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## HALO News 3-14



### Events Last Weekend.....

Helena Crutchley made swift work of the Technical course last Saturday at Swinemoor. She ran the 5km, Mary Carrick planned course in 37 minutes, finishing first, ahead of Paul Simmons and Pete Shew.

Sam Taylor won the Orange course and then ran the Technical. Isla Gooch was second on the Orange and also ran the White. John Butler came back from injury to run the Orange.

A few of us from HALO shirked off to Grantham for the LOG Urban event and were hoping to keep our feet dry. There were however a couple of legs across a park that were reminiscent of a Saturday morning school cross country run. Brian Ward finished 2nd on the 5.1km long course. Brian Hostad was 8th, Peter Harris climbed up to 12th, with myself, Ken Hutson and Amanda Ward a little way behind.

Saturday night saw an EBOR event at Bishop's Wood. Helen Smith finished 2nd on the medium course, Joe Field finished 3rd on the short, whilst on the long course Zach Field finished 3rd ahead of his brother Jake, who was 10th. Mary C was 30th, Paul Simmons unfortunately mis-punched and Patricia Simmons was 10th on the short course. (See HALO People)

On Sunday the Van Dam family travelled to Matlock for the DVO event. George continued his winning ways on the Light Green course, whilst Emma was second on the Yellow.

Well done to everyone who competed last weekend.

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### HALO People

A few people run back-to-back races over a weekend, one Saturday, then another Sunday. However Paul and Patricia Simmons took things to extremes and ran two on Saturday, Swinemoor & Bishop's Wood. Mary Carrick planned Swinemoor and ran at Bishop's Wood. Helen Smith did her Parkrun Saturday morning and also orienteered Saturday night. She "tweeted" that she then went for a long bike ride Sunday. But when you're not drinking for a month, what else is there to do? :)



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### Coming up....

If like me you are not going to the Burn's Weekend in Edinburgh, there is a **HALO** event at Cleethorpes Country Park on Saturday afternoon, with starts from 1pm. Then an **EPOC** event at Newmillerdam Wakefield, on Sunday. This event is also part of the HALO League.

### Trophy.

It's only three weeks to Sunday February 16th, and the first round of the Compass Sport Trophy. Organised by CLARO, the event is being held near Pately Bridge. We need at least thirteen runners spread across all courses, to act as "counters". Entries have to be in by 31st January and are paid for by HALO. If you are able to compete for the club, please let Neil know asap. Thank you.

**TUESDAY 21st JANUARY 2014**

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