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Editor’s Spur

Alan Rosen newsletter@herts-orienteering.club

Many, many years ago (from 1967 to 1972) there was a well-known drinks company which sponsored orienteering. The sponsorship included presenting trophies, printing race bibs for championships and giving a cheque for £500 to open a British Orienteering office. Not only that, there was a free drink of the dark liquid with froth on top for suitably-aged finishers at some of the British Champs, which is unlikely to be allowed today!



One of their adverts (for their drink, not for orienteering) said, “I’ve never tried it because I don’t like it”. Do you ever use that as an excuse, and if so, maybe now is the time to realise that it doesn’t make any sense...

So, how about:

- Volunteering to help at an event (watch out for pleas from organisers both for Saturday events and for the Ace of Herts on 5 March)
- ...and/or take on an official’s role at an event, including the Summer Street events, and/or as controller at Chipperfield (page 5)
- ...and/or take on a committee position (see page 2)
- ...and/or enter the Compass Sport Cup round on Sunday 19 February (see p3 & p4, **closing date 5 Feb**)
- ...and/or put your name(s) forward for the British and JK Relay teams (p5 & p6)

If you try it, you might even like it!



Forthcoming HH Events

Date	Event	More Info
Sat 4 Feb 23 10:00 - 12:30	Mardley Heath: Saturday Series and Youth League. Beginners & newcomers welcome.	Event Details Location
Sat 18 Feb 23	Mardley Heath Suitable for both Juniors & Adults	Club Training
Sun 5 Mar 23 10:00 - 14:30	Burnham Ace of Herts: National event with courses suitable for everybody	Event Details Location
Sat 11 Mar 23 10:00 - 12:30	Chipperfield: Saturday Series and Youth League. Beginners & newcomers welcome.	Event Details Location
Sat 18 Mar 23	Northaw (note change) Suitable for both Juniors & Adults	Club Training
Sat 1 Apr 23 10:00 - 12:30	Panshanger West: Beginners & newcomers welcome.	Event Details Location TBC
Sat 6 May 23 10:00 - 12:30	Cassiobury: Beginners & newcomers welcome.	Event Details Location
Sat 13 May 23	Cassiobury Park	Club Training
Sat 3 Jun 23 10:00 - 12:30	Ellenbrook: Beginners & newcomers welcome.	Event Details Location

For more details, go to the [fixtures page](#) on the HH website.

Chair's Platform

David Dixon chair@herts-orienteering.club

Well done Alison!

Congratulations to Alison Saunders for being awarded an MBE in the New Year's Honours List for services to education!

Happy Committee Update

The club is still looking for a **Publicity Officer** to step into Brad's shoes when he steps back from the role in the Summer, and for a **Social Secretary** to help put on a small number of social events over the course of the year.

In addition, we also have a vacancy for a **Permanent Orienteering Course Coordinator** – this is not a big role and involves keeping a watching brief on our two permanent o-courses (Highfield - looked after by the Erringtons - and Stanborough, where I'm currently working to get it back up to scratch). This role also ensures our permanent and virtual (MapRun) courses are looked after on the central "GoOrienteering" website at <https://www.goorienteering.org.uk/> which is pretty much up to date for now.



Please get in touch with me (chair@herts-orienteering.club) if you would like to discuss any of these roles.

Membership renewal

Many thanks to all who have already renewed their membership. We'll be sending out reminders to lapsed members shortly, and then look to update our email lists to reflect the current membership. If you have chosen not to renew I'd be keen to receive any feedback on what's missing from our club offering – thank you.

Captain's Niche

Tom Cochrane captain@herts-orienteering.club

CompassSport Cup – entries close on 5 Feb!

HH will be competing in the Compass Sport Cup - the UK's club competition - on Sunday 19 February at Croxton Heath near Thetford. Thank you for bearing with us while the date and location of our heat were uncertain. If you're reading this, we'd love to have you as part of the team – and the more the merrier and we need runners in every class if possible.



