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- Cycling through the Results
- Coaching Pointers (more urban tips)
- "did you know"
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Tour de Mytholmroyd (Sprints).....

Mytholmroyd is located in the steep sided Upper Calder Valley 10 miles east of Burnley and 7 miles west of Halifax. The town was very badly hit by the Boxing Day Floods of 2015 and is still under reconstruction. Courses have been planned to try and avoid the cement mixers, cranes and diggers busy building bigger flood defences in case we have rain of biblical proportions again.
[No results](#) on the website yet "**Due to a technical issue results will follow as soon as possible**"

Giro d'Hebden Bridge.....

Some big hill stages on this tour. If you think urban tends to be flat, check out the contours on [routeagadget](#). Canal and river features, and some buildings too.
Yellow jersey for Brian Ward, first M55, indeed first Blue.
White jersey and Green jersey for Amanda Ward and Ken Hutson respectively, only 35 seconds between them on Blue, 4th W55 and 6th M65.
Polkadot jersey for Mary Carrick, 4th W70 on the Short Green.
Champions jersey (the one with the stripes) for John Butler, 2nd M75 also on the Short Green.

Colour coded courses here, yet results all by age, though "class" is included. This reporter has some more digging to do.

Vuelta de Lincolnshire (LUL).....

Round 4, a sweltering hot Willows and Freshney (Grimsby) last Wednesday. [here](#).
Thank you to Peter for planning and Isoldt for control hanging.
A good number of HALO riders in the peleton on both courses but none making the breakout at this stage.

Next event is on Wednesday 24th July (tonight!) in Lincoln, starts from 5.30pm until 7pm, [details](#). It's a LOG event so well before 7 for starting is better as they like to get to the pub quick sharp after collecting.

Coaching Pointers.....

As it's urban season, a couple more tarmac based orienteering tips.

1. Make sure you have the ENTRY and EXIT to the control sorted. Pay particular attention to this when planning the leg, it's where it will go right or wrong. Look at the detail on the map, look at the control description, be ready for it and flow smoothly through the control as though it's on your line (not so easy if it's hidden behind a wheelie bin but try for smoothness.)
2. Look out for path indicators within urban areas. If you are looking for a "cut through" there are often indicators such as a short section of fence, a "no cycling" sign, or a litter bin to guide you to the path so you don't miss it, allowing you time to focus on other planning.
[More thanks to Brian and Amanda.]

Did you know.....

- Magnetic declination is the difference between Magnetic North and True North. It can be up to 30 degrees difference. Not a problem for most orienteers as the mapper will have set the map to Magnetic North.
- 10,000 competitors enter the O-Ringen in Sweden.
- 3,500 competitors enter the Scottish 6-Days
- 101 competitors took part in HALO Poacher 2019
- Cows spend about 10 hours a day lying down.

Events Coming Up.....

Wednesday 24th July, LOG - LUL5 **Lincoln** (*University*)
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](#)
Sat 17th Aug SYO Sheffield (Urban Race UKOL)
Sun 18th Aug LOG Lincoln City (Urban Race UKOL)
Mon 19th Aug EPOC Thorns Park Wakefield (Urban Sprint)
Tue 20th Aug AM AIRE Bradford Grammar School (Indoor Sprint)
Tue 20th Aug PM AIRE Lister Park (Park Sprint)
Wed 21st Aug CLARO Knaresborough Castle (Urban Middle)
Thu 22nd Aug HALO Beverley (Sprint / Score)
Fri 23rd Aug CLOK Standing Stones Rigg (Moorland, Middle)
Fri 23rd Aug EBOR Oliver's Mount, Scarborough (Night Score)
Sat 24th Aug EBOR Raincliffe, Scarborough (Middle Race)
Sat 24th Aug EBOR Scarborough (Sprint Race)
Sun 25th Aug 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](#)

Urban Jerseys.....



Yellow Jersey



King of the Mountains



Champion

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104 High Street
Wootton
Ulceby, DN39 6RR
United Kingdom

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