



Editor's Spur	1
Street-O finale in Welwyn Garden City	2
2022 Street-O Entry payments.....	2
Next Saturday Series	3
Officials needed	3
AGM update.....	4
Jack of Herts.....	4
Mapping conundrum?.....	5
Captain's Niche	7
Sunshine in the Lake District!	7
Know Your Committee: Kevin Parkes – SI Coordinator	10
Event listings.....	13
Mapping Conundrum – the answers.....	16

Editor's Spur

Alan Rosen newsletter@herts-orienteeing.club

The summer always used to be quite quiet for orienteering unless you were off to a multi-day event in the UK or abroad, partly because of head-high bracken, nettles and brambles. These days the rise of urban events means that we are not so reluctant to compete throughout the hotter months and, for those who still crave the forests, there's always the [Army](#) training events on Wednesdays if you can get round the M25 during the day.

Your house may or may not be full of orienteering memorabilia, depending on how many events you've been to and how successful you've been, but it was interesting that the winners of the Lakes 5-days were 'given' a birch [tree](#) (with a What3Words location), to be planted on an estate in Scotland, rather than a less climate-friendly t-shirt, medal, mug or coaster. A special mention should be added here for the chutney and chocolate from the British Champs which were greener and tastier than some prizes and don't clutter up your house.

Hopefully it will be possible to run through those birch trees in the 2052 Scottish 6-days!



Street-O finale in Welwyn Garden City

Tuesday 6 September, 7pm

Rachel Sequeira street-o@herts-orienteering.club

Come and celebrate the end of the 2022 Street-O season with our final event in Welwyn Garden City on the evening of Tuesday 6 September (details below).

It'll be Street-O as you know it (visiting as many controls as you can in 45 minutes) but with an added twist - bonus points are available by 'chaining' your control type eg visiting two, or three, or four postboxes in a row will earn you extra points. What strategy will you pick to maximise your point scoring?

Full instructions will be provided at the start. Everyone is welcome: newcomers and Street-O veterans! It would be great to have a big turnout for our last event of the season. Afterwards I'll be heading to Humphrey's at the Campus West (~30 metres away) for a drink, and hopefully some of you will join me!

Meeting point: Campus West (steps to the library), Welwyn Garden City, AL8 6BX

Parking: The Campus West car park is closed for renovation. However free street parking is available on many nearby streets, or there is a car park at the Campus East (you may need to pay for this).

Start times: Between 7.00 and 7.20pm, but the earlier the better given the light.

Event length: 45 minutes (unless you go over time...)

Entry: Online, via <https://hh.mapreservation.org.uk/> (from 31 August)

Cost: £2 for HH members, £3 for everyone else (details online)

Other: Please strongly consider wearing high visibility clothing as you will be out near dusk.

2022 Street-O Entry payments

Ben Bardsley benbardsley17@outlook.com

As we approach the end of the 2022 Street-O season, it is time for the final reckoning for entry payments from all those who have had runs during the season. Thank you to the vast majority who have paid promptly per event during the season, or pre-paid for multiple entries. There are a few gaps in payments though where this hasn't been done. Therefore, as we are at the end of the season, if you have any remaining payments to make for your entries, please can you make these no later than Friday 9th September. After that the Treasurer will chase up any outstanding payments, although would prefer not to have to do this. as well as provide refunds to any who have overpaid for pre-entries during the season.

If you are unsure whether you have any outstanding payments to make, or if you would like to check, please email treasurer@herts-orienteering.club to get a readout.



Next Saturday Series

Ben Bardsley benbardsley17@outlook.com

After a break for August, the Saturday Series recommences with an event on **Saturday 10 September** at **Nomansland Common** near Wheathampstead.

- 1) In order for the event to run smoothly, we need the usual cohort of volunteers to help with the various tasks - control hanging, control collecting, meet & greet, start box, road crossings, parking marshals, etc.

If you can help with any of the above (or other) tasks, please can let me know as soon as you can, including any job preference you may have and whether you prefer early or late shift (or not bothered). If you've never helped at an event before, don't worry, help is available to show the ropes and the jobs are not too taxing - no experience is needed...

