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Editor's Spur

Alan Rosen newsletter@herts-orienteing.club

Well done to all members who braved the hills/mountains of Bannau Brycheiniog to take part in the 2026 British Long Distance Champs, held on Carreg Goch.

Sun, rain, cloud, wind, hail and temperatures in the low single digits reminded us that it was only the last day of February, but wasn't it great to be running on open fells with the ability to run straight on the long legs - something we don't get to do very often in Hertfordshire.

Top ten performances from Tom Cochrane (M40L, 8th), Tunde Farago (W12A, 5th), Issy Hawkes (W18E, 10th) and Janet Rosen (W70L, 7th).

If you read this on Sunday 1 March, HH teams will be running in Margam Country Park at the British Relay Champs – good luck to all of them!



Forthcoming HH events

Date	Event	More Info
Sat 7 Mar 26 10:00 - 12:45	Saturday Series: Lees Wood Beginners and newcomers welcome.	Event Details Location
Sat 21 Mar 26 10:00 - 12:00	Club Training – Panshanger West Club members. Please confirm attendance with Alex in advance.	Event Details Location
Sat 11 Apr 26 13:00 - 14:00	Saturday Series: Moneyhole Park Beginners and newcomers welcome.	Event Details Location
Sat 18 Apr 26 10:00 - 12:00	Club Training – Moneyhole Club members. Please confirm attendance with Alex in advance.	Event Details Location
Sat 2 May 26 10:00 - 12:45	Saturday Series: Chipperfield Beginners and newcomers welcome.	Event Details Location
Sat 16 May 26 10:00 - 12:00	Club Training – Chipperfield Club members. Please confirm attendance with Alex in advance.	Event Details Location TBC
Sat 6 Jun 26 10:00 - 12:45	Saturday Series: Highfield Beginners and newcomers welcome.	Event Details Location
Sat 20 Jun 26 10:00 - 12:00	Club Training – Highfield Club members. Please confirm attendance with Alex in advance.	Event Details Location
Sat 4 Jul 26 10:00 - 12:45	Saturday Series: Croxley Moor / GLOSS Beginners and newcomers welcome.	Event Details Location TBC
Sat 18 Jul 26 10:00 - 12:00	Club Training – Croxley Moor Club members. Please confirm attendance with Alex in advance.	Event Details Location TBC

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

UK Urban League 2026

The first four UKUL events were the two at BKO's weekend in January, then our BNOC/AoH weekend a fortnight later. So maybe it's no surprise that we are in a rather pleasing 3rd place.

Nine of the top ten clubs are southern; the tenth is the favourite to win: SYO (South Yorkshire).

1	SN	1801	
2	BKO	1667	
3	HH	1643	
4	BOK	1576	
5	TVOC	1496	
6	SO	1334	
7	WAO	1175	
8	NGOC	1146	
9	MV	1131	
9	SYO	1131	

Well done to the club members contributing to our third place:
*Rachel Sequeira (W35), Alison Saunders (W65), Thomas Raftery (M45),
 Becky Raftery (W40), Laura Parkes (W21), Hannah Nesbit (W50), Douglas
 Nesbit (M50), Ian Marsden (M50), Kerria Lines (W21), Kate Hawks (W50),
 Isabel Hawks (W18), Csongor Farago (M16), David Dixon (M50), Hedley
 Calderbank (M75), Ian Byford (M65)*

By the time you read this it will all have changed again as the next event is the British Champs on 28 Feb. See [here](#) for the rest of 2026's fixtures.



Chair's Chat

Ben Bardsley

Compass Sport Cup

What a great effort from so many (>40) in the club to get to Brandon for the recent Compass Sport Cup heat. Brandon is not that close to Herts, so to have so many HHers was great to see. HH was taking on WAOC on its home turf (they defeated us in similar circumstances three years ago at Croxton Heath), but despite WAOC having many more runners, some excellent performances across the board meant that we were able to prevail by just 5 points.

Compass Sport Cup

Pos	Club	Scorers	Score	1	2	3	4	5	6	7	8	9M	9W	10M	10W
1st	HH	25	2452	294 (3)	294 (3)	196 (2)	292 (3)	294 (3)	293 (3)	197 (2)	294 (3)	100 (1)	0 (0)	100 (1)	98 (1)
2nd	WAOC	25	2447	196 (2)	196 (2)	294 (3)	293 (3)	196 (2)	197 (2)	293 (3)	0 (0)	194 (2)	198 (2)	194 (2)	196 (2)

This was a great result, and with the final being held in the South-East on **Sunday 18 October at the MV event at Pippingford Park, just East of Crawley**, this is an opportunity to get another excellent HH turnout and to challenge for a good place.

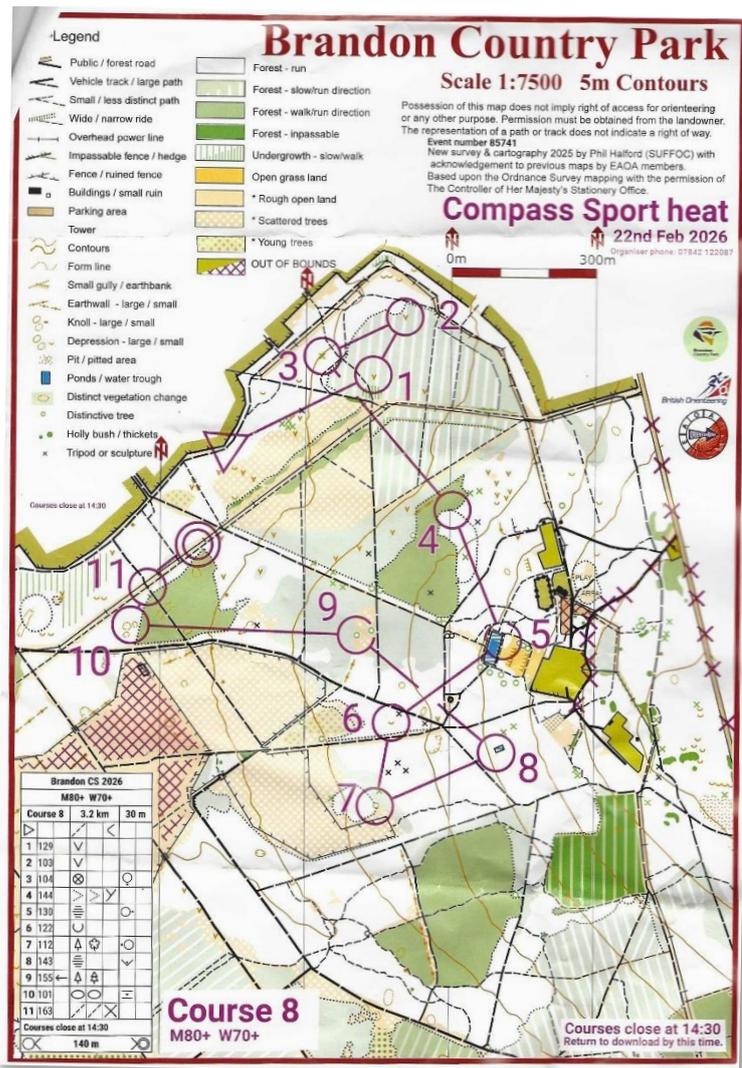
Put the date in your diary and look out for Tom's updates and call for runners which will come later in the year.

Thank you to WAOC for hosting and putting on a good event – it will be HH hosting in 2027...

