

HALO NEWS

OCTOBER 2006

* **Congratulations:** *
* *
* ORIENTEER(S) OF THE YEAR: Mike & Dorothy *
* Smith *
* *
* HALO LEAGUE CHAMPION: Fiona Forrest *
* *

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Chairman's report to the AGM

I start my report on a sad note. As most of you will be aware Muriel Crowston died recently and our condolences go to her relatives, family and particularly her husband ,Tom. Up until a year ago they were frequent visitors to events, usually the first to arrive, sometimes before the organiser. In the past they would usually help with Registration and Muriel would wait patiently in the car whilst Tom completed his 'run'.

I want to begin with a couple of important issues I feel the club is currently trying to address or needs to work on over the coming months.

An analysis of the results of almost any event within our region will highlight a major problem that we face as a club. Whilst our membership is fairly constant in terms of numbers, we are distinctly lacking in younger members as competitors. This was a significant factor in our disappointing if not unsurprising, Compass Sport Cup performance at Macclesfield this year. This is not a new problem, even when we got to the final in the recent past we relied to some extent on both exiles and 'ringers'. (Perhaps that was a little unfair if not totally untrue.)

So, what are we doing about it?

This year has seen a continuance of a youth development programme that has centred around the efforts of Mike and Dorothy Smith on the south bank and Mike Cope on the north bank. With the practical, financial and moral assistance of Colin Best, the BOF Regional Development Co-ordinator, they have been into schools organising coaching, setting up local events and providing the expertise that sports co-ordinators require to introduce and maintain our sport in school. All this is under-pinned by an extensive mapping programme of school sites in particular, and in the case of the North Bank, Burton Constable Hall grounds, where it is hoped to run a schools event in the near future. Thanks to persistence and hard work, Mike and Dorothy have secured over £2700 in grants this year for the purchase of SI equipment to enable school events to benefit from this technology in the future. Although the school events have been successful, making the transition to Club and District events has been less so. The ever successful Lincolnshire Poacher series was supplemented at a few events with an additional course, starting earlier in order to attract youngsters from the local schools and area. This was not as popular as hoped but is a start, upon which we can hopefully build. This problem with transition is not a HALO problem alone and is recognised both regionally and nationally. Colin Best was quite radical in his views at the recent YHOA AGM and is basically saying if they won't come to us, we will have to go to them with more local events and fewer District events. It will be interesting to see where we have moved to on this, this time next year.

The second problem is really about involvement of our current members. It is becoming increasingly difficult to put on District and Regional events due to an apparent dwindling number of helpers, not just on the day of the event, but also those who are prepared to take on responsibilities in an official capacity ie. Controllers, Organisers and Planners. We are a small club and this has always been a problem, but is seemingly getting worse. Part of the problem, I am sure, lies with the Committee and we need to

(cont'd)

Chairman's Report to the AGM cont'd

look at ways of engaging and supporting members. We may be able to learn a lot from other larger clubs in this and I hope this will be addressed by the club over the next year.

We have had another busy year with our Regional Event at Houghton and District events at Londesborough, Bishop Burton and of course Beverley Westwood contributing to the YHOA calendar. This is the first year in my memory we have had no south-bank district / regional events. The HALO League has been reviewed and after some healthy debate the rules have been agreed by the committee, and together with the points system, published in the newsletter. It may not be perfect, but the committee feel it is the most appropriate system for our club.

It now time to make presentations for the HALO League. Our thanks go to Mike Smith for organising the league this year.

League Winner Fiona Forrest

(See AGM minutes for other awards)

A big 'thank you' to Brian Ward for doing all the calculations on the HALO Championship and I call on him to announce the winner of the The Martin Dearden Trophy.

Club Champion: Dorothy Smith (see AGM minutes for 2nd & 3rd)

Our contribution to orienteering nationally continues to be a significant one. As you are aware the 2006 JK was held in our region and we were asked to organise the starts on the two main competition days at Ikley and Keldy. This required expert organising and Mike Cope did a superb job, ably assisted by as many HALO members as could be mustered over the two days. It was pleasing to see our efforts were recognised in the many items of correspondence that circulated after the event. Our congratulations go to Fiona Forrest for class wins on both Saturday and Sunday, an outstanding achievement.

For the future we have been asked to host the Yvette Baker Trophy which will be held at Normanby Park in 2007.

The Poacher Series continues to go from strength to strength. Many thanks to Pete Kullick and his band of merry planners for making it so successful. Who knows 2007 may see the first SI Poacher. My attendance at Poacher this year was abysmal, but judging by the numbers running my contribution was, as ever, not missed. I will try to do better in 2007. Congratulations to all the winners and to everyone who took part.

The White Rose event takes place over the August Bank Holiday period and EBOR have asked us to pass on some awards to successful HALO members. It seems fitting to do that at the AGM today. (see AGM minutes for details)

I would like to thank all the Committee for their work, all those who have acted as officials at events, all those who have helped during the year in any way, and all of you for turning up today. However, I would like to pick out one or two people, because of their contribution and I must say, help and support they have given to me particularly. Dorothy Smith has been Secretary for as long as I can remember and keeps the Committee and

Chairman's Report to the AGM cont'd

particularly the Chairman on their toes. A heartfelt thanks to Dorothy. John Fulwood has recently taken over the Newsletter Editorship after Brian Ward decided to reduce his commitment to orienteering and the Club. Pete Shew has taken over as webmaster and now looks after our site and Ingrid Slater is currently organising another end of year 'do' – thanks to all of them.

