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Editor’s Spur

Alan Rosen newsletter@herts-orienteering.club

It was great to see so many members at the JK in South Wales enjoying the dry weather and the variety of areas. After two years without the JK, everyone appreciated the events even more.

Whereas some sports try to make everything as similar as possible each time you take part, regardless of location, orienteering thrives on the differences and the uncertainty each time you set off into the unknown.

If you haven’t tried a sprint event, or a relay, or an urban event, or a forest event, or an event outside Hertfordshire, why not step outside your comfort zone and give it a go? The great thing about orienteering is that no-one really cares how you did, except you!





Club Picnic

We were forced to cancel our traditional club annual dinner in 2020 and 2021.

As a one-off, we're going to try something a bit different for 2022 - a club picnic after next weekend's Fairlands Valley event on 7 May.

This will be a fairly informal event; please bring your own food. We will use the opportunity to award our 2021 club championship trophies and also Farmer, Harding and Marsden awards.



Please do come along, if only to congratulate our winners! If you are not planning to orienteer first, please turn up for 12.30pm at the car park N of Six Hills Way, nearest postcode SG2 0BL. If the weather looks like being inclement we will postpone.

Forthcoming Events

Saturday Series at Fairlands Valley - Saturday 7 May

Enter via SI entries, no entry on the day. [See HH website](#)

Street-O at Leverstock Green, Hemel Hempstead - Tuesday 3 May

45-minute score event. Start 1900 - 1920, see [HH website](#)

Welwyn Garden City Race - Sunday 8 May

Roger Moulding, Organiser



Following on from a very successful urban event in St Albans a few years back, Welwyn Garden City Centenary in 2020 gave us the obvious excuse for a similar event in WGC. Unfortunately, Covid stepped in and together with event programming



constraints, the event had to be postponed for two years. But, true to their word, the Centenary Group have maintained their support and agreed to offer free entry for WHBC residents and all HH helpers.

So here it is! [The HH Welwyn Garden City Race](#). The antidote to the City of London Race. But better, we think!

Although, not as intricate as some inner city urban areas, Welwyn Garden City offers a pleasant mix of town and country. We hope you will come and enjoy the variety. And don't forget, if you are a keen urban orienteer, this event is part of the prestigious UK Urban League.

Entries on line only via [SI Entries](#). Enter now to be certain of a map for your chosen course. If you wish to gain points in the Urban League, enter the age group courses.



Volunteers please

Stu Levene events@herts-orienteeing.club

I need (as a matter of urgency) a planner and organiser for HABS on 2 July. Also, officials for Sept-Dec events (as below), and for the Jack of Herts (possibly Northaw) on 23 Oct.

2 Jul	Haberdashers' Aske's School, Elstree
10 Sept	Nomansland, near Wheathampstead
1 Oct	Verulamium, St Albans
5 Nov	Stanborough, Welwyn Garden City
10 Dec	Boxmoor, Hemel Hempstead

Lots of support available if you can take on one of these roles for the first time.

BOF Incentive report

Well done to:

Member	Certificates	Awarded
Amber Smith	Racing Challenge: Silver Award ★★	07/04/2022
	Racing Challenge: Bronze Award ★★	07/04/2022
	Navigation Challenge ★★	07/04/2022
Annabella Kerry	Racing Challenge: Silver Award ★★★	08/04/2022
Brad Smith	Racing Challenge: Silver Award ★★★★★	08/04/2022
Daniel Hindley	Racing Challenge: Silver Award ★★	08/04/2022
James Blake	Racing Challenge: Gold Award ★★★★★	07/04/2022
Paul Langston	Racing Challenge: Gold Award ★★★★★	08/04/2022
	Racing Challenge: Silver Award ★★★★★	08/04/2022
	Racing Challenge: Bronze Award ★★★★★	08/04/2022
	Navigation Challenge ★★★★★	08/04/2022
Poppy Chorlton	Racing Challenge: Silver Award ★★★★★	08/04/2022
Theodore Marsden	Racing Challenge: Bronze Award ★★	13/04/2022
	Navigation Challenge ★★	13/04/2022



HH Street-O – the next ten evenings

[Street-O 2022](#) is literally up and running; click on the link for more details.