HH

Name	Class	Score
Kerria Lines	3	100
Sian Mitchell	5	100
Janet Rosen	8	100
Rory Nesbit	9M	100
Darrio Muk Yiu Tam	10M	100
Tom Cochrane	1	99
David Dixon	2	99
Mark Adams	4	99
Mike Bennett	6	99
Hedley Calderbank	7	99
Alexander Lines	1	98
Douglas Nesbit	2	98
Simon Errington	4	98
Hannah Nesbit	5	98
Nigel Quinton	6	98
Viv Hodson	7	98
Sue Hooper	8	98
Niamh Mitchell	10W	98
James Errington	1	97
Ben Bardsley	2	97
Charlotte Coles	3	96
Melanie Hilton	5	96
Ian Byford	6	96
Roger Moulding	8	96
David Hodson	4	95

HH scorers





Saturday Series

What does it take to put on all the events that HH runs? Well for those who don't know, I wanted to do a shout out to those behind the scenes of our Saturday Series, as well as the big events.

The Saturday Series is the core of HH's events calendar, sustaining us through the year and providing an entry level set of events ideally suited to newcomers and juniors, whilst maintaining variety and challenge for more established members of the club.

I'd like to thank Neil Gostick in particular for all his efforts organising the series. Neil puts in a huge amount of work behind the scenes, looking for new locations, seeking permissions (which is getting harder to achieve with some organisations) and finding Officials.



A great example is March's Saturday event. This was originally due to also be in Whippendell Wood, but late in the day, permissions were removed. Despite that, Neil and the organising/planning team have managed to put on an event in Lees Wood, overcoming logistical, planning and other issues to make this happen.

All of it is also based on Alex Fielding's new map of the area. Since Covid onwards, Alex has done some fabulous work mapping Hockeridge, Tring Park and Lees Wood, and he has been extremely unlucky in the way in which permissions have made use of these areas difficult.

So when you take to your course in Lees Wood, spare a moment to appreciate Alex, Neil and all other officials and helpers who have made the event happen.

If you're interested in helping out with these activities, do give Neil call at events@herts-orienteering.club.

British Nights and Ace of Herts

One final huge thank you to everyone for delivering a BOF Major event in February, and then following it up with the Ace of Herts.

HH doesn't host a Level A event very often, but everything about it was well-organised and a credit to the club. And despite the constant rain throughout January and February, even the weather was actually good during the events.

Superb effort everyone and thank you to all.



Nomansland Saturday Series

Ben Bardsley

The latest Herts Saturday Series event, was held at Nomansland Common on 31st January with the usual range of courses. With BNOC/AoH happening the following weekend, the event was held in January as opposed to the usual first weekend of the month slot.

Ian tried to set the courses up to make as much use of the woods as possible, and tried hard to fit the White/Yellow courses in there, but it just wasn't possible. Instead, though, there was some good orienteering in a tale of two halves for the longer courses, with a little twist at the end making use of the contoured area near the farm.

Congratulations to the winners across the 5 courses.

White – **Samuel Collinson**

Light Green – **David Jones**

Yellow – **Mark Pattison**

Short Blue – **Dan Hodson**

Orange – **Matthew Phillips**

Full results are available at: https://www.herts-orienteering.club/hh_results/nomansland-31st-january-2026/

Thank you to all who competed, and particular thanks to Ian Byford (Planner), David Saunders (Controller), and all the Helpers who came along to make the event happen.

The next Saturday Series event will be at Lees Wood on Saturday 7th March. <https://www.herts-orienteering.club/events/event/whippendell-woods-3rd-march-2026/>

Registration is open: https://www.sientries.co.uk/event.php?event_id=17290

Youth League Competitor and Place Medals

Jacob Sharpe

Competitor medals will start to be available for the 2025-26 season from the March event at Lees Wood Campsite.

Medals will be awarded after completing 3 events. As last year they will be individually packed as illustrated.



A list of those who have qualified will be with the SI team and hopefully that will improve the distribution. Organisation efficiency willing the list and medals will be updated through the spring and early summer. If a medal is missing the please email youth.league@herts-orienteering.club.

Place medals will return for 2025-26. In September after the league season has concluded these will also be available for collection in a similar manner. These will be awarded for those finishing 1 to 3 in each of the classes, if they have been to 3 events.



South-East League (SEL) 2025/26

Rounds 5 & 6 – Egypt Woods, White Downs & South Ranmore

Ben Bardsley

The 2025/26 South-East League season continues apace, with rounds 5 and 6 being held in February at Egypt Woods (HH) and White Downs & South Ranmore (MV)

Unsurprisingly, there was a big HH turnout at our own SEL event and as a result HH were comfortable winners.

White Downs & South Ranmore was a tougher prospect though. With a competing, much closer WAOC Level C event, the HH turnout wasn't enough to give us a big result and therefore HH now lies 3rd overall after 6 out of 8 events. MV are going to be tough to catch though, with the final 2 events both being in their neck of the woods. Let's see if we can hold off SN and retain 3rd place...

Round 5: Egypt Woods

Round 6: White Downs

Current 2025/26 League Table

Position	Club	League Score	Match Points
DIVISION 1			
1	HH	3983	6
2	SN	2526	5
3	SO	2272	4
4	MV	1669	3
5	SLOW	1148	2
6	DFOK	1122	1
DIVISION 2			
1	BAOC	2306	7
2	RAFO	1109	6
3	SAX	1004	5
4	GO	865	4
5	HAVOC	771	3
6	CHIG	670	2
7	LOK	397	1

Position	Club	League Score	Match Points
DIVISION 1			
1	SO	1585	6
2	MV	807	5
3	SN	484	4
4	HH	424	3
5	SLOW	418	2
6	DFOK	294	1
DIVISION 2			
1	SAX	542	7
2	LOK	198	6
3	HAVOC	170	5
4	GO	152	4
=5	CHIG	55	3
=5	BAOC	55	3
7	RAFO	0	0

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	31	-
2	MV	26	-
3	HH	22	-
4	SN	20	-
5	DFOK	15	-
6	SLOW	12	-
DIVISION 2			
1	SAX	37	-
2	LOK	27	-
3	HAVOC	26	↓ 1
4	GO	22	-
5	BAOC	21	↓ 1
6	CHIG	20	-
7	RAFO	7	-

The remaining 2025/26 SEL fixtures are:

- **4 May 2026 (Mon)** **SLOW** **Winterfold**
- **10 May 2026** **SO** **Friston Forest (Sunny Sussex Weekend)**

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-orienteering.club. Copy dates are typically a few days before the end of the month; for the April edition it is by the end of Saturday 28 March.



British Orienteering Incentive Awards

Ben Bardsley

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

Member	Certificates	Awarded
Alice Elder	Racing Challenge: Gold Award ★★★	22/02/2026
	Racing Challenge: Silver Award ★★★	22/02/2026
	Racing Challenge: Bronze Award ★★★	22/02/2026
	Navigation Challenge ★★★	22/02/2026
Cobie Pui Ching Wong	Racing Challenge: Silver Award ★★★★★	06/02/2026
Emma Raftery	Racing Challenge: Bronze Award ★	18/02/2026
	Navigation Challenge ★	18/02/2026
Kieran Brown	Racing Challenge: Silver Award ★★★	06/02/2026
	Racing Challenge: Bronze Award ★★★	06/02/2026
	Navigation Challenge ★★★	06/02/2026
Kieran Dedman	Racing Challenge: Silver Award ★★★★★	09/02/2026
	Racing Challenge: Bronze Award ★★★★★	09/02/2026
	Navigation Challenge ★★★★★	09/02/2026
Tunde Farago	Racing Challenge: Gold Award ★★★	06/02/2026

Warm Weather Training Attempt Number 2: Antalya O-Meeting 2026

Simon Errington

Readers may remember that my previous attempt at warm-weather training in Turkey was thwarted by a week of snow, not helped by picking Cappadocia which is over 3000 feet above sea level. Antalya sounded like a better bet, being a seaside resort on the Mediterranean, so a four-day event in the middle of February looked just what was needed. Antalya also happens to be staging the World Masters at the end of October 2028 (delayed from the more usual July or August to avoid the heat) so this seemed like a good opportunity to see what the terrain was like.

