



Contents

Editor’s Spur..... 1

Forthcoming Events3

Can you organise, plan or control an HH event?.....3

HH Street-O update and upcoming events4

Club prize-giving.....6

BOF Incentive Report7

Training Update8

Discounts for BO members..... 10

O-Puzzle..... 10

Know Your Committee: Stu Levene, Events Co-ordinator 11

World Cup Sprints in Sweden 26-29 May 12

Event listings 13

Editor’s Spur

Alan Rosen newsletter@herts-orienteering.club

Our Welwyn Garden City race was the first of several reachable Southern England Orienteering Urban Events (SEOUL) events in May, the others being at Colchester, Eastbourne and King’s Lynn (plus Ledbury and Shepton Mallet if you wanted to visit Herefordshire and Somerset).

WGC gave us the industrial area followed by newer and older housing estates while Colchester showed its age (nicely) with historic city walls, a castle and the town centre as well as a bit of parkland. King’s Lynn was largely housing estates, very flat (no contours required on the map) and a bit slippery because of the un-forecast rain earlier in the day.

For none of them was a compass much assistance and the navigation was mainly very straightforward. However, there were some places where you could lose valuable seconds. Here’s one leg from King’s Lynn to consider – would you be caught out and do you need (better?) glasses or not?



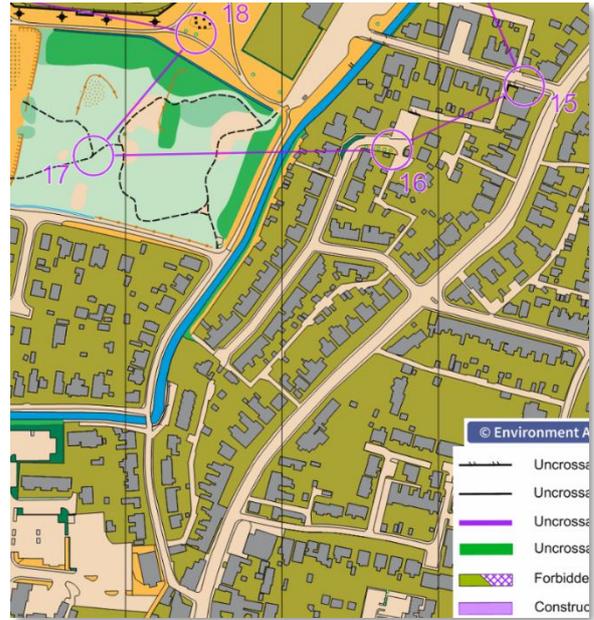


Here's another – try 15-16 and then 16-17.

Not at all difficult when sitting at home and being able to blow up the image as much as you want.

If you fancy doing more urban orienteering this year, the remaining [SEOUL](#) events are

DEVON	Tavistock	03-Jun
NWO	Calne	10-Jul
SN	Farnborough	16-Jul
BADO	Alresford	24-Jul
MV	Woking	28-Aug
NGOC	Nailsworth	29-Aug
TVOC	Abingdon	11-Sep
SMOC	Milton Keynes	25-Sep
WAOC	Great Dunmow	09-Oct
SO	Brighton	17-Dec



If you have ambitions to win the league (and why not?) then it's your best 7 to count but there are some HH members who are already in the top three in their respective classes.

Class	Current position	Name	Points from best 7 (100 for 1 st)	Races so far
Men 12-	3 rd	Daniel MT Tam*	273	3
Men's Open	1st	Daniel Hodson	452	6
Women's Open	2 nd	Rachel Sequeira	364.5	4
Women's Open	3 rd	Charlotte Coles	349	4
Men 40+	3 rd	David Dixon	389	4
Women 40+	1st	Sarah Dixon	429	5
Men 55+	1st	David Hodson	675	7
Women 55+	1st	Viv Hodson	625	8
Men 65+	1st	Mick Smith	551	6
Men 65+	2 nd	Alan Rosen	547	8
Women 65+	1st	Janet Rosen	700	7

* and a special mention for Darrio MY Tam who is currently fourth in M12- with a perfect 200 from two events



Forthcoming Events

Saturday Series at Highfield Park, St Albans on 4 June

Organiser Doug Nesbit

Parkland, longer courses visit the surrounding streets.