Entries

Details are here: <https://www.waoc.org.uk/events/croxton-heath-2023-02-19>. Entries now open on [Fabian4](#)

The process for entries is different this year:

- The **closing date is 5 February** - earlier than you might normally expect to allow the starts to be coordinated between clubs.
- You should **enter yourself via Fabian4**. Please take a look at the Course Information below as your competitive class for the Compass Sport Cup may be different from the class you usually run.
- **Start times will be allocated later**, as each club has a list of available slots. **Please email me at captain@herts-orienteering.club and let me know what time you prefer to start (between 10:30am and 12:30pm).** If you have any family/group preferences (eg split starts or starting close to someone) then let me know and I'll do my best.

If you would like a lift to Croxton Heath then email me and we'll gladly find someone who lives near to you to share transport



Course information

This is a CompassSport Qualifier event. **To be competitive for the Qualifier, you must be a member of British Orienteering and a member of HH, and enter the courses as below** corresponding to your age class (running up is fine).

Please let me know at captain@herts-orienteeing.club if you would prefer to run in a different class. It's just possible that you may be asked to run up a course if we have too many in one place and too few elsewhere.

Scoring – it's complicated but simple – enter and run as fast as you can...!

As we are in the Cup for larger clubs, rather than the Trophy for smaller clubs, our **25** best scorers will count towards our total, with up to four from each of classes 1-7 and 10, up to four across 8A & 8B, and up to four across 9A & 9B. It's done on position against other Cup runners (Trophy and non-CompassSport runners don't affect things), so it's important to have runners on every course simply because not to do so gives the first four places and maximum points to the opposition!

Class	Course for CSptCup	BOF Classes	Length
1	Brown	Men Open	9.5 km
2	Short Brown	M20- M40+	7.9 km
3	Blue Women	Women Open	6.8 km
4	Blue Men	M50+	7.6 km
5	Green Women	W20- W45+	5.4 km
6	Green Men	M60+	5.4 km
7	Veterans Short Green	M70+ W60+	4.3 km
8A	Junior Men (Green)	Men 18-	5.3 km
8B	Junior Women (Short Green)	Women 18-	4.3 km
9A	Orange Men	Men 14-	3.6 km
9B	Orange Women	Women 14-	3.7 km
10	Super Veterans Short Green	M80+ W70+	3.9 km

We have a good chance of winning this round and going to the national final in the lovely Forest of Dean on 12 November. **But we'll only win this heat if we have lots and lots of club members there!**

Weekend details As you may know there is also a chasing sprint event on the Saturday in the Cambridge Science Park.



SE Long Championships

The SE Long Championships were held at Chelwood on Sunday 22 January. HH was represented on the podium by:

Ben Gostick	1 st	M18
Helen Marsden	1 st	W45
Theodore Marsden	2 nd	M10
Rory Nesbit	2 nd	M16
Hannah Nesbit	2 nd	W45
Alan Rosen	2 nd	M65
Ian Marsden	3 rd	M45

Well done!

Controller required

We urgently need a Controller for the Saturday Series event at Chipperfield on 11 March.

Courses are being planned as you read this, so someone to control now would be ideal

Please get in touch with Neil asap via

events@herts-orienteeing.club

Relays



The UK's two most prestigious relay competitions - the **British Championships** and the **JK** - will be taking place on 26 March and 10 April respectively. For those of you running (or thinking about running) the individual competitions these are an excellent way to round off the weekend's competition.

We will look to enter a variety of classes, so if you want to run there should be something that meets your preferences.

Anyone who would like to run, please email captain@herts-orienteeing.club with your details (see below).

1. Name (as recognised by BOF)
2. SI card number (or leave blank if you will hire)
3. BOF membership number
4. Age class for 2023
5. Preferred class/leg

British Relays **Please email me by Sunday 19 February**

JK Relays **Please email me by Sunday 12 March**

By the way, the first closing date for individual entries is coming up on **5 February**, so now is a good time to get both sorted. Thanks and I look forward to a bulging inbox of entries!



British Relay Championships

The British Relay Championships take place on Sunday 26 March at Hambleton Woods between Henley and Marlow, very easy to get to. The area has been used in recent years for the 2020 [British Nights](#) and the [2020](#) and [2021](#) Chiltern Challenges. If you are very lucky you could even see a wild wallaby as you run round.