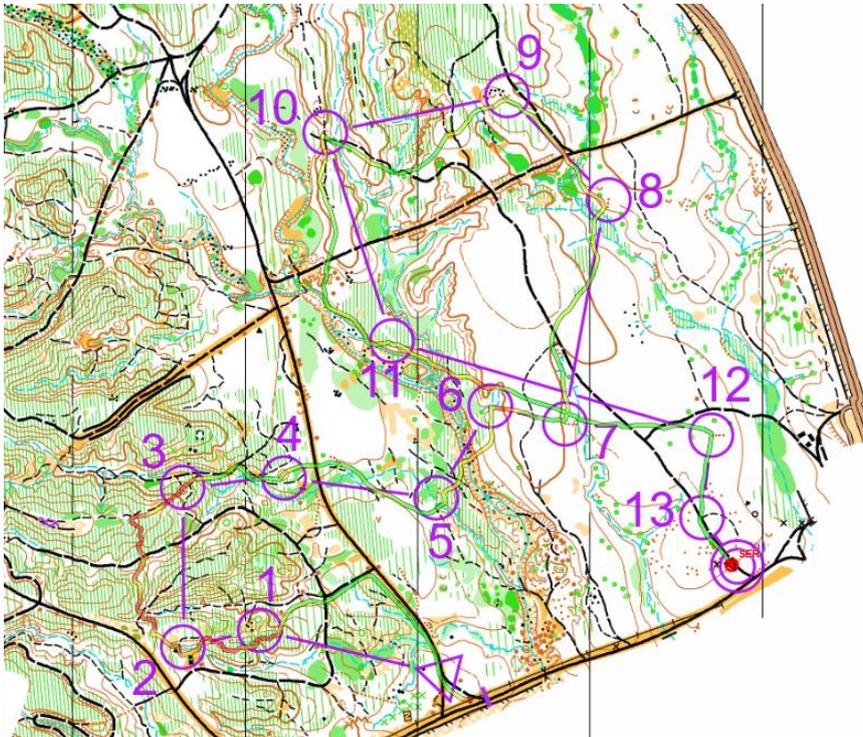


Logistics turned out to be surprisingly easy. I managed to book the event centre hotel through Easyjet holidays with flights to and from Luton adding almost nothing to what I would have had to pay for the hotel on its own. The deal was all-inclusive and the hotel was pretty familiar if you have ever braved half-term at similar establishments in Majorca or the Canaries. My somewhat over-ornate seventh-floor room had a sea view looking east along Lara beach with over five kilometres of sand. The organisers ran a 20-seat bus from the hotel to each event and this was filled with an assortment of Scandinavians, Eastern Europeans, Russians, plus two Canadians and one Englishman.



The weather forecast leading up to the event was awful, with several centimetres of rain predicted for multiple consecutive days.

Then the first training day was cancelled because of flooding. So Day 1 was a bit of an adventure, setting out on the bus through torrential rain on a tortuous route past flooded vegetable fields and the airport and eventually arriving after over an hour half way up one of the snow-topped mountains that surround Antalya.



1Day 1: Duzlercami North, Middle Distance

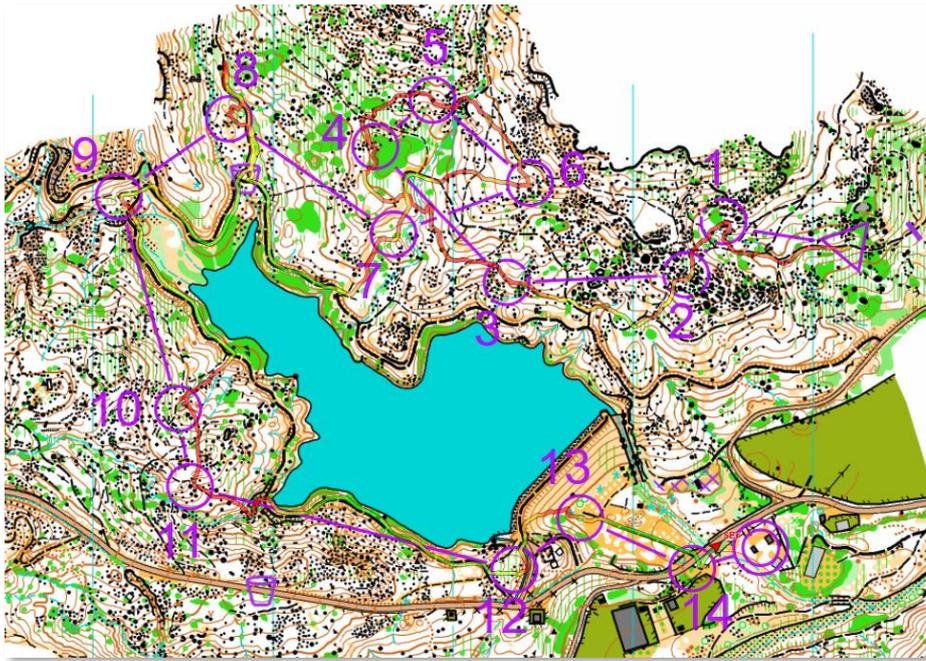
number 1, careful navigation for the tricky first four controls and then some eyeballs-out sprinting for a lot of the rest of the course got me round 3.8km in 27 minutes. The quality of the small but international field became apparent when I turned out to have won by over nine minutes.

The weather forecast for Day 2 was worse. In fact it was bad enough that they announced starts would be delayed for an hour to avoid the heaviest rain.



Runnable forest on Day 1

Another long bus journey up another mountain got us to a large reservoir with trees disappearing into the clouds on the hills behind it. Just as the rain stopped it was announced that the race had been cancelled because of a flooded river that couldn't be crossed. People were still allowed to take a map and go and run at least part of their course. It was at this point I worked out that the flooded river wasn't even on my map, let alone my course. It was only on the 1:10,000 map being used for the longer courses. What was advertised as a Long Distance race was only 3.7km (so shorter than the previous day's Middle Distance) but it soon became apparent why.



The terrain was very steep and rocky and the ground was covered with stones nearly everywhere.

The first half of the course was very technical but it then turned into a long path run to get back around the reservoir.

