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Happy Herts Newsletter 341

April 2026

www.herts-orienteeing.club



Editor's Spur

Alan Rosen newsletter@herts-orienteering.club

Trying a front cover for a change with an action photo from the British Relays – let me know what you think!

Juniors

Jennie Soulsby

1) Yvette Baker Heat Success!

Two teams competed for the Trophy in what was essentially a re-run of last year's final. We were just beaten by WAOC who scored 895 points to our 893 points.

However, since the rules of the competition state that if the qualifying club was in the top 5 in the final in the previous year, they create an extra space for the next club. **This is us, so we can go to the final!**

Congratulations to our entire team as everyone ran a really good race.

Niamh, Daniel, Kieran B, Poppy, Anna Lucia, Frank, Charlotte,
Ella, Henry, Alice, Kieran D, Isabelle, Lily and Dario.

A big shout out to the three winners of their courses who all scored 100 points for the team:

- Niamh Light Green
- Daniel Orange
- Kieran B Yellow

The final will be on Saturday 4 July in Wales near Swansea. SAVE THE DATE.

2) The Juniors' section of the website has been updated and now has three sections. One talking about recent successes, one to discuss Junior Competitions (Yvette Baker etc) and the other giving information about progression in the sport. If any junior has success that is outside of the normal Saturday Series, we will add this to the section. Please just email me at juniors@herts-orienteering.club if you have something you want highlighting.

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 even non-orienteering activities that might be of interest

Please send material to Alan newsletter@herts-orienteering.club. Copy dates are typically a few days before the end of the month; for the **May** edition it is by the end of **Sunday 26 April**.



Forthcoming HH events

Street-O – upcoming events

Date	Event	More Info
Tue 14 Apr 26 19:00 - 20:00	Street-O Evening Score – Harpenden	Event Details Location
Tue 21 Apr 26 19:00 - 20:00	Street-O Evening Score – Welwyn Garden City Central	Event Details Location
Tue 28 Apr 26 19:00 - 20:00	Street-O Evening Score – Welwyn Garden City South	Event Details Location
Tue 5 May 26 19:00 - 20:00	Street-O Evening Score – Watford	Event Details Location
Tue 12 May 26 19:00 - 20:00	Street-O Evening Score – TBA	Event Details Location TBC

The full Street-O schedule is available on the [Street-O page](#).

Other HH Events

Date	Event	More Info
Sat 11 Apr 26 10:30 - 13:15	Moneyhole Park	Event Details Location
Sat 18 Apr 26 10:00 - 12:00	Club Training: Moneyhole Park. Club members. Please confirm attendance with Alex in advance. training@herts-orienteing.club	Event Details Location
Sat 2 May 26 10:00 - 12:45	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. training@herts-orienteing.club	Event Details Location TBC
Sat 6 Jun 26 10:00 - 12:45	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. training@herts-orienteing.club	Event Details Location

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



Free Taster Runs

Hedley Calderbank

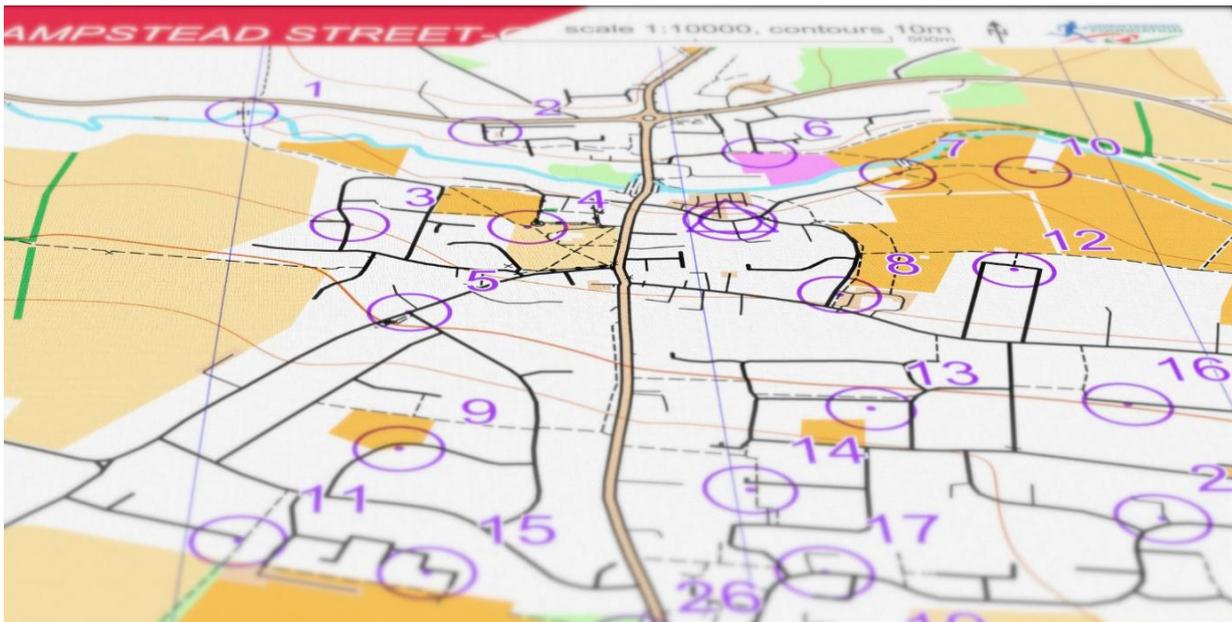
Do some people get put off by the unfamiliarity of negotiating an SI entry for the first time AND having to register on the website first? Are we really geared up for the occasional passer-by who expresses an interest in our event?