All helpers will be able to get a run.

- 2) Don't forget that this is the first event which is using the new Early Bird pricing structure with a surcharge of £2 per entry if you don't enter before the end of Sunday 4 Sept. Therefore, if you're planning on attending, go ahead and register up front and make the Early Bird saving - and while you're at it, let me know how you can help out... Don't forget, the aim of the Early Bird pricing is to encourage early registration to help our volunteers in preparing for the event so please do register early if you can...

Thanks

Officials needed

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

We are in need of:

Stanborough	05 Nov	ORGANISER
Boxmoor	10 Dec	ORGANISER
Trent Park	26 Dec	PLANNER
Sherrardspark Woods	07 Jan	PLANNER

Also, Planner required for the Ace of Herts next March.

Please get in touch if you could take on any of these roles.



AGM update

David Dixon chair@herts-orienteering.club

The club will hold its Annual General Meeting on 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 follow – please join a few minutes early so we can start (and finish!) on time.

Join Zoom Meeting

<https://us06web.zoom.us/j/83310430791?pwd=dDIWcjNCQThZTkVmdk4zR1lFVTg0QT09>

Meeting ID: 833 1043 0791 Passcode: 461345

8pm, Tuesday 13 September 2022

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.

Jack of Herts

Northaw Great Wood, 23 October

Put the date in your diaries! Our next major event will be the Jack of Herts at Northaw. Please save 23 October in your diaries and volunteer to help make this a success for the club. Volunteers will be able to run. Anyone wishing to help on the day: please email me at ajleaf@virginmedia.com and let me know any job preferences. At this stage I'm particularly keen to hear from prospective team leaders.



Thanks
Adam



Mapping conundrum?

Suppose you were mapping an area for a sprint event and had to map this building. How would you do it?

Or, as a competitor, what would you expect to see on your map if you came across this building?



This was a question posed recently by a mapper on

<https://www.facebook.com/groups/orienteeringmappersint>.

One of the reasons for having international specifications for 'non-urban' and urban/sprint events is so that mappers can map consistently across the world. However, particularly in complex urban areas, the buildings can be a challenge to map, as in this case.



Here are some possibilities:



[WOCup is World Cup, WOC is World Championships, presumably because that's how similar features were mapped at those events in the not-too-distant past]

So what would you go for?

See page [16](#) for a suggestion, although be warned that there's no single right answer!

Before going there, here's a couple of other sets of stairs to think about mapping:





Captain's Niche

Tom Cochrane captain@herts-orienteering.club

South East League 2021/22

After 10 events (culminating in May) HH finished a creditable 3rd in the SE League, behind SLOW and runaway winners SO.

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	52	-
2	SLOW	38	-
3	HH	35	-
4	SAX	33	-
5	SN	31	↓ 1
6	MV	17	-
DIVISION 2			
1	DFOK	58	-
2	GO	52	-
3	HAVOC	49	-
4	BAOC	42	↑ 1
5	LOK	41	↓ 1
6	CHIG	18	-
7	RAFO	11	-

The SE League programme for 2022/23 is below. It was very tight this year between 2nd and 5th place so there is plenty to play for and it would be great to see a strong turnout at these races. Put the dates in your diaries now! [locations approximate on map]

30-Oct-22	SLOW	Esher Common
13-Nov-22	SN	Long Valley S
27-Nov-22	SAX	Hindleap
04-Dec-22	CHIG	Epping E (SE Long Champs)
22-Jan-23	DFOK	Chelwood
05-Feb-23	GO	Waggoners Wells
19-Feb-23	LOK	Holmbury
05-Mar-23	HH	Burnham & Egypt
19-Mar-23	MV	Balcombe
16-Apr-23	SLOW	Hankley TBC
14-May-23	SO	Eartham Wood



Sunshine in the Lake District!

Mike Bennett

30 or so HHers went to at least part of the Lakes 5 Day event this year. It was lovely to see green grass again, even though the overhead conditions were warm, then hot, then hotter.