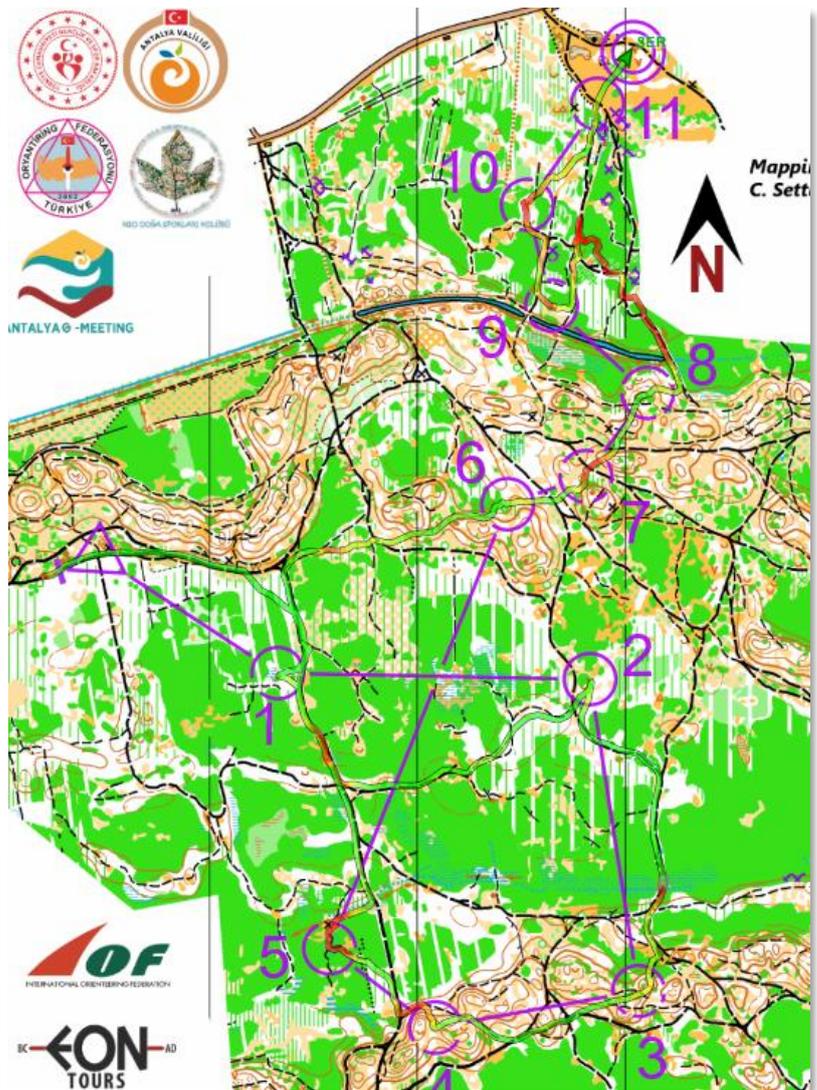
I did 45 minutes, which would probably have been closer to 40 minutes if I had been racing.

Day 2: Doyran, Long Distance

For Day 3 we headed out east along the coast, passing a series of enormous and grotesque hotels, of which the Kremlin Palace was probably the worst but not by much. The bus pulled into a large open area with scattered trees and inch-deep water over most of it and we parked next to a dead sheep. Luckily the toilet truck soon arrived and erected a row of toilets to hide the sheep.

The start was in a glorious area of wooded sand dunes with short (sheep-cropped?) grass. Picking up the map was therefore something of a surprise as I am struggling to think of a map I have run on previously that had more fight marked on it. The planning bravely tried to take you to the nice bits but this nearly always involved having to take long path routes to avoid the green bits.

These paths turned out to be problematic as well, since most of them were flooded, and in some cases I was wading through nearly waist-deep water.



Day 3: Kumkoy, Middle Distance



There were several stretches of tens of metres of knee-deep water, and it was muddy enough that you couldn't see the bottom so it was a bit random whether you found the deep side or shallow side of the path.

Things were going OK until I took a great route choice from 8 to 10 having failed to see 9 on the map. This involved a path along the edge of the map which turned out to be even wetter than elsewhere, to the extent that I convinced myself I was wading down the mapped river and not the path. Getting out of this involved trying to cut through some of the green, which turned out to be almost impassable and I spent five minutes getting the twenty metres to the path I could see. The only good news was that I spotted I should be going to control nine so didn't get disqualified. Overall I lost at least six minutes on the leg but that was still good enough for fourth place.

The final day was a Sprint Race on the edge of the old town in Antalya. This was pleasant enough, although they didn't add the artificial barriers we were all expecting and which could have made things a lot trickier.

2.4km in under 12 minutes meant a win on the day by over three minutes, and a very comfortable win over the whole 4-Day event. The general feeling talking to people afterwards is that the four areas they used weren't the best on offer, and several of the training areas were nicer. But there is certainly a lot of challenging terrain available, and the sun even came out briefly on the final two days.



Day 4: Balbey, Sprint Distance



M60 and W60 Medals

Full results, photos and Livelox at <https://www.antalyaomeeting.com/index.php?sayfa=sonuclitesi>.



What should Orienteering do to attract new participants?

Over the past month or so, there have been a series of [British Orienteering webinars](#) which, together, made up the 2026 Development Conference. See for yourself the range of topics covered.

One theme that was explored in several sessions (see below) was how orienteering can attract new members; in common with other sports we are failing to get Gen Y and Gen Z to engage in the way that previous generations have done, in a 'saturated' landscape where we are all overwhelmed by flashy sports competing for our attention.

Key Trends in Gen Z Sports Participation

"Snackable" & Viral Moments: Over 50% of Gen Z feel more connected to individual athletes than teams, leading them to engage with short, high-energy clips on TikTok, Instagram, and YouTube, rather than full 90-minute or 3-hour games.

Rise of "Non-Traditional" Sports: Gen Z gravitates toward individual, creative, and aesthetically-driven activities such as running/racing, wellness-focused sports (hiking), and niche sports that can be easily filmed.

The "Community & Co-creation" Factor: Participation is often social-first, the rise of "run clubs" on Strava grew rapidly in 2025, where the social experience of running is as important as the workout itself.

When influencers share behind-the-scenes, authentic, or humorous content (e.g., player vlogs), they directly increase Gen Z participation in those sports.

Strava For Business Report 2025

If you've been following the Winter Olympics, you may have noticed how sports are adapting to be more instant and more interesting to watch, (sometimes by increasing the level of danger or jeopardy). What they've done is 'disrupted' their traditional sport to gain our attention.

Orienteering has evolved to a certain extent with sprint races, urban/street races and the use of technology but the reality is that this mainly attracts existing orienteers rather than adding a completely new cohort.

Changing Perceptions included a review of the Quid Games race that took place last year with the Kendal Mountain Festival. If you have a bit of time to spare (and you can fast-forward some parts), it is really interesting to see how they re-thought orienteering to test what can be done to raise the sport's profile and o-club profiles.

At first glance, we might struggle to replicate many of the features of the Quid Games race – GB runners were there, major sponsors were providing prizes in return for visibility and photo (Insta...)-friendly legs went straight up a ski slope, indoors and round a floodlit Kendal Castle. But it makes you think how to make a course more interesting for participants, in particular Gen Y/Z runners.

Also, the webinar covered a local club's efforts to raise the sport's profile – eg which local Instagram influencer(s) should we be inviting along to see what orienteering is like and what interesting changes can we make to our sport to attract and retain people?



Changing Perceptions: Quid Games and Digital Memberships 1:20:40



Growing Your Club: Hosting Events for Juniors and... 54:25



Beyond the Event: Crafting Experiences That Captivate 1:08:34



Know Your Committee Member – Neil Gostick

Things come around fast it seems, as it doesn't feel long ago that I did an earlier know your committee member entry. So, here is an updated biography from the one I wrote 3 or so years ago. Unlike then, I am now the relatively seasoned events coordinator, having taken over from Stu in 2022

I have always been a keen orienteer, though not ever the fastest. Jenny, I and earlier with Ben and Gemma have been to lots of events from local through to the JK, British and Scottish 6 days. We have also orienteered abroad to Norway, Switzerland and Canada where Jenny almost met a Bear that appeared at the finish.

Unfortunately, for better or worse I am no longer running. My back Doctor said, "I am afraid I don't think your back is cut out for running anymore". Which explains why you will see me walking round. Sometimes though on a more detailed area fast enough to not be near the bottom and even beat a few HH rivals



Running - maybe I can one day again

I get a lot out of orienteering, both being in great countryside, but also through the satisfaction of spiking a difficult control and navigating well round a course. I did even manage twice to be club champion – some time ago!

Now perhaps as much, like a football manager, I enjoy putting on events and it is very rewarding to create and then deliver an event that makes other people happy and gives them enjoyment. I assume others would agree with me

I have been orienteering since school (St Albans) in 1977, when my second event at I think Epping, was on the day of the Queen's Silver Jubilee street parties. I have been a member of HH since about 1986 and have organised, planned and arranged orienteering areas many times and even did a little bit of mapping for the first OCAD map of Sherrards with Roger.

