



## Happy Herts Newsletter 288 November 2021

### Note from the Editor

Lots of information about recent and forthcoming events this time, including success for HH members.

Ellenbrook is on Saturday, but also of note is the deadline for the British Schools Orienteering Champs – entries close on 4 November – see below for more details.

**Sascha** ([newsletter@herts-orienteeing.club](mailto:newsletter@herts-orienteeing.club) )

### Ellenbrook next weekend

On 6 November, you can run at Ellenbrook to the west of Hatfield. Pre-entry only for this Saturday series and Youth League event, so you have just a few days left to book your place.

Organiser Tim has asked for volunteers to support on the day, so do contact him if you can spare some time to help. [More details here.](#)

Tim Bywater-Lees ( [tim.bywaterlees@gmail.com](mailto:tim.bywaterlees@gmail.com) )

### British Schools Orienteering Championships

If the BOF fixture list is your reading matter of choice, you may have noticed that HH is down to organise the British Schools Orienteering Championships at Stowe (near Buckingham) on **Sunday 21 November**, in conjunction with SMOC. There's a long story: it was originally going to be in 2020 at Wormley - ask Helen if you dare!



We need a relatively small number of helpers. If you're interested & available, contact [volunteer@herts-orienteeing.club](mailto:volunteer@herts-orienteeing.club) . Sorry, you won't be able to run. As a small token, we will offer helpers free entry to the Ace of Herts in February.

There are school trophies and individual medals on offer. If your child would like to run, see the details on <http://www.bsoa.org/home/raw?htm=BSOC21> . Entrants need to have run a course of the appropriate standard say 3 times unaccompanied, although the younger ages can run as pairs.

Note that the entry should be for all the orienteers at the school, and needs to be signed by the Head - **and completed by 4 Nov**. If there are only a couple of runners from the school, one of you parents might want to deal with admin and payment to make it as easy as possible for the Head to say yes! And of course parents acting as chauffeur would be well placed to help, see above.



## Training - Orienteering 101 intro for newcomers

Saturday 27th November 14:30 - Highfield Park Visitor Centre, St Albans

Hertfordshire Orienteering Club is running an introduction to orienteering aimed at juniors and their parents who would like to try orienteering or who have been to a couple of events and now want to know more. Using a mixture of games and practice inside and out in the park, we will cover things like:

- Understanding the map
- Key orienteering skills everyone should know
- What to do when you get lost
- What events are on and what course should I do?

Feel free to share this with colleagues who may be interested. To find out more or to reserve your place please email me.

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

Alex ( [training@herts-orienteering.club](mailto:training@herts-orienteering.club) )

## Junior Training News

Next event: Ellenbrook Saturday Series on 6th November.

**Highfield:** HH Juniors of all ages (M/W10 to 16 and a few parents) enjoyed an energetic training session in a busy Highfield Park last Saturday. As an unsuspecting member of the public enjoyed his relaxing Saturday Starbucks he was invaded by a dozen noisy orienteers trying to reach control 1 which happened to be the bench he was sitting on. The main event was a pair of relay races with mixed teams tearing around the park to win the glory. Victory went narrowly to Rory, Poppy and Steve (not strictly a junior!) running the Yellow course.

**HH Juniors Away Fixture:** A message to all juniors. Please try to make it to the HH Club Champs on 28th November at Weald Park in Essex. HH coaches will be there to give you some tips beforehand and see how it went afterwards. Feel free to ask us about which course to enter too. Official club competition is Light Green for 14s and 16s and Orange for 12s and under but we'll be looking to add some informal competition and prizes.

<https://www.orienteering-havoc.co.uk/events/weald-park-regional-28-nov-2021>

## Congratulations to Ben Gostick & Maggie Soulsby

They have been selected for the newly formed British Orienteering Talent Squad South. Well done for all of their hard working and training that helped them to qualify. There is a news article on the British Orienteering website:

<https://www.britishorienteering.org.uk/news/5778>

Jennie ( [juniors@herts-orienteering.club](mailto:juniors@herts-orienteering.club) )



## WGC Snooker-O

As reported last month, this year's Street-O finished with a slightly different event in Welwyn Garden City – here's a belated report.

