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Editor’s Spur

Alan Rosen newsletter@herts-orienteering.club

As a sport, we are hugely reliant on volunteers. Our club puts on over 30 events in a typical year, mainly made up of Saturday Series, Street-O and more traditional Sunday/forest events.

Those events don’t run themselves so have you considered putting yourself forward either as a key official (eg organiser, planner and controller), or by helping on the day?

No-one is ever thrown in at the deep end and anyone taking on a role for the first time will be well supported by advice and being mentored as required.

We also have some committee roles to be filled at the AGM on 13 September, so do have a look at David’s article on page 15 and, to misquote a US President, *ask not what your club can do for you; ask what you can do for your club.*

Getting involved in helping run events and the club can even improve your orienteering performance. Not only that, it can be fun and rewarding as well!



Officials urgently needed

Stu Levene, Events Co-ordinator events@herts-orienteeing.club

Please contact Stu asap if you are able to help with any of the following Saturday Series events:

01 Oct	Verulamium	<i>Controller</i>
05 Nov	Stanborough	<i>Organiser, Planner and Controller</i>
10 Dec	Boxmoor	<i>Organiser</i>

Further ahead, we also need officials for the events in the first half of 2023:

07 Jan	Sherrardspark Woods
04 Feb	Mardley Heath
11 Mar	Chipperfield Common
01 Apr	Panshanger West
06 May	Cassiobury Park
03 Jun	Ellenbrook
01 Jul	Moneyhole Park

Advice and mentoring are always available for anyone who would like to take on a role for the first time.

For those with a bit more experience, we are also needing an Organiser and a Planner for the Ace of Herts at Burnham & Egypt on 5 March. A great area to plan on at the best time of year for runnability.

BOF Incentive Report

Member	Certificates	Awarded
Esmeralda Parkins	Racing Challenge: Bronze Award ★★	23/07/2022
Kevin Parkes	Navigation Challenge ★★★★★	23/07/2022
Margaret Blake	Racing Challenge: Silver Award ★★★★★	23/07/2022
	Racing Challenge: Bronze Award ★★★★★	23/07/2022
	Navigation Challenge ★★★★★	23/07/2022
Poppy Chorlton	Racing Challenge: Gold Award ★★★★★	23/07/2022

Well done!



Juniors Update

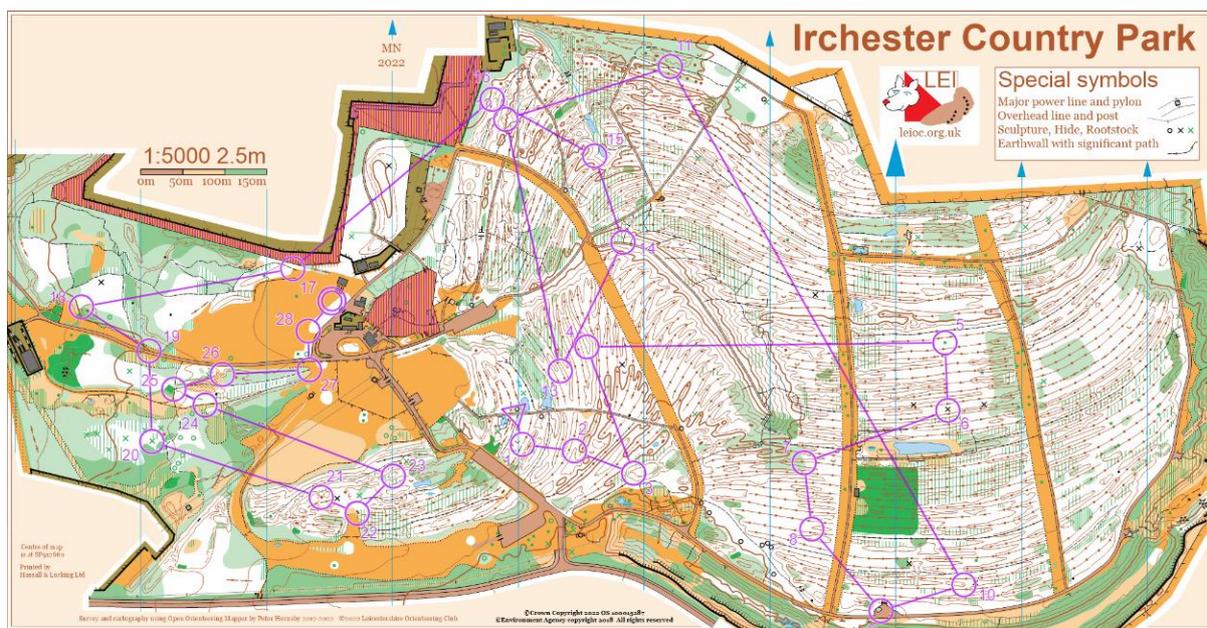
Jennie Soulsby juniors@herts-orienteering.club

Yvette Baker Success!



