



Note from the Editor

A bumper edition this month, with the return of the Saturday series, and success at the Scottish Six Days plus the British Champs. We also have details about training and future events to help you improve your skills.

We look forward to seeing you all on Saturday 4th for the first of the new Saturday series, the last Street-O on 7th, and again at the AGM on 14th September.

Sascha (newsletter@herts-orienteing.club)

Return of Saturday Series

After a summer break, the Saturday series events return on 4 September. PS if you haven't entered yet, please remember it is pre-entry only via [SI Entries](#).

The following month will see the Youth league start up again!

Sat 4 Sep 21	Jersey Farm	Beginners and Saturday League
Sat 2 Oct 21	Heartwood	Beginners, Youth & Saturday Leagues
Sat 6 Nov 21	Ellenbrook	Beginners, Youth & Saturday Leagues
Sat 4 Dec 21	Chipperfield	Beginners, Youth & Saturday Leagues

The HH website has more details about the Saturday Series for any newcomers who want to understand how it all works. <https://www.herts-orienteing.club>

Youth league update

October will see the return of the Hertfordshire Orienteering Club Youth League, starting at Heartwood and run over the 5 Saturday series events in October, November, December, February and March.

Your best 3 scores count towards individual positions, while 4 events count for a groups position. HH juniors are very welcome to compete – there are even time bonuses for 'running up', so they can run at the most appropriate technical level.

As in previous years the league is open to any School or Youth Group (i.e. Scout Troop) and we would love to have more competing groups. Please see the [Youth league rules on the website](#).



Street-O continues

The last Street-O of this summer is back in WGC - follow the link for details.

Tue 7 Sep 21

[Welwyn GC Street Snooker-O](#)

Juniors Update – Success in Scotland

Despite additional restrictions placed by COVID it was great to see many HH Juniors having a really successful and fun summer at the Scottish Six Days event in the Highlands. We had ten runners taking part with some really strong performances on tough courses. Congratulations to all who took part with a big shout out the following who all placed well:

- Issy Hawks W12A 1st
- Hannah Freeman W18L 5th
- Maggie Soulsby W16A 6th
- Josh M'Caw M20S 1st
- Ben Gostick M16A 8th
- Darrio Tam M10A 6th
- Daniel Tam M10B 9th

Following the 2018 Talent Pathway Review, this year British Orienteering and Junior Regional Orienteering Squads (JROS) agreed to hold Badaguish as a talent camp for M15s and W15s and Deeside as a 16s talent camp.

We would like to congratulate Ben Gostick who was selected for the Deeside camp and Maggie Soulsby for her selection to the Badaguish camp.

Looking forward the British Schools event will be held in November 2021. HH will be assisting as it will be held at Stowe (Bucks) and planned by SMOC.

Interested in becoming a coach? Level 2 Coaching course - places available

There are a limited number of places available at a Level 2 coaching course on 16/17 October in the HH area. Level 2 is the recommended starting level for Club coaches and involves a 2 day course followed by a further day later this year.

If you are interested in this course or want to learn more about other coaching opportunities please get in touch with Alex: training@herts-orienteeing.club

There's also some useful info on the British Orienteering website here:

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



Free track night training session for HH members

We have teamed up with Welwyn's Garden City Runners (GCR) to provide an opportunity for a selection of lucky HH members to have a free taster session at one of GCR's regular bookings at the Gosling Sports Centre, Welwyn Garden City. GCR will provide the facilities and trainers so if you've ever wanted to get some proper running training, this is your chance!

Date: 23 September, 18:30 or soon after (training will start after a warm-up period).

Location: Gosling Sports Park, athletics track (Stanborough Road, AL8 6XE)

Cost: It's free!

Numbers may need to be limited and I need to give GCR an idea of how many to expect so please drop me an email (street-o@herts-orienteering.club) if you'd like to attend as early as possible and by 15 September at the latest. If we need to limit numbers I will select on a first-come-first-served basis.

You may be wondering why GCR are offering us this - this is a reciprocal arrangement after a number of GCR runners enjoyed some of our Street-O events so much that we recently put on a special Street-O session solely for GCR members- this was very well received with a good turnout of GCR runners.

Success at British Mixed Sprint Relays

This was going to be something new – but how was it going to turn out?

The first running of the British Orienteering Mixed Sprint Relay, held on Saturday at Skelmersdale, saw two HH teams involved. In the Ultra Vet (65+) mixed relay, Alan, Janet and Mick managed to pick up the gold medal! Our second Ad-hoc team came in a very creditable fifth with Ben, Neil and Helen.

Sunday brought individual sprint racing, with Janet winning the W65 class while Ben raced to a second place in M16, plus Theo (M10B) finished in second place despite having to stop to ask the photographer to fold his A3 sized tablecloth (map).