Well done to David Dixon for winning the first event of the year at Wheathampstead on 26 April.

Date	Event
Tue 3 May 22 19:00 - 19:20	Leverstock Green (Hemel SE) Street-O
Tue 10 May 22 19:00 - 19:20	Harpenden East Street-O
Tue 17 May 22 19:00 - 19:20	Stevenage North West Street-O
Tue 24 May 22 19:00 - 19:20	Letchworth Street-O
Tue 31 May 22 19:00 - 19:20	Welwyn Garden City North East Street-O
Tue 7 Jun 22 19:00 - 19:20	Ware Street-O
Tue 14 Jun 22 19:00 - 19:20	Potters Bar Street-O
Tue 21 Jun 22 19:00 - 19:20	Harpenden South West Street-O
Tue 28 Jun 22 19:00 - 19:20	Stotfold (Letchworth N) Street-O
Tue 5 Jul 22 19:00 - 19:20	Hemel Hempstead Street-O

Treasurer's Request

Ben Bardsley treasurer@herts-orienteering.club

The end of the HH financial year is coming up fast at the end of May. In order to get the accounts in order for that point, please can anyone who has an outstanding expenses claim, payment to make or any other transaction to reconcile, please submit these to the Treasurer as soon as possible, but **by 27 May at the latest**.

For those who took part in the Compass Sport Cup, British OC Relays or JK Relays, the Captain will be in touch soon to give details of payment details for those entries. Please can those who receive requests do everything they can to pay those to the club by the same date.

If you're entering any of the Tuesday evening Street-O series, do consider making a bulk payment for multiple entries in one go rather than one-by-one payments. It will save you transferring small amounts weekly and if you have any credit at the end of the series it will be refunded so if you're not sure how many you're going to do, you won't have to worry about overpaying.

For any payment you need to make, these are the club bank account details for bank transfers which is the (strongly) preferred mode of payment:

Account type: Business Account name: Hertfordshire Orienteering Club
Sort Code: 09-01-51 Account number: 27469400

If you have any questions, please get in touch at: treasurer@herts-orienteering.club

Thank you to all for your help

Ben



Top 10 results from the JK

SPRINT		
M10	Darrio M Y Tam	2 nd
M10	Theodore Marsden	4 th
M10	Daniel M T Tam	9 th
M18E	Ben Gostick	7 th
M55	Simon Errington	8 th
W10	Niamh Mitchell	7 th
W14	Issy Hawks	7 th
WOpen	Laura Parkes	4 th
W40	Sian Mitchell	8 th
W60	Alison Harding	9 th
MIDDLE		
M10A	Darrio M Y Tam	4 th
M10A	Theodore Marsden	5 th
M10B	Daniel M T Tam	5 th
M18S	Charlie Dixon	4 th
M21S	James Errington	2 nd
M50S	David Frampton	4 th
M50S	Sean Mitchell	9 th
M65L	Alan Rosen	8 th
W10A	Niamh Mitchell	4 th
W10B	Isabelle Raftery	6 th
W10B	Alice Raftery	7 th
W14A	Issy Hawks	10 th

