

HALO NEWS

The Newsletter of Humberside & Lincolnshire Orienteers

July / August 2010



So who won the Gold Medal? - perhaps the nail varnish is a clue? See Page 17

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Beverley Club Night – The First Year

It didn't start well.

The first night in September 2009 was eagerly awaited following extensive promotions in all local schools and a partnership with the East Riding School Sports Team. Despite this no-one turned up. This was a big disappointment after all the hard promotional work put in, mainly by John Butler.

The initial idea had been a club for Juniors (which would hopefully also attract parents). After the first night, we decided to change this to a Club Night which would have activities for existing members but also cater for newcomers of any age to the sport.

This model has continued for the rest of the year with each night consisting of a mixture of fitness work, technical training and exercises and fun orienteering activities.

In early October we organised a "Newcomers event" at Longcroft School which attracted a couple of family groups who then regularly attended on Mondays. Throughout the year we have had a small, but steady, influx of non-members. They have attended because they have seen articles in The Beverley Guardian, posters in the Start Fitness Sports Shop in Beverley and the What's On section of the East Riding News. No-one yet has turned up as a result of promotions in schools.

By mid-October we were getting a good mix of members and non-members.

The Club Night is based at Longcroft School in Beverley, which has good facilities. There is a large sports field with sets of buildings on either side of it, both of which can be run round giving good scope for siting orienteering controls. Additionally a gate from the school field leads to Beverley Racecourse and just beyond this is the Westwood. We also have use of the gym and that has been very useful during the winter. The court lines have been mapped (thanks to Brian Slater) and this has provided an excellent resource using SI boxes and "benches for fences" to provide mini-courses.

The challenge has been to cater for complete beginners as well as Junior Internationals – quite a wide range of abilities!

This has been done in two ways. Occasionally we have had separate activities, with, for example, the experienced group going on to The Westwood and the beginners remaining on the school site for coaching. Alternatively, both groups have done the same exercise with, for example, the experienced group working from memory whilst the beginners have run with a map. When both groups have been together it has been pleasing to see how willing the experienced group are at helping the beginners.

There have been 39 participants altogether, 16 members and 23 non-members (7 who have subsequently joined). Disappointingly some of the newcomers have attended for a few weeks and then not shown again. We think that one of the reasons for this is the lack of orienteering events in the local area and we are taking steps to address this from the autumn.

Numbers for each evening have been between 10 and 20. We have had two families who turn up, come rain or shine, this is essential for the coach. It takes time to prepare the activities but knowing that there are going to be at least 10 eager (!) participants, makes it all worth the while.

The four regular juniors were asked what they liked (if anything) about the Club Nights. Emma loved the running; Joe thought they were awesome, he liked learning about bearings and running around the mazes; Yasmin also liked the maze. George thought they were fun and liked learning to read maps, but he especially liked the end-of-term feasts! They all liked meeting new friends.

From a coaching point of view, it has been an enjoyable learning experience for me and quite a challenge, not having done anything like this before. BOF have been very helpful, producing a number of booklets which helped enormously in the early days but nevertheless I was surprised by how much time I spent thinking of ideas and printing maps for each of the evenings. I think that the main reason for the amount of time it took me was that I had plenty of time, I'm hoping that's the case as I am going back to work in September for three months and will no longer have all day Monday to prepare.

The club nights take place in school term times only and each term has concluded with an informal competition followed by a social, thanks to Zac and Brian Ward (twice) for organising the events and to Yasmin and Rosie for the excellent sandwiches.

Longcroft End of Term Event

Thanks to Brian Ward for putting on a fantastic event (I toyed with using the word amazing, but didn't want to be responsible for inducing nausea). Brian created three separate Prologue courses, all of which involved an initial section of three controls in the specially constructed Maze followed by three more conventional controls on the Longcroft site. The Final Chase required navigating through 10 controls in the Maze (with a Butterfly for good measure!) and then finishing with nine conventional control locations. There was an added pressure for the final.

We started in reverse order of our cumulative times for the three prologues which meant there were a lot of runners very close together, leading to some exciting head to head contests (not to mention head to head scratching in the maze). I have run the Club Night at Longcroft practically every week since September and so I consider that I know the school map like the back of my hand. I



managed the Maze section reasonably well (only got stuck in a couple of dead-ends) and set off confidently for the first conventional control. After about 50 metres, I knew intuitively that something was wrong, but it took me some time to discover I was heading for the wrong set of buildings in completely the wrong direction! I was not on my own - the concentration required for the fast running, quick turning, micro navigating Maze didn't allow for any forward planning.

Neil Harvatt



Thanks to Charlotte and David in particular, for construction of the maze, Neil for providing the Si support and Brian Slater. For manipulating and printing the maps.

Brian Ward

Photos : Brian Ward

HALO Lincolnshire Poacher Trophy Orienteering 2010

Poacher 1) The Lincolnshire Poacher Trophy Series entered its 13th year at the Earl of Yarborough's Hendale Wood with a new record entry. Dry conditions and the effects of a long winter, produced fast running tempered only by some recent forestry thinning which tested competitors hurdling abilities. As predicted the Long Course turned out to be the most competitive in Poacher history. On the night 2008 winner Lincoln's Liam Harrington won narrowly from Zac Field and Derwent Valley's Ben Beresford. The Short Course produced maximum points for Beverley's junior Jake Field. Close behind was Caistor Grammar's Digby Sowerby having his best ever Poacher performance. The female run of the night came from W10 Yasmin Field in an excellent fifth place ahead of many experienced competitors including ladies champion, mother Rosie.

