



# HALO NEWS

The Newsletter of Humberside & Lincolnshire Orienteers

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

April 2007

## ***The Champions -***

**Fiona Forrest: W21A : *Asia & Pacific Championships 2006 Sprint***

**Charlotte Ward: W16B : *Jan Kjellstrom International Festival***

**Charlotte Ward: JW5S: *YHOA Championships***

**Alan Robinson: M60S: *YHOA Championships***

**Fiona Forrest: Senior Women: *YHOA Night league Winner***

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# From the Chair

Bits of paper

Despite our ever expanding electronic world, having the right 'bit of paper' seems to be as or even more important than ever.

Unfortunately at the start of the recent Compass Sport Trophy round at Greno Wood, I inexcusably picked up a 'bit of paper' (the map) from the wrong box and proceeded to run a course that was not going to count no matter how I performed. By the time I realised what I had done it had cost about 30 minutes. The contest turned out to be quite close, though, and looking at the results, I don't think I would have counted even on the correct course. My thanks go to everyone who ran for the club on the day and to John Fulwood for organising the team

People usually associate having the right bit of paper with a qualification. Qualifications seem to be a boom industry these days. My eldest son, Sam, has just returned from the French Alps where he has been Chalet Hosting for four months. Last weekend Janet noticed an advert for a course in the Times Educational Supplement from a college in Leeds offering an NVQ level 2 (GCSE equivalent) in Chalet Hosting. My son's comment after some initial amusement was that such a course was unnecessary as it was unlikely to address the qualities required to do it.

A danger in the growing qualifications culture is that we lose sight of what a qualification really is. It provides evidence that someone has received training, been assessed and achieved a minimum standard against a specification and criteria set by a body or organisation. What a qualification is not, is a measure of quality. That essentially is down to a level of competence for which the qualification is just one aspect, along with ability, experience and a range of other personal qualities. In some areas the right qualifications is a minimum requirement, would you expect all GPs to have medical qualifications? The problem comes with those areas that have traditionally never had a qualification and that you may argue do not need a formal qualification, Chalet Hosting? By selecting people on the basis of the possession of a qualification under such circumstances may serve little purpose and be detrimental to the activity in the longer term.

The National Governing Bodies (NGB) of sports, particularly adventure sports like orienteering, have long established qualifications for coaches, which are nationally and internationally recognised and these qualifications are pivotal in the development of sport. The HALO Committee has discussed the merits of the club obtaining a qualification known as Clubmark and agreed we should work towards gaining the award. Clubmark has been introduced by British Orienteering through an initiative from Sport England, to give recognition to those clubs who have established a good practice framework when working with young people.

As you will be aware from previous newsletters we have been trying to develop orienteering in local schools by providing maps of their sites and working with area Sports Partnership Development Managers and Colin Best our BO Regional Development Officer to provide opportunities for youngsters to take part in orienteering events. Achieving Clubmark will require us to have a coaching and competition structure with suitably qualified coaches, a child protection and care policy and a management structure that supports young people and ensures continuity and quality in our provision. In the short term, this will require a significant amount of work from a relatively small group of members. In the longer term all the membership will need to be aware of what we need to do as a result of Clubmark, if we decide to go for it and when we actually achieve it. As I indicated earlier, the qualification tells the world that we have been assessed as meeting the criteria for the award but it is about improving what we actually do and achieve that is more important than the bit of paper.

## Volunteers needed.....

Yes and this time a great day out included!

### Brocklesby Country Fair Sunday 24<sup>th</sup> June

Some of you will recall that we provided a taster course for beginners at last year's Fair. We have been asked to repeat this and if you enjoy all the events that we are able to have in the various Brocklesby Woods then I hope you will be able to give some time [2-3 hours with the rest of the day to enjoy the Fair] to show the club's appreciation of our use of such beautiful surroundings.

The map drawn last year can be used but a Coordinator is needed to organise a rota of helpers to erect the club tent, put out and collect controls round the lake and commandeer visitors to take part! We make no charge and distribute leaflets and stickers and Club details to promote Orienteering and HALO.

HALO will pay travelling expenses for the Saturday visit to put out equipment. SI will not be used but it could be on display in the tent.

Please let me know if you will help with this event.

Dorothy Smith



## **New Members:**

Welcome to New members:

Peter Fulwood: after resting at University!

Eleanor Humphrey: no longer a family member - currently at Edinburgh University.

**Editorial**

Thank you again to all those who have contributed. Keep the articles & pictures coming. Hopefully in the next Edition there will be more about Clubmark and how it involves the whole club.

Thank you to all who volunteered their services for the CompassSport Trophy. Brian Ward alluded to the courses being too long. They did not meet BOF Guidelines for length, so well done to those who ran Black/Brown/Blue when they thought they were running Brown/Blue/Green. Next year I will have to check the Planner's intentions before committing a team!

A reminder that HALO NEWS is On-line at [www.halo-orienteing.org.uk](http://www.halo-orienteing.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: 20th June

John Fulwood

## LYME disease: What all Orienteers (or walkers) should know?

(Comments made here are from my understanding of the process – if in doubt please consult a professional!!)

I have noticed an increase in the profile of Lyme disease. There has been a discussion on Nopesport initiated because the career of a top class athlete ended after contracting Lyme disease when a tick was collected during a cross country race in Thetford Forest. Also a neighbour's 5 year old granddaughter in the US contracted the disease from a tick.

Lyme disease can be a crippling condition brought on by a tick bite. Orienteers may be particularly prone to collecting ticks due to the nature of the terrain where sheep or deer graze. Ticks are widespread throughout the UK, particularly with the increase in deer population, so it is possible for anyone to be bitten by one. Highest risk areas in the UK include the Lake District/Yorkshire Moors/New Forest/Scottish Highlands as well as Thetford Forest.

