

# HALO NEWS

The Newsletter of Humberside & Lincolnshire Orienteers

[www.halo-orienteing.org.uk](http://www.halo-orienteing.org.uk)

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# From the Chair

The loneliness of the long distance runners!

No this is not a reference to the last Poacher event, though the Long course at Pillar did provide some preparation for HALO's return to the Cleveland Way Relay on the following Sunday. Running the various 'legs' of the relay was probably easier than organising the team so that everyone was in the right place in time (but not too early) to take over from the incoming runner. Neil did a fantastic job in putting it all together, not helped by the Chairman who threw a spanner in the works on the second leg, by seriously overestimating the time for his run. This meant that for the next couple of legs at least, some wake-up calls were needed to muster the troops a little earlier than planned.

The early shift started at around 4.15 am when Neil and I arrived at the start, the lifeboat station at Filey. (HALO may not have been the first to finish in Helmsley but they were first at the start!). I am sure you will be able to read about the rest of the 'race' later in the Newsletter, so I won't spoil the story, lest to say that I thoroughly enjoyed my run from Scarborough to Cloughton along the cliff tops in the morning sunshine and look forward to taking part again next year. Thank you to everyone who took part, particularly Neil for organising us and seeing it through to the 'bitter' or was it 'batter' end (or both?).

Poacher 2007 was as successful as ever and with electronic punching it seemed to have even more of a competitive edge. I managed to get to eight events this year but like a number of others, will never be able to make the 'half-term' one. Our thanks go to Peter for his quiet but very efficient organisation and latter day 'marshalling', to Brian Slater for making sure the electronics worked and all the planners/organisers and control retrievers without whom none of this would have been possible. Congratulations to the Field family (well nearly all of them), Neil and Steve on their awards.

At the last Committee meeting it was unanimously decided to pursue the British Orienteering Clubmark award as part of our commitment to youth development within the club. Those directly involved with the bid for this award will be going into training over the next few months attending the necessary courses which, along with a small mountain of paperwork, are 'must-haves' for us to proceed with the project. Out of all of this will come a youth development policy which can only be successful if supported by the membership as a whole. We hope to give some more information in the forthcoming Newsletters, but if anyone does want to be involved a little more closely they would be most welcome and should contact either myself or Dorothy Smith.

I wish everyone safe journeys and good weather for the holidays, particularly those of us staying within our shores. For those going to the Scottish, Midge Mag-nets really work!

Ken Hutson

## Editorial

Thank you again to all those who have contributed. This edition has seen an exceptional response for text and pictures. I have had to drastically edit a lot of contributions, otherwise we may have had 28 pages on the Cleveland Way Relay on its own! Also many pictures that I was not able to use.

Keep the articles & pictures coming. Hopefully those going to The Scottish 6 days will feel free to contribute.

Contributions have been such that I have been able to put together a Junior News section. It would be great if this can be continued, so contributions please from Juniors , or about Junior activity.

Ken has mentioned in his Chairman's bit that the Club is moving to the Clubmark accreditation. This will hone the youth development policy. As with every club, the pursuit of juniors is seen as the life-blood for future development, so this must be a "good thing".

British Orienteering has a consultation document out called O-safe - a guide to safeguarding the welfare of children & vulnerable adults. I have some personal concerns about the level of bureaucracy that is being introduced into the sport. I fear this may translate into fewer people volunteering. Not necessarily a positive development. I have fed my thoughts back to Mike Hamilton. I would urge others to read and give some feedback. It is about consultation after all.

A reminder that HALO NEWS is On-line at [www.halo-orienteering.org.uk](http://www.halo-orienteering.org.uk)

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

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

Copy date for next Newsletter: 31st August

John Fulwood

# Junior News

## Yorkshire and Humberside Schools Champs, Newmillerdam, Wakefield,



Charlotte Ward added to her W16B JK win and JW5s Yorkshire and Humberside Champion title by completing a hat-trick with the G9 class at the Yorkshire and Humberside Schools Championships held on a lovely warm, sunny day at the exceptionally runnable EPOC area of Newmillerdam in Wakefield.



Charlotte has also been officially accepted into the Yorkshire And Humberside Junior Squad from September and is looking forward to racing and training with the squad in the autumn.

Charlotte & Brother David also ran two legs in the Cleveland Way Relay giving a valuable contribution to the team effort.

David storming uphill

Photos Brian Ward

## Junior Inter Regional Championships

**Yorkshire & Humberside Junior Squad win the Inter Regional Junior Championships!**



At the start JIRCS 2007

HALO's very own Zac Field M12 was part of the squad that did it supported by Jake Field (M10) first reserve for the M14's.

Zac takes the lead in the relays pulling Yorkshire up from 11<sup>th</sup> to 1<sup>st</sup> and handing over to their last leg runner Jack Wood (M18) from AIRE. Unfortunately Jack was unable to fend off the inform Hector Haines (AIRE) who managed to overtake him giving the Yorkshire boys a Gold and Silver on the Relays and split by just 5 seconds.



Tony Carlyle - Squad Manager encourages Zac

## JIRCs Champions 2007 - YHOA



The squad won the boys individuals, boys relay, the girls individuals and the overall. The only trophy to escape them was the girls relay which went to Scotland with girls gaining a very creditable second.