Poacher 2) took place at Elsham starting for the first time from the War Games Centre. This not only provided excellent parking but some unusual features in the first part of the wood, features not normally encountered on an orienteering course. HALO webmaster Pete Shew designed some excellent courses - the long in particular was as technical as the area allowed with full utilisation of the runnable areas and twice making competitors scale the northern slope. The newcomers course was entirely in the war games area. The Long course provided a stunning victory for current Masters Champion (M40+) Neil Harvatt who put the young guns to the sword, finishing 50 seconds ahead of the joint second placers - Martin Kullich and Liam Harrington (LOG) with Zac Field the new British under 17 middle distance champion in fourth. The Short Course was dominated by runners from Caistor Grammar with three in the first six including the winner Sam Ofler.

Poacher 3) On the warmest evening of the year so far, planner Pete Harris utilized an area of Willingham not visited by the Poacher in more than 5 years. The original car parking had to be changed at a late stage as the Highways Dept began assembling their pothole repair vehicles in the area earmarked. In recent years Poacher has started in the middle of the wood near the forestry buildings taking competitors to the north and up Hamilton Hill but this time there were new control sites in the south. The standout performance of the evening came from East Midlands Junior Squad member Ben Beresford who used his running speed to blast round the Long Course for a stunning win ahead of RAF flyer Justin Williams. Jake Field took maximum points on the Short Course to stretch his lead in the league table but was pushed hard by Market Rasen's Jack Robinson who was only thirty seconds down.

Poacher 4) A perfect spring evening greeted the record entry of over 80 competitors at Mausoleum Woods. With planner Malcolm Humphrey starting the courses from the Southern end of the wood runners were able to sample the area around Mausoleum Hill which has not been used much recently for Poacher as well as being very convenient for the post race analysis at the nearby New Inn. The Long Course is now more competitive than ever. It was a second win for LOG's Liam Harrington, in second place was Martin Kullich closely followed by Zac Field. Leading Lady was England junior Charlotte Ward in 9th. The Short Course was won by Sam Ofler from

Keelby with Jake Field in second place.

Poacher 5) Another dry sunny evening greeted Poacher competitors at the pleasant assembly area of Potterton's Alpine Nursery. Planner John Fulwood was able to use parts of the wood not unavailable last year to Vernon Davis, producing courses as challenging as Nettleton allows. He overcame the problem of the narrow Start Finish area with a very short first leg on the Long Course. The Long Course winner was Paul Murgatroyd (LOG), well clear of Zac Field. Paul became the fourth different winner of the Long Course this year and this result shows that he is not going to give up the Lincolnshire Poacher Trophy he won in 2009 without a fight. Short Course leader Jake Field took maximum points ahead of the Caistor Grammar School duo of Digby Sowerby and Sam Ofler

Poacher 6) The small glacial valley of Swallow Vale was the venue for the sixth event of the 2010 series. The steep slopes soon dispelled the view of Lincolnshire as flat; indeed the Long course was easily the most physical so far with over 160 metres of climb that tested competitors' fitness on a warm evening. Planner Michael Robinson made excellent use of the small very runnable woodland. Times were fast and the area certainly favoured the speed merchants. Liam Harrington (Long) and Beverley's Jake Field (Short) both again scored the 50 maximum points.

Poacher 7) Spur Chase Woods was the venue for the 7th Poacher of 2010. Planner Brian Slater chose a different start area incorporating bits of wood not previously used; some still containing remnants of RAF Kirmington's activities during WWII (The RAF station was the predecessor of Humberside Airport). Brian even had controls on some of these features - if you had time to inspect them! Two separate finishes were used - probably a first for the Poacher, although some competitors have often tried to finish in a different place! The Long Course provided Junior International Zac Field with his first win.

Poacher 8) Arguably the most runnable of all the Poacher areas, Halliday Hill and Brompton Dale gave competitors a pleasant evening's orienteering. The high temperatures certainly accounted for the loss of a few excess pounds. Planner for the day was Ben Ofler. It was a one-two for LOG on the Long Course with Liam Harrington almost 3 minutes clear of Paul Murgatroyd to take maximum points. The form book was upset on the Short Course where Caistor Grammar's Jack Robinson had his best ever run finishing well clear of Jake Field.

Poacher 9) Poacher 2010 was again fortunate with the British weather. After very heavy rain the previous day the evening was dry although the vegetation was still damp creating elephant tracks in some places slightly favouring the later starters. Paddy Neligan was making his debut as a Poacher planner and he did an excellent job with plenty of controls and changes of direction demanding 100 percent concentration. Caistor Grammar's Sam Ofler had a great run on the Short Course finishing over 3 minutes clear of second placed Dave Jolly. Liam Harrington clinched the Lincolnshire Poacher Trophy with another maximum.