Lyme disease (or *Borrelia*) was named after Lyme, Connecticut, where a cluster of cases of arthritis in children was observed. Initially thought to be rheumatoid arthritis, it was identified as an infectious disease. It had been known since the 19<sup>th</sup> Century, so is not of recent origin.

Lyme disease is transmitted by a tick bite. The tick releases saliva containing anti-coagulants to keep the blood flow open. During feeding the infected saliva and regurgitated gut contents may enter the blood stream. Not every tick carries the bacteria, and not every bite will transmit it. The longer a tick stays attached, the more likely the bacteria is to be transmitted.

**Prevention:** Although ticks are not insects (they are eight-legged – similar to spiders or mites) they are not keen on insect repellent. Clothes and exposed flesh should be sprayed. If walking, long trousers tucked into socks, and other means of protecting flesh should be used. Ticks cannot jump. They climb on vegetation and transfer themselves when someone brushes past.

**Detection:** It is important to check for ticks as soon as is practicable, and certainly within 24 hours. Ticks like warm moist crevices, so an able assistant may be called for! The adult ticks are those usually seen as their body inflates with engorged blood. Lyme disease can also be transmitted by nymphs which are poppy seed sized and could well go undetected.

**Removal:** It is important to remove the entire animal. The jaws will be dug in, and must be removed as well as the body. There are numerous methods suggested, amongst which are the following:

- Use a specialised tick twisting tool (o-tom) available from vets & some GPs. Further info at: <http://www.otom.com>
- Use forceps or tweezers; grasp the tick as close to the skin as possible, then pull straight out to remove. Apply antiseptic

Other suggestions are as follows: anecdotal rather than recommended:

- Cover the tick with Vaseline, wait 10-15 minutes, then squeeze gently. (A similar suggestion was to use whisky, but it was not clear whether this had to be taken internally as well!!)
- Squeeze between finger nails as close to the skin as possible, rotating for 2-3 rotations to remove. This simulates the tick twister tool.
- Use Dettol or TCP before attempting to remove.

**Symptoms:** There are a number of symptoms of Lyme disease having been caught: all, some, or none of the following may be seen: (a fuller list can be found on the websites shown at the end)

A red rash in the area of the bite may develop in three to thirty days, spreading out, with a pale centre. This may fade of its own accord in three to four weeks.

Drowsiness

Mild fever

Headaches

Joint & Muscle pains

Back Pains

Swollen Lymph glands

In the longer term there are occasional neurological problems such as mild meningitis, muscle spasms including heart inflammation / tremors, and in rare cases chronic deterioration of the central nervous system. Arthritis can also be observed, relating back to the original definition of Lyme.

In the case of the little girl, she experienced flu like symptoms which persisted – mild fever & aches, followed by a rash. In the US, GPs are aware of the disease, so diagnosis was easy.

**Diagnosis:** If you recognise the symptoms, even if you do not remember being bitten by a tick, the safest course is to consult your GP. Your GP may be unaware of Lyme disease, so its best to go prepared with the info.

A blood test can be taken to detect antibodies. These usually occur in two to four weeks after contracting the disease, but sometimes up to eight weeks. This is not necessarily conclusive so your GP needs to recognise the problems and not make an instant diagnosis. There are more specialised tests that can be carried out under hospital conditions. Many are mentioned in the medical analysis.

**Treatment:** Antibiotics to relieve the initial symptoms is the usual recommendation. A week's programme was used for the little girl. Longer term specific treatment may be required so awareness of the issues may be important.

This is a brief summary for HALO News: more detailed and specialised information may be found at:

<http://www.bada-uk.org>

<http://ilads.org>

For medical treatment: [http://www.ilads.org/burrascano\\_0905.htm](http://www.ilads.org/burrascano_0905.htm)

## **Tick Borne Encephalitis (TBE):**

If travelling to the Scandinavia, the Baltic States, Eastern Europe, and parts of Germany a viral infection, TBE, is becoming commonplace. As well as by a tick bite, it can be transmitted by drinking un-pasteurised milk.

The spread of endemic TBE in Europe can be found at <http://www.masta.org/tickalert>

Symptoms are: fever, headaches and muscle pain occurring after 1 to 8 days. A month later symptoms of a disorder of the central nervous system, such as meningitis or encephalitis, develop. In a few cases this can be fatal.

Unlike Lyme disease, there is a vaccine available. Certainly those orienteering in these areas should be vaccinated before travelling. GPs should be able to provide the vaccination fairly easily, although you may have to pay. Further information can be found on:

[http://www.wellcome.ac.uk/doc\\_wtd004548.html](http://www.wellcome.ac.uk/doc_wtd004548.html)

<http://www.netdoctor.co.uk/medicines/100004965.html>

**A repeat of the health warning at the Start—if in doubt consult a professional !!**

John Fulwood



# HALO LINCOLNSHIRE POACHER TROPHY 2007

## 10th ANNIVERSARY

A series of 11 summer events on consecutive Wednesday evenings open to all ( Non Halo members welcome )

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

Start Times: 6.00-7.15 pm. 60 pence

Pre-Marked Bagged Maps

Series co-ordinator: Pete Kullich 01652 628358

[pete@pkullich.plus.com](mailto:pete@pkullich.plus.com)

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.

Long Course Trophies: Champion(Lincolnshire Poacher Trophy)

Masters(M40+) SuperVet(M55+)

Short Course Trophies: Champion

Lady(W21+) Junior(M/W20-)

### **1. Wed 11 April Cottagers Dale Wood Gt. Limber TA 119099**

Poacher 2007 started in glorious Spring sunshine, unlike 2 years ago here when cars had to be towed out of the wood. A bone dry forest and shortened courses to cater for lack of daylight resulted in some very quick times. Zac Field opened with maximum points in defence of his 2006 Short Course title just edging Super Vet Mike Smith. Not so lucky was Long Course Champion Neil Harvatt who had to be content with fourth place behind DVO's Paul Beresford, LOG's Liam Harrington and EBOR's Dean Field who powered round in sub 6 minute/km.pace.

