



Note from the Editor

Another bumper edition, full of information about the AGM, new committee members and events in the near future. We also introduce a 'Newcomers corner' with information to help those of you starting your orienteering journey.

We look forward to seeing you all on Saturday 2nd October at Heartwood.

Sascha (newsletter@herts-orienteering.club)

Have you registered for Heartwood 2 October?

Our next Saturday event takes place at Heartwood next Saturday (2nd Oct). Entries are still open with Short Blue; Light Green; Orange; Yellow; White courses available.

https://www.sientries.co.uk/event.php?elid=Y&event_id=8788

As usual, we needing our usual cohort of helpers to make the event a success. Every helper will be given the chance to run and a choice of early or late shifts. Email Stu to volunteer.

Stu (Events@herts-orienteering.club)

Fancy running round Cambridge?



CUOC warmly invites you to the seventh edition of the Cambridge City Race, taking place on Saturday 30th October 2021. The race will take place in and around the historic centre of Cambridge and will provide competitors with a technical and memorable racing experience [according to the organisers].

The event will be based out of the Fort St. George Pub on Midsomer Common: the perfect opportunity for a post-race pub meal, followed perhaps by a more leisurely explore of central Cambridge. [More details are available here.](#)



Call for volunteers

I am in need for officials for these upcoming events:

- **ELLENBROOK, 6th Nov:** ORGANISER
- **STOWE, 20 Nov.** (Helpers - see below for more details)

If you can take any of these roles on, please let me know.

HH AGM on 14 September

We held the HH AGM two weeks ago and full minutes will be emailed out shortly. In summary the Secretary's and Treasurer's reports were approved; three members stood down after serving their maximum three years (thank you Mike, Ian, Sascha!); and new people were voted in as part of the core committee. These posts were filled as follows:

Role	Elected	Contact
Chair	David Dixon	chair@herts-orienteeing.club
Captain	Tom Cochrane	captain@herts-orienteeing.club
Secretary	Adam Leaf	secretary@herts-orienteeing.club

Given the absence of a Club Dinner this year, we also presented the Annual Awards, with three outstanding nominations having their efforts recognised:

Trophy	Purpose	Winner
Farmer trophy	Best newcomer	Rachel Sequeira
Marsden	Junior supporting the club	Matthew Dixon
Harding	Club member	David Dixon

Rachel had barely started orienteering when the first lockdown hit us. She kept trying all that we put on during lockdown. She has since progressed to some good results at urban events and is now tackling TD4/5 forest events.

Matthew has set a great example to younger juniors with his running, and has shown real maturity in helping them too.

David was nearly ineligible for the trophy, it's not open to core committee members. But the committee agreed he had done more than anybody else to keep the club active over 2020, with various Post-O and DIY-O initiatives, which also led him to be nominated as [BOF Volunteer of the Year – details here.](#)



Club vacancies

HH is a thriving club. Yet we can only continue to exist if our members are prepared to help out – both in one-off volunteer roles at events and in longer term, specific roles. Post-AGM, the club has vacancies for a few key roles. Each is relatively manageable in terms of time and effort, and suitable for members of all levels of experience.

Please let me know if you would like further information or wish to stand for a role. If younger members are looking for volunteering opportunities, these may be suitable for formal activities such as Duke of Edinburgh's Award - I'd be happy to help with this.

The club committee will convene on 7 Oct to appoint to these roles:

Newsletter editor

- Produce a regular (monthly) club newsletter for distribution by email.
- Circulate a draft copy of the Newsletter to Committee members to ensure accuracy and elicit further information for inclusion
- Solicit articles from the wider club membership.

Volunteer coordinator

- Act as the main contact for all Volunteers
- Ensure volunteer workload is distributed evenly and volunteers are given suitable and achievable tasks
- Ensure volunteers receive appropriate training and support, and their efforts are recognised and thanked
- Implement a policy of open recruitment when appointing volunteers
- Promote volunteer development
- Promote and support the use of young volunteers
- Recruit and retain new volunteers.