Thanks must go to Tony Carlyle and the other YHOA Junior Squad coaches who put their time and effort in throughout the year.

# HALO LINCOLNSHIRE POACHER TROPHY 2007

## 10th ANNIVERSARY

A series of 11 summer events on consecutive Wednesday evenings open to all.

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

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

### Poacher 2007 – The Last Supper

The last race in the series was at Pillar Woods on 20th June. The last supper followed at the Queen's Head at North Kelsey Moor where Pete Kullich. The series co-ordinator made the presentations.

Pete's final report went something as follows:

In the 10<sup>th</sup> Anniversary year there have been a number of innovations. The use of Electronic punching after one or two initial hiccups has proved a success, and this also led to Route Gadget for analysis of route choices and reliving victories. The Kite retrieval rota although met with initial doubts has also been successful and so Neil and on or two others have not had to collect the kites each week.

Thanks go to

1) **The competitors.** It was a pleasure to see runners from the adjacent clubs of DVO, EBOR and LOG. The attendance has again broken previous records despite two or three wet weeks which certainly put people off

2) **Helpers:** Dorothy & Neil have given great assistance in the Registration process and manning the laptop. Martin Kullich has worked hard behind the scenes getting the results up, and maintaining the Poacher website. A special thanks to Brian Slater for getting the electronic system up and running each week; getting there early, and running late.

3) **Planners:** A presentation bottle of Bomber beer to Vernon Davies / Liam Harrington / Ben Offler / John Fulwood / Pete Harris / Neil Harvatt / Andrew Houlden / Brian Slater / Malcolm Humphrey / Mark Tyszka. (And of course Pete Kullich)

The trophy winners are:

Short Course:	Ladies (W21+):	Rosie Field
	Junior: (M/W 20-)	Jake Field
	Champion:	Zac Field
Long Course:	Masters (M40+):	Neil Harvatt
	SuperVet (M55+):	Steve Willis
	Champion:	Dean Field



L to R - Neil: Dean: Zac: Steve: Jake: Rosie

Photo courtesy Dean Field

Looking forward to 2008:

First the bad news: BOF applies a tax to the Poacher series; the more people we attract, the more we have to pay. BOF are increasing this levy next year so the entry fee is likely to have to rise from 60p to 80p. As the competitors are getting older there will be an adjustment to the long course age categories. Masters will be M50+: Supervet M60+: and the new UltraVet M70+.

Secondly the Good news: 10<sup>th</sup> Anniversary Mugs will be distributed soon

Poacher 2008 will start Wednesday April 16<sup>th</sup> in one of the Earl of Yarborough's woods.

Brian Slater on behalf of the competitors thanked Pete for all the work he has put in to making the Poacher series such a success, and presented him with a bottle of wine.

## Poacher Short Course Final League table

			1	2	3	4	5	6	7	8	9	10	11	Total
1	Zac Field	M12	50	50	50	50	50	50	50					350
2	Jake Field	M12	47	48	48	49	48	49	48	44	49	50	50	343
3	Peter Robinson	M40	48	47	47	42	49	47	40		44	48	48	334
4	Rosie Field	W40	44	46	46	47	46	46	45	47	48	49	35	329
5	Mel Clark	M50	46	44	40	41	47	48			47		49	322
6	Harriet Gillman	W40	41	45	42	32	41	44	47	37	46	39	46	311
7	Dorothy Smith	W55	42	43	43	0	44		42	49		46	42	309
8	Karl Pickworth	M21			34	38	43	42	38	50	40	42	47	302
9	Geoff Smith	M50	32	42	38	39	37	43	37	46	36	47	36	292
10	Alan Robinson	M60	45		41	45	45		43		35		37	291
11	Tracy Blackburn	W35	43	39	37	36	36	45	31	40	38	45	34	287
12	Geoff Holmes	M60	40	40	33	29	40			45	41	40	40	286
13	Jack Robinson	M12	35		39	35	39	0	44		39	41	43	280
14	Sam Offler	M12		41	32	31	32		41		43	38	45	272
15	Kim Walton	W40		34	36	37	34		36		45	43	30	265
16	Amber Harris	W14	37	38	29	33	38	41	0		37	0	32	256
17	Kaele Pilcher	W45			45	40			39		42	44	41	251
18	Ann O'Grady	W70	34	37	27	27	33	37	29	43	30	36		250
19	Geraldine Davis	W55		32	25		35	38	32	38	34	37	28	246
20	Dinah Tyszka	W65	33	31	30	26	27			41	31			219
21	Mike Smith	M60	49	49	49	48								195
22	Fran Humphrey	W55		0	28	21	0	39		39	33		31	191
23	Alan Brown	M40		36	35		28		33				33	165
24	Mark Tyszka	M70	39		31	43				42				155
25	Teri Offler	W40			26	24	26		30				29	135
26	Isoldt Harris	W45	38	0	24		30	40	0					132
27	Richard Soulby	M35			44	44	42							130
28	Digby Sowerby	M12				34				48			44	126
29	Andrea Manders	W40		0		25	25				27		38	115
30	Ingrid Slater	W60		35	22		24						27	108
31	Anthony Horn	M21							49		50			99
32	Margaret Fulwood	W55	36			30	29							95
33	Gill Laurens	W40		33		23			0		32			88
34	Emily & Naomi Connor	W14				28	31				28			87
35	Sue Chaney	W65	0						34		29			63
36	Sarah Fulwood	W21				46								46
37	Charlotte Ward	W16							46					46
38	Gordon Eden	M60			23	22								45
39	Emily & Naomi Connor	W14											39	39
40	Amanda Ward	W40							35					35
41	Hannah Laurens+1	W16	31											31
42	Gill Laurens+1	W40	30											30

