



Happy Herts Newsletter 272

July 2020

Note from the Editor

I trust you are all enjoying the Tuesday night activity and plenty of training runs. Mindful of the Government's current restrictions, the club committee has been monitoring guidance from British Orienteering to find ways to keep you all active. This newsletter includes a feature about the wonderful now-complete History of HH, some great animal-themed routes you ran in the Post-O, plus more ideas as we move forward.

Sascha, newsletter@herts-orienteeing.club

Saturday Series league draws to a close

Given the current restrictions we have had to cancel the July event, which would have been the last event of the Saturday Series season. We therefore know the final outcome for a shortened series and have announced the final Saturday League table for the 2019 - 2020 season on the HH website. The committee has decided that 5 rather than the usual 8 events count, given that the COVID-19 shortened season was only 7 events.

Congratulations to the overall winners, namely:

- White Tallis Oliver
- Yellow Leila Rose Chinn
- Orange Alice Soulsby
- Light Green Tadas Lukosevicius
- Short Blue David Dixon

Well done to all of you.

DIY Street-O – David Dixon

We are now able to move one step closer to a “proper” Street-O event so are now running DIY Street-O. These aren't HH events and can be done at any time but in all other regards are very similar to a standard Street-O event.

We are releasing new courses every week with the aim that, where possible, club members will run the same course during the week so we can then compare notes at our Tuesday evening Zoom social chat. You may of course run any of the available courses (there are some more there) or even rerun a course you've done before!

So far we have released courses for Welwyn Garden City (North) and St Albans Northeast (Marshalswick). This week's will be Hatfield North.

For more information see the dedicated web page:

<https://www.herts-orienteeing.club/fixtures/diy-street-o/>



Next steps for HH - Post Lockdown Orienteering

British Orienteering has been working with clubs to move gradually towards more events, starting small and local. We in HH have moved from Post-O at the height of lockdown to DIY Street-O, and full Street-O is probably not far away. That next step does of course depend on Government guidance, and sport - in particular amateur sport - doesn't seem to be high on their list of priorities. BOF is lobbying the Department on our behalf.

The bigger challenge is preparing for our first forest and park events. We're putting together a programme assuming we can restart Saturday Series in September as usual, although that may have to change - it may even be earlier!

It's clear things will feel very different, except when you're actually out running your course: people will be farther apart; there will probably be fewer of us there at any one time; and we'll take precautions against transmission on equipment, maps etc. Risk assessments already look quite different! We'll keep you updated in following newsletters as to how we will manage it. Please bear with us if things feel a bit strange or 'clunky' to start with - it's a small price to pay to get us back doing the sport we all enjoy.

Going forward, we are investigating the use of MapRunF and UsynligO to see how technology can help with route ideas while there are still lockdown restrictions for formal gatherings.

What is this MapRunF we're using for DIY Street-O

It's an app that runs on your phone, a free download from Apple Store or Google Play Store. You choose an event, go to the start location and run it in your own time. The app beeps at start, finish and any controls you pass in between.



It will automatically upload your results and if you View All Results (either on phone or web) you can see how everybody else did and view their tracks.

Check the HH website <https://www.herts-orienteeing.club/fixtures/diy-street-o/> and follow the links.

When you've done that, you'll probably ask questions like: How do I get the best out of MapRunF? What isn't in the documentation that will help?

A few of us have used it now, so here are some hints:

1. Although you can run just using the map in the MapRunF app, it's easier to use that just to find your way to Start, then put the phone away and use a paper map. You'll still hear the beeps but you don't have to struggle to pan and zoom the map, or worry about accidentally switching to other apps. Disconcertingly, my phone doesn't distinguish between a finger and a drop of sweat.
2. An armband phone holder is great because the phone has a decent view of satellites. I discovered the other day a back trouser pocket is not ideal.
3. Have your phone running a GPS-enabled app a good few minutes before you start, ideally close to Start. The MapRunF app shows an estimated GPS accuracy on the bottom row. If it's much over 10m, don't start yet!