Details are at: <https://www.theboc.org.uk/page/479>

The following classes are available

A	Men's Premier	G	M50	N	W18
B	Women's Premier	H	W50	P	M14
C	Men's Short	J	M60	Q	W14
D	Women's Short	K	W60	R	Mini Relay (M/W12-)
E	M40	L	M/W70	S	Mixed Ad Hoc
F	W40	M	M18	T	Junior Ad Hoc (M/W18-)

(£17 per senior and as per previous years the club will cover the cost of junior teams).

JK Relays - 10 April

The JK Relays take place on Monday 10 April at Dale Park, near Satterthwaite in the Lake District. Details are at: <https://www.thejk.org.uk>

The following classes are available

A	JK Trophy	H	Veteran Women (W165+)
B	Women's Trophy	J	Ultra-Veteran (M/W210+) *
C	Men's Short	K	Intermediate Men (M48-)
D	Women's Short	L	Intermediate Women (W48-)
E	Senior Men (M120+)	M	Junior Relay (M/W40)
F	Senior Women (W120+)	N	Mini Relay (M/W12-)
G	Veteran Men (M165+)	P	Mixed Ad Hoc

* For Class J, the British Orienteering age classes must be added together with the addition of 10 for each female competitor and this total must be equal to or greater than 210

(£23.33 per senior and as per previous years the club will cover the cost of junior teams).

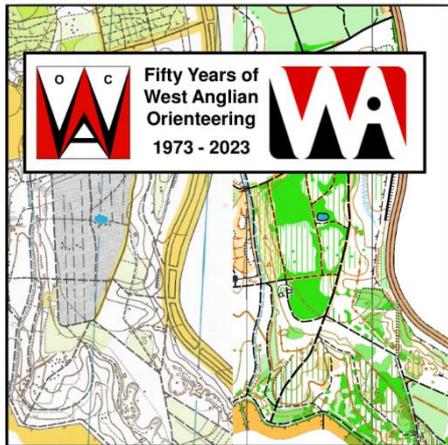
It's worth adding that, while we always like winning things(!), the main point of Relays is to have fun as a club, in a slightly different way from individual races when you possibly just turn up, run and go home. That means no-one is allowed to say they aren't good enough to be in an HH team – whether you are in a team with a chance of a medal or more likely to be propping up the other end of the results, you are still encouraged to support the club and your fellow club members, and enjoy yourself at the same time!



Over 50 years ago

Hedley Calderbank

Many HH members ran at WAOC's 50th anniversary event at Maulden Woods on 15 January. This featured a particularly imaginative format with most courses starting on the original 1977 map of the area. Control sites were



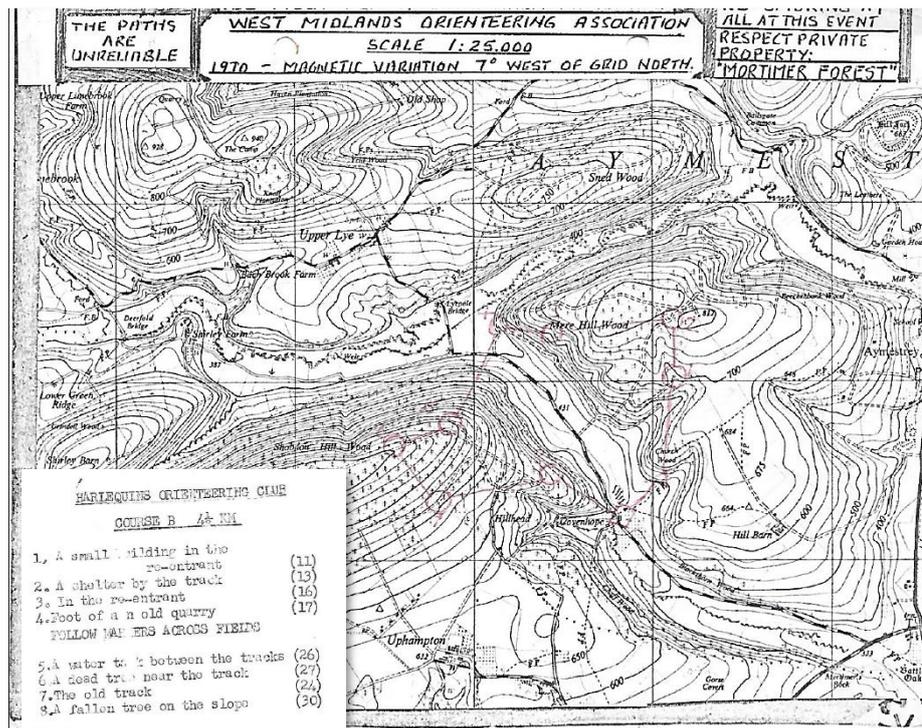
chosen on features which still exist today. Ditches and depressions were common features. The symbols used were mostly the same as the

