



Editor's Spur	1
Forthcoming HH Events	2
Team Raftery - photos from JK and British.....	2
Ben's off to JWOC!	3
Incentive Awards.....	3
HH Juniors reach 2024 Yvette Baker Finals.....	4
Colin does London.....	5
Saturday Series photos – Chipperfield	9
Chair's Platform.....	11
Volunteers.....	12
Captain's Niche.....	13
O Puzzle	17
More JK photos	18
British Champs and British Relay Champs photos.....	21
Event listings.....	23
Future Events.....	23
Puzzle Answers	25

Editor's Spur

What's your favourite bit of O-kit? A comfortable pair of shoes, a trusty compass, a proudly worn HH-top...?

If you went to the JK and/or the British Champs and Relays, you may well put your washing machine (or the washing machine operative?) somewhere near the top of the list as the five forest events were truly mudalicious with shoe-sucking gloop leaving a number of people having to rescue their brown shoes from a brown soup, and some controls, especially at JK Days 2 & 3, deserving a control description of 'Swamp, middle, 10m x 10m', with the control flag and SI box being completely mud-covered.

Maybe it makes you appreciate the brilliant variety of terrain that we encounter in a typical year of orienteering, but also the washing machine's magical ability to get your kit usable for the next race?

Lots of events means lots of photos. So many thanks to David Dixon, Neil Gostick, Becky Raftery (of whom much more later(!)) and [Wendy Carlyle](#).

Alan Rosen newsletter@herts-orienteering.club

Newsletter Articles Wanted

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

Please send material to Alan. Copy dates are typically a few days before the end of the month, for the June edition it is **Monday 27 May**.



Forthcoming HH Events

Date	Event	More Info
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
Tue 28 May 19:00 - 20:00	Street-O Evening Score – London Colney	Event Details Location TBC
Sat 1 Jun 10:00 - 12:30	Nomansland: Saturday Series. Beginners and newcomers welcome.	Event Details Location
Tue 4 Jun 19:00 - 20:00	Street-O Evening Score – Welwyn GC North	Event Details Location TBC

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

Team Raftery - photos from JK and British



Isabelle on the run-in doing W10A, Alice on the run-in of W10B and Emma (age 3) doing the White course with Becky on day 2 of the JK.



Ben's off to JWOC!

Well done to Ben Gostick for his [selection](#) for JWOC 2024 (Junior World Champs) in Plzeň, Czechia from 1 - 6 July. He has worked and trained very hard to qualify and it should be a great experience.



Here he is coming in 3rd at the JK as part of qualifying.....and 4th at the British Champs... See [@BritishOrienteering's Facebook page](#) for the team selection.

Incentive Awards

Congratulations to those gaining new awards this month:

Member	Certificates	Awarded
Kieran Brown	Navigation Challenge ★★	23/04/2024
Mike Trotman	Racing Challenge: Gold Award ★★★★★	07/04/2024
	Racing Challenge: Silver Award ★★★★★	07/04/2024
	Racing Challenge: Bronze Award ★★★★★	07/04/2024
	Navigation Challenge ★★★★★	07/04/2024
Susan Brown	Racing Challenge: Gold Award ★★★★★	07/04/2024
Tunde Farago	Racing Challenge: Gold Award ★★	26/03/2024



HH Juniors reach 2024 Yvette Baker Finals

Jennie Soulsby juniors@herts-orienteering.club

Well done to all of the HH Juniors competing in the Yvette Baker Trophy Heats at Hodgemoor Woods. We had a great mix of ages and experience and it was really lovely to see everyone taking part and challenging themselves. This was always going to be a tough test against Southern Navigators and things did not start out well when we lost a couple of good runners to illness (get well soon!) but I am happy to say that the great team effort meant HH came first and we have qualified for the Finals in July.

Great stuff everyone!

The finals await and they are in Hertfordshire!. Save the date: **Sunday 7 July**. All HH Juniors can take part in the final whether you were at the heats or not.