### **2. Wed 18 April Mausoleum Woods Gt Limber TA 133087**

Another sunny evening at Mausoleum Woods attracted a big entry with planner Brian Slater returning to the A18 car park start area after a gap of well over 5 years. Although the wood has been used regularly for Poacher, the route options posed by the planner made it appear unfamiliar to many. Vegetation was often easier than anticipated favouring the straight line strategy. Leading positions on both courses were very similar to Poacher 1. Seconds certainly counted on the Long course with a mere stumble losing Tree Surgeon, Steve Bones valuable places and points. The Long course has never been more competitive now, providing more entrants than the Short course. Where else can you get pre-marked bagged maps and electronic punching for 60 pence! Thanks to Brian for setting up the electronic punching which generally went well and now should be easier to manage in future Poacher events.

**3. Wed 25 April**                      **Willingham Woods Mkt. Rasen TF 131893**

Mixed Forest Enterprise woodland. Follow the A631 east from Mkt. Rasen. Turn left down forest track immediately before picnic layby. Park after 1km. near forestry buildings.

*Planner: Liam Harrington*            *Post-race analysis: King's Head, Tealby*

**4. Wed 2 May**                        **Middle Rasen Woods Mkt. Rasen TF 107920**

Mixed Forest Enterprise woodland with open areas. At junction of A46 and A1103 7 mls. South of Caistor, 2 mls. North of Mkt. Rasen, turn east towards Walesby for about 600m. Park before level crossing.

*Planner: Vernon Davis*            *Post-race analysis: Salutation Inn, Nettleton (A46)*

**5. Wed 9 May**                        **Nettleton Woods Caistor TF 081998**

Mixed woodland with open and semi-open areas. From the A46 in Nettleton take the B1205 west towards Moortown for about 2mls. 200m. before the level crossing turn left into Watermill Farm Leisure Park. Follow track to end; park left of lake.

*Planner: Pete Harris*                *Post-race analysis: Queen's Head, N. Kelsey Moor*

**6. Wed 16 May**                       **Otby Lincolnshire Wolds TF 131929**

Rough well contoured grassland. Parking near Mill Farm, Walesby. At junction of A46/A1103 7mls. South of Caistor, 2mls. North of Mkt. Rasen, turn east to Walesby for 2mls. On outskirts of village turn left down track.

*Planner: John Fulwood*            *Post-race analysis: King's Head, Tealby*

**7. Wed 23 May**                       **Primrose Warren, Brigg SE 950065**

Mixed woodland with sandy open areas. From Junction 4 of the M180 travel north towards the A18 roundabout for 100m. only. Turn left through gated entrance into wood, follow track for 1 km.

*Planner: Andy Houlden*            *Post-race analysis: Arties Mill A18 before Brigg*

**8. Wed 30 May**                      **Normanby Park, Scunthorpe SE 894158**

Rough open woodland and parkland. Take the B1430 for 2mls. from Scunthorpe to the south end of the park. 100m. after Flixborough turn off take right turn for 1ml. along Bagmoor Lane.

*Planner: Neil Harvatt    Post-race analysis: Farmhouse M181/A18 roundabout*

**9. Wed 6 June**                      **Swallow Wold Wood, Caistor TA 157045**

Mixed woodland, part of the Earl of Yarborough's estate. From the A46 at Caistor Top, take the A1173 towards Riby for 3mls. At first crossroads turn left (N) signed Gt. Limber for 1km. Turn left along farm track to wood.

*Planner: Ben Offler                      Post-race analysis: New Inn, Great Limber*

**10. Wed 13 June**                      **Brompton Dale, Limber TA 109065**

Mixed woodland, part of the Earl of Yarborough's estate. At Grasby Bottom crossroads 2 miles NE of Grasby, 2 miles SW of Great Limber, travel SE towards Caistor for 300m., turn left [ESE] down track by side of wood for about 1km.

*Planner: Mark Tyszka                      Post-race analysis: New Inn, Great Limber*

**11. Wed 20 June**                      **Pillar Wood, Caistor TA132059**

Mixed woodland, part of the Earl of Yarborough's estate. From the crossroads 800m. east of the New Inn on the A18 at Great Limber, turn south towards Caistor. After 1.75 mls. turn left (E) down rough track to north of wood.

*Planner: Malcolm Humphrey    Post-series analysis: Queen's Head, N.Kelsey Moor*

***Trophy presentation***

***Website: <http://lincspoacher.org.uk>***

## POACHER 2007 KITE RETRIEVAL

Control collection has been an ongoing problem with the burden falling on a small number of people who also give their time by organising one of the Wednesday events. To alleviate this a rota of regular participants has been devised. If you can add to your squad by commandeering others this will quicken the task. Feel free to swap with others if you are not going to be there on your allocated evening.

1. APRIL 11 Cottager's Dale Wood Geoff Smith/Lee/Tracy
2. APRIL 18 Mausoleum The Field Family/Steve Marin
3. APRIL 25 Willingham Sean Harrington/Mel Clark/  
Pickworths
4. MAY 2 Middle Rasen Peter Robinson/John Chaney /  
Kim Walton
5. MAY 9 Nettleton Andy Furnell/Kaele
6. MAY 16 Otby John Bennett/Phil Longstaff
7. MAY 23 Primrose Pete Shew/Michael Robinson
8. MAY 30 Normanby Park Mike Smith/Dorothy
9. JUNE 6 Swallow Wold Paul Beresford/Ben
10. JUNE 13 Brompton Dale Mary Carrick/John Butler
11. JUNE 20 Pillar Wood Paddy Neligan/Mike Cope