Having just said that Brian is reducing his commitment, I am delighted to see him returning to the fold today and thank him for his continued support as Treasurer and Club Championships Adjudicator! Hopefully we see more of you next season Brian. Mike Cope continues to support the club and the sport with tireless effort and clinical expertise. I thank him particularly for his work with youth development on the North Bank and the support he has given me personally this year.

On behalf of the club I am delighted to announce that Harry and Peggy Milton have been made Honorary Life Members for their many years of loyal service. Planning an event at 79, Harry must hold some sort of record for that feat.

My final act of this piece is to award the HALO Orienteer of the Year trophy. This can either go to someone who has made a particularly significant contribution to the club, or to someone for their orienteering success and is at the discretion of the chairman. The Trophy last year went to Neil Harvatt for his orienteering successes and his outstanding contribution to the club. I have to report that Neil continues to be successful despite advancing years and his contribution to the club remains outstanding for which we are eternally grateful. However, not grateful enough to be awarded it for a second successive year. I do not find making decisions like this particularly easy or with any relish. With so many candidates the thought of upsetting anyone is quite a concern. However, the decision is mine and has to be made irrespective. The *HALO Orienteers of the Year are Mike and Dorothy Smith*, awarded for their youth development work and contributions to the club in so many different roles - Organiser, Planner, Controller, Secretary, fund-raiser, mapper and committee member to name but a few!

Thanks once again to everyone for being here today and helping to make the last year a successful one for the club.

Ken Hutson

Minutes of the Annual General Meeting

held on Saturday 7th October 2006 at Beverley Grammar School

Present:

B Ward, J&M Fulwood, D&M&H Smith, B&I Slater, M&F Humphrey, M Tyszka, S&J Chaney, N Harvatt, K Hutson, M Carrick, F Forrest, S Marin, D&R&Z&J&Y&J Field, P&A O'Grady, P Harris, P Neligan, P Kullich,

Apologies: A&C Ward, M Smith, M&C Cope, J Butler, P Shew, A&I Harris, E Humphrey, E Fulwood

(cont'd)

Minutes of the Annual General Meeting (contd)

1) **Minutes** of the AGM of 25.09.05 were approved

Proposed M Smith Seconded – I Slater

2) **Matters Arising** - None

3/4) **The Chairman then gave his Report** of the Club's activities during the past 12 months. [attached]

He announced the awarding of Honorary Life Membership to Harry and Peggy Milton for their considerable contribution to HALO during the last 25 years

He presented the Orienteer of the Year Award to

Mike and Dorothy Smith.

He thanked the Committee for their work during the year.

HALO League

Trophies were presented to the Winners and certificates to 2nd and 3rd in each class

Overall Champion – Fiona Forrest

Veteran	1 st Neil Harvatt	2 nd Mike Smith	3 rd John Fulwood
	1 st Mary Carrick	2 nd Ann O'Grady	3 rd Christine Cope
M21 – 50	1 st Dean Field	2 nd Steve Marin	3 rd Pete Harris
W 21 - 50	1 st Rosie Field	2 nd Tracey Blackburn	3 rd Isoldt Harris
Junior Boy	1 st Zac Field	2 nd Jake Field	3 rd Joe Field
Junior Girl	1 st Yasmine Field	2 nd Amber Harris	3 rd Eleanor Humphrey

The Martin Dearden Trophy for the Club Champion

Winner – DorothySmith 2nd Fran Humphrey 3rd Nick Allen-Smith

White Rose Trophies were presented to Fiona Forrest [W21L winner]

Mike Smith [M60S winner] Pete Kullich[M65S 2nd]

5) Treasurer's Report

Brian distributed copies of the audited accounts which show that there is £ 1,304 in the bank.

He reported that £2,600 had been received in Grants for the purchase of SI Equipment and that HALO had also contributed towards further items as was the Club's stated intention last year.

It was recommended that Club Fees be increased to

Family [or group] £10.00, Senior £8.00 Junior – Free

John Fulwood proposed that the Accounts be accepted, seconded – Paddy Neligan .
The Chairman thanked Brian for his work as Treasurer and John Butler for auditing the Accounts. (cont'd)

Minutes of the Annual General Meeting (contd)

6) Ratification of the Constitution

The Committee had discussed this during the year and made some amendments before placing it on the Club Web-Site for members to read.

Neil Harvatt proposed it be accepted. Seconded – Ken Hutson

No objections

7) Election of Officers

Chairman – As he has done such a good job during the past 12 months

Ken Hutson was re-elected for a further year!

Nominated by D Smith Seconded by N Harvatt

The rest of the committee had agreed to continue their work and no one else volunteered to join. Mike Smith proposed that they be re-elected en bloc – all agreed

John Fulwood, John Butler, Mike Smith, Neil Harvatt, Ingrid Slater, Mary Carrick, M Cope.

8) AOB

[i] Suggestion of Suitably embroidered Polo Tops to celebrate HALO's 25th Anniversary next year. Approx cost £12.00 List circulated for those interested to sign

Will look for choice of colours Navy and Grey requested so far.

[ii] Club Tops – is HALO going to become trendy? Trimtex tailored tops?

Mark Tzyska proposed and Mike Smith seconded that the colours should not be changed

A vote was taken which revealed that 14/22 wished to retain HALO colours of Blue/ Green/White [some discussion as to whether white was a HALO colour but it was part of the tops at one time]

5/22 would consider an alternative colour scheme.....

All agreed in principle to a change of style

Brian and Fiona to investigate options and colours.

[iii] The Christmas Dinner will be held on 22nd December. Contact Ingrid asap if you wish to attend.

