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Editor's Spur

Alan Rosen newsletter@herts-orienteeing.club

Great to see over 50 HH members running at the JK this weekend enjoying a tricky Sprint race at Loughborough University on Friday then two days of muddy, quite green, hillsides at Beaudesert for the individual races. By the time this drops into your inbox we will be on our way to the Relays at Stanton Moor so wish us luck...

If you haven't contemplated going to a multi-day event before, put the 2025 JK weekend – based around Sheffield and Barnsley - in your diary now, and if you are wondering what to do this summer, have a look at [Croeso 2024](#); six races with the best 4 to count, on high quality South Wales areas in Bannau Brycheiniog (Brecon Beacons National Park) from 21 to 27 July.

Newsletter Articles Wanted

We are always on the look-out for contributions to this newsletter. Please consider submitting anything orienteeing-related, for example reports from events you've attended, orienteeing tips & tricks, photos, equipment reviews...

Please send material to Alan. Copy dates are typically a few days before the end of the month but May 2024 is an exception! **The deadline for the May newsletter is Wednesday 25 April.**

Read Your Own...?

Do you forward this newsletter to others in your house? If so, why not get them to subscribe to the HH club members' email group and get their own, personal, individual copy hot off the printing press? Ask them to click [here](#) and follow the instructions.



Forthcoming HH Events

Date	Event	More Info
Sat 6 Apr 10:00 - 11:30	Chipperfield: Saturday Series. Beginners and newcomers welcome.	Event Details Location
Tue 16 Apr 19:00 - 20:00	Street-O Evening Score – Welwyn Village	Event Details Location
Sun 21 Apr 10:00 - 12:30	Yvette Baker Heat – Hodgemoor Woods: YBT entries via Jennie	Event Details Location
Tue 23 Apr 19:00 - 20:00	Street-O Evening Score – Redbourn	Event Details Location
Tue 30 Apr 19:00 - 20:00	Street-O Evening Score – Harpenden South	Event Details Location
Sat 4 May 10:00 - 12:30	Ellenbrook: Saturday Series. Beginners and newcomers welcome.	Event Details Location
Tue 7 May 19:00 - 20:00	Street-O Evening Score – Welwyn GC Peartree	Event Details Location
Tue 14 May 19:00 - 20:00	Street-O Evening Score – Luton High Town	Event Details Location
Sat 18 May 10:00 - 12:00	Club Training – Ellenbrook: Suitable for all club members	Event Details Location
Tue 21 May 19:00 - 20:00	Street-O Evening Score – Cassiobury	Event Details Location

For the most up-to-date fixtures, go to <https://www.herts-orienteeing.club/fixtures/>

Incentive Awards

Congratulations to those gaining new awards this month:

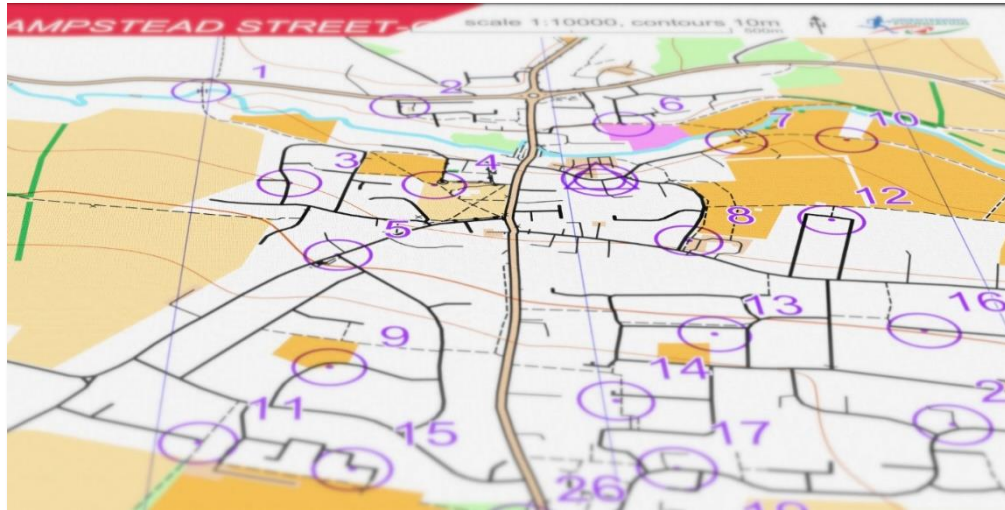
Member	Certificates	Awarded
Csongor Farago	Racing Challenge: Gold Award ★★★★★	05/03/2024
Daniel Elder	Racing Challenge: Silver Award ★★	25/03/2024
	Racing Challenge: Bronze Award ★★	01/03/2024
Esmeralda Parkins	Navigation Challenge ★★★	01/03/2024
Kieran Brown	Racing Challenge: Bronze Award ★	04/03/2024
Tunde Farago	Racing Challenge: Gold Award ★★	26/03/2024



Chair's Platform

David Dixon chair@herts-orienteeing.club

Street-O 2024



The days are getting longer and the clocks changed to BST on Sunday – so it's nearly time to restart Street-O! This year's season will start in [Welwyn Village on 16 April](#), with our secretary Elizabeth Disney as planner.