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



Street-O at Ware - Tuesday 7 June

Organiser Emese Sváb

Next Tuesday, Street-O goes to Ware.

At Priory Road Car park: nearest postcode SG12 0DE

What3Words: <https://w3w.co/shock.drives.audit>

Parking is free from 6.30pm at the car park, also Priory Street provides more spaces on the yellow line from 6.30pm if the car park is full. The venue is opposite the Lido which is unfortunately closed for refurbishment this year so no splash after run this time I am afraid. The car park is relatively small and holds just 15 cars.

Ware is a pretty little town that stretches from the River Lee up to Woodson Park on the plateau and is almost surrounded by the busy A10. There are some busy roads so be careful when you cross them. But in between lie calm residential streets. I hope you are going to enjoy your run there on 7 June.

Starts 1900 - 1920, see [HH website](#)

Junior Training – Saturday 18 June, Hockeridge Woods, Berkhamsted

Can you organise, plan or control an HH event?

Stu Levene events@herts-orienteering.club

We need officials for the following events (Planners, Organisers and Controllers):

10 Sept	Nomansland
01 Oct	Verulamium
23 Oct	Northaw Great Wood (Jack of Herts)
05 Nov	Stanborough
10 Dec	Boxmoor (Organiser & Controller only)

Lots of help available if you are doing this for the first time.



Some FAQs

Do I have to run?

Absolutely not! Courses are designed to provide both route and control choice decisions regardless of the speed you are going at. Some people walk, some jog, some charge (and I can speak from experience that moving faster is not a benefit if you have not read the map right...!)

Why do I have to pre-enter?

This allows us to know how many maps to print. It also means you have pre-entered your emergency contact information, which speeds up the starting process at the event.

How do I pay?

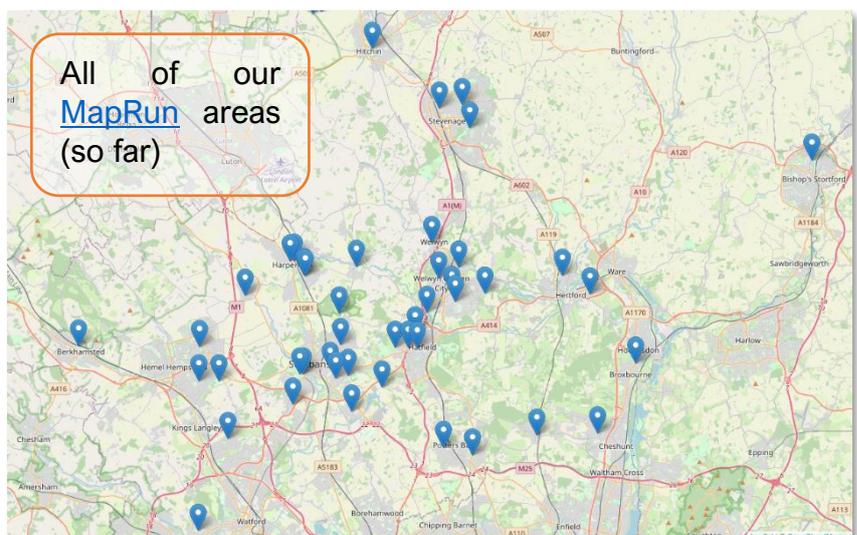
By bank transfer to HH (details available here: <https://www.herts-orienteering.club/fixtures/street-o-2022/>). Ideally people will pay for multiple household members +/- events at once as this reduced the administrative burden for Ben, our treasurer. Any credit will be returned at the end of the season. Entry is £2 for HH members, £3 for everyone else (including other BOF members). Under 16s must run with an adult, so an under 16/adult pair will be charged for a single entry.

Can I see the programme for the season?

It is available here: <https://www.herts-orienteering.club/fixtures/street-o-2022/>

Why are there no events near me?