Meeting ended at 3.55

From the Committee 20th September (not covered in the AGM minutes)

- No further news about the planned Event to be organised jointly with East Riding Council to open the Permanent Orienteering Course at The Humber Bridge.
- Some small kites seem to be missing - does anyone have any?
- There is a significant surplus from the JK to be distributed within YHOA. Discussions are taking place about how this is to be split between the clubs.
- If you have any equipment please let the Secretary know so we can update our list.
- Discussion of LOG request to hold a part of the Bomber Weekend in 2008 at Pillar. HALO wish support event but in 2009 please! Pillar already set aside for a Regional event in 2008.
- Forest Enterprise need to know all control sites 6 weeks prior to event! Mike C to send blank map of Elsham and ask for confirmation of what FE need to know.

Dorothy Smith



Mike & Dorothy Smith accepting The Orienteer of the Year Award



Fiona Forrest - HALO league Winner

HALO Christmas Dinner

22nd December 2006

At: The Habrough Hotel, Station Road, Habrough N E Lincs DN40 3AY

Price : £25.00 per head. Deposit of £10.00 per head required to reserve a place.

Entertainment will be a singer + disco.

They will be forwarding a menu soon.

The hotel is very comfortable and has good décor, a separate lounge area and entertainment room with bars in both rooms

Please let me know as soon as possible if you would like to join us for a great evening.

Ingrid Slater Tel: 01472 509247

Changes to the Membership Structure in British Orienteering

The following is an abbreviated version of the changes and how they may affect you.

You may be a **'Club Only Member'** of HALO

Fees [payable to the Membership Secretary]

Family £10.00 Senior £8.00 Junior Free

For this you may participate in all HALO events at the discounted rate. Should you wish to participate in any other Club's events, YHOA and beyond you will find that from January 1st the Fees will be higher and you will be unable to claim a £2.00 discount on your entry fee.

If you are/wish to be a **National Member of BOF**, you will pay your club fee plus

Family £20.00 Senior £15.00 Junior £3.50

BOF aim to have issued new Membership Cards by December 18th so that at Events after January 1st the cards must be shown at Registration in order to claim £2.00 discount.

(Renewal forms will be sent out early, Direct Debits claimed on 11th Dec & membership cards posted by Jan 1st)

You may instead opt for **Local Membership of BOF**.

Fees [in addition to HALO fee]

Family £10.00 Senior £6.00 Junior Free

This will entitle you to discounted entry at events within YHOA only.

I do not propose to describe any benefits of Membership here – they can be viewed at www.britishorienteering.org.uk [Please ring me –DS-if you do not have access to the web-site]

If you are a Club Only Member and wish to become a member of BOF please contact me asap for an application form.

Dorothy Smith

Editor's (personal) Comment:

I am not sure that the "Club Only Member" being able to compete in HALO only Events is viable in the longer term. British Orienteering intends that all active Orienteers be either Local BOF or National BOF members so they are covered by BOF's civil liability insurance. The club needs to review this Insurance issue if non BOF members compete. The club only member status was intended to cater for social members

If the fee for Primrose for example is £4.00 was taken as an example. The new fee would be £6.60. There would be a discount of £2.00 for HALO Club Only / HALO or any other YHOA Local BOF & National BOF members taking it back to the £4.00. However any LOG Local BOF members would have to pay the £6.60 as they are from another region! This means the Registration team having to check membership status for each competitor, so you need to have your cards with you in 2007. BOF is saying Non Club members would pay the higher fee, or become Local BOF members on the day. This Local BOF membership is free of charge for the first year, and gives the discount. What happens in year two remains to be seen! The question being, is this a good way to attract newcomers to the sport? I'm sure the membership issues will continue. The good news is that the Poacher as a local Event does not incur the new charges.

John Fulwood

ELECTRONIC PUNCHING FOR THE POACHER?

ADVANTAGES:

1. Split times available and possibly win splits/browser.
2. Results might be generated more quickly and efficiently.
3. Smaller areas can be used.
4. Prevents competitors taking controls out of order.
5. No control cards needed.
6. No checking of control cards.

DISADVANTAGES:

1. Hiring out of dibbers is time consuming especially as many Poacher competitors will not possess one.
2. Correlation of dibber number with name takes time.
3. Overall result availability for post race analysis on night in doubt.
4. Clear, finish and download need oversight.
5. Any use of a computer on site might require more labour input.
6. Competitors cannot see current overall times as people finish.
7. Control sites must be in ultra safe locations because of extra cost of replacement. (Not normally a problem in most Poacher areas)
8. Unlikely one person can handle all tasks.

CONCLUSION

Any change over to electronic punching in the Poacher Trophy must only be made if the system adopted is simple and able to be handled by one person on the night.

Pete Kullich

New Corporate Image: A slap on the wrist to the Editor: repeat after me: I must not refer to the British Orienteering Federation. I must not refer to the British Orienteering FederationIn line with new corporate guidelines reference is now made to British Orienteering (BO) not BOF (from page 12 onwards)

Junior Lincolnshire Poacher 2006

We have talked about it for several years. This year we finally made it happen.

6 Events to introduce Juniors and parents to orienteering.

We had a good well-planned project. The groundwork had been done in that at least 20 Primary Schools and some Secondary Schools in the area had received Orienteering Maps of their grounds and most of these had sent a representative to Introductory Courses organised by Colin Best. We were supported by the Caistor Schools Sports Partnership Coordinator. The schools were informed and the Events advertised on our web-site [subsequently JLP had its own link too.]

So was it successful?

Yes, in that the project gave us a reason to apply for funding to various bodies.

