



in this issue.....

- A sporting weekend (results)
- Coaching Pointers (new feature!)
- More "did you know"
- Events Coming Up

Humber Games.....

Friday 19th July saw the final of the Humber Schools Orienteering. Schools had already competed to represent their region and came together at Hymers College to battle it out across a range of sports in years 5 through to 9. Sounds busy but it is well organised and much credit goes to Neil and the HALO helpers for making the orienteering final happen. The Start and some of the course has the best grass surface anyone is allowed to orienteer on, anywhere in the world, ever... probably.

Last Over.....

Several HALO ran at the final EBOR summer series on Saturday at New Earswick. Once again there were several Mike Byrons out running, all doing very well. Brian W topped the Green, Amanda and the Smiths/Chans were out running too.

[Results](#)

Bowling from the Richmond end.....

This over went 2,4,1,5,4,0 (the positions of HALO) at the Norther Navigators Urban event at Richmond. You can study the results further [here](#). Haven't looked at the map but there's sure to be some slope on the wicket and a lot of us will be sorry to have missed it, for our own various reasons! Marie is entered as n/c so a dot ball for the last.

Edberg-ish.....

Further research has found that a nearer pronunciation of Kjellström is *SHEEL-strum*. Or in the South of Sweden a CCH at the beginning, like Scottish Loch or German Ich. It means Wedge-Stream. The "wedge" refers to the shape of a hill. Soldiers in the 1700's were given surnames to differentiate them from each other, based on places they were from.

Formula One.....

Wednesday orienteering, the Lincolnshire Urban League. Round 3 was a LOG event on the newly created map of Nettleham, as handy as they get for HALO. A good turnout with 14 HALO on the starting grid. Have a look at the results page [here](#).

Interesting things noted.....

Medium:

Jacqui had the fastest run in to the finish by a huge 11 seconds over the 2nd place finisher.

Elspeth also had one fastest leg, (the 6th) 12 seconds over Hannah who ended a place below. That temporarily moved Elspeth up to 2nd but she finished 3rd by 2 seconds.

Long:

Craig was in 1st place for the first 3 legs? An inroad into Liam's domination?

Only 34 seconds separated Andrew H, Pete S and Brian S.

David was fastest on the finish leg, joint equal with fellow RAFO M45 PJD. Too much energy left?

[League Table](#)

Next event is on Wednesday 17th July, starts from 6pm 'til 7pm in Grimsby (Willows and Freshney.)

Coaching Pointers.....

As it's urban season, this feature is starting off with a couple of tips for that style of orienteering where you (usually) don't get cuts to the legs (Karen!) but rarely have the straight-line route choice.

1. Plan the next leg backwards. ie. on the way to control 1, look at control 2 and work out the route backwards to 1. This will ensure your route choice is optimal and you don't get caught by an uncrossable feature or difficult route into the control. You will then have your exit from 1 ready and can start the 3 back to 2 plan.

2. Look out for the control hanging location, think ahead what it could be. A linear feature such as a wall or path may not have its own point to attach a control to; a lamp or telegraph post won't change the description but may be visible from a lot further away.

[Thank you to the Wards for helping start us off.]

Did you know.....

The first known public orienteering event was held in Norway in 1897.

Suunto (compass manufacturer) is named after the Finnish word "suunta" meaning "direction" or "bearing."

There is a RED course standard, not used much in the UK except by the Army, basically a long Orange

Cows are red/green colour blind. Does this explain why the wander onto an O course so often? (struggling to see the purple line.)

Events Coming Up.....

Wednesday 17th July, HALO - LUL4 Willows & Freshney

Saturday 20th July, EPOC - [Mytholmroyd Sprints](#) (urban)

Sunday 21st July, EP.OC - [Hebden Bridge](#) Urban

Wednesday 24th July, LOG - LUL5 [Lincoln](#) (*venue change*)

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)

[Race the Castles 2019](#)

Saturday 17th August [SYO](#) Sheffield Urban Race (UKOL)

Sunday 18th August [LOG](#) Lincoln City Urban Race (UKOL)

Monday 19th August [EPOC](#) Thomes Park Wakefield Urban Sprint

Tuesday 20th August - AM [AIRE](#) Bradford Grammar School Indoor Sprint

Tuesday 20th August - PM [AIRE](#) Lister Park Park Sprint

Wednesday 21st August [CLARO](#) Knaresborough Castle Urban Middle Sprint / Score

Thursday 22nd August [HALO](#) Beverley Moorland Middle Race

Friday 23rd August [CLOK](#) Standing Stones Rigg Robin Hood's Bay Night Score

Friday 23rd August [EBOR](#) Oliver's Mount, Scarborough Middle Race

Saturday 24th August [EBOR](#) Raincliffe, Scarborough Sprint Race

Saturday 24th August [EBOR](#) Scarborough Urban Race

Sunday 25th August [EBOR](#) Peasholm Park & Scarborough Urban Race

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](#)

Trophys.....



British Grand Prix



Cricket World Cup



Wimbledon

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