W21L	Laura Parkes	8 th
W35L	Beck Raftery	7 th
W45L	Helen Marsden	10 th
W45S	Sarah Dixon	9 th
W45S	Jennie Soulsby	10 th
W60L	Alison Harding	4 th
W65L	Alison Saunders	8 th
W65S	Sue Hooper	3 rd
LONG		
M10A	Darrio M Y Tam	4 th
M18S	Charlie Dixon	4 th
M21S	James Errington	1 st
M45L	Ian Marsden	9 th
M50S	Sean Mitchell	10 th
W10A	Sian Mitchell	6 th
W10B	Alice Raftery	5 th
W10B	Isabelle Raftery	6 th
W21L	Laura Parkes	9 th
W35L	Becky Raftery	6 th
W35S	Beatrix Li	4 th
W40L	Sian Mitchell	9 th
W60L	Alison Harding	3 rd
W60S	Helen Errington	4 th
W65S	Penny Parkes	9 th

JK Relays

Men's Short	James Errington, Ian Marsden, Graham Parkes	10 th
Women's Short	Laura Parkes, Sian Mitchell, Helen Marsden	6 th
Veteran Men (M165+)	Simon Errington, Kevin Harding, Kevin Fielding	2nd
Intermediate Women (W48-)	Maggie Soulsby, Alice Soulsby, Tegan Frampton	6 th
Junior Relay (M/W40-)	Cerys Mitchell, Niamh Mitchell, Davis M H Tam	9 th
Mini Relay (M/W12-)	Darrio M Y Tam, Daniel M T Tam, Lily Cochrane	6 th





Sprint photos







Relay photos







Long and Middle photos





Note the range of HH and non-HH kit (but more on Relay Day so you can see your incoming runner...)! Apologies if your photo isn't included and well done if you appear many times.

If you are inspired to wear more HH kit, see the [website](#) for details.





O-Puzzle

With thanks to John Duffield

Forty four of the forty nine letters in the above grid form a chain of orienteering club abbreviations. Apart from the first and last clubs in the chain, the last letter of each abbreviation is the first letter of the next. The chain goes horizontally and vertically, but never diagonally. Just to make it a little more difficult, you will also have to work out where the chain starts and finishes.

Y	D	E	A	E	B	O
L	R	A	I	R	R	R
C	L	C	O	M	A	F
O	O	O	T	E	D	O
U	K	P	O	V	O	N
O	E	M	G	I	C	G
N	R	A	R	H	C	O

After you have identified these club abbreviations, the remaining five letters form the abbreviation of another club. What is it?

(All abbreviations have been taken from the list on the BOF “Find a club” web page.)

Know Your Committee: Ben Bardsley - Treasurer

My orienteering journey started a long time ago back in my home city of Norwich, without me even realising it. One Sunday morning, when I was (at a guess) no more than 8-9 years old, I was told I was going out orienteering with my best friend at the time. All I can really remember is going to some woods, going from the start to the master maps which we had to copy before getting underway, and then punching the card which I had safety-pinned to my front as we walked around the course. I can't even remember if I enjoyed it or not. I didn't pay much attention to the results, which were pegged



up as scraps of paper on washing lines in rank order and probably did no more than 4 or 5 events (including Mousehold Heath which I can recall as being rated the toughest local course due to the myriad of paths) until my friend moved permanently a long way away from Norwich, and that was it. I vaguely heard that he had continued orienteering and was pretty good for his age, but I lost contact (as you do at that age) and thought pretty well nothing more of orienteering for over 30 years...

Fast forward to the mid-2010s, when I was looking for something to occupy an energetic 8-year-old boy (Oliver) who liked treasure hunts... Orienteering came to mind from my distant past and I thought it might fit the bill, so I looked up whether it still existed and whether there were any events locally, and came across Happy Herts. We did Mardley Heath Orange together and it went down well enough that we came back for more.

After that, I spent a while shadowing Oliver doing Yellow courses before eventually he was old enough that I could branch out on my own and start doing the Light Green solo. After getting a few reasonable results, I moved up to HH Saturday Series Blue courses, and then a few years ago into the Regional events as my running fitness improved, followed by more of the same over the last few years to date as both my orienteering and fitness have continued to improve (although there is a long way to go with both).



