



Podium Places.....

The British Long Distance Champs took place last Saturday in the Lake District.

Congratulations and well done to Helena Crutchley first W50s and Wayne Byrne first M35s. George Van Dam was 12th M16, whilst Emma retired.

A quick nod to Paul Murgatroyd of LOG who won the M50s. The Men's elite was won by Grahm Gristwood (14.9 km/710m) and the Women's by Tessa Strain (9.4km/505m)

Meanwhile in Paris, Neil Harvatt was on the second step of the podium for the M50 Sprint Race. Neil followed that with 15th place in Sunday's urban, just ahead of Pete Harris who was 26th M50.

Mary Carrick was 7th W65. Jackie Edwards 36th W50, with Isoldt Harris 38th.

The Lincolnshire Poacher.....

The Poacher series continued last Wednesday evening at Halliday Hill and Brompton.

Apologies to those on the long course who were affected by control 13.

Looking at the split timings only three people were significantly, but the control was in the wrong place, and this also misled some people looking for 12.

I tried to balance the path running in Halliday with more forest running in Brompton, where there are still a few nice bits left. Winning times were close to expectation (20/25/30 mins) and most people were back within an hour.

Chatting at the finish, Dorothy said, getting all the controls in Brompton "got her mojo back" and Geoff said he enjoyed the 'butterfly loop' on the medium. Oliver got brambled trying a short cut and Megan 'faceplanted' the last control. Meanwhile Emily raced round in dayglow bramble bashers, which seemed to do the trick.

Well done to Imogen, Holly & Joe on winning their respective courses.

Tomorrow night we are at Swallow Vale, where Isoldt will be planning.

Starts are from 6pm or earlier. You can check out all the details on the HALO website.

Events Coming Up.....

Wednesday 10th May, **HALO** - Lincolnshire Poacher 5, Swallow Vale

Sunday 14th May, EPOC - YHOA Sprint Champs

Wednesday 17th May, **HALO** - Lincolnshire Poacher 6 Twiggmoor

Wednesday 24th May, **HALO** - Lincolnshire Poacher 7 Primrose Warren

Sunday 28th May, CLARO - Wetherby Urban

Monday 29th May, EBOR - York Urban

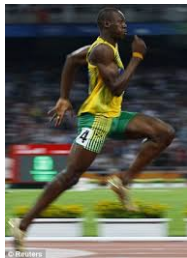
Wednesday 31st May, **HALO** - Lincolnshire Poacher 8 Normanby Park South

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](#)

Split Browser.....



Lightning Quick



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