(Continued on page 8)

(Continued from page 7)

Poacher 10) Lincolnshire is flat! Well a visit to Normanby-le-Wold would surely change that view. The highest point in the county and the highest between the Humber and the Thames - Normanby provides the most physical challenge of the Poacher Series. As well as the climb, competitors had to contend with uneven ground underfoot, luxuriant vegetation and occasional interest from the local bovine population. Planner Andrew Houlden made maximum use of the area giving runners on the Long Course over 200 metres of climb, he even managed to arrange for a notorious area of nettles to be mown prior to the event! Junior Zac Field was in fine form to clearly win the Long Course and younger brother Jake made it a one-two for the family as he came home first on the Short Course.

Poacher 11) A warm summer's evening attracted nearly 70 competitors to the runnable South end of the large Pillar Wood for the final event of Poacher 2010 planned by Masters Champion Neil Harvatt. The leading positions on the Long Course were contested by the two Lincolnshire clubs of HALO and LOG. Spear-headed by Liam Harrington and Paul Murgatroyd, LOG took first and third with HALO's Martin Kullich and Brian Ward making up the top four in a close contest. Caistor Grammar's Jack Robinson was delighted with his second win this year on the Short Course. The Ladies Trophy for 2010 was only decided on the night with Junior Yasmin Field pipping mother Rosie by two places. A large contingent then descended on the New Inn at Great Limber for the annual trophy presentations followed by an excellent quiz on the Poacher compiled by Pete Harris. As I have decided to step aside as the organiser of the Poacher after 13 years this will be my last report, but I hope to see everyone at the first event in 2011 probably on Wednesday April 13th - I might even be planning that evening's courses.

Pete Kullich.



Yasmin - Short Course Ladies winner



Helena - Long Course Ladies winner

2010 Champions:

Long Course:

Champion - Liam Harrington (LOG)

Masters - Neil Harvatt

Super Vet - Pete Kullich

Ultra Vet - Mark Tyszka

Womens - Helena Crutchley

Short Course:

Champion - Jake Field

Junior - Sam Ofler

Ladies - Yasmin Field



Liam - Poacher 2010 Champion

After thirteen years of organising the HALO Lincolnshire Poacher series, Pete Kullich announced at the awards presentation ceremony that he was standing down to make place for a new series organiser for 2011.

Pete has built Poacher up from small beginnings to the very successful event series it is today, with an average of just under seventy competitors this year. Part of the enjoyment of the events is the post race analysis at local hostelries, which is unusual for orienteering events.

Of course Pete doesn't do it all himself as these days there are planners, controllers, kite collectors, Brian on the computer, etc., but Pete has been the driving force throughout and his will be a hard act to follow.

Pete Shew

With Pete no longer co-ordinating the Poacher Series, the end of an era has taken place in HALO Orienteering. The achievement that Pete made in getting the series off the ground should not be underestimated. At the start Pete had to obtain access to suitable areas, mainly the Earl of Yarborough's estate and then map the areas. In this he was ably assisted by Martin, who I believe did a lot of the cartography and established the Poacher website. Some of the initial maps were fairly basic, but always accurate, and slowly over the years they have been updated and additional details added. The format today of standard cross country courses has not always been the case. In the early days there were many variations. I do remember at least one Norwegian map-memory, which made the Long course very interesting!

All in HALO owe Pete a debt of gratitude for establishing this mainstay of the HALO fixture programme.

John Fulwood

POACHER 2010 LEAGUE TABLES

Short Course League Table

Pos.			1	2	3	4	5	6	7	8	9	10	11	Total
1	Jake Field	M14	50	47	50	49	50	50	49	49	48	50	49	397
2	Sam Offler	M16	47	50		50	48	49	50		50	49		393
3	Jack Robinson	M16	42	45	49	46		46	46	50	47	47	50	381
4	Digby Sowerby	M14	49	46		45	49	47	47		42	45	46	374
5	William Sowerby	M45	38	49		36	47	48	48		45		48	359
6	Yasmin Field	W12	46	44	42	40	46	45	44	45.5	38	41	45	357.5
7	Rosie Field	W40	41	43	47	44	45	43	43	43	46	44	43	355
8	John Butler	M65		42	44	41	44	44	42	41	41			339
9	Mel Clark	M50	37	41	35	42	41	42	39	39			42	323
10	Heather Tuck	W45	28	34	40	33	43	40	35	42	43	33	44	321
11	Tracy Blackburn	W35	36	27	45	25	36	39	37		32	38	40	303
12	Elena McBane	W40	34	35	33	34	39	41	33	34	40	42	36	301
13	Fran Humphrey	W60	31	37	43	39	31	32	30	37	37	35	29	291
14	Geoff Smith	M55	33	38	32	32	33	38	36	36	34	32	39	287
15	Karen Higgins	W45		0	46	35	38		38		39	43	35	274
16	Liz Cooper	W21	23		38	22	0	37	31	40	36	28	38	271
17	Dave Offler	M55	40	0	48	47		0	45		44	46		270
18	Lucy Grierson	W50		24	37	28	35	33	32	33	35	31	34	270
19	Laura/Julie Day	W21	26	29	34	23		29	26	30	33		32	239
20	David Jolly	M35	44	48						47	49	48		236
21	Geraldine Davis	W60	30	32	39	30	37	34	29					231
22	Patricia Simmons	W55	0	28		24	29	31		31.5	29	29	28	229.5
23	Jackie Sharpe / Pat Flint	W45	22		30	20	28	27	22	28	30	27		214
24	Dorothy Smith	W60	29	33		37	40	36				37		212
25	Peter Robinson	M40	45	40		43			41					169
26	Sue Chaney	W65				19	34	30	24	31.5			30	168.5
27	Tony Freeman / Allyson Clayton	M45	24	26	36	21	30		25		0			162
28	Gemma Davis / Emma Shepherd	W21						28	27	29	31		37	152
29	Anthony Horn	M21	48			48							47	143
30	Ann O'Grady	W70	25	25	31	26	32							139
31	Clare Hanna	W45		36			42					40		118
32	Amber Harris	W18		39	41					35				115
33	Lawrence Cook	M40						35		38		34		107