Both Lincolnshire County Council and the Sports Lottery Fund thought we were worth supporting and their £2,600.00 was gratefully received and enabled the Club to purchase 23 SI units plus stakes and mounting plates, a mini printer and 20 dibbers. HALO was also committed to put £500 towards expenses which included map production and surveys and organisers expenses.

The SI equipment is clearly a good investment for the future of HALO

In terms of participation we have been disappointed. However to be positive, those who attended enjoyed themselves, learnt some new skills and have all said they'd like to come again next year. We do hope that there will have been greater input by the schools in time for next spring and that our efforts to increase Junior participation will be more successful.

Thank you to Mark and Pete S who helped us at some of the events.

Dorothy & Mike

A grovelling apology: You may have noticed the boundary around the title page text box showing the Poacher winners in August's Edition. Well, below the boundary was :

SUPERVETS CHAMPION - PADDY NELIGAN.

Sorry Paddy I didn't check the final document enough - perhaps I need a Controller !! JF

Still with Paddy: **Great North Run 12th October:**

Well done to Paddy & Chris Neligan for completing the 2006 Great North Run.

Paddy in a respectable 2hrs.10min.13secs & Chris in 2hrs 35mins 02 secs.

A goodly sum was raised for the Breakthrough Breast Cancer appeal



Poacher SuperVet Champion on the left receiving his trophy from Pete Kullich
photo Gill Robinson

Lakes 5 Days - 2006

A fine week of Orienteering with two off days to allow the old bodies some respite. The weather was remarkably dry, and not too much rain previously meant that bogs were generally runnable. The organisation was to its usual high standard, but having the finish each day well away from the assembly areas meant the atmosphere was rather flat. Nevertheless a good week's competition. The highlight of the week had to be the HALO dinner in Windermere with authentic South & East African food. Thanks to Ingrid for arranging.

Day 1 : Swindale S.E.

Welcome to the Lakes with a technically tricky area near Shap. The terrain was 50/50 marsh & hilly open fell with numerous crags and boulders. One or two minor streams, but no line features. The marsh was very runnable, but the navigation had to be precise. The M65S battle was joined with Mark Tyska 2nd & Pete Kullich 3rd 1 min behind. Jake & Zac Field were 3rd on M10A & 4th on M12A respectively. The M55L honours went to Brian Slater with John Fulwood just pipping Paddy Neligan
(cont'd)

Lakes 5 Days - 2006 (cont'd)

Day 1 positions

M10A 3 rd Jake Field	M55L 49 th Brian Slater	M65S 3 rd Pete Kullich
M12A 4 th Zac Field	M55L 58 th John Fulwood	M65L 39 th John Chaney
M21S 19 th Martin Kullich	M55L 60 th Paddy Neligan	W21L 10 th Fiona Forrest
M40L 31 st Dean Field	M60S 9 th John Butler	W40S 12 th Rosie Field
M50L 27 th Neil Harvatt	M65S 2 nd Mark Tyszka	W55L 26 th Mary Carrick

Day 2: A completely different area - **Graythwaite North.**

Described by the planner, (in an understatement), as being physically & technically challenging. Heavily contoured forest & hard going underfoot meant times were very long. Well done to Fiona Forrest in finishing 5th in W21L in 113 mins – the winner being 82 mins. Pete exacted some revenge over Mark on M65S by coming 4th. Brian repeated his first day lead ahead of Paddy & John with Brian's 131mins reflecting the general slow times.

M10A 13 th Jake Field	M55L 52 nd Paddy Neligan	M65L 27 th John Chaney
M12A 7 th Zac Field	M55L 60 th John Fulwood	W21L 5 th Fiona Forrest
M40L 25 th Dean Field	M60S 6 th John Butler	W40S 14 th Rosie Field
M50L 15 th Neil Harvatt	M65S 4 th Pete Kullich	W55L 36 th Mary Carrick
M55L 51 st Brian Slater	M65S 10 th Mark Tyszka	

Day 3: **Angle Tarn:**

Open fell above Patterdale. Very runnable with one or two footpaths & walls. The 1.3Km & 190m climb to the start was too challenging for one or two who decided the club tent needed supervising in the very strong winds! Best result in points was Zac Field 3rd in M12A. Mark 2nd on M65S edged ahead of Pete in 4th with good 7th places for Fiona in W21L & Roseanne Field in W40S. John claimed the HALO leading M55L spot 11secs ahead of Paddy.

M10A 9 th Jake Field	M55L 45 th Paddy Neligan	M65L 36 th John Chaney
M12A 3 rd Zac Field	M55L 67 th Brian Slater	W21L 7 th Fiona Forrest
M40L 20 th Dean Field	M60S 12 th John Butler	W40S 7 th Rosie Field
M50L 17 th Neil Harvatt	M65S 2 nd Mark Tyszka	W55L 22 nd Mary Carrick
M55L 43 rd John Fulwood	M65S 4 th Pete Kullich	



HALO in the Lakes - photo Fiona Forrest

Day 4: Bannisdale East:

Open fell again between Bannisdale & Borrowdale, this time without any line features at all. Tricky positioning of Controls and difficulty in relocating caused significant lost time for quite a number of competitors. Jake & Zac achieved a double coming first in M10A & M12A respectively. Roseanne improved again coming 4th on W40S. John Butler produced his best result of the week, 5th in M60S, as did Neil Harvatt 12th in M50L. The M65S battle had Pete in 5th with Mark just behind in 6th. The M55Ls maintained their mediocre showing with Paddy leading them home in 59th position 5 mins ahead of Brian with John bringing up the rear.