## Poacher Long Course Final League table

		1	2	3	4	5	6	7	8	9	10	11	Total
1 Dean Field	M40	50	50		50	47	50	50	49	50	50	48	350
2 Liam Harrington	M20	49	49		46	50	48	49	45	46	49	50	344
3 Neil Harvatt	M50	47	47	50	49	49	49		50	48	48	49	344
4 Paul Beresford	M35	48	46	49		48	46	48		47			332
5 Paul Murgatroyd	M40		43	47	35	43	47	46		49	38	45	320
6 Lee Smith	M21	46	38	34	48	37	44.5	45	0	42	46.5	47	319
7 John Bennett	M50	44.5	45	42	44	44	41	43	47	37			309.5
8 Michael Robinson	M40	44.5		46	45			44		35	42	46	302.5
9 Steve Willis	M55	43	42	32	37	38	42	36	41	40	41	44	293
10 Andrew Houlden	M35	41	40	43	41	35	40			43		38	286
11 Steve Bones	M21		48	48				47	48	45	45		281
12 Ben Beresford	M12	40	33	37		41	43	42		44			280
13 Pete Kullich	M65		39	26	40	46		38	37	36	35	42	278
14 Pete Harris	M45	38	41	45	42		0	39		31	0	41	277
15 Phil Longstaff	M55	39	31	40	39	39	38	34	36	38	39	31	272
16 John Fulwood	M55	0	35	39		36		37	42		36	35	260
17 Paddy Neligan	M55	33	36	44	34	33	39			33	37	34	257
18 Sean Harrington	M50	36	29	36	32	34	37	35	40	32	34	37	255
19 Steve Marin	M45	42			47	42	44.5		0	29	40		244.5
20 Ken Hutson	M55	37	28		36	32	36	33		28		40	242
21 Brian Slater	M60			38	33	31			43	34	29	33	241
22 Andy Furnell	M40	31	32	35	27	27	35	32	38	30		29	233
23 Mary Carrick	W55	30	30	33	26	29	33	30	35	26	32	30	223
24 Pete Shew	M60	34	26	30	31	28	34			27	31	28	216
25 Ben Offler	M20	35	44	41	43	45							208
26 Mike Smith	M60					40		41	44		43	39	207
27 Vernon Davis	M65		27	28		26	32	29	33	25	30	27	206
28 Pat O'Grady	M70	27	24	31	29	23	30	0	34	23	28	25	204
29 Mal Humphrey	M60		23	29	28	25	31		39	24	27		203
30 Keith Foster	M75	28	22	27	24	24	28	27	0	20	26	24	184
31 Eric Jorgensen	M60		21	25	25	0	29	26		21	0	26	173
32 Zac Field	M12								46	39	44	43	172
33 Phil Gray	M45	32			30	30		31				36	159
34 Colin Currie	M40							40		41		32	113
35 John Chaney	M65	29						28		22			79
36 Philip Johnston-Davis	M21		34		38								72
37 Peter Fulwood	M21										46.5		46.5
38 Anthony Horn	M21		37										37
39 Mike Cope	M60										33		33
40 Simon Carruthers	M35		25										25

## EBOR Poach the Poacher

It was a glorious sunny evening on the 20<sup>th</sup> June 2007 when 5 EBOR members foraged south of the Humber Bridge into foreign territory and undertook a commando style raid on the 10<sup>th</sup> Anniversary HALO summer evening event series. It was clearly not a bridge too far! The 11 event series started on April 11<sup>th</sup> at Cottagers Dale, a Mixed woodland, part of the Earl of Yarborough's estate with temperatures reminiscent of the previous summer. Some 80+ competitors took part during the course of the series registering 550 runs with an average of 26 runners on the long course (target length 5 – 6 km) and 23 runners on the short course (target length 2 – 3 km).



First to secure their Trophy was JK Silver Medalist Zachary Field M12 who massacred the field with 7 straight wins on the Short Course giving him maximum points and an unassailable lead and thereby retaining his trophy. He then moved up to the long course and made a fist of it with the "big boys" claiming many a scalp over the following 4 events and making it personal with fellow club mate Steve Willis (M55). Other Poacher competitors taunted his dad with a bet of £10 being placed that Zac will beat him within the next 2 years.

Next to secure their trophy was Jake Field (M12), who is currently aged 10 and probably the youngest competitor at the Poacher Series. He took the Junior Trophy securing a couple of wins on the Short Course and numerous seconds behind his brother and other more senior competitors, ultimately securing second overall on the Short Course.