Long Course League Table

Pos.			1	2	3	4	5	6	7	8	9	10	11	Total
1	Liam Harrington	M21	50	48.5	47	50	42	50	49	50	50	49	50	398
2	Zac Field	M16	49	47	46	48	49	48	50	41	48	50		389
3	Paul Murgatroyd	M40	46	0	45	46	50	49	46	49	49	48	48	385
4	Martin Kullich	M21	47	48.5	48	49	48	46	48			35	49	383.5
5	Ben Beresford	M16	48	46	50	44	47	47	42	48	46	46	46	378
6	Neil Harvatt	M50	43	50	44	45	45	45	44	46	47	45		367
7	Dean Field	M45	45	44	43	43	46	42	47	47	44	47	45	365
8	Paul Watson	M21	42			40	43	44	45	45	45	44	44	352
9	Paul Beresford	M40	39	43	41	39	44	43	43	44	43	42	42	344
10	Pete Harris	M50	44	38		30	40	37	37	38	39	38	19	311
11	Steve Jobson	M45	37	45		26	38	39	40	40			43	308
12	Pete Kullich	M65		40	40	38	41	36		36	40	30		301
13	Lewis Tuck	M16	21	33	34	37	31	38	35	37	35	39	38	293
14	Stephen Higgins	M21			30	41	35	41	41		34	41	28	291
15	Michael Robinson	M40	40	0	42				39	42	42	43	39	287
16	Andrew Houlden	M40	33	39	36	31	37	29	31	34	32		37	279
17	Jay Robinson	M16	0	30	24	35	36	34	27	39	27	40	36	277
18	Helena Crutchley	W45	34			23	34	32	33	31	38	36	35	273
19	John Fulwood	M60	32	41	39	33			30		26	33	30	264
20	Rod Williams	M60	31	34		27	27	33	34	35	28		29	251
21	Brian Slater	M60		36	38	20	33	23		28	30	31	27	246
22	Tommy Chapman	M18	30	26	32	32	32	25	29	25		26	32	239
23	Harriet Gillman	W40	24	29	25	28	24	30		32	29	32	22	229
24	Mark Tyszka	M70	25	28	37	22	25	24	25	30		29	26	225
25	Sean Harrington	M50	28	27	33	25	30	22	28		25	28		224
26	Gary Robinson	M45	18	23	29	19	29	28	26	27	22	0	24	208
27	Pete Shew	M60	17		35	21	21			29	31	27	23	204
28	Andy Furnell	M45	22	31	27	16	26	20	23	24	23	21	21	197
29	Paul Simmons	M55	29	0		24	28	31		26	0	25	20	183
30	Ben Ofler	M21	35					35	36		36		40	182
31	Pat O'Grady	M75	15	22	28	14	22	19	19	21	19	24	17	174
32	Mike Smith	M65	26	42		0	0	27			37	37	0	169
33	Mal Humphrey	M60	14	24	26		18	16		20	21	23	18	166
34	Mary Carrick	W60	20	20		15	20	17	22	19	24	22	15	164
35	Vernon Davis	M65	23	21	31	17	23	21	20					156
36	Keith Foster	M80	13	0	23	12	17	15	18	18	0	20	14	138
37	Paddy Neligan	M60		35		34			32			34		135
38	Chris Gooch	M40					39	40	38					117
39	John Chaney	M70				13	19	18	21	22			16	109

An Orienteering excursion in New Zealand

I was determined to Orienteer on the other side of the World and the event at Bluff, the most southerly end of NZ's South Island, was my chance. I timed mine and Ingrid's tours to allow a free weekend between excursions just about at the same time as this event. Bluff is 2 1/2 hours from Queenstown where we were staying with our sister-in-law Tessa. I had hired a Subaru Legacy for our next trip and was checking it out on the O'trip. I calculated a 420km round trip for my journey and the event started at 1pm. So a 9am start from Queenstown would get me there nice and early – you know how I like to arrive in good time!

I was early and ate my crisps in comfort eyeing the ship graveyard in the estuary. This was a scorching day and lots of drinking water was a must. I arrived in time to help Sally, who was the planner, organiser and controller to erect the finish tent. A family of Orienteers came to our rescue just as I was in pole position/positioning the pole (some hope)? The registration process was a little bit DIY though I noticed to the detriment of my pocket that this was not a poacher type value event!