I've never been a huge fan of running for running's sake and I only really started when I set myself the target of doing a triathlon about 15 years ago. I preferred cycling and at the time I used to regularly swim, but figured that anyone can run so started training for that challenge. In the end I did 10 triathlons, including the London 2012 Olympic route in Hyde Park, but stopped when my knee started grumbling with running on hard surfaces, to the point where I had to quit the Wheathampstead 10k one year as I just couldn't run on the bad knee. That stopped me running at all for a year until that decision to go to Mardley.

Getting into orienteering has therefore solved a number of problems: navigating whilst running keeps the mind off the monotony of the run, running in woodland on soft surfaces has enabled me to build my knee strength back to the point where I can run on tarmac again, and most importantly, as a sport it gives me a constant challenge (which I enjoy) to do better. I've never done a perfect run and love the challenge of trying to improve my results and ranking score. I consider myself a massive under-performer and aspire to challenging the top part of the leaderboard by cutting out those stupid navigation mistakes and speeding up (for which I need the self-discipline to train harder!).

Looking back, I wish I'd orienteered during my youth, especially at University, so that I had that bank of skills to reduce the number of errors I make, especially through building a more instinctive reading of the maps. Most of my errors now come from not looking closely enough at *all* the features right there in front of me, sloppy bearings and erratic distance judgement. However, I'm still trying to improve. Planning a couple of events recently has improved my map reading and awareness, and I have an additional challenge on top of trying to gain more ranking points which is trying to stay ahead of my fast-improving son! I've also spotted that my friend from 40-years ago still orienteers, and very well (he was one of the overall age group winners at the recent JK!), and although I'll never reach that standard, I enjoy the motivation seeing his results give me to continue to improve myself and seek to reach a higher standard.

Outside of orienteering, you'll find me on the bike, watching the football at Carrow Road (Norwich City), Rothamstead Park (Harpenden Town) or some other ground, or some other sport...

It has been good to be more involved with activities in the club since I took on the Treasurer role. As you might expect, the role is about managing the club's money and helping ensure we look after that whilst running our events. I handle our payments to BOF, SEOA and anything else where money is spent. I'm no accountant, so it was good to inherit some excellent tools for managing the accounts and a healthy bank balance when I took on the role. If you have any questions, about the club's money or anything else, feel free to get in touch at: treasurer@herts-orienteering.club





Training Update

Alex Soulsby training@herts-orienteeing.club

Controlling/Planning Course – please sign up (I know a few people who have said they are keen but haven't signed up yet)

We are running a one-day course for controllers and planners. A number of you have expressed interest. Please now sign up and let me know which dates you can attend by **completing the following Google Form (as soon as possible)**:

https://docs.google.com/forms/d/e/1FAIpQLSfH0Bxgrg_GQHPkdCX2glmMRzhcGwEaqxBmisOuVm5CGVoDoQ/viewform?usp=sf_link

If you are interested in planning courses for a Herts Orienteering event we will be putting on a one-day course to allow you to become a Level C planner. This is a practical course with a mix of classroom and forest activities. Planning courses is a lot of fun and also a great way to learn more about the skills and techniques of the sport. You don't need any prior experience – have a look at the link to find out more or ask me.

<https://www.britishorienteering.org.uk/page/planners>

Also for those with planning experience who want to become qualified controllers we will be running a controlling course (Level C) alongside the planning course.

<https://www.britishorienteering.org.uk/page/controllers>

Please let me know if you are interested in either of these courses and we will aim to find dates that work

Training Survey Results

Thanks to everyone who responded to the survey. We had a good number of respondents and lots of ideas to help our planning for future training activities. There are a couple of things in the works. We are not quite ready to announce the details but watch this space.

Future Training Dates

Date	Venue	Activity
21 May 2022	Fairlands Valley, Stevenage	Junior Training
May/June TBC	TBC	Controlling/Planning
18 June 2022	Hockeridge Woods, Berkhamsted	Junior Training



How would you do in an Elite Knock Out Sprint?