We have tried to cover as much of Hertfordshire as possible, but our event locations are dictated by who volunteers to organise an event and where they are happy to plan and run one. If you feel like your local area is missing a Street-O event then email me, and we'll pencil you in for 2023! (street-o@herts-orienteering.club)





Club prize-giving

David Dixon

Each year, the club has a sizeable list of trophies to award – those for the club championship, those for the separate sprint championship and three recognition awards.



The club did not hold a sprint competition in 2021 so those trophies went unawarded. We did however hold the club championships (at Weald Park in November), and the various winners are at: <https://www.herts-orienteering.club/club-championships-2021/>

For those winners who were present at the post-event Picnic at Fairlands earlier in the month, we were able to formally present them with their trophies – well done all!

Finally, we announced the winners of the three main club awards (previous winners listed at <https://www.herts-orienteering.club/members-section/hh-roll-of-honour/farmer-harding-marsden-trophy-winners/>). They are as follows:



The Farmer Trophy for best newcomer went to **Poppy Chorlton**. Poppy has worked at improving her orienteering over the past two years and is now competing at W14 in larger events.

Well done Poppy!



The Harding Trophy for service to the club went to **Kevin Parkes**. As SI coordinator, Kevin is busy before events sorting out entries, dibbers and IT. He is then present at pretty much all our events as an early arrival and stays until everything is cleared away. He then goes home and spends more hours sorting out the results.

Additionally Kevin has written and maintains our map reservation site and is active in many of our committee meetings.



Thank you Kevin!



The Marsden Trophy for outstanding support by a junior went to **Oliver Bardsley**. Oliver stepped up and planned our Heartwood event last year (and coped with some significant last-minute changes) and is a reliable helper at many of our other events.



Thank you Oliver!

[Photos: Mike Bennett & David Dixon]

BOF Incentive Report

Member	Certificates	Awarded
Ana Sousa	Navigation Challenge ★★★	12/05/2022
Daniel Hindley	Racing Challenge: Gold Award ★★	12/05/2022
Emma Cochrane	Racing Challenge: Gold Award ★★★★★	12/05/2022
	Racing Challenge: Silver Award ★★★★★	12/05/2022
Esmeralda Parkins	Navigation Challenge ★★	12/05/2022
Hanga Farago	Racing Challenge: Silver Award ★★★★★★	12/05/2022
Iris Parkins	Racing Challenge: Bronze Award ★★	12/05/2022
	Navigation Challenge ★★	12/05/2022
Rachel Sequeira	Racing Challenge: Gold Award ★★★★★	12/05/2022
	Racing Challenge: Silver Award ★★★★★	12/05/2022
	Racing Challenge: Bronze Award ★★★★★	12/05/2022
	Navigation Challenge ★★★★★	12/05/2022
Sebastian Elder	Racing Challenge: Gold Award ★★	12/05/2022
Sophie Roberts	Navigation Challenge ★★★	25/04/2022

Well done!



Training Update

Alex Soulsby training@herts-orienteeing.club

Controlling/Planning Course 9 July 2022

We are running a one-day course for those who want to become qualified controllers and for those who want to learn how to plan courses.

Controlling: 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.britishorienteeing.org.uk/page/controllers>

Planning: 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.britishorienteeing.org.uk/page/planners>

If you are interested please email: training@herts-orienteeing.club to reserve a place.

Upcoming Training Dates

Saturday 18 June Hockeridge, near Berkhamsted – Junior training

Training Report from Emese: Fairlands Valley 21st May

On 21 May we had our regular HH Junior training at Fairlands in Stevenage. We used the same terrain as the Saturday event had used two weeks earlier but just the interesting Southern wooded part.

The weather was just fantastic, not extremely hot but sunny. We had 11 juniors and 6 coaches. Thank you to the juniors for taking part and the parents and coaches for their help.

We did the warm up and cool down all together. Had fun with different running types from jumping to little dance steps while you run, also our favourite backwards running. The tasks included focussing on map orientation for the middle group, the older juniors had to take compass bearings and do some memory exercises. While the youngest group started with map symbol reading then they went to the forest for short courses. It was good to see the juniors were so fast they gave our coaches a workout keeping up with them. If they had too much energy left the juniors helped to collect the controls.

Our next training is going to take place on 18 June in a lovely new location and we are planning to do a mini relay at the end of the training.



