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Editor’s Spur

Alan Rosen newsletter@herts-orienteering.club

A busy few weeks coming up with two HH events in two weekends, plus the Southern Championships and British Middle Championships, so good luck to everyone organising, planning, helping and competing in the next couple of weeks – hope the mud is not too gloopy and your compass leads you in suitably straight lines! If those events leave you yearning for more solid surfaces then have a look at the sprint and urban races the following weekend in Trumpington (Cambridge) and Huntingdon – well worth doing if you are chasing UKUL and SEOUL points (Saturday) and just as good if you are new to orienteering on solid ground.

Newsletter wins award!

Mike Bennett

We're proud that this newsletter was one of only four in the country to receive a CompassSport Newsletter Award for 2024. They said "It's interesting to note that the HH offering is a good-sized publication that comes out 12 times a year; we believe no other newsletter has been so prolific over the period of these awards." Many thanks to all of you who have contributed articles and photos, and of course to Alan for his editing.





Forthcoming HH events

Date	Event	More Info
Sun 2 Mar 25 10:00 - 12:30	Ashridge Ace of Herts: National event. Beginners and experienced welcome	Event Details Location
Sat 8 Mar 25 10:00 - 12:45	Stanborough Beginners & newcomers welcome	Event Details Location
Sat 5 Apr 25 10:00 - 12:45	Nomansland Beginners and newcomers welcome.	Event Details Location
Sat 3 May 25 10:00 - 12:45	Ellenbrook Beginners and newcomers welcome.	Event Details Location

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

Compass Sport Cup

Mike Bennett and Ben Bardsley

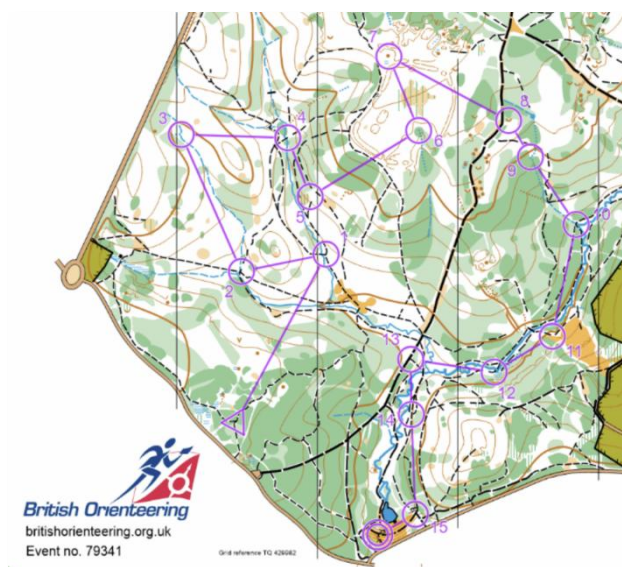
Many thanks to all 59 of us who came to Epping E for a challenging set of Compass Sport Cup courses, and thanks to Tom for coordinating the team when he couldn't be there himself.

We came a creditable but agonisingly-close second, only 5 points behind SLOW. It was

HH

Name	Class	Score
Issy Hawks	8B	100
Janet Rosen	10	100
Darrio Muk Yiu Tam	9A	100
Anna Lucia Gonzalez Blankenship	9B	100
Alex Lane	2	99
Alex Fielding	1	98
Rory Nesbit	8A	98
Kerria Lines	3	98
Niamh Mitchell	9B	98
Alexander Lines	1	97
Sian Mitchell	5	96
Alice Soulsby	8B	96
Charlotte Naunton	9B	96
Mike Bennett	7	96
Kevin Fielding	4	96
Ben Bardsley	2	96
David Hodson	6	96
Maggie Soulsby	5	95
Vanessa McMillan	3	95
Oliver Bardsley	2	95
Mark Adams	4	95
Sue Hooper	10	94
Charlotte Coles	3	94
Daniel Hodson	1	94
Sebastian Flesh	4	93

really good that we were the only club with scorers on all 12 courses, showing our spread across the demographics. 3 scorers on M Open, even with a couple of notable absentees, is a lot better than recent years.



5 points is very close. A fair number of us are now regretting this or that time loss. Best stop there, orienteers know enough not to engage in too much what-iffery. Next time...?

