



Simon Errington at the World Masters in Spain – see p22

WMOC photos from <https://www.wmoc2025.com/actualitat/>

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Editor's Spur

Alan Rosen newsletter@herts-orienteeing.club

A very full edition so thanks to all contributors and do enjoy reading about lots of different events in Hertfordshire, the UK and Europe. Just managed to include a bit about the British Sprint Champs Weekend, with more photos in next month's edition.

Alan

Forthcoming HH events

Date	Event	More Info
Tue 2 Sep 25 18:45 - 19:45	Club Sprints – Wardown Park Club Sprint Championships - all welcome.	Event Details Location
Sat 6 Sep 25 10:15 - 13:00	Jersey Farm Beginners and experienced orienteers welcome	Event Details Location
Tue 9 Sep 25 20:00 - 21:00	HH Annual General Meeting: Microsoft Teams	Event Details Location TBC
Sat 20 Sep 25 10:00 - 13:00	First Aid training, St Albans, September 20th: Training	Event Details Location TBC
Sat 4 Oct 25 10:30 - 13:15	Panshanger Beginners and experienced orienteers welcome	Event Details Location
Sun 26 Oct 25 10:30 - 14:00	St Albans City Race	Event Details Location
Sat 7 Feb 26 18:45 - 20:00	BNOC 2026 Egypt Woods British Night Championships	Event Details Location

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

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 **September** edition it is by the end of **Saturday 27 September**.

Does this Newsletter reach everyone in your group/family?

Do you forward this Newsletter and other HH communications to other HH members in your group/family when it appears in your inbox?

If so, suggest they click on this link and they can get their very own copy!

<https://www.herts-orienteeing.club/members-section/keep-up-to-date/sign-up-to-the-hh-email-group/>



Chair's Chat

Ben Bardsley

After a gap in August due to holidays, a few topics to catch up on this month.

Yvette Baker Trophy

Firstly, it was a while ago now at the beginning of July, but I'd like to say 'congratulations' to the HH Juniors for a superb second place finish in the Yvette Baker Trophy Final at Capite Wood. Even though the team was not large, consistency all round meant that the team finished only 8 points off the winning WAOC team. Huge thanks to Jennie and Alex for managing the team and well done to all for a great result.

Club Trophies

This month, the winners of the HH Club trophies are revealed to all and I'd like to say congratulations to the winners (full details elsewhere in this newsletter). Particular congratulations to Alan Rosen for what seems to be a long overdue winning of the Sylvia Harding Trophy for services to the club, dating back almost to the club's inception, and having been the club's third-ever secretary over 50 years ago! Alan is also the club's historian and if you haven't read or looked through it before, take a look at the club history he compiled during lockdown: <https://www.herts-orienteeing.club/members-section/about/>. Currently, Alan is planning the British Night Championships alongside continuing his editorship of the excellent monthly HH newsletter.

Club Activities

Social and Quest-O: Thank you to all who helped organise the club social in Fairlands Valley Park, with particular thanks to Dawn Figg for a very enjoyable, challenging and fiendish Quest-O course round the park. It was great to see a good turnout for this and thank you to Dawn for all the preparation work which went in to preparing the Quest-O.

Club Sprints: Ian Byford has planned the Club Sprints on **Tuesday 2 September**. If you're reading this on day of receipt, there may still be time to enter for a run in Wardown Park. Ian recently attended Hedley's **Planners course** in July and I'd like to thank Hedley for taking the time to run this course. Building the club's pool of potential event planners helps us keep running the monthly Saturday Series which is the core of the club's activity.

Street-O: Thank you to David Dixon and all planners for running an excellent (almost exclusively warm and/or sunny) Street-O series this summer. Some new locations, new planners bookended by a couple of hilly locations with generally high turnouts has made for a great series this year.

Finally, I'm writing this just before this weekend's British Sprint Relays at RAF Honington and the individual Sprints in the fine city of Norwich. Hopefully, as you read this, the club will have had some success in either or both of these events withal competitors having had the opportunity to enjoy the city as well.



HH AGM

Finally, the **Club AGM** is being held at 8 pm on **Tuesday 9 September**. **Please attend if you can** – it should hopefully not take up too much of your evening, but we need a quorum of 20 members for all business to be valid so please dial in to hear a summary of club activities over the last year along with the core business of confirming committee members for the upcoming year. Further details to follow by email.

UKOL final 2025 events; can we stay in third place?



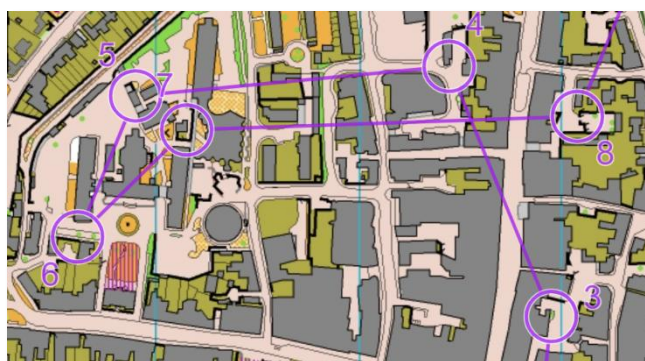
HH is still in a brilliant 3rd place in the UK Orienteering League for 2025. By the time you read this (or soon after) the British Sprint Champs results will have been uploaded.

See [here](#) for the latest Individual standings and [here](#) for the latest Club standings with five events: to go:

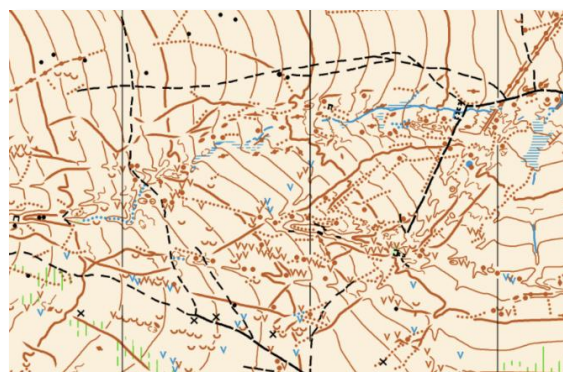
Rank	Club	Points	Contributing members
1	SYO	5349	Martin Ward (M55), Pauline Tryner (W50), Alex Rothman (M45), Will Preston (M16), Andrew Preston (M45), Oscar Peel (M18), Lawrence Hodgson (M16), Laura Goy (W40), Peter Gorvett (M75), Bronwen Doyle (W55), Mike Brett (M60), Kate Brett (W60), Paul Bradbury (M65), Nick Barrable (M50), Charlie Adams (M60)
2	FVO	5200	Vicky Thornton (W60), Rachel Kirkland (W50), Scarlett Kelly (W18), Esme Kelly (W16), Janine Inman (W45), Will Hensman (M45), Lindsey Hensman (W75), Rebecca Hammond (W18), Paul Hammond (M45), Liz Godfree (W75), Roger Goddard (M50), Alison Cunningham (W60), Jon Cross (M55), David Coustick (M80), Laura Brown (W20)
3	HH	4624	Janet Rosen (W70), Alan Rosen (M70), Rory Nesbit (M18), Hannah Nesbit (W50), Douglas Nesbit (M50), Sian Mitchell (W45), Ian Marsden (M45), Helen Marsden (W45), Viv Hodson (W60), David Hodson (M60), Isabel Hawks (W16), Benjamin Gostick (M20), Simon Errington (M60), David Dixon (M50), Tom Cochrane (M40)
4	SROC	4620	Lucie Todhunter (W45), Ellie Todhunter (W16), Ben Todhunter (M18), Miriam Rosen (W75), David Rosen (M70), Martyn Roome (M70), Heather Roome (W40), David Roome (M40), Andy Quickfall (M65), Deb Murrell (W55), Tom Matthew (M50), Jo Matthew (W50), Ciel Matthew (W20), John Embrey (M65), Jacqueline Embrey (W65)
5	SN	4596	Melanie Slade (W55), Thomas Rollins (M18), Sarah Rollins (W45), Lucy Paton (W60), Emma Mansfield (W40), Carol Lovegrove (W50), Peter Jones (M65), Jocie Hilton (W20), Jake Hilton (M16), Sarah Darley (W20), Katie Clarke (W50), Sue Bett (W55), Tim Beale (M40), Steve Bailey (M65), Woo Allen (W60)

Sun 07/09/25	Midlands Championships (EMOA) Chinley Churn	Entries close 1 Sept
Sat 11/10/25	Urban - Chichester (SO)	Entries close 9 Oct
Sun 12/10/25	November Classic (SOC) (New Forest)	Entries close 29 Sept but late possible
Sat 18/10/25	Caddihoe Day 1 Holne Moor (DEVON)	
Sun 19/10/25	Caddihoe Day 2 Holne Moor (DEVON)	Entries close 7 Oct

Let's see who can improve their individual points and that could well strengthen the club's position. If you are not yet one of the 15 contributing runners, perhaps you could see if you can overtake someone!



Chichester Urban



Holne Moor – looks like a great area!!



Captain's Niche

Tom Cochrane

Over the past couple of months (and ongoing!) we have been presenting the three club trophies.



The Farmer Trophy is awarded for best newcomer(s) to the club. Well done to **Ella & Evie Mytton**! I presented the trophy to Ella who also kindly accepted it on her sister's behalf at the club event at Haileybury.

Both have shown a really enthusiastic approach to events and training, with their keenness showing up in clear improvements for both of them. Our junior coaches have noticed their progress in their orienteering skills including orientation and symbols. And it was great to see them challenging themselves through the Yvette Baker Trophy event. Well done both!

The Harding Trophy is awarded for services to the club. This year we showed our appreciation to **Alan Rosen** at a presentation at the club social at the Scottish 6-days.

Most recently he has taken on, revamped and enhanced the HH Newsletter, producing an outstanding monthly publication. It has been recognised by CompassSport Magazine in annual awards and noted as the only significant monthly newsletter amongst all clubs.

Alan's award also reflects his long history as a member of the club for over 50 years, including as the third club secretary from 1971-73 and captain from 1979-83. He is a historian of the club, and in 2020 he prepared a publication covering 1968-83:

<https://www.herts-orienteering.club/uploads/members/HH-History-July-2020.pdf>.



Alongside this, Alan is a regular team leader at larger HH events, especially in organising and running the start. He is now taking on the planning for HH hosting the British Night Championships in 2026.

The Marsden Trophy is awarded for outstanding support by a junior to the HH Junior Squad. This year's recipient is **Darrio Tam**. Sadly we do not yet have a photo of the presentation but will endeavour to give him his trophy as soon as we can.

Many of you will know from following local, regional and national results that Darrio is a talented orienteer. His ability has resulted in his selection to move up to the SEJS. But the Marsden Trophy recognises his wider contribution to the junior club culture. He is a consistent participant at training, the Yvette Baker Trophy and the Peter Palmer relays - and has been a reliable (and fast!) member of the squad for four years. His keenness to challenge himself with progressively harder courses and events sets a great example.