Street-O coordinator

- Arrange a series of typically urban score events during the summer season (each Tuesday from the first week after Easter to the week before the AGM)
 - Identify areas, dates and planner/organisers to fill the programme.
 - Provide support to planner/organisers in course planning, map generation and risk assessment.
 - Take responsibility for event results generation.
 - Liaise with treasurer for takings/expenses and participation returns.
 - Liaise with event co-ordinator as appropriate for event registration.

(David Dixon, chair@herts-orienteeing.club)



Street-O 2021 retrospective

Despite Covid, we managed a near-complete Street-O season in 2021. We started a few weeks later than usual in May and ran 16 events up to the beginning of September. There were a few changes this year, including moving to MapRun for scoring and routes, and moving payment to electronic transfer. Both seem to have worked – most participants got the phone app working with few issues and most of the remaining runners uploaded GPS tracks from watches post-event. It helped that we'd been using MapRun for DIY-O for the previous year but even first-timers found it straightforward. Payments caused some extra work for the treasurer (thank you Ben!) but again it all seems to have worked out OK. We have kept map costs down by printing in-house with the major cost being the BOF levy. This all meant we were able to return a small surplus to the club's reserves after costs.

Here are some stats, courtesy of our Treasurer:

- 16 events with 14 different organisers
- 84 unique runners (45 HH; 12 BOF from 10 other clubs; 27 non-members)
- Most prolific runners: Nicola Trotman, David Hodson, Daniel Hodson each had 13 runs
- Total runs = 313 (close to average of 20 per event)
- Best attended events: Welwyn GC Snooker-O (27), Redbourn (26), Colney Heath (25)

Although Street-O events have ended, all 16 courses are available for you to run or re-run. In addition all the DIY-O courses from 2021 (8) and 2020 (23) are also available giving 47 courses in total – all details at <https://www.herts-orienteeing.club/fixtures/street-o-2021/diy-street-o/>

(David Dixon, chair@herts-orienteeing.club)

Infinite typewriters

At the Milton Keynes urban event on 11 September, HH people achieved the following places:

- Daniel Hodson 1st on course 1
- David Dixon 2nd on course 2
- David Hodson 3rd on course 3
- Mick Smith spoilt the sequence by coming 3rd, not 4th on course 4
- (No runners on course 5 or 7)
- Alice Soulsby 6th on course 6 (and sister Maggie was 5th)

A better statistician than me might be able to work out those odds. HH had circa 20% of the runners and those mentioned were the leading HH finishers on each course.

Mike Bennett



Welcome return of Saturday series

The new Saturday Series season kicked off with our first event at Jersey Farm nr Sandridge on September 4th.

Things got off to somewhat shaky start when the control hangers discovered that 4 controls on the Short Blue course had become inaccessible - resurfacing work along the Jersey Lane track had set up an impenetrable barrier across the only route we could use to reach them. Consequently, that course had to be reduced by around 1k. but it did still leave a good fast course to run around.

By way of compensation, we found that the very high grass in the open areas had been cut down the previous week. This meant direct routes were unexpectedly available without unduly penalising early runners who the planner feared would have to forge the path to benefit those coming later. It also led to some fast times.

The weather was very pleasant and it was great to once again to see folks sitting around in small groups chatting together after their runs. It created a lovely relaxed feel and everyone seemed happy to be out and back into orienteering again. Welcome Back!

Saturday Series continues

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-orienteering.club>

Summary of forthcoming SE League events

The next 2021 SEL events are:

* 14th Nov SN, Long Valley
(with the SE Long Champs)

* 5th Dec CHIG, Epping N

And then in 2022 →:

- 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

→ HH Is planning to hold the HH Club championships at HAVOC event on 28 November – more details to follow soon.



Training update - plans for the rest of 2021

Hello – hopefully everyone has been getting back out into the forest and is ready to improve their O skills...

We have been working to get some dates organised for training over the next few months – there will be something for everybody. Here are provisional dates :

Date	Venue	What/Who is it for?
23 October	Ashridge	Juniors training
27 November	Highfield	Orienteering 101 for all newcomers
11 December	Chipperfield	Juniors training
28 December	TBC	Whole Club training

Juniors training this Autumn

HH offers friendly and fun training events for all junior club members. Everyone trains in a group with similar skills and experience assisted by a qualified coach. Younger and inexperienced juniors may want to train with a parent until they are confident with the basics (a good test is if you can navigate a yellow course independently).