HH success

In the overall scores (best 4/5 to count) we had three 2nd places and one 3rd. Both Darrio Tam on M10A and James Errington on M21S had a win and three 2nd places to come 2nd overall. Ben Gostick on M18L also came 2nd overall including a win and a 2nd



place. Alison Harding was 3rd on W60L; her discarded score was a 7th place, which shows how consistent she was.

A couple of people were high in the rankings despite being there for only part of the week. Alex Fielding M20L had 2*2nd places in the two events he completed, and Becky Raftery W35L finished 4th and 2nd in her two events.

The Orienteering

Each of the five days had its own character and asked different technical and physical questions. It was noticeable that on almost all days even some very good orienteers were making big mistakes. And a lot of people retired, especially towards the end of the week as the temperatures rose. It may be a holiday event, but orienteers like a challenge!

Day 1 Swindale

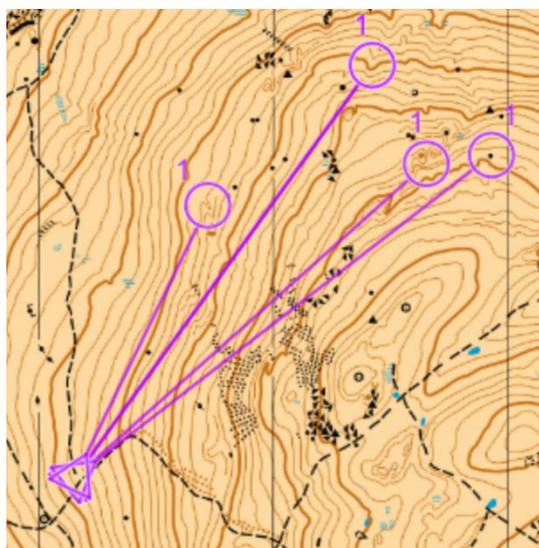
The car park conversations were about the time in 2014 on an overlapping area, when the rain was horizontal and people were at risk of hypothermia in August. No such problems this time. I also lost the sole of a shoe there in 2014, but that's another story.

The map is all open fell (yes, we know it should be mapped in that greyish yellow, but the white was much easier to read) with lots of marsh. These marshes are the slightly lower-lying areas on a gently sloping hillside. They are all covered in knee-high reeds, most are very tussocky, and some have ankle-deep water between the tussocks. So the best strategy was often to navigate via the 'islands' in the marsh, as James did from 8-9 here.



Day 2 Threlkeld

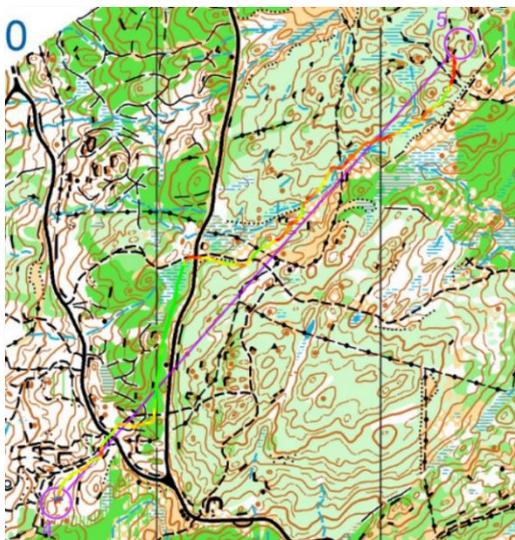
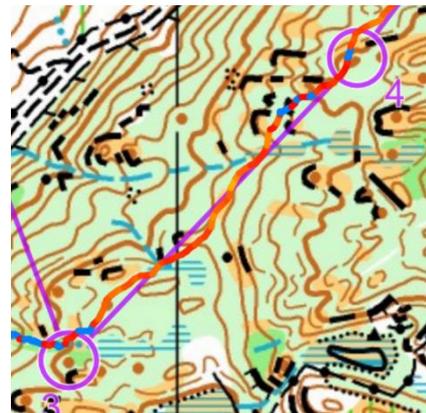
Again open fell, no large marshes (hurrah!) but fewer contour features. Many slopes are convex, so spotting something directly above or below is awkward. Can you keep a consistent heading going diagonally up or down the hill? See various first controls here – it's easy to get too high or too low, especially as it's only the scree areas that affect running speed which are mapped with the black dots.





