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HALO News Tuesday 15th December 2015

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Beverley Night & Day.....

It was a great weekend of orienteering at Beverley. Thanks go to the officials, Ken Hutson, Paul Simmons and Brian Slater for Saturday night and Neil Harvatt, John Butler and Brian Slater for Sunday. Plus thanks also to all those who helped out at one or both events, it wouldn't happen without you.

The Night League event on Saturday at Swinemoor was a wet affair, Zac Field was 4th on the long, with Joe Field 2nd on the medium.

On Sunday at Beverley Westwood, better weather and more runners. Top HALO finishers were, Emily Carpenter 2nd white, Elizabeth Cook 1st yellow, Emma Van Dam 2nd orange, Dom Simmonds 1st light green, Helena Crutchley 2nd short green, Paul Van Dam 5th green and Zac Field 1st blue. All the results, splits and routegadget are on the website.

A satisfied customer.....

Karen Cook spoke with Neil and I after the event on Sunday. She was really pleased with how her running and orienteering has come on this year and wanted to thank HALO. Neil suggested she might like to share her thoughts in the newsletter.....

"We've been orienteering as a family for a number of years and we had progressed from a baby carrier to piggy backs to now the oldest two charging around by themselves. This freedom led to my husband, Lawrence, moving up to the medium course in the Poacher series in 2013, and this year was the first time I tried this new level. I soon became aware how unfit I was, unable to focus on my map reading and steadily at the back of the results. I initially started to do the government's health app 'couch to 5km' training plan. On my first run I wore jeans and my coat as I was so embarrassed to be seen as the overweight, red faced, middle aged woman trying to run but my distance slowly increased and I found the competitive nature of the orienteering made me run faster, if not always in the right direction! When the Poacher series was over we booked ourselves down for the Louth 5km and the kids did the 1km. I caught the bug in the next fortnight I completed the 5km at Normanby Park, Scunthorpe and then the Cleethorpes colour run in the summer. I'd moved to

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training at least twice a week, and surprising enjoying it and I'd lost over a stone in weight, bonus. My next big accomplishment was the Market Rasen 10km in October, I was slow but I ran all the way. We have continued to compete at orienteering and we really enjoy our family time. I want to thank everyone who organises and helps out and to those who have given us assistance and encouragement. On a personal note I want to thank HALO for giving me the confidence and the desire to run, it really has improved my health and increased my happiness."

Thank you Karen and wishing you continued success in 2016.

HALO League.....

The next events in the HALO League 2015/16 are next Sunday 20th December at either Nottingham (NOC) or Wakefield (EPOC)

Events coming up.....

Sat 19th December, NOC - Langold Country Park Worksop

Sat 19th December, EPOC - YHOA Night League Newmillerdam

Sun 20th December, NOC - Bramcote Hills Nottingham (soup & mince pies?)

Sun 20th December, EPOC - Newmillerdam Wakefield

Fri 1st January, HALO - Team Score event at Cottingham, pre-entries to Brian Ward

YHOA SuperLeague Results Table.....

Congratulations to the Field Family for getting four third places in the SuperLeague and a second place. Joe was 3rd M14, Yasmin 3rd W16, Jake 3rd M20, Dean 3rd M50, and Rosie was 2nd W50. Congrats also go to Charlotte Ward, 3rd W21.

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](#)

Which Westwood.....?

The famous Westwoods last week were Tim, Lee & Vivian. This one is Beverley!



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