It was Dad's turn next, not to be outdone by his eldest son he was out to secure maximum points on the long Course. This was achieved against stiff competition from East Midlands Junior Squad member Liam Harrington (M18), several M21's and Poacher Veteran and defending champion Neil Harvatt (M50). Things were tight during the entire series with seconds splitting the top 3-4 competitors on numerous occasions often requiring sub 6 minute/km to win. But Dad was up to the task putting the trophies destination beyond doubt by the 9<sup>th</sup> event and securing maximum points on the 10<sup>th</sup>.

By mid way through the series Steve Willis (M55) appeared in control of the Veterans Trophy (M55+) but could not be sure until his fellow competitors had secured their seven counters. This was duly done and Steve comfortably won.

Old ma Field took her time but eventually secured the ladies trophy making it a clean sweep for the Field family in the available competitions. The Masters Trophy (M40+) was taken by Neil Harvatt (M50).



Look out for the start of next years series Wednesday April 16<sup>th</sup>, see you there?

The Field Family

# HALO League

			Beverley	Dalby	N&R **	P/rose	Walesby **	Strensall	Calverley
Brian Ward	M40	Senior	120	110		117	132	106	86
Dean Field	M40	Senior	131	110	-101	113	112	114	86
Neil Harvatt	M50	Vet	132	109		112	132	106	
Zac Field	M12	Junior	124	122	120		-119	114	103
Jake Field	M10	Junior	105	104	-96		100	83	94
Mike Smith	M60	Vet	109	105		102	108		
John Fulwood	M55	Vet	109			95	117		
Charlotte Ward	W14	Junior		105			103	95	62
Joe Field	M10	Junior	98	103	100	97		93	98
Yasmin Field	W10	Junior	92	104	101	97	-98	95	98
Mary Carrick	W55	Vet	111		98			95	
Pete Harris	M45	Senior	103	89		101	103		
Pat O'Grady	M70	Vet	105			87	103	93	74
Fiona Forest	W21	Senior	129				118		
Rosie Field	W40	Senior	90	92	100	87			77
Brian Slater	M55	Vet	106			92		83	
Mike Cope	M55	Vet			91			88	70
Ann O'Grady	W70	Vet				88	84	75	79
Dorothy Smith	W55	Vet	104	60		80	108		
Dinah Tyszka	W65	Vet	89			85	100		63
Helen Smith	W21	Senior	93			102	100		
Amanda Ward	W40	Senior					92	81	54
John Butler	M60	Vet			-96	100	99	91	84
Ken Hutson	M50	Vet			-81	82	83	80	
Tom Crowston	M75	Vet				94		89	93
Vernon Davis	M65	Senior						85	
Tracey Blackburn	W21	Senior	86			59	81		73
Christine Cope	W60	Vet			77			80	51
Mark Tyszka	M65	Vet	120			105	107		
Geoff Smith	M50	Vet				63	86		71
Helena Crutchley	W40	Senior				100			
Pete Kullich	M65	Vet	128			113			
Amber Harris	W14	Junior		85		83			
Paddy Neligan	M55	Vet	115			99			
Andrew Houlden	M35	Senior						69	
Isoldt Harris	W45	Senior		74		57			
Geraldine Davis	W55	Senior						58	
Martin Smith	M21	Senior		102		98			
Steve Marin	M45	Senior		107				86	
John Chaney	M65	Vet	111						
Rod Williams	M60	Senior							
Matt Richards	M21	Senior			79	90			
Fran Humphrey	W55	Vet	96						
Phil Gray	M45	Senior	79					77	
Alan Robinson	M55	Vet				71		77	
Malcolm Humphrey	M55	Vet	71			66			

Bishop Wood	Wombwell	White Horse	Stanton Moor	Harlow	Bramham	Hollin Head	Elsham	Beeley	Best six	Events
91	129	117		117	102		117	115	732	13
97	125	100		103	107	119	111	119	721	14
		109					117	117	719	8
94					106	110		119	709	9
97	108				100	102		112	631	10
91						94	100	105	629	8
75				92	90	102	98		613	8
94	74	85		95	85		104	100	602	11
95	100	98	-88	100	100		99		602	12
98	99	100	-100	98	92	83	71		600	13
96	103						89		592	6
72				92			99	85	587	8
	89				81	85	98	77	575	10
93	108					123			571	5
82	101	73		88	80	92	91	89	566	13
					85	97	93		556	6
					90	92	104		535	6
79	90	59		53	86	91	79	85	524	12
64						71	79	75	517	8
77							79		493	6
							97	85	477	5
73		62		73	75		83		477	8
	99								473	5
78					69	70	80		473	7
							95	81	452	5
83	101			85			85		439	5
	67			51	50		71		437	8
					84	82	56		430	6
							94		426	4
	78			60	50		62		420	7
76		88		100					364	4
							112		353	3
85							73		326	4
							101		315	3
	77			77			79		302	4
				67			73		271	4
74	50						79		261	4
									200	2
									193	2
							74		185	2
86							97		183	2
									169	2
							60		156	2
									156	2
									148	2
									137	2

I've started a HALO anthem (or what you will) to the tune of 'The Lincolnshire Poacher'. Perhaps others can add a verse or verses about the same or other woods. It is to be sung (with gusto) whenever HALO members and superior beverages get together.

Dinah Tyszka

This could be an oral history of HALO in song!!! - JF

## **A HALO Anthem**

When I, quite in the prime of life, began to orienteer,  
There was no better place to be than famous Lincolnshire,  
For there are woods of high renown, as you shall quickly hear.  
Oh! tis our delight on a Wednesday night, in the summer of the year.