I timed myself off and circled right via the path to avoid deep tussocky grass. Then the area opened up as I faced the Southern/Antarctic Ocean. I then navigated through 4 accurately set controls on small features on steep slopes (3m contours). I was really enjoying this run despite the holey ground provided by cattle hooves and the electric fences which contain them. I avoided straddling fences and ducked – better known in New Zealand as kiweed.

8 to 9 presented a problem as the screen on the map had been erroneously converted to a dotted screen meaning sandy area rather than dark green (which it was on the ground) meaning impenetrable. As you can see from my route I gave it a wide berth. The run along the top of the hill was glorious – no one about and a slight warm breeze. Descending was awkward and somewhat dangerous for this old English bloke. I picked out the ditch in a re-entrant without too much trouble. Anticipating a fast run along the beach from 11 I was shocked to discover a very rocky coastline and stayed high as it gave way to easier ground.

After a gruelling ascent and then rugged downhill to the finish I was pleasantly surprised to be in 5th position on the Red Course, this being our equivalent of 'Brown/Blue'. I managed to engage in a conversation about the course with a 'littleol'ladywho' was 3 minutes behind me and in last position on this gruelling course. These New Zealanders are tough!

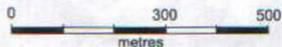
A long drive home brought majestic views of mountains and plains, and a scrumptious evening meal, followed by a glass or two of NZ's Marlborough Sauvignon Blanc was adequate reward.

Brian Slater

OCEAN BEACH

CONTOUR INTERVAL 3m

SCALE 1: 10 000



Photogrammetry: 1964 Origin unknown
Fieldwork: Mark McLean, Svend Pedersen
Cartography 2006 OCAD v8: Svend Pedersen



L Red

Legend

- Contour
- Index Contour
- Fornina
- Depression, small
- Earth bank, earth wall
- Knoll, small knoll
- Pond, water hole
- Minor water channel
- Marsh, small, narrow
- Indistinct marsh, uncrossable
- Enclosed water tank, trough
- Distinct tree, man-made object
- Sealed Road
- Gravel Road
- Vehicle track
- Fence, ruined, high
- Building
- Impassable cliff
- Passable rock face
- Boulder, large, small, cluster
- Boulder field, stony ground

Runnability

- Open Land
- Rough Open Land
- Sandy area
- Forest: Easy run
- Forest: Slow run
- Undergrowth: Slow run
- Forest: Difficult to run
- Undergrowth: Difficult to run
- Vegetation: Difficult to walk
- Distinct Vegetation Boundary
- Settlement





A question - : “Do you remember this idyllic scene from 2009?”

This was painted from a photograph taken by two members of HALO who were fortunate enough to be looking out at the scene from the kitchen / breakfastroom window of the beautiful house we occupied? - Ingrid Slater

Answer - Page 23

HALO BBQ - 18th July:

Many thanks to Pete & Julie Shew for hosting the HALO BBQ at their house





in Brigg. The venue was excellent being in the epicentre of the HALO area, and with Pete & Julie having such a wonderful garden to host the occasion.

Thanks must especially go to Julie for giving the ladies of the group a guided tour of the house. Margaret informs me it has given her many ideas. I had thought the only benefit was to give the chaps a break so they could get on with the important business of cooking and drinking. It appears it may now cost me money!.

Thanks also to Ingrid for her co-ordinating role as Social Secretary. A very good afternoon was had by all.

John Fulwood

Poacher trivia question : One question that Pete Harris might have asked at his excellent Pub Quiz on the last evening of the Poacher -

“How many boulders are to be found on a Poacher Mug?”- Martin Kullich

Answer - Page 23

Editorial - John Fulwood

Thanks again to all who have contributed. At one stage I thought this would be a reduced size edition, but there was a sudden flurry of copy at the end. Many thanks, particularly to Brians Slater & Ward, and Neil Harvatt

You will notice the absence of a View from the Bridge - with the Chairman having a well earned break, there was no time to write it before going to print. I am expecting a bumper contribution from him for the next newsletter!

Copy Date for the next Newsletter - 10th September -

HALO - Junior Page



Hi Everyone! :)

I'm Charlotte Ward, I am 17 and a second year W18 in the orienteering world. I have just finished my AS levels (Maths, Further Maths, Chemistry, Biology and PE), and after summer will be starting on my A2's!

At a young age, I completed string and white courses, but, as I began playing football, orienteering faded out. I started orienteering again in September 2006, beginning with orange courses, which I found extremely hard! At the start of 2007, I moved up to Light Green; my first course of 3.4km took me 74minutes to complete! After some practise and determination, I was able to compete in, and win, the W16B course at the 2007 JK - one of my best achievements so far! Since then, I have progressed through the colour-codes, and now run blue/brown at local events. In national competitions I run W18 Elite, and I consider being placed in the top 5 a good run.

In March, I ran for England in the annual Interland competition; this year it was held in Belgium. I have recently been selected for England again to run in the JHI's (Junior Home Internationals) held in September. In the future, I hope to run for Great Britain, and would most like to compete in a sprint event.