Juniors Update

Jennie Soulsby juniors@herts-orienteering.club

Calling all HH Juniors: Final of the Yvette Baker (juniors' national inter-club competition) – Sunday 3 July at Irchester Country Park

The Finals are only about 50 minutes drive so we're hoping we can get a great turnout and maybe bring back a trophy.

It promises to be a great day out. There are courses for adults too and it looks like a lovely park with café and play areas.

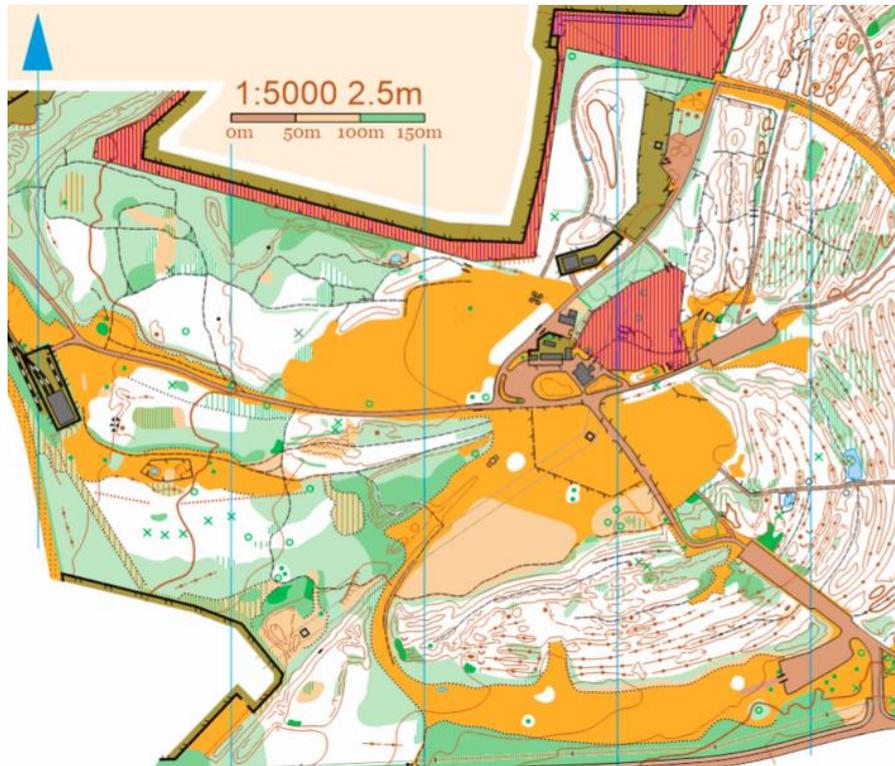
More information here:

<http://www.leioc.org.uk/event-details-4/?item=2399>

We now need to get the team together. Please let me know if you can make it so we can arrange entries:

juniors@herts-orienteering.club.

Adults can enter separately.



Upcoming Dates for Juniors:

Saturday 4 June	Saturday Series	Highfield Park, St Albans
Saturday 18 June	Junior training	Hockeridge, Berkhamsted
Sunday 26 June	CHIG Gloss Event	Claybury
Sunday 3 July	Yvette Baker Trophy Finals	Irchester



Juniors' Results in May

Fairlands Valley

White: 1: Eloisa Kerry 2: Tallis Oliver 5: Tunde Farago	Yellow: 1: Anna Lucia Gonzalez Blankenship 2: Sebby Elder 3: Iris Perkins 5: Daniel Tam
Orange: 4: Darrio Tam 5: Annabella Kerry	Light Green: 2: Rory Nesbit

WGC Urban:

WJ (16-) 2: Maggie Soulsby 5: Alice Soulsby	WYJ: (12-) 1: Niamh Mitchell 4: Chin Yan Oei
MJ (16-) 2: Oliver Bardsley 3: Rory Nesbit	MYJ (12-): 1: Darrio Tam

Discounts for BO members

Did you know that your British Orienteering membership gives you discounts at a number of shops, so whether you are thinking of GoApe or Cotswold Outdoor, running shoes or headtorches, holidays or AA membership, it's worth having a look:

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

O-Puzzle

With thanks to John Duffield

The twenty four words listed below can all be found in the grid. They may read up, down or diagonal, and forwards or backwards, but always in a straight line.