We will send out an email with more specific details a few weeks before each event.

The best thing you can do is to join the Juniors email group. Best if it comes from the address you signed up to British Orienteering with, so we can match it to a HH junior.

→ It's very easy, just send an email to HHJOS+subscribe@groups.io.

Helpers/coaches

We always welcome offers to help out with training sessions. It is a fun way to spend a couple of hours, support the club's juniors and even check if you know your orienteering techniques. Let me know if you can help out occasionally – we are not expecting lifetime commitments – and the more the merrier.

If you have any questions please email me

Alex (training@herts-orienteeing.club)

Interested in becoming a coach? Level 2 Coaching course

There are some places available on 16/17 October. Level 2 is the recommended starting level for Club coaches and involves a 2 day course followed by a further day later this year. Get in touch with Alex: training@herts-orienteeing.club

There's also some useful info here: <https://www.britishorienteering.org.uk/coaching>



Newcomer's corner

If you are new to orienteering, there are some great people within HH to help you develop your o-skills and running ability.

A good starting point is to understand the various symbols used on maps and in the control descriptions. That can save you time when running and help you find a better route.



One great resource was prepared by HH's Simon Errington, show in this image. You can download his ['guide to orienteering map symbols'](#) [here](#).

Next time we will feature the guide to control descriptions.

At orienteering events there are a number of courses, classified by colour and detailed below, which gradually increase in technical and physical difficulty.

Course	Length	Description
White	0.5-1.5km	Easy. Ideal for children to tackle solo. Courses do not leave paths..
Yellow	1-3km	Easy but slightly harder than White. A good course for beginners, mostly on paths. Suitable for ages 10 and up, a good first course for anyone to try, and great for families to go around together.
Orange	3-5km	More of a challenge and the courses are a bit longer. Some controls are off paths. Again a good course for families to tackle together. Longer orange courses are ideal for runners trying orienteering for the first time.
Light Green	3.5-4.5km	Moderately hard but not too long. Suitable for runners moving up from an Orange course, and for improvers.
Green	4-5km	Technically difficult, but relatively short. Not suitable for first timers.
Blue	5-7km	Technically difficult, medium length. Not suitable for first timers.
Brown	7km+	The brown courses are technically difficult and long. You guessed it - not for first timers.
Black	10km+	These are the longest courses at standard orienteering events with typically distances of over 10km.



Captain's update

The Mitchells may have been the only HH representative on 11-12 September at the Welsh Championships at Merthyr Common, SE Wales, but Sian came back with the trophy as Welsh Champion!

- Sian became Welsh Long Distance champion with a clear win in W40
- She also came close the day before when finishing in 4th place less than 30 seconds down on the winner in the Middle Distance.
- Niamh and Cerys Mitchell both finished the Middle Distance in 2nd on W10 and W12 respectively, with Niamh also repeating her result in the Long.



The club had a successful time at the Caddihoe Chase. (Results are somewhat confusing so apologies if we missed some notable results...)

- Alan Rosen - 2nd on Course 4 on Day 1
- Ben Gostick - 1st on Blue on Day 2
- Janet Rosen - 1st woman on Short Green on Day 2

LOK put on a well-attended 50th Anniversary Event on Hampstead Heath:

- David Frampton - 2nd on Blue
- Maggie Soulsby - 3rd woman on Green
- Alice Soulsby - 1st on Light Green



Following last month's write-up about the British Sprints in Skelmersdale, we now have photos of the medal ceremony and glory for the Ultravets +65 team of Alan and Janet Rosen plus Mick Smith.