There are more details in the [full story on the website.](#)



HH AGM on 14 September

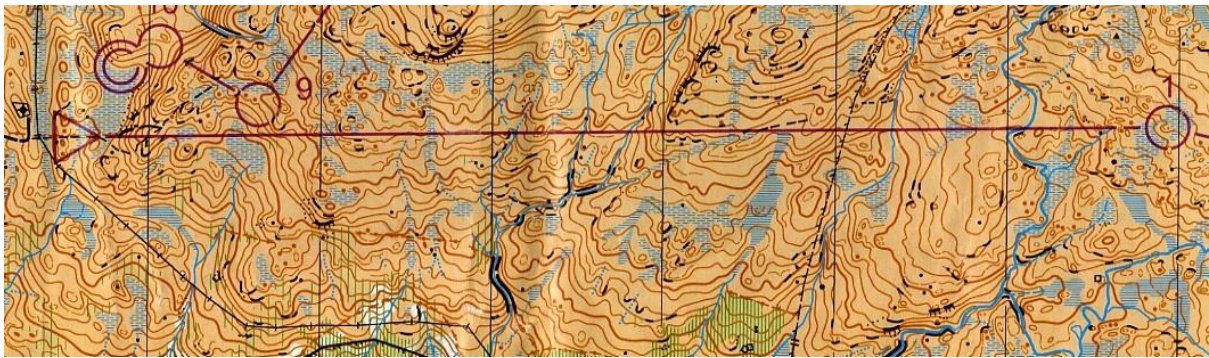
The HH Annual General Meeting will be held on 14 September. The meeting will be held on Zoom using this link:

<https://us06web.zoom.us/j/88908802687?pwd=L1VEZm1SejZaQ0pLK29teEErZUxWdz09>

Formal papers will be issued nearer the time for your review. Do contact the Secretary if you wish to raise any matters.

Scottish 3 days 2021

For many of us the Scottish 6 days (or equivalent) event at the start of August is one of the highlights of the year. As a 'holiday' event, courses are a little shorter than at other large events, but that doesn't stop them being amongst the most technically and physically challenging events we do - including the walks to the start.



Due to Covid, this year's event nearly didn't happen. By the skin of their teeth the organisers managed to put on half-size events, so each of us only ran on 3 days, not 6. All credit to them, they put on some fine events.

- HH's first day was at Arisaig. Many of us left the start and saw a long hillside stretching away into the distance, lots of ridges, valleys and marshes, few paths or indeed linear features at all. The first control was 2km away, 100m climb diagonally across the slope, on a 1-contour hill. But it was a fair control - good orienteering would get you there; relocation was possible if expensive.
- At Creag Dhubh the hillside was often thick with bracken, with rocks of varying sizes hidden within it, some poking above to be used as control sites. You could get there either on a very accurate bearing, by identifying all the clearings and boulders en route, or by detouring to the one path on the map and along it to get closer to the control. The last proved the most successful.
- Creag Meagaidh had an epic walk in, across soggy moors. It was impossible to keep your feet dry, people on shorter courses must have wondered whether it was worth the effort. But when you got up there it was much easier going, a good area for a middle distance event.



Apologies if I've made it sound too hard core. It's manageable for people who've done a few events like ours at Burnham or Ashridge, as long as you approach it with a sense of humour. Next year's equivalent is in the Lake District from 7-12 August.

The table overleaf shows the HH people who successfully placed in the top 3 in a long or A class, or first in a short, B or colour coded class:

Class	Name	Day 3	Day 4	Day 6
M10A	Darrio Tam		3rd	3rd
M16A	Ben Gostick			3rd
M20S	Josh M'Caw		1st	1st
M21S	James Errington			1st
M60S	David Saunders		1st	
M65L	Alan Rosen		2nd	1st
W12A	Issy Hawks	1st	1st	1st
W16A	Maggie Soulsby	2nd	3rd	
W18L	Hannah Freeman	3rd		2nd
W35L	Becky Raftery			1st
W45L	Helen Marsden		2nd	2nd
W65L	Janet Rosen	2nd	2nd	1st
W65S	Sue Hooper	1st	1st	
Yellow	Theodore Marsden		1st	

Mike (Chairman@herts-orienteeing.club)

British Schools Champs nearby in November

The British Schools Championships take place 20-21 November 2021 at Stowe, Buckingham. SMOC are providing the planner and HH will be doing the organising.

Helen will be looking for help from HH on the day for this event, so do make a note the diary. More details to follow soon.

Summary of forthcoming SE League events

<p>The next 2021 SEL events are:</p> <ul style="list-style-type: none"> * 14th Nov SN, Long Valley (with the SE Long Champs) * 5th Dec CHIG, Epping N 	<p>And then in 2022 →:</p> <ul style="list-style-type: none"> • 16th Jan DFOK, Chelwood • 23rd Jan SAX, Ightham • 6th Feb GO, Chobham • 13th Feb MV, Netley Heath • 27th Feb HH, Ashridge N • 10th Apr SLOW, Leith Hill • 22nd May SO, Friston
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List of notable events

Here is a provisional list of 'nearby' events, obviously subject to Covid restrictions permitting. We have also included events further afield – you may be planning to combine a holiday in the UK with orienteering....

