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British Sprint Champs  
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SWELL

BO advice on use of photos  
Street-O 2026  
Saturday Series photos -  
Highfield



**Happy Herts Newsletter 344**

**July 2026**

**[www.herts-orienteering.club](http://www.herts-orienteering.club)**



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## Forthcoming HH events

Date	Event	More Info
<b>Sat 4 Jul 26</b> 9:15 - 10:00	Introduction to Orienteering <b>For Families &amp; Juniors</b>	<a href="#">Event Details</a> <a href="#">Location</a>
<b>Sat 4 Jul 26</b> 10:00 - 12:45	Verulamium GLOSS <b>Beginners and newcomers welcome.</b>	<a href="#">Event Details</a> <a href="#">Location</a>
<b>Tue 7 Jul 26</b> 19:00 - 20:00	Street-O Evening Score – Digswell	<a href="#">Event Details</a> <a href="#">Location</a>
<b>Tue 14 Jul 26</b> 19:00 - 20:00	Street-O Evening Score – Hemel East	<a href="#">Event Details</a> Location TBC
<b>Sat 18 Jul 26</b> <b>10:00 - 12:00</b>	Introduction to Orienteering <b>For adult beginners</b>	<a href="#">Event Details</a> <a href="#">Location</a>
<b>Tue 21 Jul 26</b> 19:00 - 20:00	Street-O Evening Score – Stevenage NW	<a href="#">Event Details</a> Location TBC
<b>Sat 25 Jul 26</b> 10:00 - 16:00	Advanced Planning course <b>Details TBA</b>	<a href="#">Event Details</a> Location TBC
<b>Tue 28 Jul 26</b> 19:00 - 20:00	Street-O Evening Score – Welham Green	<a href="#">Event Details</a> Location TBC

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

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## Editor's Spur

Alan Rosen [newsletter@herts-orienteeing.club](mailto:newsletter@herts-orienteeing.club)

If you like tennis, can you enter Wimbledon and play alongside the 'greats' in the best environment? *[insert any other sport here...]* If you like football, can you enter a team to play at the World Cup?

Silly questions but try this one...if you like orienteeing can you run alongside the country's best (and world's best) and experience the best terrain and courses?

Of course you can which is why our sport is different from most. It's probably quite intimidating the first time you enter regional and British Championships (or even the World Masters – the World Champs for over-35s), or put your name forward for a club relay team (whether for a UK-based event or even Jukola), but you will very quickly realise that this is a 'sport for all' to quote a Sports Council motto from the last century.

There is a fair bit of travel involved but in return you get to run (walking is fine as well!) in high quality competitions – one week it will be a local park, then sand dunes, then a city centre or university campus, then muddy forest, then open mountainside etc. And there's no such thing as bad weather, only bad c\_ \_ \_ \_ \_ g.

While sports like tennis and football, wherever you are, try to make the pitches and courts as similar as possible (OK, tennis has grass, clay and artificial), we thrive on variety!

So if you are unsure about progressing to the higher-status events, next time you look at your forthcoming weekends don't discount entering the championships (and the CompassSport Cup Final on Sunday 18 October) – you are *almost* guaranteed to enjoy it even if you never have the 'perfect run'! And do ask club members for any advice on running in the bigger events.

Cover photo: Sian at the British Sprint Relays Thanks to [Ed & Rob Lines](#)



## Chair's Chat

*Ben Bardsley*

### Organising events and Permissions

A few thoughts this month about organising events and permissions. All HH events are run under the auspices of British Orienteering which means that banner can be applied to our events, as well as HH benefitting from the British Orienteering public liability insurance which protects us. A condition of this insurance is that suitable permissions have been gained to run on the land we are using for the event. This means contacting landowners or land managers to secure those permissions. Often, this may be public bodies such as local authorities. It may also be other groups such as the Woodland Trust or National Trust.



All this takes time and effort, but is a highly satisfying activity. It's really rewarding to see that background work come to fruition with a successful event. It is though very much a behind-the-scenes activity and I mention it now to recognise Roger Moulding who has stepped back from organising permissions for multiple areas around Welwyn Garden City at the tender age of 80. Huge thank you to Roger (who remains an active member of the club) for so many years of that behind-the-scenes work to help make the club's events happen.