Huge congratulations to the wonderful juniors who had their best ever team result in the Yvette Baker with the team taking 2nd Place. The event was a great day out with the team getting the chance to run against a wide range of teams with some very fast runners.

The final was held at Irchester Country Park in Northamptonshire. The terrain is very unusual due to the 250 plus mapped earth walls that make for a very intimidating map (it's a former ironstone quarry).





This is nicely described by Poppy who ran on the Orange course:

Overall I liked the course as it was a bit easier and a lot shorter than the light greens I usually do. The terrain was quite interesting as there were a lot of contours and earth walls so the majority of the map was brown features which made the map more confusing. As we had been told by the organisers a lot of the brambles and nettles were quite overgrown which made some of the smaller paths harder to find. As it was an orange course the controls were close to the paths which meant I could use line features to navigate. Poppy Chorlton





Based on each junior's age and ability, they competed on one of 4 courses (Yellow, Orange, Light Green & Green), which were also split into boys' and girls' competitions. The best nine competitors from each team, across all categories, are counted towards the team's score.

We had a great turnout of 19 competitors and had a good mix of those who had competed in the event before and those who ran in it for the first time.

Well done to all of the runners who helped the team to succeed:

Robin Blake, Poppy Chorlton, Charlie Dixon, Hanga Farago, Bors Farago, Csongor Farago, Anna-Lucia Gonzalez Blankenship, Issy Hawks, Annabella Kerry, Niamh Mitchell, Cerys Mitchell, Charlotte Naunton, Rory Nesbitt, Sophie Roberts, Alice Soulsby, Maggie Soulsby, Davis Tam, Daniel Tam, Darrio Tam.

In particular congratulations to the 9 top point scorers.

Name	Class	Score
Annabella Kerry	Yellow Girls	100
Darrio Tam	Yellow Boys	99
Anna-Lucia Gonzalez Blankenship	Yellow Girls	99
Issy Hawks	Light Green Girls	98
Rory Nesbitt	Light Green Boys	97
Niamh Mitchell	Yellow Girls	96
Poppy Chorlton	Orange Girls	95
Hanga Farago	Light Green Girls	94
Robin Blake	Light Green Boys	93

September Juniors' Training - Sunday 4 September at Burnham Beeches

This is a bit further than normal training but is a really nice wood and there is a café for drinks and lunch.

South East Junior Squad (SEJS) are training nearby in the morning and usually run a relay in the afternoon so those who are keen may be able to try the SEJS training activities or join their afternoon race.

Timing: 10:15 to 12:15

Open to all juniors – please let me know if you are planning to come.
[Jennie Soulsby juniors@herts-orienteing.club]



Peter Palmer Relays 10/11 September 2022 – M/W12-18

HH will be entering one or more teams for the Peter Palmer Relays. This is a relay for between 6 and 8 runners with legs available for all different levels of experience. The team will travel to Birmingham on Saturday 10th and the race starts before dawn on 11th.

The current Peter Palmer format consists of 6 legs of differing length and technical difficulty: Red – Red – Light Green – Orange – Yellow – Green. It is usual for at least two of those legs to be completed in the dark, with the third being the dawn leg. There can be up to 3 runners on Leg 5 (Yellow).

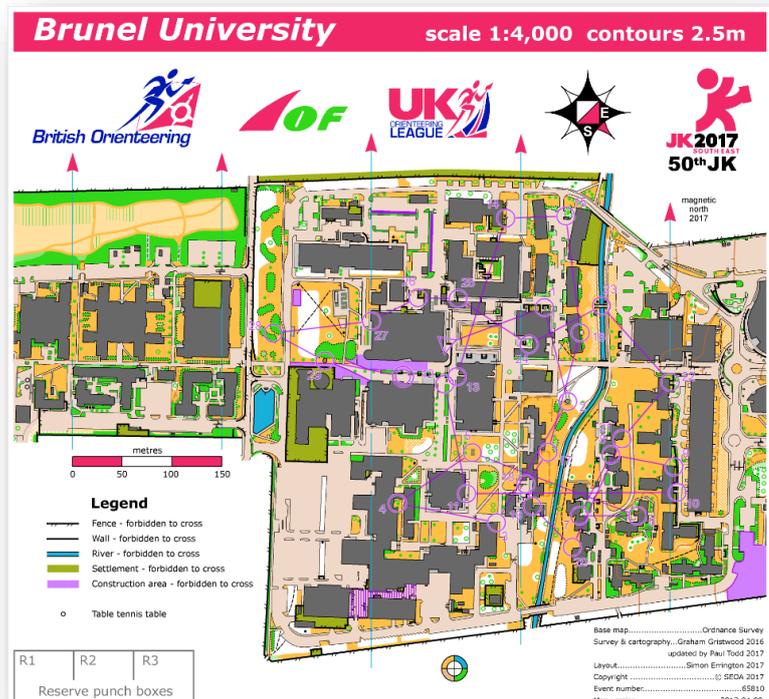
Please let me know if you are available or want to know more: juniors@herts-orienteering.club. Sorry only M/W12s and older can enter. We will also need some parents who could drive a few juniors up and back the next day.