Yvette Baker Trophy Qualifier

Pos	Club	Scorers	Score	Green	Green	Light	Light	Orange	Orange	Yellow	Yellow
				Boys	Girls	Green	Green	Boys	Girls	Boys	Girls
1st	HH	9	896	99 (1)	0 (0)	100 (1)	199 (2)	100 (1)	99 (1)	100 (1)	199 (2)
2nd	SN	9	890	198 (2)	198 (2)	99 (1)	0 (0)	0 (0)	198 (2)	197 (2)	0 (0)

Just to highlight some really great points from the heats:

- Every single runner successfully completed their course with no mis-punches, meaning every team member scored points.
- We had 5 people who ran in their first Yvette Baker today who all got around a tough Yellow course with no shadowing. A really impressive achievement.

The Light Green Course:

Race

LTERNS
HERITAGE FUND

Map contains information derived from OS data by Bob Beresford, provided by the Chilterns Conservation (Beacons of the Past Project) and funded by the National Lottery Heritage Fund.

Scale: ISOM 2017-2 - 200%

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Map design and cartography April 2021 by Julian Birkinshaw based on OS maps by Roger Lott, Mark Thompson and Robin Bishop. Updates MT 1024.

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BO Event Number

Thames Valley Orienteering Club
www.tvoc.org.uk



Colin does London...

Becky, Tom & Colin Raftery

Becky says...

Some people asked 'why a camel'... I don't really have an answer for that, I just have always wanted to do a big fundraiser and as it was our 10-year wedding anniversary at the end of last year I made the proposal to Tom – doing something together to raise money. I always liked the idea of a pantomime horse- but neither of us fancied being the rear half, being bent over for 26 miles so the idea of us each having a 'hump' in a camel costume was then the next obvious option. Then I wondered how fast people had run in costumes before... and so the Guinness World record idea was born.

Usually people prepare for London with a structured training plan - evenings are spent interval training, doing tempo runs and the all-important weekend long runs. I managed to fit in some intervals at track, Wednesday night club runs and we both did a couple of 12- 17 milers but many, many of my evenings were in fact spent in front a sewing machine getting Colin ready to run the 26.2 miles of the London Marathon.

Guinness stipulated the costume had to be authentic (ie purchased or loaned from a pantomime company), which he was. In his original form we were very close together so my first upholstery challenge was making a 'midriff' for Colin that would be secure enough and look like it was part of the costume. The next challenge was making the trousers. The ones that came with the costume were enormous, thick and lined. I found some fabric that fitted the bill and out came the sewing machine again.. I am not an experienced seamstress so these things took me many more evenings than I would have liked but anyway after a few more training runs with Colin and further adaptations, he was eventually ready for race day!

The morning of the marathon we set off to Aylesbury to get the coach with the 'On the Run' team, along with some fellow Tring runners. I had sent a 'describe your day in 6 words' text (running London marathon as pantomime camel) to BBC Radio 2 who then were very keen to speak to me to find out more. So after a little live interview on the coach, we eventually arrived in Greenwich.

As soon as Colin was out in public the amusing looks, comments and necessary puns started. We waited for Tim to arrive who was very kindly supporting us for the race. Tim is a 2.45 marathoner and so had a good for age entry from last year which he hadn't planned to take up (he is not a road runner) so instead used his place to be our support crew which we needed for the Guinness record to take photos every 2km. We entered the race arena and got everything ready, last wee's, kit bags stowed and headed for the start line.

As soon as we put the costume on, I realised this was going to be a very different experience to what we had trained for. All of our training runs had been on quiet country lanes - even the Gade Valley training run we had done had been very quiet with only



cheers at the aid stations. We set off (after a mandatory photo next to a Rhino and from the start the crowds were deafening. Cheers of “it’s a Camell”, ‘go Colin the Camel’, ‘what the ‘ or ‘don’t get the hump with each other’ followed us through the whole 26.2 miles.



Our pace at the start was pretty good - ahead of schedule- we were pacing for a 4.20 time which would allow us a bit of extra for any stops that might be needed.

Weaving in and out of other runners was a challenge as they couldn’t hear our shouts of ‘excuse me’ so it was just as well we had Tim with us who attempted to clear a path as best he could shouting ‘Camel coming through’.