4. If the phone starts the clock before you're ready, panic not. Go say 30m away from Start, tap the home button at the top left, say yes when it says "delete all my punches" then approach Start when you're ready. You may have to delete the abortive "run" but you can do that later.
5. Don't run too close to Start / Finish part way through your run! The app will assume you've finished.
6. Sometimes the beeps at controls take a couple of seconds to come through. If you're certain you've been to the control, just keep going and you'll usually hear the beep as you run on. If it doesn't register after all, email street-o@herts-orienteeing.club and David will give you credit if your trace looks close enough.
7. You may find that if you don't touch the phone, MapRunF hibernates and you register no more controls. A solution is to pin the app to your screen. On my Android phone you need to enable it in Settings beforehand and the gestures aren't that intuitive, but it works. Search for "Pin app" in your phone's documentation.
8. If you find the MapRunF app just too much hassle, run with a GPS-enabled watch or similar device and upload your GPX or TCX track to the MapRun website. It will automatically register any controls you passed close enough to (so be certain you start your watch recording before Start and stop after Finish). You won't get the beeps while you run, but you'll still have a result and you can have your say at the Zoom session on Tuesday.

Just enjoy it! It's fun. As long as you don't expect MapRunF to have the accuracy, repeatability or reliability of SI timing you'll be fine.

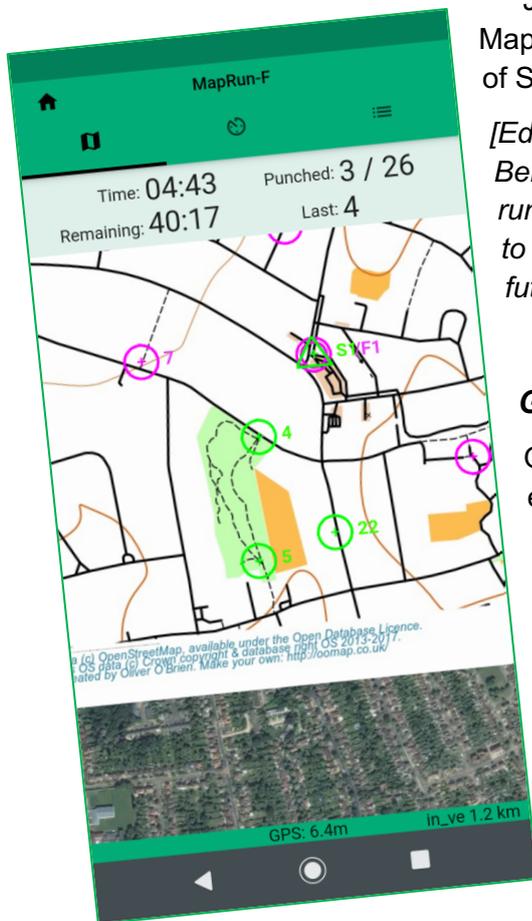
[Ed - Thanks to David Dixon, Dave Tookey and Mike Bennett for getting the DIY Street-O courses up and running on paper and on the MapRunF app. Thanks also to those who planned the original courses that these and future runs are based on.]

Great minds ...

Our neighbours in TVOC have also been experimenting with MapRun, like us in streets, but also in forests. Alun from TVOC says "We have had mixed success with forest events ... However we have found MapRun works really well for street events."

Of the events on <https://tvoc.org.uk/maprun/>, their 60-minute score course at High Wycombe isn't too far away for people in the west of Herts; there will soon be one in Chalfont St Peter.

Our own Dawn Figg has planned 2 line courses in Wendover town, even closer to Herts.





Alun added: "We would be delighted if HH members came and ran some of our MapRun events. They are free to enter, and will be available for some months; however if you want to score points in our Oxford Street Series league, there are dates by when you must have completed your run.

As with our DIY Street-O courses, you take part at your own risk. Alun phrases it neatly: "you are on your own - there is no assembly, no first aid, no-one to ensure you return safely. And for the urban events, there are lots of road-crossings, so take care; and we do not regard them as suitable for under 16s."

We'll be looking out for some HH names on the results!

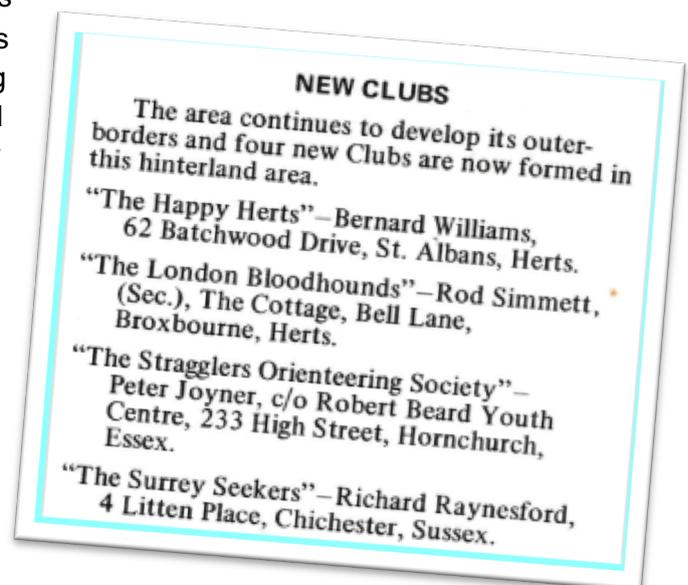
HH - the Early Years

It's fair to say orienteering is slightly different since the Happy Herts club was founded in 1968. Alan Rosen has done a fantastic job researching the club's early years, and has produced a book to record the history, for you to view.