Pete Kullich

## Poacher League tables after two Events

Long Course League Table					Short Course League Table						
Pos.				Total	Pos.				Total		
1	Dean Field	M40	50	50	100	1	Zac Field	M12	50	50	100
2	Liam Harrington	M20	49	49	98	2	Mike Smith	M60	49	49	98
3	Paul Beresford	M35	48	46	94	3	Peter Robinson	M40	48	47	95
4	Neil Harvatt	M50	47	47	94	4	Jake Field	M12	47	48	95
5	John Bennett	M50	44.5	45	89.5	5	Mel Clark	M50	46	44	90
6	Steve Willis	M55	43	42	85	6	Rosie Field	W40	44	46	90
7	Lee Smith	M21	46	38	84	7	Harriet Gillman	W40	41	45	86
8	Andrew Houlden	M35	41	40	81	8	Dorothy Smith	W55	42	43	85
9	Pete Harris	M45	38	41	79	9	Tracy Blackburn	W35	43	39	82
10	Ben Offler	M20	35	44	79	10	Geoff Holmes	M60	40	40	80
11	Ben Beresford	M12	40	33	73	11	Amber Harris	W14	37	38	75
12	Phil Longstaff	M55	39	31	70	12	Geoff Smith	M50	32	42	74
13	Paddy Neligan	M55	33	36	69	13	Ann O'Grady	W70	34	37	71
14	Ken Hutson	M55	37	28	65	14	Dinah Tyszka	W65	33	31	64
15	Sean Harrington	M50	36	29	65	15	Alan Robinson	M60	45		45
16	Andy Furnell	M40	31	32	63	16	Sam Offler	M12		41	41
17	Pete Shew	M60	34	26	60	17	Mark Tyszka	M70	39		39
18	Mary Carrick	W55	30	30	60	18	Isoldt Harris	W45	38	0	38
19	Pat O'Grady	M70	27	24	51	19	Margaret Fulwood	W55	36		36
20	Keith Foster	M75	28	22	50	20	Alan Brown	M40		36	36
21	Steve Bones	M21		48	48	21	Jack Robinson	M12	35		35
22	Michael Robinson	M40	44.5		44.5	22	Ingrid Slater	W60		35	35
23	Paul Murgatroyd	M40		43	43	23	Kim Walton	W40		34	34
24	Steve Marin	M45	42		42	24	Gill Laurens	W40		33	33
25	Pete Kullich	M65		39	39	25	Geraldine Davis	W55		32	32
26	Anthony Horn	M21		37	37	26	Hannah Laurens+1	W16	31		31
27	John Fulwood	M55	0	35	35	27	Gill Laurens+1	W40	30		30
28	Philip Johnston-Davis	M21		34	34						
29	Phil Gray	M45	32		32						
30	John Chaney	M65	29		29						
31	Vernon Davis	M65		27	27						
32	Simon Carruthers	M35		25	25						
33	Mal Humphrey	M60		23	23						
34	Jorgensen Eric	M60		21	21						

# Halo League

			Beverley	Dalby	N&R **	Primrose	Walesby **	Strensall	Calverley	Bishop Wood	Wombwell	
Brian Ward	M40	Senior	120	110			117	132	106	86	91	129
Dean Field	M40	Senior	131	110	(101)		113	112	114	86	97	125
Neil Harvatt	M50	Vet	132	109			112	132	106			
Zac Field	M12	Junior	124	122	120		(119)	114	103	103	94	
Jake Field	M10	Junior	105	104	(96)			100	83	94	97	108
Joe Field	M10	Junior	98	103	100		97		93	98	95	100
Yasmin Field	W10	Junior	92	104	101		97	(98)	95	98	98	99
John Fulwood	M55	Vet	109				95	117				75
Charlotte Ward	W14	Junior		105				103	95	62	94	74
Pete Harris	M45	Senior	103	89			101	103				72
Rosie Field	W40	Senior	90	92	100		87			77	82	101
Pat O'Grady	M70	Vet	105				87	103	93	74		89
Ann O'Grady	W70	Vet					88	84	75	79	79	90
Mary Carrick	W55	Vet	111		98				95		96	103
John Butler	M60	Vet			(96)		100	99	91	84		99
Amanda Ward	W40	Senior						92	81	54	73	
Fiona Forest	W21	Senior	129					118			93	108
Tracey Blackburn	W21	Senior	86				59	81		73		67
Dinah Tyszka	W65	Vet	89				85	100		63	77	
Mike Smith	M60	Vet	109	105				108			91	
Geoff Smith	M50	Vet					63	86		71		78
Ken Hutson	M50	Vet			(81)		82	83	80		78	
Brian Slater	M55	Vet	106					92	83			
Helena Crutchley	W40	Senior					100				76	
Vernon Davis	M65	Senior							85		83	101
Mike Cope	M55	Vet			91				88	70		
Dorothy Smith	W55	Vet	104	60				108			64	
Mark Tyszka	M65	Vet	120				105	107				
Helen Smith	W21	Senior	93				102	100				
Christine Cope	W60	Vet			77				80	51		
Tom Crowston	M75	Vet					94		89	93		
Amber Harris	W14	Junior		85			83				85	
Pete Kullich	M65	Vet	128				113					
Andrew Houlden	M35	Senior							69			77
Paddy Neligan	M55	Vet	115				99					
Martin Smith	M21	Senior		102			98					
Isoldt Harris	W45	Senior		74			57					
Steve Marin	M45	Senior		107					86			
Geraldine Davis	W55	Senior							58		74	50
Matt Richards	M21	Senior			79		90					
Phil Gray	M45	Senior	79						77			
Alan Robinson	M55	Vet					71		77			
Malcolm Humphrey	M55	Vet	71				66					
Dave Siddle	M50	Senior	117									
John Chaney	M65	Vet	111									
Hannah Siddle	W10	Junior	97									
Fran Humphrey	W55	Vet	96									
Ingrid Slater	W60	Vet										
Nick Allan-Smith	M50	Senior	93									
Jeff Slater	M21	Senior							88			
Luke Allan-Smith	M21	Senior	88									
Rod Williams	M60	Senior									86	
Richard Soulby	M35	Senior					55					