Incentive Awards

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

Member	Certificates	Awarded
Alan Elder	Racing Challenge: Bronze Award ★★★★★	10/06/2025
	Navigation Challenge ★★★★★	10/06/2025
Alexander Soulsby	Racing Challenge: Silver Award ★★★★★	10/06/2025
Anna Lyle	Racing Challenge: Silver Award ★★	08/07/2025
	Racing Challenge: Bronze Award ★★	14/04/2025
Anna Lucia Gonzalez Blankenship	Racing Challenge: Gold Award ★★★★★	10/06/2025
	Racing Challenge: Silver Award ★★★★★	10/06/2025
	Racing Challenge: Bronze Award ★★★★★	10/06/2025
	Navigation Challenge ★★★★★	10/06/2025
Charlotte Naunton	Racing Challenge: Silver Award ★★★★★	14/04/2025
Chin Yan Oei	Navigation Challenge ★★★★★	08/07/2025
Cobie Pui Ching Wong	Navigation Challenge ★★★★★	14/04/2025
Csongor Farago	Racing Challenge: Gold Award ★★★★★	10/06/2025
	Racing Challenge: Silver Award ★★★★★	10/06/2025
	Racing Challenge: Bronze Award ★★★★★	10/06/2025
	Navigation Challenge ★★★★★	10/06/2025
Daniel Hitch	Racing Challenge: Gold Award ★★★★★	14/04/2025
	Racing Challenge: Silver Award ★★★★★	14/04/2025
	Racing Challenge: Bronze Award ★★★★★	14/04/2025
	Navigation Challenge ★★★★★	14/04/2025
Ella Mytton	Racing Challenge: Gold Award ★★	08/07/2025
Frank Tully	Racing Challenge: Bronze Award ★★★★★	10/06/2025
	Navigation Challenge ★★★★★	10/06/2025
Gary Jenkins	Racing Challenge: Silver Award ★★★★★	15/04/2025
James Allard	Navigation Challenge ★	10/06/2025
Jolie Pui Yan Wong	Racing Challenge: Bronze Award ★★	10/06/2025
	Navigation Challenge ★★	10/06/2025
Lily Cochrane	Navigation Challenge ★★	14/04/2025
Nigel Quinton	Racing Challenge: Gold Award ★★★★★	10/07/2025
	Racing Challenge: Silver Award ★★★★★	10/07/2025
	Racing Challenge: Bronze Award ★★★★★	10/07/2025
	Navigation Challenge ★★★★★	10/07/2025
Orla Cochrane	Racing Challenge: Silver Award ★	14/04/2025
Sebastian Elder	Racing Challenge: Gold Award ★★★★★	10/06/2025
	Racing Challenge: Silver Award ★★★★★	14/04/2025
	Racing Challenge: Bronze Award ★★★★★	14/04/2025
	Navigation Challenge ★★★★★	14/04/2025
Tunde Farago	Racing Challenge: Silver Award ★★★★★	10/06/2025
William Lyle	Racing Challenge: Bronze Award ★	14/04/2025

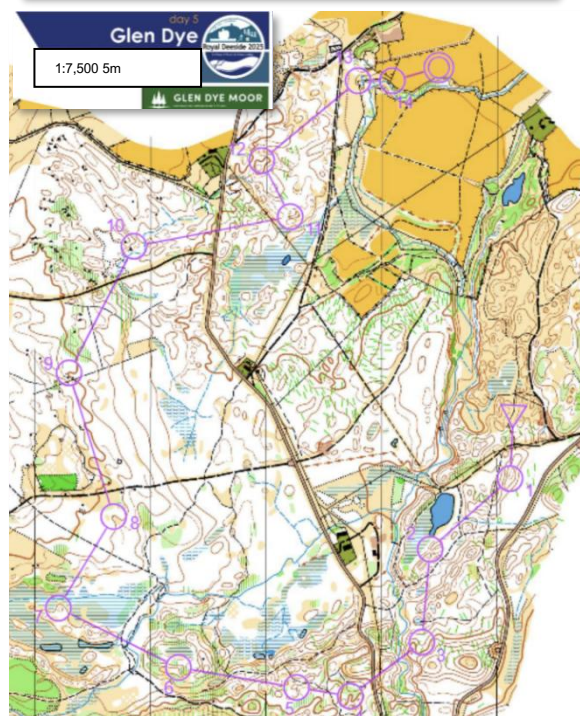


Scottish 6 Days 2025



Podiumists are Graham, Becky and Alan, all in 2nd place on their courses

Thanks to Laura Parkes for the photos



Well done to everyone who successfully tackled this year's Scottish 6 Days.

The terrain was tough in places but the organisation and planning were excellent and the weather was kind, with the Scots (and helpers from further afield) putting on a high-quality week of challenging and enjoyable orienteering.

The organisers rounded off the week by announcing:

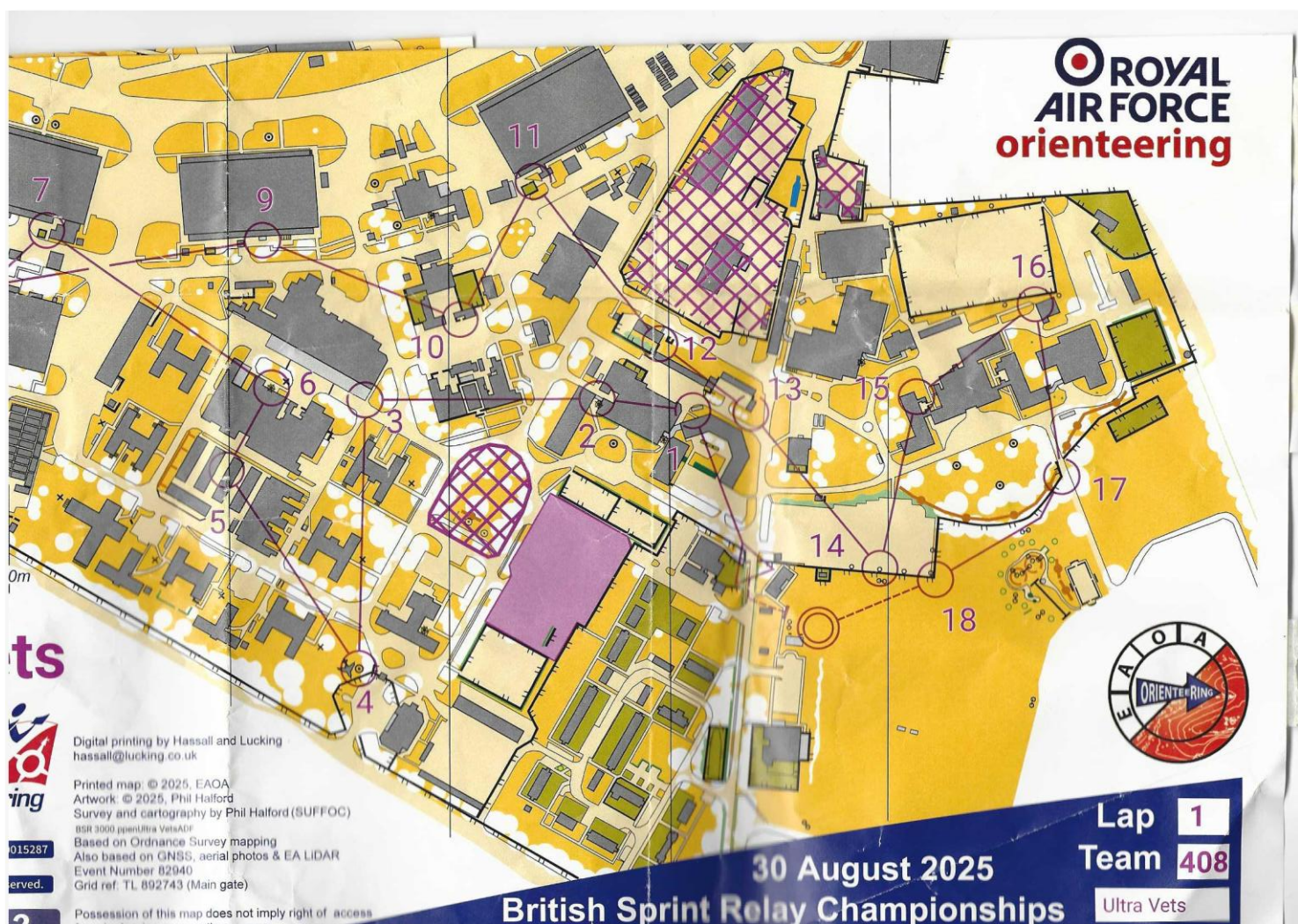
...the next 6-days will take place from 1 to 6 August 2027 in Perthshire based on Aberfeldy and looking even further ahead and subject to getting permissions in place, we hope to go back to SW Scotland in 2029 for the first time in over 30 years.



British Sprint Relay Champs – 30 August @ RAF Honington

Ad Hoc	2 nd	52:38	James Errington, Emma Cochrane, Oliver Bardsley
	4 th	54:43	Daniel Hodson, Susan Brown, Ben Bardsley
Super Veteran	5 th	42:56	Simon Errington, Dawn Figg, David Hodson
	dnf		Stu Levene, Tim Bywater-Lees
Ultra Veteran	5 th	52:08	Alan Rosen, Sue Hooper, Mike Bennett
Veteran	9 th	53:50	Tom Cochrane, Helen Marsden, Ian Marsden
	n/c	57:14	David Dixon, Adam Leaf, Anthony Brown
Young Junior	4 th	61:56	Theo Marsden, Kieran Brown, Lily Cochrane

The forecast rain didn't materialise so conditions were perfect for a fast and furious relay on RAF Honington. The courses were relatively easy but that didn't stop some runners mis-punching or missing controls. Well done to all HH runners.

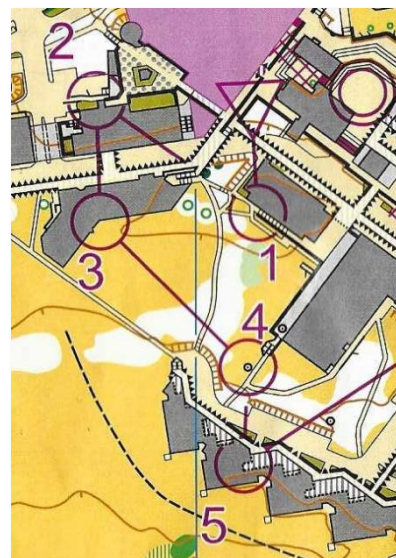




British Sprint Champs – 31 August @ University of East Anglia

UAE is partly conventional buildings and partly brutalist concrete which you either like or hate. Whatever the aesthetics, it made for a great venue for the Sprint Champs. Qualification races in the morning were followed by the Finals in the afternoon.

The Qualifications started and finished with multi-level challenges – it was interesting to see how many people set off from the start and then [very sensibly] stopped or walked slowly as they tried to interpret the map. Can you get from the start flag to #1, and then to #2?



Top 10 results in the Qualifications for:

M12	Theo Marsden	1 st
M18	Rory Nesbit	6 th
M20	Nathan Nesbit Oliver Bardsley	1 st 2 nd
M Open-a	Daniel Hodson	6 th
M Open-b	Matthew Dixon	4 th
M Open-c	James Errington	8 th
M40	Tom Cochrane	2 nd
M45	Ian Marsden	8 th
M50	David Dixon	6 th
M55	Kevin Fielding	9 th
M60	Simon Errington	4 th
M70	Alan Rosen	6 th
W45	Helen Marsden Sian Mitchell	3 rd 5 th
W60	Eliza Hermann	8 th



David 2nd M50

Sometimes the Final results are very similar to the Qualifications which makes the second race a bit redundant. Not this time!

Top 10 Final results:

M12A	Theo Marsden	4 th
M18A	Rory Nesbit	5 th
M20A	Olivier Bardsley	1st
M40A	Tom Cochrane	4 th
M45A	Ian Marsden	9 th
M50A	David Dixon	2nd
M60A	Simon Errington	2nd
M70A	Alan Rosen	1st
W45A	Helen Marsden Sian Mitchell	4 th 5 th
W55A	Dawn Figg	9 th



Simon 2nd M60



Alan 1st M70

Thanks to Eliza for the photos and apologies to Oliver for not having a photo...hopefully in October's newsletter.