Now an open wood is Brompton Dale, a planner's sheer delight,  
For tripods grow like mushrooms there, appearing overnight,  
And logs do pile themselves on high waiting for a kite.  
Oh! tis our delight on a Wednesday night, if only we get it right!

No, it cannot be said we all enjoy the thought of Normanbee,  
To sort the map and find controls calls for thought continuouslee,  
The search for depressions, knolls and pits gives headaches constantlee.  
To succeed in here? The only way: follow Neil, Mike or Dorothee!

## Cleveland Way Relay: 24<sup>th</sup> June

HALO last took part in this Relay in the far mists of time: 10-15 years ago. One thing this day proved is that we have not got faster with age!

For those unfamiliar with the Route - see the front cover! A 110 mile route from Filey, North to Saltburn, and then West & South ending at Helmsley. A total of 110 miles (a lot of kilometres).



110 miles to go

The start at Filey was at 0500 hours. Neil got us off to a good start followed by Ken (who found a legitimate short cut through Scarborough) and Dean Field. At this point we were 23 mins ahead of estimated time, which meant that things could only get worse!

Helen picks up the story at Ravenscar:

*Having been awake for barely 45 mins I surprised myself at how well I settled into running and made good progress over the first 3km. Then came the steps! The first lot came and were spaced just wrongly to comfortably run down, so I potted down as quickly as I could then straight up the other side. Going up wasn't much easier as they were quite tall steps. Back out onto the cliff top and time get back into my stride, hopping a few streams and slipping in the mud, before back down a similar steep set of steps to pass Boggle Hole YHA and right back up the other side.*

Cont'd from P 17

*Ah well, pressed on as fast as I could before coming across a set of timber steps and board walk sections leading down to Robin Hoods Bay, pretty scary running down greasy timber but gave it my best shot before grinding to a halt at a T junction with no signpost and no relevance to my map! Was just trying to suss it out when I heard footsteps from the following team - brief discussion and we decided that it had to be left so off we headed and came out into RH Bay with just the road to climb to the handover at the car park.*

Helen handed over to Martin who made the following points:

- 1) *Training for a 12k leg on the Cleveland Way should consist of more than 4 runs in 2 months - especially when only one of these is over 8k*
- 2) *Whitby Abbey is a very large structure. When you come over the hill and see it for the first time it is still actually a very long way away.*
- 3) *When attempting to run down the 199 steps from the Abbey, you must concentrate hard to ensure you do not fall down. Concentration can be affected by your dad shouting encouragement from the opposite side of the bay.*

- 4) *Travelling to Richmond (North Yorkshire) from the Cleveland Way would be quick. However, travelling to Richmond (London) takes 6 hours.*

Martin handed over to John at the Whale Bones at Whitby

The estimated 9 min mile pace was hopelessly optimistic, and confirmed that it was the right decision to give up competitive head to head running ten years ago. The views over the cliffs were spectacular. The ladder to climb the cliffs at Sandsend was interesting as was the rope to hang on to whilst scrambling down a river at Runswick.



The final ascent to the top of the cliffs at Runswick Bay was the end. Next was Peter who handed over to Sarah who took the team to Slapewath, handing over to Ben Offer.

Mary reports:

*Off went Ben and off went Brian and yours truly, with me driving Brian's car. Poor Brian. I think I scared him silly within the first ten minutes and he had visions of a crumpled car awaiting him at the end of his leg! (Not the only one as Mary was reversing Brian's car towards mine!) Ben arrived having had to contend with a fallen tree blocking the correct path, and looking like a drowned rat.*

Brian's Story:                   THE CLEVELAND WATERWAY

I thought of 'Justa Running in the Rain, getting soaking wet', Johnny Ray 1956 slight change of title. The anxiety was in the waiting. After several cloud bursts I attempted to do U.D.C., i.e. Unilateral Declaration of Cancellation of the event, but Mary wouldn't let me. She even offered to run my leg if I was too chicken to go out. Time was short. I was due in Scunthorpe at 5.30pm to set off for a gig in Sheffield eta 6.30 and it was now 4.20.

Ben came in at 4.25 so off I went to view Captain Cook's monument for the first time in my life. Mary drove my car with Ben to Kildale where she took the baton early so that I could leave for Sheffield. I made the gig by 8pm. We enjoyed our runs despite the rain.

I wasn't going to let Mary go on the fells in the torrential rain, but she showed no fear and must have thought I was a wimp! Thank you Mary for your unfailing optimism, you had the most exposed leg of the whole race; and I'm not referring to your bruise! Neil ran out to meet Mary after I delivered her dry clothing to Clay Bank.

