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Editor's Spur

Alan Rosen newsletter@herts-orienteering.club

There were a good number of us at Nomansland yesterday (photos above and on p18 courtesy of David Dixon, more next month) – and thanks to all concerned for arranging an enjoyable event.

Today, 1 February, is slightly unusual in not having an event nearer than the royal estate at Sandringham (with three dedicated HH members taking part), but looking ahead the calendar is filled with local, regional and national events to keep us busy and entertained every weekend for a long time.

Buckinghamshire x 2, Surrey, Norfolk and South Wales (Bannau Brycheiniog) are beckoning us for February, before we come back nearer home to Whippendell in early March.

Hope the sun shines at all or most of the events, or at least the daylight ones!



Forthcoming HH events

Date	Event	More Info
Sat 31 Jan 26 10:00 - 12:45	Nomansland, 31st January 2026	Event Details Location
Sat 7 Feb 26 18:15 - 22:00	BNOC 2026 Egypt Woods: British Night Championships	Event Details Location
Sun 8 Feb 26 10:30 - 12:30	Ace of Herts 2026 Egypt Woods: National event with courses for all including beginners	Event Details Location
Sat 14 Feb 10:00 – 12:00	Training at Nomansland	See p3
Sat 7 Mar 26 10:00 - 12:45	Whippendell Woods, 7th March 2026	Event Details Location TBC
Sat 11 Apr 26 13:00 - 14:00	Moneyhole Park, 11th April 2026	Event Details Location TBC
Sat 4 Jul 26 10:00 - 12:45	Croxley Moor, 4th July 2026	Event Details Location TBC

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

British Orienteering Incentive Awards

Ben Bardsley

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

Member	Certificates	Awarded
Arthur Cochrane	Navigation Challenge ★	05/01/2026
Betty Brocklesbury Sum	Racing Challenge: Bronze Award ★★	05/01/2026
	Navigation Challenge ★★	05/01/2026
Dylan Cross	Navigation Challenge ★	05/01/2026

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...

And a suggestion from an avid reader: do you do other (non-orienteering) activities which our members might be interested in? We already enjoy reading about pastimes such as mountain marathons and the London Marathon – apart from orienteering, what do you do in your spare time that might amuse, educate, entertain, inspire, intrigue us?

Please send material to Alan newsletter@herts-orienteering.club. Copy dates are typically a few days before the end of the month; for the **March** edition it is by the end of **Wednesday 25 February**.



Training News

Alex Soulsby

Our last few training sessions have been very popular, and we did have to limit numbers in January so apologies to those who could not get a place – get in quick this time. This was partly due to parking and partly coach-to-athlete ratios. We may to set a limit at Nomansland which has limited parking, but I am not expecting as many people this time due to half term so don't be put off or feel like you cannot come if you want to. We have only been oversubscribed for training twice in five years...



Training in February – Nomansland Common

Our next training will be at Nomansland on Saturday 14th February – what could be more romantic than searching for small orange flags while getting covered in mud?

Training Location: Nomansland Common, Ferrers Lane, Wheathampstead

Parking Location: TBD

Training will run from 10:00 to 12:00

Please email training@herts-orienteering.club to let me know if you are coming.

Recent Training Sessions – Mardley Heath, Whippendell and SherrardsPark Woods

Our November session at Mardley was a lively affair with nearly thirty athletes, coaches, junior instructors and parent helpers. Plus a couple of friendly sheepdogs. We used the Northern half of the map which provides a mix of open and complex wooded pits and hills but is a bit less intense than the South side. We barely lost any children or adults until a quick game of sardine-O at the end where a couple of the M14/M16s were so well concealed the seekers had to admit defeat. It was great having three new families join us with parents and juniors all getting stuck in.

At Whippendell we had around twenty athletes and coaches led by Becky at the HH training and another group of HH juniors trained with the South East Junior Squad ("SEJS") at the same woods. This activity was scheduled to follow a few weeks after the Whippendell Saturday series but as the weekend programme has evolved, we haven't actually run there yet this season. Hopefully a bit of a preview will help everyone when it comes to the March event.

Our first training activity in 2026 was super popular. Unsurprising when SherrardsPark Woods is such a great training spot with a mix of features and plenty of space. Emese had some nice challenges introducing attack points and "CAR" (see me in detention if you don't know what CAR or CARE means) for the juniors who are moving from yellow to orange and light green. The adults had some extra challenges with map memory and flow to improve their speed while everyone did some practice on map symbols.



British Orienteering members' discounts

Did you know you can take advantage of your BO membership to get discounts? Click on the image below to find out more!



Chair's Chat

Ben Bardsley

We're just a week away from HH's biggest event for many years, the British Night Championships next week (not forgetting the Ace of Herts on Sunday).

Mike, Alan, Helen, Kevin, Simon and many others have been doing a fantastic job and putting in lots of hard work in organising and planning this event. Let's give it everything as a club to make it a success next week and leave everyone with a great impression of the club.

To that end, I hope some of you, including those not running, will consider putting your name forward to Mike to help out so that he has all the help he needs from the club members. Thank you all in advance.





Meet The Committee – David Hodson, Equipment Officer

Looking through the club archive my first HH orienteering event in which I appear in the results was nearly twenty years ago on a Red (Long Orange) course at Verulamium in May 2007. We had been shadowing our children, Daniel and Sarah, for the occasional Saturday event prior to this but when Daniel wanted to compete on his own, I decided to give orienteering a try myself.

Our opportunities to compete were quite restricted, at the time, due to the demands of playing (Daniel) and coaching (me) a local youth football team with fixtures scheduled regularly for Saturday mornings throughout the autumn, winter and spring. At the time we thought that the monthly HH Saturday events were the only ones available being unaware that there were the options to participate at numerous other club's events on Sundays. When the football moved to playing matches on the Sunday we started attending more of the Saturday events, joined the club as a family, got hooked, and started hearing about all the other events where we could enter and compete and the rest, as they say is history!



Although I say this was my first introduction into the sport of orienteering, I do remember a memorable school camping trip to the Kirkcudbright area in southern Scotland which involved numerous outdoor activities. One of these activities was a running race, split into groups, with a map and a list of grid references where the objective was to navigate to each of the points in turn, answer questions, and then returning to base with the quickest time winning. I don't remember the result but it was one of the most enjoyable activities of the week although not something I continued after we returned home. Whilst at school I was unusual in also enjoying the occasional "cross-country" run which involved numerous laps of the school playing fields and buildings and were usually scheduled for the most miserable of winter days. Apart from that, the rest of my school years growing up in Nottingham revolved around supporting Nottingham Forest FC and, as a season ticket

holder (for context, first junior season ticket cost £12.50 for the whole of the 1977/78 season), supporting them during the most successful period in the club's long history. Whilst thinking that this level of success was normal, I did start supporting the club before the arrival of Brian Clough when they were stuck in the bottom half of the old second division (now "The Championship") and, for much of the 21st century, it seemed this was where they were destined to remain.