Any questions? E-mail me: charlotteward92@yahoo.co.uk

Next Issue - My training programme

The HALO (Junior) Podium Page

Congratulations to **Charlotte** - 1st W18 at the **British Age Class Sprints** at HMS Sultan near Gosport, Hampshire on 13th June - proudly showing off her Gold medal on the front cover. - photo : Brian Ward

First places at the **2010 YHOA Schools Orienteering Championships** at Sandall Beat on 11th July went to :

George Van Dam - Boys year 4 - running against boys a year older than him

Zac Field - Boys year 11

Charlotte Ward - Girls year 13

Second place - Girls Year 6 - **Yasmin Field**

Third place - Boys Year 4 - **Joe Field**

George
- Boys
year 4
winner



Junior Inter-Regional Championships - 26/27th

June - In the YHOA Junior Squad team were **Charlotte Ward** - 3rd W18 and **Zac Field** - 3rd M16 on the individual Day.

Overall the YHOA Junior Squad came 3rd. Also in the squad were Yasmin Field (W14) Jake Field (M14)

SYO held it's annual **Ultrasprint** competition at Millhouses Park, Sheffield on 3rd July, 2010. Charlotte Ward emerged as the Junior Women's winner and was 2nd overall in the Open Women category.



Photo : Brian Ward

Also - congratulations to **Jake Field (M14)** who has been selected to attend the Junior Regional Squads Lagganlia Training Camp from 31 July to 7 August at Aviemore in Scotland.

HALO Web Pages

There have been quite a few changes to the HALO Web Pages this year. My original objective was to ensure that the web site could be updated, results posted, and so on even if I were not available and this has been largely achieved. I still need to add more “wiki” pages on how to do things. However, once I had started I began to think of how the pages looked and I realised that since I first designed the “new web site” a few years ago my understanding of HALO and how the web site should look had evolved so it was time for a visual makeover too.

I tried to get the site to more closely match HALO colours and logos and the background, which is not often very visible, was taken from the latest 'O'-top design. I also played around to get a better looking menu and page. I hope most of you know where the map is from.

The front page is the most important as it is where members and visitors alike start so that it needs as much information as possible without being too cluttered. I decided we needed some upcoming events, the latest results, adverts for our regular events and series and current news. It was clear that these requirements and the original objectives would best be served by storing most of the web site information in a database so that content could be generated according to the current date.

It is this which allows the “hands off” approach with the site displaying changing and relevant content.

Since the last site design I have realised that the biggest effort required is to get the results on line as quickly as possible so that I have made it much easier to upload results directly from the SportIdent data which is collected when you download your dibber. For next year, the Lincolnshire Poacher web site will also be integrated into the main HALO web site (although the existing web address will continue for a couple of years) and this has given me the opportunity to build a process to directly update the Poacher league tables and championship positions from the uploaded results. You will see that this years Poacher results will be displayed in both the old and new formats while I get the wrinkles out.

A spin off of the capture of SportIdent has been the display of live results at the last few poacher events as runners completed the event and downloaded.

For members, once logged on, there is the ability to see committee minutes, the HALO Newsletter, contact details for the committee and membership list. If you have lost your password then drop me an email.

The membership list only shows the members' names and not contact details for security reasons. You can email another member through the list though, without learning their email address.

For contacting other members there is a separate system called the HALO members mail-list, but at the moment there is no connection between the member list on the web site and the subscribers to the mail-list. This is partly because non-members can subscribe to the mail-list and some members opt not to be sub-

scribed, and partly because the mail-list is third party software over which I have little control.

The members section is where authorised members also gain access to the management interface to change the website itself. This is where events can be managed and details added and amended, and results, controller's notes and reports added after the events. It is where the front page articles are added with a WYSISYG editor and where the site map can be altered and new pages added (look for the upcoming Permanent Orienteering Courses section). It is where front page adverts can be controlled and where Committee minutes and Newsletters are added.

The current web site content is now very much a cooperative effort with front page articles, page contents, results, routegadget, league tables, minutes, newsletters etc., provided by John Butler, Neil Harvatt, Fran Humphrey, Brian Slater, Brian Ward, etc., with support by myself although I can now go on holiday without having to plan for web site maintenance whilst I'm away.

Pete Shew

Events - an overview of the year so far

It's now mid-way through 2010 so I thought a little re-cap of the year so far might be in order! To date we have run 10 Level 3 events which have included the LOG Winter League, HALO Short Race Series, Poacher, Cliffhanger Ultrasprint and various, what use to be called, "Colour Code", events.

At Level 2 (old "Regional" Events) we've seen Compass Sport Trophy, Urban, Sprints, Middle Distance, Classic, numbering 12 in total, and at the top end (Level 1, 9 runs) there's been the British – Classic, Middle and Sprint, and JK Individual and Relay.

Quite a variety, and it's this that makes orienteering stay fresh for me. I now much prefer Urban and Sprint to conventional forest orienteering, unless the area is a "quality" area. Cannock (British Classic), Touch (Middle), Wombwell and Sandall Beat (both "Colour Code" area's) fall into this category, an area doesn't have to be super-big and be able to host a major event to be "quality" in my eyes.

Urbans can throw up a few surprises too, who-ever said Urbans can't be technical should have gone to Winchester! The day after we had the British Sprint's at HMS Sultan, a Naval Engineering Base – complex buildings with grassed areas (akin to parkland) making fast and furious Sprint Racing, most suitable for finding the British Sprint Age Class Champions.