British Mixed Sprint Relays 2023 update

At the time of the last newsletter it looked as though there would be no British Sprint Relay in 2023 as the Individual Sprints will be in Northern Ireland on the same weekend (6/7 May) as the British Middle Champs.

However, LOK have kindly offered to run the Relays at Brunel University, previously used for the JK 2017 sprints (and it's not impossible that we will be asked to help run the event, as we did in 2017).

It will be on 17 September 2023, the day after SLOW's City of London Race.





Training

Alex Soulsby training@herts-orienteering.club

First Aid Course Saturday, 24 September, approx 1-5pm, St Albans

We are running a half-day first aid course for those who use it to support HH events or who require it for coaching. You don't need any prior experience but if you want to be a qualified first aider for HH activities this is your chance.

This half day course will be put on by Elements First Aid (www.elementsfirstaid.co.uk) who come highly recommended. The course is custom-made for orienteering and outdoor activities. Participants will receive a qualification from ITC First recognised by BOF. More info below.

Date:

If you have a first aid qualification from 3 years ago this will be your opportunity to renew it before expiry. We are running the course in early autumn as the COVID19 ventilation measures mean this may be a challenge in the winter.

Please let me know by 6th August if you would like to attend or need more information. If you are interested but can't make this date/time please tell me. HH will cover most of the cost but there may be some modest cost for individuals once we know numbers, costs etc.

If you are interested please email: training@herts-orienteering.club to reserve a place. First come, first served.

NATURE OF TRAINING: *The course is assessed by trainer observation of learners demonstrating practical First Aid on their manikin and each other. There is no exam or question paper. To achieve the full regulated qualification, learners will need to attend for the full duration, take a full and active part and pass all the practical assessments. This includes rolling someone over into the recovery position and demonstrating 2 minutes of CPR on a manikin at floor level. Learners therefore need to be reasonably fit and able to bend down and kneel down on the floor. Learners unable to do this can still attend but will receive a certificate of attendance rather than the full accredited qualification. You will need to contact us prior to the course if there are any learners that will require any additional support or reasonable adjustments to the training or assessment process.*

CERTIFICATES: *Learners receive an e-certificate from our Awarding Organisation ITC First (valid for 3 years) plus a comprehensive First Aid manual. Certificates are sent out by email approximately 2 - 3 weeks after the course.*

GROUP NUMBERS: *The trainer to student ratio is 1:12 so we can take a max of 12 with one trainer and 24 with two trainers, providing there is enough floor space and subject to trainer availability.*



COVID-19: *We have had to make quite a few changes to ensure that our courses are as safe as possible and all learners would have to adhere to our mitigation measures. These are in place to reduce the chance of contracting covid during training and to keep both the trainer and the learners safe. Although restrictions have relaxed recently, due to the practical nature of First Aid training and the close proximity/contact with others during training, we will still require the following: Learners will be asked to socially distance for both the theory and practical sessions which may mean using larger venues or restricting course numbers. Venues will be well ventilated so may be very cold. Learners will be paired up for practical work to limit the number of close physical contacts. All learners must be symptom free. We will be recommending that learners wear a face mask when in close proximity with others, wash hands and use hand sanitiser regularly throughout the course etc.*

Controlling/Planning Course, 9 July 2022, Mardley

Thanks to the course tutors and participants especially Hedley for putting everything together. If any participants have feedback on the course please let me know what you enjoyed and what we can do differently in future.

Winning Times – changes coming!

The International Orienteering Federation (IOF) have been consulting on whether to change the current position, where there is a difference between men's/open and women's recommended winning times.

In the UK, there's no issue with colour-coded courses, and sprints have 10-15 minute winning times for all while middle-distance races should be won in 30-35 minutes.

It's the long-distance races that need attention; when M21E have an estimated winning time of 90-100 minutes, W21E have 70-80; M60L have 60-70 while W60L have 55-65, etc (although some junior courses are already identical times). Similarly, the JK and British Relays will need adjustment.

British Orienteering will be changing to having equal winning times for men and women, in line with the IOF decision, although how this will be achieved is yet to be worked out.

One question to resolve is whether the women's courses need to be longer, or the men's need to be shorter, or if they meet somewhere in the middle.

It is probably going to be a year or so before these changes take place.