Back to the orienteering, however, and my first "ranking" event was the green course at a Berkshire Orienteering Club event at Swinley West in October 2010. Although I finished a distant last, I had acquired a taste for the bigger events, although, it has to be said, that progress has been of the slow and steady type. I had to wait until November 2012 for my first event scoring more than 1,000 ranking points, 1,074 points on the Blue course at the



Southern Navigators Trophy at Hindhead. This was followed by my first win in a league on the Blue course at the Essex SWELL series of events in both 2014/15 and 2015/16, where attending as many events as possible has its rewards.

In more recent years I have discovered that my most successful discipline has been urban orienteering. I initially came to this when the club introduced the, now regular, weekly Tuesday evening Street-O events throughout the spring and summer. These score events improved both my fitness and my ability to quickly plan efficient routes through an urban environment and led us to enter the increasing number of urban and sprint events that were being organised as part of numerous regional and national leagues. Since entering the Men's Super Veterans (MSV) category in the Southern England Orienteering Urban League (SEOUL) I have placed first in 2021, 2022 and 2023, second in 2024 and third in 2025 (age catching up with me!) in the UK Urban League (UKUL) I have placed third in 2022, 2023 and 2024 and fourth in 2025. With travelling further afield to enter events I even managed to finish first in the North West Urban League in 2024. More recently we have even started attending some of the City Race European Tour (CRET) across Europe including events in Faro, Budapest and Gdansk. As there were also three events in the UK in 2024, I managed to complete the minimum number of events and finished second in the rankings behind Andrew Campbell (MOR).



We now plan quite a few of our holidays around orienteering events, particularly if there are weekend events that combine an urban event with the more traditional wood event such as the Concorde Chase and November Classic weekends. In fact, our favourite ever events include the 2025 Irish championships (urban in Ballymena, Sprint in Coleraine and long and middle-distance races on the sand dunes at Magilligan Point) and the 2022 Pembrokeshire weekend, including an Urban in Tenby (two in one as first and last ranking event with over 1300 points) and a middle distance in Stackpole Warren.

Despite having competed at events for nearly twenty years I still find that there are always areas to improve on. My main focus at the moment is to aim to increase my speed when navigating across runnable forest (without drifting off course) and being more decisive when aiming for the control from my planned attack point.

For my committee role I have been the club's equipment officer since around the end of 2016. This mainly involves storing the club's equipment (tents, tables, etc.) and liaising with organisers to ensure that the equipment requirements for each event are met. This will include all the equipment to set-up the start, finish, event centre, car parking, and any event signage, but, crucially, does not include the Si equipment used for the courses (Si boxes, stakes and kites) which is managed by Simon Errington. One of my aims is to reduce the amount of plastic waste at our various events, this will include using re-usable ties to secure signs, avoid using single use plastic and tape, and using re-usable plastic bags rather than laminating specific event notices and signs that won't be used at future events.

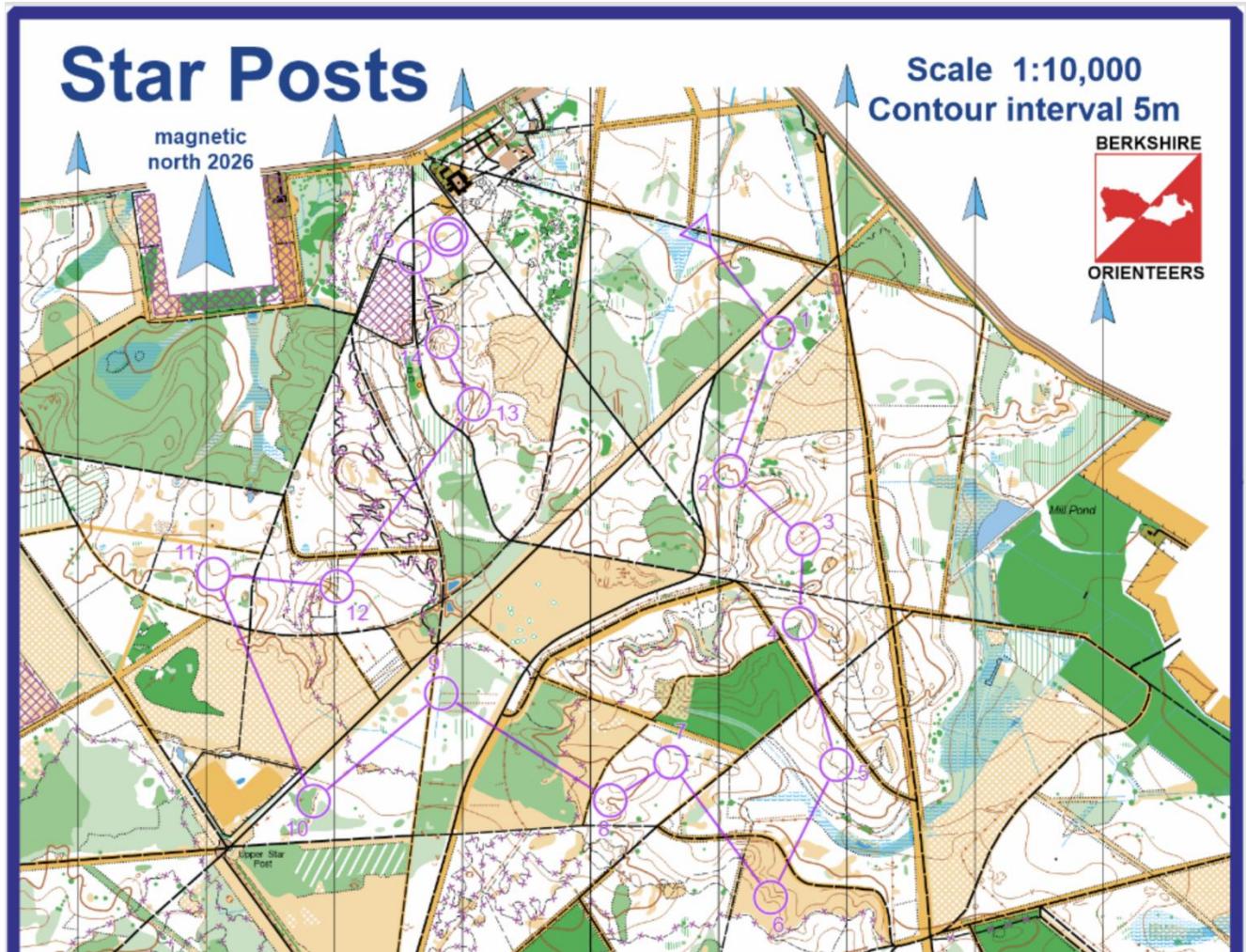


Southern Championships 2026

Well done to everyone who picked up a medal (and a packet of fudge!) at Star Posts on Sunday 25 January. Special congratulations to our 5 Gold Medallists.