M10A 1 st Jake Field	M55L 66 th Brian Slater	M65L 16 th John Chaney
M12A 1 st Zac Field	M55L 71 st John Fulwood	W21L 12 th Fiona Forrest
M40L 40 th Dean Field	M60S 5 th John Butler	W40S 4 th Rosie Field
M50L 12 th Neil Harvatt	M65S 5 th Pete Kullich	W55S 7 th Margaret Fulwood
M55L 59 th Paddy Neligan	M65S 6 th Mark Tyszka	W55L 25 th Mary Carrick

Day 5 Hampsfell:

A totally different experience with significant areas of Limestone Pavement, both in woods, and in open grassy fell. Quite tricky in the woods and although the open areas should have been easier, some mistakes were made. The controls near the end returned to woods, with a number of people thrashing around in the wrong re-entrants. Mark had a superb run to gain 2nd - 10mins ahead of Pete in 4th, but was it enough for victory for the week? Next best result of the day was Team Sue Chaney !!!! 8th in W60S (cont'd)

Lakes 5 days cont'd - Day 5 Hampsfell

M21S 11 th Martin Kullich	M60S – John Butler mp	W55S 14 th Margaret Fulwood
M50L 43 rd Neil Harvatt	M65S 2 nd Mark Tyszka	W55L 23 rd Mary Carrick
M55L 42 nd Brian Slater	M65S 4 th Pete Kullich	W60S 8 th Sue Chaney
M55L 47 th John Fulwood	M65L 29 th John Chaney	
M55L 57 th Paddy Neligan	W21L 11 th Fiona Forrest	

Overall points scores (best 4 to count) * Only 1 Day ** Only 2 Days

4819 Jake Field 7 th M10A	4359 John Butler 7 th M60S	3640 Brian Slater 50 th M55L
4717 Zac Field 4 th M12A	4187 Fiona Forrest 8 th W21L	3630 John Fulwood 53 rd M55L
4611 Neil Harvatt 17 th M50L	4005 Mary Carrick 24 th W55L	2137 Martin Kullich 30 th M21S **
4589 Pete Kullich 2 nd M65S	3966 Dean Field 30 th M40L	1654 Margaret Fulwood 16th W55S **
4588 Mark Tyszka 3 rd M65S	3934 John Chaney 26 th M65L	1007 Team Sue Chaney 20th W60S *
4425 Rose Field 7 th W40S	3728 Paddy Neligan 48 th M55L	



Mary Carrick on the run-in at Graythwaite - photo Gill Robinson

Editorial

The AGM and business News has generated quite a lot of copy for the Newsletter this time. Thanks to Ken Hutson and Mike & Dorothy Smith . Thanks also to Brian Ward for his contributions, at least one of which has been held over to the next Newsletter; to Gill Robinson, and Fiona for forwarding photos. Contributions have also been gratefully received from Mark Tyszka, Paddy Neligan, Ingrid Slater, Mike Cope, Pete Kullich,

It's your contributions that make the newsletter - keep them coming.

Next copy date December 7th : Pre Christmas Edition!!

John Fulwood

We remember:

Muriel Crowston

Long standing member and supporter of HALO who recently died.

Our condolences to Tom :

"May she always enjoy the sunlit forests"

A decorative border consisting of a repeating pattern of small, stylized icons, possibly representing trees or leaves, framing the text.

New Members:

Welcome to New members:

Phil Gray	from Swanland
David Cooper	from Beverley

The Long Hard Road

When I was in serious training for the 1988 London Marathon my greatest source of inspiration was the Ron Hill book "The Long Hard Road". This title seems so apt as I now attempt an Orienteering come-back. Amanda and Charlotte both wanted to get back "into" Orienteering, and so I thought – why not? I've been out of the sport (competitively) for the best part of two and a half years (at least), apart from one or two minor forays (Compass Sport Cup Final last year being one) picking up the map and compass in search of those little square orange and white things(!).

It's very difficult, not mentally, that side is well refreshed, but physically I'm struggling. My aerobic capacity is still good – upwards of two hours a day on a bike keeps you in reasonable trim, but it's not running – is it! This is where the problem arises. My leg muscles seem well and truly trained for pedalling in small circles at a great rate of knots now, and won't work properly when I try to put one foot in front of the other quickly – i.e. attempt (for that's what it is!) to run.

So, I think it's going to take a while, but no rush, I have a cunning plan – where have I heard that before? My immediate aims are –

- 1 – To be able to run for an hour comfortably – this could take longer than anticipated – presently managing a 30 minute shuffle 2 or 3 times a week!
- 2 – "run" (ha!) Green at District Events and M45 Short - as of January 1st (yippee!) at Regional Events if we get to any (as long as they are fairly local it shouldn't be a problem).

Medium Term goals include –

- 1 – Once comfortable with Green, move on to Blue then Brown at District Events (more of a Long Term aim)
- 2 – M45 Long – I would REALLY like to run this at the J.K. – we are THINKING about going, but more realistic may be my initial thought of getting to M45 Long in time for the White Rose next August!

I am also seriously considering Night-O, but am still in search of a Headlight – it really sharpens up your technique which is something I need to work on.

I intend to start getting more involved again with planning and controlling – again these are good technique work, making you THINK about Orienteering rather than just going out on a course and trying to blast round (not that I'm ANYWHERE near to being able to do that..... for a while, anyway!).

Next progress report in the Christmas HALO News – don't miss it!!

Brian Ward.

