



## Club report for 2022-2023 (Sept 2023)

### Introduction – David Dixon, Club Chair

2022-23 has been another busy year for the club. We have put on a full Saturday Series, Jack and Ace of Herts and a full series of Street-O events. Only our planned urban event didn't quite come off but we are working hard to make that happen next year. Training goes from strength to strength and we were able to return to having a proper sit-down club dinner this year, as well as a summer social and Clued-O.

None of this could have been possible without our volunteers. Whether that's in one of the committee roles, as organiser/planner/controller/mapper or as one of the on the day event helpers, these are all critical to club success. Many thanks to all of you who have stepped up in any capacity over the last year. We hope that the new volunteer recognition scheme where over time, accumulated volunteering points earn a club jacket, will be appreciated.

The club lost two stalwart members this year: Helen Errington and Keith Marsden. Both dedicated significant amounts of time to the club and we continue to feel their loss.

Finding volunteers for our larger roles continues to be a challenge. Our treasurer has brought forward a motion that could play a small part in addressing that but we still need members to step forward. We look forward to another full year of orienteering supported by volunteers from our Club.

### Membership – Susan Marsden, Club Membership Secretary and Elizabeth Disney, Club Secretary

Membership currently stands at 209 members, down 8 from the previous year, which includes 19 new members (8 fewer than previous years). However, the number of lapsed memberships has decreased from 60 last year to 27 suggesting the Club is doing a good job on retaining members.

We now have 127 emails registered for the Groups.IO email group, which is over 60% of members (up from 50% last year), and this remains one of our key methods for contacting Club members.

The following table shows the numbers of new, current and lapsed members since 2017.

New members	Senior	Junior	Total
<b>2023</b>	<b>8</b>	<b>8</b>	<b>19</b>
2022	16	11	27
2021	31	21	52
2020	21	19	40
2019	38	53	91
2018	23	33	56



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Total members	Senior	Junior	Total
<b>2023</b>	<b>141</b>	<b>68</b>	<b>209</b>
2022	148	69	217
2021	161	89	250
2020	158	92	250
2019	153	115	268
2018	137	102	239
2017	130	107	237
Lapsed members	Senior	Junior	Total
<b>End of 2022</b>	<b>12</b>	<b>15</b>	<b>27</b>
2021	29	31	60
2020	28	24	52
2019	16	42	58
2018	22	40	62
2017	16	38	64

The committee continues to work on initiatives for attracting new members to the Club including offering a free event entry for friends of Club members at a Saturday event, keeping membership and event entry fees low, promoting events via social media, and being present in Stanborough Park offering maps and assistance for families interested in going around the new permanent course. The Committee has also received presentations and data analysis related to individuals who enter our Saturday events to understand patterns and trends in who is entering which courses, age ranges, and who returns for future events. The Committee will continue to prioritise this area in the coming year and would welcome ideas from Club members on attracting and retaining members.

## Events summary – Neil Gostick, Club Events Officer and Elizabeth Disney, Club Secretary

HH held a full and varied calendar of events during the period September 2022 to August 2023.

Events are listed below:

Date	Level	Type	Area	Competitors
01-Oct-22	D	Saturday	Verulamium	103
23-Oct-22	C	Jack of Herts	Northaw	167
05-Nov-22	D	Saturday	Stanborough	107
10-Dec-22	D	Saturday	Boxmoor	99
26-Dec-22	D	Score	Trent Park Score	110



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07-Jan-23	D	Saturday	Sherrards	124
04-Feb-23	D	Saturday	Mardley	159
05-Mar-23	B	Ace of Herts	Burnham/Egypt	495
11-Mar-23	D	Saturday	Chipperfield	113
01-Apr-23	D	Saturday	Panshanger West	124
08-May-23	D	Saturday	Cassiobury	136
03-Jun-23	D	Saturday	Highfield Park	115
01-Jul-23	D	GLOSS/ Saturday	Nomansland (GLOSS)	124
09-Sep-23	D	Saturday	Burnham	TBC

An average of 120 at each Saturday and then a successful Ace of Herts at Egypt and Burnham plus if memory is correct, a reasonable turn out for a rather wet Jack of Herts at Northaw.

We also managed after a few changes to support the GLOSS series with a combined Saturday / GLOSS event in the summer sun at Nomansland. Plus with LOK, the traditional Boxing Day score at Trent Park.

There were 19 Street-O events in spring-summer 2023, and these were well attended by around 20 runners each week enjoying the fine Hertfordshire locations and longer evenings.

Many thanks to all planners, organisers, controllers and volunteers without whom we wouldn't have such a good range of events. We can put on what is quite a large number of successful events enjoyed by over 100 people pretty much each time, because we have a breadth and depth of skilled and willing people who can expertly put on good quality events quickly and efficiently.

To recognise the time and effort made by volunteers, the Committee have introduced a points-based reward scheme resulting in individuals who consistently volunteer being rewarded with a HH club jacket. Congratulations to the couple of club members who have already earned their jackets!