Mary continues:

*Brian had set off on his leg, having agreed that it would be better to change over at Kildale and not Battersby Moor as stated, as the second two miles of his leg would be steeply uphill after that point. He literally caught me with my pants down when he arrived at Kildale but, apart from that, our cunning plan was successful and the changeover went smoothly. By the time I set off - at dead on 5pm - the weather had started to clear. I quite enjoyed the run up onto the moor, with increasingly interesting views down into the mist-filled valley.*

Cont'd from P 19

*It took about half an hour to do the two miles up to the planned change over point on the moor top, so I was reasonably pleased. From then on it was much easier, if slightly boring, running along the road and then a wide and clear track. The downside was that there was a steady, uphill climb for the next three miles. I continued up the hill towards the highest point of the Moors at Round Hill. On crossing the boggy bit at the bottom of a little dip, I happened to look up and there was Neil coming down from the hill-top towards me. Nicely over Round Hill, with just under a mile to go. Having successfully negotiated the paved way down Clay Bank - I hate paved ways and so added to the erosion wherever possible by running down the grass on the side instead - we arrived at the bottom and so finished my leg.*

The mini –mass start had taken place almost 5 hrs earlier at Clay Bank, so by the time Mary had reached there, Jon Sage had completed his (2) legs as had David, Charlotte & Brian Ward and Rob Tooze. Paddy finished at Hemsley at 19.20hrs.



Some of team HALO enjoying the sun!!

The total time taken for the race was 19hrs 15 mins. Only 6hrs 23 mins after the winning team, but 19 mins ahead of Pickering Running Club who we were battling with all day.

Finally a big thank you to Neil for marshalling the team and keeping on top of the logistics all day. Well done Neil!

John Fulwood

### Cleveland Way Relay Statistics

To	k m	mile	Est min s	Approx start time	approx finish time	Runner	Actual start	Actual finish	Actual time mins
Scarborough	14	8.8	<b>75</b>	05:00	06:15	Neil Harvatt	05:00	06:14	74
Cloughton Wyke	10	6.3	<b>80</b>	06:15	07:35	Ken Hutson	06:14	07:13	59
Ravenscar	11	6.9	<b>55</b>	07:35	08:30	Dean Field	07:13	08:08	53:50
Robin Hoods Bay	6	3.8	<b>36</b>	08:30	09:06	Helen Smith	08:08	08:54	46:23
Whitby	12	7.5	<b>60</b>	09:06	10:06	Martin Smith	08:54	09:58	01:05:10
Runswick	13	8.1	<b>75</b>	10:06	11:21	John Ful- wood	09:58	11:32	94
Skinningrove	13	8.1	<b>65</b>	11:21	12:26	Peter Ful- wood	11:32	12:55	83
Slapewath	13	8.1	<b>75</b>	12:26	13:41	Sarah Ful- wood	12:55	14:40	100
Gribdale	12	7.5	<b>60</b>	13:41	14:41	Ben Offler	14:40	16:24	104
Battersby Moor	7	4.4	<b>40</b>	14:41	15:21	Brian Slater	16:24	16:57	33
Clay Bank	11	6.9	<b>90</b>	15:21	16:51	Mary Car- rick	16:57	18:55	118
Lordstone's Café	8	5.0	40	14:00 (start)		Jon Sage	14:00		33
Huwthwaite						David Ward			30
Arncliffe Wood						Charlotte Ward			23
Thimbleby Moor	12	7.5	60			Brian Ward			46
Sneck Yate	13	8.1	65		16:50	Jon Sage		17:00	40
Hambleton Inn	10	6.3	<b>55</b>	16:50	17:45	Rob Tooze	17:00	18:00	01:00:42
Helmsley	11	6.9	65	17:45	18:50	Paddy Neli- gan	18:00	19:20	01:19:46

## Nettle Rash, Urticaria, and the Cleveland Way Relay

We all know what nettles do. Most Lincolnshire Poacher events have given us closer contact with the nettle – *Urtica dioica* – than we would like. Most weeks I finished up with tingling thighs, but Mausoleum Woods this year was beyond a joke. While studying my map as I headed for the first control I put my foot down a rabbit hole and fell into a patch of the juiciest nettles you could wish to meet, and rolled onto my back. The pain was excruciating as hundreds of tiny bristles injected histamine and formic acid into my skin; that's what nettles do. I scrambled to my feet, incurring several further stings to my hands as I pushed myself up, and I felt dizzy and disorientated. It took a couple of minutes before I could proceed, and I was quite wobbly for the first couple of controls.

I had forgotten that experience until I was reminded of it while running the last leg of the Cleveland Way relay. No nettles this time, but the same effect, courtesy of a condition called urticaria, named after the nettle, and otherwise known as hives or nettle rash.

Urticaria produces raised weals surrounded by redness of the skin, or erythema, accompanied by intense itching; the appearance is just like a lot of nettle stings. It has a variety of causes. Sometimes it is the result of an allergy, sometimes no cause is identified (idiopathic), but in my case it is thermal: it results from sudden temperature changes associated with sweating. My first two episodes were both at dinner-dances, when I got hot from dancing then went outside to cool down. I thought at the time that it must be a food allergy, but couldn't identify any common agent. I was quite concerned that it might be a reaction to red wine as trigger avoidance would have been hard to countenance, but that too was wrong. It took another couple of episodes in different circumstances before I recognised the common factor, a combination of heat and cold. I have had several episodes after completing a run, but never before while actually running.

So, to the Cleveland Way. I was running from the Hambleton Inn to Helmsley. I had run the Leeds *Run for all* 10K in the morning, which was not a particularly clever plan, but I felt good as I waited to start.