At the other end of the scale we had the HALO Short Race Series – Sewerby Park and Londesborough provided different challenges – one open parkland the other steep sided woodland slopes, but each gave a wonderful orienteering experience – the Chasing Start – and I wish we had more of them – you just

can't beat the adrenaline rush of Head-to-Head racing, it's tops!!

For all the pluses there are a few minuses – what on earth was Belvoir Castle doing as a Championship? – where on earth was the quality control for that event? As for the Trossachs, I only have myself to blame, I knew it would be VERY steep, and VERY rough but I got dragged along to Stirling so I thought I might as well have a run – lesson well and truly learned!!

As for travel, well, where haven't we been? The furthest north was Stirling and the furthest south was Devon, and in between there's been Norfolk, Staffordshire, The Lake District and Southampton plus various forays into the darker parts of Yorkshire and the East and West Midlands.

We are on a bit of a (well earned) rest now, but I for one am really looking forward to carrying on with competing in a large variety of events – the LOG Challenge springs to mind, various Urbans, both conventional (winning times 35-40 minutes) and Sprints (winning times 15-20 minutes) are looming, as are the usual suspects as the new season approaches.

Look out for this variety and **HAVE A GO** – don't dismiss Urbans or Sprints until you've tried them, they really are great fun – and YES, they ARE proper orienteering. ***When will people get it out of their heads that to be "proper" orienteering you have to be out for at least 90 minutes in a steep, grotty, forest (sorry, no disrespect to the White Rose!) – YOU DON'T !!!***

Brian Ward

Coaching update

1. UKCC Level 1 Orienteering Coaching Course 26/27th June, 10th July

Hilary Palmer of NOC and British Orienteering trained up 7 orienteers to Level 1 standard, which means that they are able to introduce and coach children and adults in the skills of Orienteering.

The following people gained the Level 1 certificate: -

Mary Carrick	HALO	committee member
Brian Ward	HALO	Treasurer
Sam Offler	HALO	(certificate held over until Sam's 16 th birthday)
Ben Offler	HALO	Ben has recently moved to Hitchin
Glyn Cook	NELincs-sports	coach
Kristian Cook	NELincs-sports	coach
Edward Nicholas	British Orienteering Development Officer	

We were very pleased that the course could run and give us some new coaches on both Banks of the Humber.

2. Other qualified coaches are:-

Old Level 1	Alan Brown Kim Walton Mark Tyszka
Old Level 2	Neil Harvatt Dorothy Smith Mike Smith Brian Slater
New Level 2	Brian Slater - awaiting verification

The majority of coaches are very active and we HALO are in the process of developing ideas for improving coaching and increased participation over the whole of our area. We are very responsive to requests from the general public and organisations for information and practical activities. Many schools in the area have been supported by HALO over the years and this is likely to increase as we move into the 2nd decade of the 21st century.

3. Volunteering

You do not need to be a coach to teach Orienteering. Helpers can be involved at events and in coaching activities under the auspices of a licensed coach. Please ask if you want to be involved.

Brian Slater, Coaching Officer, HALO

A participant's view:

During the last few weeks, myself, Mary, Ben and Sam from HALO, Glynn and Kris from Grimsby and Ed Nichols from British Orienteering, took part in the Level 1 coaching course organised by Brian (Slater) at Longcroft School in Beverley.

The course was lead by Hilary Palmer and took us through theory and (plenty of) practical resources to enable us to qualify as Level 1 coaches. Being part of the British Orienteering Participation Club Scheme, all our fees are paid for – bonus! We all just need a First Aid certificate now, everyone having passed the coursework, including homework, an exam and a practical.

The resource kit is excellent, with various booklets, exercise cards, resource CD and DVD. We are now all set to go out into the big wide world and coach up to level 3 of the step system, this means participants who would expect to compete on White, Yellow and Orange courses.

I feel that, as well as qualifying as a coach, I managed to gain something for myself, a nice refresher on the fundamentals of orienteering, basic techniques that we are all too lazy to employ but which are actually very useful – employed gainfully at Sandall Beat last weekend!!

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(Continued from page 21)

So, onward and upward, let's hope that we can all successfully employ our new found skills and help to bolster the base of the Orienteering pyramid, for, without that, this old-age, top-heavy sport we now find ourselves in will continue until it eventually withers away and dies! Food for thought!!

Brian Ward

Grimsby Coaching

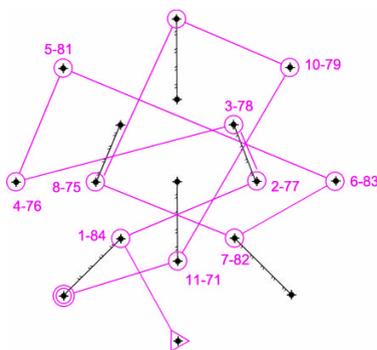
July 15th - We had a very wet evening with heavy showers and gusting winds. The first activity was to test each participant's pacing ability. The exercise was to follow a predetermined line on the map from a starting point and then pace accurately to a control site marked on the map. Participants were issued with personal pacing scales (double paces per 100m on a 1:2500 scale). We had a variety of results from 70% correct to (I think the 'coach's' legs must be getting shorter).