If any early starters didn't pick up their map, Mike will take them to Ashridge and Stanborough.

Compass Sport Cup

Pos	Club	Scorers	Score	1	2	3	4	5	6	7	8A	8B	9A	9B	10
1st	SLOW	25	2420	383 (4)	388 (4)	386 (4)	293 (3)	388 (4)	193 (2)	289 (3)	100 (1)	0 (0)	0 (0)	0 (0)	0 (0)
2nd	HH	25	2415	289 (3)	290 (3)	287 (3)	284 (3)	191 (2)	96 (1)	96 (1)	98 (1)	196 (2)	100 (1)	294 (3)	194 (2)
3rd	SO	25	2403	283 (3)	94 (1)	99 (1)	195 (2)	375 (4)	390 (4)	387 (4)	96 (1)	192 (2)	98 (1)	0 (0)	194 (2)

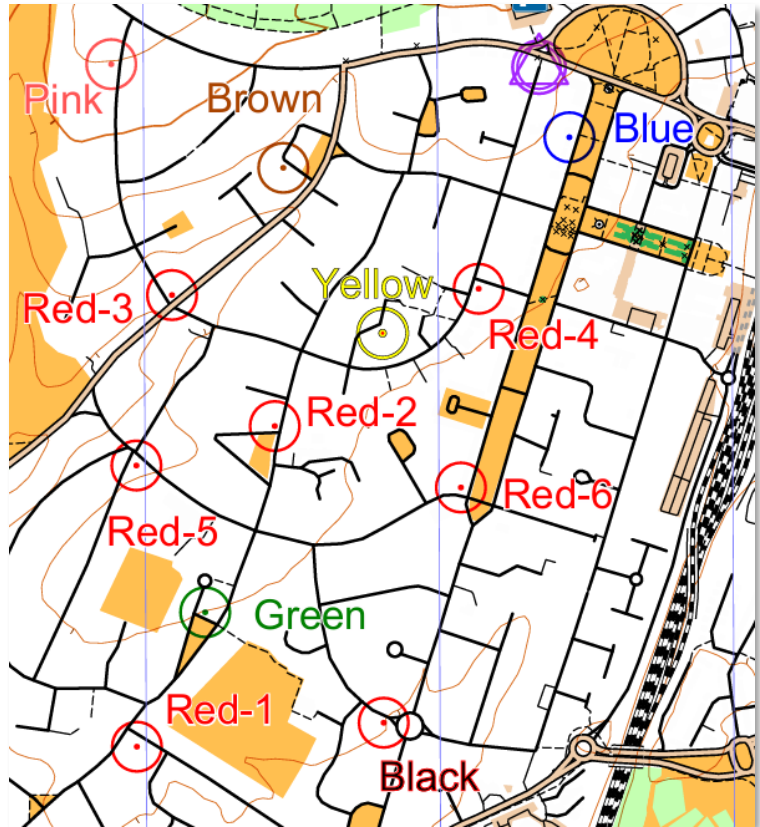


Chair's Chat

Ben Bardsley

Street-O

I took the opportunity last week to join one of the Welwyn Garden City Street-O training runs organised by David Dixon. I've always found Street-O to be an excellent motivator to get me out onto the roads on a regular basis in Summer and keep my fitness up, so I thought I'd take advantage of David organising these training sessions to get out on what was a pretty cold, but dry, Tuesday evening. Running in the dark was not really a handicap since the streetlights provided more than enough light to read the map and the rerun of the 2021 Snooker-O was a slightly different sort of challenge. Many thanks to David for organising – I'd recommend this for anyone looking for an evening run.



Ace of Herts

The club's biggest event of the year is upon us with the Ace of Herts scheduled for Ashridge South on 2 March. This newsletter is published the day before the event, but I'm going to say a big advance 'Thank you' to all the helpers who have volunteered to support David Hodson (Organiser), Laura Parkes (Planner) and the Controllers (Mark Thompson [TVOC] and Davey Averill [SMOC]). The officials and volunteers make the event happen and the Ace of Herts is HH's opportunity to showcase itself to a big SE audience. I'm looking forward and hope to see you there on Sunday.

Incentive Awards

Congratulations to the following club members who have gained new British Orienteering Incentive Awards recently. Well done to all.