The weather that day was changeable, quite warm but with showers of rain. Rob Tooze, the penultimate leg runner, appeared and handed over to me, and the first couple of miles went well. I was warm and sweating freely, and was quite relieved when it started to rain; it was nice and cooling. Unfortunately, within a couple of minutes I felt my palms start to itch, usually my first indication of urticaria.

Sure enough the characteristic rash appeared on every visible part of my body – and, I imagine, on the bits I couldn't see too – big orange weals with intense redness all over. As florid as it has ever been. I ran on, but began to feel weak, sick and light-headed. I slowed down, and had to walk for a bit. When I came to a hill, I didn't even try to run, but just walking up the hill I had to stop and recover my breath a couple of times. When I reached the top of the hill I alternated jogging and walking. I was carrying a sachet of sport drink, all of which I drank.

After struggling on for a bit longer I started to feel a little better, and I was able to run gently for the last mile and a half, helped by the steady downhill. The leg took nearly 20 minutes longer than I had expected, but at least I finished, and I was still alive.

So why did I feel so ill? Surely it was only an itchy rash. What happened was that the inflammatory reaction caused diversion of blood to the surface of the skin, seen as redness, and the weals are the result of fluid exudation into the skin. When the whole skin is affected, as mine was, a large part of the blood volume has been effectively removed from the circulation. The effect on the circulation is the same as being seriously dehydrated, with low blood pressure, faintness and weakness. My 330 ml of Lucozade will have been rapidly absorbed, and will have improved the effective circulating volume a bit, but I would have needed a couple of litres to compensate properly. If I had been sensible I would have lain down to improve the circulation to vital organs like my brain until the condition started to settle, but I don't make sensible decisions in these sorts of situations.

So next time I suffer a nettle sting, I'll be grateful that it is only a tiny part of my skin that is affected, with no systemic effects, and I'll keep on running.

Paddy Neligan

## Event Reports

### **15<sup>th</sup> April, Bramham West Woods. Airienteers District Event.**

It was HOT – hard to believe now during this prolonged spell of torrential rain (writing these reports at the end of June – the beginning of summer!!). Bramham West Woods is no-where near as pleasant as the main area of Bramham Park, across the road. Generally well overgrown with bramble cover widespread, definitely a round-the-tracks woodland and spend as little time as possible in the terrain. Unfortunately I cannot recommend this area, and would not hurry back again!

### **22<sup>nd</sup> April, Bentley Woods. OD Regional Event and Future Champions Cup Final.**

I was left a little disappointed here. Billed as consisting of open, oak runnable woodland, where was it all? At best I would describe the going as runnable – if you had the legs; maybe I didn't on this particular day! And why, if it was so runnable, did the planner insist on putting us in, round and through every patch of "green" that existed on the map? So much potential – quite poorly utilised!

### **29<sup>th</sup> April, Elsham. HALO District Event.**

What a contrast. Elsham is not that runnable, not that easy an area to plan good courses on, but Neil completed the task with some aplomb! Starting to suffer now, having not trained consistently since the middle of March due to on-going injury problems, I ran Blue – and it was a complete pleasure. Knowing the area helps, most of the time, but with a different start area and approaching the finish from a new direction, courses were fresh and more challenging than they had a right to be where the only climb involves running over the M180 flyover!!

### **26<sup>th</sup> – 28<sup>th</sup> May, Springtime in Shropshire – 3 Regional Events.**

Good contrasting terrain, and weather, made for an interesting 3 days sport. Titterstone Clee Hill was open and runnable – of the fast variety, thankfully! Bucknell Wood was hilly – and exceptionally wet! Technically I thought this was the most interesting day, I really enjoyed it despite the prevailing weather conditions, whereas most seemed to rather want to forget it! Brampton Bryan was overgrown in places but still passable – just. My least favourite area of the 3 days, but still providing a good challenge.

Now well past my sell-by date for running M45 Long – I really enjoyed not being out for over-long on the Short course version, I could get use to this!

### 3<sup>rd</sup> June, Beeley Woods, SYO District Event.

What a gem! Very hot and sunny, with a steep hilly slope to contend with, courses were short and sharp. Blue was ideal for me – I could amble round concentrating on the technical aspects of the race whilst still turning in a respectable time – result! Map and planning were very good, what more would you expect from the top home-based Men's Elite runner – Oli Johnson? I've not been to Beeley before, but it really was a top little area. Yes, it's physical, but the technical challenge it presents takes your mind away from that fact. Definitely recommended!

Brian Ward

## HALO Fixtures and Officials up to April 2008

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

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

Neil Harvatt

DATE	VENUE	CONTROLLER	ORGANISER	PLANNER
<b>2007</b> Oct 14	DISTRICT - Driffield (TBC)	John Butler		Mary Carrick (tbc)
Dec 2	DISTRICT & YBT FINAL - Normanby Hall			
Dec 8	NIGHT—venue TBA			
<b>2008</b> Mar 2	REGIONAL - Pillar Woods		John Fulwood	Brian Ward
Apr 20	DISTRICT—Houghton (TBC)			
May 17	SCHOOLS—Burton Constable (tbc)		Ken Hutson	

# Yorkshire and Humberside Orienteering Association (YHOA) Colour coded Awards

How can you show other orienteers that you have achieved a certain standard in orienteering? Well, one possible way is to apply for a 'Colour-Coded Award' when you have completed three orienteering courses at a particular standard.