This was followed by 4 courses on the maze in the pouring rain. Was I proud of our tough and resilient orienteers! Thanks to you all for collecting in the equipment. Once you had all left, the sun came out, I collapsed the 'sun canopy' which had kept me dry, and then trundled home for a hearty meal.

July 21st - Fair weather rewarded those who turned up for training. The first activity was to follow a line drawn on the map and then mark on the map the position of the controls found. This meant that participants would need to pace count to get accurate positions.

Those doing well had mastered the pace counting technique in 3 sessions.

The second activity was to race head to head with a matched colleague (for speed) on a circles grid. The circles grid had some barriers placed strategically to make the straight line route impossible on some legs. There was an element of route choice a temptation to lose concentration with lots of other participants competing on the grid at the same time but on different courses



July 28th - 10 participants were at the end of term coaching session where several competitions were experienced. Using the 1 : 3000 map 3 Sprint Courses were planned. No one seems to be able to catch Level 2 Coach, Neil Harvatt who travels miles to events and coaching sessions to keep trim and 'on the ball'.

To finish people off, I presented a MAZE session with 4 courses each of approximately 500m in length. Participants could practice for the challenge next week when we meet LOG at Lincoln University. A maze will be incorporated in their

course/s. Neil appears to be victorious again with Sam and Helena snapping at his heels. Most became more confident as they got used to the shape of the open-ended maze. The maze was of the chevron/barrier type which enabled the planner to offer many route choices.

Those who completed all the courses on the night would have covered a distance of at least 8km. A bit of serious training and having lots of fun.

We will be back to Oasis Academy Grimsby on 8th of September 2010, 6pm.

Brian Slater

An Appeal

I know many in HALO knew Jim and Catherine Harrison of EBOR - you may wish to support Jim's appeal-

To my many friends in Orienteering

Can I take a little of your time to seek your support. I am sure that you are already aware that Catherine died from cancer in November last year. This was a shock to many as she had always seemed so full of health.

I'm taking part in a trek in Nepal later this year from 31st October to 6th November to raise money for St Leonard's Hospice, York. This is where Catherine spent the last days of her life. The team at St Leonard's made her final days as comfortable and pain free as possible and I cannot praise highly enough the care she received and the commitment and dedication of the staff both in patient care and support for me and the rest of the family.

I aim to raise at least £1000 for the hospice but would love to exceed this to raise funds for this very worthy cause.

If you feel you wish to support me in this venture please go to my JustGiving page at: <http://www.justgiving.com/Jim-Harrison>

Thank you so much for your support.

Jim

The Answers -

Ingrid's painting - Page 14 was of Ben Vie

Poacher trivia question - Page 15 "I designed the Poacher 10th Anniversary mug using OCAD mapping software. For the small dots between the areas I used the orienteering symbol for a large boulder. There are fourteen." Martin Kullich

Look out for the "Toad - O" - Sept 12th?

Fixtures

Links for more info: AIRE: www.aire.org.uk CLARO: www.claro-orienteing.org
 CLOK: www.clok.org.uk DVO www.dvo.org
 EBOR www.eborienteers.org.uk EPOC www.eastpennineoc.org.uk
 LOG www.logonline.org.uk NOC www.noc-uk.org
 SYO www.southyorkshireorienteers.org.uk
 SHUOC www.shuoc.union.shef.ac.uk

Please check Club websites, or fliers for details. Fees are a relative indication only and are as far as I can make out; assuming Senior BOF Regional member :

£= £0-3: ££= £3.01-6: £££= £6.01-8: ££££= £ 8.01-10: £££££ - over £10

Date	Type	Club	Courses	Info	Where	Fees
11th Aug	Urban	CLOK	Shrt.Med/Long	Summer Series 7	Northallerton	£
12th Aug	Sprint	SYO	TBC	Park Race 6	Hillsborough	£
15th Aug	X-Country	NOC	See website	Summer league 8	Nr Nottingham	TBC
18th Aug	Closing date for EBOR White Rose Weekend 28-30th Aug					
28th Aug	X-Country	EBOR	White - Black	Regional/ Yorkshire Champs.	Nr Helmsley	££££
28th Aug	X-Country	EBOR	See website	Sprint	Nr Helmsley	£
28th Aug	X-Country	EBOR	See website	Night Score	Nr Helmsley	££
29th Aug	Closing date for LOG Urban Race 5th Sep					
29th Aug	X-Country	EBOR	White - Black	Regional Event	Nr Helmsley	££££
30th Aug	X-Country	EBOR	See website	Relay	Nr Helmsley	££
1st Sep	Sprint	SYO	TBC	Park Race 7	Gleadless Valley	£
4th Sep	Urban	SYO	See website	See website	Sheffield	££
5th Sep	Urban	LOG	See website	Nopesport league	Lincoln	££
9th Sep	Closing date for AIRE Regional Event 19th Sep					
11th Sep	X-Country	DVO	See website	Local Event	Littlemoor	TBC
19th Sep	X-Country	DVO	White - Brown	Regional Event	Carsington Pastures	££
19th Sep	X-Country	AIRE	White - Black	Regional Event	Conistone	££££
26th Sep	X-Country	AIRE	TBC	Regional Event	Scot Gate	TBC