



Pub League.....

The autumn pub league began last Tuesday at Beverley.
Thanks to Paul Simmons for planning.
Twenty seven runners took part, all looking for the elusive control 49.
Brian Ward won on the night and managed to keep the lead in the handicap results as well, closely followed by Neil and the two Marys.
Tonight we're at Brigg, with Pete Shew planning. Meet at the Black Bull for 6pm starts.

Parkrun Challenge.....

Next Saturday sees the HALO Parkrun Challenge.
Run any Parkrun event and enter your details with Pete Harris.
He will produce results based on the age grade % ranking.
If you run at York, EBOR are having an introductory "O" event after the Parkrun.

HALO League.....

The 2017/18 league fixtures have now been published and starts with the Urban Club Champs at Selby.
There are twenty events between this October and July next year, with your best eight results counting.

Beating The Blues.....

Well done to George Van Dam, finishing 3rd out of 76 competitors on the blue, at the AIRE Dales Weekend Malham event, picking up 1252 BO Ranking points.

Events Coming Up.....

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
Sunday 1st October, HH - Br Middle Dist Champs

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](#)

Postcard from Mary Carrick.....

Am feeling more rested now after my hectic weekend on the two-day bike orienteering event at Hawes in Wensleydale last weekend.
First day of seven hours rather spoilt when front brakes decided not to work and then back brakes were fed up of doing all the work so I had to walk the bike down steep hills instead of my usual crazy riding down as fast as I could.
Campsite for the 250 odd competitors - yes I know we are all odd for doing either the bike-o or foot-o in the OMM bike competitions - made up for an exceptionally dry White Rose weekend by ending up as a mud bath on the main paths and entrance to the large marquee.
I did not come last in the score events even though I was probably the oldest competitor by quite some way.

The 3 Rules of Pub League.....



Hi-Viz



Headtorch



Hydrate

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