On the HH club website (in the Members Section- click on the link here) you can now find the [History of HH](#), mainly covering the years from 1968 to the early eighties. He has included some more recent material including lots of map extracts from our main areas, and reflections on the sport's development over the past 50+ years.

By way of example, here is the announcement of the club's formation in South East section of *The Orienteer* (the national O-magazine of the time), from September 1968.

You'll have to read the history to find out how many alliteratively-named clubs are still in existence today apart from HH!



Thank you to the many HH members, past and present, who have contributed to the story, and happy reading! You can either read it online or download it as a pdf.

Alan Rosen

HH Maps available

Keith and Susan Marsden have found a number of printed maps for past events around Hertfordshire. If you would like an alternative to the DIY Street-O, you may contact Keith to ask if there is a map for a course near your home?

(training@herts-orienteering.club)



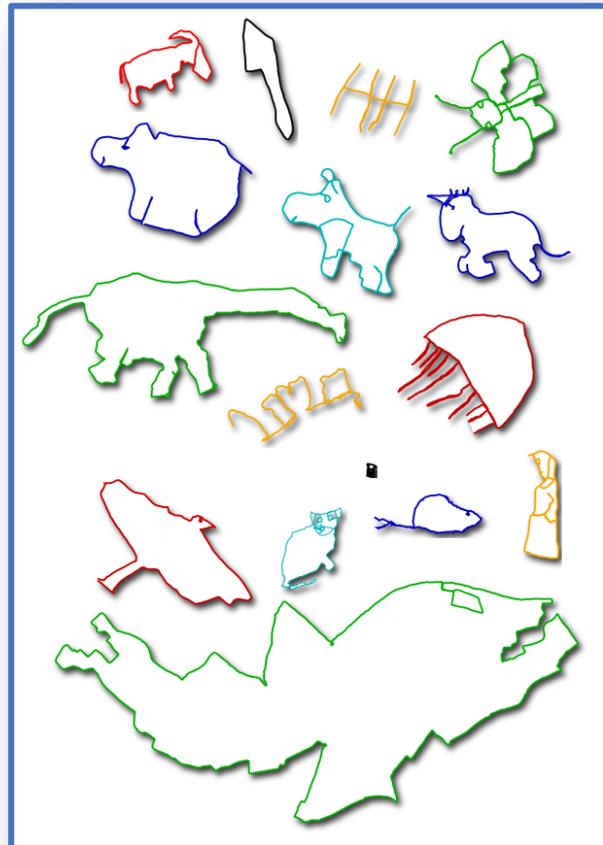
Post-O report – David Dixon

Eight weeks of Post-O have now come to an end, with 32 club members taking part in at least one of the weeks. I previously reported on the first five weeks, so for the last three:

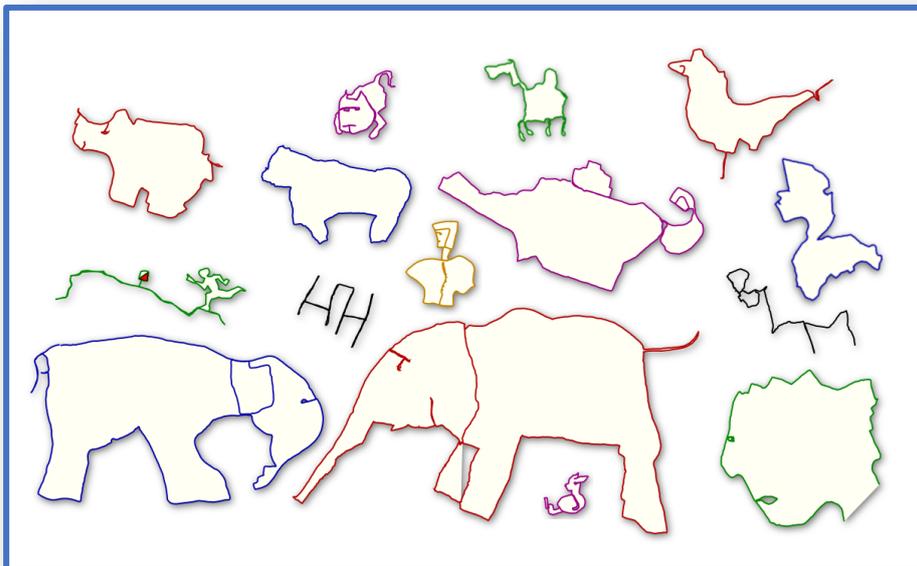
Week 6 tried something a bit different – who could come up with the best GPS-traced art?