We are trying out an alternative more informal approach so that we do not miss out on potential members. While newcomers to the sport can enter online in the normal way, we are offering the option of just turning up. There is no entry fee, no dibbing and no results, but a White or Yellow map (we usually have some spares) and as much friendly support as we can offer.

The [Moneyhole Park event on 11 April](#) is the first event where this is offered.

Street-O 2026

David Dixon, Street-O Coordinator



The 2026 Street-O season is nearly here! Our first event is the week after Easter, on Tuesday 14 April, and is the first of a total of 21 events taking place every Tuesday evening until early September. For old hands the series will follow the familiar format; for those new to Street-O here's how it works.

Every Tuesday evening through the season, we hold a fairly informal urban orienteering event with starts between 7pm and 7:20pm and at a variety of locations across Hertfordshire (and sometimes slightly beyond). All are welcome, including non-members, but because the events are in urban environments any under 16s will need to be accompanied by an adult for safety.



These events are score events, so you'll get a map with a large number of marked locations and you have to choose which to visit in a set time of 45 minutes.

You don't need to visit them all and don't need to visit them in any particular order – so a big part of the challenge is picking an efficient route that gets you back in time, as you start to lose your points once you go over time.

Have a look at some of our previous courses to get an idea: <https://www.herts-orienteeing.club/fixtures/permanent-and-virtual-courses/virtual-orienteeing-courses-urban/>

To keep the preparation simple, we don't use orienteeing control markers; instead we use obvious landmarks such as postboxes, lampposts, signs and similar.

Scoring and timing is typically done using the MapRun app (versions for Android, iPhone and Garmin devices available). **Please update to the latest version** of the app as we'll be using some of the newer features and older versions are unlikely to work.

April's events will be:

14 April: Harpenden

21 April: Welwyn Garden City Central

28 April: Welwyn Garden City South

For the last couple of years, we trialled having a bit more competition, with (token) prizes for best open and women's scores, the most efficient scorer and the highest scorer never to go over 45 minutes. We will retain these awards, with the rules better described at: <https://www.herts-orienteeing.club/fixtures/street-o/> (along with the full schedule and further details).

Street-O prices are the same as last year at **£3 per event for members** and £5 per event for non-members. Entries will be managed through <https://hh.mapreservation.org.uk> – the first event is open!

We're again providing an opportunity to get a discount by paying for the whole season in one go – a **season pass** will get you pre-registration to all the events, and even if you can't make some I will make a map available afterwards for you to try the course at a convenient time. **This cost will be £40 for members** (so less than £2 per event if you come to them all). It would be £70 for non-members but then it's just as cheap to join HH and get member prices...

If that sounds good, please sign up now by arranging a bank transfer to HH, using "StreetO - <your name>" as the reference:

Account type: Business
Account Name: Hertfordshire Orienteering Club
Sort Code: 09-01-51
Account number: 27469400