I also mention it to highlight that Neil is looking for some help in this area. It does take time and effort, and currently, is becoming increasingly challenging to secure these permissions. Additional restrictions, SSSI designations, over-cautious institutions have all increased the effort involved in securing these. Therefore, if you might be interested in helping out the club and helping Neil, see his article elsewhere in this newsletter. Any help you can provide would be extremely helpful and appreciated and would help free Neil to concentrate on other aspects of his role with the club. If you are interested, please get in touch with Neil at [events@herts-orienteeing.club](mailto:events@herts-orienteeing.club).

### SEOA Website and Communications Officer

SEOA continue to look for someone to maintain the SEOA website. The current arrangement for update of the website soon comes to an end. I have attached the role description below. If you are interested, please contact the SEOA Secretary Alison Saunders at [alison@saunders-online.net](mailto:alison@saunders-online.net).

### Street-O

A quick note about the ongoing Street-O series this year. David Dixon has, as ever done a fantastic job organising the series with the events running like clockwork. What has been really excellent this year is to visit some new locations with some interesting courses and challenges to make you think (control clusters, control dead zones, cul-de-sacs. But what has been most pleasing this year has been to see some new Organiser/Planners having their first taste of course planning. So far, they've done a great job.

If you haven't managed to get to an event yet this season, do try to get to an event (<https://www.herts-orienteeing.club/fixtures/street-o/>).



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## HH Club Trophies

I'm pleased to share in this Newsletter the 2025-6 recipients of the three major annual HH club trophies (excluding the Club Championship Trophies). The three trophies and their 2025-6 recipients are listed below. Congratulations to all 3 winners and thank you for all your efforts and support for the club – all very worthy winners.

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### Harding Trophy

*The Sylvia Harding Trophy was presented to the club by Stan Harding in memory of his wife Sylvia, who was a long-standing member of the club. It is awarded each year for service to the club.*



#### The Winner is: Roger Moulding

- HH Club superb stalwart, Roger retired this year, at the age of 80, from his role securing permissions for HH events around Welwyn Garden City, something he has done for many, many years
- Ongoing long service as runner for HH in club competitions, relays over multiple decades
- Serial Planner, Controller and Organiser of HH Club events over very many years
- Ongoing regular helper at club events doing “whatever job you need me to do” without fuss, and with great commitment
- Former Committee member, most recently as Treasurer



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### Farmer Trophy

*The Farmer Trophy is awarded each year to the club's 'best newcomer(s)'. It was presented to the club by honorary life members Nora and Alec Farmer.*

#### The Winner is: Daniel Hitch

- Enthusiastic newcomer who has developed as a newcomer to orienteering to be a strong competitor and helper at club events, both Street-O and Saturday Series
- Keen to learn and get involved in the Club, Daniel has graduated to organising and planning a Street-O event
- Runner for the club in relevant events
- Progressed towards Learning to Plan which he has moved on to doing in 2026



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### Marsden Trophy

*The Marsden Trophy is awarded for outstanding support by a junior to the junior squad.*

#### The Winner is: Alice Soulsby

- Long service to the club as a junior over many years, contributing to multiple great club results in the Yvette Baker Trophy during that period
- Regular helper at Saturday Series and Level B events in a range of roles
- Extensive help to update and enhance the HH website
- Helper and coach at club training, especially junior training
- Has graduated to Planning a Saturday Series event





## Fixtures

Neil Gostick

This the latest fixture list. It's looking like a nice series of events for the Summer and Autumn

4/7/2026	D	Saturday	Verulamium / GLOSS
8/9/2026		Club Sprint	TBC - Herts Uni
5/9/2026	D	Saturday	Oaklands College
3/10/2026	D	Saturday	TBC
25/10/2026	C	Sunday	Urban - Welwyn Garden City
7/11/2026	D	Saturday	Wardown Park
5/12/2026	D	Saturday	Haberdashers' School
26/12/2026		Boxing Day	Trent Park

I need to say that the fixtures have been in a bit of a state of flux after we lost access this year to Croxley Moor and woods for July, when it was discovered late on that Transport for London own a material part of the area and not Three Rivers Council. They in previous outings had even sponsored the map. So we have brought Verulamium forward from the Autumn to be the July / GLOSS event and it is looking great for that

We have also now got outline permission to go back to Oaklands College in September, pushing Norton Common back to spring next year out of the pool swimming season

Officials aren't included above as with the moves I just need to firm those up. In general though, we are OK for planners but need some organisers. Suggestions for a wooded area for October gratefully received.