At the Antwerp weekend at the start of April, many of the world's Elite had a series of sprint races to help them prepare for the first [Sprint World Championships](#) at the end of June in Denmark (the forest-based champs will be in alternate years from now on; in 2024 the Sprint WOCs will be in [Edinburgh](#)).

On the Saturday, they had heats, then quarter-finals, then semi-finals, with eight women and eight men left to compete in their respective finals. All races were mass starts and while the orienteering is pretty straightforward, running under extreme pressure, with the smallest mistake potentially making the difference between 1st and last, must have been exciting to be in, and almost as exciting to watch.

[the use of temporary barriers eg between #4 and #5 is quite common in sprint races]

D:Women Final 2300m (8)

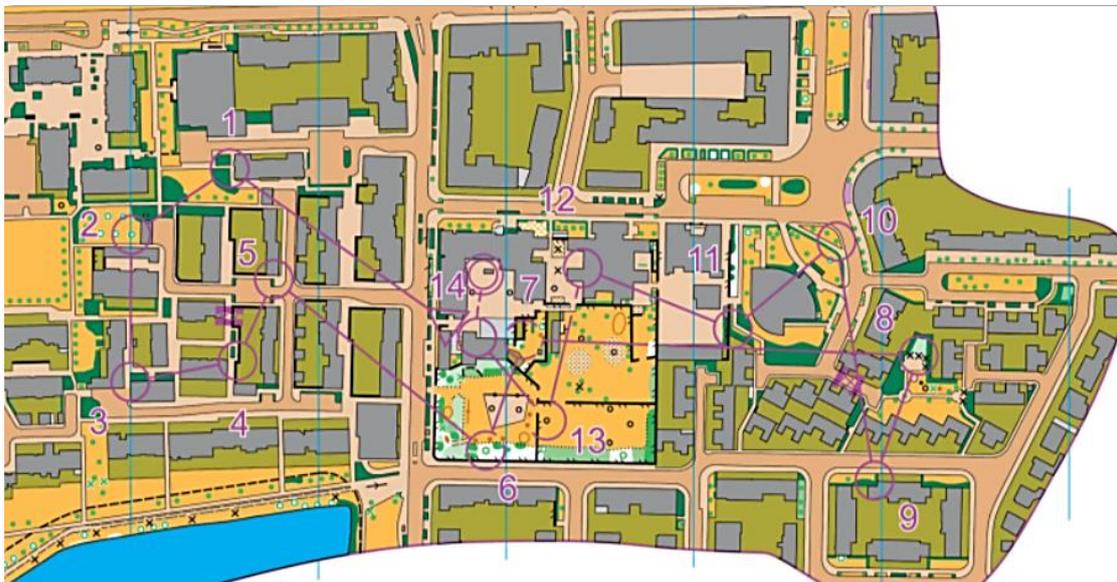
				[H:]M:S	min/km	
1.		Megan CARTER-DAVIES	GBR	Team GB	08:57	3'53"
2.		Eline GEMPERLE	SUI	Swiss Team	08:58	3'54" +0:01
3.		Tereza JANOŠIKOVÁ	CZE	CZE Team	09:00	3'55" +0:03
4.		Alice LEAKE	GBR	Team GB	09:06	3'57" +0:09
5.		Aleksandra HORNIK	POL	Polish National Team	09:17	4'02" +0:20
6.		Paula GROSS	SUI	Swiss Team	09:24	4'05" +0:27
7.		Hanna WISNIEWSKA	POL	SK IGTISA	09:29	4'07" +0:32
8.		Elena ROOS	SUI	Swiss Team	09:33	4'09" +0:36

[Top](#)

H:Men Final 2300m (7)