Member	Certificates	Awarded
Ella Mytton	Racing Challenge: Bronze Award **	06/01/2025
	Navigation Challenge **	06/01/2025
Evie Mytton	Racing Challenge: Silver Award *	06/01/2025
Sean Mitchell	Racing Challenge: Bronze Award ****	06/01/2025
	Navigation Challenge ****	06/01/2025



Peter Burt Trophy 2024



Congratulations to Oliver Bardsley who has won the 2024 edition of the **Peter Burt Trophy**.

The Peter Burt Trophy is awarded annually by **Mole Valley Orienteering Club (MV)** in memory of Mole Valley member Peter Burt who died in May 1999 after long battle with cancer.

It is open to all South-East OA Club members and is awarded annually to the “**Most Improved Orienteer in the South-East League**”. In the words of Mole Valley OC, “it rewards personal achievement based on a fiendishly complicated scoring system in the tradition of Peter’s long stewardship of the League*.”

Oliver is pictured here being presented with the trophy by MV Chair Tim Scarbrough following CHIG’s recent Epping Far-East South-East League event.

Congratulations Oliver, who follows in the footsteps of previous HH winners of this award Miranda Leaf (2010), Hedley Calderbank (2016) and Ben Bardsley (2021).

Youth League Competitor Medals

Jacob Sharpe

Some competitors have already competed at 3 events in the Youth League thus qualifying for a competitor’s medal, but the season is far from over!

To acknowledge that achievement, from the March event at Stanbrough it will be possible to collect these medals from enquiries.

To ensure that everyone can identify their medal they will be packed as illustrated.

The Youth League is now run through the Saturday series and updated league results are posted on the results page of each Saturday event.

The available medals for collection will hopefully be kept up to date but if you are ever missing a medal - just email:

youth.league@herts-orienteering.club



There will also be place medals to be awarded at the conclusion of the league in August.



South-East League (SEL) Update – Rounds 6 and 7

Ben Bardsley

Rounds 6 and 7 of the South-East League were held at Blackheath & Farley Heath (GO) on 2 February and Balcombe (MV) on 9 February.

GO's Blackheath & Farley Heath event saw HH finish 5th, just pipped for fourth place by hosts GO in a round which doubled as the SE Long Championships. Despite being slightly further away, the generally lower turnout all round was enough to enable HH to finish an improved 3rd behind a dominant SO team leaving the club in 3rd place in the overall league table just behind SN and just ahead of DFOK. The next two rounds are, of course, our very own Ace of Herts on 2 March followed by the rather more distant SO event at Worthlodge on 16 March the day after the British Middles nearby.

Event 6: Blackheath & Farley Heath Event 7: Balcombe Overall League Table:

Position	Club	League Score	Match Points
DIVISION 1			
1	SN	2985	6
2	SO	2782	5
3	SAX	1414	4
4	GO	1299	3
5	HH	1293	2
6	DFOK	1005	1
DIVISION 2			
1	SLOW	1503	7
2	MV	1182	6
3	LOK	440	5
4	BAOC	273	4
5	HAVOC	157	3
6	CHIG	88	2
7	RAFO	77	1

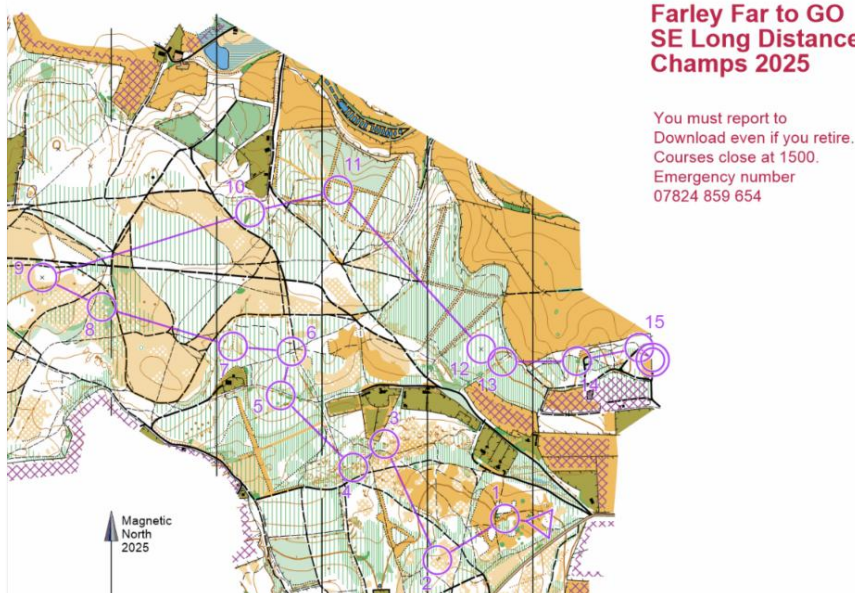
Position	Club	League Score	Match Points
DIVISION 1			
1	SO	3146	6
2	DFOK	1427	5
3	HH	779	4
4	SAX	707	3
5	SN	529	2
6	GO	384	1
DIVISION 2			
1	MV	1317	7
2	SLOW	1267	6
3	HAVOC	619	5
4	LOK	415	4
5	CHIG	166	3
6	RAFO	79	2
7	BAOC	59	1