## Yvette Baker Finals - 4 July

**Good luck to our juniors at the YBT Finals at Penllergare Valley Woods on Saturday 4 July.** Results will be here: <https://sboc.org.uk/results>

The clubs taking part are:

Trophy - TBC	Shield - TBC
WAOB	NOR
HH	HOC
SYO	NGOC
BOK	QO
TVOC	SBOC
MDOC	SELOC
SO	SARUM
SN	DFOK



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## South East Orienteering Association (SEOA)

### Job Description: Communications Officer and Webmaster



#### Role Overview

The role of Communications Officer and Webmaster is a new voluntary post on the SEOA committee, aimed to ensure that information about the region is made more widely accessible to members and to others who wish to understand the function and activities of the region.

The role will encompass all aspects of internal and external communications for SEOA, as well as maintaining and developing the association's website and online presence. This key role ensures that members, stakeholders, and the wider public stay informed, engaged, and inspired by the association's activities, events, and achievements.

#### Key Responsibilities

- Arrange hosting for the SEOA's website and website management
- Liaise with web hosting services and troubleshoot technical issues as required.
- Monitor website performance and implement improvements where necessary.
- Ensure the website is user-friendly, visually appealing and accessible to all users.
- Maintain and update the association's website with news, event details, results, resources, and other relevant content.
- Liaise with other members of the committee, club representatives and external partners to ensure that content is kept up to date.
- Collect and share stories, achievements, and news from member clubs and individuals.
- Attend quarterly online meetings of the SEOA committee.

#### Person Specification

- Good written and verbal communication skills.
- Experience with website content management systems.
- Strong organisational skills and attention to detail.
- Ability to work independently and collaboratively as part of a team.
- Proficiency with social media platforms and digital communication tools.
- Knowledge of HTML/CSS or website development.



## Number

Mark Adams



Here's my one-upmanship in response to Mike Bennett's bib number piece in June's newsletter.

It's Hertfordshire's Mark Adams with the Canadian Mark Adams on The Green at Dartmouth, New Hampshire, in 2016.

## Summer Military league events every Wednesday...

A reminder that Military League South events happen almost every Wednesday throughout the year, including through the summer (school) holidays so might be worth considering if you are in need of some more orienteering. Don't be put off by the Military bit, it's run by ex-military orienteers but supported by civilians and entry is open to all events for both military and civilians. HH members who brave the M25 are rewarded with some enjoyable and sociable events.



The forthcoming fixtures are (*provisionally*) as follows but check at [racesignup](http://racesignup): and do your entries there as well. Note that the British Army Orienteering website is currently under development so look at [baoc.info](http://baoc.info) from time to time to see if it's fully open yet.

8 July	Army Training Regiment, Winchester	12 August	Pirbright Camp
15 July	Frith Hill, near Frimley	19 August	The Slab, Bordon
22 July	Middle Wallop, Army Aviation centre	26 August	Worthy Down Camp
29 July	Southsea Common	2 September	Royal Military Academy, Sandhurst
5 August	Hamble Common	9 September	Pyestock, Farnborough



## A Jukola Newcomer's Experience

Laura Parkes

I first came across the Jukola more years ago than I want to admit to when my brother was invited to join the HH/LOK team one year. For those that aren't aware, the Jukola is an annual night / day relay that takes place in Finland and is one of the largest orienteering competitions in the world (19,000 competitors!).

At the time it sounded fairly insane, and not something I would ever be able (or want!) to do. Over the years, as I've done more orienteering, including becoming rather keen on night orienteering, it became an event I hoped I would get a chance to experience one day. So when Tom started to plan sending a team to this year's Jukola, writing an article in the February newsletter, I signed up, although with some trepidation.

As the event drew closer and we started planning in earnest, both the nerves and the excitement increased! I've orienteered all over the UK and even a few places abroad, but Finland was new. The initial suggested running order had me on 6<sup>th</sup> leg – which was about 12km, however a fairly late change moved me to the final leg. This was about 16km, and although not a huge amount of climb still further than I've ever orienteered! The final team was Tom Cochrane, Alex Fielding, Sam Fielding, Tim Bywater-Lees, David Saunders, Kevin Fielding, and me.