				[H:]M:S	min/km	
1.		Matthias KYBURZ	SUI	Swiss Team	07:47	3'23"
2.		Joey HADORN	SUI	Swiss Team	07:49	3'24" +0:02
3.		Kris JONES	GBR	Team GB	07:50	3'24" +0:03
4.		Lukas LILAND	NOR	OK Linné	07:53	3'26" +0:06
5.		Trond Einar PEDERSLI	NOR	OL Trollelg	07:54	3'26" +0:07
6.		Miika KIRMULA	FIN	Team Finland	07:58	3'28" +0:11
7.		Ulrik ASTRUP ARNESEN	NOR	NTNUI	08:15	3'35" +0:28

KNOCK OUT FINAL



ASOM					
KO F	2,3 km				
▷		⊥			
1	119	↓	⊗		┌
2	76	↘	⬆		
3	144		■		┌
4	81		⊗		└
5	97		⊗		┌
6	90		⬆		
7	95		↗		└
8	102	⊥	⊗		
9	133		◇		└
10	152	↘	⬆		
11	130		⊗		┌
12	92		⊗		└
13	96		○		
14	82		⊗		└

○ --- 40 m --- ⊗



Megan also won Sunday's 4km sprint by one second from Alice Leake.



Juniors Update

Jennie Soulsby (juniors@herts-orienteeing.club)

YBT Heat – HH Juniors reach the Finals

The Finals are on Sunday 3 July at Irchester Country Park near Wellingborough which is only about an hour's drive so we're hoping we can get a great turnout and bring back a trophy. Please save the date in your calendars. Initial information [here](#).





Well done to everyone who came to the Yvette Baker Heat. We had a brilliant turnout from the team listed below.

Girls	Boys
Tegan Frampton	Charlie Dixon
Alice Soulsby	Robin Blake
Poppy Chorlton	Ben Rodger
Bella Kerry	Joshua Brown
Charlotte Naunton	Davis Tam
Isabella Smith	Henry Lane
Amber Smith	Darrio Tam
Anna Lucia Gonzalez Blankenship	Daniel Tam

The day started off chilly but soon warmed up as everyone headed out into the woods.

Everyone did really well - some took on the challenge of running at a regional event while others navigated the course solo for the first time. Every runner deserves a big pat on the back for taking on their particular challenge. **I am really pleased to let you know that we won the Heats so have a place in the final. Give yourselves a big pat on the back!**

Individual shout outs to the nine top scorers from our club:

Tegan Frampton	Green Girls	100 points
Alice Soulsby	Light Green Girls	100 points
Darrio MY Tam	Yellow Boys	100 points
Isabella Smith	Yellow Girls	100 points
Robin Blake	Light Green Boys	99 points
Ben Rodger	Orange Boys	99 points
Henry Lane	Yellow Boys	99 points
Anna Lucia Gonzalez Blankenship	Yellow Girls	99 points
Charlie Dixon	Light Green Boys	98 points

Reports from some of our junior team:

At Hockley near Southend, the weather was sunny and warm. The terrain was open woodland and easy to cut across if there was no brambles or bracken. There were plenty of paths to take and lots of route choices. It was fun and a challenging area as there were lots of paths that were not marked and that was confusing at some points. I had a great run as this type of area is familiar. HH had many amazing runs and we won!!!!!! Alice

I had mixed emotions at the recent Yvette Baker event. This was the first time I had competed without being shadowed so I was nervous to begin with but after a few controls I grew confident in myself. I had some mishaps along the way but I managed to complete the course. It was a fantastic experience and it was great that Happy Herts made it to the final! Charlotte



Juniors Results in April

The end of March and April was a really busy period with the British Champs and British Relays in Hampshire plus the JK – which is a four-day orienteering festival, in South Wales this year.

