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Lincolnshire Urban (LUL).....

Round 5, an even hotter Lincoln last Wednesday. [Results](#).

A number of HALO travelled to Lincoln, probably with air-con in the car, but possibly with some acclimatising open windows as the temperature barely dropped below 30C even by 7pm.

On the Long: Brian W was a mere 2mins behind LOG local M21 Liam, David J, Brian H 9th, Andrew H 15th and Brian S 16th.

On the Medium: EJ 3rd, JE 4th, AW 8th and MV 10th.

On the Short: none.

What this means for the table is viewable [here](#).

The final event in the mini series is on Wednesday 31st July (tomorrow) in Louth, starts from 6pm until 7pm, [details](#).
Parking at the Livestock Market (Free, but needs a ticket from machine before 6.)

Scottish 6 Days.....

A quick scan through courses 1 to 40 on Days 1 and 2 didn't find anyone running as HALO, apologies if you are there and we've missed you out.
Have a look [here](#) if you fancy seeing how your rivals are fairing.

Mytholmroyd Mystery

Still awaiting the results of the EPOC sprints race on Saturday 20th July ("The server is temporarily unable to service your request due to the site owner reaching his/her bandwidth limit. Please try again later.") they may appear [here](#). We won't mention it again.

Facts about the village, (researched while waiting for results to appear).....Mytholmroyd means "clearing where rivers meet." The locals call it "Royd" they must find its tricky to type/spell too. Hull comedian [Lucy Beaumont](#) lives there.

JK.....

Having nearly (but not quite) run out of facts about the name Kjellström, and being aware that some readers may not be aware, some explaining. The JK is an annual "festival" of orienteering. It started smaller but has expanded to all 4 days of the Easter Bank Holiday weekend. Each day has a different style race, namely, Sprint, Middle Distance, Long, and Relay.

It's busy and well planned and organised. The location moves around the UK each year, local clubs sharing the organising, 2020 is the North East of England. If you've never been, put it in the diary for cheap entries in December.

Enter any course, don't be put off that the entries look like a championship, there's also the "Short" option of each age class.

Coaching Pointers.....

As it's still urban season, a couple more concrete tips for a solid run.

1. Make good road crossing opportunities. Where a road must be crossed it may be possible with route selection to run along (the pavement of) that road and pick the time to cross when clear. Rather than arrive at 90 degrees and have to stop and wait for traffic.

2. "Geek-it." That is, do some revision using a computer. Satellite imagery is very good in urban areas, no tree canopy to hide the detail. In many urban areas there is also access to "streetview" which helps with analysis of any tricky areas. At a big event any areas that are difficult to map (multi-level, canopies etc.) will often have photos and sample maps in the final details, do not ignore the final details!

Did you know.....

• Geo-magnetic reversal has occurred 183 times in the last 83million years and happen at random intervals [wikipedia]. No need to get the blue arrows ready pointing down on our maps, it takes an average 7000 years to complete the reversal.

• Of the 48 HALO members with current BOF points (within 12 months), exactly half have got a full 6 counting towards their points total, great stuff!

• World Orienteering Champs was held in Scotland for the 3rd time in 2015. Edinburgh will host in 2022, bringing UK hosting to equal in number with Sweden, Norway and Finland (4 each.)

• Cows can see almost 360 degrees, handy for navigating.

Events Coming Up.....

Wednesday 31st July, HALO - LUL6 Louth

28th July to 3rd August - [Scottish 6 Days](#)

Saturday 3rd August, LOG - Wolds Mini Mountain Marathon (3 hour score on OS map)

12-17 Aug World Orienteering Championships - Norway

[Race the Castles 2019](#) (12 events below)

Sat 17th Aug SYO Sheffield (Urban Race UKOL)

Sun 18th Aug LOG Lincoln City (Urban Race UKOL)

Mon 19th Aug EPOC Thornes Park Wakefield (Urban Sprint)

Tue 20th Aug AM AIRE Bradford Grammar School (Indoor Sprint)

Tue 20th Aug PM AIRE Lister Park (Park Sprint)

Wed 21st Aug CLARO Knaresborough Castle (Urban Middle)

Thu 22nd Aug HALO Beverley (Sprint / Score)

Fri 23rd Aug CLOK Standing Stones Rigg (Moorland, Middle)

Fri 23rd Aug EBOR Oliver's Mount, Scarborough (Night Score)

Sat 24th Aug EBOR Raincliffe, Scarborough (Middle Race)

Sat 24th Aug EBOR Scarborough (Sprint Race)

Sun 25th Aug EBOR Peasholm Park & Scarborough (Urban Race)

Sat 7th Sep AIRE Fat Rascal Races - Prologue and Chase(Colton and Temple Newsam) (Sprint)

Sun 8th Sep AIRE Fat Rascal Races - Leeds City Race (UK and Yorkshire Urban league)

Sat 14th Sep LEI [British Sprint Championships - Loughborough University](#)

Sun 15th Sep DVO [British Middle Dist Championships, Chinley, Churn](#)

Useful links.....

Websites of clubs and associations frequently mentioned in the HALO newsletter.

[AIRE](#), [CLARO](#), [CLOK](#), [DVO](#), [EBOR](#), [EPOC](#), [FABIAN](#), [LEI](#), [LOG](#), [NOC](#), [SYO](#), [YHDA](#)

Postcards.....



Hebden Bridge



Lincoln



Louth

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