As events coordinator I hope I have been able to deliver a strong series of Saturday events, Ace of Herts, Jack of Herts. Plus, a few larger events such as the British Nights to give back to orienteering, to stretch ourselves, and give our members opportunities and learn. Next time at Egypt we might hire the plastic road sooner for example...

I have also been trying to add maybe one / two new or resurrected areas each year to add something new and different to keep things a bit fresh.

Anything else you might wish to know about me? I work at Royal Mail in technology putting in improved parcel tracking systems essentially, and we live in Welwyn Garden with a garden which I enjoy.

I am married to Jenny, we have 2 kids, Gemma (25) who once orienteered but has now retired it seems, and Ben (20) who is in the GB Development Squad and thus keeps me in touch with more extreme orienteering. I took 4 squaddies to the airport last week or example, so they could do winter training in Portugal.



Fixtures - officials needed please

Neil Gostick

Hi All - This is the latest fixtures list along with identified officials. As you will see we have lots of planners but need more organisers and controllers please for the Saturday events this year.

Date	Level	Type	Area	Organiser	Planner	Controller
07/03/2026	D	Saturday	Lees Wood	Jacob Sharpe	Mark Adams	Neil Gostick
11/04/2026	D	Saturday	Moneyhole		Daniel Hitch	Laura Parkes
02/05/2026	D	Saturday	Chipperfield TBC		Beatrix Li	
06/06/2026	D	Saturday	Highfield		Alice Soulsby	
04/07/2026	D	Saturday	Croxley Moor / GLOSS		Tim BL	
05/09/2026	D	Saturday	Norton Common TBC		Ian Byford	
03/10/2026	D	Saturday	Verulamium	Tim BL	Kate Hawkes	
07/11/2026	D	Saturday	Wardown Park	Stu Levene	Ian Byford	
05/12/2026	D	Saturday	Frithsden			
02/01/2027	D	Saturday	Haileybury		Stu Levene	
07/02/2027	B?	Compass Sport Cup / AoH	Ashridge North / CSC			
12/09/2027	B?	Home International	SHI Relays / Northaw TBC			

In the very near future, we have Lees Wood, which is a very nice pine / deciduous wooded and contoured scout camp next to Whippendell, and it will provide good orienteering (see right).

Parking is in the middle of the area, so as Jacob has said in his email, it needs a little bit more marshalling, but you can argue no-one will be going very fast, as the track is suitably rutted as befits a scout camp

Then we need an organiser for Moneyhole please, where Daniel and Laura have courses close to completion using the good mix of deciduous woods, park and a bit of urban.

After that Chipperfield may well need to move back, as the area is now a SANG (Suitable Alternative Natural Green Space) to take pressure off Ashridge, so the council are concerned about parking and would like us not to park on the roads / car parks, as we have done previously. Hopefully the local primary school can help out there, but it may take more time to arrange

Longer term we are running the SE Compass Sport Cup round as part of our Ace of Herts event at Ashridge next year, so all volunteers for officials for that please.

Then in September next year, we have said we will organise the Senior Home International Relays on the Sunday after CHIG have run the individual in Epping. Northaw is pencilled in, but we will also see if we can get back into Hatfield House / Millards Park instead. Again, volunteers please for a team for that. It is actually quite a small event, Men's and Women's courses with 12 teams of 3 runners in each but International none the less. Winning times of 30-40 minutes, 5-6km ea. So, we would aim to run an HH open event afterwards on the same area.





3-Dimensional Orienteering?

Unbelievably, not *all* orienteers thought that Egypt Woods was the best place to be on the weekend of 7/8 February.

1800 people took part in the 2026 Stockholm Indoor Cup; below is Day 2's W14 course, described as 1360m long although some indoor races are quoted in terms of the number of levels/flights of stairs to cover.

Can you get round the course in under 25m04s (the winner's time) just sitting in your armchair? Have a go!

If you need help with the map symbols then have a look at the [draft IOF mapping rules](#) before you start.

It will be worth stretching your calf muscles before you attempt to go from #1 to #2.

Feel free to zoom in and out to change the scale, which you can't do with a paper map...

Stockholm Indoor Cup 2026
Etapp 2:
Kistavägen 25
med labyrinten
8 februari 2026

SIC
Stockholm Indoor Cup

IDROTTS AKADEMIEN

corem

Hr Björkmans Entrémattor

RAMIRENT
A LOXAM Company

Teckenförklaring / map legend

- Trappa (väningsbyte) Floor change
- Trappa (höjdukt) Stairs (within floor)
- Bräde (förbjudet) Random junk
- Toilett/Handfat Toilet/ sink
- Specialt Föremål Special object
- Enkelriktat One-way passage
- Staket Fence
- Softa Sula
- Bord Table
- Skåp Shelf
- Pelare Pillar (target)
- Byggnad (Building) (no entry)
- Förbjudet område Forbidden area
- Avspärring Blocked off passage
- Utspärring Allowed outdoor passage
- Kvadrat (rak passage) Square (through passage)
- Trapp-pilen går alltid upp för trappan The arrow always points upwards the staircase

Inomhuskarta Kistavägen 25 med garage
Karta ritad 5 januari 2026 av David Hector, Jonas Rimmbäck & Oskar Forsberg
Berkäglare: Algot Sjögren
Skala: 1:900
Eksviktare: 1 trappsteg
Upphovsrätt: Stockholms Inomhusorienterare
Användning av kartan endast tillåten efter samråd med lokaligare
Utskrift: Blandtjänst

D14



And here's one from [Copenhagen](#) last November...do you know of any buildings in and around Hertfordshire that we could use???