British Champs

Well done to all those running and testing themselves at a Major event

M10A Darrio Tam 4 th Theo Marsden 5 th	M10B Daniel Tam 1 st
M14A Rory Nesbit 8 th	M16B Oliver Bardsley 1 st
M18E Ben Gostick 3 rd	M18L Nathan Nesbit 2 nd

British Relays Junior Teams

M14 (Note girls can enter the M class so mixed teams can compete):

Alice Soulsby, Poppy Chorlton, Bors Farago 4th

M/W12

Theo Marsden, Csongor Farago had a team of two (so no official result) but came back 6th.

Cassiobury:

White: 1: Tallis Oliver 2: Jacob Oliver 3: Eloisa Kerry	Yellow: 1: Anna Lucia Gonzalez Blankenship 2: Daniel Hindley
Orange: 3: Bella Kerry	Light Green: 3: Rory Nesbit 6: Joshua Brown 7: Ben Rodger



The JK

Many of our juniors entered and performed really well in a major international competition with competitors not just from across the UK but also Sweden, Finland, Norway and elsewhere. It was the first time some people did a Sprint event or ran on their own so well done to everyone who challenged themselves over the weekend. See page 5 for the HH juniors who had top ten results on the four days and congratulations to the juniors who did so well overall:

M10A Darrio Tam 3 rd overall Theo Marsden 8 th overall	M10B Daniel Tam 3 rd overall
W10A Niamh Mitchell 5 th overall	W10B Alice Raftery 5 th overall Isabelle Raftery 6 th overall

Event listings

www.fabian4.co.uk <https://www.sientries.co.uk/> <https://racesignup.co.uk/>

Date	Event	Club	Level
Sun 01 May	SO Regional event – Angmering Park (west), Arundel Just north of Arundel. Mainly runnable woodland with some brambles. Entries on Racesignup	SO	Regional
Tue 03 May	Leverstock Green MapRun Street-O Your Tuesday evening fix. More details on the HH website.	HH	Local
Sat 07 May	SOG S8 / YBT Regional Heat – Worthlodge Forest, Crawley One of the better Southdowns areas if you happen to be south of the river. Entries on Racesignup.	SO	Local
Sat 07 May	HH Saturday Series Fairlands Valley Mixed open park and woodland Entries on SIEntries with details on HH web	HH	Local
Sun 08 May	Welwyn Garden City Race Campus East Urban event. Part of UK Urban League, Entries on SIEntries with details on HH web	HH	Regional
Tue 10 May	Harpenden East MapRun Street-O Tuesday event run out. Details on HH web	HH	Local
Sat 14 May	Park-O Coldhams Common Park O, Cambridge. Entries on oentry.uk	WAOC	Local



Date	Event	Club	Level
Sat 14 May	Ipswich Park O Christchurch Park One of a series based on Ipswich parks. No pre-entry	SUFFOC	Local
Sat 14 May	Hogmoor SS#8 and SCOA Yvette Baker Qualifier Army land near Bordon. Evidence of vehicle testing ie well rutted. Entries on Racesignup	SN	Local
Sat 14 May	GO WOD local event at Farley Heath An excellent area with a mix of open and woodland all on a sandy subsoil. Entries on Racesignup	GO	Local
Tue 17 May	LOK Local event Victoria Park One of an evening series in London Parks. Based at Peoples' Park Tavern near Homerton Station.	LOK	Local
Tue 17 May	Stevenage North West MapRun Street-O It's Tuesday again. Details on HH web	HH	Local
Sat 21 May	SO Sunny Sussex Weekend (1/3) – SE Middle distance Champs – Abbots Wood, Polegate 3 races near Eastbourne. Entries on Racesignup	SO	Regional
Sat 21 May	SO Sunny Sussex Weekend (2/3) / SEOUL event – Urban Sprint – Sovereign Harbour, Langney, Eastbourne. Entries on Racesignup	SO	Regional
Sun 22 May	SO Sunny Sussex Weekend (3/3) / SE League event – Friston Forest, Jevington, Eastbourne Long distance race. Nice woodland on a slope; Near to Arundel Castle. SOUTH EAST LEAGUE EVENT Entries will be on Racesignup	SO	National
Sun 22 May	Ipswich Park O Holywells Park Race 2 of the Ipswich Park o series; see above	SUFFOC	Local
Wed 25 May	World Cup Round 1 25-29 May Sweden Watch out for results of the first World Cup races	–	International
Sun 29 May	Sax Regional Event Ightham Hilly woodland near Borough Green. No further details	SAX	Regional
Sat 04 Jun	HH Saturday Series Highfield Park Park land with mainly open areas and small patches of woodland. Entries will be on SI Entries	HH	Local
Tue 07 Jun	LOK Local event Waterlow Park Tuesday evening park event. Based at a London pub. No further details yet	LOK	Local
Sat 11 Jun	British Sprint Relay Championships Leeds Beckett University – Headingley Campus If you're into Sprints here's your chance to win a medal. But you need a team. Entries on Fabian 4	–	Major
Sat 11 Jun	DFOK Come and Try It event Darenth Country Park Country park near Gravesend. No details yet	DFOK	Local
Sun 12 Jun	British Sprint Championships (UKOL) Leeds University British Sprint Champs; Entries on Fabian 4	AIRE	Major