HABS Saturday Series event and Club Sprint Championships, 9 July

Stu Levene

Having a large – and quite famous – public school site on our patch is always a good thing and the two campuses at HABS have been used several times in the past (and were last used for the Club Sprints Championships in 2018, planned by Yours Truly!). It also helps to have a club member on the teaching staff (thanks, Rob) and a headmaster who was not only enthusiastic about our presence but also enrolled his children on to the Orange course.

The event did go ahead smoothly, but not at the beginning of the process: mapper Simon and planner Adam Leaf had their work cut-out dealing with a much-altered site with a large amount of on-going construction work. Unfortunately, the running track was out of use and our usual assembly area had been flattened in the meantime. Notwithstanding this they managed to tame the beast and a good set of challenging courses was finalised by Adam, in time for him to go on his holidays...at least he didn't have the problem of fences being ripped out three days before the event as Yours Truly did when he planned the corresponding fixture in 2016!

The sprint/long courses were arranged in similar style to our old Light Green plus extension (and current GLOSS events) so that all competitors could qualify for the sprint titles and then carry on, if desired, for a bit more of a work-out. The sprint course topped out at 3.3 km while the extension offered a further 3.1 km of exercise. We had 77 competitors over the sprint, 33 of whom decided to continue for extra punishment! Apart from a couple of entrants who mispunched (and a poor chap who retired with a sprained ankle) everyone managed to get round successfully. We had a further 27 runners on the shorter courses making for a total of 104 competitors.

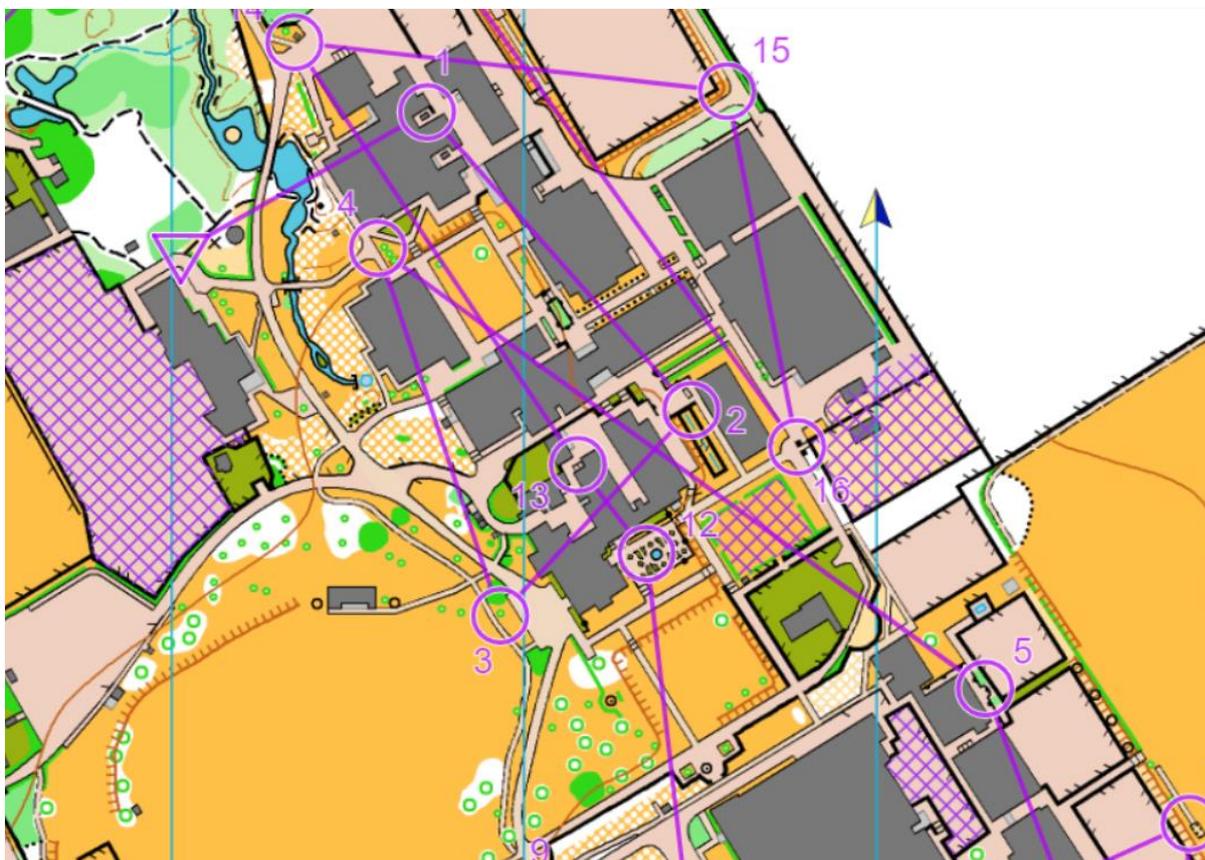




So, congratulations go to our Sprint Champions Ben Gostick (20:11, below) and Charlotte Coles (27:07, below). Special mention also goes to young Darrio Tam who blazed around the sprint course, not only beating his big brother by five minutes but also Yours Truly by fourteen seconds!