CPH INDOOR ORIENTEERING

H.C. Ørsted Gymnasiet

23. November 2025

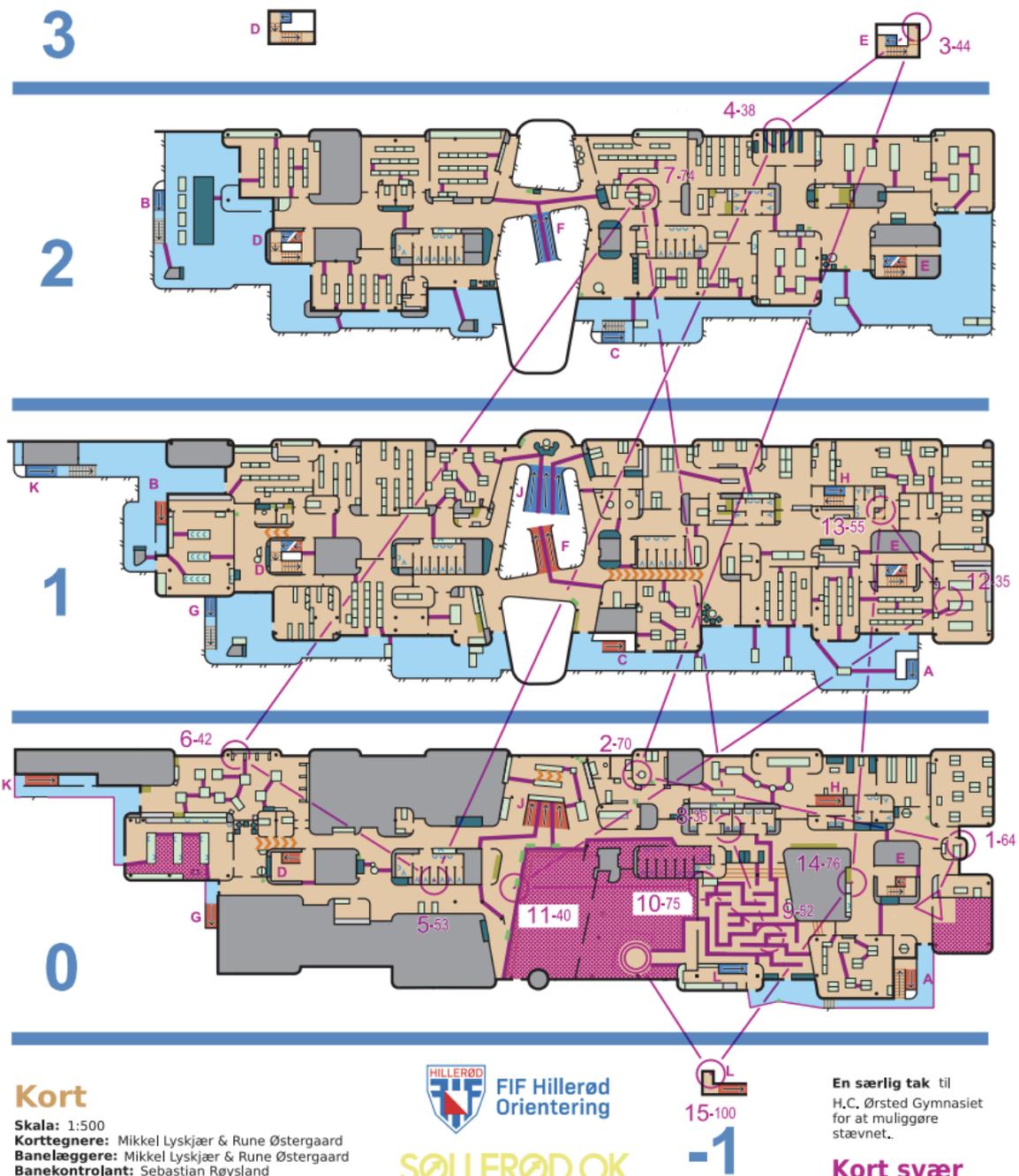
Korttegn

Tilladt

- GULV
- UDENDØRS
- TRAPPE OPAD
- TRAPPE NEDAD
- TRAPPE UDEN
- ETAGESKIFT
- TOILET/VASK /BRUGSER
- STOLPER
- ENSRETNING

Forbudt

- FORBUDT OMRÅDE
- LUFT & UDENFOR KORT
- AFLUKKET LOKALE
- BORD
- SOFA
- SKAB
- AFSPÆRRING
- PLANTE/BED
- STÆVNEPLADS



Kort

Skala: 1:500
 Korttegnere: Mikkel Lyskjær & Rune Østergaard
 Banelæggere: Mikkel Lyskjær & Rune Østergaard
 Banekontrolant: Sebastian Røysland



En særlig tak til
 H.C. Ørsted Gymnasiet
 for at muliggøre
 stævnet.

Kort svær



BNOC top 10 results

W18	Issy Hawks	2nd
W21	Kerria Lines	5 th
W21	Laura Parkes	6 th
W40	Becky Raftery	2nd
W45	Sian Mitchell	2nd
W50	Kate Hawks	10 th
M50	Ian Marsden	10 th



Issy



Becky



Sian

Ace of Herts top 10 results

Brown	5.425km 100m	4 th	Tom Cochrane	M40	34:15
Blue	4.9km 75m	3 rd	Becky Raftery	W40	34:41
		10 th	Anthony Brown	M40	38:22
Short Green	3.6km 45m	1st	Alan Elder	M45	23:18
Light Green	3.225km 50m	3rd	Theodore Marsden	M14	29:58
		4 th	Darrio Mukyiu Tam	M14	30:09
		5 th	Sebby Elder	M14	35:55
		6 th	Kieran Dedman	M14	37:17
Orange	2.15km 30m	4 th	Alice Elder	W40	23:59
		6 th	Isabelle Raftery	W12	33:31
		10 th	Barbara Page	W55	42:53
Yellow	2.025km 25m	1st	Daniel Elder	M12	16:05
		4 th	Kieran Brown	M10	22:52
		6 th	Milo Webber	M12	28:11
		7 th	Alice Raftery	W10	31:46
White	1.55km 10m	7 th	Emma Raftery	W10	27:32



British Night Champs photos

Thanks to Rob Lines (SO) and Neil Gostick for the photos







Whippendell Wood: Permission Withheld

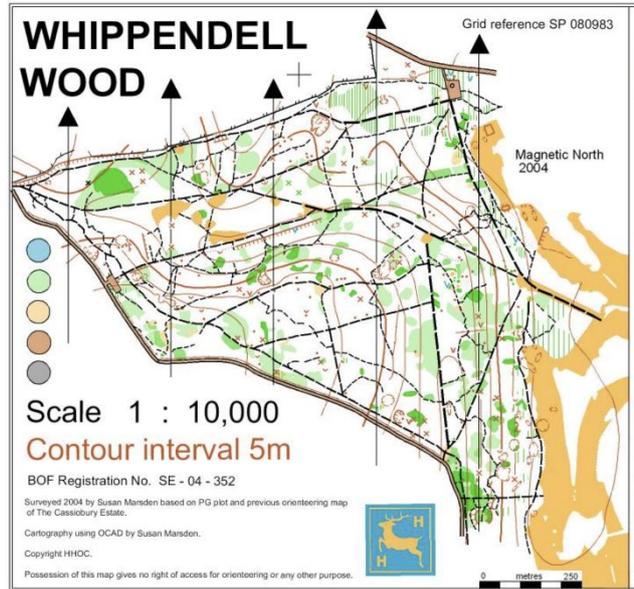
Jacob Sharpe

The club was delighted to return to Whippendell Wood in November 2024 for a successful Regional Event. The wood had not been used for a long time (~9 years) before that as a suitable venue for car parking had not been identified.

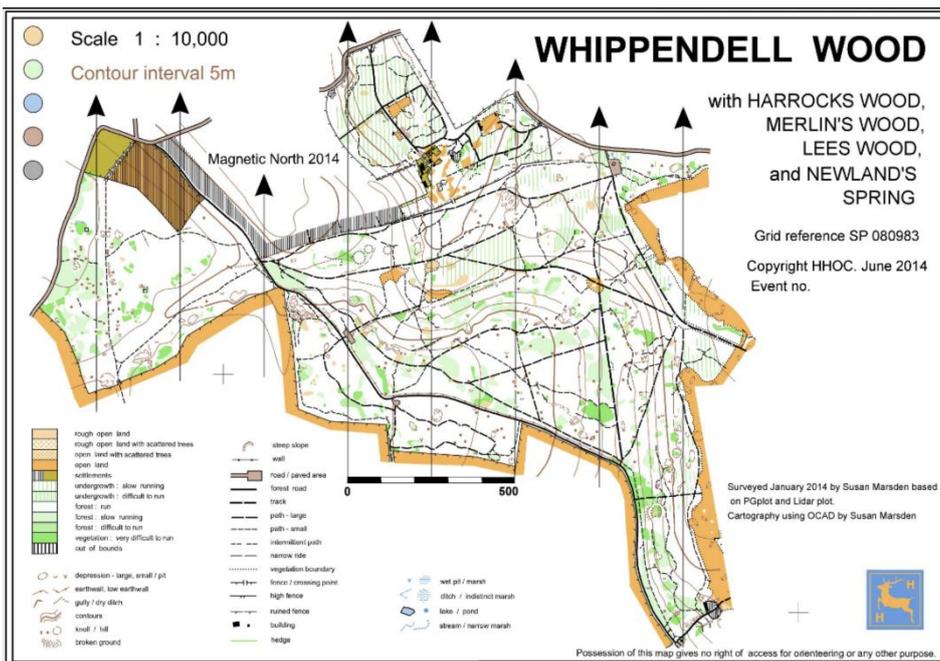
For 2024 we used the excellent York House School and in March 2026 we were planning to use Lees Wood Scout Campsite as car park and event centre. Permission was granted for a small training event in Whippendell in December 2025, so no problems were anticipated.