The cheers continued throughout, which was wonderful, but in some ways really hard, because not being able to make eye contact with people cheering for you or even allowing them to acknowledge you have heard them is tough - it felt pretty lonely inside those humps and other than in the tunnels, Tom couldn’t hear me most of the time. Another challenge is not being able to move your arms or stride out- we both had to fix at least one arm to hold onto the costume (I had sewn some handles inside) to stop it bobbing around and so it totally changes your running style and things start to ache and fatigue very quickly.



The charity we are raising money for ([Children with Cancer](#)) had provided us with ‘beads of courage’. We each wear 2 beads for the race and afterwards we keep one and one gets sent to a child undergoing cancer treatment. Each bead marks a milestone in a child's treatment. Another hurdle they have overcome, a course of radiation treatment, an overnight stay in hospital and so on. Our 2 older girls had made bracelets for us to put these on and so every mile I glanced at the beads- and Tom did the same and it’s amazing how much difference this made to motivate us and think about what suffering really is.

Over to Tom... I know what suffering is... running 26 miles in a Pantomime Camel. It was really quite painful... but those 2 little beads have a hell of an impact, and I can genuinely say that having them on my wrist (and possibly Becky reminding me that if we didn’t get the record time, I would have to do it again) kept me going.

This was my 8th road marathon, and I have always thought that however you run a marathon, it hurts from mile 20. This one hurt from mile 10.



The first half of the London marathon is all slightly downhill, and at the halfway point I think we were both quietly confident that we had the record in the bank. Oh how naive we were. As we crossed Tower Bridge the crowds were deafening, the atmosphere bouncing, shouts of 'it's a bloody camel!' and banter from fellow runners kept a smile on the face and legs turning over. It was about a mile later that the chafe started to properly kick in, and one of the pieces of wood that were keeping the costume straight came undone and started to poke me under the armpit every time my arm strayed backwards. It very quickly became rather uncomfortable and I started to regret my life choices.



It is however, amazing how much having that much positivity (read: threat) around you can keep you going.

For the next 12 miles or so Tim did an absolutely amazing job of navigating our way through the crowds, highlighted speed humps, took the photos that were required for evidence by Guinness and kept us on pace. I don't think there are many people we could have called on that would be able to run 26 miles whilst doing all of the above whilst staying so positive.

Tim: you are an absolute legend and we truly could not have done it without you!

We also had an amazing support crew that, although we couldn't see them, could be heard, and were working just as hard as us (according to my dad) to get around the course to cheer us on.

At about mile 18 the pace was starting to drop, and I was really starting to wonder whether we would make it. What had seemed like a given at 13 miles was starting to feel like a very long shot, and I was really having to take it mile by mile... but they very slowly ticked by and with 3 miles to go Tim announced that if we could do 6.2 minutes per km for the last 5k we would get the record.

And we did. Shaved it by 3.5 minutes. Not as much as we had hoped, but I guess a world record shouldn't be easy. Fair play to the guys who held the previous record – one of which did it bent over as the back of a pantomime horse... Kudos!



Home again with Colin and our medals.



In summary, what an experience. The chafing is starting to heal, and the toenails will grow back but the support of all involved, positivity from friends & family and generosity of donors (we are almost at 10K now!) will live on in the memory for a very long time.

Marathon des Sables as a Camel next, Bex?

Colin has an Instagram page @colinthecamels24 which has some videos and photos of pre-race and race day, and we even made the BBC headlines!

If you would like to donate then please go to:

<https://2024tcslondonmarathon.enthuse.com/pf/tom-raftery>



David Dixon adds:

London Marathon 2024

As well as Tom & Becky Raftery running with Colin, congratulations to Rob Casserley and Andrea Hampanijad who also ran.

Place (Overall)	Place (Gender)	Place (Category)	Name	Club	Runner Number	Category	Event	Half	Finish
1524	1485	42	Casserley, Robert (GBR)	Garden City Runners	5453	50-54	Mass	01:24:11	02:48:10
31714	10351	1406	Hampanijad, Andrea (CZE)	Dacorum Athletic Club	28619	45-49	Mass	02:19:29	04:34:40
30808	9917	5318	Raftery, Becky (GBR)	Tring RC	23122	18-39	Mass	02:09:38	04:31:28
30805	20868	3382	Raftery, Tom (GBR)	Tring RC	25821	40-44	Mass	02:09:38	04:31:28

Marathon aficionados will note that Rob managed a perfectly balanced first and second half while Andrea managed the much-coveted 'negative splits', ie second half quicker than the first.