Date	Event	Club	Level
Sun 12 Jun	SO Regional – Capite Wood, Ashington (A24) Mixed woodland. Longer courses cross farmland. Entries on Racesignup	SO	Regional
Sat 18 Jun	Jukola 18-19 June Finland If you're an aficionado of this event you've probably already entered. Overnight relay.	–	International
Sat 18 Jun	DFOK Kent Orienteering League Shorne Woods Country Park Mainly open with areas of woodland. Near Gravesend No further details	DFOK	Local
Sat 18 Jun	Park-O Hinchingsbrooke Country Park Country park near Huntingdon. Entries will be on oentry.uk	WAOC	Local
Sat 18 Jun	SO Park-O 2 Queens Park Brighton Park. No details yet	SO	Local
Sat 18 Jun	Coventry City Race, part of the City Race Euro Tour . Should be good.	OD	National
Sun 19 Jun	Birmingham City Race, part of the City Race Euro Tour Should be good.	HOC	National
Sun 19 Jun	SOS Highwoods – Note change of venue! Highwoods Country Park near Colchester No other details	SOS	Regional
Sun 26 Jun	GLOSS * event Claybury Country park in Redbridge. *Greater London Orienteering Summer Series 2022	CHIG	Local
Sat 02 Jul	HH Saturday Series Haberdashers' Aske's Boys' School All running in the extensive grounds of HABS School. One of our regular venues. Entries will be on SI Entries	HH	Local
Sat 09 Jul	TVOC Saturday Series (TBC) University Parks and Science Area (TBC) North Oxford; part urban & the parks areas, No details yet	TVOC	Local
Sun 10 Jul	HAVOC GLOSS Local Event Hornchurch Country Park GLOSS Event. No details yet	HAVOC	Local
Mon 11 Jul	Junior World Orienteering Championships 11-16 July Portugal Keep in touch with how our best Juniors are doing	–	International
Sun 17 Jul	SLOW GLOSS Gunnersbury Park GLOSS EVENT. No details yet	SLOW	Local
Sun 24 Jul	LOK GLOSS Event Alexandra Palace GLOSS Event; likely to be switched to Addington Hills Croydon	LOK	Local
Mon 25 Jul	Coast and Islands – Day 1 First Day of the 6 day event. Get to enjoy the wonderful scenery as well as orienteer	MA	Local
Sun 31 Jul	GO SE Sprint Champs Manor Park & Surrey Research Park New area in Guildford city. No details yet	GO	Regional



Puzzle answer:

AIRE, EBOR, RR, RAFO, OD, DEVON, NGOC, CHIG, GRAMP, POTO, CLOK, KERNO, OUOC, CLYDE. The remaining letters are MAROC