When you have found all the words, write out the remaining letters in order, left to right top to bottom. This will reveal another feature in the forest. What is it?

R	W	A	L	L	W	O	R	O
L	F	E	N	C	E	D	I	R
L	O	T	L	S	L	L	D	F
A	R	I	B	L	L	L	E	W
W	E	L	L	A	T	N	B	D
A	S	O	W	C	C	I	A	N
L	T	T	S	E	R	O	F	O
L	R	I	B	K	R	T	I	P
T	I	P	O	N	D	A	O	R

WALL WELL PIT RIB FENCE FOREST RIDE POND ROAD
 WALL WELL PIT RIB FENCE FOREST RIDE POND ROAD
 WALL WELL PIT RIB
 WALL WELL

*Solution at the end
of the newsletter*



Know Your Committee: Stu Levene, Events Co-ordinator

It is said that some are born to orienteer while others have orienteering thrust upon them. Shortly after I took up the sport I started to think I was in the first category and wondered why I didn't take it up much earlier in life. In fact, I nearly did, but not quite.

I was reasonably fit and active as a teenager (though never a runner, mainly a cyclist and hiker) and a natural at map-reading, so many would have said orienteering was the perfect sport for me, but the pursuit has always been marginal (at best) and - back in the dark ages of the pre-internet 1980s - information on events was hard to come by. A teacher at my school (about year 8 or 9 in today's parlance) took a group out on Sundays but, as I had other commitments, I failed to take-up the offer and, despite many other potential opportunities over the years, didn't do so until much later in life.

So, at the back end of 2009 - into the 'enlightened' modern era - I was looking for ways to keep fit over the winter, having just taken-up triathlon a few months earlier. Ping!!! (that's the sound of the light-bulb-in-the-brain going off, by the way), why not try Orienteering? So, I got on the interweb, searched for orienteering events in London/Hertfordshire (as I was living in Winchmore Hill at the time) and what did I find? Happy Herts, and the next event was at Rothamsted that weekend.

That was my debut and I'm glad to say it was a gentle introduction, but the learning curve was to be very steep from then on. With my good map-reading skills and newly-found fitness I thought I would have little difficulty in matching some of the quicker entrants. In hindsight this was a little naive, but I backed myself and threw myself in at the deep end!

Rothamsted was quickly followed by other local events (including Short Brown at the Michael Brandon Mitre two weeks later) and I was quickly hooked. Fast forward to May 2022 and I have now competed in over 600 events in eight countries. Favourite events are fast urban sprints (particularly university campuses) and Euro City races which I can preferably get to by Eurostar and easily get back home with a couple of bags full of Belgian beer!!

You might have also noticed that I have been keen to get involved in the committee and event organising (and even the odd bit of planning) and am about to finish a three-year stint as the Club's Events Coordinator, which has been challenging but also quite rewarding.

Apart from orienteering I do like a bit of cycling (being a member of the Whitewebbs Cycling Club and an occasional time trial racing cyclist), hiking (best climb: Taranaki in New Zealand, two days after my 50th birthday in 2019), following cricket, tennis and athletics and any excuse to take-in a bit of train travel, quite often to an event. Day job: I run my own land surveying business called Axiom Geomatics so, if anyone is planning an extension or major loft conversion, let me know and I'll see what I can do for you!



World Cup Sprints in Sweden 26-29 May

British runners were in action last weekend in the sprints in Borås, Sweden at the first of three World Cup sprint events this year.

How would you do? Here's the first part of the Women's 3.9k course - try working out your route from the comfort of your armchair and see how easy or hard you find it; then think about doing the same in a mass start against the world's best!

The area looks brilliant for sprint racing.

The whole race can be found [here](#) - look at Loops 1 & 2 for the Women and Men)

Maps and photos

Maps

Women Loop 1 | Loop 2

Men Loop 1 | Loop 2

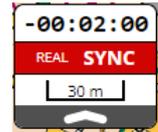




Live GPS

Women (13:03)
Men (12:00)

When you have 'run' your race, look at the Live GPS links - you can select some or all of the runners and then watch them run the race individually, or with the mass start by



selecting SYNC.