Have a look at the leg from 4 to 5...what would your route choice have been?





Street-O update and upcoming events

Rachel Sequeira, Street-O co-ordinator

We've been having a fantastic Street-O season – thank you to all event organisers and everyone who has been along to event(s). You still have a few more Tuesday evening opportunities to come along and it a go before the season draws to a close with a finale event on 6th September.

Events run every Tuesday up to (and including) 6th September 2022, with starts 7.00-7.20pm.

Entries via <https://hh.mapreservation.org.uk/> by 12 noon on the day to guarantee a map.

Upcoming Street-O events for the rest of the 2022 season

Date	Location	Parking/start information	Event page
2 August	Borehamwood N	Brook Road car park, WD6 5HQ	https://www.herts-orienteering.club/event/s/event/borehamwood-north-street-o/
9 August	Flamstead End	Start at Andrew's Lane/Rosedale Way junction, near EN7 6LB Street parking nearby	https://www.herts-orienteering.club/events/event/flamstead-end-street-o
16 August	Hitchin E	Start at Mill Close/Purwell Lane junction, near SG4 0NG Street parking nearby	https://www.herts-orienteering.club/events/event/hitchin-east-street-o
23 August	Harpenden NW	Start at Rothampstead Avenue near Church Green, near AL5 2TP Street parking nearby	https://www.herts-orienteering.club/events/event/harpenden-north-west-street-o
30 August	St Albans Jersey Farm	Car park at the junction of Harvesters and Harvest Court, AL4 9RG	https://www.herts-orienteering.club/events/event/jersey-farm-street-o
6 September	Welwyn Garden City finale	Start outside Campus West, AL8 6BX Street parking nearby	https://www.herts-orienteering.club/events/event/welwyn-garden-city-street-o-season-finale



Saturday Series Entry Fees 2022-23

Ben Bardsley treasurer@herts-orienteing.club

As you may know, following the return to monthly Saturday Series events after Covid, the Club has continued to manage these events by entry in advance using SI Entries, with entries opening a number of weeks in advance of the event, and remaining open right up to 11:15 on the day of the event.

In common with other clubs though, HH has found that there has been a trend towards registrations being made increasingly close to the start date. For example, the last few HH Saturday Series events have seen approximately 80% of all entries being made within the last 5-6 days (Monday-Saturday) leading up to the event and a significant proportion within the last 48 hours. This late confirmation of numbers impacts Planners, who need to provide final map numbers to the printers a week in advance of the event, the SI coordinator who transfers SI Entries information into SI for results management, and Organisers, who need to arrange volunteers to ensure the event can go ahead at all. For map numbers, there is a financial impact and for SI it leaves a heavy, last-minute workload for the SI coordinator.

In an attempt to address these issues and encourage early entry to events, to support our volunteers, the HH Committee has agreed to introduce a new pricing structure for Saturday Series events starting with September's event. A new '**Early Bird**' entry category will be introduced. This will be set in line with 2021-22 prices, meaning that all Early Bird entries will match this year's pricing. Late entries, defined as being after the Sunday immediately preceding the event, will incur a £2 supplement across all entry categories.

Overall, entries remain at a low price in line with other clubs, but hopefully this will encourage you all to enter early – if you know you're going to enter, then why not do so ahead of time to secure the Early Bird price? This way you'll have the benefit of seeing no increases in prices next season as you enjoy the new series of events. We do also hope to offset further with some incentives for volunteers, as well as initiatives for newcomers, so look out for these in future.

A summary of the agreed 2022-23 Saturday Series prices is presented below to confirm the new arrangements.

	Early Bird	Late Entry
Senior BOF Member	£4	£6
Senior Non-Member	£6	£8
HH Junior	£0	£2
Junior BOF (non-HH) Member	£2	£4



Chair's Ramblings

David Dixon chair@herts-orienteing.club

July is traditionally a relatively quiet time for orienteering but there has been plenty going on recently.

Our junior squad started the month on a high with their second place at the national Yvette Baker finals; the following week we had our combined Saturday Series and club Sprint Championship event at Haberdashers School.

The interclub GLOSS series has just finished and there have been a good number of urban events for those who like them (I do!).

Our Street-O series has also run each Tuesday with one notable exception: for the first time ever, we had to cancel our event on 19 July due to the extreme heat. With the local temperature peaking at over 39°C on the day, even at 7pm it was still over 35°C so our Street-O co-ordinator absolutely made a good call on the preceding Sunday to postpone this event.