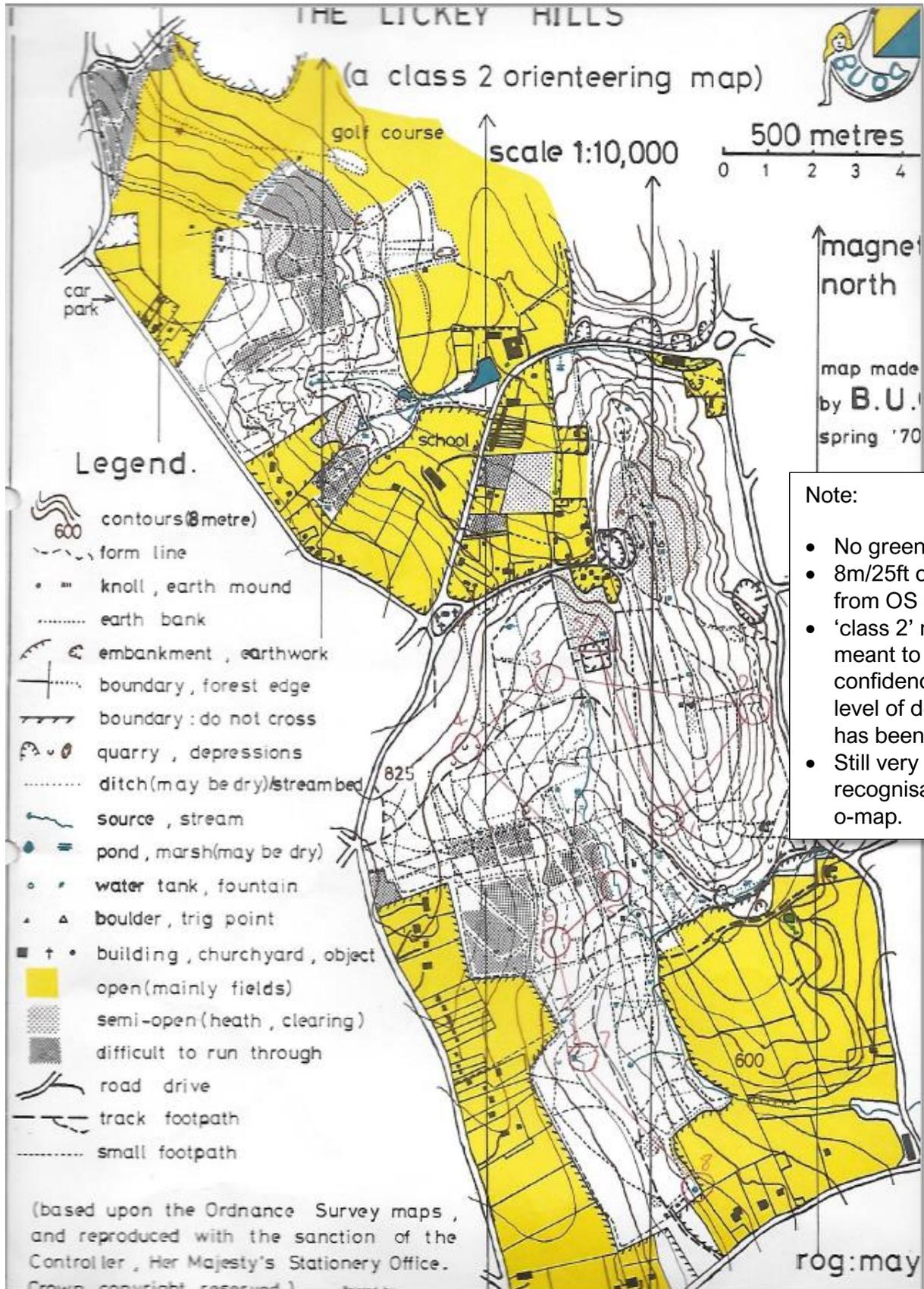


present day, though the vegetation colours looked quite different. The biggest change for me was that some of the areas previously marked as "young trees" had become fairly runnable mature plantations. Part way round the course, you turned over to find a current map of the same area.