On the same website <https://orienteering.sport/event/orienteering-world-cup-round-1-2/sprint/> you can also find the Knock-out Sprint races and the Sprint Relay.

Event listings

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

Thanks to Keith for these forthcoming fixtures

Date	Event	Club	Level
Sat 04 Jun	HH Saturday Series Highfield Park Parkland with mainly open areas and small patches of woodland. SI Entries	HH	Local
Tue 07 Jun	LOK Local event Waterlow Park Beautiful parkland on slopes of Highgate Hill; entries open via LOK website	LOK	Local
Tue 07 Jun	Ware MapRun Street-O Ware See HH web site for details	HH	Local
Sat 11 Jun	British Sprint Relay Championships Leeds Beckett University – Headingley Campus	BSC	Major
Sat 11 Jun	Ipswich Park O Christchurch Park Part of the Ipswich park series; no pre-entry	SUFFOC	Local
Sat 11 Jun	DFOK Come and Try It event Darenth Country Park near Gravesend. Entries on Race signup	DFOK	Local
Sun 12 Jun	British Sprint Championships (UKOL) Leeds University British Sprint Champs; Entries on Fabian 4	AIRE	Major
Sun 12 Jun	SO Regional – Capite Wood, Ashington (A24) Mixed woodland. Longer courses cross farmland. Entries on Racesignup	SO	Regional
Tue 14 Jun	Potters Bar MapRun Street-O Potters Bar see HH web site for details	HH	Local
Sat 18 Jun	Jukola 18-19 June Finland Not for the faint hearted. Night 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 on Oentry	WAOC	Local
Sat 18 Jun	SO Park-O 2 – Queens Park, Brighton. Entries on Race sign up	SO	Local
Sun 19 Jun	SOS Highwoods – Note change of venue! Highwoods Country Park Country park near Colchester No other details	SOS	Regional
Tue 21 Jun	Harpenden SW MapRun Street-O See HH web site for details	HH	Local
Sat 25 Jun	SO Park-O 3 – Oaklands Park, Chichester Park-O – Entries on Race sign up.	SO	Local
Sun 26 Jun	World Orienteering Championships 26-30 Jun Denmark See how the best GB runners have done	–	International
Sun 26 Jun	GLOSS event Claybury Country park in Redbridge. GLOSS event. No further details	CHIG	Local
Sat 02 Jul	European Youth Orienteering Championships 2-4 July Hungary How do the best GB juniors do?	–	International
Sun 03 Jul	MV GLOSS event Horton Country Park No details yet	MV	Local
Sat 09 Jul	World Masters Orienteering Championships 9-16 July, Vieste Italy For the older brethren; try a WMOC; much to be enjoyed (in the sun)	–	International
Sat 09 Jul	HH Saturday Series HABS Haberdashers' Aske's Boys' School Semi-urban round the school in Elstree. Entries likely to be on SIEntries	HH	Local
Sat 09 Jul	TVOC Saturday Series (TBC) University Parks and Science Area (TBC) North Oxford; Part urban and 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 Find out the World's best junior orienteers	–	International
Sun 17 Jul	SLOW Gunnersbury Park GLOSS EVENT. No details yet	SLOW	Local
Sun 24 Jul	LOK 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. SE Sprint Champs. One round in the morning and one in the afternoon No details yet	GO	Regional
Sun 07 Aug	Lakes 5 Days – Day 1 High Pike Summer holiday event in the Lake District. Some great areas. See event web site.	LAKES5	National
Sun 28 Aug	MV Urban event Horsell No details yet	MV	National

Puzzle answer:

	W	A	L	L	W		R	
L	F	E	N	C	E	D	I	R
L	O		L		L	L	D	F
A	R	I	B	L	L	L	E	W
W	E	L	L	A		N	B	D
A	S		W		C	I	A	N
L	T	T	S	E	R	O	F	O
L	R	I	B		R	T	I	P
T	I	P	O	N	D	A	O	R

The gaps filled in give ROOTSTOCK.