The Finals made much more use of the multi-levels and it seems that many mistakes were made by not being able to decide whether the control was at ground level or above. There



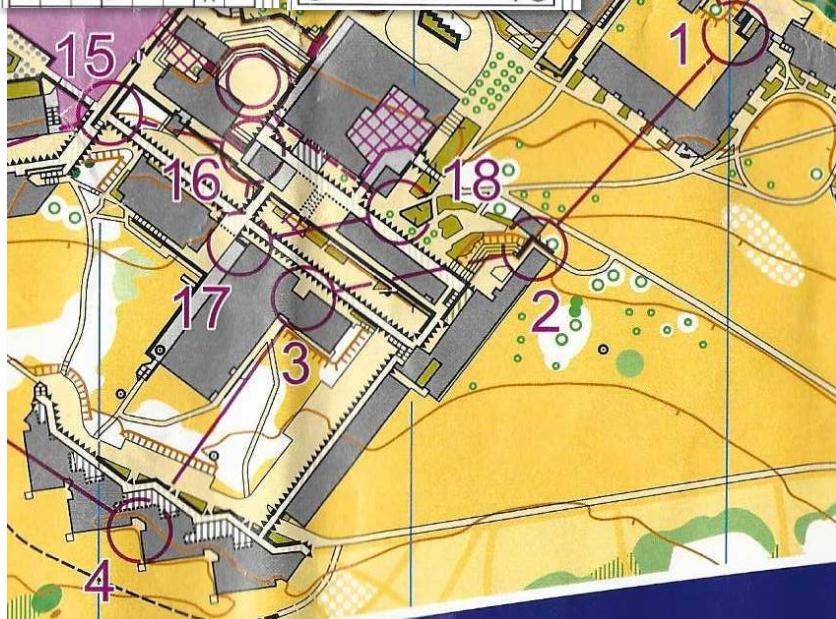
is a question about whether the control descriptions should say (eg) Upper — . We also had several buildings that we could run through which added to the fun!

Course F12

British Sprints 2025				
F12	2.4 km	20 m		
1 195	↘	↖		
2 59	↓	↘		
3 45	↘	↖		
4 41	↘	↖		
5 77	↘	↖		
6 47	↘	↖		
7 64	↘	↖		
8 65	↘	↖		
9 50	↘	↖		

10 60	→	↖	↖
11 55	↘	↖	↖
12 68	↘	↖	↖
13 49	↘	↖	↖
14 34	↘	↖	↖
15 36	↘	↖	↖
16 199	↘	↖	↖
17 69	↘	↖	↖
18 AB	↘	↖	↖

80 m



S-2 Easy

2-3 SW through narrow passage with grey stripes then under walkways to 3

4-5 Which level is 5 on? [upper] So up the stairs by #14.

5-6 N out of #5 and left down the ramp and stairs to #6

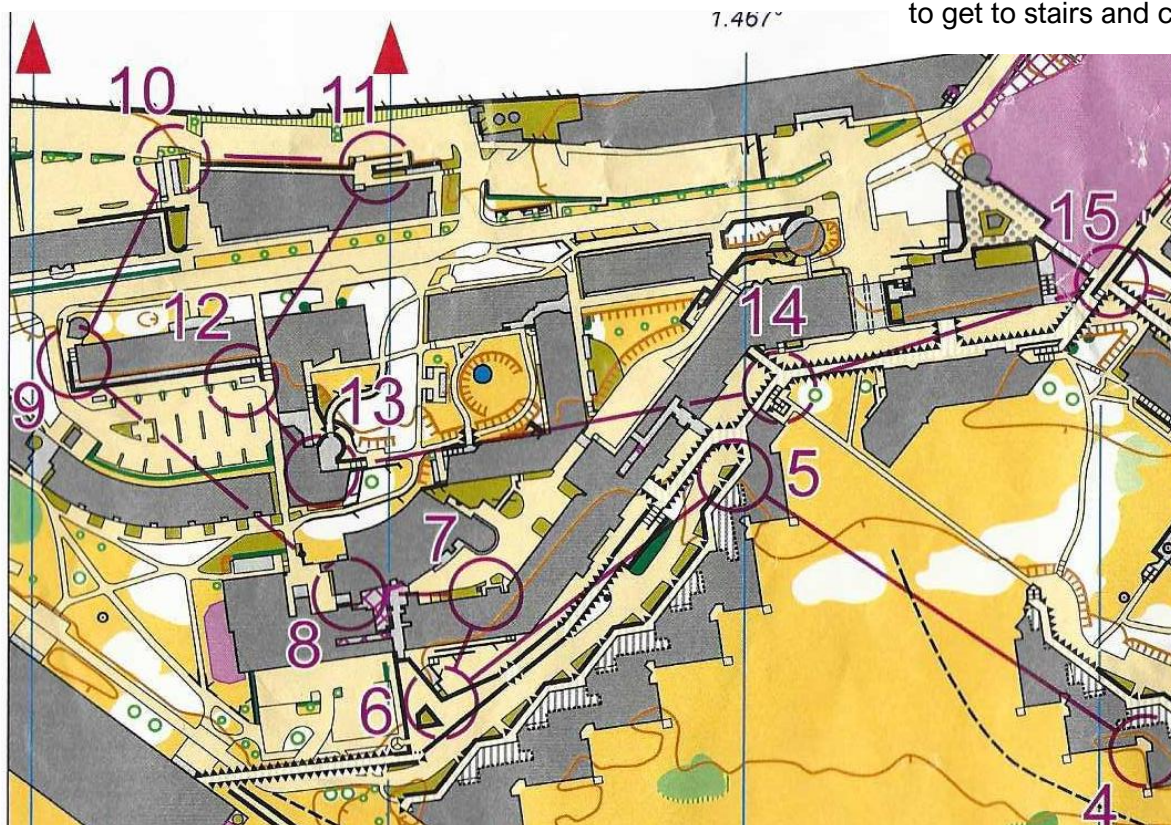
6-7 Tricky! SW to spiral stairs, under the E-W walkway then NE up the road to go under the walkway and get into the building.

7-8 Tricky! Either long loop NE and then past the pond to #8 or retrace steps through building to the spiral stairs then clockwise round the building to get to #8.

9-13 easy but two runners missed #12 completely.

13-14 Tricky! Past pond, under canopy, sharp right then zigzag through building to get to stairs and climb them (again).

1.467~



14-15 Easy – just go along walkway, but at least one runner was looking (in vain) at ground level.

16-17 Easy, it's on the same level but at least one runner was looking (in vain) at ground level.

17-18 NW then SE to go through building



Meet the Committee

Hedley Calderbank – Secretary

I first remember hearing of the ‘new’ sport of orienteering at a Scouts patrol leaders’ course. I showed little talent at any sport involving a ball, but I was quite a good runner and loved maps. So when I was looking for clubs to join at university, I gave the orienteering club a try and I soon decided that it was the sport for me. That was 55 years ago, so with that length of experience, why am I still making at least one mistake in nearly every run?



I started at a time when the sport in Britain was just moving from black and white photocopies of OS maps to specially surveyed coloured maps. While some of these early coloured maps look fairly crude by today’s standards, they were a huge advance and enabled a proper competitive sport to develop rather than something akin to a treasure hunt.

When I started my first job in York, I joined Eborienteers where I helped to survey maps for the White Rose and co-planned the British Championships. I also introduced my landlord to the sport - a certain Roger Moulding. I then spent 16 years in Scotland in both Clydeside and Edinburgh Southern clubs. I was part of the equipment team at the very first Scottish 6 Days in 1977 and controlled some of the events in subsequent years. Six years in South Yorkshire Orienteers followed before moving further south and joining Happy Herts where I have planned, controlled and mostly failed to gain club points in the CompassSport Cup. I first became a Controller when I was 21, so you don’t have to be old for that role.

In HH, Club Secretary is my fourth committee role after Mapping Co-ordinator (Simon now does the job much better!), Treasurer and Events Co-ordinator. One main task is taking minutes at the six-weekly committee meetings. Could voice transcription and AI supersede this? Apart from that, I manage the two mailing lists for club members and committee members, deal with correspondence and try to pick up on committee jobs that do not obviously belong to another member. At the moment I am co-ordinating improvements to the Newcomers area of the website (with Alice and Jennie Soulsby doing the hard work). My next task will be to migrate the club’s electronic records from Dropbox to a simplified structure in One Drive. I am just completing my first year of three in the role.

I am very grateful to have found a sport that contributes to keeping fit and which can continue to be enjoyed throughout your life.



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.

Since the last update another 10 people have passed the threshold, making 34 in total. Well done to **Tim Bywater-Lees, Tom Cochrane, Elizabeth Disney, John Duffield, Kate Hawks, David Heale, Eliza Hermann, Doug Nesbit, Jennie Soulsby and Nicola Trotman.**

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.

A reminder of the scoring:

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

...

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



*Our Chair looking smart in his HH jacket
(photo by [Neil Gostick](#))*

Lesson for us all

Which ex-Chair of the club booked accommodation for the British Sprints weekend months in advance, got a place in a relay team, then when he was checking for his start time a week before, found that he hadn't entered the individual races?



Junior World Orienteering Championships 2025

Ben Gostick



What goes into competing at the top level; my experience of racing against the best in the world?

This year I was very fortunate to be selected to represent Great Britain in Italy at the Junior World Championships (JWOC). It was held in the south of the Dolomites in the region of Trentino. Having been at JWOC last year, and this being my last year as a junior, I was aiming to be one of the best Brits and fight for the top places this time around. Hopefully this write up provides an insight to not only the races and the experience, but also the preparation I put in over the past year.

Prior to JWOC the team travelled to Italy in October last year on a training camp and I was part of the team selected. To help prepare for the races, the event organisers arranged many official trainings and races that were on similar areas and planned by the same planners that would set the championship races. This was incredibly helpful as it meant I could practice the specific techniques needed, but it also showed me the areas I would need to focus my training on before hopefully coming back in the Summer to compete. It did somewhat put the pressure on a bit more to actually be selected for the World Championships however, having been recognised as someone who should be in the team.

Thankfully I was selected despite some mishaps in the selection races. I had hoped to travel out to Italy for the official test races (what was the Italian team's selection races) a month before as an additional way of preparing for the championships as this would have been the most realistic and relevant practice I could do, however university exams hindered this.



A map snippet of the training in the Forest of Dean

I instead travelled to the Forest of Dean for a mini training camp as I looked to simulate the races and get everything fine-tuned before heading out. I felt this was the most relevant terrain in the UK and I ran two race simulations in order to practice those crucial skills from October at race pace.

After a cancelled flight and some favours pulled in from some of the other national teams, I made it to the hosting town a week before the first race. I stayed the first night with one of the other GB boys and the following day we were welcomed in by Australian team for a few extra days of training before the British team arrived. This was not only

a great chance to train at the highest level and get some tips from their coaches (Aston Key – 2x JWOC medallist and 2019 JWOC sprint champion) but also a great opportunity to socialise and make some international friends.

The British team then arrived after 2 days with the Aussies and we settled into our team hotel. We then spent the next few days doing some light training in order to just keep our bodies ticking over while spending the rest of the time trawling through handmade sprint maps and bulletins (final details) in an attempt to prepare ourselves the absolute best we could for the races.