A change this year is that we will run a league over the course of the season, with the following competitions:

- Open champion:** highest score (100 points for 1st place, 99 points for 2nd, etc) for your best 8 events [all eligible]
- Women's champion:** highest score (100 points for 1st place, 99 points for 2nd, etc) for your best 8 events [women eligible]
- Highest efficiency:** highest aggregate efficiency score (MapRun score ÷ kilometres travelled; 5 events minimum)
- Clean sheet:** highest MapRun score total without ever exceeding the 45 min time

Organisers will receive their highest score in the rest of their season for their own event for calculating the open/women's champion classes.

For the August events, we have pencilled in a return to Park-O or hybrid courses, which will allow juniors to compete and have proved popular in the past.

I ran a **webinar** for potential Street-O planners, providing details of how to use [OOMap](#) to generate a Street-O map. For those who weren't able to attend, the recording will be available for a few weeks at:

<https://1drv.ms/v/s!AqnvI2dtlHWXkvIOLAQAdoBQKR40vw?e=5Fv5fK>

David Dixon (temporary Street-O Coordinator)



The earliest days of HH...

We have club archives going back to *almost* the first days of the club. At the time, in 1968, British Orienteering published a monthly newsletter called Stop Press. The July issue said:

It is anticipated that in the autumn, clubs will be forming in Essex, Kent, Sussex and North London. Names of persons interested in forming clubs can be obtained from the Secretary.

The Orienteer (predecessor to CompassSport magazine), September 1968, lists 4 new clubs in the South Eastern Orienteering Association (SEOA): HH, SOS, The London Bloodhounds and The Surrey Seekers, all with contact addresses.

So it looks like an inaugural HH meeting was held in late June or during July 1968, where a provisional committee was probably set up.

The first mention of any HH activity is in the December '68 Stop-Press:

The Happy Herts and London Bloodhounds are organising a Training Event at St. Albans on 16th Feb and a Novices Event on 23rd Feb. Details from B. Williams, 62 Batchwood Drive, St. Albans.

Sometime we should have a look in the BOF archives which are held at Sheffield University! Any volunteers?

Thanks to Clive Allen, until recently the BOF archivist, for finding the above information.

Volunteer Incentives

Mike Bennett, Volunteer Coordinator

You will remember that we are encouraging people to volunteer by giving club jackets (or other kit) to people who volunteer frequently. Last time's 11 people have been joined by another 9: Oliver Bardsley (the first junior), Ian Byford, Simon Errington, David and Viv Hodson, Roger Moulding, Laura Parkes, Emese Svab and Dave Tookey.

Well done all. Please let Stu kit@herts-orienteering.club know your preferred size (see <https://www.herts-orienteering.club/members-section/club-kit/> for sizing) and if you want something other than a jacket.

Equally importantly, at Ashridge we had the 100th different person to volunteer since we started counting in Jan 23. The 100th was one of our juniors, Charlotte Naunton. That's really great, it shows that a large proportion of the club volunteer and it's very welcome; even if you can only do so occasionally it helps.

A reminder of the scoring:

3 for taking a named role: Organiser, Planner or Controller

1 for helping at an event or activity

0 for 2nd and subsequent jobs you do at the same event

0 for things that are part of your committee "job" - issuing kit, setting up entries ...

Other people are remarkably close to the magic 12 points. I'll give an update about every quarter.