SLOW Street-O

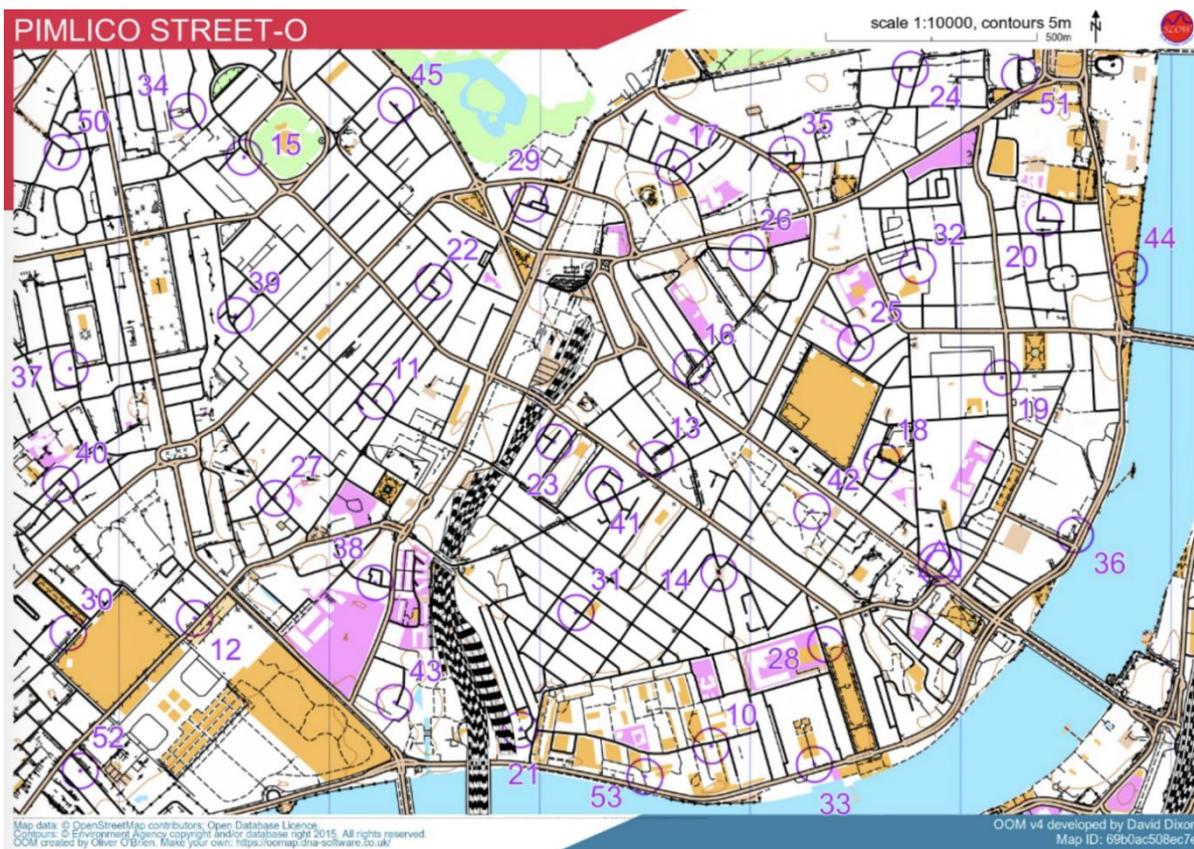
Anne Stockley

In March, Anthony and I took part in one of the Street-O events organised by South London Orienteers (SLOW).

The event base was a pub in Pimlico which was a nice venue for half a lager afterwards while reviewing the map! Rather than Map Run F, we had to fill in clues on the back of the map to prove we had visited checkpoints. As well as common clues like postbox numbers, there were plaques where you had to record the years that somebody important had lived in a property, missing words in the name of a business, and opening hours for memorial gardens.

Points ranged from 10 to 50 per checkpoint but were evenly distributed across the map to avoid you being able to run to a cluster of 50 pointers furthest away to get the highest score. You also got an hour rather than the usual 45 minutes.

This was a fun event and lovely to see Battersea Power Station lit up across the river when visiting some checkpoints on the Thames.



SLOW organise a Night O series and a mountain bike orienteering series as well as Street O with the majority of events in London and Surrey. There is a mountain bike orienteering event at St Leonards near Tring on 31 May which might be of interest to Happy Herts members.

https://www.sientries.co.uk/event.php?elid=Y&event_id=17370



Heel Blisters: A Cautionary Tale

Mark Adams

This is a tale of me working through a footwear problem which caused a lot of pain, expense, and ruined orienteering events. In retrospect, it looks like I took a very long time to arrive at a blindingly obvious conclusion. But judging by sales of Compeed, (Deeside appeared to sell out of it after the particularly rough ground of Glen Feardar East last summer) I think other people are going through similar problems. So here is my story.

Some time after the pandemic, my usual model of o-shoes was discontinued. There was a similar model with the same promotional blurb and an increment to the model number. So, when I next needed a pair, I just bought that similar model.