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	39	-
2	SN	26	-
3	HH	25	-
4	DFOK	24	-
5	SAX	22	↓ 1
6	GO	11	-
DIVISION 2			
1	SLOW	47	-
2	MV	43	-
3	LOK	27	-
4	HAVOC	25	-
5	CHIG	21	↑ 1
6	BAOC	20	↓ 1
7	RAFO	11	-

SE Long Distance Champs: Blackheath and Farley Heath, 2 February

Well done to our podiumists (is that a word?) and especially Team Marsden for all medalling:

- M14 3rd Theo Marsden
- M16 2nd Henry Lane
- M18 3rd Rory Nesbit
- M45 1st Ian Marsden
- W45 2nd Helen Marsden
- M55 1st Kevin Fielding
- M70 1st Alan Rosen





HH to host the 2026 British Night Championships

Mike Bennett, BNOC/AoH 2026 weekend coordinator

volunteer@herts-orienteeing.club

HH normally hosts one National (level B) event a year, our Ace of Herts. Last year we also ran the Yvette Baker Trophy final, another National event. In a year's time we're down to host a Major (level A) event, the British Night Orienteering Championships – we last ran this in 1984 on Burnham Beeches.

This is a major undertaking. Usually, Major events are undertaken by a region eg SEOA. HH have the size and the skills to do it ourselves, although we may call on help from neighbouring clubs.

Save the date. BNOC is on Saturday 7 Feb 2026 in Egypt Woods. We're running Ace of Herts on the same area but with different courses on the Sunday, 8 Feb. AoH will be a middle-distance race so that BNOC runners aren't too tired and don't have too much overlap with their Night course.

I'll be looking for people to take the main roles in the near future. Currently we have:

- Weekend coordinator Mike Bennett (but I'll need help including Day organisers)
- Lead Planner Alan Rosen (he'll also need help - a great opportunity for aspiring planners)
- Controller Neil Crickmore SO
- Permissions Neil Gostick
- SI Kevin & Laura Parkes

There are a lot more roles to fill beyond those mentioned above. Publicity, website, finance manager, procurement, safety officer, prizegiving ...not to mention the usual parking, start, enquiries, finish etc for one day or both. So I'm looking for volunteers. It would be good if we had a mix of the usual suspects and some people looking to learn how a bigger event works. Contact me before I contact you!

There will be frequent updates in this newsletter as we get closer to the event.

First request - anybody good with graphics to create a logo for the weekend to help with publicity?

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 newsletter@herts-orienteeing.club. Copy dates are typically a few days before the end of the month; for the March edition it is by the end of **Thursday 27 March**.



Volunteer Incentives

Mike Bennett, Volunteer Coordinator

You will remember that we are encouraging people to volunteer by giving club jackets (or equivalent kit) to people who volunteer frequently. In the last few months another 6 people have passed the threshold, making 30 in total:

*John Duffield
Doug Nesbit*

*David Heale
Jennie Soulsby*

*Eliza Hermann
Nicola Trotman*



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).

We now have **114** people who have helped at HH events in the last couple of years, including 6 who helped for the first time in this period. That's really healthy.

A reminder of the scoring. 12 points earns a jacket:

- 3 for taking a named role: Organiser, Planner or Controlling
- 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 ...