Captain's Niche

Tom Cochrane captain@herts-orienteering.club

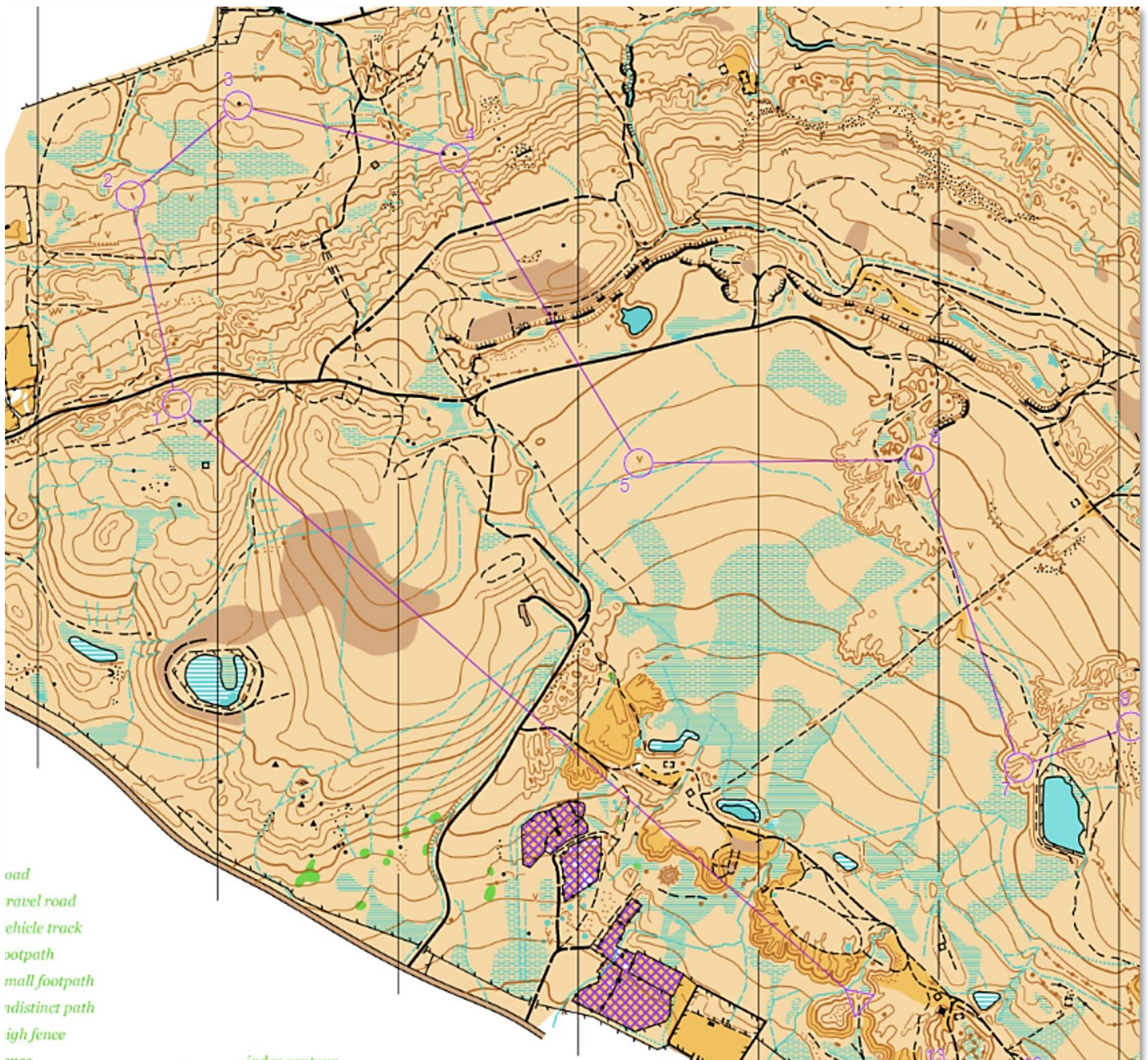
HH enjoyed success at the Welsh Championships in Pwll Du on 3 March. You may remember the area from the JK Long in 2022 and the relay in 2014.

It looks like there were a very challenging set of courses, so congratulations to:

Niamh Mitchell who was 3rd on W12

Sian Mitchell who was Welsh Champion on W45 - da iawn Sian!

The first legs on Sian's course:





JK 2024 – Sprint

Well done to all who ran at Loughborough University on Good Friday (and well done to Simon for controlling the event). The courses went round and round the [confusing] halls of residence which are on a bit of a slope to add to the challenge. The heavy rain had left the ground slippery and muddy, and some runners were out in heavy rain; others were lucky enough to have a dry run. Top ten places for:

M10	Daniel Muktao Tam	5 th	W10	Tunde Farago	9 th
M12	Darrio Mukyiu Tam	2 nd	Women Open	Laura Parkes	4 th
M20E	Benjamin Gostick	8 th	W35	Susan Brown	10 th
Men Open	Daniel Hodson	1 st	W45	Helen Marsden	10 th
M65	Alan Rosen	8 th =	W65	Janet Rosen	9 th
M75	Mick Smith	7 th	Novice	Peter Errington	6 th

Course 13:





Thanks to Neil for the photos



JK 2024 – Middle

If you had to describe Beaudesert in three words it would probably be muddy, muddy and muddy. One control (164) was memorable as being completely mud coloured, with no hint of a red and orange flag visible.