After that I started getting blisters in the area where the Achilles tendon meets the heel bone. At first I thought little of it and managed using Compeed. When I got fed up with this I tried different socks, and double socks, and alternative lacing patterns. You can find lots of quackery about all this on the internet. (There does seem to be a consensus that a liner sock can help by moving with your foot whilst the outer sock moves with the shoe. But the liner must be thin and wicking, so obviously not cotton.)

These changes didn't help, but it takes time and quite a lot of spoiled events to assess that. Because I'd never had trouble with my road or trail running shoes, I had a vague notion that my problem was the simpler, tougher construction of o-shoes, and lateral rubbing of the heel whilst traversing rough terrain.

I read the sales pitch for various models of shoe, several of which emphasise a narrower, snug fit for minimal movement. So I tried lacing tighter and tighter. This got to the point where I was in mild pain over most of the front of the foot until I was 10 minutes into a run. It helped somewhat with the blisters, but they still occurred on longer or rougher events.

Next, I decided that there was a sizing difference between the two models of o-shoe, despite coming from the same manufacturer. So, at great expense (as these are metal-studded shoes) I bought another pair at a smaller size. More blisters, so more tight lacing, more fiddling with socks, and still more blisters.

I was at my lowest ebb. I particularly remember having to walk back from the farthest point of the course at Roseisle in summer 2023, an area I had looked forward to running on for years. On that occasion I had two Compeed on one heel and one on the other but they began to rub off on the many short steep climbs.

I wrote to the shoe manufacturer with the whole tale, asking for a refund on my second pair of the later model. I was told it was popular, so there couldn't be anything wrong, and please would I accept a small voucher to use when I spent yet more money with them.

Finally, I thought about exactly what was happening to the Compeed and realised it indicated vertical movement of the





But it's boring to talk about these things. We did a warmup together which we finished off uphill or flat according to taste. I asked Adam Leaf to set up an almost real start at our training with start kite, boxes and a watch to beep. We had time to discuss each start box, what usually happens there. We did this in smaller groups and we tried to make it a bit real so everybody after their start walk through after the last 5 beeps (yes we had our regular start clock!) they were off for any of their tasks to complete. I have no idea how many times Adam explained and discussed the start till everybody had a chance to go through.

Then we combined compass bearings with some control description symbol learning. The very young ones just set the map. Check your knowledge here:



Do you recognise them all? Check your descriptions here:

<https://www.maprunner.co.uk/resources/Maprunner-IOF-control-descriptions-2024.pdf>

Then everybody did different navigation tasks according to their navigation and fitness level, with or without shadowing. We had two junior volunteers, Alice and Csongi, who shadowed younger ones. Their explanations and guidance might go deeper or find their way to the kids better than ours who are slightly older. We really appreciated their help. They helped with hanging and collecting controls too.

Our last task was the EGG HUNT, as this was our closest training to Easter. I was sure I could not place chocolate eggs in a busy park, so I attached crayons to the control flags. Have you ever used crayons to mark your visit to a control? This was the method we used in my childhood many years ago. The task was to visit as many controls as you could to decorate your Easter Egg. It was good to see most participants took part in this little score event and did their best to decorate their egg-shaped score sheet:



Thank you if you were there. Thank you to the coaches who made this happen: Alex, Jennie, and Kevin. Also, thank you if you helped in any way!

Next training session is 18 April.

Clues: stonewall, depression, clearing, small hill, ditch, pit



Warsaw Indoor Orienteering Race – 3-dimensional O!

Warsaw City Race 2026

[Helen and Janet were 2nd on their courses, Ian was 4th]

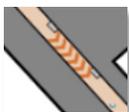
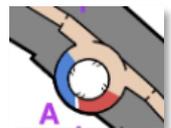
Can you navigate round this course?



As you can see at level 0, there are two buildings; the one to the SE has four floors starting at ground level (0) while the one to the NW also has four but starting at -1 and going up to the third floor.

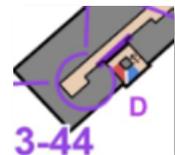
The start is outside the buildings. Note that even though the line from S to #1 seems to be going NE, that's not correct; you need to navigate into the NW building and make your way to the first floor.

Each set of stairs has a letter and the colour of the stairs shows how you can go up (red) and/or down (blue) from each floor so this one shows stairs on the first floor which go up and stairs which go down.