I have looked at my very oldest maps which pre-date WAOC (though not HH). Compared with present day maps (and the 1977 WAOC map), the 1970 Lickey Hills map on the next page looks cruder, owing to thicker (hand-drawn) lines and the legend (Rotring pens and stencils) but it was quite advanced for its time using 3 colours, vegetation markings and some small-scale contour detail. Some other events were still using photocopies of OS maps. The Mortimer Forest event was possibly my worst orienteering experience. Note the warning on the map that 'The paths are unreliable' and vague control descriptions (eg a dead tree). Also, the need to add or subtract 7° when taking compass bearings.

So, while there have been many changes to mapping in the last 40 years (eg OCAD, LIDAR) the greatest transformation in the appearance of O maps occurred in the late 1960s and early 1970s.





Note:

- No green on map
- 8m/25ft contours from OS basemap
- 'class 2' map – meant to give confidence about level of detail that has been mapped
- Still very recognisable as an o-map.



Know Your Committee Member – Neil Gostick

events@herts-orienteing.club

Hi All,

I am the new events coordinator, having taken over from Stu, who has done an excellent job cheerfully making our events happen over his 3-year stint and, looking back, organising a lot of events.

I think it is fair to say that I am a keen orienteer, though not ever the fastest. Jenny, Ben and I typically go to lots of events from local through to the JK, British and Scottish 6 days. We have also orienteered abroad in Norway, Switzerland and Canada where Jenny almost met a Bear that appeared at the finish.

I get a lot out of orienteering, both being in great countryside, but also through the satisfaction of spiking a difficult control and navigating well round a course. I did even manage twice to be club champion – some time ago!

I have been orienteering since school (St Albans) in 1977, when my second event at I think Epping was on the day of the Queen's Silver Jubilee street parties. I have been a member of HH since about 1986 and have organised, planned and arranged orienteering areas many times and even did a little bit of mapping for the first OCAD map of Sherrards with Roger.

I am pleased to take over as events co-ordinator and am looking forward to shaping a strong series of Saturday events for the next three years, plus excellent Ace of Jack of Herts and larger events as appropriate for a club of HH's size. I also hope to facilitate the odd new, updated or enlarged area to support our events programme

Unfortunately, I am currently injured with a bad back, so am not running. Not an unusual experience for me, but hopefully in the future I will be at least jogging again. In the meantime, I am walking round and am enjoying helping with events.

The events coordinator role works alongside Mike Bennett who has responsibility for helper co-ordination. So please don't run when you see us coming! but equally, if you would like to and would enjoy planning or organising, please contact either of us.



