



Note from the Editor

It was a pleasure to see a great turnout at Verulamium 10 April 2021. Next we are over at Nomansland (Wheathampstead) on 8 May.

Also, well done to everyone who took part in the Centenary Challenge in WGC. Find out who were the star performers...

Sascha (newsletter@herts-orienteing.club)

Call for volunteers to support Saturday series events

Now events are returning, we need your help to make them successful. You can support the club with the return to Orienteering, by volunteering at a future Saturday Series event. As we build the programme, we also need Organisers, Planners or Controllers to come forward – the club can mentor/train you if you want to give it a try.

Anyone interested please contact **Gary and Stu** at saturday@herts-orienteing.club

Are you on Strava?

If you use Strava to record your runs, why not join the 'Hertfordshire Orienteering Club' club on Strava? 58 of us already have, and enjoy a number of benefits!

So what use is it? While Routegadget2 is the best thing for finding out about an event, Strava is great for your everyday exercise, as we found in lockdown. Strava lets you:

- See who the people are who do lots of runs (plus cycle rides, and walks). Perhaps it will encourage you to do a bit more.
- Spot a new route that people near you have tried and enjoyed.
- Keep up with your friends in the club – for example, find out who has been injured but then has just ran 5k yesterday. That's worth Kudos if anything is.

Mike

Call for Volunteers for 8 May.

The next club event at Nomansland Common on Saturday 8th May will require more than the usual skeleton Covid manning. We have several road crossing to man and need 2 shifts with an extended start window of 2 hours to accommodate more entries. If you are able to volunteer, please email the organiser **Jacob**. All roles will comply with easy social distancing. Jacob.sharpe92@gmail.com.



Welwyn Garden City Centenary

The programme celebrating the town's first hundred years has now ended. The City's planned activities were severely curtailed because of Covid, and the sports programme has consisted of just two events – both orienteering! They were our Saturday events at Sherrardspark Wood and Mardley Heath in early 2020.

There have been some lasting legacies from the centenary, in particular a number of walking trails around WGC. Amongst these is a Photo Trail developed by Simon Errington (cartography and layout design) and Hedley Calderbank (photos and text). This is based on a map produced to Sprint/Urban Orienteering standards that invites participants to match 25 photographs to the control features. It also includes information about orienteering and our club. A thousand copies have been distributed



and it is available to download from the WGC100 website.

The photograph shows Hedley and our map sponsor (manager of The Two Willows pub) at a recent publicity event. Behind them is a new statue of Ebenezer Howard who founded the town.

1Photo attributed to Paul Hajisavvi

The final orienteering contribution to the centenary was the StreetO Challenge during April, using four existing DIY StreetO courses in WGC. [This featured in the local press in March.](#)

The results are on the next page and are dominated by HH runners, although it was also publicised to other O clubs and running clubs.

Trophies for the highest aggregate points will go to Dan Hodson and Rachel Sequeira.

Though the planned WGC Urban event was postponed because of Covid, we plan to stage it on 8th May 2022 and the Centenary committee still hope to provide medals to all finishers and some financial support.



Stop press: HH success supporting the WGC Centenary made the local press in the [Welwyn Hatfield Times on 2 May.](#)



<u>WGC Centenary Street Orienteering Challenge - Men's Results</u>						
	Name	N	S	E	SE	TOTAL
1	Dan Hodson	470	490	450	550	1960
2	David Hodson	460	470	440	530	1900
3	Mike Bennett	390	450	410	480	1730
4	Steve Ellerd-Elliott	490	360	370	480	1700
5	David Dixon	N/C	500	460	570	1530
6	Hedley Calderbank	310	360	360	420	1450
7	David Heale	380	240	370	440	1430
8	Neil Gostick	280		320	280	880
9	Matt Littleford	260	240			500
10	Ben Bardsley				450	450
11	Adam Leaf			350		350
12	Will de Naeyer			340		340
13	Dean & Molly McShane	130				130
<u>WGC Centenary Street Orienteering Challenge - Women's Results</u>						
	Name	N	S	E	SE	TOTAL
1	Rachel Sequeira	450	480	420	530	1880
2	Viv Hodson*	380	380	290	420	1470
3	Nicola Trotman*	350	380	320	420	1470
4	Emese Sváb	300	320	280	340	1240
5	Sarah Dixon	260			270	530
6	Nerys Bint		310			310
7	Laura Littleford		180			180
	* Tie-break decided by aggregate time					

Thursday socials

We have restarted our informal Welwyn Garden City social runs - this time on **Thursdays** - 7pm at Campus West car park - all welcome, subject to keeping within the current rule-of-6 restrictions (we have 2 different runs so 6 on each).