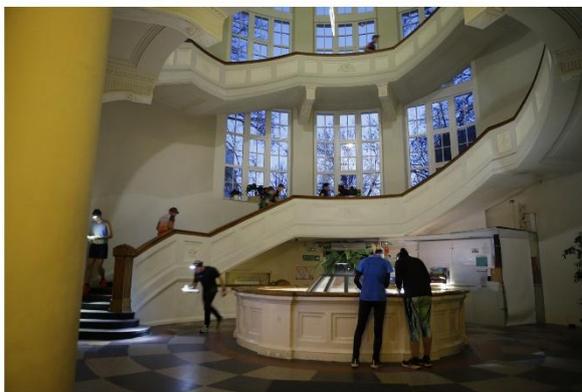
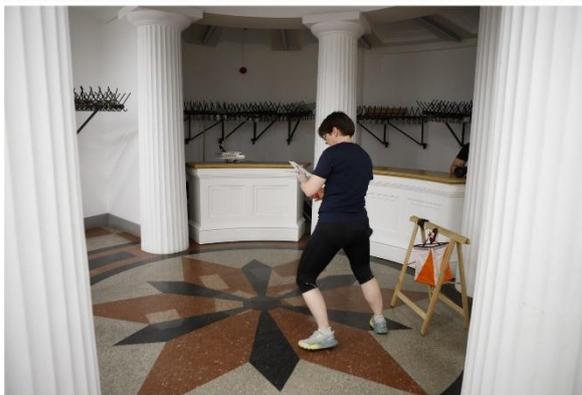
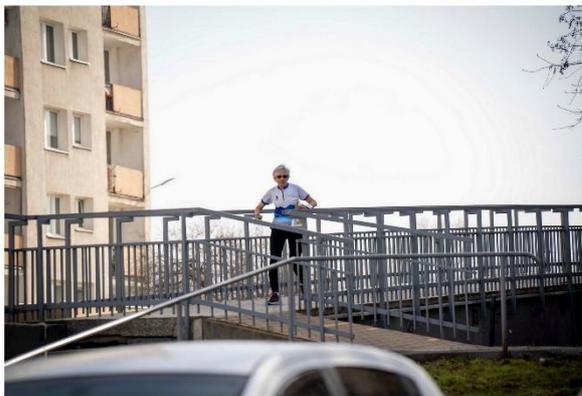


Some of the corridors were lit, some not, so a headtorch was compulsory, and some corridors were one-way only.

There are also barriers which you can't cross, here is an example where you can't access stairs D from the 1st floor corridor and vice versa.



Beep, beep, beeeep – off you go!



Photos from indoor and outdoor events in Warsaw, from <https://cityrace2026.team360.pl/en/node/16797>



Know your clubmates — Emese Sváb

I was born into an orienteering family in Budapest, Hungary, and walking in the forest, navigating with maps and climbing in the mountains were always our favourite family activities.

I have a sister, who is 4 years younger than me. We both obsessed with all of these things.

So our typical family weekend was always orienteering in the season from March to November if there was an event close to Budapest or in easy access as we had no car, but this was not a problem as most people had no car either.

We all run for Orion, a tiny club run by my Dad (Laszlo Svab), who was told he needed to found a club to compete in orienteering from the next season. This was around 1970. Where he worked, the company which made TVs and radios already had a sport club with other sports like walking, chess etc and we were a branch of these. The company supported the club with equipment (clothes, compasses, shoes) and entry fees but the budget was very tight.



After a very long period of my parents shadowing me at the Open category, as you were not allowed to be shadowed in a normal category, I debuted as a W11 at 10 years of age. Then slowly I gained confidence but we had no proper training at our club.

I was around 12 or 13 when during the winter my Dad bought cross country skis for the whole family and after one afternoon practising in our courtyard off we went with his climbing club friends to the mountains around Budapest to explore. I remember I was not prepared to ski down so I often rather dismounted than brave the slopes. My Dad did ski during his Military Service and seemed a professional in my eyes.

1986



Summer, family holiday in the mountains. Mum, Eszter (with the orienteering map) and me. Note my Mum's t-shirt. It is from the 1983 WOC in Hungary where Dad was a controller. Photo made by my Dad

The lack of training opportunities led me to do fencing for a year then I got a place in my primary's (primary is up to 14yo) basketball team though I never scored a goal; we got to the Budapest final which was a great achievement.



Dad's climbing and mountaineering friend founded a long-distance walk, the Kinizsi100, in 1981. There were no other similar walks at that time. Still a major annual event not far from Budapest but in the country. My sister (Eszter) and my Mum (Tusi) were at the checkpoint at 90km in a Hut. We had to sleep during the night but my Mum put stamps on the participants' check cards. My Dad did this walk 24 times! A short taster about K100 here: <https://www.youtube.com/watch?v=vRa-eHOw8pk>

The route: <https://www.youtube.com/watch?v=n2JWPWLUXzc>

During my secondary school years I was still running for Orion and this meant we only went to the country occasionally for orienteering. But sometimes the club run by the railway company's sports people hired a full train from Budapest to their event! Then we were transported by open-back lorries with benches to the forest venue. I remember this and I was probably too young to run but they organised something for us like run across the field then we got some chocolate. Not even a string course existed.