Day 3 Dale Park

Into the woods! This was supposed to be a Middle race, but such was the density of similar-looking crags and re-entrants that many legs felt like a Long event. I for one took as much time on this as on the Long events the rest of the week. Helen showed us how to do it. This leg is through fairly dense pine forest, runnable underfoot but with often overlapping branches from waist level up. Even those rough open areas were quite thick bracken.

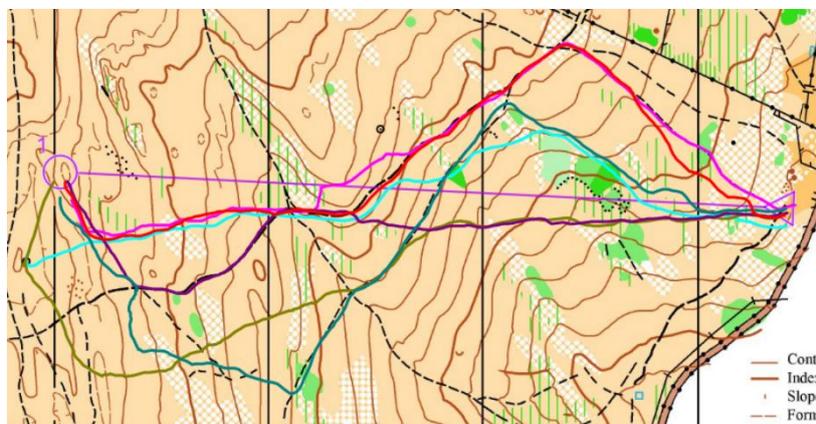


Day 4 Raven Crag

A new area, across the road from day 3. The eastern slope was steep and covered in small rocks. Fortunately we had walked up it to the Start so only had to run (walk, clamber ...) down. On top though, it was interesting, with some varied, albeit low visibility, terrain. Most of us had one or two path runs but most legs had nothing more distinct than the occasional ditch or ruined wall. See Ben's route on the long leg – some path running early on giving time to plan the rest.

Day 5 Helsington Barrows

The hottest day of the lot. Much of Helsington is open hillside with some exposed limestone. This time most courses spent a bit more time in the southern area with lots of small copses, many of them easily confusable. The map extract shows a longer leg on the open area – not many people took the path route to the N. And in case you were wondering, these are the tracks of six of the top 12 finishers.





Can I come next time?

Of course you can! These events are National level events, like our Ace of Herts. Anyone can enter, just be prepared for a greater variety of terrain than we get at Burnham or Ashridge.

Next year it's Moray 2023, based E of Inverness, see <https://www.scottish6days.com/>. Entries open in December but I'm about to book accommodation now. Treat it as a week's holiday and maybe combine it with something else on the way up and/or back.

[despite the website address, it will be a 5-day event this time, plus a non-counting urban sprint on the rest day]

Know Your Committee: Kevin Parkes – SI Coordinator

I only encountered orienteering relatively late in life. For both Penny and I, our main activity had been walking, and particularly hill walking in both the UK and Austria. When our two children came along, we didn't let them slow us down, but gradually got fitter carrying them in backpacks when they had walked enough. We have some great family memories from that period, including lunching with a two-year old in a high altitude Austrian alpine hut that was otherwise entirely filled with hard mountain types checking their ropes and sharpening crampons for their next morning's ascents. However, as the children grew beyond toddler-hood we started to get concerned that they were just following us and not learning any walking or mountain skills, and



in particular responsibility for navigation was firmly with us parents. Consequently I was very interested when a running colleague and occasional orienteer at work suggested we try a colour coded event at Maulden Woods the upcoming weekend. We went round as a family and I can still remember the confusion the unaccustomed scale and detail caused us – we strode out along a path on the look-out for a major river crossing entirely overlooking the somewhat dried-up ditch we had almost immediately passed!

We drove home from Maulden, if not entirely converted, certainly feeling that it was a repeatable experience. However, we had clearly stepped onto a slippery slope and more events followed as did club membership, although living as we do on the borderland between HH and WAOC the best choice wasn't clear and then, as now, there is too little information available to outsiders to allow a rational choice. Fortunately the coin came down in favour of HH.