For the March event the council asked directly whether we left the paths during the event and could they inspect the courses.

We duly sent the courses to the council, and this sadly resulted in permission being withheld. There were two objections. The possibility of damage to the flora, to quote *“Whippendell Woods is an important ancient woodland site with a rich and diverse ground flora. This includes spring plants such as bluebells and the rare coral root bittercress which would be impacted by people walking/running off the paths in the woodlands during March”*. The second objection related to tree danger, that is the danger of a tree falling on a competitor during the event. The trees close to the paths are assessed for their health and the risk of falling branches etc.



Whippendell Woods 2004



Whippendell Woods 2014

These assessments are not performed for the trees away from the paths. We had already agreed not to run the event in high winds.

We consulted with British Orienteering Access Officer, Gracie Grant. She suggested that we offer an onsite meeting to address their concerns and

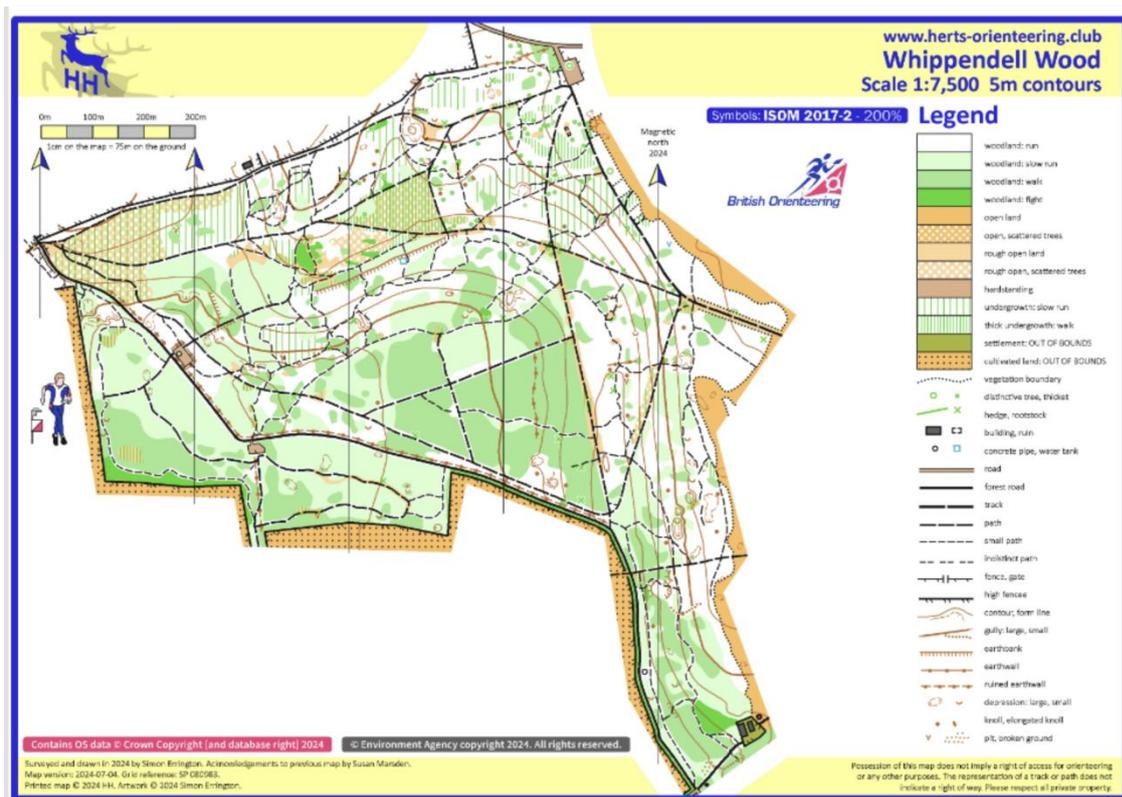


point out that we can avoid sensitive areas and sensitive times of year.

In our initial response we had already shared a link to an ecology report from a large event in the Lake District, which showed the event was nearly undetectable a few months after. In the second email we provided the new "[British Orienteering Information for Land Owners](#)" pdf. We also made the point that orienteers did not expect (and could not reasonable expect) tree inspections to do done. That it is an adventure sport and any and all activity involves some risk and, in our view, not holding the event in high winds was sufficient mitigation. We are still awaiting a response from the council from our follow up.

It is obviously a very frustrating situation; we will continue to engage with the Council and hope we can persuade them to allow events in the future. Thus, 6 weeks from the event we were very much in a pickle.

However, the scout camp has been extremely supportive, and it has proved possible to plan the event using purely Lees Wood Campsite. This has involved a tremendous effort from Mark Adams and Neil Gostick to plan and control essentially new courses at short notice. Lees Wood though, is not a large area and we cannot separate the car parking from the competitors to the usual degree. All the courses will cross the Access Track. Light Green and Blue will have plausible routes along the Access Track and through the car parking. **So please drive dead slow and take great care when parking at the event.** We have taken further mitigation, the White, Yellow and Orange courses crossing of the Access Track will be marshalled. Furthermore, entry to the Light Green and Blue is restricted to M/W 14s and over with road sense. Sprint events with 20-30 mph traffic must restrict to M/W 16s but as this is a slow moving "campus" road it is fully consistent with the event safety guidelines. If coming to the event please do volunteer to help (email Jacob.sharpe92@gmail.com), the need for two marshalled crossing and a large car



Whippendell Woods 2024



parking team means I will need more volunteers than normal for a Saturday Series event. Lees Wood is a fine runnable woodland, and it should be very enjoyable event.

Further notes from Neil:

A small apology. we are having to pass a £4 parking charge on, which may be confusing as a new thing and might have been better as £3.50....., but it is so we can pay the Scouts.

In practice I think it is not really different to parking at Stanborough or Verulamium where the fee goes direct to the landowner, and advance warning, we may need to charge at other events eg Haileybury likewise, if we are to hold to a £4 Saturday entry fee.

We do have the use of a hall for our event centre, which has tea / coffee making facilities, so we can provide that plus squash and **cake** !. All cake offers welcome... Please contact Jacob or just bring along.

Have you seen British Orienteering’s Spotlight on BNOC?

[click on [here](#) or on the image to read the full article)

The screenshot shows the British Orienteering website. At the top left is the logo. The navigation bar includes 'Search', 'Shop', and 'Log out'. Below that are links for 'Events & activities', 'Member Zone', 'Club & Membership Toolkit', 'GB Team', and 'My Account'. The main article title is 'Event spotlight: British Night Championships 2026' dated '24 February 2026'. It includes social media share buttons for Facebook and Twitter. The text of the article begins: 'On Saturday 7 February 2026, the British Night Championships 2026 descended on Egypt Woods and Hangings and Jennings Woods in Buckinghamshire. It was the first of the Major Events held this year. In this blog, Weekend Organisers Alan Rosen and Mike Bennett share some insight into the coordination behind the scenes of the event.' The author is listed as 'Written by Alan Rosen & Mike Bennett'. A paragraph follows: 'Hertfordshire Orienteering Club initially intended to use both Burnham Beeches (site of the 1984 Night Champs) and the privately-owned Egypt Woods. With Burnham Beeches being designated a National Nature Reserve and a Site of Special Scientific Interest (SSSI), we had to make the most of Egypt plus the narrow strips of Hangings and Jennings Woods to the north.' At the bottom, it says 'All images credited to Rob Lines.'





