



### Pub League.....

This begins tonight at the Hayride Pub Molescroft, Beverley.

A 45 minute score event, with starts between 6 & 7pm, Paul Simmons planning.

### Victory Park.....

A few HALO runners went to the annual London City Race, organised by SLOW.

The weekend consisted of a Friday evening sprint at Wapping, a long urban race on Saturday at the Barbican, and an ultrasprint competition on Sunday in Victoria Park.

Big congratulations to Neil Harvatt who won the Supervets Ultrasprint competition.

He had to qualify for the final by running three sprint races, then the top four combined finishers have one last race.....which he won.

A mention also for Wayne Byrne, he finished 7th in Friday's Men's Open sprint and was 21st MO in the urban on Saturday. Meanwhile Martin Smith was 16th Men's Vet.

### Back to Uni.....

CLOK held a sprint competition at the Stockton University campus last Sunday.

On the A Course, Charlotte Ward was 2nd, with Brian Ward 4th.

On the C Course, Paul Van Dam was 3rd with Amanda Ward 12th.

George Van Dam won the G Course, with Emma Van Dam 4th.

### Events Coming Up.....

Tuesday 12th Sept, HALO - Pub League Beverley

Saturday 16th Sept, NOC - Mini Marathon

Sat/Sun 16th/17th Sept, AIRE - Dales Weekend

Tuesday 19th Sept, HALO - Pub League Brigg

Saturday 23rd Sept, HALO - Parkrun Challenge

Sunday 24th Sept, CLARO - Hookstone Woods

Tuesday 26th Sept, HALO - Pub League Hull

Saturday 30th September, SMOC - Br Sprint Champs Milton Keynes

### 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](#)

### Postcards from London.....



Helen has a Barbican beer.



Neil enjoys a Trophy Bitter



"Look how much tape they've used Brian!"

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