I decided to travel on the Friday to give myself time to explore the arena and try a little of the model events, so I flew to Helsinki late Thursday evening. Finding my seat on the plane, I discovered I was just behind Alison (who was running in the Venla relay on the Saturday afternoon) and David and then we met Tom at baggage reclaim. Tim had arrived earlier that day so 4/7 members of the team were definitely in the country! Thursday night I stayed in one of the airport hotels, before meeting Tom and Tim the next morning and driving down to the event which was ~90 minutes away towards the Russian



border, arriving around lunchtime. Parking was in an old airfield with the arena half way up one side.

The first thing to do was find our camping pitch and set up our tents. Although we were parked very close to the arena, our pitch was at the far corner and sadly a significant trek from where we parked! We duly picked up our luggage and began the trek down the airfield and into the forest, looking for the small post in a sea of post that had our number! I was definitely impressed about how well Tom managed to lead us to the correct spot!





Once we had pitched our tents, the three of us made the trek back across the airfield to find the arena. The entrance to the main arena had a rather expressive welcome arch leading into an area filled with a number of traders and a marquee for competitor information – already clearly a large area. I then discovered behind this section was an area with most of the food traders followed by a section with 3 marquees each with another trader. Quite a contrast with a UK event where having a single trader and a single food vendor makes it a notable event.

After picking up our club pack, hiring a couple of emit bricks, and getting some maps for the model events we all separated and explored the arena fully. I bought myself a Jukola t-shirt and jacket to commemorate my first Jukola.

I also had a chance to walk a bit of one of the model events – I didn't want to overdo it before my run but it was a good chance to get a feel for the map, particularly getting used to the mapping of boulders which seemed to be rather sketchy except where the boulder was sufficiently isolated to make a useful control feature! Unlike the arena, the model events were very close to where we were camped – we were actually between the start and finish for one!

The next morning, after once again making my way across and back to the arena for breakfast I decided to try a little of the second model event. It was definitely reassuring that I was having no major issues finding the controls, but it was a lot less runnable than I had been expecting. Afterwards, I headed back to the arena for lunch and just managed to catch the start of the Venla.



*The Venla Start - 1545 teams of 4 women from 16 countries*



*The start of Jukola (at 2245)*

I had a fairly lazy afternoon, hiding in my tent from the rain which had started and continued until the early morning.

I did, however, venture out of my tent to watch the start of the Jukola at 11pm that evening. I made it to the changeover area about 15 minutes before the start and watched them continue to line-up as directed.

There were ~1850 teams this year so clearly the free-for-all scrum of runners used at relay starts in the UK doesn't work. Instead, team numbers are based on previous performance with the teams expected to be faster having lower numbers and then organised with the faster

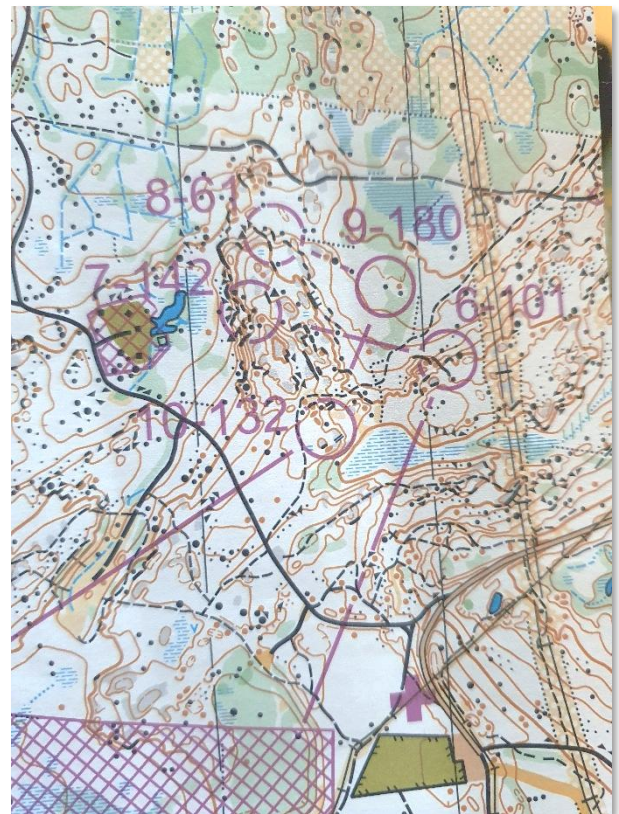


teams at the front. Watching them all start and then head off into the forest, with all their head torches on was an impressive sight!