Neil at the Scottish 6 Days 2019 - Pre Lockdown

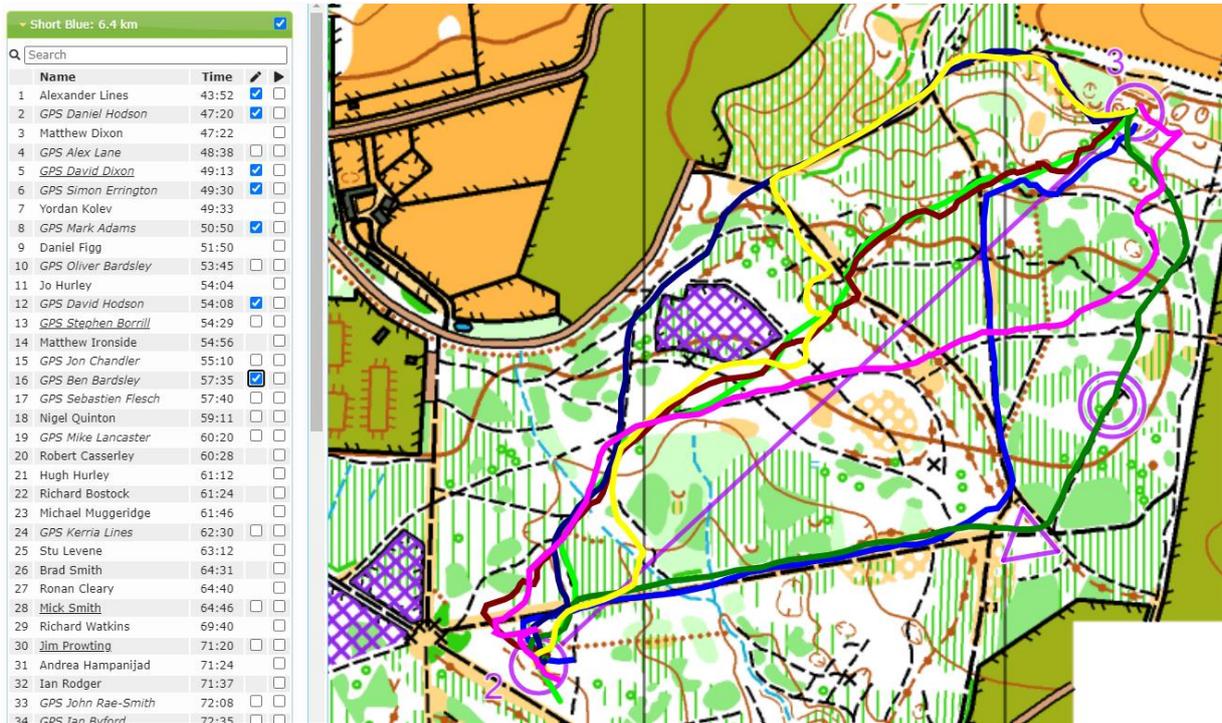


Sherrards Park Woods – leg analysis and photos

Neil Gostick

Leg 2 Route Choice -

Interesting due to the multitude of choices:



The course winner (brown line) went almost straight threading their way through paths and probably picking off the 'beacon feature' of the out of bounds

Simon (green line) went right, long and fast round the paths and, to the annoyance of the aesthetics of the controller, ran through the start and finish

Mark (dark blue line) went left on a similar fast path leg

Not sure what attack point they were all using, a combination of contours and prominent trees maybe, but Ben (planner) says in this case it is open and you can just run down the hill, hopefully having a clear vision of what you are looking for...!

Here's a photo from Neil of his garage, full of drying flags, and more from Neil and David Dixon on the next pages:









Juniors Update

Jennie Soulsby juniors@herts-orienteing.club

Congratulations to Ben Gostick and Issy Hawks for being selected for the England team at Interland and Good Luck!

The Interland Cup is England's only international competition outside the British Isles. England competes annually in this five-cornered match against two Belgian teams (Flemish and French speaking), the Netherlands, and the French Ligue des Hauts de France de Course d'Orienteering (LHFCO) . The competition is truly a team effort spanning age groups from W/M14 to W/M60+: 42 team members in all.

Belgium host the 2023 Interland Cup in north east Belgium on 5 March.

Moving Up - Going from M/W12 to M/W14 etc

Orienteering age groups are based on the year you are born, not your school year. In January your orienteering age group might have changed. For example, if you were born in 2006 you will now be an M18 or W18, 2008 are now 16s, 2010 birthdays are now 14s and 2012 birthdays are now 12s.

It can be quite a shock at the start of the year when your orienteering age increases and suddenly your age category means running orange instead of yellow. The biggest jump is for Boys who are now M16 running Blue instead of Light Green in major competitions.

So here are a couple of tips:

- Don't panic – you can still run whatever course you are comfortable doing. Most juniors don't immediately jump up to a harder course
- HH schools league allows you to run the same course for the school year so you don't need to change course
- Pick a familiar location (and maybe a more straightforward place) to try out the next course up and don't worry if it doesn't go well first time around.
- If you are entering big competitions in the Spring and have moved from M/W14 to M/W16 you may want to take small steps e.g. try Short Green or Short Blue before moving to the Green or Blue course
- Go out to some nearby local events for practice and don't worry about the results

Let me or one of the coaches know if you have any questions – we're happy to help.