Ultra Vet (65+)

Pos	Time	Team No	Team Name	Club	Lap 1 L	Lap 1 O	Lap 2 L	Lap 2 O	Lap 3 L	Lap 3 O	Competitors
1st	44:10	414	HH Antelope	HH	15:07	2nd	<u>12:52</u>	<u>1st</u>	16:11	3rd	Alan Rosen, Janet Rosen, Mick Smith
					15:07	2nd	<u>27:59</u>	<u>1st</u>	<u>44:10</u>	<u>1st</u>	
2nd	45:59	401	SLOW Bobcats	SLOW	15:11	3rd	15:01	5th	<u>15:47</u>	<u>1st</u>	Paul Street, Sarah Brown, Alan Leakey
					15:11	3rd	30:12	2nd	45:59	2nd	
3rd	48:22	411	BL UV2	BL	16:55	6th	14:06	2nd	17:21	5th=	Stephen Eastley, Christine Kiddier, Andrew Bell
					16:55	6th	31:01	3rd	48:22	3rd	



And finally there were several podiums at recent urban races, with Milton Keynes being a particularly happy Herts hunting ground:

- Daniel Hodson - 1st on Course 1 at MK (with what looks to have been a personal best in terms of ranking points - well done!)
- David Dixon - 2nd on Course 2 at MK
- David Hodson - 3rd on Course 3 at MK
- Mick Smith - 3rd on Course 4 at MK
- Maggie Soulsby - 1st woman on Course 6 at MK
- Alice Soulsby - 2nd woman on Course 6 at MK
- Janet Rosen - 1st on Course 5 at Leatherhead
- David Dixon - 2nd on Course 2 at Cambridge
- David Hodson - 3rd on Course 3 at Cambridge
- David Dixon - 1st on Course 2 at Ham



British Schools Champs 2021 - postponed from 2020, new venue!

HH were due to stage the British School Champs in 2020 at Wormley Woods & Paradise Wildlife park - the pandemic put paid to that idea. The 2021 event was to have been in the far north west, but a chance meeting between myself and the BSOA Secretary at the Stowe event in September 2020 led to a conversation about how great the area would be for the British Schools Champs. A year later, here we are!

The British Schools Champs consist of 2 elements this time - a training event on the Saturday - currently we are looking at advising schools to use the permanent course at Campbell Park, Milton Keynes and then the Championships on the Sunday to be held at Stowe, thanks to the National Trust. There is no public or helper event, it is closed except for school competitors only. In the past we have been able to hold a public event on an adjacent area but this will not be possible in 2021.

HH are the organising club and SMOC are the planning club although helpers will be needed from both clubs for all the tasks. Advance tasks such as entries are done by BSOA Secretary. Results on the day will be done by Michael Napier.

The organisers need HH members to volunteer on 20 November

→ I am looking for helpers on the day to run the start, patrol the area to scoop up very lost runners, and other tasks such as control hanging and collection and also car parking etc. All very low key and straight-forward.

If you are able to give up some time to assist with this event I would be very grateful. This will be the 3rd time that HH have staged the British Schools Champs, 1999 was in Cassiobury and 2010 was at Wormley - 2021 will be at Stowe!

I know that Alex and Jennie Soulsby (HH Training & Junior Officers) will be getting teams out from St Albans Girls School, so come and support them as well as help out.

Details of eligibility etc are available here <http://www.bsoa.org/Competition/National> .

Any club junior can ask their school to send a team of 1 or more, so any junior can take part as long as they get their form signed by their head teacher. Full details and application forms will be sent available very shortly. Many thanks

Helen Errington (helen.maprunner@gmail.com)

Call for articles

We're always looking for contributions. Do you have something that other HH members would find interesting? Updates for this newsletter would be very welcome and could cover orienteering event reports, technical or personal articles or pretty much anything else with at least a hint of orienteering relevance. Photos are also welcome. Contact our newsletter editor: newsletter@herts-orienteering.club