Saturday Series photos – Chipperfield

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



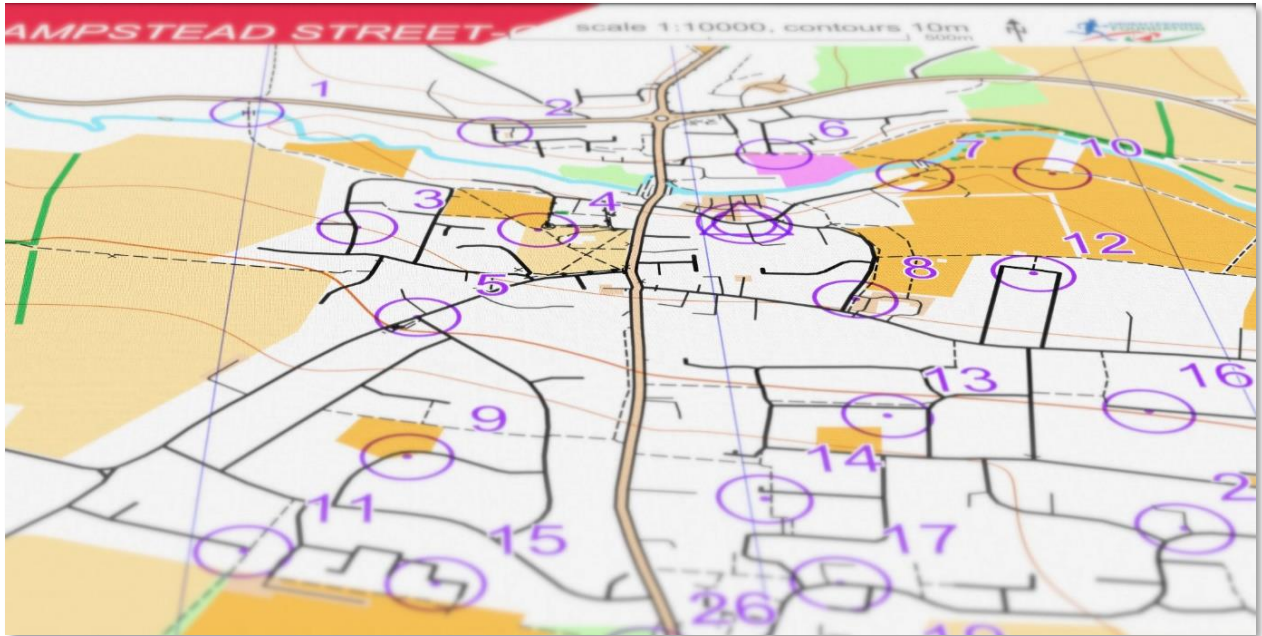




Chair's Platform

David Dixon chair@herts-orienteeing.club (& temporary Street-O Coordinator)

Street-O 2024



We've had the first 2 Street-O events of the 2024 season; Elizabeth's course around Welwyn Village then Ben's course around Redbourn.

Welwyn was dry as long as you went out early – late runners got treated to a lovely rainbow and less than lovely hail! Redbourn was cool but dry.

Of the 25 Welwyn runners, 4 ran over time and have taken themselves out of contention for the Clean Sheet award; another 8 (including this Street-O coordinator) went over at Redbourn – will there be anyone left by the end of the season?

[Results](#) for both events are on the HH website, as are the [details](#) for the next few events:

- | | |
|---------|------------------------------------|
| 7 May: | Welwyn Garden City (Peartree) |
| 14 May: | Luton (High Town) |
| 21 May: | Watford (Cassiobury and surrounds) |
| 28 May: | London Colney |
| 4 June: | Welwyn Garden City (North) |



Volunteers

Neil Gostick

events@herts-orienteeing.club

This is latest fixture grid which I have gone quite far ahead on to give people a chance to volunteer. For larger events you need to planned / organised Saturday series event(s) before you embark on a bigger event.