As usual, please join the club social on Zoom at 8pm each Tuesday.
<https://us02web.zoom.us/j/82873760412?pwd=QTNrMFBPdU9CRFdEWWZ2OWVicjhyUT09>



Events Restarting

It's time to be optimistic again about restarting orienteering. The orienteering community as a whole is building up fairly quickly to something like the usual number of events, although bigger events naturally have longer lead times.

Entries are now open for SOS Maldon urban on 16 May.

We're now putting the 'Entries open' date not the 'Entries close' date on the list - many of them have restricted numbers and will sell out, sometimes within a day or two.

Do check the event website before you travel, to check local restrictions. There are a few other matters from the latest BO Return to Orienteering guidance:

- *Water bottles or other refreshment containers should not be shared under any circumstances.*
- *Spectators are not permitted at any orienteering event or activity, with the exception of carers for people with disabilities, or adults needed to supervise under-18s in a safeguarding role. Where it is necessary for them to be present, supervising adults should not mix with others from outside their household or support bubble.*

Date	Club	Venue	Level	Entries open
08-May	HH	Nomansland	Local	yes
09 May	SLOW	OK Nuts Winterfold, nr Guildford	SE League	Closes 3 May
16 May	SOS	Maldon Urban, nr Chelmsford	Regional	yes
16-May	SO	Oldhouse Warren, nr Crawley	National SE League	yes
16-May	BKO	Bloom Wood, High Wycombe	Regional	yes
23-May	TVOC	Hambleden nr Henley	National Chiltern Challenge	yes
23-May	HAVOC	Hadleigh Park	Local	yes

Note from SLOW - the SLOW event on Winterfold was originally scheduled for November, but was postponed due to Lockdown 2. Rearranging it for Sunday 9th May has involved completely new car parking arrangements as well as working around a film shoot, so we have only been able to confirm that we can go ahead relatively late in the day – hence the need to ask for your help with publicity.



Winterfold is an outstanding area that has been used for the JK, British Championships and a World Cup race and will be near its very best at the beginning of May. The OK Nuts Trophy event will offer a full range of course from White to Black and has car parking in a field close to the forest.

Further information is here: <https://slow.org.uk/events/ok-nuts-2021-event-invitation/>.

Competition corner – Last Man Standing

Our HH quizmaster, John Duffield, has a different article this week – something to remind us of perspective in our efforts round the countryside.

“I think of orienteers as pretty tough mostly, although perhaps less so than triathletes. Ironmen triathletes are of course beyond tough. Then I read about the Big Dog’s Backyard Ultra race.

The concept is quite simple. You line up on the hour at the start and run four and one-sixth miles. And exactly one hour after the first start, you run another four and one-sixth miles. And on the next hour. And so on. So after twenty four hours, you will have run exactly one hundred miles. But you keep going – until there is only one person left.

After each run, you will have anything between a few seconds and about twenty minutes rest time, to eat. And drink. And go to the toilet. And sleep. And then you go to the next start. The winner is the last person standing. I write person because the race has been won by women. The usual winning distance is about 250 miles, which equates to about 60 hours, and the record is 312 miles, which is 75 hours more-or-less continuous running. The prize is a gold coin, worth a few dollars.

The original race was, and is, in Bell Buckle, Tennessee. There are now something like two hundred similar races throughout the world.”

John

Your support for Juniors

Last week Frances sent a message to all Juniors, informing them about the restart at As the juniors return to training and look forward to the Yvette Baker Trophy final (provisionally set for July 4th), Frances remains keen to hear your views.

Do get in touch with Frances! We will also need some parents to get involved with helping and potentially with coaching if we are going to run a successful junior programme.

Talk to us at Nomansland or send an email if you're interested in helping take our juniors to the next level.

Frances (juniors@herts-orienteing.club)



Future Events

Here is a provisional list of 'nearby' events, obviously subject to Covid restrictions permitting.