Well done to everyone who got round – in fairness, the courses made reasonable use of an area which wasn't brilliant but which still kept us entertained for the day! **And a special well done to Becky for a great run and first place.**

Top ten places for:

M10A	10 th	Daniel Muktao Tam
M12A	8 th	Theodore Marsden
M12A	9 th	Darrio Mukyiu Tam
M20E	5 th	Benjamin Gostick
M60L	4 th	Simon Errington
M65L	6 th	Alan Rosen
W10A	4 th	Tunde Farago
W40L	1 st	Becky Raftery

Here's Ben's story from [AttackPoint](#):

Middle (aka a tough mudder)

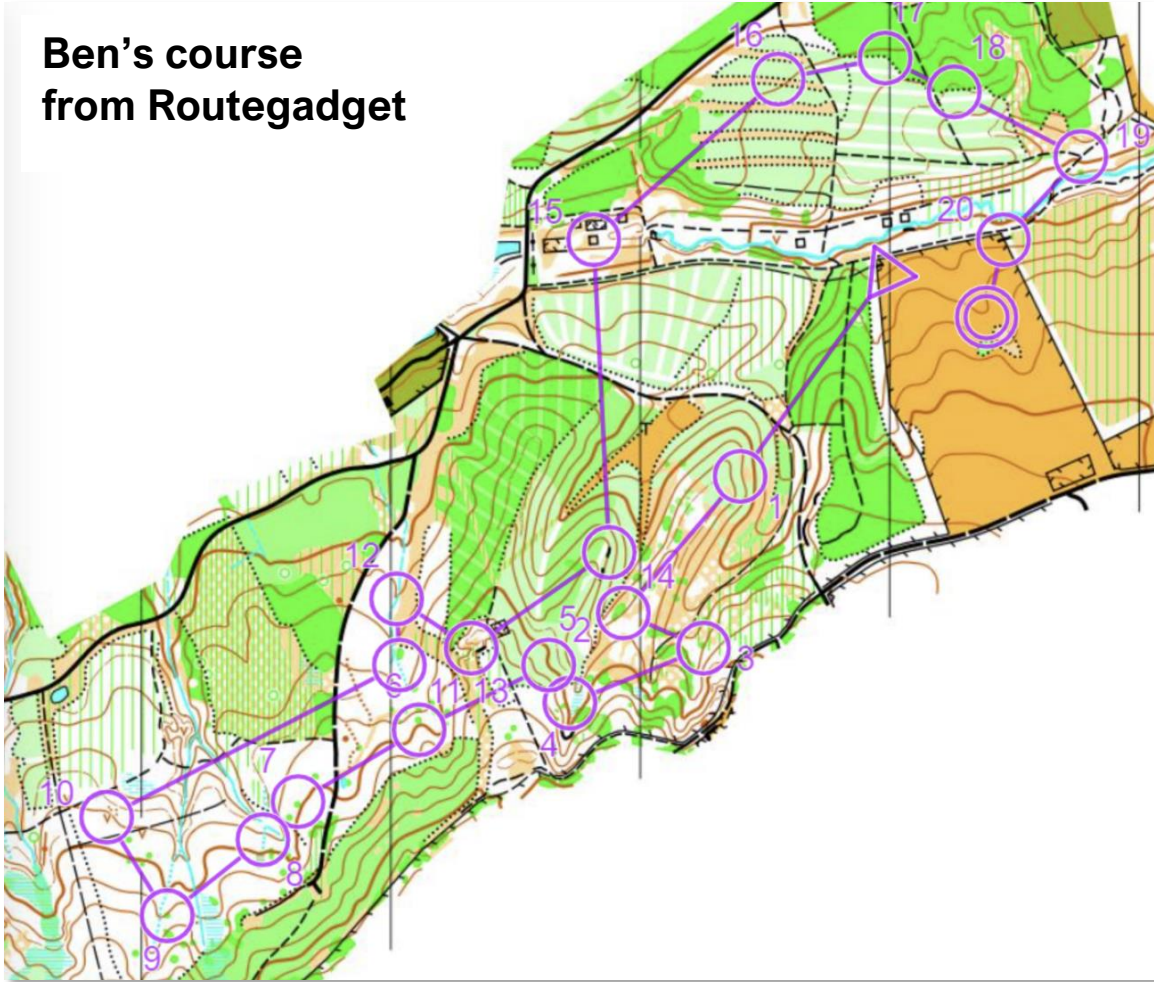
Decent run, a few small mistakes getting caught in the green but nothing major which is a big positive. A bit calamitous in the mud though. Struggled to properly read the map with the amount of mud on it. Happy with my position on M20, but not so much when you include the M18s...