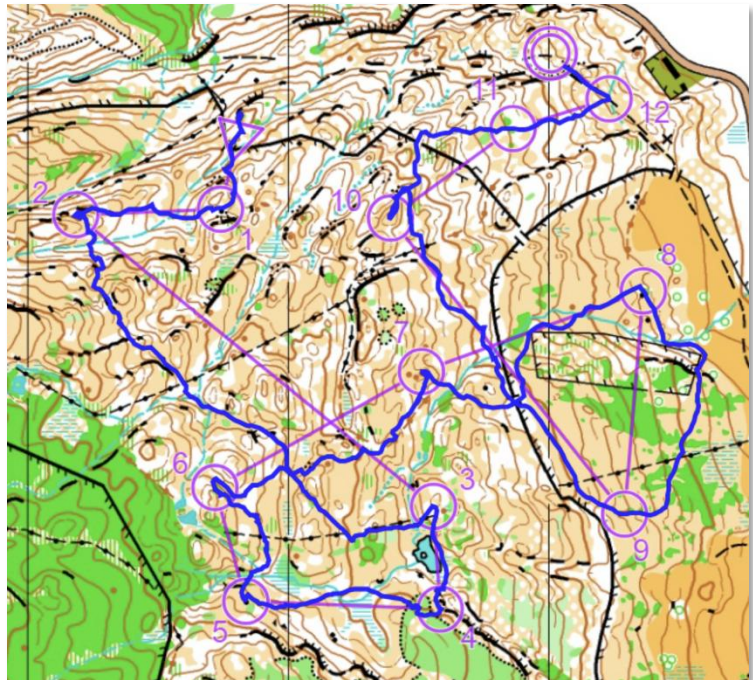
I'll give an update every few months.

100% success rate for HH!

Mike Bennett

Yes, 100% of the HH runners at the 2025 British Night Orienteering Championships came back with a gold medal!

OK, only Alan Rosen made the trip up to Stirling, nonetheless it's another one to add to his hoard of British Championships medals. [Ed: small hoard]

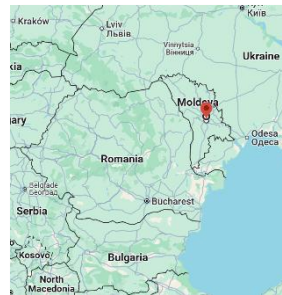
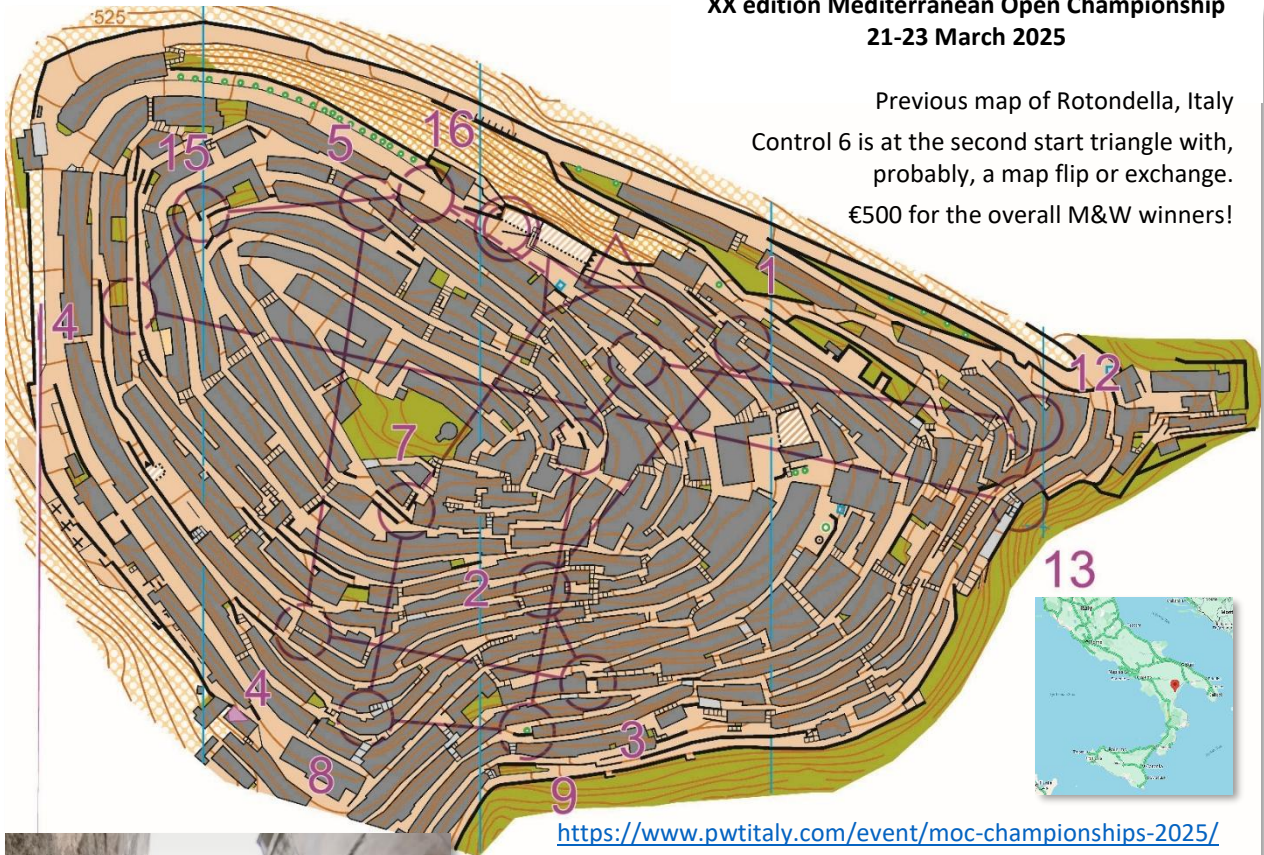