The idea of running an orienteering event using a snooker-based scoring system has appealed for a while, after taking part in something similar at WAOC's Wimpole event:

<https://www.waoc.org.uk/events/wimpole-hall-estate-2019-06-15>

The advantages are that it adds a bit of novelty, and allows a fun event in a relatively small area; the disadvantages are a complex scoring system for competitors, and a complex scoring system for the person in charge of results...

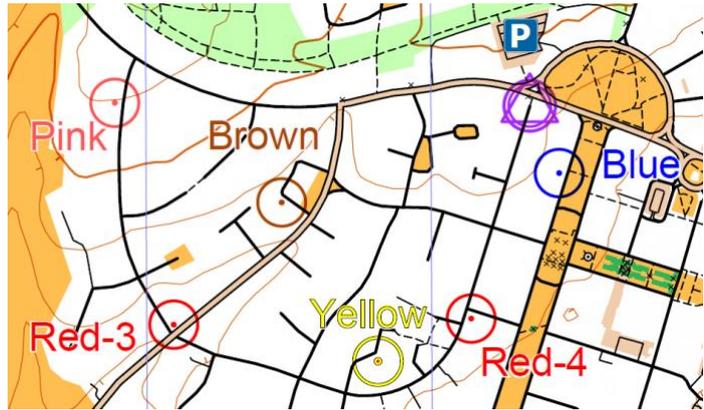
As per all our Street-Os this year, this was a 45 minute score event using MapRun and street features as controls.

However instead of the usual 20 points per control scoring, controls were coloured and were scored as if they were snooker balls – 10 points for a red, 20 for a yellow, etc. Again like snooker, order was important – a red first then a colour, then a red and so on. This meant that tactics were important! Some runners tried to maximise score per control by picking high value but distant colours while others tried to maximise numbers of controls by picking lower value but central colours. I had tried to plan to give this option (and to make sure nobody was going to clear the virtual snooker table!). Surprisingly, both tactics worked out OK.



One of the other advantages was that there were a few junctions that were likely to be visited multiple times so by also sending participants out in a narrower time window than usual, there were many more meet-ups which made it feel more of an "event". Even better, the start/finish was close to Humphrey's bar at the theatre so a lucky few were able to retire for a post-race drink and chat.

The final scores table is shown below, with Dan pipping his dad to first place.