Date	Event	Club	Level
Sat 01 May 2021	NGOC League – new date Coopers Hill	NGOC	Local
Sat 08 May 2021	HH Saturday Series Nomansland Runnable woodland and some open areas. Near St Albans. Rearranged event from January. Entries on Sientries	HH	Local
Sun 09 May 2021	SLOW OK Nuts Winterfold Excellent North Downs area – used for World Cup in 2005. South East League event so all runners score for the club.	SLOW	Regional
Sat 15 May 2021	Park-O Cherry Hinton Hall Park Cambridge. Starts 1pm -3pm Preentry only	WAOC	Local
Sat 15 May 2021	DFOK Spring Event Cobham & West Kent Downs On A2 Limited parking. Entries via Racesignup but not yet open	DFOK	Local
Sat 15 May 2021	Bluebell Bash The Chantries Small area near Guildford No details yet. Entries open on Racesignup on 29th April	GO	Local
Sat 22 May 2021	SAX Kent Orienteering League Knole Park Country Park. No details yet	SAX	Local
Sun 23 May 2021	TVOC Chiltern Challenge National Event TBC Hambleton. Mature Beech and mixed deciduous and conifer. Start times 10-13. Entries open on Fabian	TVOC	National
Sun 23 May 2021	Hadleigh Country Park. Unusual for Essex – it has some hills. Near Leigh-on-Sea Café on site. Details to be confirmed	HAVOC	Regional
Sat 29 May 2021	SINS Day 1 – Corndon Corndon Springtime in Shropshire; 2 day event. Mainly open hills. Entries will be on Fabian	WRE	Regional
Sun 30 May 2021	SINS – Day 2 – restricted Midlands Championships Stapeley and Rorrington Springtime in Shropshire day 2	HOC	Regional



Sun 30 May 2021	Chilham and Challock - Chilham Castle and Kings Wood. Runnable woodland with features; South East League event (SEL). Entries not yet open	SAX	Regional
Sat 05 Jun 2021	HH Saturday Series Stanborough Park land near Welwyn Garden City. Entries not yet open.	HH	Local
Sat 05 Jun 2021	British Orienteering Middle Championships (UKOL) Summerhouse Knott One of the better small areas in the Lake District with lots of detail; Entries on Fabian	BMC	Major
Sun 06 Jun 2021	Northern Championships (UKOL) High Dam. Typical Lake District mix of wooded slopes and open moorland. Entries on Fabian.	MDOC	National
Sat 12 Jun 2021	DFOK Spring Event Lullingstone No details yet; Roman Villa nearby worth a visit	DFOK	Local
Sun 13 Jun 2021	SMOC local event TBC Loughton Valley Park No details yet	SMOC	Local
Sun 13 Jun 2021	SO National Event / SE League – Oldhouse Warren & Cowdray Forest, Crawley from 16/5 One of the best Southdowns areas, South East League. Entries not yet open	SO	National
Sat 26 Jun 2021	Park-O Hinchingsbrooke Country Park near Huntingdon; Entries 1pm -3pm	WAOC	Local
Sun 27 Jun 2021	East Midlands Championships 2021 Chinley Churn Interesting area near Glossop in Derbyshire. Entries will be on Fabian	DVO	Regional
Sat 03 Jul 2021	HH Saturday Series Moneyhole Lane New area; lets have your opinion; no details yet	HH	Local
Sat 03 Jul 2021	DFOK Spring Event Danson Park near Welling, Kent. No details yet	DFOK	Local
Sun 04 Jul 2021	Yvette Baker Trophy Final Westonbirt Arboretum Junior Event HH are in the Final (again)!!!!. Contact Frances Goldingay	BOK	National
Sun 04 Jul 2021	GLOSS event Wanstead Park No details	CHIG	Local
Sun 18 Jul 2021	LOK GLOSS event Fryant CP or Scratchwood No details	LOK	Local



Sun 25 Jul 2021	O-Ringen 25-31 July Sweden's largest annual orienteering event.	ORINGEN	International
Sun 25 Jul 2021	Coast and Islands – Day 10 Full; waiting list exists; 'Not all who wander are lost' (J R R Tolkien)	MA	Regional

[ends]