The more observant will note that we have added a Saturday series at Highfield in late June, so that we maintain the calendar of events for the year, but don't try and hold a Saturday Series on the same weekend as the Yvette Baker final. We think the HH / orienteeing customers for each are a bit different, albeit you are encouraged to help at the YBT, and if you want to, have a run in the open event beforehand.

So volunteers please. It is good fun and we have had 120 competitors at the events this year, so a lot of people get a good morning out for your efforts.

Date	Level	Type	Area	Organiser	Planner	Controller
04/05	D	Saturday	Ellenbrook	Hannah Nesbit	Doug Nesbit	Mike
01/06	D	Saturday	Nomansland	Ben Bardsley	Oliver Bardsley	Dave Tookey
29/06	D	Saturday	Highfield			
07/07	B	YBT	Yvette Baker - Northaw	Nigel Quinton	Hedley Calderbank	Paul Beckett
18/08	C	Urban	Urban - Hatfield	Adam Leaf	Stu Levene	TBC
07/09	D	Saturday	Panshanger		Elizabeth Disney	
05/10	D	Saturday	Verulamium			David Saunders
13/10	C	JoH	Whippendell			
02/11	D	Saturday	Fairlands		David Saunders	
07/12	D	Saturday	Stanborough			
05/01/25	D	Saturday	Hockeridge			
02/03/25	B	AoH	Ace of Herts 25 / Ashridge East - TBC			



Captain's Niche

Tom Cochrane captain@herts-orienteeing.club

Spring championships round-up

JK

The UK's premier competition the JK came to the Midlands this year, with a Sprint race at Loughborough University (Controller: Simon Errington), Middle and Classic races at Beaudesert and finally the Relays at Stanton Moor. A personal view: the first and last areas were a real treat, perfectly suited to Sprint and Relay racing respectively. But has Beaudesert always been so gnarly and muddy?! I preferred it in the good old days of 2018.

Attendance from HH was great. Over 50 of us altogether - pleasingly with the vast majority of age groupings covered - and seven relay teams.

We've a few podium places to celebrate from the individual competitions:

Darrio Tam - 2nd M12 (Sprint)

Ben Gostick - 3rd M20E (Overall) and 3rd on Long

Becky Raftery - 2nd W40L (Overall) and 1st on Middle

British Championships

The British this year was up in the north east, at Mulgrave Woods. There was some star quality in attendance with GB international runner Ben Gostick (congrats on your JWOC selection Ben!) running for HH. Steve Cram was also there. (And the weekend was well co-ordinated by former HH member Duncan Archer, on the left).





Conditions were tough, with the tougher parts of the terrain claiming several victims including at least one high profile retiral on the Men's Elite course. 25 had made the trip up from Herts and I'm pleased to say we had a podium position to celebrate:

Tunde Farago - 3rd on W10A (less than a minute down on the winner)

On relay day we had six teams representing HH across a range of men's and women's, junior and senior classes. And again we saw HH gracing the podium:

Laura Parkes/Helen Marsden/Becky Raftery - 2nd on Women's Short

Well done all who competed in each competition. I look forward to seeing lots of you in and around Sheffield for the JK and the Lake District for the British next year - both a bit later in the year.

Results controversy at the JK

Fans of rules, processes and protests may be interested by a couple of tricky situations that unfortunately came up in the JK Elite Middle races.

Both the W21E and M21E courses had a control in the wrong place. (Spare a thought for the organising team who are after all volunteers and would have dreaded the possibility of something like this.) This resulted in a complaint, then a formal protest, then (for the M21E course) an appeal, so the outcome was thoroughly tested [*and will probably result in a change to the Rules – Alan*]

Those rules currently give quite a bit of leeway as to the best course of action. What did the jury decide?

- For the W21E course the misplaced control was #2. This left little choice but to void the course.
- For the M21E course though the misplaced control was #14 - around halfway through. The jury decided to "truncate" the results at control #13 to allow a result to stand. After an appeal this decision stood - but only by a verdict of 3 to 2.