M14A	1st	Darrio MukYiu Tam
M45L	2nd	Tom Raftery
M70L	3rd	Alan Rosen
W12A	1st	Tunde Farago
W12A	2nd	Isabelle Raftery
W14A	1st	Niamh Mitchell
W18E	1st	Isabel Hawks
W21E	1st	Kerria Lines
W50L	2nd	Helen Marsden
W70L	3rd	Janet Rosen

The M14A course:





Thanks to [Rob Lines](#) for the Southern Champs photos:





The previous day, HH runners were in action at the urban event at Woosehill; thanks to [David Jukes](#) for the photos:





South-East League (SEL) 2025/26

Ben Bardsley

The 2025/26 South-East League season continues, with rounds 3 and 4 being held at Epping North (CHIG) and South Ashdown (DFOK) in January.

Epping always has a great turnout of HHers and, even with a competing TVOC event on the same day, the HH turnout of 34 was more than sufficient to ensure a comfortable victory, our first of the season. South Ashdown is more of a challenge to get to, yet 10 intrepid souls made the journey to the home of Winnie the Pooh to give us a very respectable fourth place.

At the halfway point of the season, this leaves us in joint third with DFOK and a bit of a challenge to catch MV in second place and thus match last season's second place League finish.

The next round though is our home event, the Ace of Herts. See you there!

Round 3: Epping North

Position	Club	League Score	Match Points
DIVISION 1			
1	HH	2116	6
2	DFOK	1468	5
3	MV	1089	4
4	SO	880	3
5	SLOW	812	2
6	SN	536	1
DIVISION 2			
1	SAX	1414	7
2	HAVOC	937	6
3	CHIG	813	5
4	LOK	568	4
5	BAOC	200	3
6	GO	146	2
7	RAFO	0	0

Round 4: South Ashdown

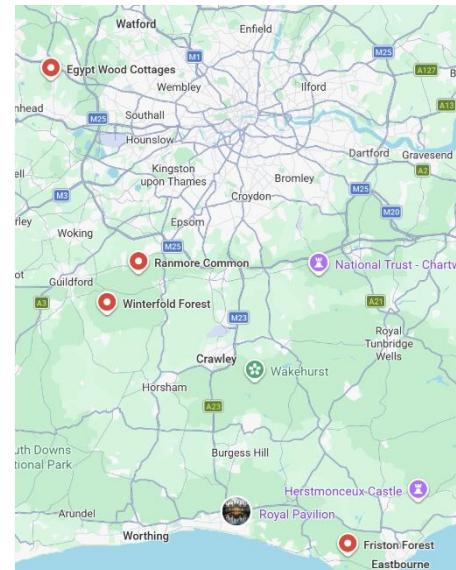
Position	Club	League Score	Match Points
DIVISION 1			
1	SO	2655	6
2	MV	1598	5
3	DFOK	945	4
4	HH	594	3
5	SLOW	504	2
6	SN	179	1
DIVISION 2			
1	SAX	1405	7
2	HAVOC	444	6
3	LOK	215	5
4	CHIG	146	4
	BAOC	0	0
	GO	0	0
	RAFO	0	0

Current 2025/26 League Table

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	21	-
2	MV	18	-
=3	HH	13	-
=3	DFOK	13	↑ 2
5	SN	11	↓ 2
6	SLOW	8	-
DIVISION 2			
1	SAX	25	-
2	LOK	20	-
3	HAVOC	18	↑ 1
4	CHIG	15	↑ 1
5	GO	14	↓ 2
6	BAOC	11	↓ 1
7	RAFO	1	-

The remaining 2025/26 SEL fixtures are:

8 Feb 2026	HH	Egypt & Hangings Woods
15 Feb 2026	MV	White Downs & Ranmore South
3 May 2026	SLOW	Winterfold
10 May 2026	SO	Friston Forest (Sunny Sussex Weekend)





Captain's Niche

Tom Cochrane

Interland selections

The annual six-way 'Interland' international competition - between England, two Belgian teams (Flemish and French speaking), the Netherlands, the <deep breath> French Ligue des Hauts de France de Course d'Orientation (LHFCO) and Luxembourg - is coming up on 15 March in the Forest of Tournehem in Northern France, 30 minutes from Calais (and with a night sprint in Calais on the Saturday evening).

This year we have two HH runners selected!

- **Becky Raftery W40**
- **Darrio Tam M14 (travelling reserve)**

Congratulations and good luck to them!

Club race entries - final call!

We are still taking entries for three club competitions in the next few months:

- The **Compass Sport Cup qualifying round** on **22 February**
- The **British Championship Relays** on **1 March**
- The **JK Relays** on **6 April**

We would be delighted to have more runners for all three of those.

Entries will stay open at:

<https://hh.mapreservation.org.uk>

until **11 February** for the Compass Sport Cup, **16 February** for the British and **10 March** for the JK.

As ever please email me at captain@herts-orienteering.club if you have any questions or would like more information.

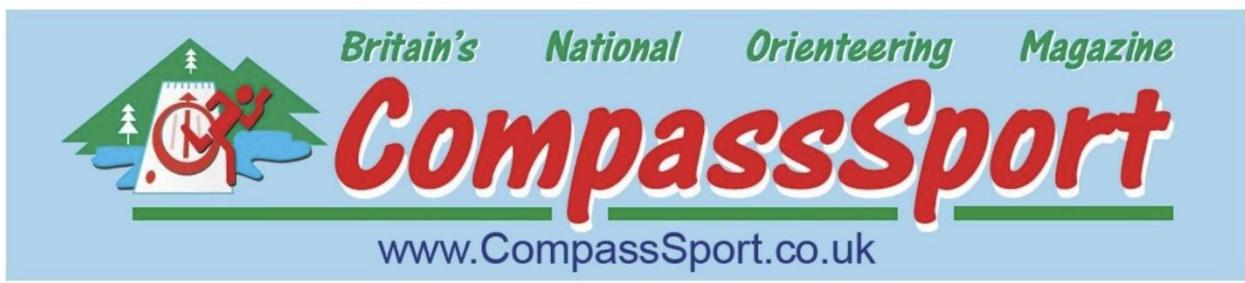
Club CSC/relay entry system

At least 30 of you (as of mid-January) have now used the HH Map Reservation system to manage entries and payments for this year's Compass Sport Cup and JK/BOC relays.

This makes the admin easier. It also seems to be a popular system as many of you have been in touch to say that you like it. So... a big thanks from me and the club to Kevin Parkes for doing the background work to make it happen!