#1 good. #2, came down off the spur thinking it was in the re-entrant so lost a bit in the circle. #3 good. #4 (where it starts to get muddy) good nav but lost my shoe in the mud, had to dig to get it out, subconsciously used my map as a spade... #5 good nav, wearing my o shoe as a slider as was mainly focussed on cleaning my map that had turned into brown only map (literally). #6 got the shoe back on eventually, struggling to read the map still. #7 great (won the leg, get me woo). #8, the kite was literally under the mud, good lord. #9 decent. #10 bit hesitant as naving on a windows map at this part of the course because of the mud. #11 veered too far left towards open, idiot. #12 mud. #13 grotty mud. #14 hit the wall. #15 tried taking a different route to give me some dead running to try and properly clean my mud on a clean bit of my top but poor execution of leg towards the end. #16 got caught in the thick green and had to back out and go round, v annoying and poor route choice at the death. #17, 18, 19, 20, basically a yellow, too many people in the way imo.

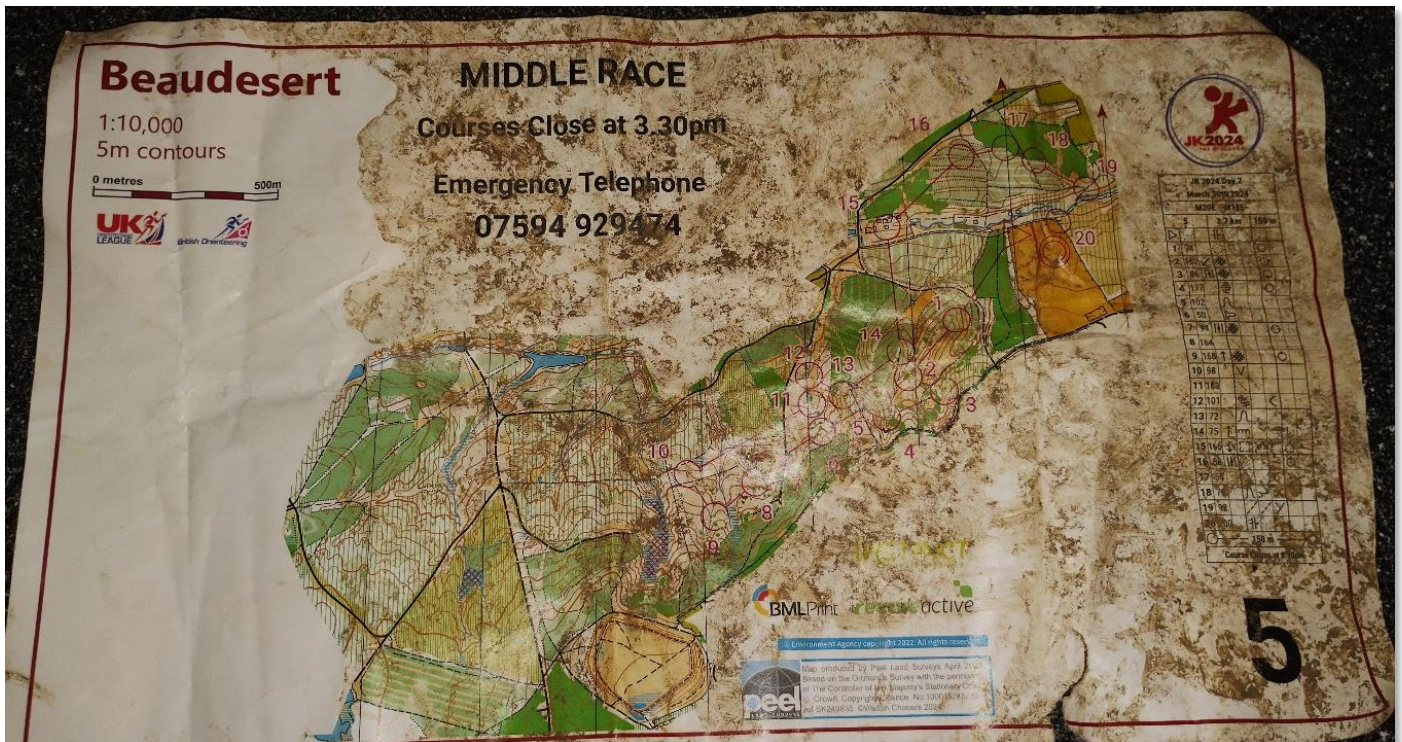
Very muddy, scrappy in places, could definitely be cleaner but no glaring mistakes so moving in the right direction. Great fun though.



