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HALO News Tuesday 2nd June 2015

Run, Rest, Repeat......

The Lincolnshire Poacher now moves onto the sprint section, so expect fun and games tomorrow night as the course leaders constantly change.

The aim of the game is to get your minutes per km as low as possible, whilst completing any of the five courses.

As we are now passing week 8 of the Poacher, the league tables will start to change as well. Low scores or no scores, can now be deleted as only your best eight results count.

LOG Spring Cup Relays............
There were 42 runners (8 from HALO) at the Lincoln event last Thursday, making fourteen teams of three who had to run two urban sprints each.

Charlotte Ward used the event for some last minute practice to her GBR debut this week in Sweden & Norway, finishing first on both runs. Brian Ward and Pete Harris also both finished in the top ten on each course.

Charlotte's first places secured her team the win, with help from Helen Parkinson (NOC) and Jo Swinbourne (LOG).

Surprisingly there were only 5 mis-punches out of 84 runs, but unfortunately they were by five different people from five different teams, meaning five teams were disqualified.

You can experience course B on video, filmed by Brian Ward.

Poacher Week 9.......
Thanks go to Paul Simmons for planning last week's Poacher event at Hendale Woods.

This Wednesday we're at Weelsby Woods, where the planner is Brian Slater.

Pete Harris has the Poacher report, results and analysis on the HALO website.

Events this week........
Wednesday, HALO Lincolnshire Poacher, Weelsby Woods.
Saturday, AIRE, Fat Rascal Sprints, Holt Park.
Sunday, AIRE, Fat Rascal Urban, Colton Leeds.

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HALO News..........

The date for the Lincolnshire Challenge Shield, has been brought forward to Thursday June 18th. Please advise Pete Harris if you can compete for HALO, the details are on the website.

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