Our sprint map we made vs the official race map

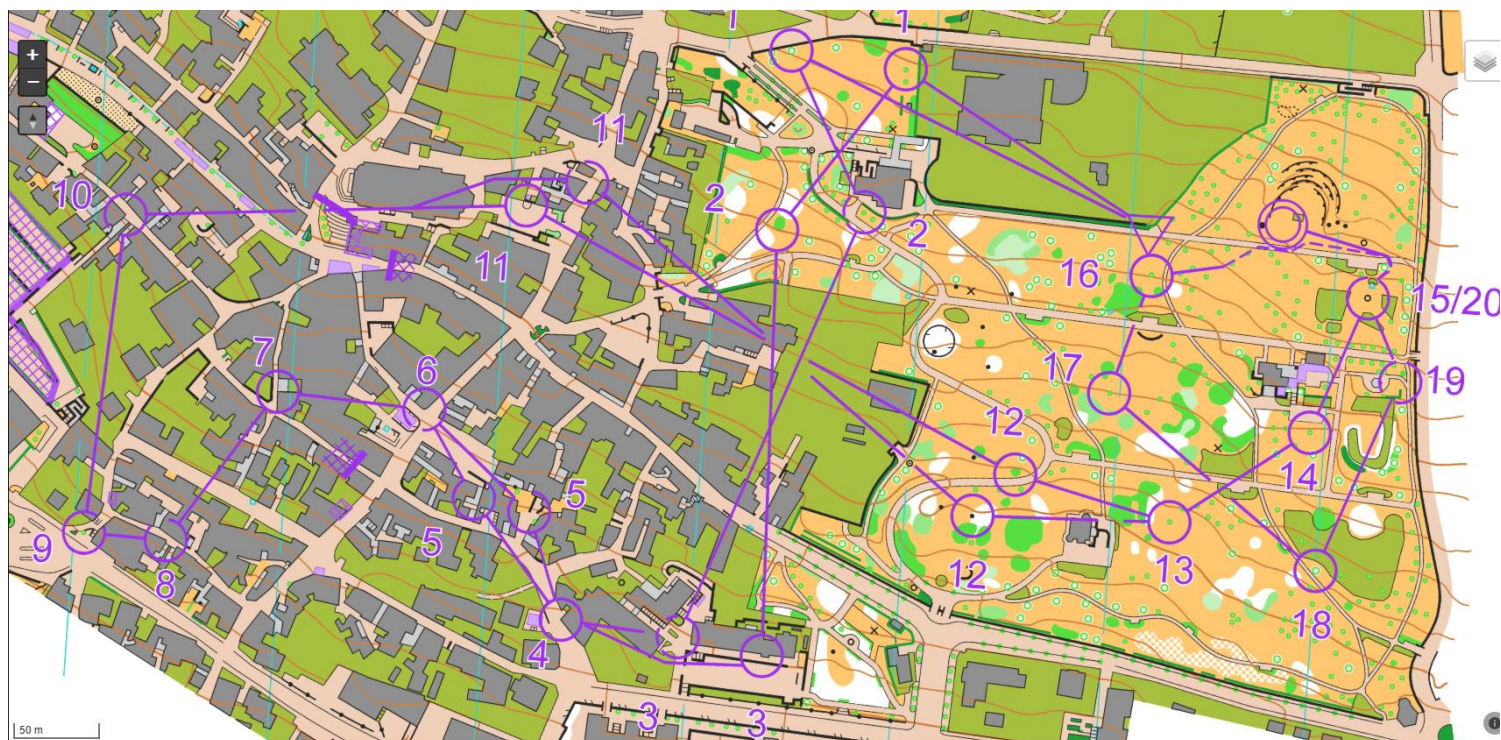
One of the major things we do to prepare for the big races is to plan courses in order to get an idea of what kind of navigational challenge we could be facing and even to try and scope out where the course could possibly go based on a few things given to us such as: course length, number of controls, climb, location of arena/finish, and the distance from quarantine to the start. This year there was the extra challenge in that they were using a brand-new area for the sprint race. To make sure we were going into the race with the most knowledge we could get, we set about making our own sprint map since the organisers had not provided one. This level of preparation is not uncommon at international level and is an incredibly powerful tool in helping to prepare for races, which is shown by every top nation having made not just one, but likely multiple maps. We made our map using a wide variety of sources such as satellite imagery, Google Maps, Streetview (which was incredibly limited in this little town), Apple Maps, OpenStreetMap,



and countless other little pieces of the puzzle (I spent more time than I'd like to admit google translating Italian government websites finding Lidar data and old street maps). We even went as far as learning some Italian words so we could work out if a passageway would lead through (vicolo = alley, sottoportico = underpass). A comparison of a snippet from our map against the official map can be seen above.

The first race of the championships was the sprint relay. A 4-person mixed relay running girl-boy-boy-girl. I ran the 2nd leg for GBR1 which I was quite nervous for as we thought this race was likely our best chance at getting a podium and potentially even a medal. The biggest challenge of the day however was not the navigation as having prepared very well we had a good idea of what the course was going to be, and knew it was not going to be super technical, but it was in fact the challenge of racing in 30+ degree heat. We used frozen towels, ice cubes, frozen bottles of water, in addition to being drenched in a shower of cold water just before the race to cool down. I managed to just about keep my cool and ran the team from 17th up to 14th with the 13th fastest time on leg 2 out of 74 teams despite some questionable route choices.

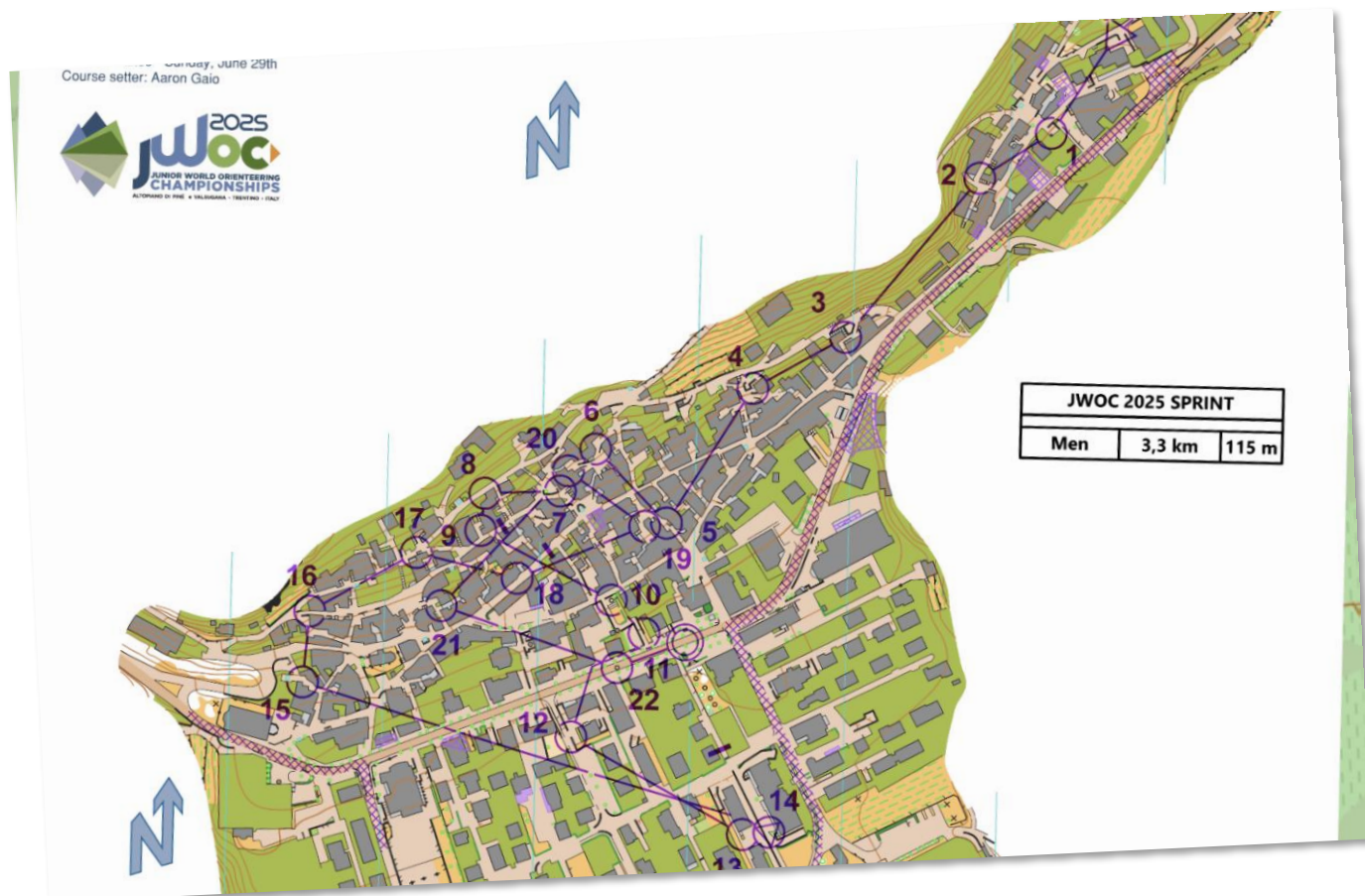
The phrase of “you can’t win the race on 1st, 2nd, or 3rd leg, but you can certainly lose it” was my mantra for the race so my role as 2nd leg was to just have a stable, clean race and keep us in the fight, which I thankfully did. After some storming legs from our 3rd and 4th leg we ended up in 7th, just off the podium, but we were all incredibly pleased with the runs as we were able to show that we are right there at the top of sport finishing only 1:24 down on the winning team (Czechia) after nearly an hour of racing. Another huge success for Great Britain was our second team coming 11th team, which was the 2nd best second team behind only Czechia 2. This was an incredible feat to beat all the Scandinavian and Swiss 2nd teams, who are often up there battling for the win (the Swiss second team came 2nd team last year!). A very good sign for years to come with many of our team still having more years of JWOC to come.



Sprint Relay 2nd leg



The individual sprint was next to follow and a change of style despite still being sprint. From our quite extensive geeking and training on similar areas we were expecting a highly technical, mentally demanding course that required you to be incredibly focused in on the navigation the entire course. We managed to almost guess the course prior, but nothing could prepare anyone fully for the navigational intensity of the race. The course started in a small residential section before plunging straight into the old town compromising of twisting alleys and dark underpasses all sat on a deceivingly steep slope that made some legs of the course an absolute killer.



My race unfortunately was not as fruitful as the day before had glimpsed at being possible. Some losses of map contact in the first half and a disaster at the run through past the Finish meant I sat in 133rd place going into the 2nd half of the course. Thankfully after a few bits of dead running I screwed my head on and clawed myself back up to 57th having run the 10th fastest second half of anyone. Initially I was very disappointed with my run, as running the 13th fastest split the day before had given me hope of a very good result on the individual sprint, but it just wasn't to be. My goal I had set way back in September last year was to achieve a top 40, which having not come inside the top 100 individually at JWOC last year was quite ambitious to say the least. So, to be only 23 seconds off my 'ambitious goal' despite over a minute of mistakes was a pleasant silver lining after what was possibly my worst sprint race in a while. A mention must go to James Hammond who managed to take advantage of all our geeking with a very very impressive 4th position, only 5 seconds off 2nd place. One certainly to watch with one more JWOC still to go for him.

The next race was the Long Distance. This was set out to be a gruelling slog in the heat with only 10km of distance but 500m of climb.



The race was held in a large forest once used heavily for silver mining (the area was called Argentario because of the silver mining, with the Latin of silver being argentum, hence the name) which meant it had a very unique feature of thousands of pits littering the map.

Unfortunately, my race started similar to that of the day before with a 6-minute mistake to #1. Nevertheless, I put it behind me and had a clean next 10 controls, albeit quite slow.

It was by this point the heat had got to me, and with the mistake and a smashed magnifier already weighing me down the mental and physical battle was almost entirely lost.

I hit the first long leg (as seen in the picture) and really had nothing left to give.



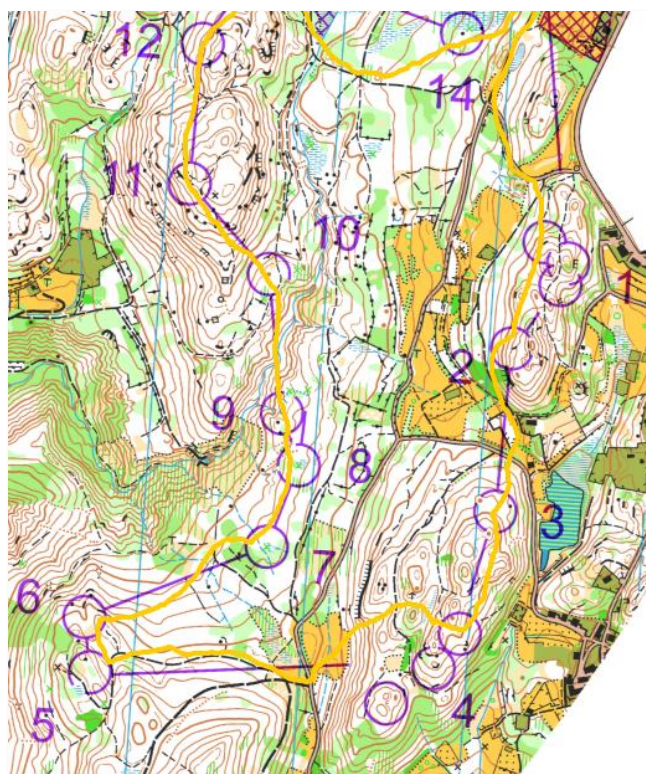
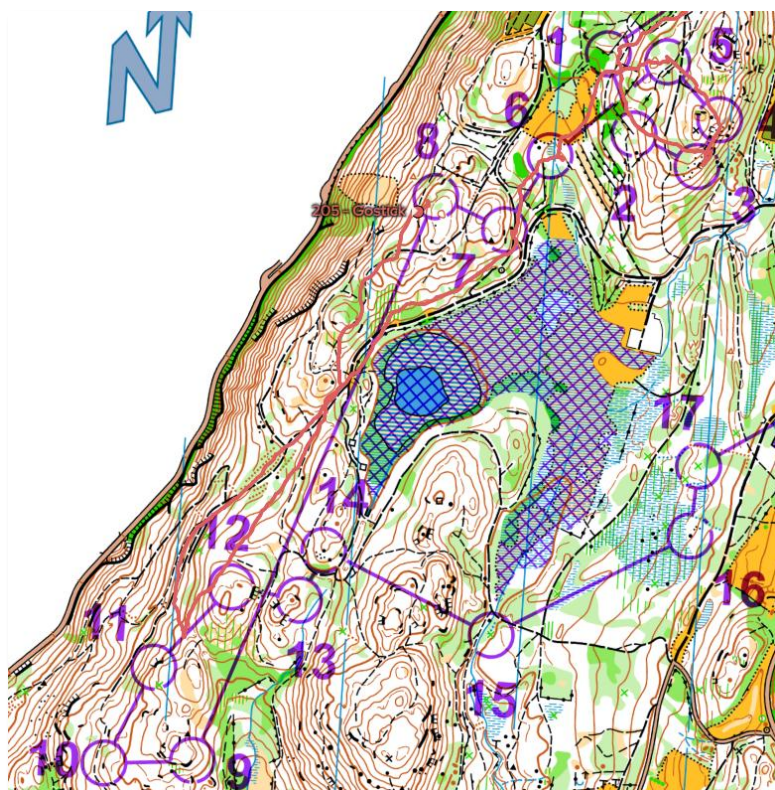
The longest leg of the long – around 3.3km of running on the fastest route.