# Halo League

			White Horse	Stanton Moor	Harlow	Bramham	Best six	Events
Brian Ward	M40	Senior	117		117	102	732	11
Dean Field	M40	Senior	100		103	107	705	11
Neil Harvatt	M50	Vet	109				700	6
Zac Field	M12	Junior				106	689	7
Jake Field	M10	Junior				100	614	8
Joe Field	M10	Junior	98	(88)	100	100	601	11
Yasmin Field	W10	Junior	100	(100)	98	92	600	11
John Fulwood	M55	Vet			92	90	578	6
Charlotte Ward	W14	Junior	85		95	85	577	9
Pete Harris	M45	Senior			92		560	6
Rosie Field	W40	Senior	73		88	80	558	10
Pat O'Grady	M70	Vet				81	558	7
Ann O'Grady	W70	Vet	59		53	86	506	9
Mary Carrick	W55	Vet					503	5
John Butler	M60	Vet					473	5
Amanda Ward	W40	Senior	62		73	75	456	7
Fiona Forest	W21	Senior					448	4
Tracey Blackburn	W21	Senior			51	50	417	7
Dinah Tyszka	W65	Vet					414	5
Mike Smith	M60	Vet					413	4
Geoff Smith	M50	Vet			60	50	408	6
Ken Hutson	M50	Vet				69	392	5
Brian Slater	M55	Vet				85	366	4
Helena Crutchley	W40	Senior	88		100		364	4
Vernon Davis	M65	Senior			85		354	4
Mike Cope	M55	Vet				90	339	4
Dorothy Smith	W55	Vet					336	4
Mark Tyszka	M65	Vet					332	3
Helen Smith	W21	Senior					295	3
Christine Cope	W60	Vet				84	292	4
Tom Crowston	M75	Vet					276	3
Amber Harris	W14	Junior					253	3
Pete Kullich	M65	Vet					241	2
Andrew Houlden	M35	Senior			77		223	3
Paddy Neligan	M55	Vet					214	2
Martin Smith	M21	Senior					200	2
Isoldt Harris	W45	Senior			67		198	3
Steve Marin	M45	Senior					193	2
Geraldine Davis	W55	Senior					182	3
Matt Richards	M21	Senior					169	2
Phil Gray	M45	Senior					156	2
Alan Robinson	M55	Vet					148	2
Malcolm Humphrey	M55	Vet					137	2
Dave Siddle	M50	Senior					117	1
John Chaney	M65	Vet					111	1
Hannah Siddle	W10	Junior					97	1
Fran Humphrey	W55	Vet					96	1
Ingrid Slater	W60	Vet				94	94	1
Nick Allan-Smith	M50	Senior					93	1
Jeff Slater	M21	Senior					88	1
Luke Allan-Smith	M21	Senior					88	1
Rod Williams	M60	Senior					86	1
Richard Soulby	M35	Senior					55	1

## Compass Sport Trophy: Greno Woods 18<sup>th</sup> March

I sat in the car looking at the snow blasting horizontally thinking; surely they must call the Event off. But SYO people are made of stronger stuff, and in the woods in the lee of the hill, the running conditions were very pleasant. The terrain was quite tough with much climb, but the courses were technically well planned.

Club	Points	Counters	How did HALO get on? The bare results show we came 4 <sup>th</sup> . There were only 7 points separating 2 <sup>nd</sup> & 4 <sup>th</sup> so we were pretty competitive for 2 <sup>nd</sup> spot. Unfortunately as points mean prizes, 2 <sup>nd</sup> would have got us nowhere as EYRII managed to pack the top positions gaining a clear victory.
ERYRI	1268	13	
SELOC	1210	13	
CLARO	1209	13	
HALO	1203	13	
LOG	791	9	It was a question of what might have been. If the original LOG Event had taken place, I am sure we would have won and gone through to the Final at Blidworth.
NN	739	8	

### Individual Points as follows:

Brown :	98 – Brian Ward	
	95 – Peter Fulwood	
	88 – Andrew Houlden	84 – Paddy Neligan
Blue Women:	96 – Fiona Forrest	
	86 – Helen Smith	
Blue Men:	99 – Neil Harvatt	0 – Pete Harris mp
	91 – John Fulwood	0 – Ken Hutson Rtd
Green Women:	86 – Mary Carrick	82 – Dorothy Smith
		78 – Isoldt Harris
Green Men:	98 – John Butler	88 – John Chaney
	94 – Brian Slater	86 – Pat O'Grady
		0 – Mike Smith Rtd
Short Green Vets:	90 – Sue Chaney	0 – Ann O'Grady Rtd
Light Green Juniors:	94 – Charlotte Ward	
Orange	88 – Amber Harris	

Well done to Neil – 2<sup>nd</sup> counter on Blue, and Brian Ward, Fiona Forrest & John Butler 3<sup>rd</sup> counters on their courses.

Thanks to Brian Ward & Paddy who ran "up". They did particularly well given that the courses were very long. I tried to resist asking people to run out their class, but felt that cover was needed in case of sickness and errors / retirements. That did prove the case as several runners called in sick just before the race, and 4 retired / mispunched at the Event.





## Event Reports

### **NOC District Event – Harlow Woods, March 11<sup>th</sup>**

Here's a little gem that I've not been to before, but will be back to without hesitation. Although small and lacking in contour detail the challenge provided by Harlow Woods was spot on. Generally runnable with a very good track and path network this is the staple diet upon which district events are often based.

Excellent weather contributed to the enjoyment although the linear parking was a bit of a pain and unfortunately unavoidable.

### **SYO Compass Sport Cup – Greno Woods, March 18<sup>th</sup>**

That was hard! Running up didn't help! The "A" course was obviously planned for the elite – with a winning time of 55 minutes it topped 9.5 km + 360 metres climb – I'm sure it would have quite happily passed for an M21 Long at Regional Event standard. TOO LONG for the average Joe!! I'm not sure if there is a case for separate courses between the Cup and Trophy competitions, of course I could have saved my pain by running my designated course for CSTrophy – Blue – but if you are able – which I thought I would have been at any other event save this one, I volunteered my services.