Position	Runner	R	C	R	C	R	C	R	C	R	C	R	C	R	C	Y	G	Br	Bl	P	B	Score	Time	Penalty	Total	Distance	Points/km
1	Daniel Hodson	14	50	16	70	11	70	12	70	15	60	13	40	20	30	40	50					560	43:23:00	0	560	9.74	57.5
2	David Hodson	14	50	16	70	11	70	12	30	15	60	13	40	20	30	40	50					520	42:46:00	0	520	9.11	57.1
3	Gavin Clegg	14	70	16	70	11	70	12	70	15	70	13	60	20								490	44:05:00	0	490	8.76	55.9
4	Matthew Dixon	14	70	16	70	11	70	12	70	15	70	13	60	20								490	44:17:00	0	490	8.83	55.5
5	John Duffield (by bike)	14	20	16	70	11	30	12	40	13	60	15	50	20	30	40	50	60	70			600	50:33:00	120	480	13.66	35.1
6	Mike Bennett	14	70	16	70	11	70	12	70	15	60	13	40	20								460	45:00:00	0	460	7.97	57.7
8	Mick Smith	12	70	11	70	16	70	15	60	13	60	14	50									440	45:00:00	0	440		
7	Rachel Sequeira	14	50	16	70	11	70	15	30	12	40	13	60	20	30	40	50					520	48:53:00	80	440	9.66	45.5
9	Melanie Hilton	14	70	16	70	11	30	15	70	12	20	13	60									380	44:47:00	0	380	7.18	52.9
10	John Hayler	14	50	16	70	11	70	12	30	15	40	13	50	20	30							420	48:28:00	80	340	9.12	37.3
11	Dave Tookey	14	20	12	30	11	70	16	50	13	60											280	39:30:00	0	280	5.46	51.3
12	Charlie Dixon	14	50	16	70	11	70	12	20	13	40											300	45:24:00	20	280	5.68	49.3
16	Tony Harden	16	70	15	60	13	40	14	50													260	31:22:00	0	260	4.8	54.2
13	Anthony Barnes	14	20	13	60	15	30	11	70	16	50											280	45:03:00	20	260	5.17	50.3
14	Sarah Dixon	14	20	12	30	11	70	16	70	15	40	13	50									340	48:44:00	80	260	5.98	43.5
15	Nicola Trotman	14	20	13	60	15	30	11	70	16	70	12	50									360	49:35:00	100	260	8.1	32.1
17	Helen Satterthwaite	14	20	12	30	11	30	15	30	16	20	13	40	20								250	44:41:00	0	250	6.08	41.1
18	Kevin Parkes	14	20	12	30	11	70	16	30	15	40	13	60									310	48:31:00	80	230	6.83	33.7
19	David Float	14	50	16	70	11	30	15	40	12	20	13	60	20	30	40	50					470	56:09:00	240	230	9.03	25.5
20	Anne Stockley	14	20	12	30	11	70	16	50	13	60											280	47:17:00	60	220	6.93	31.7
21	Ruth Disney	14	20	12	30	11	70	16	50													210	43:19:00	0	210	3.62	58.0
22	Elizabeth Disney	14	20	12	30	11	70	16	50													210	43:33:00	0	210	3.7	56.8
23	Viv Hodson	14	20	12	30	11	30	15	70	16	40	13	60	20	30	40	50					450	56:52:00	240	210	8.81	23.8
24	Al Soulsby	14	60	16	70	11	70	15	30	12	60	13	60	20								430	45:21:00	20	410	4.71	87.0
25	Robert Disney	14	20	16	70	15	30	12	40													200	45:02:00	20	180	6.31	28.5
26	Neil Gostick	14	40	13	20	12	30	15	30	11	70	16	50									300	51:53:00	140	160	6.042	26.5
27	Penny Parkes	14	20	12	30	11	70	15	60													220	56:11:00	240	-20	4.71	-4.2

The course is still available to run and the map is available from the DIY-O page: <https://www.herts-orienteeing.club/fixtures/street-o-2021/diy-street-o/>

## Club vacancies

After a decade in the role, Helen has decided to stand down as club Welfare Officer. Thank you Helen for taking on this important role for so long!

That does mean the role is available, so if anyone is interested in taking it on, do contact David to discuss further.

David Dixon, [chair@herts-orienteeing.club](mailto:chair@herts-orienteeing.club)

## Heartwood event

This Saturday Series event went ahead on 2<sup>nd</sup> October. Over 100 runners enjoyed dry and mild conditions, with some close times on the courses.



## AGM minutes

The HH AGM was held on 14 September. We have now published the minutes – they are available on the club website.

<https://www.herts-orienteeing.club/members-section/2021-agm-minutes/>



## 14 hour First Aid Course

I have a few places available on a 14 Hour First Aid Course that I am organising. It is specially recommended for those of you who spend time in the outdoors and mandatory for coaches working in remote or hazardous areas.