It is a sobering thought that these extremes will become much more commonplace and new extremes will become even more extremier [let's see if our editor objects to that word! *He does...*]. Does orienteering need to change to minimise our impact and adapt to changing conditions? Orienteering is often considered to be a "green", wholesome sport, and many aspects are - exercise and competition in wild(ish) spaces with something for all ages and abilities. However travel to events is certainly not so green - and some travel is unavoidable if we want to visit unfamiliar areas and compete against a reasonable selection of peers. While we try to publicise public transport options where viable, many of our and other club's areas are difficult to reach without private transport.

One viable option to reduce our impact though is to share transport where possible. HH isn't going to procure a club minibus any time soon but car sharing is a very straightforward option. Although the club very much encourages such arrangements it's something that needs to be arranged between individual members. If you would like to find members nearby that you could liftshare with, please ask in the club's private Facebook group if you're a member, or ask our newsletter editor to include your details in a future edition. For example, if you live in or near Welwyn Garden City, I'm happy to provide a seat whenever we have room, and if you don't mind getting to events early...

SEOA update - Secretary wanted

SEOA is the Southeast Orienteering Association, with the aim to "provide facilities for and to promote participation in the amateur sport of Orienteering in the South East area of England". The association coordinates the region's events programme, organises the region's junior squad and coordinates regional championship events and larger events such as the JK.



Key decisions are taken by an SEOA committee comprising representation from each SEOA club (I represent HH here). HH also provides key committee members - David Saunders is Treasurer; Susan Marsden is SEOA Membership Secretary and Keith Marsden has been Secretary. Keith has recently stepped down from this role so the committee is now looking for a volunteer to take this on - the role description is available at <https://www.seoa.org.uk/info/governance/committee-role-descriptions> but Keith's summary is "it is not a particularly onerous job and since all SEOA Committee meetings are now 'on-line' it does not involve travel to the meeting".

As with most aspects of orienteering, getting volunteers is essential - the sport wouldn't exist without this. Please consider whether you would be able to take on this role or perhaps one of the club's vacant positions and get in touch with me if you would like to discuss this further - thank you.

In other SEOA news, the committee recently approved increasing its grants for training and junior development from £200 to £250 per grant (up to 50% of the total cost); HH will usually cover a similar amount so that most covered activities will be free for accepted participants.

NLSIC update

Another acronym - NLSIC is the North London SI Consortium in which adjacent clubs have pooled their resources to have a central source of SportIdent kit (controls, dibbers and associated equipment). The split is/was HH: 4/7; LOK: 2/7; CHIG: 1/7. Susan & Keith Marsden have stored, maintained and organised hires for this kit since the Consortium's inception but have recently decided to pass this role on. Therefore from September, Simon and Helen Errington will be the primary contacts for the consortium.

The club has benefited greatly from the Consortium - cheap hire (with excess income returned to individual clubs annually), well-maintained kit and the ability to resource larger events than any of the individual clubs would have enough kit for. On behalf of the club I'd therefore like to offer my sincere thanks to Susan and Keith for all their hard work and dedication in providing this service over the years.

AGM update

The club will hold its Annual General Meeting on **Tuesday 13 September**. As we've done for the last couple of years, we'll hold the meeting via Zoom so no need to travel! We need a good representation of members to provide a quorum so please attend if you can - we'll make it as short and painless as possible. Attendance details for the AGM will be included in the next newsletter.

One of the key functions of the AGM is to elect members to committee roles. A member can only hold a particular role for up to 3 years; Stu has reached this in his role as **Events Co-ordinator** and we're looking for a replacement. Adam has also decided to stand down from his role as **Secretary**. Outside of the core committee, we're also looking for a **Publicity Officer** as Mark is standing down. If you think that the club could do a better job of organising social events then I'd also be happy to take nominations for a **social secretary** too! For the core committee roles, nominations



should be sent to the Secretary ahead of the AGM and [I and the current post-holders](#) would be very happy to discuss what any of these roles entail.

Amendments to the Constitution for tabling at the AGM must be received by the Secretary at least 30 days before the meeting. Our full constitution can be read at: https://www.herts-orienteeing.club/uploads/members/hh_constitution_2017.pdf

Hertfordshire County Council “Fifty Thrifty Adventures”

Thanks to Brad Smith (one of our newer members), DIY Street-O has made the council’s list of the top 50 no-cost or low-cost activities to do in the county. More information at <https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/summer-fun>.

I understand that from 1 August there’ll be a chance to vote for your favourite so please consider voting for our events to help raise their profile.