**A competitor qualifies for a Colour Coded Award by  
achieving the Colour Coded Standard for that colour course**

A White Colour Coded Standard is achieved by anyone who successfully completes the White course.

The Colour Coded Standard (for courses other than White) is calculated using whichever of the following two methods gives the larger number of qualifiers:

\* the time that is achieved by at least 50% of those who started the course

OR

\* 150% of the winner's time.

Pairs can qualify for Colour Coded Awards on the White, Yellow and Orange courses.

The Colour Coded Standard time for each course should be included in the final results.

When you have done this, you will be given (free of charge!) a YHOA fabric badge of your achieved colour, which can be sewn onto your O-top to show your improvement.

To apply for your badge you need to write to: **Dorothy Smith, 111A Westgate, Belton, Doncaster, DN9 1PY** supplying the following information:

- your full name and club (or school, if not a BOF member);
- the colour of badge being claimed;
- the date, name and venue of the three events on which the award will be based;
- a stamped self-addressed envelope.

# FIXTURES

## District Events

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

**July** EM LOG Local Summer Series. Stapleford Woods, Newark.

19th C5 Sean Harrington, 01522 791344. Sean@logonline.org.uk  
www.summerseries.logonline.org.uk

**Aug** EM LOG Local Summer Series. Lincoln South Common, Lincoln.

2nd C5 Sean Harrington, 01522 791344. Sean@logonline.org.uk  
www.summerseries.logonline.org.uk

**Sept** YH AIRE Long-O (District Event). Aire Valley, Shipley.

1st C4 Simon Bowens, 0194 3871565. simon@bowens.org.uk . SI Card v6 will be required. Courses Long 20km, Medium 16km Short 10km Green 4km. Further details and online entries from website. www.aire.org.uk

2nd EM LOG Lincoln "City Race". The Lawn, Lincoln.

C4S Sean & Nikki Harrington, 01522 791344. Nikki@logonline.org.uk .  
Starts 10:45-14:00. Limited entry

9th YH CLARO District Event. Lindley Moor, Otley.

C4 Mike Calvert, 01423 879153. michaelcalvert@ukgateway.net £7.00/£2.00.  
www.claro-orienteeing.org

22nd YH EBOR Local - CATI. Allerthorpe, Pocklington.

C5 Karen Heppenstall, 01904 332235. £6.50/£2.50. www.eborienteers.org.uk

30th EM DVO District Event & EM League & YBT Round. Carsington Pastures,  
Wirksworth. SK250538.

C4 Stuart Swalwell, 01335 347814. stuart.swalwell2412@virgin.net £7.00/£1.00,  
Family entry: £15. www.dvo.org.uk

**Oct** NE CLOK District Event. Catterick, Catterick.

14th C4 Joe Trigg, 01642 279668. joe.trigg@ntlworld.com £6.00/£2.00. EPS-Emit.  
www.clok.org.uk

21st EM LOG District Event. Twyford Woods, Colsterworth.

C4 Steve Bones, 01522 885933. info@logonline.org.uk £7.00/£2.00.  
www.logonline.org.uk

## National & Regional Events:

### AUG YH **White Rose Weekend**

25th- C3 **25th - Day 1 Regional Event.** Pickering Forest, Pickering.  
27th

C5N 25th - Night Score Event, Pickering Forest, Pickering.

C3 **26th - Day 2 Regional Event.** Pickering Forest, Pickering.

R4 27th - Day 3 Three Team Score Event. Pickering Forest, Pickering.

MTBO 27th - Day 3 Mountain Bike Event - See separate listing

Organiser: Bill Griffiths, 0771 000 2961. [wr2007org@tiscali.co.uk](mailto:wr2007org@tiscali.co.uk)

Entries: White Rose Entries, 01759 388269. [wr2007entries@btinternet.com](mailto:wr2007entries@btinternet.com)  
CD1: 04/06/07, CD2: 27/07/07, CD3: 18/08/07. [www.whiteroseweekend.org.uk/](http://www.whiteroseweekend.org.uk/)

### SEP YH **Dales Weekend**

15th- C2 **15th - NATIONAL EVENT & Northern Champs.** Attermire, Settle.  
16th

Organiser: Guy Patterson, 0113 252 1489. [guypatto@aie4.fsnet.co.uk](mailto:guypatto@aie4.fsnet.co.uk)

C3 **16th - Regional Event.** Langstrothdale, Kettlewell.

Neil Stevens, 0194 381 7326. [neil@neystone.co.uk](mailto:neil@neystone.co.uk)

On-line entries preferred via website from 01/06/07. [www.aire.org.uk](http://www.aire.org.uk)

Oct YH **EPOC Regional Event.** Langfield Common, Hebden Bridge.

21st C3 Organiser: Brian Mellor, 01422 378260. [joymellor@alderstonerise.fsnet.co.uk](mailto:joymellor@alderstonerise.fsnet.co.uk)

Entries: Martyn Hodgson, Stonefield, Waters Road, Marsden, West Yorkshire, HD7 6NG, 01484 846889. CD: 10/10/07 (Postal), 17/10/07 (Online). £10.00/ £3.00 Family £19.00. [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)