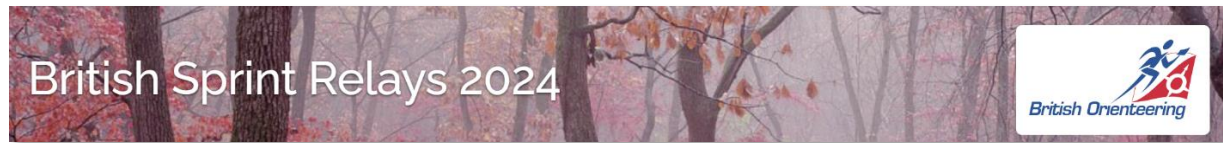
I've got all of this second-hand, but there is more information here:

<https://www.thejk.org.uk/data/jk/0ac6dc891ec57a346141382526588089.pdf>

And I believe HH's own Alan Rosen was involved as an observer so may be able to explain better than me... [*He was and the issue is still being considered so maybe more at a future date...!*]



British Mixed Sprint Relay Championships - University of Birmingham - 22 June



Entries are now open for the **British Sprint Relay Championships** - which should be a fun opportunity to spend an evening - yes evening, it starts from 5pm! - with your teammates and run in a fun, high quality competition. Please do run. The more the merrier, not least as it makes it easier for me to get people into teams that are right for them!



As a reminder, if you would like to run, please let me know by 12 May in order to meet the first entry deadline, including any preference for which class you run.

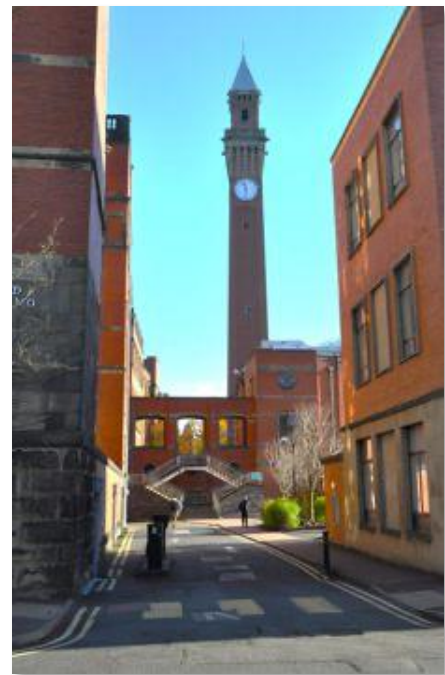
The options are:

- Vet (age class 40+)
- Super Vet (55+)
- Ultra Vet (65+)
- Junior (16-)
- Young junior (12-)
- Ad hoc (no age restriction)

Each team must include at least one female runner to be competitive.

There is also an Elite/Open class with four runners, two men and two women.

It is a British Championships, so will be well organised and have a great sense of occasion. The club would be delighted to get as many teams out as we can. Don't worry if the 'Championships' label doesn't appeal, we will be including a mix of teams and there will be a place for you.



The world's highest freestanding clock tower at Birmingham University!

You can combine this with the **British Sprint Championships** the following day, **Sunday 23 June, at the University of Warwick**. It promises to be a great weekend - I hope to see you there!





British Champs, top ten places

Class	Name	Place
M20E	Ben Gostick	4 th
M60L	Simon Errington	7 th
M65L	Alan Rosen	7 th
W10A	Tunde Farago	3rd
W40L	Becky Raftery	4 th



British Relays

C - Men's Short

Pos	Time	Team No	Team Name	Club	Lap 1 L O	Lap 2 L O	Lap 3 L O	Competitors
10th	109:46	229	HH Antelope	HH	40:58 23rd 40:58 21st	40:59 15th 81:57 18th	27:49 3rd 109:46 10th	Thomas Raftery, Janet Rosen, Ian Marsden

D - Women's Short

Pos	Time	Team No	Team Name	Club	Lap 1 L O	Lap 2 L O	Lap 3 L O	Competitors
2nd	81:21	305	HH Sable	HH	24:51 4th 24:51 4th	33:52 5th 58:43 6th	22:38 1st 81:21 2nd	Laura Parkes, Helen Marsden, Becky Raftery



