km on an Urban course I can give a 5km parkrun a go. So with a weekend free of orienteering I suggested to Brian that we try our first parkrun (5th November). He wasn't so keen on an early Saturday start but as the weather forecast was fine he was persuaded alongside David who was home for the weekend.

Hull parkrun advertise the event on their website - see www.parkrun.org.uk/hull for details.

I was very excited on the morning. We arrived at East Park at 8.15am to be greeted by friendly volunteers- one of whom explained the course to me and provided me with a copy of the course map - a flat yet interesting two and bit lap around the lake and animal park. Nerves hit me when the gun went and after about 300 m I wondered 'why did I want to do this!' I missed having a map and a course to navigate. So to overcome this I decided to focus on a feature ahead (tree) and pretend it was a control site. I told myself I could walk for a short while after reaching it to 'virtually read my map' and focus on another site ahead. This tactic soon became less important and I enjoyed looking at the park scenery and passing parkrunners ahead.

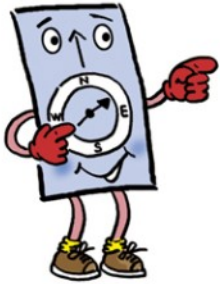
My aim was to run 8mins per km and finish within 40 mins. I think I ran the second lap faster as my body accepted the 'shock'. On crossing the line I had no idea what my time would be. I was delighted when the results were out (on-line at lunchtime - very impressive) and found that I had run 36m 35 secs. I was placed 207th out of 228 runners.

My aim will be to improve on this time however I am realistic in that weather conditions were good for my first race and I wasn't troubled by a stitch, calf muscle pull or achy hips.

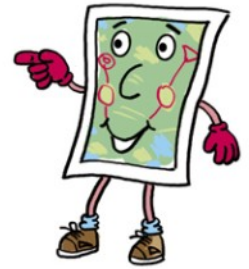
Next time we have no weekend orienteering we will definitely be back at the Park Run. Why don't you join us?

Editors Note:

Why not try both? Run the East Park Parkrun at 9am on Jan 28th, then take part in the first orienteering Event in recent years at this 130 acre, grade II listed Park from 10am.



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering



Come and 'Have a Go'

**Humber Bridge Country Park
(Foreshore Entrance)**

Saturday 17th December 2011

'Starts' are from 1.00 until 3.00pm

Cleethorpes Country Park

Saturday 7th January 2012

'Starts' are from 1.00 until 3.00pm

East Park, Hull

Saturday 28th January 2012

'Starts' are from 10.00am until 12.00 noon
(following the Parkrun at 9.00am)



Juniors - £1; Adults - £2

*Coaching available, courses for families and individuals
Please come prepared for the weather.*



Further details at
www.halo-orienteing.org.uk



www.britishorienteing.org.uk


British Orienteering