Ever envious of other club's areas?

XX edition Mediterranean Open Championship
21-23 March 2025

Previous map of Rotondella, Italy
Control 6 is at the second start triangle with,
probably, a map flip or exchange.
€500 for the overall M&W winners!



ADVENTURE O-WEEK
15TH - 18TH MAY 2025
Chişinău, Republic of Moldova

15TH MAY
Stage 1 - Sprint WRE
Stage 2 - Sprint WRE

16TH MAY
Stage 3 - Middle WRE
Stage 4 - Underground Race

17TH MAY
Stage 5 - Long

18TH MAY
Stage 6 - Middle Wre



www.adventure.md
galata.club@gmail.com
+373 60 84 6639

ADVENTURE.MD

Or how about an underground race as part of a long weekend in Moldova? Looks like they are going back to the wine cellars used in 2018...

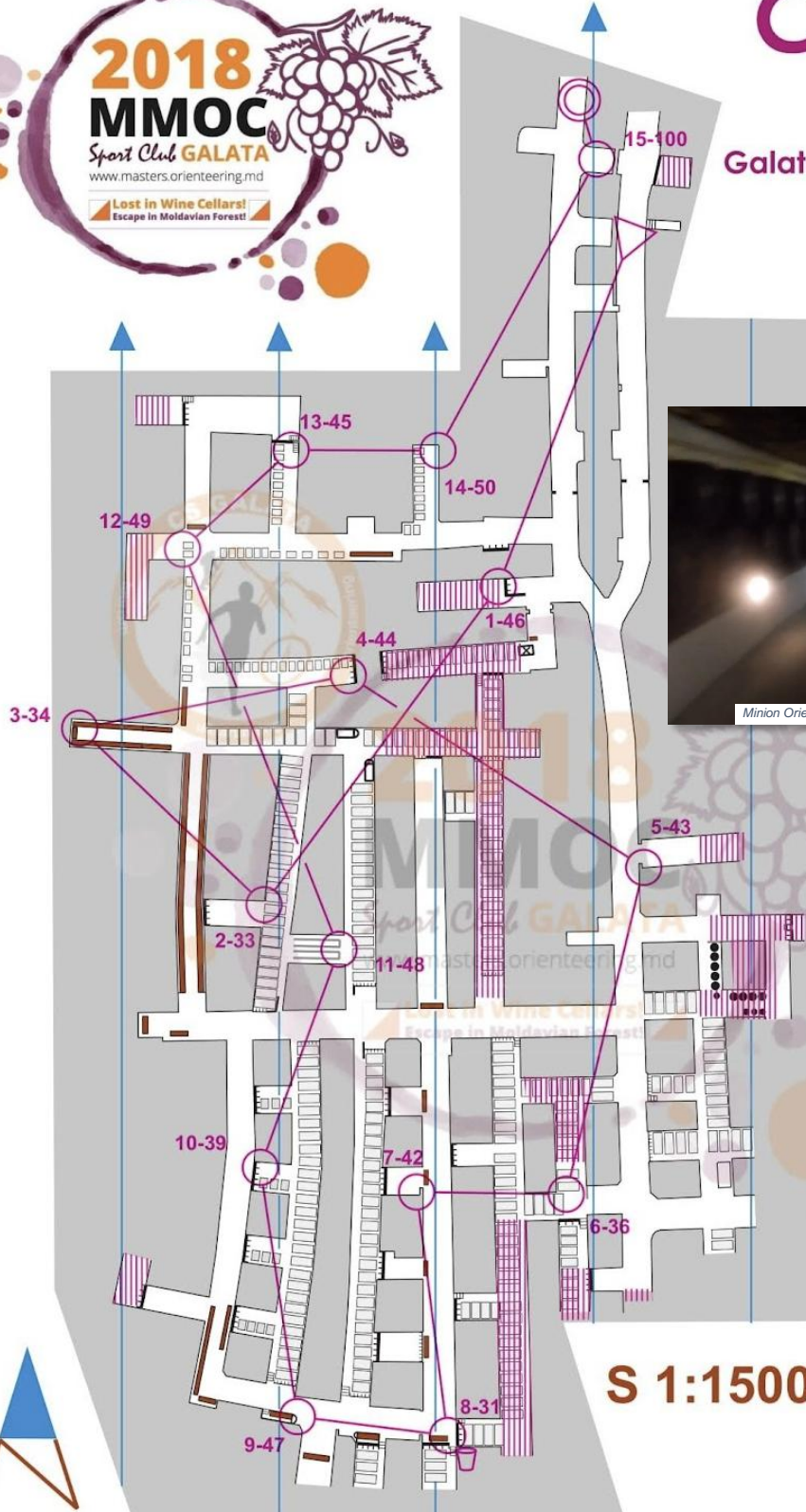


Moldavian Masters Orienteering Cup 2018, 2nd edition

Cricova

wine cellars

Galata Cup 2018, 2nd edition



Minion Orienteering video probably in the tunnel between #2 and #3 on the map



Special specification

- Pillars (special equipment)
- ✕ Special man-made features
- Wooden butts or iron tanks
- ▤ Steps
- ▨ Forbidden area
- ▬ Stacks of butts
- ▬ Dangerous different floor levels (more than 0.5 m), forbidden for running
- ▬ Different floor levels (less than 0.5 m) or floor level direction
- ▬ Impassable obstacle
- ▬ Passable obstacle

W21E, M20



Puzzle