With 2 more races still to come I made the difficult decision to retire as if I was to continue, I doubt I would have made it to the start line of the following races.

Thankfully a rest day was up next. We walked around the model area for the middle and relay first thing before a dip in the lake to cool off. A model area is a small area provided by the organisers that is often next to or just inside the embargo of the forest for the following races. It is a chance for the teams to see the mapping style such as how dense is the green or how big a boulder needs to be for it to be on the map.



The Middle was the last individual race, and I hoped to right the wrongs of the Long and Sprint. A slightly different pine forest with fast runnability to start with before finishing in what is best described as a brambly swamp. I started off very steady determined to get the first control, which I just about did despite some hesitations but settled into my rhythm nicely, picking up some legs in the top 30. The course was in 3 sections connected by some longer transportation legs, the longest of which came between controls 8 and 9. On the way to #6 I had a good look at the long leg as I ran through a field and decided on my route. I then had probably the crowning moment of the week and decided to inadvertently skip #8 and run the long leg from #7 (see my GPS trace to the right). I had only realised my mistake when I had run about 80% of the long leg sadly. Determined to actually finish I turned back and returned to control 8. From then I trundled around the course, quite disheartened to have added on 12 minutes of unnecessary running to a race with a winning time of 25 minutes. However, I was reminded by the incredible coaches in the team that this is all still just a learning experience really and that the seniors is where it counts. I'd like to say I'm getting the catastrophic mistakes out of my system :)



My GPS trace from the relay

Finally, the forest relay. Another 2nd leg for me, this time in the British second team. A final race for redemption. Held in the same forest as the middle, however using more of the southern area we had not visited the day prior I was excited to hit the forest, as relays are the most fun of the week. I went out in 34th just behind a huge pack of about 15 runners. I had managed to catch up the pack by control 4 with the 2nd fastest split to the first 4 controls, something which in hindsight is called going off too fast. But nonetheless I held it together for the most part and had the best run of the week with only two small hesitations on the entire course. I gained 14 positions for the team and ran the 19th fastest split (2nd fastest Brit). A mega shoutout to Adam Methven running 2nd leg for the first team who ran them up to 15th from 29th with the 6th fastest split, 2 minutes quicker than myself and 3 minutes ahead of James Hammond. I was very happy to end the week with this run having finally conquered the Italian forests and it was some satisfaction after what had been quite a mixed week.



I am incredibly grateful to have been able to compete at such a high-quality event not once but twice so I must give my thanks to a few people.

My first set of thank yous must go to my parents for being out there in Italy to support me and also for always being willing to drive me to training or pay for a new pair of shoes after I destroy yet another pair (oops).

A big thank you to my current coach Ralph Street who took me on last year and has helped massively with my training, planning exercises, geeking together, and generally advice on how to be a half decent orienteer.

A thank you to all the support staff out with us at JWOC who gave up their time to look after us in sweltering hot quarantines and at the finish after some traumatic runs, and for that I am forever grateful.

And finally thank you must also be extended to anyone who has coached me over the years or just helped me out in way possible as without you I wouldn't have been able to fulfil my dream and run for GB.



All the maps, splits, photos, route analysis etc. can be found at this link: <https://www.jwoc2025.it/en/live-center-jwoc-2025/>



Any questions do feel free to reach out to me :)

HH Social – Quest O

Dawn Figg








The HH social at Fairlands Valley, Stevenage was blessed with glorious sunshine – ideal for lazing around and having picnics, but perhaps a little hot for racing around. As it turned out racing wasn't really called for, and there was plenty of recovery time between legs while puzzling over the next clue. The intrepid band of orienteers who came along to take up the quest, ranged in age from three to 75+. We had two courses with different sets of clues: 6k with 14 controls, and a junior course of 1.5k with 6 controls.

At the start each orienteer was given an all-controls map and the following instructions:

- First go to control 1.
-  At each control there lies a clue to the next control. The answer may be a number, description or encoded in letters.
-  Beware of this - you have been misled by the previous clue. Take time and think wisely.



- At each control there also lies a clue to the secret key. The first clue will start you. Each clue that follows will shape the key.

1 	  	   	 26 x 5
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Once everyone had departed on their course, I sat down with a coffee and chatted to Sarah and we waited...

The juniors came back, turned the combination to match their secret key and claimed their prizes. It all seemed to be going well.

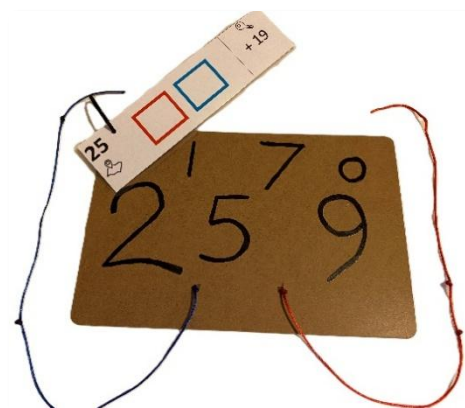


We waited and waited. There was still no sign of any of the orienteers on the longer course. We couldn't see them on the other side of the lake. We hadn't seen anyone heading for the last control on the north side of the road. Were they at the maze?





Or perhaps puzzling over strings in the woods?



After a while we had a visit from Oliver checking that a control hadn't gone missing. It was reassuring to know I hadn't lost everyone, although I had premonitions of being thrown in the lake when they did return.

A bit later a few people came back. Some had completed part of the course and then decided it was time for lunch. Others had an answer but it didn't match the combination on the box. The clue that sent everyone astray involved UFOs:



Not spotting that the shape of UFO 7 matched the location of the clue, people totalled the numbers on the UFOs and went to control 25. There wasn't a dead end at 25, so it caused them to skip 5 controls and end up with the wrong secret key.

David decided on his own unique approach. He visited all the controls by the most efficient route making a note of the clue at each. He stopped off for a picnic at the end of a circuit of the northern clues, before continuing to collect the southern clues. He didn't solve every clue but, by process of elimination, he was able to put the clues in the correct order and calculate the correct key.



26

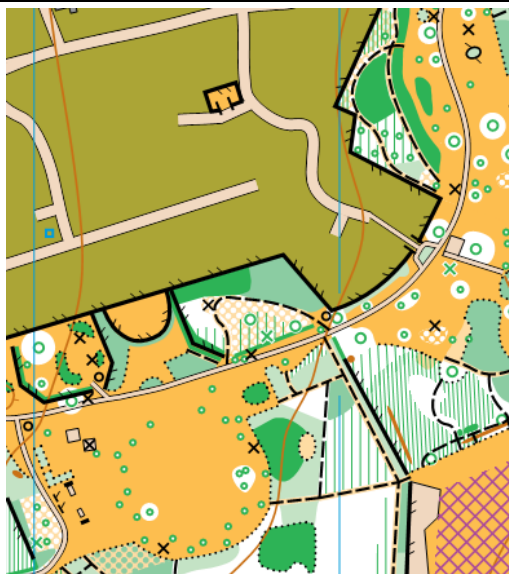


S, S, E, N, S, S, N, E



x 10

7



x 3

Which of these anagrams isn't on the map?

RESENTFUL BARON

TECH KIT

KITCHEN RETAIL

HOT CAJUN PINT

ENTER TARN

DOUBTS ON UFO

I think Ben and Oliver started off by solving the clues in order, but when they got stuck they switched to David's approach of collecting clues. Oliver opened the box on his first attempt and couldn't quite hide his delight as he watched Ben take a couple of attempts before the numbers finally added up.

Mick found an error in clue 18 where the letter in the top right can be T or M (as the clues are obscured). He was the only person who opted for T and went off to the wrong control. Sorry for the mistake!



18



1	2	3	4	5	6
	C				
7	R				
8	R	A	T	T	O
9	N				
10	I				
11	A				

Across

1. [REDACTED]
7. Semi-conscious state
8. Dialect term for rodent
9. To have as a plan
10. Penetrate
11. Breadwinner

Down




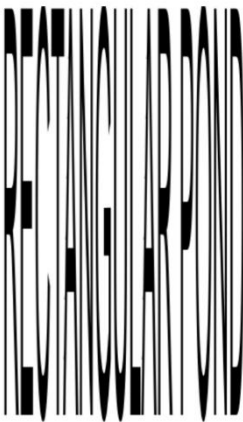

1. Zebra marking
2. Skulls
3. Mad character in Wonderland
4. [REDACTED]
5. Candle holder
6. Repairer



÷ 4



Henry and Danny arrived at the finish, but both had encountered a problem and missed some controls. About two and a half hours had elapsed since they started but, forsaking their picnics and demonstrating astounding perseverance, they set off once more!

15 	3, __, 6, 4, 9, 7 0, 3, __, 15, 24	 X 20
23 		 + 7

The rest of us ate more and chatted more, leaving it to the juniors to play energetic games. We were beginning to discuss search parties when Danny returned, soon followed by Henry. Their dedication had paid off and they were both able to unlock the box (and discover it wasn't filled with gold after all).





World Masters Orienteering Championships 2025



**YES, IT COULD BE HOT. BUT
WE'VE GOT IT COVERED!**

...said the organisers, acknowledging that temperatures could be over 30°C each day in and around Girona, in Catalonia, NE Spain.

Even so, the flashing sign outside the chemists as we walked/limped back to our accommodation did reach 40°C on at least one day but, as the organisers had predicted, not until mid to late afternoon. The conditions did mean early starts each day and the organisers did well to provide extra shade, large fans squirting mist in the arenas and lots of water points in the forests.

HH was represented by Simon and Alan (plus Julie and Ronan running for 3Roc).

We started with the **Sprint Qualifications**, in the city of Girona. Simon's course started in the Castell de Montjuic (see insert on map, #3-#5 were easy transition legs) before heading into the oldest part of the city to finish by the river Onyar.