Ben's course from Routegadget



Ben's map





JK 2024 – Long

Day 3 was a bit colder and cloudier, and we had the same arena as Day 2.

Longer courses meant yet more muddy paths to negotiate.

Days 2 and 3's times were added together to give the overall JK results (Day 1 doesn't get included).

Top ten positions:

Class	Posn	Name	Day 1		Day 2		Total
M10A	10 th	Daniel Muktao Tam	21:19	10 th	19:29	11 th	40:48
M12A	6 th	Theodore Marsden	33:39	8 th	30:09	10 th	63:48
M12A	8 th	Darrio Mukyiu Tam	38:04	9 th	27:27	6 th	65:31
M20E	3 rd	Benjamin Gostick	26:21	5 th	77:25	3 rd	103:46
M60L	6 th	Simon Errington	37:51	4 th	72:32	9 th	110:23
M65L	6 th	Alan Rosen	35:31	6 th	72:57	8 th	108:28
W10A	4 th	Tunde Farago	26:46	4 th	21:48	6 th	48:34
W40L	2 nd	Becky Raftery	36:25	1st	75:13	4 th	111:38
W45L	10 th	Helen Marsden	40:35	14 th	79:10	10 th	119:45



Part of course 12



Thanks to Neil and Janet for the photos – prize giving shows Ben (far left) and Becky (far right)





O Puzzle

Thanks to John Duffield

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	01:00	02:30	03:00	03:30	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 02:00.
- 2) Alice lost a shoe in a bog.
- 3) The Relay runner started at 03:00.
- 4) The runner who (should have) started at 01:00 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.



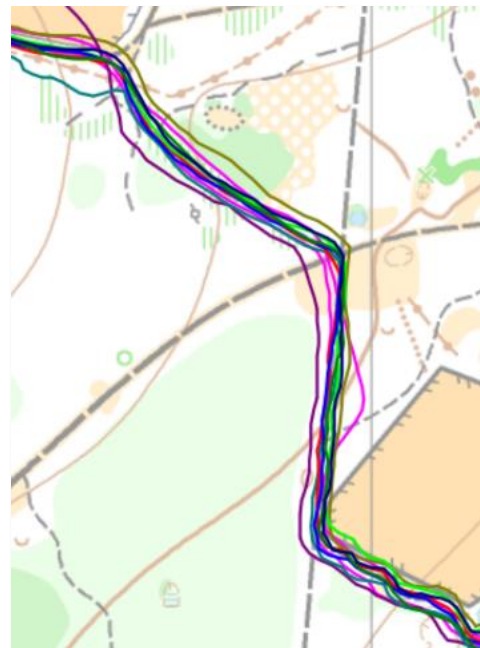
GPS in Orienteering

We're not allowed to use GPS, are we?

The Rules are quite clear: "8.5 Competitors are permitted to only use a GPS device to record data for use in post-race analysis." So Routegadget is fine, and we use MapRun for informal events.

But rule 8.5 doesn't stop GPS being used before the event. Mappers have used GPS for ages, with a pinch of salt. These traces show why the pinch of salt is needed...

It's pretty certain they all followed the paths on this leg. Most of the tracks are within about 10m of the centre line but not all (the footprint of small depressions is 12mx6m). This shows you can't just map the path where your GPS track went. And these tracks were all in the same couple of hours, running straight lines, with only light tree cover.



What about planners and controllers?

For a while I used Open Orienteering Mapper app to show my position on my phone but found it a bit fiddly. Simon uses OCAD Sketch, which appears more robust and also allows him to pencil in map changes in the field.

Since lockdown I've been using MapRun, specifically its CheckSites application. It only takes a few minutes to set up an All Controls score course using the OCAD and PurplePen files you've already got (instructions in our [wiki](#) under Street-O).

So, you can see where you are and you get a beep when you're within 15m (+/- ~10m GPS error):



What does using CheckSites gain you?