Greno as an orienteering area is first class, and the planning was excellent – it was just TOO LONG.

Brian Ward

### **AIRE Regional Event – Baildon Moor, March 25<sup>th</sup>**

Although being entirely open and generally runnable with decent contour detail the navigation is on the snow blizzards at Greno! ) fast, fast, fast was the order of the day. The trade off can be missing controls by over-shooting them, and often those that get the speed / navigation balance correct are the one's who succeed where others fail.

Brian Ward

## EBOR Regional Event – Heater Rigg, April 1<sup>st</sup>

Another undiscovered gem! We keep finding them, and I'm so pleased! Yes, the runnable was "North Yorkshire" runnable at best ( i.e. it helps if you have very long legs or can run like a Gazelle – I have neither trait! ) but the best parts of the competition area were really very good. You still need someone to plan good courses or all of that excellent terrain can be wasted, but, as has been the case in many of the events that we have been to since restarting orienteering again since last September, we were not disappointed or let down on that score.

Brian Ward

### HALO bring home the mugs

EBOR hosted this year's Yorkshire and Humberside Orienteering championships at Heater Rigg.

HALO were (unusually) well represented when the time came for the presentations.

Pride of place went to Charlotte Ward who took first place in the JW5S class. Charlotte did particularly well because not only did she beat all her age group competitors, she finished 3<sup>rd</sup> on Course 6 which comprised over 40 runners. There was a slight rumpus in the presentations, because when the moment came for Charlotte to step up to the podium, her name was omitted and another girls name was called out. The organisers quickly spotted the problem and Charlotte took her rightful place on top of the podium. Commenting later Charlotte said "I got a bit worried at the time because Dad was ready to start a fight with the organisers, which wouldn't have been a good idea because he's built more for flight than fight".



Charlotte receiving her Mug

Another first place was achieved by Alan Robinson in M60S, he had left before the presentations but was applauded wildly in his absence. Another absentee from the podium was Fiona Forrest who was 2<sup>nd</sup> in W21L, I wonder if Annette Kindschi who was first, realised she had taken the scalp of the W21A Asian Pacific Sprint Champion.

Also successful on Sunday were Brian Ward (2<sup>nd</sup> M45L), and Neil Harvatt (2<sup>nd</sup> M50L), Neil who had never been on a podium before said, "It was higher than I thought up there, I'll need altitude training if I ever have to climb up to the top spot." Needless to say he has no plans for altitude, nor any other type of training! Brian was unavailable for comment; he was still attempting to unclench his fist as a consequence of an earlier incident! A special mention also to Matt Richards (M21)- (2<sup>nd</sup> M35S) who although running out of class, would have won the M21S class if he had been confident enough to do it.

Associates of HALO who were successful on the day were Yasmin Field (2<sup>nd</sup> in JW1), Joe Field (2<sup>nd</sup> in JM1), Jake Field (3<sup>rd</sup> in JM3), Zac Field (2<sup>nd</sup> in JM4), Rosie Field (3<sup>rd</sup> in W40S), Dean Field (2<sup>nd</sup> in M40L) and Pat O'Grady (3<sup>rd</sup> in M70L).

Mary Carrick who just missed out on the prizes commented that "This was well organised event with interesting courses on a physical area and I would have won if only . . . . ."

Report by Neil Harvatt



Neil suffering from altitude sickness



Brian receiving his prize

## J.K. Orienteering Festival – Forest of Dean, April 7<sup>th</sup> & 8<sup>th</sup>

### - Caerwent, April 9<sup>th</sup>

If you missed this you really missed out. The organisation, the areas, the planning and the weather all combined to make this a superb experience. The Forest of Dean on Saturday and Sunday gave us tough, physical orienteering in generally picturesque and, on-the-whole, runnable forests, why would you expect anything less from Britain's premier orienteering weekend? The relay was fast and furious on an Army training area, fantastic! You had to be there – and well, I said it before, if you weren't you missed a treat!

Charlotte Ward won W16B at the J.K. International Orienteering Festival held over the Easter weekend in the Forest of Dean. On Day One she established a lead in her class of 2 minutes 23 seconds after covering the 3.6 km + 150 metres climb course in Sallowallets in 43 minutes. On Day Two Charlotte lost only 14 seconds to her main rival on the day for second place at New Beechenhurst, covering 3.6 km + 100 metres in 41 minutes 40 seconds. Her overall winning margin was 2 minutes and 9 seconds over the two days - an impressive result for a young lady who only began Orienteering last September progressing from Orange colour-code to Light Green in January.



## YHOA NIGHT LEAGUE 2006/07

### **From out of the dark!**

I had managed to avoid night events so far in my 3 years orienteering, but was told "it is time you did one" by my Dad.

This was my first season for night orienteering, Zac's second season and also my Dad's second season. Zac was trying to retain the junior trophy and my Dad was trying to improve on his fifth position of last year.

Night orienteering is a lot harder than daytime orienteering. The main difficulty is the narrow beam of light from your head-torch allows you to see very little. This means that you have to be very accurate and keep in touch with the map, if you get lost it is very difficult to relocate.

This being my first year of night orienteering I decided, after consulting my Dad, to do the short course. The target difficulty for this course was orange, but the standard varied from yellow to occasional controls of light green standard. The first couple of events my Dad shadowed me and taught me the basics. Later events I navigated entirely by myself but had my Dad behind me just in case the bogey man jumped out!

The hardest thing is identifying the paths at night; it is amazing how many paths appear the same as the rest of the wood at night. Many controls were just off the path so understanding the distance on the map (pace counting) becomes important, this was made more difficult by the change in scale, some were 1:5000 going up to 1:10000.

