

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Translate](#)

HALO News Tuesday 9th September 2014

[View this email in your browser](#)

## British Champs.....

The British Sprint and Middle Distance Championships took place last weekend in Staffordshire.

HALO had two podium finishers in the British Sprint Championships at Keele University.

On what was a "Super Saturday" for HALO Ladies, Charlotte Ward and Emma Van Dam both collected Silver Medals for finishing second. Charlotte in the Women's Open and Emma in W10. Well done to both of you.

Results here, <http://www.britishsprintchamps.org.uk/results>

### Peter Palmer Relays.....

The HALO and Field family organised, Peter Palmer Junior Relays, take place this coming Sunday morning at Walesby Woods.

Each team must complete six legs, with the first runners starting at 4.30am.

### Brighouse Urban.....

For those not competing or helping at the Relays, there is an EPOC organised urban event on Sunday. The Brighouse event starts at 10.30am, with entries available on the day.

### HALO Pub League.....

The autumn series kicks off next week at Cottingham, with subsequent events at Kirton, Beverley, Louth, Hull and Brigg.

### HALO Saturday Events.....

The first Saturday event this autumn, is at Beverley Westwood on 20th September. Followed a week later by Brumby Hall Scunthorpe.

The event on 27th September, is also the HALO Club Championships, followed by the AGM.

[Subscribe](#)

[Share](#) ▼

[Past Issues](#)

[Translate](#)

**Beverley Club Night.....**

Monday night training sessions will resume at Longcroft School Beverley on Monday 15th September at 6.30pm.



*Copyright © 2014 HALO, All rights reserved.*

[unsubscribe from this list](#) [update subscription preferences](#)

