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#### From the (temporary) Editor.....

It's Summer and we traditionally have a break from the newsletter for a few weeks. Events are less local, the local leagues have ended and it allows for a refresh of postcard pictures, puns and pundits. Despite the "Race the Castles Yorkshire" during August, we are still having a break. It's been great fun to be your guest editor, almost impossible to follow Chris' lead in the headline wit and his ability to tie in the week's events. You will be pleased to hear he is recovering well and by the time of the next issue I'm sure you'll spot who's in charge by the quality of the text and results service. Check the website for details of the club BBQ on 31st Aug.

#### Lincolnshire Urban (LUL).....

Round 6, last Wednesday in Louth. [Results](#).

10 runners from HALO competed in this final event. Thank s to Isoldt for planning some great courses. Well done to all, especially Brian W and Elspeth for 2nd places on the night on Long and Medium respectively.

#### Wolds Mini Mountain Marathon.....

This was the 7th WMMM, held in Lincolnshire and hosted by LOG. 25 control score, 3 hour limit.

Two of our Brians face day the heat and the hills at this event. Brian Hostad ran a very efficient 176 minutes 33 seconds of the 180 allowed, giving him 240 points and 9th place. Brian Slater ran for an extra 12 minutes but rather than giving credit that cost 35 penalty points of his collected 130, giving him 32nd place.

#### Scottish 6 Days.....

Have a look at the [Scottish 6 Days](#) website for lots of interesting info, not just the results.

#### Coaching Pointers.....

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

1. Train on a map run. Make a basic training run on the streets into an orienteering-specific run by reading a map as you go, all the better if it's an orienteering map, doesn't even have to be a map of where you are, but practice looking at features and visualising what the ground would look like.
2. Learn all the Control Descriptions and map symbols. Why give away an advantage to someone who has? You want the maximum relevant information, especially that which the planner has given. There are some new map symbols in ISSOM 2017 such as half circles on a black line for low wall, rather than the light grey line.

#### Did you know.....

- There are over 30 mapped areas in HALO.
- The orienteers with the most World Championship medals are not Scandinavian. Topping the Men's medal table is [Thierry Gueorgiou](#) from France. Topping the Women's medal table is [Simone Niggli](#) from Switzerland. Both have more than double the number of golds of their next nearest rivals.
- Cows move their jaws about 40,000 times a day.

#### Events Coming Up.....

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 31st Aug HALO BBQ

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](#), [YHOA](#)

#### Urban Essentials.....



Maps



Gripples



SIAC

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104 High Street  
Wootton  
Ulceby, DN39 6RR  
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