I found it very enjoyable and great for improving my orienteering technique and fine navigation and learnt to keep it simple, play safe and keep in touch with the map. I came 4<sup>th</sup> in the league whilst Zac came second and my Dad also came second. Roll on next year!!

Jake Field M10

See next page for Final Table

<b>YHOA NIGHT LEAGUE 2006/07</b>
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1	2	3	4	5	6	BEST 4 Total				
1	<b>Conyngham Hall</b>									
2	<b>Primrose Warren</b>									
3	<b>Brayton Barff</b>									
4	<b>Eccleshall</b>									
5	<b>Haw Park</b>									
6	<b>Hirst Wood</b>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>				
<b>SENIOR MEN (M20/M21/M35)</b>										
1	PAUL MOORE	M35	AIRE	99	0	98	98	100	98	395
2	JAMES WETHERILL	M35	EPOC	97	0	96	97	97	97	388
9	ANDREW HOULDEN	M35	HALO	0	99	0	0	0	0	99
<b>VETERAN MEN (M40+)</b>										
1	STEVE WHITEHEAD	M55	EBOR	98	100	100	98	98	100	398
2	DEAN FIELD	M40	EBOR	99	98	97	96	100	97	394
16	NEIL HARVATT	M45	HALO	0	95	91	0	89	0	275
22	JOHN BUTLER	M60	HALO	88	88	85	0	0	0	261
23	STEVE MARIN	M40	HALO	96	92	0	0	0	0	188
39	MALCOLM HUMPHREY	M55	HALO	0	87	0	0	0	0	87
<b>JUNIOR MEN (M18-)</b>										
1	TIM MARTIN	M16	SYO	0	0	100	100	89	99	388
2	ZAC FIELD	M10	EBOR	88	0	90	89	90	90	359
6	JAKE FIELD	M10	EBOR	80	0	80	80	80	80	320
<b>SENIOR WOMEN (W20/W21/W35)</b>										
1	FIONA FORREST	W21	HALO	100	0	100	100	100	0	400
7	HELEN SMITH	W21	HALO	0	80	0	0	0	0	80
<b>VETERAN WOMEN (W40+)</b>										
1	MADELEINE WATSON	W40	AIRE	100	100	99	100	100	99	400
5	MARY CARRICK	W55	HALO	98	69	89	0	0	0	256
11	FRAN HUMPHREY	W55	HALO	0	79	0	0	0	0	79
12	CHRISTINE COPE	W60	HALO	0	70	0	0	0	0	70

## YHOA Galloppen

Fname	Sname	Club	LSJ	Class	scardal	marsde	baildon	heator	Total
1 Joe	Field	EBOR	JM	M6	1039	1200	820	947	4006
2 Zachary	Field	EBOR	JM	M12	1072	676	1046	1065	3859
6 Jake	Field	EBOR	JM	M12	1015		851	900	2766
1 Yasmin	Field	EBOR	JW	W8	1049	881	1049	929	3908
2 Charlotte	Ward	HALO	JW	W16	790		902	985	2677
30 Amber	Harris	HALO	JW	W14				0	0
1 Alistair	Wood	AIRE	ML	M50	1018	1005	1043	1028	4094
6 Neil	Harvatt	HALO	ML	M50	807	948	836	909	3500
12 Brian	Ward	HALO	ML	M45	1039		1030	952	3021
17 Dean	Field	EBOR	ML	M40	865		897	943	2705
32 Mike	Cope	HALO	ML	M60	680		643	616	1939
36 Pat	O'Grady	SYO	ML	M70	567		613	582	1762
74 Mark	Tyszka	HALO	ML	M70	914				914
90 David	Siddle	HALO	ML	M50	745				745
93 John	Chaney	HALO	ML	M65	724				724
101 John	Fulwood	HALO	ML	M55		675			675
102 Brian	Slater	HALO	ML	M60	660				660
103 Vernon	Davis	HALO	ML	M65	650				650
108 Phil	Gray	HALO	ML	M45	538				538
109 Peter	Harris	HALO	ML	M45				529	529
113 Kenneth	Hutson	HALO	ML	M55	500				500
1 Dave	Brown	EBOR	MS	M50	1005	915	966	934	3820
37 Alan	Robinson	HALO	MS	M60				865	865
40 Martin	Kulich	HALO	MS	M21	822				822
44 Matt	Richards	HALO	MS	M21				797	797
50 Nick	Allan-Smith	HALO	MS	M50	684				684
53 Andrew	Houlden	HALO	MS	M35	638				638
1 Helen	Gardner	EBOR	WL	W55	948	882	881		2711
10 Mary	Carrick	HALO	WL	W55	686	596		515	1797
30 Fiona	Forrest	HALO	WL	W21				814	814
39 Helena	Crutchley	HALO	WL	W40	717				717
1 Linda	Whitehead	EBOR	WS	W55	772	864	832	1001	3469
9 Amanda	Ward	HALO	WS	W40	500		596	521	1617
28 Dorothy	Smith	HALO	WS	W55	772				772
39 Sue	Chaney	HALO	WS	W65	664				664
41 Roseanne	Field	EBOR	WS	W40				625	625
42 Helen	Smith	HALO	WS	W21	618				618
44 Isoldt	Harris	HALO	WS	W45				588	588



## 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.

## HALO League Fixtures

The following fixtures have been identified so far:

October 7th	Beverley	HALO	
November 12th	Dalby	EBOR	
November 26th	Nutwith & Roomer	CLARO	Double Header
December 10th	Primrose Warren	HALO	
December 17th	Walesby	NOC	Double Header
December 30th	Strensall	EBOR	
January 7th	Calverley Woods	AIRE	
January 14th	Wombwell Woods	SYO	
January 21st	Bishop Wood	EBOR	
February 11th	Bradfield Moor & Strines	SYO	
February 25th	White Horse Thirsk	EBOR	Double Header
March 3rd	Stanton Moor Matlock	DVO	Double Header
March 11th	Harlow Wood	NOC	Double header
April 15th	Bramham West Wood	AIRE	
April 22nd	Hollin Head Ripon	CLARO	Double Header
April 29th	Elsham	HALO	
June 3rd	Beeley Sheffield	SYO	

The November 26th / December 17th : February 25th / March 3rd : March 11th / April 22nd Events are Alternates even though they are not on the same day.