Demystifying orienteering events (1) – the Compass Sport Cup



Are you hungry for some team competition in an otherwise very individual sport? Look no further than the **CompassSport Cup**, the premier annual inter-club championship in the UK.

What is the CompassSport Cup?

It is a massive national competition where clubs across the UK face off to see who has the best navigators.

- **The Format:** It starts with regional **qualifying heats** – ours is usually the South East England heat - held in February and March, leading to a prestigious **National Final** in November.
- **The Trophies:** Larger clubs battle for the **CompassSport Cup**, while smaller clubs (under 125 members) compete for the **CompassSport Trophy**.

[CompassSport](#) is the UK's national orienteering magazine. As well as being a great read every two months it sponsors this event.

How Scoring Works

Every person who finishes a course earns points for their club. The winner of a class gets 100 points, and scores decrease slightly for each subsequent finisher. To find the winning club, officials total the best scores from across different age categories—25 scores for the Cup and 13 for the Trophy. The rules limit the number of scorers from any one age class. This means it is much better to have a team from a wide range of classes. Juniors can be very high scorers indeed!

Why It's Great for Beginners

Don't let the word "championship" intimidate you! This event is designed to be accessible for everyone:

- **Team Spirit:** Unlike individual competitions, every runner counts. Even if you aren't the fastest, your finish can push an opponent's score down, helping your club win.
- **Inclusive Courses:** Planners tend to keep courses a bit shorter to encourage members of all ages and experience levels to join in.



- **Familiar Setup:** Although it is a team competition with team scoring, nothing is actually different about the way the event works. Just turn up and run!
- **The Atmosphere:** Participants often recall the "club day out" vibe, where results are secondary to socialising after the race.

The Happy Herts CSC Legacy

We often find ourselves in a very competitive South East heat. Last year we finished second, marginally behind SLOW (South London) but just ahead of SO (Southdowns Orienteers).

Qualifying for the final is an achievement, but one we've managed before – most recently in 2016, 2014 and 2012. This year it is a simple head-to-head contest between us and WAOC (West Anglian) – see you there...?

Jukola 2026

Exciting news...

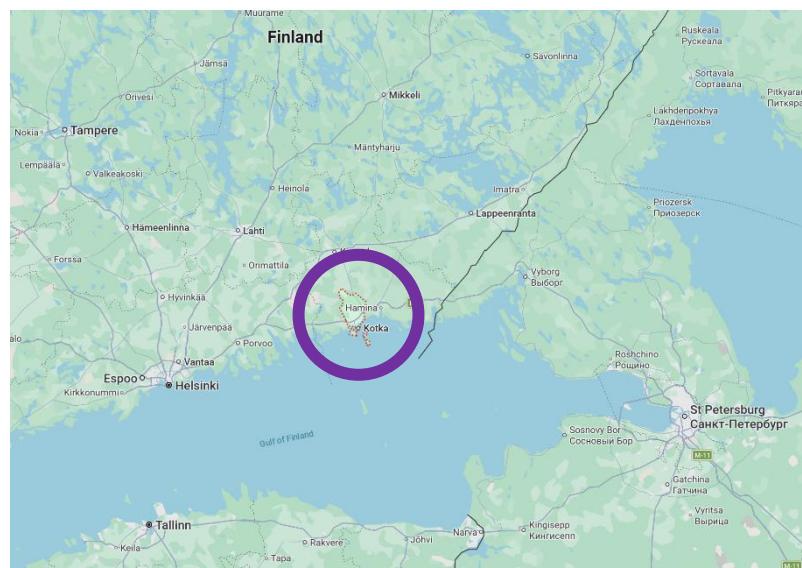
There are two annual events in the orienteering world that qualify as pilgrimages: the O-Ringen in Sweden and the Jukola Relay in Finland. This year we will be taking a HH team to Jukola so this is your chance to get involved! See page 13 for more information about Jukola.

For those who have not come across it before, trust me when I say it is special - and on a scale beyond anything in this country. I've tried to give a flavour of it in an article in this newsletter, but the only way to do justice to it is to experience it yourself. 😊

This year's event is near the south coast, about 1h30 drive from Helsinki. We have enough confirmed runners already that we will enter at least one team. More would be better!

**Please drop me a line at
tomdcochrane@gmail.com
if you're interested.**

No immediate commitment necessary!





Demystifying orienteering events (2) - [Jukola](#)

The Midnight Sun's Ultimate Navigation Challenge

Imagine a tidal wave of athletes sprinting through thick pine forests deep in the Finnish wilderness with only a headlamp and a compass to guide them at 1:00 am.

This is the **Jukola Relay**, the world's largest orienteering event, a legendary orienteering bucket list experience and a cornerstone of Finnish sporting culture.



The Story Behind the Name

Established in 1949, Jukola takes its name and structure from the 1870 novel *Seitsemän veljestä* (Seven Brothers) by Aleksis Kivi. In the book, seven brothers struggle to survive and find their way in the wild Finnish backwoods.

The modern race honours this with:

- **The Venla Relay:** A four-person race for women held on Saturday afternoon, typically 1400 teams.
- **The Jukola Relay:** A seven-person race that starts at 11:00 PM on Saturday and runs all night long, typically 1700 teams.

A "Pop-Up City" in the Wild

Each year, a different Finnish town hosts the event, building a massive temporary city from scratch.

- **Scale:** The event attracts over **50,000 people**, including competitors, spectators, and media.
- **The Atmosphere:** You'll find food courts, gear shops, and thousands of tents.



- **The Sauna:** In true Finnish fashion, there is always a giant field sauna where you can wash off the mud and swap stories with other runners.
- **Volunteers:** Up to 1,900 volunteers ensure the logistics run with "Jukola-class" operational excellence.
- **Everyone is Welcome:** You'll see world champions sprinting past groups of friends in funny costumes or work colleagues just trying to find the finish line before breakfast.

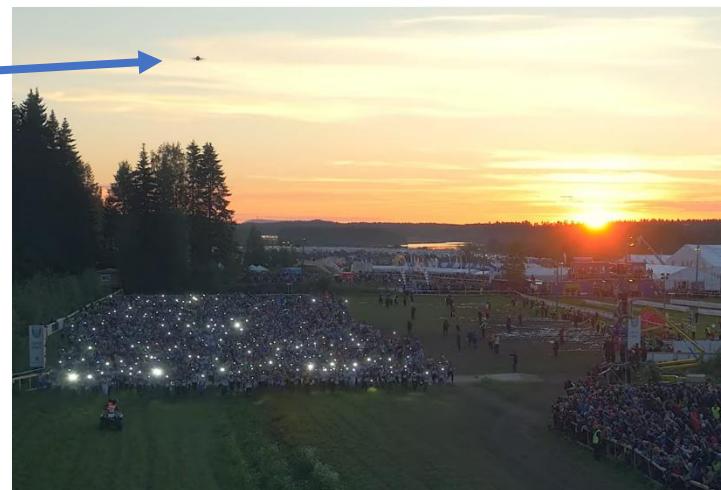
The Mass Start

The Jukola Relay begins with one of the most spectacular sights in sport: the mass start. At exactly 11:00 PM (or sunset), thousands of the first-leg runners sprint off a huge field into a narrow opening in the forest. Imagine the atmosphere: A sea of headlamps streams into the darkness. It's a mad dash driven by pure adrenaline, followed by the immediate, intense focus needed to read the map and find the first control point without getting lost in the crowd.