Match the language with the translation of Orienteering (according to Google Translate so no guarantee that it's all correct!). 2 points for a correct answer, 1 for getting somewhere near the right country. *Hint 1: neighbouring countries sometimes have similar words.*

Language		Orienteering
Albanian		Course d'orientation
Bulgarian*		Cyfeiriannu
Chinese*		Orientação
Croatian		Orientacijski tek
Czech		Orientación
Danish		Orientacja w terenie
Dutch		Orientační běh
English	Orienteering	Orientačný beh
French		Orientamento
German		Oriëntatieloop
Greek*		Orienteering
Hungarian		Orientéieren
Icelandic		Orientering
Italy		Orienteringsløb
Latvian		Orientēšanās
Luxembourgish		Orientierungslauf
Mongolian*		Orientimi
Norwegian/Swedish		Orijentacijsko trčanje
Polish		Ratleikur
Portuguese		Stiùiridh
Scots Gaelic		Tájfutás
Slovak		Yön bulma
Slovenian		προσανατολισμός
Spanish		Ориентиране
Turkish		Орієнтування на місцевості
Ukrainian*		Чиг баримжаа олгох
Welsh		定向越野

*Hint 2: Languages with a * have non-Latin-based characters*

[Puzzle answers](#)



Saturday Series at Mardley Heath, 2 Feb

Thanks to David Dixon for the photos





Future Events

[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
- [UK Urban League](#)
- [Southern England Orienteering Urban League](#)
- [UK Orienteering League](#)

[entry systems]