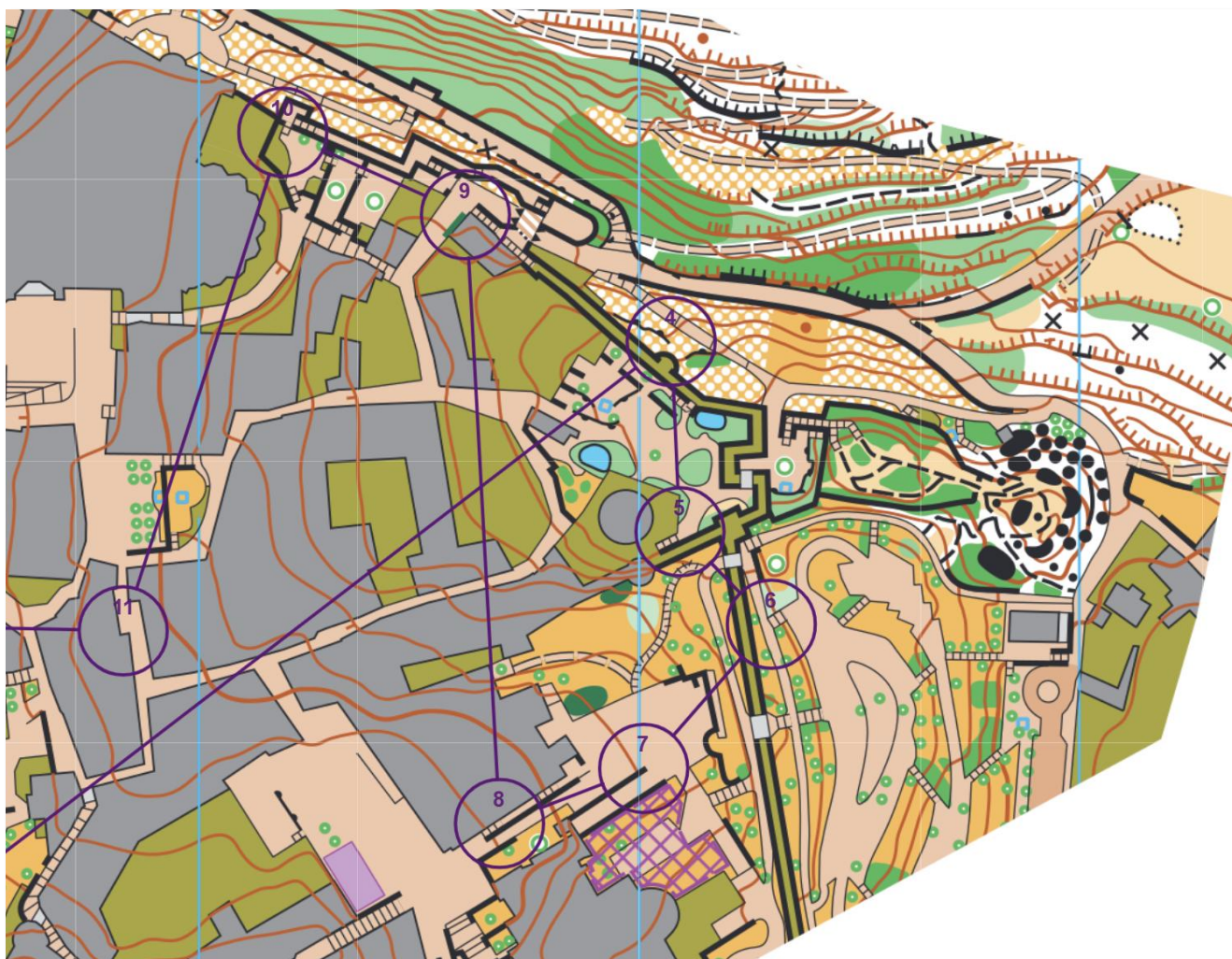


The next day, the **Sprint Finals** covered some of the same ground but without too much repetition.

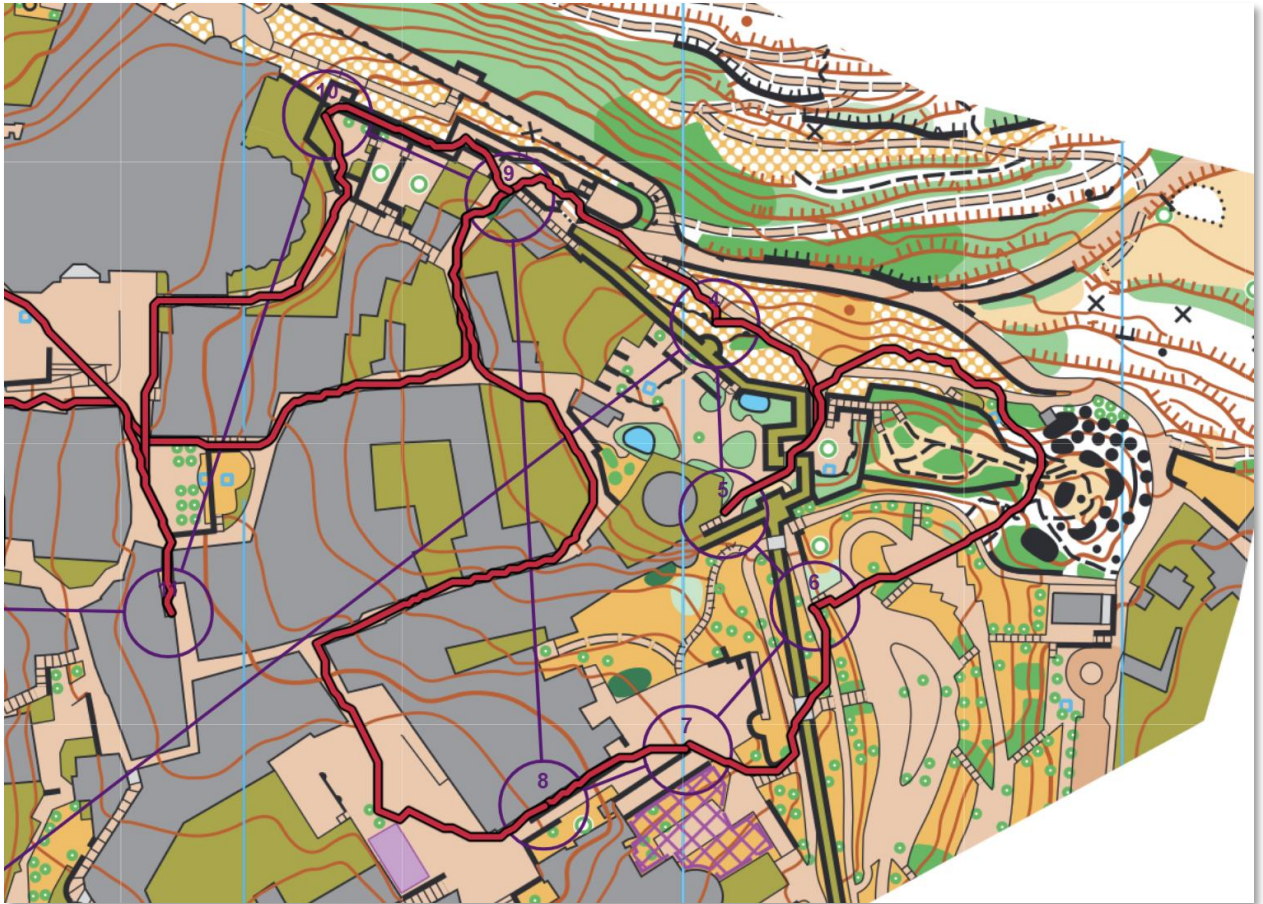
Starting at river level, it was inevitable that most courses had significant climb, meaning that we had to make instant decisions while out of breath and being very conscious that positions in sprint races are often decided by a handful of seconds.

Orienteering is all about 'if only', and this race was no exception. If only Simon had taken a 'reasonable time' to #1 he could have been in 7th place rather than 21st; if only Alan had paused to take in some oxygen after running up the hill he could have been in the top 10 rather than 23rd...

The most technical legs were about negotiating the city walls – how would *you* go from 4 to 5 to 6 (and don't scroll onto the next page before doing it)? Maybe run up and down your stairs at home a few times with the central heating on before trying it!



The program that shows the maps on the WMOC website has a [route analysis function](#) and suggests the following AI-generated route would/could be optimum – how does it compare with your route, especially #5-#6? (sorry that the control numbers are small)

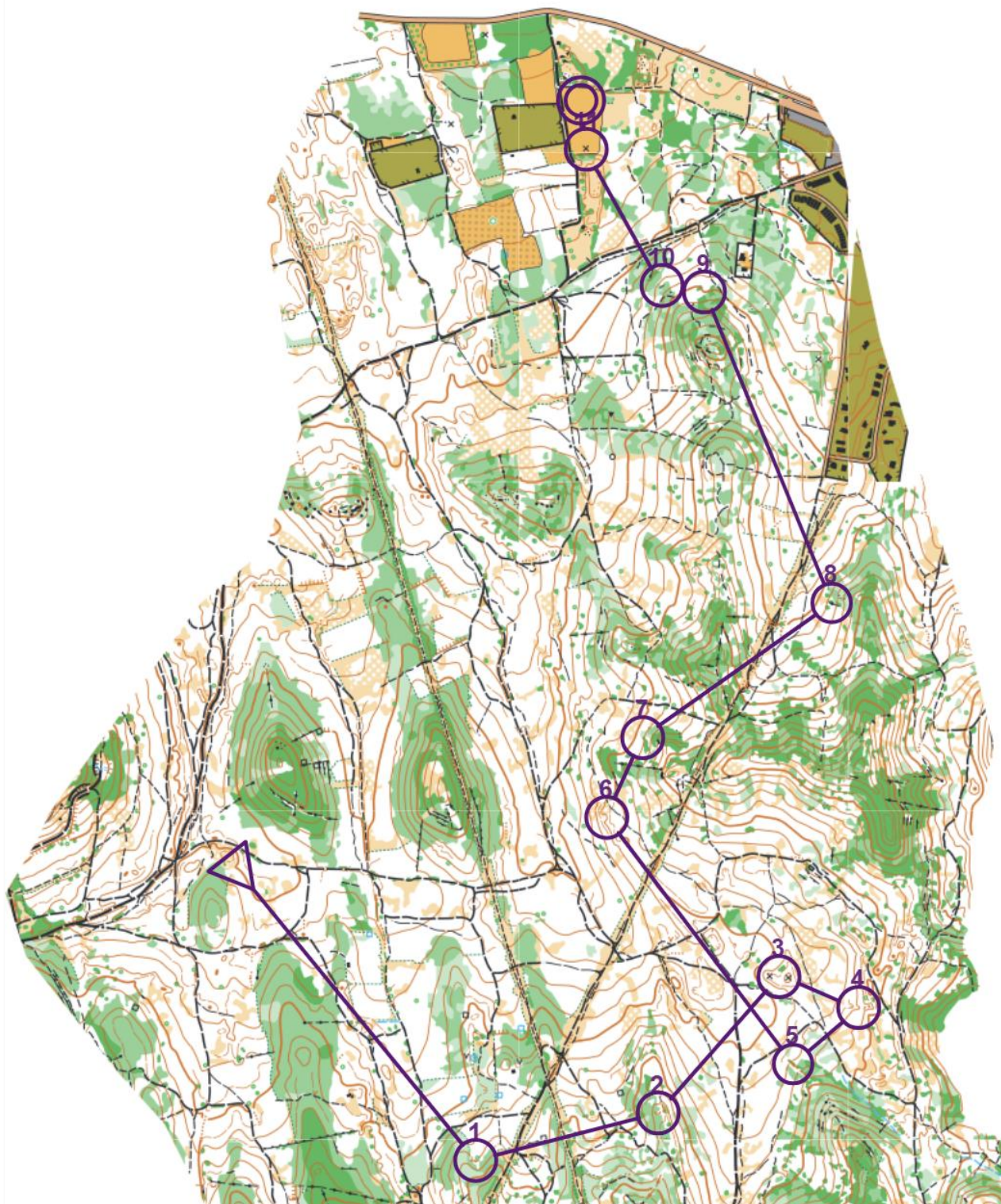




A rest day to recover (going round Greco-Roman ruins and a dip in the Med) was followed by the **Forest Qualification** race in an area 45 minutes East from Girona and close to the coast.