- For a start, it's really helpful to know that you are at the right feature, and when you can't see the tape you aren't asking the perennial question "Is it me that's wrong or the planner or the map or has the tape just gone?"
- It frees you up to spend more time on the critical question: *Can I expect an orienteer to find this control, using the skills expected for this course, using only this map and a compass, from any reasonable approach (including if they've overshot and relocated)?*
- It would also show up map errors eg a feature mapped 50m away from where it actually is. Fortunately, those errors are much rarer now many maps are based on LiDAR.

Nowadays, although I have a paper map and compass with me, I spend most of the time following the CheckSites map on my phone. Take a spare battery pack!



Working together

There's another advantage to CheckSites. Let me digress for a moment. I was always told that Planner and Controller shouldn't go into the forest together, because they will influence each other. I've done it a few times for Urban events, but then you normally know you're in the right place, the question is more whether it is an appropriate place for a control. When Mark Thompson from TVOC suggested we go out together for Ashridge it was the presence of CheckSites that let me accept. It's if you like a 3rd opinion on your position on the map. And Mark and I are swapping roles for Hodgemoor later this month, again we have visited together.

So we spent a very constructive 2.5 days in Ashridge and 1.5 in Hodgemoor, having conversations like this and resolving issues on the spot:

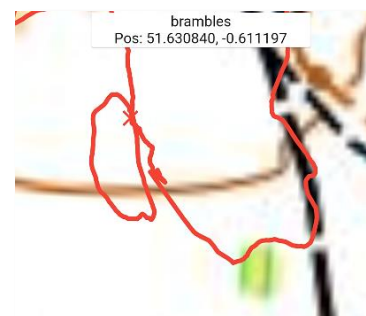
- Controller calls off control code and description, commenting as necessary, Planner confirms it before taping.
- In between controls you're always counting off features to each other, making sure the map represents the terrain as it is now.
- "Make this a *shallow* re-entrant"
- "Short Green people will struggle to climb out of that depression, make the control E part so they can stay high"
- "If you're going direct, I'll come in from the next path junction"
- "There's an unmapped patch of bramble here"
- "Would people expect this to be mapped? Are similar items mapped elsewhere?"
- "This small depression is half hidden under holly and close to the path. If it's only for Light Green and above the one a bit further away is better"
- "If you agree this rootstock should be mapped, the control is better there than on the earthwall"
- "Is this the small depression? No other rootstock hollows are mapped and CheckSites says we're 30m short"
- ...and importantly, lots of "Yes", "That's good" etc

Yes, all of the above could have been resolved remotely, although some might have taken a bit of discussion or even another visit. This way it gets resolved on the day, amicably and no issue is too trivial to raise because you can afford a minute to decide it's not worth bothering with. Naturally, if there are consequential changes to the courses, that's best done when the Planner gets home and can do it carefully.

I've left the best until last. Full disclosure: I only discovered it recently. CheckSites allows you to add a waypoint with a text label. So you can record all these decisions with a little "x" showing where it was.

So...

I find using CheckSites is always helpful, even on my own. And joint site visits work if you both approach it as a means of improving the courses, rather than Controller marking homework and Planner being defensive. But the relationship between Planner and Controller (not to mention Mapper) is a whole other article or even training module, above my pay grade.





Juniors

Jennie Soulsby juniors@herts-orienteeing.club

Yvette Baker Heats, Sunday 21 April, Hodgemoor Woods near Amersham

Calling all Herts Junior Orienteers.

The Yvette Baker Trophy (YBT) is the main inter-club competition for Juniors. Any team can enter a heat and if you win then you go through to the finals which are held in July.

The last few years have been really fun competitions and we have always managed to get some really good results.

The heat event is coming up and we need to know if you are able to represent your club. If you haven't been part of the YBT before it is a really fun event and all of our runners can make a difference to the team results whether they are a newcomer or an experienced runner.

Details of the event can be found at:

<https://tvoc.org.uk/events/scol7-and-tvoc-regional-event-scoa-ybt-round/>

Important info:

- You do not need to enter the event as we enter you all as a team and the club pays for your fees.
- Courses are Yellow, Orange, Light Green or Green
- If you haven't run before then they do not allow shadowing but you can run in a pair.
- If you would like to run please can you let me know **by the end of day Wednesday 10 April** (email: juniors@herts-orienteeing.club)
- Let me know if you have any questions

If you can run then I also need you to send over the following information so I can enter you.