Date	Event	Club	Level
Sat 04 Sep 2021	HH Saturday Series Jersey Farm Small mixed woodland and open land. Entries on SIEntries	HH	Local
Sat 04 Sep 2021	SLOW Urban event Ham Urban race. Few Details; entries on SI Entries	SLOW	Regional
Sun 05 Sep 2021	Nowton and Hardwick Nowton Park Bury- St-Edmunds. Mixed Park land extending into residential for longer courses; entries on Fabian 4	SUFFOC	Regional
Sun 05 Sep 2021	LOK 50th Anniversary Event Hampstead Heath Part of the City of London weekend. Interesting area. Entries on Fabian 4	LOK	Regional
Sat 11 Sep 2021	Milton Keynes summer urban, SEOUL and EAUL Great Linford Mix of park, forest and urban areas. Entries on Fabian 4	SMOC	Regional
Sun 12 Sep 2021	Cambridge North Urban Cambridge North Urban. Entries through Fabian	WAOC	Regional
Sat 18 Sep 2021	Caddihoe Day 1 (UKOL) and SWOA Middle Distance Championships Godshill, New Forest Details now on WIM web site; entries by Fabian 4	WIM	National
Sat 18 Sep 2021	Park-O Milton Milton Country Park Beginners event. Pre-registartion available	WAOC	Local
Sun 19 Sep 2021	SOS Baddow Ridge Danbury Last time we orienteered there was 1987. No details yet	SOS	Regional



Sun 19 Sep 2021	Caddihoe Day 2 (UKOL) and SWOA Long Distance Championships Hampton Ridge & Ashley Walk, New Forest. See above. 2 good New Forest areas are being advertised. Details on WIM web site	WIM	National
Sat 25 Sep 2021	SOG A2 Knowlands Wood Near Barcombe; no details yet	SO	Local
Sun 26 Sep 2021	Junior Inter Regional Championships Relays and October Odyssey South Gare. South East Juniors will be attending. Good luck.	CLOK	National
Sun 26 Sep 2021	Epping (Level B) inc. EA Champs Epping SW SW Epping. Many paths and lots of holly. No details yet	HAVOC	Regional
Thu 30 Sep 2021	World Cup Round 3 30 Sept – 3 Oct Italy For interest	–	International
Sat 02 Oct 2021	HH Saturday Series Heartwood New plantations with limited access; no details yet.	HH	Local
Sat 02 Oct 2021	British Orienteering Championships (UKOL) – rearranged from 2022 Braunton Burrows One not to miss; detailed sand dunes; see https://www.theboc.org.uk/ for details	DEVON	Major
Sun 03 Oct 2021	BOC weekend supporting event (UKOL) – rearranged from 2022 Braunton Burrows. As above	–	National
Sat 09 Oct 2021	25 manna Sweden - a 25 man relay event	–	International
Sat 09 Oct 2021	Bush Heath (UKOL) Mildenhall; entries will be on Fabian 4	WAOC	Regional
Sat 09 Oct 2021	Junior Home Internationals Individual Hindhead Devils Punch Bowl Not a public race; but spectators welcomed	SLOW	National
Sun 10 Oct 2021	Junior Home Internationals Relays Bramshott See the best Juniors in action; open race after the relay; Entries will be on SI Entries	SLOW	National
Sun 10 Oct 2021	SWELL local event Epping SE Epping is always interesting. Details to follow	CHIG	Local
Sun 10 Oct 2021	SLOW Regional event Bramshott	SLOW	Regional



Sun Oct 2021	24	GO	Urban	Event	Guildford		
What's to say; its an urban in a city. Probably starts near the Uni or cathedral.						GO	Regional
Sat Oct 2021	30	Cambridge City Race 2021			Cambridge City Centre		
Enjoy 'the backs' and other sights (and sites) in Cambridge. Entries on SIEntries						CUOC	Regional
Sat Oct 2021	30	SOG	A5	Rivers	Wood		
Small interesting woodland near Crawley; no details yet						SO	Local
Sat Nov 2021	06	HH	Saturday	Series	Ellenbrook		
Largely open but likely to have undergrowth. One-time airfield						HH	Local
Sun Nov 2021	14	SN	Trophy	Long	Valley	North	
Top quality MOD land near Aldershot ; recommended also SEL; no details yet						SN	National
Sat Nov 2021	20	British Schools Orienteering Championships			Training	Event	TBA
Volunteers needed; contact Helen Errington						HH	Regional
Sat Nov 2021	20	SE	Night	Champs	Gravetye	Woods	
Near East Grinstead; no details yet						SO	Regional
Sun Nov 2021	21	Mildenhall				South	
Largely conifer forest but worth the travel						WAOC	Regional
Sun Nov 2021	21	British Schools Orienteering Championships			Stowe	Park	
National Trust parkland area. Come to cheer on the best.						HH	National
Sun Nov 2021	28	Weald	Park		(Regional)		
Near Brentwood and M25. Park and Woodland						HAVOC	Regional

[ends]