Ace of Herts photos - 8 February

Thanks to David Dixon for the photos







Saturday Series photos – Nomansland 31 January

Thanks to David Dixon for the photos





Demystifying O-Events – Urban Leagues

David Dixon

Orienteering as a sport is accurate and quick navigation via a series of checkpoints presented on a map. It doesn't have to be in a squelchy wood or on a bleak moor to count! So, if you're getting a bit bored of getting cold, wet, bramble-scratched and lost in our local woods, then why not try a bit of urban orienteering where you can instead get too hot, trip over kerbs, run into street furniture and get lost instead, all with the added excitement of trying to avoid getting run over?



Welwyn Garden City Urban, 2022



St Albans Urban, 2025

Southeast England is not blessed with remote moors or mountains but it has a large and diverse selection of urban areas that are extensively used for orienteering, and indeed in the forest orienteering off-season (late spring to early autumn) there are plenty of urban events to satisfy your orienteering cravings.

While there are a good number of standalone local and regional urban events, there are also a series of individual leagues in place across a series of urban events to help provide additional motivation (and extravagant prizes) to attend enough events to be competitive.

All these leagues have the same scoring rules and often have the same entry classes, which makes things easier. As ever, you can run any course you like (except for under-16s, who can only run courses "safe" for juniors), and you will only score if you run your correct class or run up.



There are separate Men's and Women's categories for:

- Young Juniors (12-)
- Junior (16-)
- Senior
- Vet (40+)
- Supervet (55+)
- Ultravet (65+)
- Hypervet (75+)

Scoring is based on your result position in your class, as follows:

1 st	100 points	4 th	91 points
2 nd	96 points	5 th	90 points
3 rd	93 points	etc.	
	Incomplete course	0 points	

In each league, it is unreasonable to expect participants to attend all events, so instead your best n results count, where n is typically a third to a half of the total number of league events. It is in fact possible to attend enough events that you can score in 2 different classes, as demonstrated in a masterclass by Janet Rosen in 2021: From 14 possible events in SEOUL [see below], Janet outright won 5 events in the Women's Ultravet category to give a perfect score, and then ran up as a Women's Supervet at a different set of 5 events to also win the Supervet class (she's not perfect though – she dropped down to 2nd in one of those events).

The "Big" league is the **UK Urban League (UKUL)**. This tries to allocate up to two urban events per orienteering region to give a fair spread of events across the UK (including those odd places at the extremities – Wales, Scotland and Northern Ireland). For 2026, 2 events are in Scotland (one only just!), 1 in Northern Ireland and the remaining 18 in England; you need to compete in at least 7 of these to be competitive. We've already had a Wokingham event and then there are events in London, Cambridge and Chelmsford in the next few months so that's 4 nearby to start with!

UKUL winners get to borrow a brick for a year (this photo grabbed from Keith Tonkin's web page at <https://www.coria.co.uk>)



Next, there are a series of regional leagues, that are more accessible for those who don't wish to travel long distances to bag enough of a set. Our local league is the **Southern England Orienteering Urban League (SEOUL)**. It's not the South Eastern league, so some of the events are indeed out West but there are usually enough events relatively nearby to get a full quota without trying too hard. All the local UKUL events are also SEOUL events so you often get two leagues for the price of one. This year, SEOUL has 22 races; your best 8 count. To spread the events out, each club typically only gets a single event; this year HH does not have an event in the league.

Despite winning last year's Men's Vets category I've no idea what the prizes were (or indeed if there were any at all) as nobody has been in touch... 😞.



Other local leagues include East Midlands, North-West, Scottish, West Midlands and Yorkshire leagues. Don't automatically dismiss these – they tend to have fewer events so if you're travelling to a couple of urban weekends you can accidentally end up with enough scores to be competitive! I found I'd won the West Midlands League, Mens Vets category in 2024 just by doing 3 events. Again, WHERE'S MY PRIZE?

Event details, results and overall league standings are all collated here, for UKUL and the regional leagues: <https://www.oxfordfusion.com/ukul/index.cfm>

What do you do though if you get properly bitten by the urban orienteering bug and feel constrained by “just” the events above? In that case you probably need to investigate the **City Race Euro Tour (CRET)**, but that's a different article for a different day – and probably with a different author.

If you want to magically improve your urban orienteering performance then I believe the quickest and easiest way is to plan and organise a local Street-O event – see below for just such an opportunity.

You might also be interested in looking at the Urban Orienteering UK facebook pages (and they often go outside the UK as well) – click on the image.

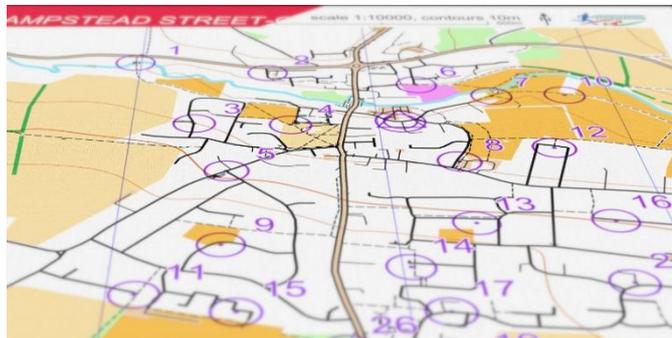


Street-O 2026 – final call for planner-organisers

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

[A repeat of last month's call as I'm very short of volunteers!]

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/1tf2aNoEABEnI0j9CVt_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.



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
Wed 04 March	2025-2026 MapRun League	Trumpington East	WAOC	Local
Sat 07 March	TVOC Saturday Series	Hill End Outdoor Centre	TVOC	Local
Sat 07 March	HH Saturday Series	Lees Wood	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 KOL	Joydens Wood	DFOK	Local
Sun 22 March	TVOC Chiltern Challenge National Event	Christmas Common	TVOC	National
Sat 28 March	CHIG London UK urban league	Beckton	CHIG	Regional
Sun 29 March	DFOK Urban	Canning Town	DFOK	Regional
Sat 11 April	TVOC Saturday Series	Shotover Country Park	TVOC	Regional
Sat 11 April	HH Saturday Series	Moneyhole Park	HH	Local
Sun 12 April	(Cancelled) Regional and SWELL event	Warlies Park	CHIG	Local
Sun 12 April	SCOLxx and 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 (UKOL)	Brown Cleve	HOC	Major
Sun 19 April	Midlands Championships (UKOL)	Brown Cleve	OD	National
Sun 26 April	SAX Regional	King's Wood, Challock	SAX	Regional
Sun 26 April	SMOC Keyne-O	Loughton Valley Park	SMOC	Local
Wed 29 April	2025-2026 MapRun League – Cambourne		WAOC	Local



Date	Event	Area	Club	Level
Mon 04 May	SLOW SE League Event	Winterfold	SLOW	National
Sat 09 May	SO Sunny Sussex Weekend Middle	Friston Forest central / east	SO	Regional
Sat 09 May	SO Sunny Sussex Weekend Evening Sprint	Sovereign Harbour, Eastbourne	SO	Regional
Sat 09 May	TVOC Saturday Series	Cuttleslowe Park, Oxford	TVOC	Local
Sun 10 May	SO Sunny Sussex Weekend National event / SE League	Friston Forest north / central	SO	National
Sun 10 May	Chelmsford Urban EA League	Chelmsford	SOS	Regional
Tue 12 May	London Street-O Series	Finsbury Park	SLOW	Local
Sat 16 May	Park-O	Coldhams Common	WAOC	Local
Sun 17 May	GO Regional, WOW and Yvette Baker Trophy Heat	Farley Heath	GO	Regional
Tue 19 May	LOK Park Race	Finsbury Park	LOK	Local
Sat 23 May	Canterbury City Race, City Race Euro Tour, UKUL	Canterbury	SAX	National
Sun 24 May	CRET weekend and SE Sprints	Canterbury area	DFOK	Regional
Sun 24 May	SMOC Keyne-O 2, Linford Wood		SMOC	Local

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