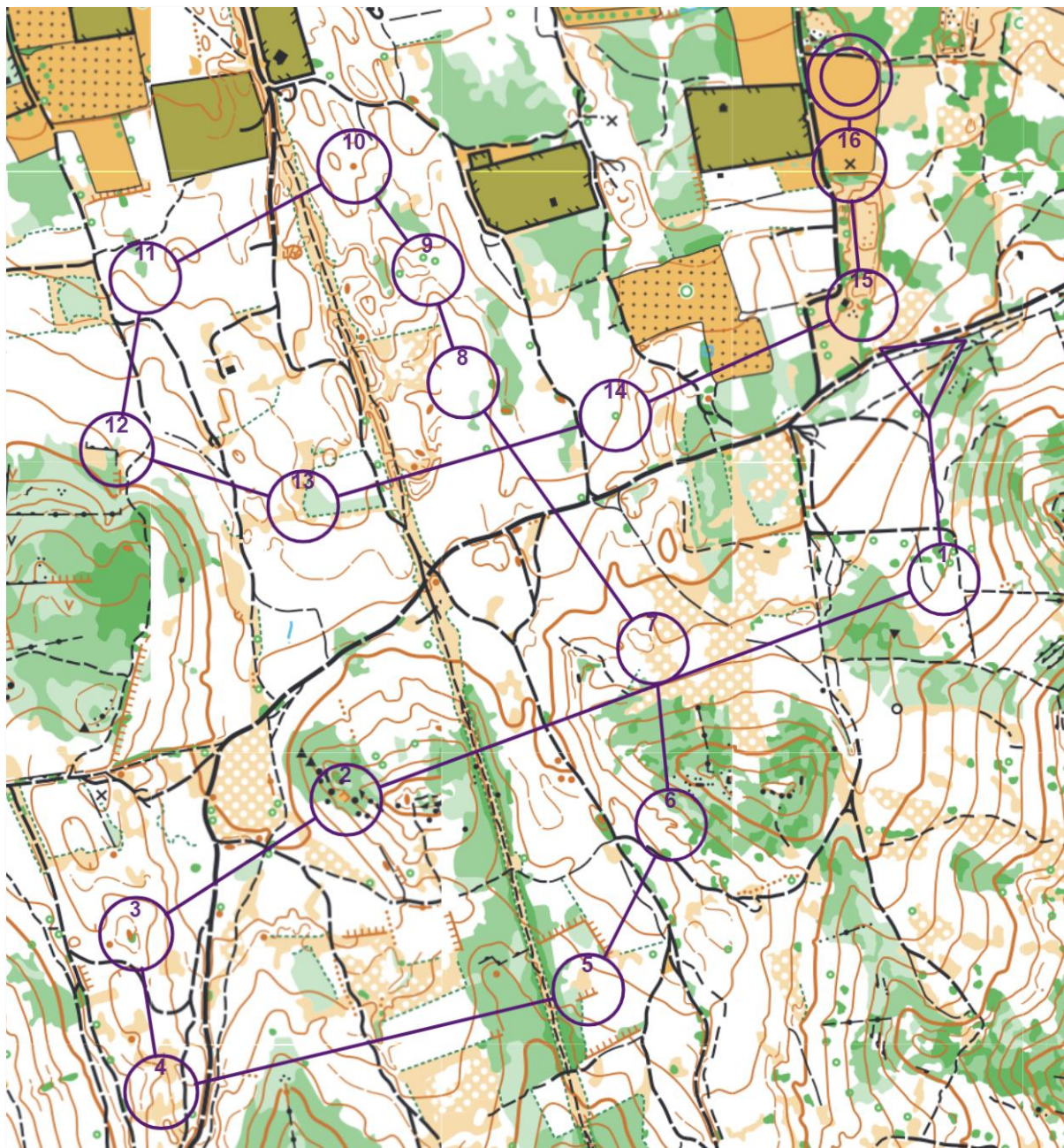
The FQ determines which Final you are in for both the Middle and Long Distance races so it's important not to make any expensive errors.

The area was scratchy with lots of brashings and fallen trees to trip you up, and some of the green was very green. The best routes were not far off the straight line.





And then on to the **Middle Final**, on the same area as the Qualification race (it seemed as though the organisers had needed to change two of the forest areas because of the lack of rain and the possibility of fire risk). Another day fighting through the forest wasn't attractive but, as it turned out, the parts of the forest we used this time were considerably whiter and cleaner.



Simon was 23rd, Alan 9th.

Another rest day (a dip in the lake used for rowing at the 1992 Barcelona Olympics) and then time for the **Long Final**.

Early start times for all to try to avoid the worst of the heat and a new area to negotiate. It was undoubtedly going to be hilly and most of the green looked sufficiently green that it was 'avoid at all cost'.



Well done to Simon for a brilliant 6th place in M60! His route above shows green for fast running, red for slow (uphill...). Here's his summary of the week's races.



WMOC 2025: Simon Errington

The target: Last year in Finland I managed 23rd in the Sprint. Surely I can do better than that so a top 20 would be good. And make all three A finals.

Sprint Qualifier: A dodgy first control cost nearly a minute. A stupid detour down a dead-end road cost another minute. I was getting a bit agitated by this stage but 13th place was easily enough for the A final.

Sprint Final: 81 people started the race. I completely lost the plot at control 1 in a grid of old buildings and punched in 81st and last place. Things got better and I made it back up to 21st by the end, even if this was only fourth Brit. The splits showed I was running fast enough for a top 10. A real missed opportunity.

Forest Qualifier: A game of two halves. At control 11 I was fourth. Three controls of wandering around thick green hillside cost me six minutes and dropped me to 21st, but I climbed back for 20th at the finish. Safely in the A final again.

Middle Final: This seemed to go OK at the time and I was quite happy at the end. One small wander in some thick stuff cost just under a minute but everything else seemed fine. 23rd and third Brit for a forest race sounded good but on reflection I had probably taken it a bit too steadily and should have been trying to run a bit faster. One positive was that I had avoided the bottom 12 and would not be relegated to the B final for the Long, so I had made all three A finals.

Long Final: Nobody knew quite what to expect. The old map looked white and hilly. The final details said that “moderate gradients and good penetrability of the vegetation allow for a fast run” but there had been some confusion about the climb. The M60A course was initially stated to be 5.9km with 345m of climb, but then an update was published saying it was only 265m.

Start – 1: Path route to 1. Confusion when the small path junction turned up at the path bend rather than just past it, but I just put it down to slightly dodgy mapping. The small path was quite rutted but I was chasing a runner ahead and kept pushing. Looking at the GPS afterwards it looks like we ran down an unmapped path just north of the mapped one. It went to the same place but was probably a bit slower. Cutting in to the control the white proved to be quite bushy with low visibility. The unmapped path running up the re-entrant was a bit worrying but I came out straight into the re-entrant with the control in so everything was OK. A good start.

1 – 2: Simple leg with a main path to an easy attack point and then a simple compass bearing. The path run allowed time to plan a route to control 3. The hillside was again quite bushy and hard to run on but the control appeared just as expected.

2 – 3: Long leg that just needed some paths joined up. The first aid point looked like the place to aim for so I needed to be on the main path just east of the straight line. I contoured round the hill looking for the gap in the green and got through OK. Then it was a compass bearing up the hill keeping right to avoid the greener bits. I had mentally got some of the contours inverted so was initially expecting this to be downhill but it was obvious enough once you were there and it was then just a flog up the hill. Came out right on the path junction and tried to get up some speed on the gentle



uphill. Then a faster bit downhill on the paths and finally cutting off to contour around the slope and straight in to the control.

3-4: Initial intention was to go very straight but the climb out of 3 was enough to decide to contour round the hill on the first path. Kept looking for somewhere to cut left off this path but the white looked uninviting so I ended up swinging quite a long way north and then in along the path. Probably not the fastest route but very safe and I won't have lost much time at all.

4-5: Slog up the hill through green on a compass bearing. Tried to imagine the path junction to my left as I crossed over the ridge but the re-entrant was obvious enough as I dropped into the control.

5-6: Need to get back to the drinks control first. The straighter options looked a bit hilly so I went for the path route around the north of the green block and started to push quite hard. The original plan was to take the major paths to the north of the straight line and come in from the clearing to the north, but after a longer look I decided that the ride just south of the straight line was possibly a better option. I had looked at a ride on the warm-up map and it had been quite runnable. This one was even better and I would personally have mapped it as a large path. Easy attack point where the ride bent around the spur and then a compass bearing down the hill to the corner of the green. The white here was a hard to run through with lots of dead wood on the ground but the green was very distinct and the re-entrant was obvious as you approached.

6-7: Compass bearing up the hill. Ground still covered in debris making it hard work. Flag was visible from a long way away, as were many of them.

7-8: Very physical leg with 50m of climb in just over 300m. Initial plan was to go straight up to the top path but it felt really slow so I opted for a bit of contouring at times to at least feel like I was getting somewhere. Safe route up the big re-entrant to the col with the drinks control to my left and then a careful approach down to the control.

8-9: Down to the path and then diagonally up the spur to the path. Ticked off the contours and dropped down into a very bushy clearing. Saw the crowd of people at the control from quite a long way away.

9-10: Compass down the spur but struggled to get up any speed because of the undergrowth. Hit the path safely enough and kept dropping down the spur. Cut left off the path a little bit earlier than necessary but ran hard into the control.

10-11: Set off straight on a bearing. The ditch network was in a really deep re-entrant and the hill beyond it looked intimidating and was scattered with other runners who would definitely impede progress. Decided to contour round a bit lower and then climb on the path. Probably not the fastest route but good enough.

11-12: Last major climb. Decided the path was a better option than the forest so headed south west through the control on the two gullies which turned out to be in one gully. This is apparently mapped as two earth banks facing each other with no tags but nobody I spoke to worked this out at the time or even afterwards. Pressed as hard as I could up the hill and then swung from tree to tree to stay standing up on the east



edge of the green. There were people going faster in the bottom of the re-entrant in the green itself, but the control was at the top of a very steep part where they came a bit unstuck.

12-13: Path route looked much more attractive than anything straighter. Final big effort to get onto the top of the spur and then it was just trying to run as fast as possible down the paths. This was not easy since it was very steep and rocky with a lot of loose gravel. Kept pressing and opted to go to the end of the green and turn west rather than trying to find a way through the green earlier. Came out on the path right in the re-entrant.

13-14: All downhill from here. Dropped diagonally down the hill to the path and pushed as hard as possible. Final check of the map to make sure which path I needed to be on but obvious enough. It was getting very busy now since everybody had the same last two controls.

14-15: Long taped route through the spectators in the wood to a last control which is probably a bit further south east than where it is shown on the map.

15-F: Final sprint to a finish that definitely wasn't where it is shown. Or maybe I can do eight seconds for 140m.

The result: I was very pleased when I finished. Technically it had been almost perfect, with just a few minor route choice doubts. Ran straight into every control with no hesitation and was never unsure about what was happening. Definitely a chance of a top 20 position. As more people finished it started to get better and better.

Frustratingly the mobile coverage in the field was almost non-existent so you were left waiting for somebody to manage to get enough signal to refresh the results. A top 20 result became a top 10 result and ended up as 5th and top Brit.

How did that happen? It always helps to have a good run technically. This was exceptional. Probably in my top five ever and I have run nearly 3000 races. Route choices were good and the navigation flowed. At every control I ran into the circle and straight to the flag. Not even a 10m deviation. That helps. Other people managed to find ways to lose time at nearly every control. It seems I am less impacted by the heat than most people. It never felt like a major factor during the race, but others were obviously struggling. I am also very fit at the moment, and strong enough to run up the hills and through the ground vegetation that made up most of the course. It ended up as 7.4km with 346m of climb according to Strava.

5th place in a World Championships. Wow. Unlikely to be repeated but I already have a hotel booked for Poland in 2026 just in case.