**HALO league—Further News:** following protests about the confusion over whether Wombwell Woods was a League Event or not, and as a significant number of people entered, it has been included in the league Fixtures. Points obtained are shown in the league table

## District Events continued

### JULY

1st YH EPOC District Event & YHOA Schools Champs. Newmillerdam, Wakefield.

C4 Amanda Crawshaw, 01484 691709. [amanda@foliage-interior-landscaping.co.uk](mailto:amanda@foliage-interior-landscaping.co.uk) [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk)

5th EM LOG Local Summer Series. West Common, Lincoln. [SK961722](http://SK961722).

C5 Sean Harrington, 01522 791344. [Sean@logonline.org.uk](mailto:Sean@logonline.org.uk)  
[www.summerseries.logonline.org.uk](http://www.summerseries.logonline.org.uk)

## 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> Apr 29	DISTRICT - Elsham Hall	Brian Slater	Pete Harris	M Smith (P Shew to assist)
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	

# FIXTURES

## District Events

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

### MAY

- 10th EM LOG Local Summer Series. Riseholme Park, Lincoln.  
C5 Sean Harrington, 01522 791344. [www.summerseries.logonline.org.uk](http://www.summerseries.logonline.org.uk)
- 12th YH AIRE YHOA Sprint Series - Event 1. Lister Park, Bradford.  
C4S Simon Brook, 01274 772881. [www.aire.org.uk](http://www.aire.org.uk)
- 19th EM NOC Local Event & Summer League. Wollaton, Nottingham. [SK533398](http://SK533398).  
C5 Simon Elliott, 0115 917 5614. [www.noc-uk.org](http://www.noc-uk.org)
- 24th EM LOG Local Summer Series. Ostlers Plantation, Woodhall Spa. [TF216627](http://TF216627).  
C5 Sean Harrington, 01522 791344. [www.summerseries.logonline.org.uk](http://www.summerseries.logonline.org.uk)
- 28th YH EBOR Park Race. York, York.  
C5S Organiser: Ann Smith, 01347 821220. [roger.smith100@btinternet.com](mailto:roger.smith100@btinternet.com)  
CD: 15/05/07. [www.eborienteers.org.uk](http://www.eborienteers.org.uk)

### JUNE

- 3rd YH SYO District Event. Beeley Woods, Sheffield. [SK318927](http://SK318927).  
C4 Mick Hughes. [mike.l.hughes@telewest.co.uk](mailto:mike.l.hughes@telewest.co.uk)  
[www.southyorkshireorienteers.org.uk](http://www.southyorkshireorienteers.org.uk) HALO League
- 7th EM LOG Local Summer Series. Lincoln University, Lincoln. [SK971710](http://SK971710).  
C5 Sean Harrington, 01522 791344. [Sean@logonline.org.uk](mailto:Sean@logonline.org.uk)  
[www.summerseries.logonline.org.uk](http://www.summerseries.logonline.org.uk)
- 16th EM DVO District Event & EM League. Kedleston, Derby. [SK313403](http://SK313403).  
C4 Michelle Mackervoy, 01332 557892. [www.dvo.org.uk](http://www.dvo.org.uk)
- 21st EM LOG Local Summer Series. Callens Lane Wood, Bourne. [TF064262](http://TF064262).  
C5 Sean Harrington, 01522 791344. [www.summerseries.logonline.org.uk](http://www.summerseries.logonline.org.uk)

## National & Regional Events:

- MAY NW **LOC NATIONAL EVENT.** Caw Fell, Broughton in Furness. [SD230945](#).
- 20th C2 Organiser: Graham Walkden, 015395 32793.  
Entries: Marion Inchmore, Newlands, Storth Road, Storth, Milnthorpe, Cumbria, LA7 7HS. [marioninchmore@aol.com](mailto:marioninchmore@aol.com) Internet entry available - CD: 3/5/07. [www.lakeland-orienteeing.org.uk](http://www.lakeland-orienteeing.org.uk)
- 26th- WM **Springtime in Shropshire Weekend**
- C3 **26th - HOC Day 1 Regional Event.** Titterstone Clee Hill, Cleobury Mortimer. [SQ592776](#).
- C3 **27th - WRE Day 2 Regional Event.** Bucknell, Ludlow. [SQ341752](#)
- C3 **28th - HOC Day 3 Regional Event.** Brampton Bryan, Ludlow.  
Co-ordinators: Lynden & Lester Hartmann, 01684 577062.  
Entries: Mike Farrington, 01531 635502. Late entries CD: 13/05/07  
[www.harlequins.org.uk](http://www.harlequins.org.uk)
- JUNE NW **Twin Peak Weekend**
- 9th- C3 **9th - Day 1 Regional Event.** High Dam, Newby Bridge, Cumbria. [SD364872](#).  
10th C3 **10th - Day 2 Regional Event.** High Dam, Newby Bridge, Cumbria. [SD364872](#).  
Organiser: Peter Lomas, 0161 483 4332. [peteandrae@zoom.co.uk](mailto:peteandrae@zoom.co.uk)  
Entries: Twin Peak 2007, 0161 439 6435, [tp2007@mdoc.org.uk](mailto:tp2007@mdoc.org.uk) CD: 25/05/07.  
Late entries CD: 1/06/07 via internet only. Online entry preferred.  
[www.mdoc.org.uk](http://www.mdoc.org.uk)
- AUG YH **White Rose Weekend**
- 25th- C3 **25th - Day 1 Regional Event.** Pickering Forest, Pickering.  
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/)