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 02 Oct 2021	HH Saturday Series Heartwood New plantations with access; Details on web site; Entries on SI Entries .	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	National Middle Distance Race (BOC weekend, UKOL) Braunton Burrows. See above	-	National
Sat 09 Oct 2021	Bush Heath (UKOL) Mildenhall; entries on Fabian 4	WAOC	Regional
Sat 09 Oct 2021	Junior Home Internationals Individual Hindhead Not a public race; but spectators welcomed	SLOW	National
Sat 09 Oct 2021	SOG A3 – Rewell Quarry, Slindon (near Arundel) Interesting little complex area Entries on Racesignup	SO	Local
Sat 09 Oct 2021	Back to Black ... Blackheath Good quality area near Guildford; worthwhile; Entries on racesignup	GO	Local
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	EPPING SE – SWELL and local event Epping is always interesting. Parking at Loughton; Entries on Fabian 4	CHIG	Local
Sun 10 Oct 2021	SLOW Regional event Bramshott See the best Juniors in action; open race after the relay; Entries will be on SI Entries	SLOW	Regional



Sun 24 Oct 2021	GO Urban Event Guildford What's to say; its an urban in a city. Probably starts near the Uni or cathedral.	GO	Regional
Sat 30 Oct 2021	Cambridge City Race 2021 – Cambridge City Centre Enjoy 'the backs' and other sights (and sites) in Cambridge. Entries on SIEntries	CUOC	Regional
Sat 30 Oct 2021	SOG A5 – Rivers Wood, between Balcombe & Haywards Heath Small interesting woodland near Crawley; no details yet	SO	Local
Sun 31 Oct 2021	SE Middle Distance Championships Kings Wood Near Challock; details coming later	SAX	Regional
Sat 06 Nov 2021	HH Saturday Series Ellenbrook Largely open but likely to have undergrowth. One-time airfield; no details yet	HH	Local
Sun 07 Nov 2021	November Classic (UKOL) Milkham and Sluffers A 'Classic' in the New Forest. No details yet	SOC	National
Sun 07 Nov 2021	SOS Chalkney No details yet	SOS	Regional
Sat 13 Nov 2021	Park-O Trumpington Meadows Local Cambridge Park area. Entries open one month before event.	WAOC	Local
Sat 13 Nov 2021	Southern Night Championships Twelseltdown Part of Long Valley map; Top quality MOD area	BAOC	Regional
Sun 14 Nov 2021	SN Trophy Long Valley North Top quality MOD land near Aldershot ; recommended also SEL; Entries on Racesignup	SN	National
Sat 20 Nov 2021	British Schools Orienteering Championships Training Event Volunteers needed; contact Helen Errington	HH	Regional
Sat 20 Nov 2021	SE Night Champs – Gravetye Woods, between Turners Hill & West Hoathly Near East Grinstead; no details yet	SO	Regional
Sun 21 Nov 2021	Mildenhall South Largely conifer forest but worth the travel	WAOC	Regional



Sun 21 Nov 2021	British Schools Orienteering Championships Stowe Park National Trust parkland area. Come to cheer on the best.	HH	National
Sat 27 Nov 2021	British Night Championships (UKOL) Cleeve Hill Forest of Dean. No details yet	NGOC	Major
Sun 28 Nov 2021	HAVOC Weald Park East Anglian League Event Near Brentwood and M25. Park and Woodland ; No Details yet - VENUE FOR HH CLUB CHAMPS	HAVOC	Regional
Sat 04 Dec 2021	HH Saturday Series Fairlands Valley Open parkland with wooded bits. No details yet; Near Stevenage.	HH	Local
Sun 05 Dec 2021	The Mitre National Event, SE League and SWELL. Epping N Perhaps one of the best bits of Epping. No details yet	CHIG	National
Sat 11 Dec 2021	DFOK Kent Orienteering League Joydens Abbey Wood SE London. No details yet	DFOK	Local
Sun 12 Dec 2021	Southern Championships (UKOL) South Ashdown Part of Ashdown Forest with lots of variety; open/wooded/marshy. Entries not open yet	MV	National
Sun 19 Dec 2021	TVOC 50th Anniversary Regional Event Shotover Country Park Very interesting area on a hill side east of Oxford; Parking in BMW Mini car park	TVOC	Regional
Sun 26 Dec 2021	LOK/HH Boxing Day Score Trent Park A great way to run off the Christmas excess. Find as many controls as you can in one hour and then home for more Xmas Pud	LOK	Local
Mon 27 Dec 2021	SO Xmas Score event Rewell Wood Another Christmas score; Near Arundel	SO	Local

[ends]