Sherrardspark Wood Junior Results

White 2 nd Daniel Elder	Yellow 1 st Eloisa Kerry 2 nd Charlotte Naunton 3 rd Bella Kerry 4 th Ella Mytton 5 th Sebby Elder
Orange 1 st Henry Lane 4 th Niamh Mitchell	

Chelwood (DFOK) and South East Long Champs

M16 Rory Nesbit 2nd

M18 Ben Gostick 1st

Rushmere (SMOC)

Blue Oliver Bardsley 3rd

Short Blue Maggie Soulsby 6th

Green Alice Soulsby 13th (1st Junior)

Light Green Poppy Chorlton 3rd

Yellow Sebastian Elder 4th

White Daniel Elder 1st

Save the Date – Yvette Baker Heats

Sunday 21 May (Near High Wycombe)

Last year we came an amazing second place overall with a stunning team effort at the finals. This year we need to get through our heats in May then the finals will be on 9 July.



Taping controls

Neil Gostick

Planners normally tape control sites so that controllers can check the proposed location and control hangers know they are in the right place. The colour of the tape can be problematic as some colours disappear against the vegetation, depending on the time of year. We are increasingly trying not to use plastic tape where deer (or cattle or sheep) might try nibbling it.

So where do you hang the tape (assuming you have a choice)? See the photo for the possibilities:

- Not too high and not too low - about chest height - so controller / hanger can see them
- Blue - as more visible than yellow / white that merge into forest colours, or red / green that red green colour blind folk can't see

Photo courtesy of Jenny's pot plant in the back garden, and tape hanging planning before taping Sherrardspark.



I think the photo does illustrate that mid height tapes are easier to see!



Training Update Feb 2023

Alex Soulsby training@herts-orienteeing.club

Training Dates for Spring 2023

Here are the planned dates and locations for our club training for the start of 2023. We have some interesting areas lined up which will provide some great opportunity to practice your technique without any time pressure and set yourself up for the big spring events.

Saturday date	HH activity
18-Feb	Club Training Mardley Heath
18-Mar	Club Training Northaw (note change)
April	TBD
13 May	Club training Cassiobury Park

There will be exercises for all levels of age and experience. Please email: training@herts-orienteeing.club to reserve a place or if you have any questions. Note: Juniors under 10 need to be accompanied by a parent.

Recent Training Activity – Sherrardspark Woods

We had a glorious sunny and frosty morning in Sherrardspark Woods for our January training. The adults and older juniors worked on compass and relocation. The older juniors warmed up with a traffic light exercise to practice selecting an appropriate speed.

I lost half of the adults on a relocation exercise. The athletes set off in pairs with one leader trying to confuse their partner who was not allowed to look at the map while they run. The second person then had to relocate and find the next control. We were perhaps too skilled at losing each other in the woods.

The younger juniors were also practicing relocation – leading each other down one of the paths then working out where they were from the surroundings. They then set off to “spot it” – a reminder to look around at the woods not just bury your head in the map! The other adults started by practicing their fine compass on a course with each leg getting longer and with more varying terrain. The groups rotated through the different exercises and hopefully went away with a bit more confidence in their compass and a bit less fear of getting lost.

For a useful short video on bearings take a look at this:

https://www.youtube.com/watch?v=PnvuEQXKa_o

and this about aiming off:

<https://www.youtube.com/watch?v=oneUIiYkwHg>



By: © 2014 Alex Soulsby
Using the Compass (Herts Orienteering) | Think Fast, Run Hard, Go Orienteering



Puzzle

With thanks to John Duffield

Solution after the fixtures

Five members of Old Codgers OC had a bad month. They each attended one event, all different types, and all made foolish errors. From the information below, who ran what type of event, what time did they start, and what foolish error did they make?

	12:30	1:00	2:30	3:00	3:30	Lynne	Sue	Alice	Brian	Jeff	picked up wrong map	lost shoe in bog	forgot compass	left kit on front doorstep	failed to punch Start	
Classic																
Relay																
Score																
Sprint																
Urban																
picked up wrong map																
lost shoe in bog																
forgot compass																
left kit on front doorstep																
failed to punch start																
Lynne																
Sue																
Alice																
Brian																
Jeff																

- 1) Jeff, who ran the Classic event at least picked up the right map. He started after 2:00.
- 2) Alice lost a shoe in a bog.
- 3) The Relay runner started at 3:00.
- 4) The runner who (should have) started at 1:00 left his kit on his front doorstep. This was not in the Sprint event.
- 5) One of the ladies started at 12:30.
- 6) The person who ran in the Score event forgot to take a compass; this event was not the last to start.
- 7) Lynne had the latest start.