J - M60

Pos	Time	Team No	Team Name	Club	Lap 1 L O	Lap 2 L O	Lap 3 L O	Competitors
5th	105:42	6003	HH Elk	HH	32:01 5th 32:01 5th	44:20 15th 76:21 9th	29:21 3rd 105:42 5th	Alan Rosen, Mike Bennett, Simon Errington

R - M/W12

Pos	Time	Team No	Team Name	Club	Lap 1 L O	Lap 2 L O	Lap 3 L O	Competitors
8th	92:08	1209	HH Muntjac	HH	20:26 8th 20:26 8th	24:05 6th 44:31 7th	47:37 9th 92:08 8th	Isabelle Raftery, Alice Raftery, Tunde Farago

S - Mixed Ad Hoc

Pos	Time	Team No	Team Name	Club	Lap 1 L O	Lap 2 L O	Lap 3 L O	Competitors
26th	234:25	418	HH Moose	HH	67:45 27th 67:45 26th	92:57 27th 160:42 27th	73:43 22nd 234:25 26th	Kevin Parkes, Penny Parkes, Emese Svab

T - Junior Ad Hoc

Pos	Time	Team No	Team Name	Club	Lap 1 L O	Lap 2 L O	Lap 3 L O	Competitors
9th	114:47	513	HH Gazelles	HH	18:42 4th 18:42 4th	44:20 7th 63:02 5th	51:45 11th 114:47 9th	Theodore Marsden, Csongor Farago, Bors Farago




O Puzzle

Thanks to John Duffield

The solution to each clue contains at least one letter O, and all these Os have been entered into the grid. Solve the clues and fit them into the grid.

	O				O			
O				O		O		O
		O				O		
			O					
	O			O				
		O		O				
		O	O			O		O
	O					O		O
			O				O	

Backwards orienteering club from the Midlands	 acronym	Portent
Character in "An Inspector Calls", also a town near Hull	Lots of these in a house	Really keen on
Christmas	Name of Opinion Poll	Small body of water
Collection of religious books (acronym)	Nearest stellar object	Smell
Crowd	No place like it!	South American river
Error	Noble gas	Spanish river
Implement	Not shut	Where darts players stand
James Bond doctor	Not stereo	Wolf boy
Large weight	Otherwise	



More JK photos









British Champs and British Relay Champs 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 04 May	HH Saturday Series	Ellenbrook	HH	Local
Sun 05 May	Sarum Saunter	Shearwater	SARUM	Regional
Tue 07 May	HH Street-O	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	Cuttleslowe 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	HH	Local
Wed 15 May	Map Run League 2024	East Chesterton	WAOC	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 Park	HH	Local
Tue 28 May	HH Street-O	London Colney	HH	Local
Sat 01 June	SN Urban	Cassino Park, Aldershot	SN	Regional
Sat 01 June	HH Saturday Series	Nomansland	HH	Local
Sun 02 June	HAVOC SWELL	Hornchurch Country Park	HAVOC	Regional
Tue 04 June	HH Street-O	Welwyn Garden City	HH	Local
Sat 08 June	Double Sprint Day – Milton Keynes	TBA	SMOC	Regional
Sun 09 June	Bedford Urban	Priory Park	WAOC	Regional
Wed 12 June	Map Run League 2024	Fen Ditton & Stourbridge Common	WAOC	Local
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
Sun 07 July	Yvette Baker Trophy Final	Northaw Great Wood and Cuffley	HH	National
Tue 09 July	London Summer Park Race	Fryent Country Park	LOK	Local
Sat 13 July	TVOC Saturday Series – TBC	Park Wood	TVOC	Local
Sun 14 July	Keyne-O 3	Loughton Valley Park	SMOC	Local
Tue 16 July	CHIG Park Race	Fairlop Waters	CHIG	Local

SWELL is the South and West Essex Local League



Puzzle Answers

M	O	R	I		O	M	E	N
O	R	I	N	O	C	O		O
W		O	T		H	O	M	E
G			O	P	E	N		L
L	O	G		O				
I		O	D	O	U	R		B
	T	O	O	L		O		O
L	O	L			M	O	N	O
	N	E	O	N		M	O	B