See this [video](#) of the 2014 start – complete with a flyover by an F-18 Hornet fighter jet as the sun set – it really captures the scale and beauty of thousands of runners being absorbed into the forest.

[Ed: ...and HH/LOK were there, team managers Ronan and Julie, running as London Lords and London Ladies]



How the Legs Are Divided

The relay is a test of teamwork and endurance. The seven legs are designed with different challenges in mind, requiring specific skills from each team member:



Leg	Time of Day	Runner Profile Needed
1 (Start)	Night	Needs excellent concentration and the nerve not to follow the crowd off a cliff. Chaos is guaranteed.
2–3	Deep Night	The most technical legs, requiring expert navigation when the forest is at its darkest.
4	Night/Dawn	Often called the "Grey Leg," where the sky begins to lighten, but you still need your lamp.
5–6	Dawn/Morning	As daylight returns, the terrain becomes clearer, favouring strong physical runners who can push hard.
7 (Anchor)	Morning	The glory leg. The final runner needs consistent speed and cool nerves to bring the team home to the finish line.

The Spirit of "Sisu"

What makes Jukola unique is its inclusivity. At the starting line, the world's best orienteers stand shoulder-to-shoulder with "fitness teams" made up of work colleagues, families, and friends. (Well, *almost* shoulder-to-shoulder – with thousands of teams, the start line is actually a well-organised grid where your club's position depends on last year's result.)



I can vouch for the "family" teams. Back in 2012 a full team of 7 Cochranes completed the relay and the story is still preserved online for posterity!

<http://www.jukola.com/2012/en/ajankohtaista/brittiperhe-suunnisti-suomeen-ja-jukolaan/>

"Sisu" I hear you say? That, apparently, is a Finnish term reflecting a "never give up" attitude, which as we can all attest can come in useful...



Straight from the Forest: What Participants Say

Jukola is famous for its unique mix of elite athletes and first-time "fitness teams." Here is how participants describe the experience:

- **The Magic of the Night:** "Nothing is more exciting than the Jukola night," says elite Belgian runner **Yannick Michiels**, who led his team to a [3rd place position at the first changeover](#) in 2024.
- **The Extreme Challenge:** Even for seasoned runners, the terrain is a shock. **Jane Baldock** of Bristol Orienteering Klub noted, "The contour detail is so much more [complex than the path networks at home.](#)"
- **A "Newbie" Perspective:** Finnish Minister **Mika Poutala** participated for the first time in 2025. Despite being an athlete, he found the technical forest navigation humble, admitting, ["At times, I had to go on all fours"](#) to handle the rugged terrain.
- **The Ultimate High:** For those chasing the win, the feeling is incomparable. Thierry Gueorgiou, legendary French Orienteer who holds the male world record for [14] World Champs titles, described crossing the finish line as a winner as ["the "best feeling I had experienced in orienteering."](#) recalling the mix of tears and happiness in his teammates' eyes.

But don't take their word for it – join the HH team in Kotka in 2026!

Street-O 2026 – call for planner-organisers

David Dixon (Street-O Coordinator street-o@herts-orientoeering.club)

I'm starting to assemble volunteer planner-organisers for this year's Street-O season which will run from 14-Apr to 1-Sep. This is a great opportunity to dip your toe into the planning world - I will give you all the support you need. **I'm particularly keen to encourage newer club members to have a go.** There are detailed organiser instructions available from our wiki (<https://sites.google.com/view/hh-know-how/street-o-organiser>) but don't be put off by the detail – I'll walk you through this and take care of all the technical aspects. If you want to know more please get in touch; if you're ready to volunteer please log your date and venue preferences at:



https://docs.google.com/spreadsheets/d/1tf2aNoEABEnl0j9CVt_dyLDffcqbWeaSfeGvg0uJ0CA/edit?usp=sharing

Early completion is very much appreciated - thank you. I will then work with the list of volunteers to finalise dates and locations.