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

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

Fixtures List

Date	Event	Area	Club	Level
Sat 01 March	TVOC Saturday Series	King's Wood	TVOC	Local
Sun 02 March	HH SE League Event	Ashridge East	HH	National
Tue 04 March	SLOW Night Series	Barnes Common	SLOW	Local
Sat 08 March	HH Saturday Series	Stanborough Park	HH	Local
Sun 09 March	Sarum Saunter & Southern Championships (UKOL) [+ Urban event at Gillingham (WIM, UKOL/UKUL/SEOUL) on Saturday]	Great Ridge	SARUM	National
Sun 09 March	Urban event	Royston	WAOC	Regional
Tue 11 March	SLOW Street Series	Wimbledon	SLOW	Local
Sat 15 March	British Middle Championships (UKOL)	Holmbush & Buchan Country Park	MV	Major
Sun 16 March	SO SE League Event (UKOL)	Worthlodge Forest	SO	National
Sun 16 March	Junior Sprint selection race for EYOC & JWOC	Broadfield	SO	Regional
Sat 22 March	TVOC Saturday Series	Hill End	TVOC	Local
Sat 22 March	CUOC Two-part Sprint (UKUL/SEOUL)	Trumpington	CUOC	Regional
Sun 23 March	CUOC Urban (and Elite Sprint)	Huntingdon	CUOC	Regional
Sun 23 March	SAX Regional Event & Yvette Baker Trophy Heat	Knole Park	SAX	Regional
Sun 30 March	Keyne-O 1	Great Linford	SMOC	Local



Date	Event	Area	Club	Level
Sun 30 March	SLOW Regional event	Pastures Wood and Leith Hill	SLOW	Regional
Sat 05 April	Park-O	Coldhams Common	WAOC	Local
Sat 05 April	HH Saturday Series	Ellenbrook	HH	Local
Sat 05 April	Park-O (copy)	Coldhams Common	WAOC	Local
Sun 06 April	TVOC Chiltern Challenge National Event	Hambleden East	TVOC	National
Sun 13 April	HAVOC SWELL	Belhus Woods Country Park	HAVOC	Regional
Sun 13 April	SCOL8 and BKO Spring Regional event	Bloom Wood	BKO	Regional
Fri 18-Mon 21 April	JK Weekend	Sheffield	YHOA	National
Sun 27 April	SO Regional	Houghton Forest, Arundel	SO	Regional
Sat 03 May	HH Local event	Nomansland	HH	Local
Sat 03 May	British Long Distance Champs	Grizedale	NWOA	National
Sun 04 May	British Relays	Bigland	NWOA	National
Sun 04 May	SAX Regional Event	Ightham	SAX	Regional
Sun 04 May	Keyne-O 2	Stanton Low Country Park	SMOC	Local
Sun 11 May	SLOW SE Middle Champs	Wimbledon Common	SLOW	Regional
Tue 13 May	SLOW Street Series	tba (N London)	SLOW	Local
Sat 17 May	TVOC Saturday Series	Cotteslowe Park	TVOC	Local
Sun 18 May	SOS Urban	Maldon	SOS	Regional
Sat 24 May	Springtime in Shropshire Day 1	Ludlow urban	HOC	National
Sun 25 May	Springtime in Shropshire Day 2	Rorrington & Stapeley	WRE	National
Mon 26 May	Springtime in Shropshire Day 3	Titterstone Clee	HOC	National

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

SWELL is the South and West Essex Local League



Puzzle Answers

Albanian	Orientimi
Bulgarian	ориентиране
Chinese	定向越野
Croatian	Orijentacijsko trčanje
Czech	Orientační běh
Danish	Orienteringsløb
Dutch	Oriëntatieloop
English	Orienteering
French	Course d'orientation
German	Orientierungslauf
Greek	προσανατολισμός
Hungarian	Tájéfutás
Iceland	Rattleikur
Italian	Orientamento
Latvian	Orientēšanās
Luxembourgish	Orienteieren
Mongolian	Чиг баримжаа олгох
Norwegian	Orientering
Polish	Orientacja w terenie
Portugal	Orientação
Scots Gaelic	Stiùiridh
Slovakian	Orientačný beh
Slovenian	Orientacijski tek
Spanish	Orientación
Turkish	Yön bulma
Ukrainian	Орієнтування на місцевості
Welsh	Cyfeiriannu

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