CLARO District Event, Harlow Hill - 24th September

A small area, using a 1:5,000 map for White and Yellow, and a 1:7,500 map for the remainder (to Blue) didn't detract from the amount of variety in the terrain. Being my first event in almost a year I opted, after discussion from my coach (thanks Charlotte) to plump for Green at 4.7 km with 105 metres climb. I'm really pleased that the norm is now for pre-marked maps even at low-key events such as this, I can remember on a few occasions having a run spoiled by miss-marking controls at the master-maps – and even, on occasions, completely missing the last control off for the second master-maps therefore having to wait to be caught then follow someone in to them!

The Harlow Hill map has a fair amount of "green" of either solid or lined varieties – it's still a bit early in the "O" season to venture too far from path routes – bracken and bramble still impede progress, in general until about the end of November if memory serves me correctly! A good track and fairly complicated path network compensated for the above, with my course having two road runs – out to, and back from, a steep and rocky, wooded slope. There was a good mixture of techniques to be tested – most of mine still rusty, but the signs were quite encouraging in places, only spoilt by 2 legs in particular – where "no plan" syndrome was to blame for the first and "that didn't quite go according to plan" failure for the second.

What I found absolutely fascinating in the results were the SplitsBrower pages. I haven't had cause to really study them for a while – and everything is there for you – your leg time and position, your cumulative time and position after each leg, your time behind the fastest person on your course for that particular leg, and fastest overall for that leg regardless of course (if you want to be really humiliated!).

With both Amanda and Charlotte both keen to do lots more orienteering, Charlotte in particular looking forward to some big events where she might be able to par-take of a Wilfs(!) I think I might be making a come-back.

Look out world , here I come!

Brian Ward

HALO News - on-line

Thanks to Pete Shew - HALO News is now available from the HALO website 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!!!!

John Fulwood johnfulwood@supanet.com

NOC District Event, Blidworth- Sunday 1st October

Two weeks running – this is becoming a habit! Blidworth Woods near Mansfield was the venue for our second Orienteering outing. It has been a while since I have been to Blidworth – in fact records show the last visit was 4th February 2001 for a Badge (now Regional) event. Persuaded by my coach (thanks Charlotte!) to up the ante I “ran” Blue.

An inauspicious start – the ride leading to the first control was totally buried by brashings, at least it couldn't get any worse – or could it? Well, undergrowth is always going to be a problem at this time of year, and, true to form, most of the rough open areas were indeed, rough! The other lottery was the runnable woodland – actually it was o.k. once you wrestled through the overgrown vegetation at the edge of the tracks. What I don't really like is the excessive use of barely existent vegetation boundaries as control features, and we had a few of these! Other than these minor gripes, for that's all they really were, the area gave surprisingly good sport despite the rather “green” nature of the map.

My 6.0km / 150 metres climb passed in a respectable 52:51 – o.k. the winner literally flew round in 42:35 – but I guess that MUST be local knowledge, or is it that I'm just no-where near as quick as I use to be?! – probably!! The technical difficulty offered was of a good standard, requiring thought of route choice, attack point and careful navigation near the circle, I'm starting to get the hang of this sport again! Roll on next week!!

Brian Ward

Out of the mouths of babes etc: Ben, my grandson, beat his younger sister on his second string course in the Lakes. He then asked, "When can I go on the advanced string course?"

Mark Tyszka

SEXY VIDEO SHOCK

King Edward was lounging on his couch absolutely steaming. In fact he was boiling mad having watched the video

http://www.youtube.com/watch?v=_X3_zvWXodQ

The Queen was mashing her teeth having just finished dancing the croquette with the dauphinois.

This video should come with an obscenely healthy warning the king exclaimed. If I get hold of the producer I'll have him for chips!!

A web-site worth looking at:

Try <http://maprunner.org.uk>

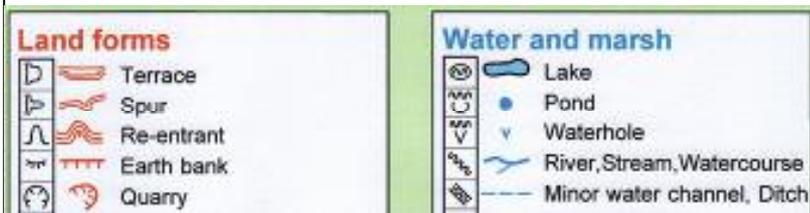
A website created & maintained by Helen & Simon Errington

It has various articles on orienteering and links to other websites.

There is also a sheet of IOF control descriptions with equivalent map symbols in colour and in various downloadable formats (incl. tree stump, ant hill etc) An illustration of part of the sheet is shown below. The left hand column is the pictorial description you might get. The remainder, the map symbol & written description.

Further charts show what is meant in the other columns on the pictorial control description sheets.

Mark Tyszka



2007 CompassSport Cup/Trophy

The First Round date has been fixed at 18th March: keep a note in your next year's diary!!!

Venues closest to us are : SYO - Tankersley Sheffield - (to be confirmed) I guess for YHOA region. and LOG - Stapleford Woods.

No formal info has been received so it depends where the grouping of small clubs will take place. More info in the next Newsletter

Neither venue is too far, so I hope HALO can get a good turnout.

John Fulwood

Colour Coded Badges - District Events

The scheme is operational in all of the British Orienteering Federations regions, these are the details for the Yorkshire & Humberside Orienteering Association scheme only.

The scheme is administered by Dorothy Smith

To qualify for a 'White' Badge, you need to complete 3 White Courses. It does not matter how long you take, as long as the course is completed.

For all other colours - Yellow, Orange, Red, Light Green, Green, Blue and Brown, you have to complete 3 courses and finish above the "Colour Line" within a two-year period.