After the Jukola had started I headed back to my tent to try and get some more sleep before my run. I knew I was almost certainly going to be in the leg 7 mini-mass start at 9:30, my team mates had around 66km to cover before it would be my turn, so I had a while before my run. By that time the rain had long since stopped but the ground was now very wet – the route into the changeover was challenging in places and even the changeover area itself, despite being huge, was rather a quagmire in places!

As expected, I was in the mini mass start along with a lot of other people. The entire way to my first control, including the 600m run out to the start kite was just running in a crowd – which led to me messing up slightly and going to mine via one of the other first controls!

After that everyone started spreading out a bit (although I was running in a train for the next few controls) and I managed to focus on my own race feeling quite pleased as each control appeared where I expected. I started by heading up to the north of the map where I had a lovely little tricky loop among one of the sections of detailed rock features and contours. The earlier rain had definitely had an impact – the entire area was boggy, particularly all the tracked-up bits, and the actual marshes were becoming uncrossable! This was then followed by a 2km leg round an area of out-of-bounds to a couple of controls in another section of intricate rock detail! Once I'd spotted the path route to a pylon pretty much right next to the control, it became much simpler and just a case of trying to keep running (grabbing another cup of water as I passed the drink station, and digging into my stock of jelly babies). The next section was a long loop through much vaguer terrain, although most of the controls were still on boulders! By the time I completed that loop, I was massively struggling with energy having been out for 2 ½ hours and, knowing that we were already



disqualified due to an earlier mis-punch, I decided to retire, missing the final loop but completing the final section of the course back to assembly while I was still enjoying myself. Once, I finished it was time to take down our tents and head off back to the airport for a late return flight home. I spent the night in London and caught a very early bus back to Oxford in time to get to work at 8 as usual where I found that somehow the news I'd gone orienteering in Finland for the weekend had got around very fast!

It was a really enjoyable weekend and I definitely hope HH puts a team together again. Maybe one year I'll get to experience the first leg mass start for myself!



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## HH Access Officer / Events Co-Ordinator Support

*Neil Gostick*

Ben has written in his Chair's chat about Access Officer support or even a new role.

But can I ask here either for someone to provide dedicated Access Officer support or to take on Event Co-ordination as a role, leaving me to do Access.

Ben has mentioned, but it is getting ever more work to gain access and to gain access to new / refreshed areas that we haven't used for a while. For example Whippendell Woods that we have used on and off for over 50 years, has currently withdrawn permission.

Orienteers love the countryside which is why we like (most of us - pure urban officianos aside..) running and walking through it. However Hertfordshire is quite pressured for natural areas, and a lot are now SSSI which are being managed more assertively to stop damage and minimise impact. Necessarily orienteers don't want to do any damage, but then working out a plan for that can be time consuming on top of just getting access agreed

The events coordinator role has thus grown quite large, so if we can split it, then we can continue to run good events spreading the load and providing the regular events that keep the club alive and us and our 'customers' happy.

A middle way would also be for people to take ownership of say their local areas, for example Roger is retiring from WGC council area permissions, so it would be great if someone could take over from Roger

Catch me at an event please or email at [jngostick@gmail.com](mailto:jngostick@gmail.com)

Thanks

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## 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](mailto:newsletter@herts-orienteering.club). Copy dates are typically a few days before the end of the month; for the August edition it is by the end of **Wednesday 29 July**.



## SW Sprint Champs 21 June

Thanks to Catherine Galvin (LOK) who reports that there were a number of HH competitors in Poole to fraternise with under the shady trees that fringed the grassy park looking out to sea.

She noted that as David Dixon makes the effort to take photos at HH events, she thought she would take one of him at the Start.