Here they all are, to scale (right):

Week 7 returned to post boxes one last time and provided a test for map (and local area) memory – how many postboxes visited without a map? After 5 earlier weeks of finding post boxes I think most found this surprisingly easy!



Week 8 gave GPS art a second chance after the successes of the previous try. Same rules, but different results (below):



Apologies if I've missed any out – and if you want to see these on a map, either check out the group's Strava feed or James Errington's GPS artwork gallery: <https://hh-strava-gallery.web.app/>



Matthew Dixon has designed and produced some fridge-magnet prizes, with winners being decided by a combination of participation (runs and socials), quality of artwork and some additional arcane jiggery-pokery.

Winners of the Post-O fun, in no particular order, are:

- Nicola Trotman
- Hodson household
- Errington household

Well done all!

Did you join the Lockdown Orienteering British Open?

Lockdown Orienteering held their British open on 26-28 June. Sadly it is their final 'Lockdown Orienteering' event, apart from the junior event on 16-18th July.

As more countries are moving out of lockdown (yes!) they will be changing to a new name and organising a monthly event, with updates to follow soon.

You can find more information at <https://lockdownorienteering.com>, including a [new interview with Carol McNeill](#) - a true legend of GB orienteering.

Orienteering webinars

British Orienteering has been hosting webinars on mid-week evenings. If you missed it you can now access the [Route gadget webinar](#) with Simon Errington of HH. There was useful content, particularly the adaptations one can make on the system for innovative virtual races.



There are plenty of other webinars to watch as an alternative to running outside, here:

<https://www.britishorienteering.org.uk/webinars>

These are also on the [British Orienteering Youtube page](#) with a number of training videos prepared by South London Orienteers (SLO) and British Juniors:





Let's look forward!

Every other year Nick Barrable (Editor of CompassSport magazine – possibly the world's best Orienteering magazine) produces a Calendar in aid of JROS (Junior Regional Orienteering Squads).

JROS (<https://www.jros.org.uk/>) is the umbrella organisation for the 12 Junior Regional Squads in Great Britain. JROS is a voluntary organisation which each year organises 4 summer training camps - 2 in Scotland and 2 in Scandinavia - plus a weekend camp in the Lake District and a bi-annual Coaching Course. Most years about 80 juniors attend the summer camps supported by upwards of 40 coaches and support staff.

Most years' several HH juniors are selected to attend the Summer Camps and benefit from the efforts of JROS.

The 2020-2021 Calendar is now on sale, see details below. So for a little bit of nostalgia and a little bit of hope for a speedy return to being in the forest why not order a calendar today!

The Junior Regional Orienteering Squads oversee 4 Summer Junior Tours, Hawkshead Autumn Training Weekend and JIRCs Junior Inter-Regional O Competition.



Photos for the JROS Calendar 2020/21 by Anthony Barrable, Wendy Carlyle, Simon Kippln, Edward Lines, Robert Lines, Steve Rush, Kell Sannichsen, Bar Zrihen.

JROS Calendar: Sept 2020 – 2021

- All profits to JROS (www.jros.org.uk)
- 16-month Calendar to thrill and motivate through the end of 2020 and all of 2021.
- A4 – opens to A3 – spiral bound
- Large boxes for each day to write in. Major events noted in 2021
- Printed by www.BMLprint.co.uk
- Delivery to any postal address you supply;

UK - £8 (Europe £13, World £14)

Each month has a 195mm x 25mm banner ad space which could be yours! Advertising space is currently available - Only £50 for a one month advert. First come first served.

Deadline for ordering is Monday 10th August 1200hrs.

To order, email Nick Barrable on NickBarrable@Hotmail.com for BACS bank details.

(You can pay with payment cards via PayPal at the CompassSport Website, though there is an 80p surcharge: <http://compasssport.co.uk/index.php/compasssport-shop-mainmenu-38>)

Contact Nick as above for more details.

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