The other "Colours" you may sometimes (but very rarely) encounter are Purple - a longer version of Orange / Red and VERY occasionally Black - a longer course than Brown, and almost exclusive to technical areas such as The Lakes, Scotland and Wales.

To claim your Badge send an S.A.E. to Dorothy Smith at 111a Westgate, Belton, Doncaster, DN9 1PY.

Please include the following information - Event venue, date, course, winner's time, your time.

YHOA GALLOPEN 2006 after 7 results

Points from the seven events so far are now calculated. The best six results are counted. It was hoped that the competition would run over 11 events taking the best 6 but as one event was cancelled and another was downgraded to a district event, it will now be 6 out of 9.

The next counting event will be the EPOC one on 29 October. Hopefully some of those lower down the tables with less than six counting events can move up by running in the last two events.

Any queries to mike.cope@ukgateway.net

Mike Cope

YHOA Galloppen

Fname	Sname	Club	LSJ	Class	Hought on	JK1	JK2	Gren	Windy p	WR1	WR2	Best 6
1 Zachary	Field	EBOR	JM	M12	1200	834	874	1007	1095	1126	990	6292
2 Jake	Field	EBOR	JM	M10	1200	500	821	1071	1084	857	835	5868
1 Alice	Leake	EBOR	JW	W16	1022	914	948	1140	1099	769	937	6060
2 Yasmin	Field	EBOR	JW	W6	1200			822	842	743	976	4583
37 Amber	Harris	HALO	JW	W14				0				0
1 Frank	Kew	AIRE	ML	M55	929	940	0	680	852	888	762	5051
2 Dean	Field	EBOR	ML	M40	997	651	696	693	945	689	846	4866
6 Neil	Harvatt	HALO	ML	M50	830	728	655	762	750	770	635	4495
32 Patrick	O'Grady	SYO	ML	M70	627	515			708	546	500	2896
57 Steve	Marin	HALO	ML	M45	795	699		627				2121
59 Mark	Tyszka	HALO	ML	M65	840	557	669					2066
62 John	Fulwood	HALO	ML	M55		681	680		683			2044
73 Peter	Harris	HALO	ML	M45	714		500	611				1825
74 Brian	Slater	HALO	ML	M55		606	600			616		1822
75 Paddy	Neligan	HALO	ML	M55		628	562	615				1805
82 John	Chaney	HALO	ML	M65	585		603				500	1688
110 Mike	Cope	HALO	ML	M55						626	595	1221
124 Martin	Smith	HALO	ML	M21	1000							1000
146 Rod	Williams	HALO	ML	M55	718							718
154 David	Siddle	HALO	ML	M50			657					657
1 Dennis	Hooton	EBOR	MS	M45		755	934	1095	890	949	983	5606
6 John	Butler	HALO	MS	M60	1042	705	647		941	740	934	5009
32 Michael	Smith	HALO	MS	M60						997	971	1968
33 Andrew	Houlden	HALO	MS	M35	724	603	604					1931
39 Peter	Kulich	HALO	MS	M65						821	848	1669
41 Max	Guscott	HALO	MS	M21	917			749				1666
67 Luke	Allan-Smith	HALO	MS	M21	521		500					1021
68 Nick	Allan-Smith	HALO	MS	M50	500		500					1000
79 Martin	Smith	HALO	MS	M21							845	845
83 Kenneth	Hutson	HALO	MS	M55	672							672
88 Alan	Robinson	HALO	MS	M55	603							603
1 Ruth	Ker	AIRE	WL	W35		921	909	959	971	992	829	5581
3 Fiona	Forrest	HALO	WL	W21	772	713	721	819	916	817	761	4806
13 Mary	Carrick	HALO	WL	W55	637	500	555		663	528	513	3396
1 Janet	Leake	EBOR	WS	W45	979	986	0	703	843	649	833	4993
5 Rosie	Field	EBOR	WS	W40	681			759	772	616	517	3345
34 Dorothy	Smith	HALO	WS	W55						689	672	1361
43 Emma	Fulwood	HALO	WS	W21		577	582					1159
65 Isoldt	Harris	HALO	WS	W45				500				500

YHOA Night League 2006/7

Event 1 25 Nov 06 CLARO Conyngham Hall, Knaresborough

Event 2 09 Dec 06 HALO Primrose Warren, Scunthorpe

Event 3 13 Jan 07 SYO Wombwell, Rotherham

Event 4 20 Jan 07 EBOR Brayton Barff, Selby

Event 5 03 Feb 07 EPOC Haw Park

Event 6 17 Feb 07 AIRE Hirst Wood, Shipley

Prize giving at Hirst Wood after the event, in the Rowing Club.

For Info: British Night Champs 10 Feb 07, Norfolk

Info courtesy of Steve Corrigan

HALO League Fixtures

The following fixtures have been identified so far:

November 12th	Dalby	EBOR
November 26th	Nutwith & Roomer	CLARO Double Header
December 10th	Primrose Warren	HALO
December 17th	Walesby	NOC Double Header
January 7th	Calverley Woods	AIRE

The November 26th & December 17th Events are Alternates even though they are not on the same day.