Orienteering in Hungary

Emese Sváb

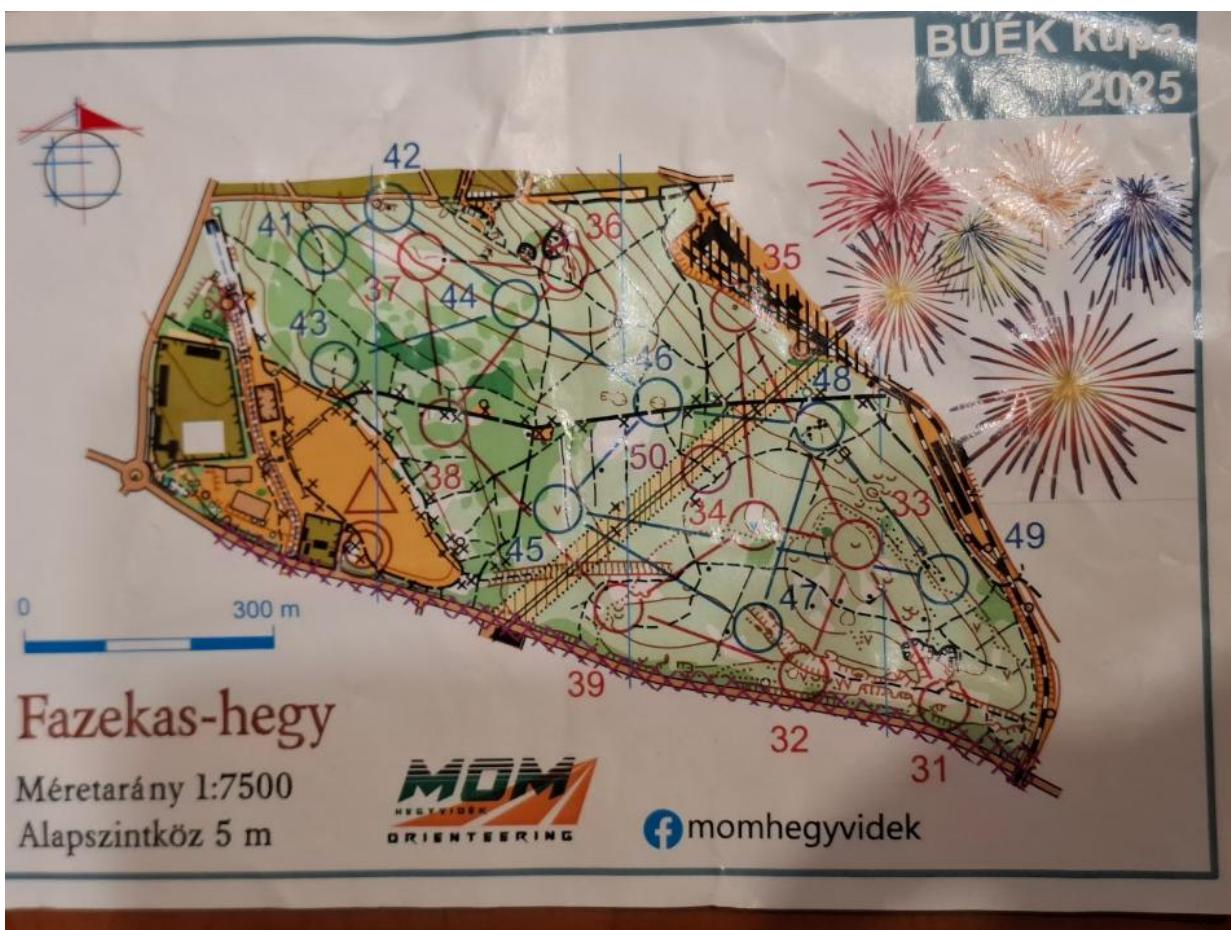


BUÉK

Happy New Year!

My last orienteering activity of 2025 took place in Budapest. This is a little, friendly but very competitive event with great prizes. The first time I took part, it was around 30 years ago, and it was a widened club event of a club in Budapest. At that time it was a snowy score event.

The format improved from score to a really challenging one, which I really liked. You had a course of controls connected with red lines and the circles were red, the other course was blue.



To change in between you have to visit 50. You also have to visit 50 if you are maybe on red but you reached of the course or want to continue at another part of the same course.

So if you would like to go from 36 to 35 you only can do this with visiting 50. Each visit of a control gives you 1 point but only the first visit counts. You might visit 50 several times but it only gives you points only once. You might start at any point at any of the red or



blue graph then choose which line to follow. The mass start was at 10 am. We had no snow and it was cold but not too cold.

The forest is still very dense without the summer vegetation so it was not easy to move.

You only have 40 minutes, and each extra minute costs you 1 point afterwards!

We reached the event centre by public transport. Our bus stopped 1km from the event centre (Benches of Bobo), then we walked in. We passed the place where the Children's Railway's wagons are stored (North of control nr 35). They prepared the steam engine to run on that day, the so-called Nostalgia Train. It sent huge steam and fume to the air.

It was a very busy race with over 120 participants. Even Hungarian squad juniors attended and their parents, my old friends. My category winner now lives in Luxemburg and she said they had to establish the orienteering federation in Luxemburg for themselves.

Link here for detailed results to see some solutions:



https://admin.mtsfz.hu/fajl/get/fajl_id/36082/tipus/render

A mug on my shelf in Budapest

Emese Sváb

This mug sits on our mug shelf. It has survived the early childhood of 4 kids and travelling from Scotland to Budapest where it resides up to this date. This summer I introduced it to my kids now they know what JK means.

JK is stands for the Jan Kjellström International Festival of Orienteering.

It is a 4-day event in every year at Easter. It starts with a prologue in a town or University on Good Friday, then forest races: middle, long and finally the relay on Easter Monday.

This event rotates around the country, returns to Scotland in 2006 and reaches South East England next year. It is a festival as it is more than just do an orienteering course: last year there were on offer many things including laser shooting, maze orienteering, string course for the kids etc. It attracts participants from all over the world and it is on most orienteers' bucket list.





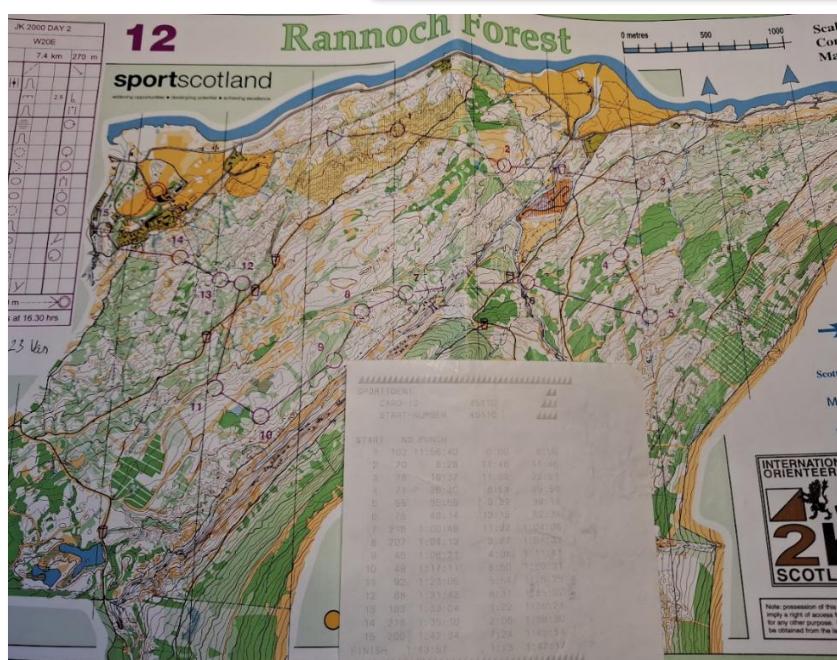
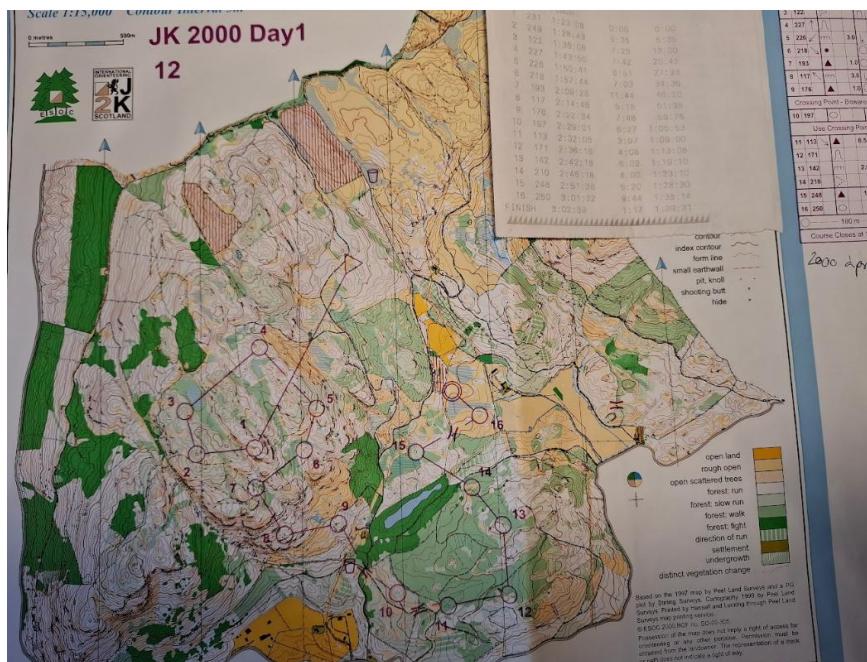
Do any of you have the same mug on your shelves? [Ed: or even other memorable mugs to tell us about...?]