As the children got older both we, and they, got more involved in orienteering and we progressed from going round as a family with the youngest in a backpack to individual competition and parental split starts. They were later invited to join the South East Junior Squad (SEJS) and we got to know Keith and Susan Marsden who were not only pivotal in the development of the junior Parkes orienteers, but encouraged me first to have a go at some of the training exercises rather than sit in the car park, then later to take more of a role as a parent helper, and finally to qualify as an orienteering coach. I'm still going to SEJS some 15 years or so from our first attendance, although now as a qualified coach in my own right. Recently I've also been glad to support the HH junior squad and occasional other HH training events, which are a very welcome addition to the club calendar and give us all the opportunities to develop the skills for a life-long enjoyment of the sport.

Having joined a club we soon got more involved in volunteering and one of my earliest recollections is helping with results at a British Schools Championships at Cassiobury & Whippendell Woods. Results in those days were pin-punching and Graham and I had a busy afternoon comparing the punch patterns obtained with those expected and the moment we were done he rushed to join the queue for an autograph from Yvette Baker [*one of the UK's most successful orienteers, World Champion in 1999*]. Unfortunately he joined the queue at the same point as an official decided that she needed to move on to the next phase of her agenda and attempted to close the queue. Prompt intervention was required to avoid ructions and a walk-out of the club's junior volunteers. I also had a best forgotten stint as club secretary under Eric Brown, before gravitating to my current default role doing SI results.

With my increasing orienteering experience and technical knowledge I also became interested in event planning and try to volunteer to plan most years. I've also been lucky enough to be involved in the planning of a number of our larger events including ones on Ashridge and Burnham although felling activities forced the very late cancellation of the latter. Several of these larger planning roles have been held jointly with my daughter Laura, and it turns out that we make a rather good planning partnership seeming to hit a sweet spot between congruence of aim and complementary orienteering strengths and approaches which greatly benefits the quality of the final courses.

Electronic timing was just coming in at the time we were starting to get involved helping at HH events.

The first software we used was called OE and had a quite idiosyncratic and hostile user interface and I still remember the briefing session I had with Jon Marsden at his parents' home before my first outing with the system. I then heard of an alternative, called AutoDownload,





and we became one of the first clubs in the UK to pilot the new software at a Saturday series event at Rothamsted. I was more than a little nervous running down from the Rothamsted changing rooms with this new, and largely untested software. Fortunately the software, and its killer new features of being able to recognise runners from their SI card number and their course by matching the controls actually visited with those on the available courses, thus avoiding much competitor data-entry, worked excellently and we've never looked back using the successor versions, now called SiTiming, ever since.

Doing SI results for HH events allowed me to develop an expertise in the area which led to some memorable experiences outside the club, starting with the World Orienteering Cup held in the south east in 2005 where Graham and I helped provide the live video coverage on the big screen in the arena. I can't say that the exposure to video technology has been any value since but we did learn a lot about how to network a forest to support the remote camera and radio controls which has been useful at many larger events since. Perhaps my clearest memory of that event is of a fairly young Laura sitting on the steps of the commentary van with a borrowed baseball bat discouraging casual visitors who all seemed to feel entitled to barge in whenever they pleased.

Another interesting experience was supporting results and commentary at the Railway Orienteering Championships held by USIC (Union Sportive Internationale des Cheminots) which was held in Whippendell and Epping in 2007 thanks to a surprisingly high prevalence of railway industry employees in the HH membership. I think the general idea was that local orienteering volunteers do some minor on-the-ground work but the bulk of the organising was undertaken by a railways industry manager, or as we discovered as the event progressed, his PA. I particularly remember talking to her in the download tent, possibly about the competitor database that provides background info for the commentators, when I had to warn her to be careful of a cable leading from the download computers to the adjacent commentary tent. I can vividly remember her expression changing as the penny dropped and she realised that something rather sophisticated was going on with a network of controls and computers generating results and feeding information in real time to the commentary team.