Dates; 7 <sup>th</sup> November and 19 <sup>th</sup> December Venue; Longridge Outdoor Centre near Marlow. Cost; Approx £120 with a subsidy from HH.	Contact  Keith Marsden keith@familymarsden.org
--	---

## HH position in UKOL

Current positions in UK Urban League:

In the last few days, HH has moved up from 7<sup>th</sup> to 6<sup>th</sup> in the country in the Club league, with some great performances listed on the UKOL website:

from <https://www.ukorienteeringleague.org.uk/page/clubleague>

and <https://www.ukorienteeringleague.org.uk/page/individualleague>

## Uk Orienteering League

Rank	Club	Points	Contributing members
1	SYO	4287	Martin Ward (M50), Pauline Tryner (W45), Euan Tryner (M18), Tim Tett (M60), Imogen Pieters (W16), Jenny Peel (W50), Jenny Lightfoot (W50), Jamie Lightfoot (M16), Kristian Groom (M40), Peter Gorvett (M70), Colin Drury (M70), Amanda Crawshaw (W50), Mark Chapman (M55), Kim Baxter (W45), Charlie Adams (M55)
2	BOK	4242	Mark Saunders (M60), Ifor Powell (M50), Chloe Potter (W21), Ted McDonald (M75), Amy Lee-Jones (W16), Carol Iddles (W65), Jackie Hallett (W60), Clive Hallett (M55), Tommi Grover (M45), Clare Fletcher (W75), Tom Dobra (M21), Sara Currie (W40), Karen Crawford (W50), Alice Bedwell (W60), Scott Bailey (M45)
3	FVO	4156	Vicky Thornton (W60), Ben Stansfield (M50), Peter Molloy (M20), Grace Molloy (W21), Jason Inman (M50), Sam Hunt (M16), Will Hensman (M40), Lindsey Hensman (W70), Paul Hammond (M45), Jenny Hammond (W45), James Hammond (M16), Roger Goddard (M45), Jamie Goddard (M18), Heather Fellbaum (W55), Dave Coustick (M75)
4	SO	3713	James Yule (M18), Alan Velecky (M55), Kate Turner (W45), Di Turner (W70), Ruth Rhodes (W75), Nicholas Jarvis (M21), Julia Jarvis (W50), Will Heap (M45), Tommy Heap (M16), Stanley Heap (M20), Scarlet Heap (W18), Peter Chapman (M55), Anna Chapman (W45), Steve Blount (M60), Jill Blount (W60)
5	OD	3662	Max Straube-Roth (M12), Anne Straube (W45), Trevor Simpson (M80), Hilary Simpson (W80), Liz Phillips (W55), Chris McCartney (M50), Nathan Lawson (M21), David Lawson (M55), Alistair Landels (M50), Paul Gregson (M40), William Gardner (M21), Barry Elkington (M65), Mykyta Chubynsky (M45), Sheila Carey (W75), Peter Carey (M75)
6	HH	3651	Maggie Soulsby (W16), Alexander Soulsby (M40), Mick Smith (M70), Janet Rosen (W65), Alan Rosen (M65), Ian Marsden (M45), Helen Marsden (W45), Sophie Jones (W20), Viv Hodson (W55), Kevin Harding (M60), Neil Gostick (M55), Ben Gostick (M16), Simon Errington (M55), Helen Errington (W60), Mike Bennett (M65)
7	TVOC	3469	John Thompson (M85), Jenny Thompson (W80), Roger Thetford (M55), Richard Sharp (M55), Carys Sharp (W16), Jim Prowling (M75), Colm Moran (M21), Heidi Lloyd (W40), Dave Kingham (M65), James Haynes (M21), Mikhail Gryaznevich (M65), Marie-Anne Fischer (W60), Suzy Dixon

Remaining events (all very reachable from Hertfordshire):

6-Nov - [Salisbury City Race](#) (SARUM, Salisbury)

7-Nov - [November Classic](#) (SOC, Ocknell)

27-Nov - British Night Championships (NGOC, Cleeve Hill)

12-Dec - Southern Championships (MV, South Ashdown)

Best 8 scores from 16 events to count.



## Running on sand

Most of us are used to running on quite a few different terrains - muddy paths, heather moorland, waist-high bracken - and we usually get by.

The picture shows the penultimate control for the British Championships on Braunton Burrows, North Devon, taken by our own Alan Rosen, controller for the event.

It looked a lot steeper from above, so a lot of people came down very tentatively. No need! Any skier has had this issue, in ski boots or walking boots needing to get down a slope.