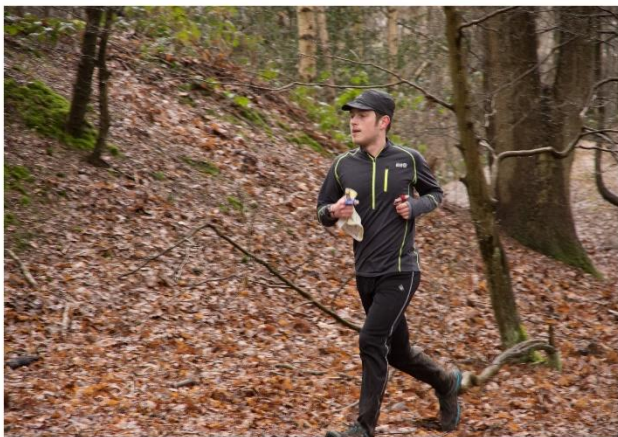
- 1) BOF Number
- 2) Dibber Number (or if you do not have on just say you need to hire one)
- 3) Year of Birth (so I can check I have you on the right courses)
- 4) Any specifics - early start / late start



Saturday Series Mardley Heath photos

Thanks to David Dixon for the [photos](#)







Event listings

[fixture lists]

British Orienteering	you can filter by region and club
WorldofO	international fixtures
Mole Valley	user-friendly and includes local & international events
British Army OC	for Wednesday Military League South events
Ofixtures	filter in several ways

[entry systems]

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

Confused by all the orienteering acronyms: SEOUL, UKOL, GLOSS etc? Go to Mole Valley's jargon buster at www.mvoc.org.

Future Events

Here is a provisional list of events from HH and nearby clubs, plus some regional and national competitions that may be of interest.

Date	Event	Area	Club	Level
Sat 06 April	HH Saturday Series	Chipperfield Common	HH	Local
Sun 07 April	(Cancelled) HAVOC SWELL	Dagnam Park	HAVOC	Regional
Tue 09 April	SLOW London Street O Series	Wandsworth	SLOW	Local
Tue 16 April	HH Street-O – Welwyn Village	Welwyn Village	HH	Local
Sun 21 April	SCOL7 and TVOC Regional Event & SCOA YBT round	Hodgemoor Wood	TVOC	Regional
Tue 23 April	HH Street-O – Redbourn	Redbourn	HH	Local
Sun 28 April	Keyne-O 1	Great Linford	SMOC	Local
Tue 30 April	HH Street-O – Harpenden South	Harpenden	HH	Local
Sat 04 May	HH Saturday Series – Ellenbrook	Ellenbrook	HH	Local
Sun 05 May	Sarum Saunter	Shearwater	SARUM	National
Tue 07 May	HH Street-O – Welwyn GC (Peartree)	Welwyn Garden City, Peartree	HH	Local
Sat 11 May	SO Sunny Sussex Weekend – middle distance	Eartham Wood (north)	SO	Regional



Sat 11 May	SO Sunny Sussex Weekend - 2/3 - Evening Sprint **SEOUL event**	Chichester University & Oaklands Park	SO	Regional
Sat 11 May	TVOC Saturday Series - TBC	Cotteslowe Park	TVOC	Local
Sun 12 May	SO Sunny Sussex Weekend - 3/3 - SE League event	Houghton Forest, Arundel	SO	National
Sun 12 May	Keyne-O 2	Ouzel Valley Park	SMOC	Local
Tue 14 May	SLOW London Street O Series	Clapham	SLOW	Local
Tue 14 May	HH Street-O - Luton High Town	Luton	HH	Local
Sun 19 May	SAX Regional event	Ightham	SAX	Regional
Tue 21 May	London Summer Park Race	Finsbury Park	LOK	Local
Tue 21 May	HH Street-O - Cassiobury	Cassiobury Park	HH	Local
Tue 28 May	HH Street-O - London Colney	London Colney	HH	Local
Sat 01 June	SN Urban	Cassino Park, Aldershot	SN	Regional
Sat 01 June	HH Saturday Series - Nomansland	Nomansland	HH	Local
Sun 02 June	HAVOC SWELL	Hornchurch Country Park	HAVOC	Regional
Tue 04 June	HH Street-O - Welwyn GC North	Welwyn Garden City	HH	Local
Sat 08 June	Double Sprint Day	Milton Keynes	SMOC	Regional
Sun 09 June	Bedford Urban based at Priory Park	Priory Park	WAOC	Regional
Sat 15 June	TVOC Saturday Series - TBC	University Parks	TVOC	Local
Sat 22 June	British Sprint Relay Championships	Birmingham University tbc	HOC	Major
Sun 23 June	British Sprint Championships (UKOL)	Warwick University tbc	OD	Major
Sun 30 June	LOK GLOSS summer series event	Cranford Country Park	LOK	Local

SWELL is the South and West Essex Local League



Puzzle Answers

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!)