I spent year 2000 in Scotland to do my research on my PhD topic. During weekends I either ice/rock climbed or went orienteering with FVO. It was obvious when they asked if I would like to help at the JK (no matter what those letters stood for) - yes I was ready for the adventure. I worked at the car park and after we pushed all the cars out from the muddy field we had to pull up the 'mattresses' (wooden sticks held together with wire), 4 on each one. I remember John Cross (FVO) said we still need to pull up more as he had counted how many we had used.

We were setting up while the first day urban happened in Edinburgh, a long drive from the forest venues. Later I took part many o-events at Arthur's Seat. According to my maps, I took part all 3 forest events: middle, long and relay.

I think this is interesting as 2 out of the 3 terrains we used in 2000 are going to be used for the JK in 2026 too. That is why I am showing them.

Day 1 was at Drumbuie Forest, it was a middle. But this terrain is not going to be used this year. I think I feared the rock face or cliff 7 to 8 but then I survived somehow.



Day 2, the long was at Rannoch Forest. There I was at the car park.

I remember rain but I found some notes in an old Irish Orienteering newsletter that the weather was relatively dry.

Maybe I remember wrongly.

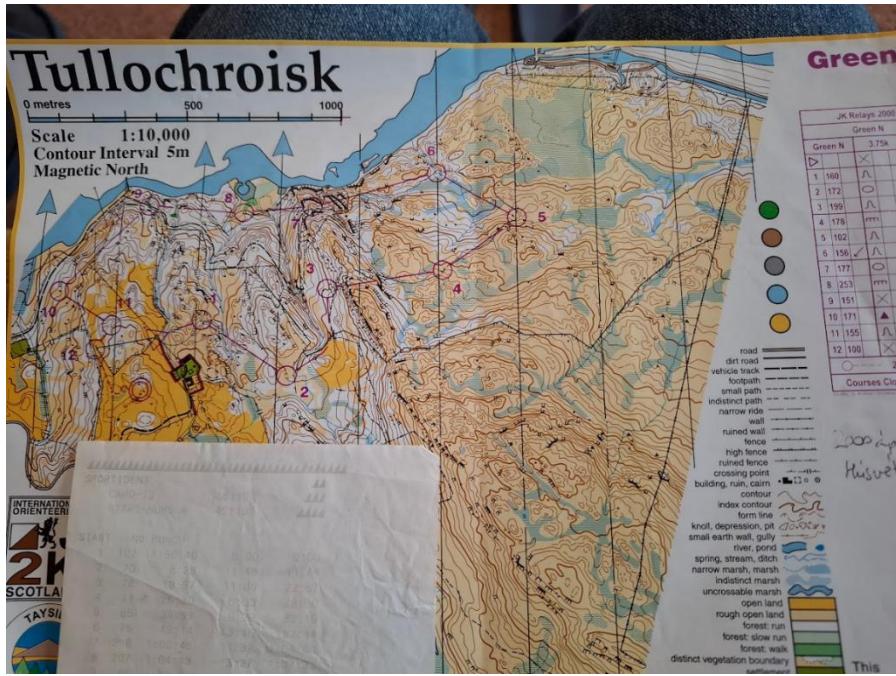


Day3, Relay. I have no idea who I ran with. Probably FVO found me some relay team who were missing a leg.

While I searched my old JK2K maps, I had a look at my other Scottish maps and realised how much orienteering map printing has improved since 2000. In those years, for even biggish events (eg. Scottish Champs), the courses were hand drawn or rubber stamped (this is when you have a map printed and you have rubber circles, lines, start etc. and you build up the course – negatively – on a plate, then you put ink on the rubber and push the map on top). JK was a top level, international event and probably among the few luxury ones with printing included the courses. Today, even at our HH Saturday series or training events the maps are printed! I remember drawing maps for the Hungarian Night Championships organised by my Budapest Club. It is very tiring and if you make any mistake than you ruin a map.

I would love to hear if you were at JK 2000 as well!

Ed: courtesy of Arbor, on Simon's website <https://www.maprunner.co.uk/>, we know who was running for HH at JK 2000...any reminiscences welcome!



Archive of British Orienteering Records

Class	Position	Name	Club	Time
M21E	45	Duncan Archer	HH	45:46
W21E	27	Carol Whitworth	HH	54:06
M21S	12	Ian Marsden	HH	65:49
M21S	35	Jacob Sharpe	HH	79:32
M21S	79	Alistair Lovegrove	HH	118:46
W21L	34	Pauline Goddard	HH	102:23
W21S	5	Helen Adamson	HH	66:26
M16A	46	Harry J Goldingay	HH	201:43
W16A	1	Katie Breed	HH	47:50
M14A	18	James Breed	HH	59:34
M14A	39	Jonathan Street	HH	97:00
M12A	5	Timothy Street	HH	26:48
M35L	25	Mark Adams	HH	87:06
M40L	-	Clive Street	HH	206:14
W40S	28	Frances Street	HH	135:54

M45L	27	Stephen Templeton	HH	73:37
M45L	63	Andrew Cummings	HH	84:24
M45S	22	Hedley Calderbank	HH	90:00
W45S	15	Jane Breed	HH	83:15
M50L	66	Alwyn Challacombe	HH	93:00
M50L	91	Barry Breed	HH	101:26
M50L	125	Eric Brown	HH	139:07
M50L	132	Harry Goldingay	HH	167:15
W50L	49	Val Challacombe	HH	98:56
W50L	63	Lesley Brown	HH	112:09
W50L	77	Frances Goldingay	HH	157:47
M55L	49	Keith Marsden	HH	101:40
M55L	-	George Normand	HH	198:55
M55S	15	Tony Grainger	HH	94:57
W55L	11	Susan Marsden	HH	87:25
W55S	4	Gillian Grainger	HH	82:16
M65L	34	Peter Pratt	HH	128:59



Control Description Game

Emese Sváb

I thought I would share my Control Description game with the readers of the newsletter, which we played at our training on 17 January at Sherrardspark Woods.