Mike Smith

HALO League - after 1st Event - Beverley

neil harvatt	M50	132
dean field	M40	131
fiona forest	W21	129
pete kullich	M65	125
zac field	M12	124
brian ward	M40	120
dave siddle	M50	117
mark tyszka	M65	117
paddy neligan	M55	115
mary carrick	W55	111
john chaney	M65	111
john fulwood	M55	109
mike smith	M60	109
brian slater	M55	106
jake field	M10	105
pat o'grady	M70	105
dorothy smith	W55	104
pete harris	M45	103
joe field	M10	98
hannah siddle	W10	97
fran humphrey	W55	96
helen smith	W21	93
nick allan-smith	M50	93
yasmin field	W10	92
rosie field	W40	90
dinah tyszka	W65	89
luke allan-smith	M21	88
tracey blackburn	W21	86
phil gray	M45	79
malcolm humphrey	M55	71

District Events continued

DEC

17th EM NOC District Event. Walesby, Nottingham.
C4 Catherine Hughes, 0115 8774089.
catherinehughes@hotmail.com **HALO League**
www.noc-uk.org

JAN 2007

30th YH EBOR District Event. Strensall Common, York.
C4 Peter & Dawn Watson, 01759 388269. peterwatson_bc@btinternet.com
www.eborienteers.org.uk

7th YH AIRE District Event. Calverley Wood, N Bradford.
C4 Chris Burden, 01274 583853. chris.burden@btinternet.com
www.aire.org.uk **HALO League**

13th- EM Lincolnshire Bomber Weekend
14th R5 13th - Lincolnshire Bomber Relay Event. RAF Cranwell, Cranwell.
C4 14th - Lincolnshire Bomber - Long O & Park Race. Castle Square,
Lincoln.
Steve Bones, 01522 541449. eventinfo@logonline.org.uk
www.lincsbomber.logonline.org.uk

HALO Events

DEC 9th: Night Event - Primrose Warren

DEC 10th: District Event - Primrose Warren HALO LEAGUE

FEB 18th 2007: Regional Event - Scardale

APR 29th : District Event - Elsham HALO LEAGUE

SEP 30th : District Event - TBA

DEC 1st : Night Event - Normanby Hall

DEC 2nd : District Event - Normanby Hall - Yvette Baker Trophy Final

MAR 2nd 2008 : Regional Event - Pillar Woods

FIXTURES

District Events

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

OCT

- 22nd EM LOG District Event & EM League. Lincoln South Common, Lincoln.
C4 Karl Pickworth, 01526 320136. karl@logonline.org.uk
www.logonline.org.uk

NOV

- 5th YH AIRE District Event. Middleton Woods, Ilkley.
C4 David Shelley, 01943 875935. dnjshelley@btinternet.com
£4.50/£2.00, Unwaged £2.00. www.aire.org.uk
- 12th YH EBOR District Event. Dalby Forest, Pickering.
C4 Howard Percy, 01751 474230. percys@btinternet.com Fees
TBA. www.eborienteers.org.uk **HALO League**
- 19th NE CLOK District Event. Hutton Lowcross, Guisborough. .
C4 Jim Elder 01642 78112 jim@elder19.freemove.co.uk Fees
TBA. www.clok.org.uk
- 25th YH CLARO District Night Event. Conyngham Hall, Knaresborough.
C4N Dave Day, 01765 600941. Start 17:30 to 18:30.
www.claro-orienteeing.org
- 26th YH CLARO District Event. Nutwith & Roomer, Ripon. .
C4 Frank Appleton, 01423 322867.
frank@familyappleton.freemove.co.uk
www.claro-orienteeing.org **HALO League**
- 26th EM NOC District Event. Bestwood, Nottingham.
C4 Hilary Hodkinson, 0115 922 2655.
hilaryhodkinson@hotmail.com www.noc-uk.org

National & Regional Events:

- Oct 21st- NW **Twin Peak Weekend**
22nd C3 **21st - Day 1 Regional Event.** Errwood, Buxton.
C3 **22nd - Day 2 Regional Event.** Errwood, Buxton.
Organiser: Sue Birkinshaw, 0161 980 5068.
Entries: Julie Brook, 14 Leygate View, New Mills, High Peak, SK22 3EF, 01663 745020. twinpeak06@mdoc.org.uk
CD: 08/10/06 (Postal), 11/10/06 (Internet). £7.50/£3.00 per day. Lim EOD + £2.00/50p. Internet entry preferred via website. www.mdoc.org.uk
- Oct 29th YH **EPOC Regional Event & YBT Round.** Ogden, Halifax.
C3 Organiser: Anthony Greenwood, 01422 244860.
anthony.greenwood@virgin.net
Entries: Martyn Hodgson, Stonefield, Waters Rd, Marsden, HD7 6NG, 01484 846889. hodgson@stonefield1.co.uk
CD: 15/10/06. £6.00/£2.00, Students £2.00 with card.
EOD + £1.00/50p. Chq: EPOC. Parking £1.00.
www.eastpennineoc.org.uk
- Dec 3rd YH **SYO NATIONAL EVENT inc SHI, YHOA Championships & Interland Selection Race.** Hathersage and Burbage Moors, Sheffield.
C2 Organiser: Brian Shaw, 01433 631523.
b.shaw@dyson-techceramics.com
Entries: Mike and Pauline Rosser, 6 Trippet Court, Graham Road., Sheffield, S10 3DY, 0114 2308637. *CD - postal: 20/11/06, CD - internet: 30/11/06.* £9.00/£3.00. Lim EOD + £1.50/£1.00. Chq: SYO. Lim CC up to Light Green. String course. Parking £1.00. Internet entries via website.
www.southyorkshireorienteers.org.uk
- Jan 28th EM **NOC Robin Hood Trophy Regional Event.** Sherwood
2007 Pines, Mansfield.
C3 Organiser: Janet Evans, 01636 813058.
janet@janetandnick7.freemove.co.uk
Entries: addressee TBA. *CD: unknown.* Fees TBA.
www.noc-uk.org