



Lincolnshire Urban League.....

The league continued last Wednesday with Elspeth, Holly and Liam reigning supreme.

Thanks to Pete Harris for planning and to Isoldt as well, who got a bit wet putting the controls out in Rasen. When I said last week the host club always had an advantage, I'd obviously failed to take in to account how close Market Rasen was to Lincoln.

Urban Anomaly.....

On Wednesday I ran Pete's 3.6km course in 43minutes, the previous Sunday I ran Charlotte's 4.8km course in 42 minutes. With no major errors to report, my recorded run rate dropped from 8.8 to 12.2, because of the different course lengths.

I actually ran a distance of 6.4km on both occasions.....

HALO Podiums.....

Congratulations to Emma Van Dam 1st light green and Brian Slater 3rd short green at DVO's Longstone Moor event last Sunday.

SYO win the Yvette Baker Trophy.....

SYO took the Junior competition trophy last Sunday, whilst CLOK won the YB Shield.

Events Coming Up.....

Thursday 6th July, LOG - LUL Sleaford

Saturday 8th July, AIRE - Fat Rascal Prologue & Chase, Bradford

Sunday 9th July, AIRE - Fat Rascal Urban, Bradford

Wednesday 12th July, HALO - LUL Caistor

Thursday 20th July, LOG - LUL Branston

Wednesday 26th July, HALO - LUL Willows & Freshney

Saturday 12th August, HALO - Anniversary Score Events Tealby

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](#)

Poacher Postscript.....

Some notable achievements in this year's series, Neil getting his 14th Poacher title, Yasmin having now won a trophy on all three courses. Holly and Jonathan, already good runners, now winning trophies at orienteering. Pete Shew, using Parkrun to improve his fitness, as has Megan. Oliver running quicker sans specs.....

So now we look forward to Poacher 21, starting next April, but who will win what?

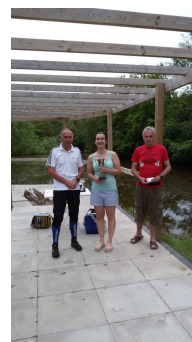
More Poacher Pics.....you can click on the photo to enlarge.



Yasmin is the long course Ladies Champion



Jonathan is the medium course Junior Champion



Megan is the medium course Ladies Champion

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