Healthy Little Trips Fifty thrifty adventures to have in Herts this summer

- Do some DIY Street Orienteering
- Walk around the Lee Valley Sculpture trail
- Picnic in the park
- Attend a Family Fun Event with Herts Family Centres
- Go fly a kite

World Cup Round 2 in Estonia 3-7 August

Following GB’s great performances at the World Champs and World Cup round 1, you can follow the action in Round 2 via the competition website which is [here](#). The races can be followed via Web TV and live GPS with live results at <https://orienteering.sport/live/>

Orienteering World Cup and European Orienteering Championships 2022 Rakvere, Estonia

HOME PROGRAMME FOR TEAMS TRAVEL PUBLIC RACE MEDIA CONTACT VOLUNTEER

visit estonia



SE Sprint Championships - 31 July

Two races, two hours apart, on the Research Park in Guildford, results based on total time. Top 3 positions:

Class	Position	Name
M10-12	1	Theodore Marsden
M18-40	1	Ben Gostick
M45-55	3	Simon Errington
M70+	2	Hedley Calderbank
W60-65	2	Janet Rosen
	3	Helen Errington



Guildford Orienteers | the orienteering club for Guildford and West Surrey hills

SE Sprints PM 31 July			
	3pm	1.8 km	
▷		⚡	○
1	104	⚡	○
2	117	⚡	○
3	158	⚡	○
4	106	⚡	○
5	108 →	⚡	○
6	109 →	⚡	○
7	156	⚡	○
8	111 ↙	⚡	○
9	113 →	⚡	○
10	52	■	○
11	50	⚡	○
12	153 ↓	⚡	○
13	154 ↙	■	○
14	133	⚡	○
15	105	⚡	○
16	159	⚡	○
17	103	⚡	○

20 m

special symbols: ○ x

This map was surveyed and drawn by Forest Fire.TE@gmail.com, based on Environment Agency open LIDAR data. © Crown Copyright 2012 OS 1:50,000. © Environment Agency Copyright 2012. Printed map Copyright Guildford Orienteers.

3pm

Event Number

Course 3, afternoon race

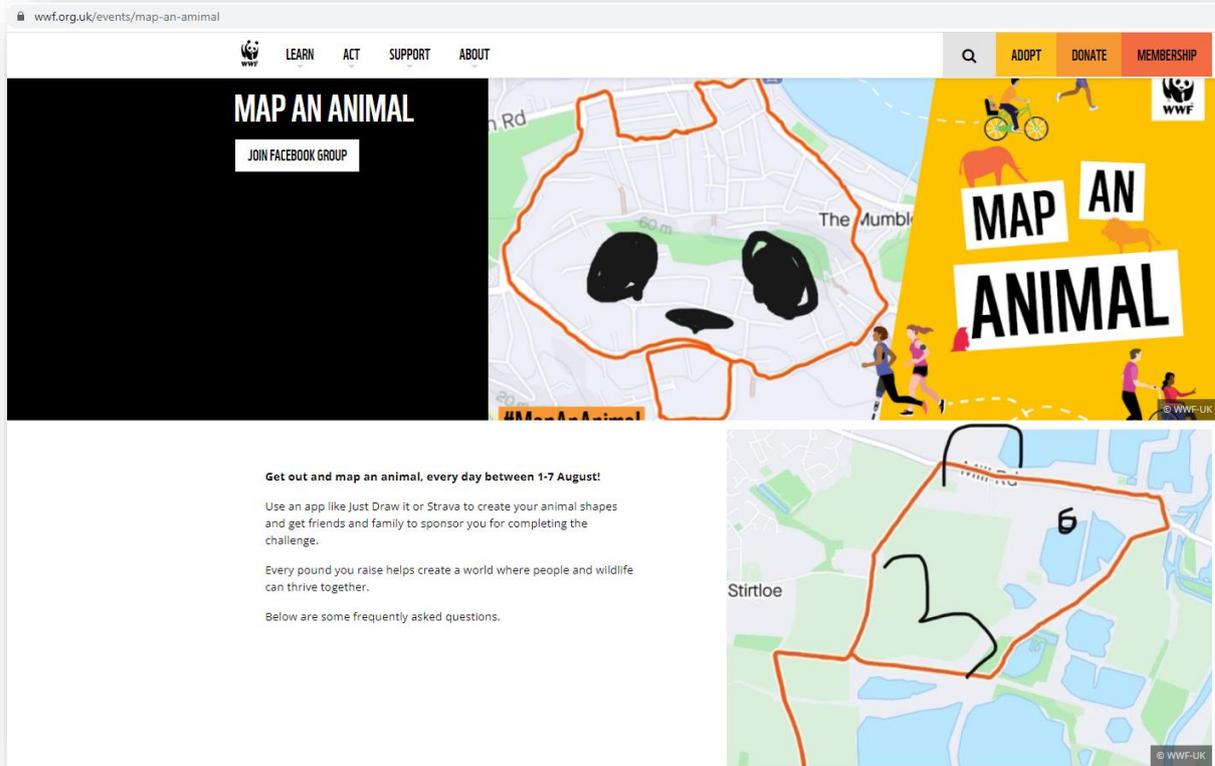






Map an animal for WWF

<https://www.wwf.org.uk/events/map-an-animal> (note the spelling mistake!)