[SOLUTION](#)



Event listings

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

Here is a list of nearby events kindly compiled by Keith Marsden and Dave Tookey. Many thanks to Keith for his helpful comments on the various areas over so many years, it is much appreciated.

Date	Event	Club	Level
Sat 04 February	HH Saturday Series – Mardley Heath Interesting contoured woodland near WGC. Entries on SI Entries.	HH	Local
Sun 05 February	GO Waggoner Wells National event Large mixed woodland near Haslemere. South East League	GO	National
Sat 11 February	SN Local event Frensham Heights School New one to me. School and wooded area near Wrecclesham.	SN	Local
Sat 18 February	British Night Championships (UKOL) Moors Valley Country Park. One of the nearest BNOCs for a while – entries close on 5 Feb.	WIM	Major
Sun 19 February	Icenian Day 2 – CompassSport Cup Heat Croxton Heath HH's qualifying heat – please support	WAOC	Regional
Sat 25 February	(Cancelled) CHIG Regional and SWELL event Wormley Woods.	CHIG	Local
Sat 25 February	(Cancelled) Swinley West Saturday event	BKO	Local
Sat 25 February	TVOC Saturday Series Brill Intricate small area Look out for the windmill.	TVOC	Local
Sun 26 February	(New date) LOK South East League event Holmbury Excellent wooded area on the downs near Dorking/Peaslake	LOK	National
Sun 05 March	HH Ace of Herts – National Event Egypt Woods & Burnham The top HH areas. Lots of variety, good runnability with mixed conifer and deciduous.	HH	National
Sat 11 March	HH Saturday Series – Chipperfield Common Wooded area with good path system; Café used for download and enquiries.	HH	Local



Sat 18 March	SN Local event Hogmoor Small, detailed piece of ex-Army land; confusing paths and great fun. Café on site.	SN	Local
Sun 19 March	MV SE League Balcombe One of the many pieces of Balcombe – so chances of open land, rough woodland etc.	MV	National
Sat 25 March	British Orienteering Championships (UKOL) Cold Ash Mixed woodland near Reading. Lots of variety, quite tough underfoot.	BOC	Major
Sun 26 March	British Relay Championships Hambleton Makes a great Relay area with lots of route choice, Well worth a visit. Excellent parking on grassy south facing area	BOC	Major
Sat 01 April	HH Saturday Series – Panshanger West Making first use of the west end of the Panshanger estate.	HH	Local
Fri 07 April	Jan Kjellström Orienteering Festival – Sprint (UKOL) Lancaster University. The Easter Weekend big event. Lots to do as well as orienteering.	JK	Major
Sat 08 April	Jan Kjellström Orienteering Festival – Middle (UKOL) High Dam Three of the best Lake District Areas all not to be missed	JK	Major
Sun 09 April	Jan Kjellström Orienteering Festival – Long (UKOL) Bigland	JK	Major
Mon 10 April	Jan Kjellström Orienteering Festival – Relays Dale Park See https://www.thejk.org.uk/	JK	Major
Sat 15 April	TVOC Regional Event Shotover Country Park, Oxford Overlooking the city; interesting area; Parking at BMW (all types of car allowed)	TVOC	Local
Sun 16 April	CHIG Regional and SWELL event Epping SE A flatter bit – but with lots of interest	CHIG	Local
Wed 26 April	World Cup Round 1 26-30 Apr Norway How are the GB runners getting on in tough conditions?	–	International

**Puzzle solution**

Jeff ran the Classic event, starting at 02:30. He failed to punch the Start.

Alice ran the Relay, starting at 03:00. She lost a shoe in a bog.

Sue ran the Score event, starting at 12:30. She forgot her compass.

Lynn ran the Sprint, starting at 03:30. She picked up the wrong map.

Brian ran the Urban event, starting at 01:00. He left his kit on his front doorstep.

(I [John D] have managed to make all of these errors!)