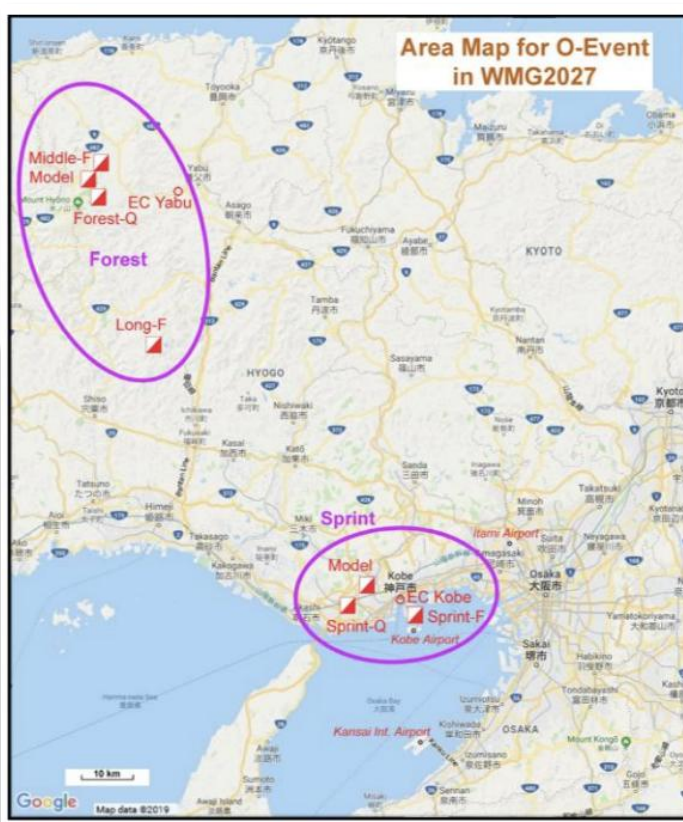




And so to next year...**WMOC 2026** will be in [Poland](#), with Julie and Ronan acting as the IOF Senior Event Advisers.



WMOC 2027 is in Kansai, [Japan](#) from 21 to 29 May 2027, as part of the World Masters Games¹ (this was postponed from 2020 due to the pandemic).

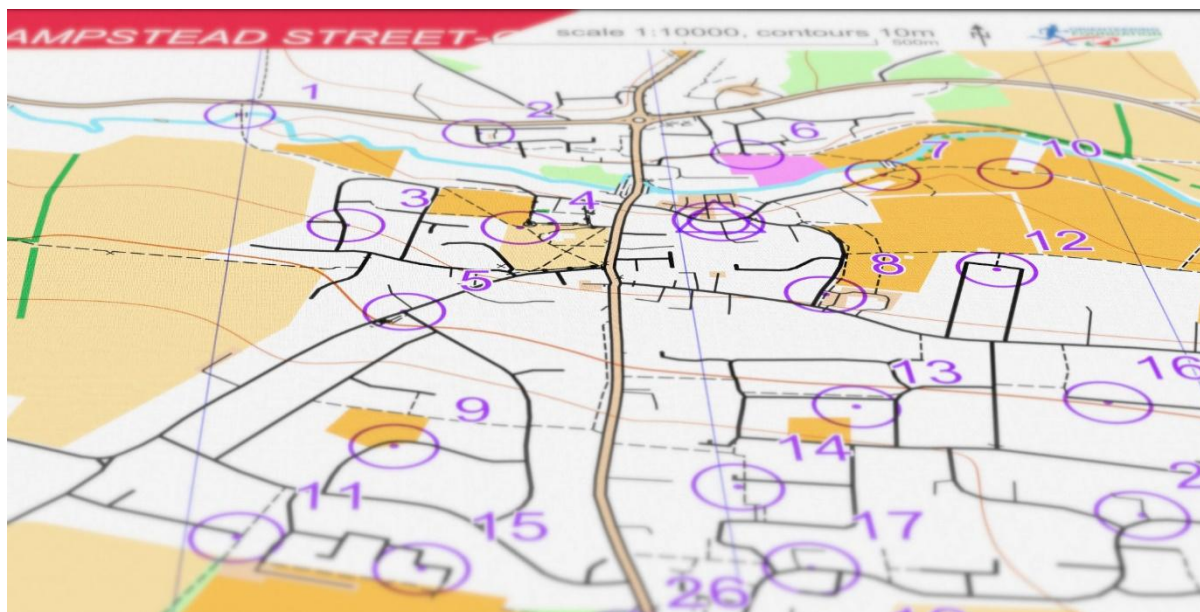


¹ The [WMG](#) is, like WMOC, open to anyone (aged 30+ although orienteering is 35+) so you can enter '59 disciplines of 35 sports' including orienteering (which has the forest and sprint disciplines)



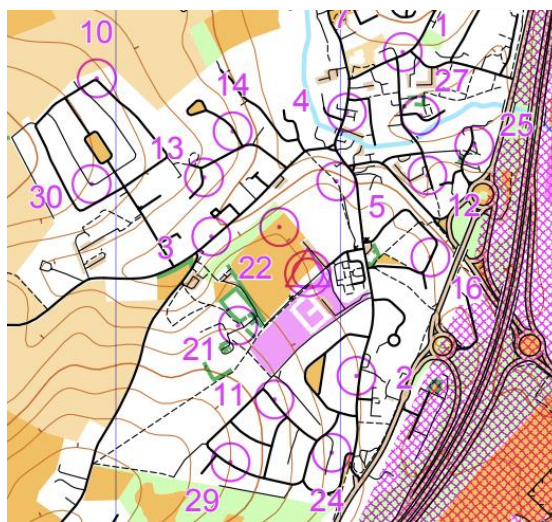
Street-O 2025 ends...

David Dixon street-o@herts-orienteering.club



The 2025 Street-O season is over, the maths has been done and we have some winners!

Before that though, a recap: August (and late July) saw five events. Firstly, Ralph Dadswell took us around the complexities of North Stevenage (for those who weren't enjoying the complexities of Scotland), then Charlotte Coles took us North out of Hertfordshire and just into Bedfordshire to explore the new housing estates, and one or two dead-ends, of Stotfold. We then returned to Street-O heartland for three events around Welwyn: Brad's WGC South (where it sufficiently hot that I was glad to be helping rather than running), then Dan Hodson's WGC Central, where an odds-and-evens scoring system made a well-used area much more interesting and caused lots of people to run out of time. Our finale event was Kerria Lines' in Welwyn Village, where contours made more of an impression.



Part of the Welwyn Village map

Overall, we've had really good attendance at this season's run of events. Hopefully the new payment system and season ticket options helped – so many thanks to Kevin Parkes for what turned out to be a huge amount of work to integrate payments into the web registration system. Thanks too for Kevin for organising the Baldock event that needed to be cancelled – we will run this course next season instead. A huge thanks too to the 18 other planner/organisers; I was able to fill the calendar relatively easily this year and it's great to see a few new planners in amongst the "usual suspects".



Now to the various competitions and well done to Campbell, Rachel, Dave and Oliver!

Best 8 events (open)		Best 8 events (women)		The clean sheet award (most points without ever exceeding 45 mins)	
Name	Points	Name	Points	Name	Score
Campbell Walsh	798	Rachel HH	742	Dave Allard	3420
David Dixon	795	Kerria Lines	726	Helen Satterthwaite	3180
Oliver Bardsley	791	Nicola Trotman	697	Rob Casserley	2280
Ralph Dadswell	788	Louise Thompson	693	Gergely Farago	2040
Daniel Hitch	782	Helen Satterthwaite	678	Daniel Figg	1880
Mike Trotman	771	Emese Svab	632	Grace Mackintosh Sim	1680
David Hodson	762	Sarah Wilson	627	David Tookey	1680
Ben Bardsley	762	Sarah Dixon	600	Eliza Hermann	1240
James Errington	759	Penny Parkes	578	Michael Tsang	1220
Jamie Graham	742	Charlotte Coles	532	Ian Hunt	1080

Out of the 105 individuals who participated in at least 1 Street-O, only 32 managed to keep their clean sheet and of course many of those had done only a small number of courses. Two competitors managed to score over 3000 points but in the end Dave Allard just edged out Helen Satterthwaite for the prize.

Finally, **the efficiency award**, for the most points per km travelled (best 5 events). Since the last update it became clear that I needed to normalise between events to make the scoring more representative so now the scores are relative to the median efficiency across participants for each event (100% = median efficiency):

Name	Efficiency
Oliver Bardsley	119.0
Tony Harden	117.8
Kevin Parkes	117.7
David Dixon	114.3
Sarah Dixon	113.8
Mike Bennett	113.0
Ben Bardsley	112.1
Campbell Walsh	112.1
Mike Trotman	111.6
Nicola Trotman	110.9

There are actual prizes for the winners and I'll try to award these at the club Sprint Champs on Tuesday, 2 September. The full set of results are available at:

https://herts-orienteeing.club/uploads/misc/StreetO2025/StreetO2025_results.xlsx

If you are a season ticket holder, please let me know which maps you'd like (for events you didn't get to) and I'll get these to you.



...and Tuesday training begins

Now that Street-O has finished we will restart our informal Tuesday evening training sessions at Campus West, Welwyn Garden City. All adults (and accompanied juniors) welcome; turn up ready to run for 7pm. At the end of each session we'll have a debrief (OK, social) in the theatre bar. As last year, we'll alternate between ~30 min training runs, interval training and reruns of nearby Street-O courses. The initial programme is:

16 Sept: Training run

23 Sept: Intervals

30 Sept: Training run

Please get in touch if you'd like more information.

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.

Date	Event	Area	Club	Level
Sat 06 September	HH Saturday Series	Jersey Farm	HH	Local
Sun 07 September	Midlands Championships (UKOL)	Chinley Churn	DVO	National
Sat 13 September	TVOC Saturday Series	Waddesdon Manor (TBC)	TVOC	Local
Sat 13 September	WAOC 2025 Summer MapRun League	Park-O Coe Fen and Lammas Land	WAOC	Local
Fri 19 September	CoL w/e event	Greenwich Park	DFOK	Regional
Sat 20 September	SLOW City of London Race	Rotherhithe	SLOW	National



Date	Event	Area	Club	Level
Sun 21 September	CoL w/e event	Hampstead Heath	LOK	Regional
Sat 27 September	TVOC Urban Regional Event	Wantage	TVOC	Regional
Sun 28 September	HAVOC East Anglian League and SWELL	Epping Forest South West	HAVOC	Regional
Sat 04 October	HH Saturday Series	Panshanger Park	HH	Local
Sat 04 October	TVOC Saturday Series	Keephill and Deangarden Woods	TVOC	Local
Sat 04 October	SUFFOC - Autumn in Anglia	West Harling (near Thetford)	SUFFOC	Regional
Sun 05 October	Ely Urban- Autumn in Anglia	Ely	WAOC	Regional
Sun 05 October	SAX Regional	tbc	SAX	Regional
Sat 11 October	SO Urban – part of the November Classic weekend	Chichester	SO	Regional
Sun 12 October	November Classic (UKOL)	New Forest	SOC	National
Sun 12 October	SOS Colour Coded	TBA	SOS	Regional
Sat 18 October	Caddihoe Day 1 (UKOL)	Holne Moor, Dartmoor	DEVON	National
Sun 19 October	Caddihoe Day (UKOL)	Holne Moor	DEVON	Regional
Sun 19 October	Local and SWELL event	Harlow Town Park	CHIG	Local
Sat 25 October	WAOC/HH weekend	Hertford	WAOC	Regional
Sun 26 October	HH/WAOC weekend St Albans City Race	St Albans	HH	Regional
Sat 01 November	HH Saturday Series	Fairlands	HH	Local
Sun 02 November	HAVOC SWELL	Dagnam Park	HAVOC	Regional
Sun 02 November	SEOA Middle championships	Wimbledon/Richmond?	SLOW	Regional
Tue 11 November	LOK London Street-O	tbc	LOK	Local
Sat 15 November	TVOC Saturday Series	RAF Halton (TBC)	TVOC	Local
Sat 15 November	GO SE Night Champs	Puttenham	GO	Local
Sun 16 November	GO Regional	Puttenham Common	GO	Regional
Sat 22 November	Southern Night Champs	Worthlodge Forest, Crawley	SO	Regional
Sun 23 November	SAX SE League event	Hindleap	SAX	National
Sun 23 November	EAL Rushmere	Rushmere Country Park	SMOC	Regional
Sun 30 November	SN SE League event	Frith & Windmill Hill	SN	National
Sun 30 November	Mildenhall South	Mildenhall South	WAOC	Regional

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