For Sale

Vax Steamglide Plus floor cleaner. I have used it a couple of times, to check it works, but not since, as I have another one. It was a freebie with another purchase from Vax, and normally retails at about £60, but I will sell it for £30.

I also have three sleeping bags. One is definitely an all-year model, and quite new. The others are somewhat older and probably not okay in winter conditions. £10 for the best one, £5 each the other two.

Email me on john.duffield1@ntlworld.com or ring 020 8281 0676.

John Duffield



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
02/08/2022	Borehamwood North MapRun Street-O See HH Web site for details	HH	Local
03/08/2022	European Orienteering Championships & World Cup Round 2 3 – 7 August Estonia Check whether GB athletes can maintain their good form		International
07/08/2022	Lakes 5 Days – Day 1 Swindale South First day of the Lakes 5 days. All days on top class land with a mix of open moor and Graythwaite Forest	BL	National
09/08/2022	Flamstead End MapRun Street-O See HH Web site for details	HH	Local
16/08/2022	Hitchin MapRun Street-O See HH Web site for details	HH	Local
23/08/2022	Harpenden North West MapRun Street-O See HH Web site for details	HH	Local
28/08/2022	MV Urban event Horsell Near Woking No details yet	MV	National
02/09/2022	City of London Race weekend 1 Morden Hall Park, 1700-1815 starts, SIEntries	MV	Local
03/09/2022	City of London Race weekend 2 City Race Event Centre Aldwych; SIEntries	SLOW	National
04/09/2022	City of London Race weekend 3 Camden area, based near Kings Cross. SIEntries	LOK	Regional
10/09/2022	Park-O Milton Country Park Cambridge park race. Entries on Oentry	WAOC	Local
10/09/2022	Burton Dassett Country Park Very interesting contoured open area just off the M40. One to consider Entries on Fabian4	OD	Local
10/09/2022	HH Saturday Series Nomansland Wooded common north of St Albans. SIEntries	HH	Local
11/09/2022	Peter Palmer Junior Team Relays Sutton Park Great fun in a good area. 6 man relay starting in the dark. Get your junior team together	COBOC	National
11/09/2022	HAVOC EAL & SWELL Langdon Hills Near Basildon; Forested area No details yet	HAVOC	Regional
17/09/2022	Caddihoe Day 1 and Southern Championships (UKOL) Hound Tor & Hay Tor Southern Champs 2022. Two day event near Bovey Tracey. Largely Moorland Racesignup	DEVON	National
18/09/2022	SOS Hatfield Forest NT land near to Stansted. A mix of heath and woodland. Entries on Racesignup	SOS	Regional
24/09/2022	SO Park-O 8 Horsham Park Country park. Entries via Racesignup	SO	Local



25/09/2022	Junior Inter Regional Championships Relay South Down The Junior Regional squads battle it out. How will South East get on in Northern Ireland?	LVO	National
25/09/2022	SMOC Milton Keynes Urban Campbell Park Country Park with lots of variety . No details yet	SMOC	Regional
01/10/2022	World Cup Round 3 1-3 Oct Switzerland Keep up with the success of this year's GB squad.		International
01/10/2022	HH Saturday Series Verulamium Park land in the centre of St Albans close to the Cathedral. SIEntries	HH	Local
08/10/2022	Junior Home Internationals Relays and open middle-distance race Loch Vaa (tbc) The best juniors gather on Speyside for the two-day competition. World class areas.	INT	National
09/10/2022	WAOC Urban Great Dunmow Urban event No details yet	WAOC	Regional
09/10/2022	CHIG Local and SWELL event Walthamstow Forest. Part of Epping South. No details yet	CHIG	Local
09/10/2022	Black Park Regional Wooded Country Park near M40/M25 junction. Lots of other activities No details yet	BKO	Local
16/10/2022	TVOC 2022 Chiltern Challenge Wendover Woods Excellent area. Wooded hill top near to Aston Clinton. No details yet	TVOC	Regional
22/10/2022	Park-O Trumpington Meadows Centre of Cambridge park race	WAOC	Local
23/10/2022	North Norfolk Regional NT Felbrigg One of the best Norfolk areas on the North Coast	NOR	Regional
23/10/2022	HH Regional Event Northaw Great Wood Extensive forested area near Cuffley. Worth a visit. Entries will be on SIEntries	HH	Regional
30/10/2022	SLOW National Event Esher Common Good quality area just off the A3/M25 junction. No details yet	SLOW	National