Have you ever thought why this silly symbolised nonsense came to exist? Try orienteering in a non-English speaking country and get your control description in their language, you got it now! I remember copying down the control descriptions on my punch card pre-races when I was little. Now it comes printed on your map or as a loose strip of waterproof paper at your second or third start box to put it into your CD holder.

It can be boring to learn all the symbols but control description are a vital part of our time spent in the forest or in urban races. I hope you always check your control number at each control via this white of paper. I believe that it is useful to understand what and why it is there. There are many ways you could learn the key elements of it, like have a look at your control description during your after-race analysis and look up the ones you have no clue what it could be. Many of our HH athletes proved that they had a good understanding of the Control Description table but when they got my blank chart to fill in they got very confused until I showed them examples of how to fill in.

Your task is to use the clues below to fill in the control description. Of course you are allowed to use a cheat sheet: <https://www.maprunner.co.uk/iov-control-descriptions/>

Clues to fill in the CD below. The solution is at the end of the newsletter on **Control Descriptions answer from p27.**

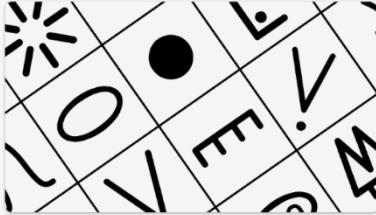
1. Third control is NorthEast foot of a North cliff and its number is 144.
2. The seventh control's number is 100 and it is in a small gully.
3. The course length is 2.6km and there is 25m climb on this course.
4. The fifth control is on the South end of earth wall, number is 101.
5. The second control is on a bend in stream and its number is 153.
6. The first control's number is 132 and it is a shallow pit
7. The start is at a path crossing
8. You have to follow tapes for 130m to the finish.
9. The sixth control is the SouthEast side corner of a fence and its number is 63.
10. The fourth control is on a middle lone tree and its number is 56.
11. It is a course for Men and Women 21 Elite.



Control Description Game		
WM21E	km	
1		
2		
3		
4		
5		
6		
7		
8		
9		

You can practise further with Simon Errington's (HH) CD game: <https://www.maprunner.co.uk/cd/> You can choose what and how to practise, it is excellent.

And on your phone (Android) you can install some apps:

Orienteering Symbols is for showing you all the symbols	Quiz, Orienteering race	Orisym
 Orienteering Symbols Knoll Software	 Quiz Orienteering race Squiz	 Orisym Orisym: Orienteering Symbols Jan Suchý

With these two last ones I was not able to open new symbols for me, but they might be a good(ish) start.

Control Description answers can be found [here](#)

Letter to the Editor – replies welcome...

Dear Editor

I have a bit of a thing about car parking charges. I am happy to pay one pound, but a lot less so when it is two pounds - I always look carefully at how far away the area is, and how good I think it is, and often decide not to go. I only pay more than two pounds if I miss the charge in the early details, or if I don't find out about it until after I have entered.

So it follows that I do not think that HH should put on events where the parking charge is more than two pounds. This covers the recent event at Sherrards Park Wood and all events at Stanborough. We have plenty of areas - we should use somewhere else.

Is it just me, or do other club members feel the same?

Best wishes

John Duffield



Saturday Series Panshanger photos – 3 January

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.

Date	Event	Area	Club	Level
Tue 03 February	SLOW Night-O Series	Battersea Park	SLOW	Local
Sat 07 February	British Night Championships (UKOL)	Egypt and Hangings Woods	HH	Major
Sun 08 February	HH Ace of Herts (UKOL)	Egypt & Hangings Woods	HH	National
Tue 10 February	LOK London Street-O	Southgate	LOK	Local
Wed 11 February	2025-2026 MapRun League	Newmarket	WAOC	Local
Sun 15 February	MV National	White Downs and West Ranmore	MV	National
Sun 15 February	East Midlands Championships	Longshaw	DVO	National
Sun 15 February	Regional Event	Maulden Wood	WAOC	Regional
Sat 21 February	TVOC Saturday Series	Park Wood, Bradenham	TVOC	Local
Sun 22 February	CompassSport Cup Heat	Brandon Park	EAOA	National
Tue 24 February	SLOW Night-O Series	Brockwell Park	SLOW	Local
Sat 28 February	British Long Distance Champs	Carreg Goch, Bannau Brycheiniog	SBOC	Major
Sun 1 March	British Relay Champs	Margam Country Park	SWOC	Major
Sun 01 March	SOS Colour Coded	TBA	SOS	Regional
Sat 07 March	TVOC Saturday Series	Hill End Outdoor Centre	TVOC	Local
Sat 07 March	HH Saturday Series	Whippendell Woods	HH	Local
Sun 08 March	Sarum Saunter 2026	Fonthill TBC	SARUM	National
Sun 08 March	HAVOC East Anglian League & Yvette Baker Trophy Heat	Weald Country Park	HAVOC	Regional
Tue 10 March	London Street-O Series	Westminster	SLOW	Local
Sat 14 March	Park-O	Cherry Hinton Hall Park	WAOC	Local
Sat 14 March	BUCS Individual Championships	Merthyr Mawr	UBOC	National
Sun 15 March	SO Regional Event	Worthlodge Forest	SO	Regional
Sun 15 March	BUCS Relay	Clevedon Court	UBOC	National
Sat 21 March	DFOK Kent Orienteering League	Joydens Wood	DFOK	Local
Sun 22 March	TVOC Chiltern Challenge	Christmas Common	TVOC	National
Sat 28 March	CHIG London urban league	Beckton	CHIG	Regional
Sun 29 March	DFOK Urban	Canning Town	DFOK	Regional
3-7 April	JK Weekend	Perth & Loch Rannoch	SOA	Major



Date	Event	Area	Club	Level
Sat 11 April	TVOC Saturday Series	Shotover Country Park	TVOC	Local
Sat 11 April	HH Saturday Series	Moneyhole Park	HH	Local
Sun 12 April	SCOL& BKO Spring Regional	Rushall Woods	BKO	Regional
Sun 12 April	Cambridge Urban	Cambridge	WAOC	Regional
Tue 14 April	London Street-O Series	tbc	SLOW	Local
Sat 18 April	British Middle Championships	Brown Clee	HOC	Major
Sun 19 April	Midlands Championships	Brown Clee	OD	National
Sun 26 April	SAX Regional	King's Wood, Challock	SAX	Regional
Sun 26 April	SMOC Keyne-O	Loughton Valley Park	SMOC	Local

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

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

Control Descriptions answer from p21

WM21E		2,6 km		25 m		
						Start: path crossing
1	132					Shallow pit
2	153					Bend in stream
3	144					NE foot of N cliff
4	56					Middle lone tree
5	101					S end of earth wall
6	63					SE outside corner of fence
7	100					Small gully
				130 m		Follow tapes 130 m to finish

Back to [p24](#)