My coach was Feribá who ran the club singlehandedly. He also organised a Wednesday afternoon orienteering series around Budapest so soon I had plenty of possibilities to plan and check courses, the organisation was always on Feribá. I have no idea how it was possible as he too had no car at all in his life.

March 2004 *Controlling the Long Distance Championships in Hungary. I am checking out problems with Feribá.*



August 2009

WOC in Hungary's accompany event the Hungaria Cup in Miskolc. Mum, Dad, Eszter, her husband Bela and their then 2 kids. Hanga is in the pram, Bors is 7 months old.

My chosen course at Uni was Cartography and when I started Uni I swapped to a slightly bigger and richer club: Fabulon. There we had training twice a week and a coach was organised for most events. So from March to November now every weekend I was off to important events to the country and stayed at schools' stinky gyms. We also had regular training camps which led me to do some coaching.

Our training camp was together with the Sport Uni's outdoor camp. Later I joined this camp as a trainee orienteering coach. This was a Sport Uni course, a 2 year one, one afternoon per week, with 2 weeks' coaching training each year. Our tutors were from the Sport Uni and they had first-hand experience with Olympic sports. Our Sport Life Studies lecturer was the doctor of the Olympic team and underpinned her points with her own experience in nutrition etc issues with Olympians. We also had to plan and deliver a proper warm up as well as to produce a complete training plan for an athlete for a year. On this course we were around 12 orienteers and this was a good bunch of people. Once we agreed to do some cross-country skiing after lectures at around 10 pm as we knew that the temperature was already around 14C and the snow was going to melt soon in the mountains. So we did a last torchlit ski tour.



Cartography was an excellent 5-year course. We were only 5-10 in a year group. If I count that I started the Geography teacher course from the 2nd year it meant I was surrounded by many orienteers. We had everything from Junior World Champion to just simple keen orienteers and a cut from a branch on your face always gave you a good reputation for a few days.

So by the uni times, I did ski- and bike orienteering too as well as foot orienteering, planning and controlling orienteering events and I started to refresh existing maps and then making maps. Later I became an IOF Controller – there was a course for this in Bratislava and a conference in Switzerland – for several years but I only had opportunity to control one event at Serbia as family life took over.

We sometimes went to Slovakia for a competition (Silica is not far from the Hungarian border and an excellent terrain now under strict protection as it is a limestone area), I have been in Poland once or twice and in the Czech Republic and Switzerland.

Then after the Uni years I wanted to do a PhD and I got an offer that if I joined and processed satellite and field data for a project I could turn this into a PhD. The best was that this was on a Hungarian topic (a shallow lake, Balaton) and in Scotland, at Stirling University as they had powerful computers named after former Scottish F1 drivers.

I spent a year in Scotland (I wrote about the JK2000 in the previous newsletter). During this year I did as much orienteering as it was possible thanks to FVO. FVO helped me in every possible way from finding accommodation to giving a lift to events.

Returning from Scotland I attended a Scottish Dance course in Budapest where I met Gergely. Now we have 4 kids who are in different stage of orienteering aged from 11 to 20. Two girls, two boys. Everybody is running for HH. But their first orienteering steps were helped by the whole family, including my parents and sister's family.

Then in 2017 we decided to move to the UK and orienteering proved again a very useful sport to find new friends here. **Thank you very much HH!**

2012

From a very early age our children took part in orienteering events, like I did when I was very little.





Learning opportunities in 2026

Alex Soulsby training@herts-orienteeing.club

In addition to orienteering technical skills practice every month, HH organises a number of other learning opportunities for members.

Planning Course – new planners

Understanding the skills of planning courses is a great way to get a deeper understanding of the sport and improve your skills. It is also a great fun to plan a local event. If you have thought about planning but not yet done so, or already planned one or two events, this is for you.

Planning course – improve your planning/start controlling local events

This course is for planners who have done several events already and want to improve their skills and possibly start to do controlling (checking that the planner has produced fair and safe courses at the correct technical difficulty level). Maybe your memories of best practice and the finer details of planning are a little hazy and you would like a refresher or you may already have controlled a local event and want some pointers.

These courses will be both theoretical and practical – expect to be out and about in an orienteering area and carrying out exercises as well as presentations and discussions on the key areas. They will probably take between a day and half a day on a Saturday in the summer (June to August).