## **Club performance at Regional and National level – Tom Cochrane, Club Captain**

Our achievements come in several flavours:

- team competitions
- individual successes and selections
- improvement

### ***Team competitions***

The major GB team competition is the Compass Sport Cup. This turned out to be a tricky one to get in the diary, as we moved to a Midlands heat but were then affected by a cancellation. Unperturbed we got a great turnout of over 50 runners and had a close battle with WAOC to go through to the final. We missed out by a narrow margin but can be pleased with our turnout and strong performances.

The equivalent competition for juniors only is the Yvette Baker Trophy. We put out a strong showing befitting our excellent 2<sup>nd</sup> place last year, with 22 juniors competing well and just being narrowly pipped by TVOC.



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We were successful in both of the UK's premier relay competitions, the British Championships and the JK. At the British we were 2<sup>nd</sup> (and 4<sup>th</sup>) in the M14 category and 3<sup>rd</sup> in M60. At the JK we were 3<sup>rd</sup> in the Ultra-Vet category.

Just as satisfying for the club was the turnout at those two competitions. Few clubs could match our 16 teams at the British Championships and we had 12 teams running at the JK despite it being far from home in the Lake District. Events like this are great for team spirit so thanks to all who ran.

## **Individual successes**

- Maggie on JROS tour, Maggie/Ben in GB Talent South squad, Ben/Issy selected for England at Interland, part of SEJS
- Not just about competing/running – Simon won two mapping awards for Ashridge South and East and Welwyn Garden City

We had two championship winners this year:

- Theo Marsden (British Champion, M10)
- Janet Rosen (JK Champion, W65)

We also had several other podium positions at major championships. Theo was 3<sup>rd</sup> overall and in the sprint in his class at the JK, with Darrio and Ben also finishing 3<sup>rd</sup> in the sprint. Simon managed 2<sup>nd</sup> place in the British Sprint Championships, Janet was 3<sup>rd</sup> at both the British Sprint and Middle Championships and Alan was 3<sup>rd</sup> at the British Middle Championships.

Ten podiums at major championships is cause for celebration. We also achieved podium positions at the Southern Championships, Southern Night Championships, SE Championships and SE Sprint Championships.

Our juniors continued to be selected for national and regional teams. Maggie and Ben were selected for the GB Talent South squad, Ben and Issy ran for England at Interland and Maggie went on the JROS tour. On top of that we were well-represented at the Junior Inter-Regional Championships for SEJS.

Of course it is not just about running and competing – well done Simon Errington for his two mapping awards this year. It's great to see club members contributing to the quality of the sport in a variety of ways.

## **Improvement**

There continue to be monthly signs of individual improvement in the British Orienteering Navigation Challenge and Racing Challenge awards.

We've also seen lots of people improve their national rankings. Hannah Nesbit, Dave Tookey and Matthew Dixon rose over 200 places this season – well done all. And even our leading runners continue to improve, with Ben Gostick breaking into the top 100 in the country and leading the HH ranking list.

Well done to all who achieved their goals in 2022/23.

**Junior development & progression – Jennie Soulsby, Club Junior Coordinator**



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Thank you to everyone who has helped with the Juniors this year. The juniors have had a good year with a third place result at Peter Palmer Relays in September 2022 and great participation in the Yvette Baker Heats (23 juniors taking part). We were very narrowly beaten and so did not qualify for the final this year but we should take away the fact that we had a good showing across both boys and girls and all ages.

In terms of progression and development we had success in getting younger juniors to take on harder courses and to run without a parent shadowing. At regional level we have had four juniors invited to train with the SEJS squad (well done to Poppy, Hanga, Bors and Henry). This will give them additional monthly training and the opportunity to take part in JIRCs this September. This brings the total number of HH juniors in SEJS to nine.

Nationally we have had success again with Issy Hawkes qualifying to attend the Lagganlia training camp this summer as well as running at Interland. Ben Gostick also had another strong season and was also selected for Interland.

I hope the juniors are all proud of themselves and their performances.

Projects for the coming year include,

- Peter Palmer in September and we are pleased that this year we will have two strong teams
- One for the Peter Palmer and one for the Daybreak
- Name a Boys and Girls Junior Captain
- Use the ideas and designs (thank you Darrio) from the juniors to print up a new Squad Hoodie

### **Training – Alex Soulsby, Club Training Officer**

Firstly, a big thank you to all of the coaches and helpers who have led and supported training for the Club this year. Thank you Becky, Emese, Frances, Ian, Jennie, Kevin P, Kevin F, Laura, Tom R and Tom C, David K, Oliver M and anyone else I may have forgotten.

This year we have focussed on offering a regular, monthly training session for both juniors and adults. We have used a range of HH forest and parkland areas which allow us to deliver more technical skills in areas like the complex terrain of Mardley Heath or Northaw and also focus on practicing core skills such as compass work at a location like Cassiobury. The plan for next year is to continue with this approach and make small adjustments as we go.

One of the highlights of the year was our night training event followed by a mini-score that took place on a snowy December night and was followed by hot chocolates and snacks. We are looking at whether we can arrange another night score event this Christmas (with optional training for those not used to night events) and a social afterwards.

Last year we ran a first aid course but we haven't run planning or organising courses this year so will look to run those in 2024. If there are any other queries or requests e.g. for first aid or coaching courses then let me know and I will see if I can help.