Golden rule - don't run normally, your toes will dig in and you'll go base over apex. Instead, go down in a series of linked leaps. If you land flat-footed, even very soft snow/sand will form a platform under your foot for the next leap. And it's tremendous fun!

It has taken me 15 years of orienteering to need this skill. It may take you as long, but when it does happen, you might just remember there is a better way.



## SEOA looking for an Auditor

SEOA is seeking a volunteer to undertake the annual auditing of the Association's accounts, taking over from Nick Green (GO) who has served in this role for many years. Ideally, the new auditor will be a professional accountant, but this is not essential.

- SEOA's financial year runs from 01 January to 31 December
- The auditor receives the draft accounts for the previous year from the SEOA Treasurer early in the year, including a detailed breakdown of income and expenditure and supporting documentation (all in electronic form)
- The auditor liaises with the Treasurer to finalise and sign off audited accounts for presentation to the SEOA AGM, which is held in early June.



## HH Champs at Weald park – 28 November

The HAVOC organiser Paul Beckett has confirmed that Weald Park is all set for 28 Nov , and that they are happy to host our HH Club Champs.

See the events listing below for the link to get details and book your entry.

## Summary of forthcoming SE League events

The next 2021 SEL events:

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

\* 5th Dec CHIG, Epping N

And then in 2022 →:

- 16 Jan DFOK, Chelwood
- 23 Jan SAX, Ightham
- 06 Feb GO, Chobham
- 13 Feb MV, Netley Heath
- 05 March HH, Ashridge N
- 10 April SLOW, Leith Hill
- 22 May SO, Friston

## Update from British Orienteering

September marked 6 months since starting to return to organised outdoor sport in the UK. It has been an incredible period of recovery for orienteering:

There have been **680 events** enabling approximately **50,000 participant runs** and over **1000 new members**.

We would like to say a huge and heartfelt **Thank You** for the role that you have played in this journey.

As we continue to look ahead, we have a couple of updates for you:

1. The 2022 Development Conference is provisionally planned for 8-9 Jan.
2. Have you heard about the CIMSPA Digital Marketing HUB? Our friends at CIMSPA have just launched a free Digital Marketing Hub designed to help those involved in the delivery of sport and physical activity drive engagement and participation, by upping our digital marketing skills.

The Digital Marketing Hub contains a wealth of learning opportunities including on-demand modules, certified courses, 1:1 mentoring and an exciting webinar series, to help us all up our game in this area. You can register at <https://digital.cimspa.co.uk/> to access the resources for free.



## Events listings

Date	Event	Club	Level
Sat 06 Nov 2021	HH Saturday Series Ellenbrook Largely open but likely to have undergrowth. One- time airfield; details on the web; entries with SIEntries	<a href="#">HH</a>	Local
Sun 07 Nov 2021	November Classic (UKOL) Milkham, Sluffers and Broomy Bottom A 'Classic' in the New Forest. Details and entries on racesignup	<a href="#">SOC</a>	National
Sun 07 Nov 2021	SOS Chalkney Mature mixed woodland. Entries on Fabian4	<a href="#">SOS</a>	Regional
Tue 09 Nov 2021	London Street-O Around Hampstead No Details Yet	<a href="#">LOK</a>	Local
Sat 13 Nov 2021	Park-O Trumpington Meadows Local Cambridge Park area. Entries now open	<a href="#">WAOC</a>	Local
Sat 13 Nov 2021	Southern Night Championships Twelsedown Part of Long Valley map; Top quality MOD area; Entries on Racesignup.co.uk	<a href="#">BAOC</a>	Regional
Sun 14 Nov 2021	SN Trophy Long Valley North Top quality MOD land near Aldershot ; <b>South East League Event</b> ; Entries on racesignup	<a href="#">SN</a>	National
Sun 14 Nov 2021	SMOC Priory Park EAL event No Details Yet	<a href="#">SMOC</a>	Regional
Sat 20 Nov 2021	British Schools Orienteering Championships Training Event, Willen Lake South Park, Milton Keynes Volunteers needed to help with closed training event; contact Helen Errington	<a href="#">HH</a>	Regional
Sat 20 Nov 2021	SE Night Champs – Gravetye Woods, between Turners Hill & West Hoathly near East Grinstead; Woodland with brambles and some climb Entries on Racesignup.co.uk	<a href="#">SO</a>	Regional
Sun 21 Nov 2021	Mildenhall South Largely conifer forest but worth the travel. Entries suspended till 8th November.	<a href="#">WAOC</a>	Regional
Sun 21 Nov 2021	British Schools Orienteering Championships Stowe Park National Trust parkland area. Come to cheer on the best. See BSOC web site	<a href="#">HH</a>	National
Sat 27 Nov 2021	British Night Championships (UKOL) Cleeve Hill Mainly open; use of facilities including restaurant ; entries on Fabian4	<a href="#">NGOC</a>	Major
Sat 27 Nov 2021	SN Saturday Series Wisley Close to A3 junction of M25 (10) Interesting woodland criss-crossing A3. Entries on rscesignup.co.uk	<a href="#">SN</a>	Local
Sun 28 Nov 2021	HAVOC Weald Park East Anglian League Event Near Brentwood and M25. Park and Woodland ; M25 Jct 28(A12) No Entry Details yet <b>HH CLUB CHAMPS</b>	<a href="#">HAVOC</a>	Regional