Please give us a rough idea of your experience in both planning (zero is OK) and competing so we can tailor the content of the course or courses.

Instructors Course/Coaches Course

I am interested to hear from anyone who would like to be qualified to teach orienteering. As a club we need extra helpers to support club training sessions and particularly to help newcomers.

To support this need at clubs, British Orienteering has revised its coaching model and rolled out a new Instructors qualification. The Instructor is qualified to teach the key skills to groups of newcomers to the sport. It will be used within orienteering clubs as well as outdoor centres schools, scouts etc.

Instructors will be able to deliver high quality introductory orienteering sessions that teach orienteering skills whilst working towards personal and group development outcomes. The course is a mixture of in-person, practical sessions and on-line theory.

<https://www.britishorienteering.org.uk/coaching/orienteering-instructor-qualification>

Please email me at training@herts-orienteeing.club to express your interest in these courses



HH Fixtures 2026 – 27 - Officials Needed Please

Neil Gostick jngostick@gmail.com

Hi All - this is the latest fixtures list along with identified officials. We have a nice series of Saturday events lined up for this year, plus some exciting larger events next year.

As last month, we have lots of planners, but we need organisers please for the Saturday events this year. Then we need to build up the teams for next year's bigger events.

Date	Level	Type	Area	Organiser	Planner	Controller
11/04/2026	D	Saturday	Moneyhole	Neil Gostick	Daniel Hitch	Laura Parkes
02/05/2026	D	Saturday	Chipperfield		Beatrix	Mike Bennett
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	
25/10/26		Sunday	JoH Urban WGC TBC	Adam - TBC		
07/11/2026	D	Saturday	Wardown Park	Stu Levene	Ian Byford	
05/12/2026	D	Saturday	TBC			
02/01/2027	D	Saturday	Haileybury		Stu Levene	
07/02/2027		Compass Sport Cup / AoH	Ashridge North / CSC			
12/09/2027		International	SHI Relays / Northaw TBC		Volunteers but TBC	

I think everyone enjoyed Lees Wood this month, some good orienteering round a small but very pleasant scout camp site and extended woods and grounds.

Next up is Moneyhole Park and woods in Welwyn Garden with parking at Panshanger Park with loos and coffee van. Ready to go pretty much, entries are open and just asking for helpers now. Daniel and Laura have also finished planning / controlling and would like some control hangers.

Then Chipperfield, with parking newly in the local primary school, with the event centre next door in Blackwell's café as usual. We are having to be considerate to the environment there, only reasonably given it's bird nesting season. Plus, I have added an environmental risk section to the Risk Assessment, so no control sites on ponds for example. We need an organiser please to work with Beatrix and Mike, but I have got all the permissions, subject to final ratification from the council.

After that Highfield. Where it would be great to get an organiser and controller alongside Alice. Lastly for Saturday series, the plan for July is to use Croxley Moor and nearby contoured woods, which we haven't used for a while. Together they should make a good GLOSS series event as it's pleasant and next to London Transport. Tim and I have also visited Rickmansworth School to agree in principle to use that as the event centre. GLOSS is a low-key inter-club summer series run around London and facilitated by LOK.

Further afield I have registered an Urban event for the end of October, but that's still to be ratified and then we have our big events next year. I have had volunteers for Senior Home International planning, but no more yet so please, probably grab me in some JK car park field next week and discuss them. Or email me at jngostick@gmail.com.



Saturday Series – Lees Wood

Thanks to David Dixon for the photos







Captain's Niche

Tom Cochrane

British Long-Distance Champs, Carreg Goch

We had 23 runners make the trip to South Wales to experience some great courses and all the seasons in one day – in one hour even.

It was both the British and the Welsh Championships, and our two podium places came in the latter:

2nd	W14	Niamh Mitchell		3rd	W45	Sian Mitchell
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No podiums for us in the British Championships, but quite a few made the top 10:

5th	W12A	Tunde Farago		10th	W18E	Issy Hawks
5th	W21L	Laura Parkes		7th	W70L	Janet Rosen
3rd	M21L	James Errington		8th	M40L	Tom Cochrane

British Relay Champs, Margam County Park

We fielded 8 teams in the British Relay Championships the following day in soggy and muddy conditions to rival Glastonbury 1997.

Our M/W70 team continued their run of strong performances:

2nd	M/W70	Alan Rosen/Janet Rosen/Mike Bennett
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Theo's M14 team was a Mole Valley/HH combination and ran very well to come in 2nd

2nd	M14	Theodore Marsden, Ben Seaston, Hugh Scarbrough
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Although non-competitive our W14 team (Niamh Mitchell/Tunde Farago/Theo Marsden) all ran really well to finish in second place.