However, probably the highlight of my downloading career was being part of the IT team for WOC 2015 in Scotland. This took the idea of downloading to new levels and I was particularly responsible for the arena WiFi and the servers we had in the background providing the event websites and results for people to access over WiFi. It was an exciting, if slightly gruelling, event setting up our systems in a marquee in a new field each day and disassembling it all at the end of the day, but we certainly learnt a lot much of which underpinned the regular appearance of WiFi results at even small HH events when it was far from the norm at major events elsewhere. I think both Laura, who was also involved, and I left feeling WOC was a great experience but not one we would want to have too often. Seven years on the recollections are more positive to the extent that we've both volunteered for similar roles in the upcoming Sprint WOC in Edinburgh in 2024!



Today, some 25 years on, the whole family, to slightly varying extents, are still orienteering and discussion in family gatherings often turns to our recent orienteering activities, courses and route choices, and family holidays are frequently dictated by the location of the JK or Scottish 6 Days. Having started orienteering as an adult, the youngest class I've ever run was M40, my performances have never been noteworthy but I continue to get enormous satisfaction from an accurately spiked control and from being out in the forest. Long may it continue.

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 03 September	City of London Race Annual City of London Race; Event Centre Aldwych; Entries open on SIEntries	SLOW	National
Sun 04 September	LOK – CoL Urban middle Camden area Second city race of the weekend. Based near Kings Cross. Entries on SIEntries (see above)	LOK	Regional
Tue 06 September	Welwyn Garden City MapRun Street-O Season Finale. See HH Web site for details	HH	Local
Sat 10 September	SO Park-O 6 – Queens Park, Brighton Queens Park A run in the park followed by a night out in Brighton? Entries on racesignup	SO	Local
Sat 10 September	Burton Dassett Country Park Very interesting contoured open area just off the M40. One to consider. Entries on Fabian4	OD	Local
Sat 10 September	HH Saturday Series Nomansland Wooded common north of St Albans. Entries on SIEntries	HH	Local
Sun 11 September	Peter Palmer Junior Team Relays Sutton Park Great fun in a good area. 6-runner relay starting in the dark. Get your junior team together	COBOC	National
Sun 11 September	HAVOC EAL & SWELL Langdon Hills Near Basildon; Forested area Entries on Racesignup	HAVOC	Regional
Sat 17 September	Caddihoe Day 1 and Southern Championships (UKOL) Hound Tor & Hay Tor Southern Champs 2022. Two-day event near Bovey Tracey. Largely Moorland Entries on Racesignup	DEVON	National
Sat 17 September	Park-O Milton Country Park Cambridge park race. Entries on Oentry	WAOC	Local
Sun 18 September	Caddihoe Day 2 Hound Tor & Hay Tor Day 2 of Caddihoe Chase (the Chase) See details above	DEVON	Regional



Date	Event	Club	Level
Sun 18 September	SOS Hatfield Forest NT land near to Stansted. A mix of heath and woodland . Entries on Racesignup	SOS	Regional
Sat 24 September	Junior Inter Regional Championships Individual South Down The Junior Regional squads battle it out. How will South East get on in Northern Ireland?	LVO	National
Sat 24 September	SO Park-O 7 – Horsham Park Country park. Entries via Racesignup	SO	Local
Sun 25 September	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
Sun 25 September	SMOC Milton Keynes Urban Campbell Park Country Park with lots of variety and adjacent urban . Few details yet	SMOC	Regional
Sat 01 October	World Cup Round 3 1-3 Oct Switzerland Keep up with the success of this year's GB squad.	–	International
Sat 01 October	TVOC Saturday Series Coombe Hill South Near Wendover; rarely used and it's not flat. Limited parking so registration needed. Entries by Fabian4	TVOC	Local
Sat 01 October	HH Saturday Series Verulamium Park land in the centre of St Albans close to the Cathedral. Entries will be on SIEntries	HH	Local
Sat 08 October	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
Sat 08 October	New Forest – Bramshaw South Typical New Forest mix of woodland and open. Few details yet.	SOC	Local
Sun 09 October	National Event Ainsdale Dunes (UKOL) Ainsdale Dunes One of the best dune areas in UK. Likely to be numbers limit. Highly recommended. No details yet	DEE	National
Sun 09 October	WAOC Urban Great Dunmow Urban event No details yet	WAOC	Regional
Sun 09 October	CHIG Local and SWELL event Walthamstow Forest. Part of Epping South. No details yet	CHIG	Local
Sun 09 October	GO Puttenham Mix of woodland and open. Well worth a visit just south of Guildford. No details yet	GO	Local
Sun 16 October	TVOC 2022 Chiltern Challenge Wendover Woods Excellent area. Wooded hill top near to Aston Clinton. No details yet	TVOC	Regional