Sat 04 Dec 2021	SE Sprint Champs Chatham Maritime Racing in Chatham Historic dockyard. Entries on Racesignup.co.uk	<a href="#">DFOK</a>	Regional
Sat 04 Dec 2021	HH Saturday Series Chipperfield Common Wooded area with good path system; Café nearby ; No details yet	<a href="#">HH</a>	Local
Sat 04 Dec 2021	Veteran Home International – Individual Winterfold & Pitch Hill No Details Yet	<a href="#">SLOW</a>	National
Sun 05 Dec 2021	The Mitre National Event, Epping North. Perhaps one of the best bits of Epping. Parking at Theydon Bois. , <b>South East League Event.</b> Entries on Fabian 4	<a href="#">CHIG</a>	National
Sun 05 Dec 2021	Veteran Home International – Relays Glovers Wood No details yet	<a href="#">SLOW</a>	National
Sat 11 Dec 2021	DFOK Kent Orienteering League Joydens SO Orienteering	<a href="#">DFOK</a>	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	<a href="#">MV</a>	National
Sat 18 Dec 2021	<i>Brighton City Race Cancelled</i>	–	<i>Regional</i>
Sat 18 Dec 2021	GO Local event Newlands Corner No details yet	<a href="#">GO</a>	Local
Sun 19 Dec 2021	TVOC 50th Anniversary Regional Event & SCOL 2 Shotover Country Park Very interesting area on a hill side east of Oxford; Parking in BMW Mini car park; Entries will be on Fabian4	<a href="#">TVOC</a>	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 1 hour and then home for more Xmas Pud	<a href="#">LOK</a>	Local
Mon 27 Dec 2021	SO Xmas Score event Rewell Wood Another Christmas score; Near Arundel	<a href="#">SO</a>	Local
Sat 08 Jan 2022	HH Saturday Series Panshanger Mix of open and wooded areas some with steep slopes Near Hertford. No details yet. Expect entries to be on SIEntries	<a href="#">HH</a>	Local
Sat 15 Jan 2022	Park-O Wandlebury Country Park South Cambridge Park. Entries not yet open	<a href="#">WAOC</a>	Local
Sun 16 Jan 2022	<b>South East League Event</b> Chelwood Part of Ashdown Forest near East Grinstead.Lots of variety Open/wooded /marshy. No details yet	<a href="#">DFOK</a>	National
Sun 30 Jan 2022	Concorde Chase weekend 2022 – Forest Hawley Another good MOD area near Blackwater; Lots of variety; No details yet	<a href="#">BKO</a>	National

[ends]