There were to be no more podiums but a good set of results nevertheless:

19th	Men's Short	James Errington/Richard Watkins/Laura Parkes
4th	M40	Tom Cochrane/Ian Marsden/Simon Errington
7th	W50	Helen Marsden/Emese Svab/Kate Hawks
18th	M60	Nigel Quinton/Tim Bywater-Lees/Kevin Parkes
10th	M18	Csongor Farago/Issy Hawks/Bors Farago
n/c (24th)	Ad Hoc	Penny Parkes/Mike Pedley/James Williams

Photos from the British Long Distance and Relay Champs

Thanks to the following for the photos:

BOC

Robert Lines : <https://flic.kr/s/aHBqjCLtaG>

Wendy Carlyle: <https://www.flickr.com/photos/wendles56/albums/72177720332246618>

BROC

Edward Lines: <https://flic.kr/s/aHBqjCLyjf>

Robert Lines: [British Relay Championships 2026 - Robert Lines | Flickr](https://www.flickr.com/photos/wendles56/albums/72177720332258479)

Wendy Carlyle: <https://www.flickr.com/photos/wendles56/albums/72177720332258479>



British Long-Distance Champs, Carreg Goch, 28 February





British Relay Champs, Margam, 1 March









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

[entry systems]

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

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

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 11 April	TVOC Saturday Series	Shotover Country Park	TVOC	Regional
Sat 11 April	HH Saturday Series	Moneyhole Park	HH	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	The Beehive	SLOW	Local
Tue 14 April	HH Street-O – Harpenden	Harpenden	HH	Local
Thu 16 April	Summer MapRun League, Aspley Heath	Church Road, Woburn Sands	SMOC	Local
Sat 18 April	British Middle Championships (UKOL)	Brown Clee	HOC	Major
Sun 19 April	Midlands Championships (UKOL)	Brown Clee	OD	National
Tue 21 April	HH Street-O – Welwyn Garden City Central	Welwyn Garden City	HH	Local
Sun 26 April	SAX Regional	King's Wood, Challock	SAX	Regional
Sun 26 April	SMOC Keyne-O	Loughton Valley Park	SMOC	Local
Tue 28 April	HH Street-O – Welwyn Garden City South	Welwyn Garden City	HH	Local
Wed 29 April	2025-2026 MapRun League – Cambourne	TBA	WAOC	Local



Date	Event	Area	Club	Level
Sat 02 May	HH Saturday Series Chipperfield	Chipperfield Common	HH	Local
Mon 04 May	SLOW SE League Event	Winterfold	SLOW	National
Tue 05 May	HH Street-O – Watford	Watford	HH	Local
Thu 07 May	Summer MapRun League, Aspley Heath (Woburn Road Layby)		SMOC	Local
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
Tue 12 May	HH Street-O – Hemel North (TBC)	Hemel Hempstead	HH	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
Tue 19 May	HH Street-O – St Albans (TBC)	St Albans	HH	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
Tue 26 May	HH Street-O – Stevenage East (TBC)	Stevenage	HH	Local
Tue 02 June	HH Street-O – Baldock	Baldock	HH	Local
Thu 04 June	Summer MapRun League, Aspley Heath (Bow Brickhill)		SMOC	Local
Sat 06 June	HH Saturday Series – Highfield Park	Highfield Park	HH	Local
Tue 09 June	HH Street-O – Panshanger (TBC)	Welwyn Garden City	HH	Local
Sat 13 June	TVOC Saturday Series – University Parks, Oxford	University Parks, Oxford	TVOC	Local
Sun 14 June	Baddow Ridge SOS Colour Coded & EA League		SOS	Regional
Sun 14 June	(Cancelled) SLOW Urban	Kingston	SLOW	Regional
Tue 16 June	CHIG Park Race	Wanstead Flats	CHIG	Local
Tue 16 June	HH Street-O – St Albans NE	St Albans	HH	Local



Date	Event	Area	Club	Level
Sun 21 June	SMOC Keyne-O 2, Furzton		SMOC	Local
Tue 23 June	HH Street-O – Rickmansworth	Rickmansworth	HH	Local
Sat 27 June	British Sprint Relay Championships	University of Bristol North Village	BOK	Major
Sun 28 June	British Sprint Championships	University of the West of England	BOK	Major
Tue 30 June	LOK Park Race	Alexandra Palace	LOK	Local
Tue 30 June	HH Street-O – Letchworth (TBC)	Letchworth	HH	Local

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