Date	Event	Club	Level
Sat 22 October	Park-O Trumpington Meadows Cambridge park race	WAOC	Local
Sun 23 October	BADO SCOA League 2022-23 Micheldever Wood Mainly conifer woodland just off the M3. No details yet	BADO	Regional
Sun 23 October	NOR Felbrigg NT One of the best Norfolk areas on the North Coast. No details yet	NOR	Regional
Sun 23 October	HH Regional Event Northaw Great Wood Extensive forested area near Cuffley. Worth a visit. Entries will be on SIEntries	HH	Regional
Sat 29 October	SO SOG A4 – Rivers Wood, Balcombe Small mixed woodland area. Few details yet	SO	Local
Sun 30 October	SLOW National Event Esher Common Good quality area just off the A3/M25 junction. Entries on SI Entries	SLOW	National
Sat 05 November	HH Saturday Series Stanborough Stanborough Run round the lakes in WGC. Entries will be on SIEntries	HH	Local
Sat 05 November	Friar's Cliff, Christchurch Urban, make a weekend of it in Dorset/Hampshire	WSX	Regional
Sun 06 November	November Classic (UKOL) New Forest No details yet. Entries will be on Racesignup	SOC	National
Sun 13 November	SN Trophy and SEL Long Valley South Army land south of Farnborough. Top quality area with mixed open and some woodland. SOUTH EAST LEAGUE	SN	National
Sun 20 November	Black Park Regional Wooded Country Park near M40/M25 junction. Lots of other activities No details yet	BKO	Local
Sat 26 November	Southern Night Champs – Broadstone Warren & North Ashdown South of East Grinstead. Broadstone Warren Scout camp and the northern end of Ashdown Forest. Entries will be on Racesignup.	SO	Regional



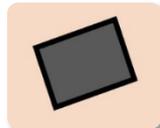
Mapping Conundrum – the answers

There are actually two features for the mapper to consider: the canopy and the stairs.

The canopy probably shouldn't be mapped at all as it's small and high (but some mappers would disagree).

The stairs probably shouldn't be mapped at all as there's a danger of making the map very cluttered (but some mappers would disagree).

So this could be mapped as...



However, some might argue that the stairs should be mapped if there's a danger of coming round a corner and running into them, and they would be a legitimate control site or a distinctive feature to navigate by, so why not map them?

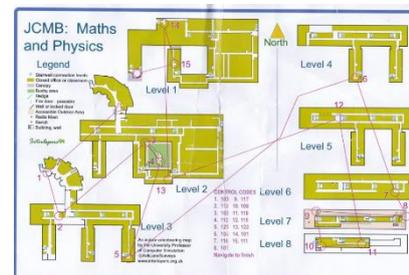
Since none of the options A to H really do the shape of the stairs justice, a note in the final details with a map extract may be required to give runners an idea of what they might encounter.

As for the other two sets of stairs:



This is in the Barbican in London, to be used this weekend at the London City Race. Can be mapped by simplifying, explain in final details if the map looks very different from the reality.

Venice...there is a requirement that O-maps show no more than two levels so this should not be mapped or used. (The exception is probably for indoor orienteering where each floor is mapped)



(See the *International Specification for Sprint Orienteering Maps (ISSprOM)* and *Guidelines For Mapping And Course Planning In Complex Urban Structures On Sprint Orienteering Maps* (same link) for more details of mapping sprint areas).

If you are still reading by this point there is a strong possibility you have the mapping gene and should consider trying a bit of o-mapping!