David at the Start



Opposite the Start; Poole Harbour and Brownsea Island



Prologue Finish

## Top ten places

### MV - All

Pos	Name	Club	Age Class	Prologue	Final	Time
2nd=	David Dixon	HH	M50	12:34 3rd	14:00 2nd	26:34

### WV - All

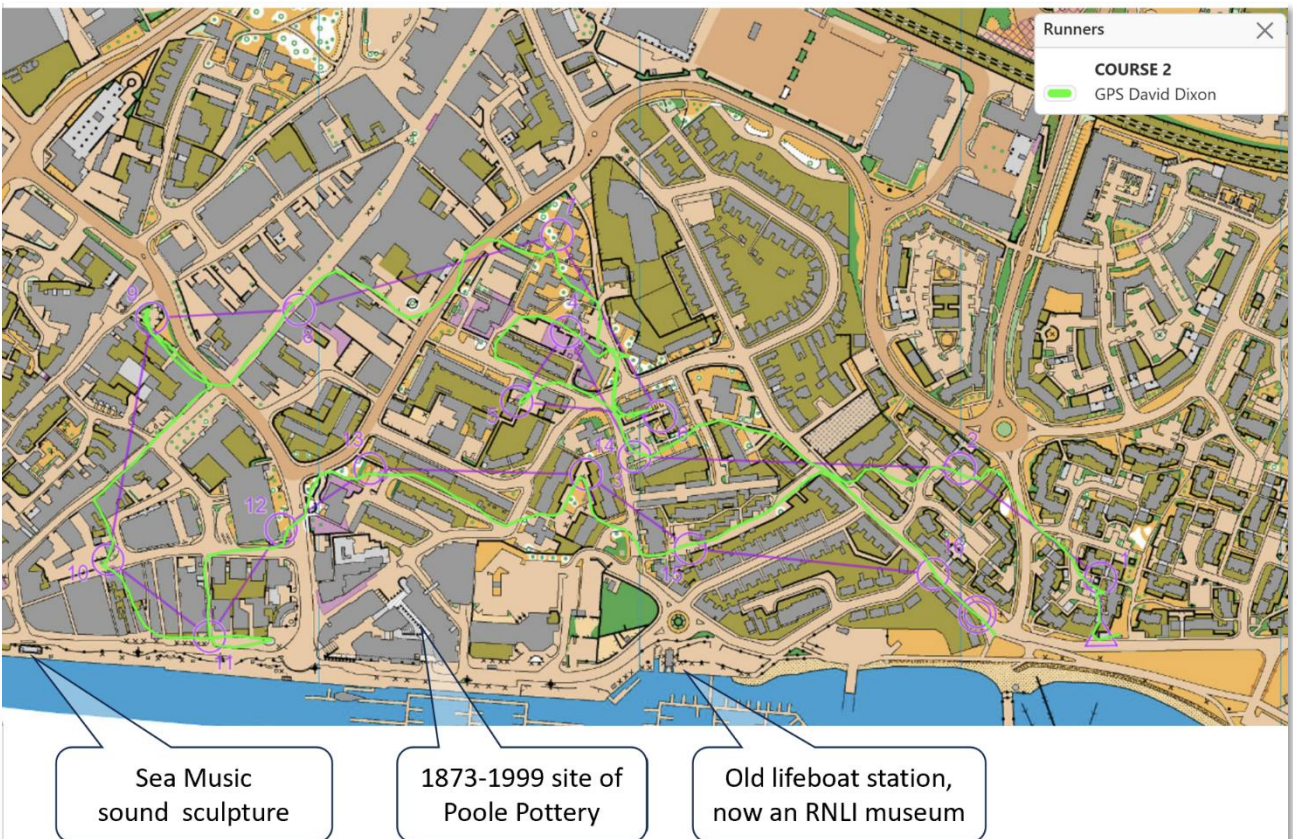
Pos	Name	Club	Age Class	Prologue	Final	Time
6th	Sarah Dixon	HH	W50	24:57 6th	30:24 7th	55:21

### WSV - All

Pos	Name	Club	Age Class	Prologue	Final	Time
5th	Viv Hodson	HH	W60	18:21 4th	25:07 6th=	43:28

### MSV - All

Pos	Name	Club	Age Class	Prologue	Final	Time
2nd	David Hodson	HH	M60	13:08 2nd	15:53 2nd	29:01
5th	Stu Levene	HH	M55	16:40 5th	19:42 5th	36:22



SW Sprint Champs at Poole (and some notable landmarks!)



## Bucharest City Race

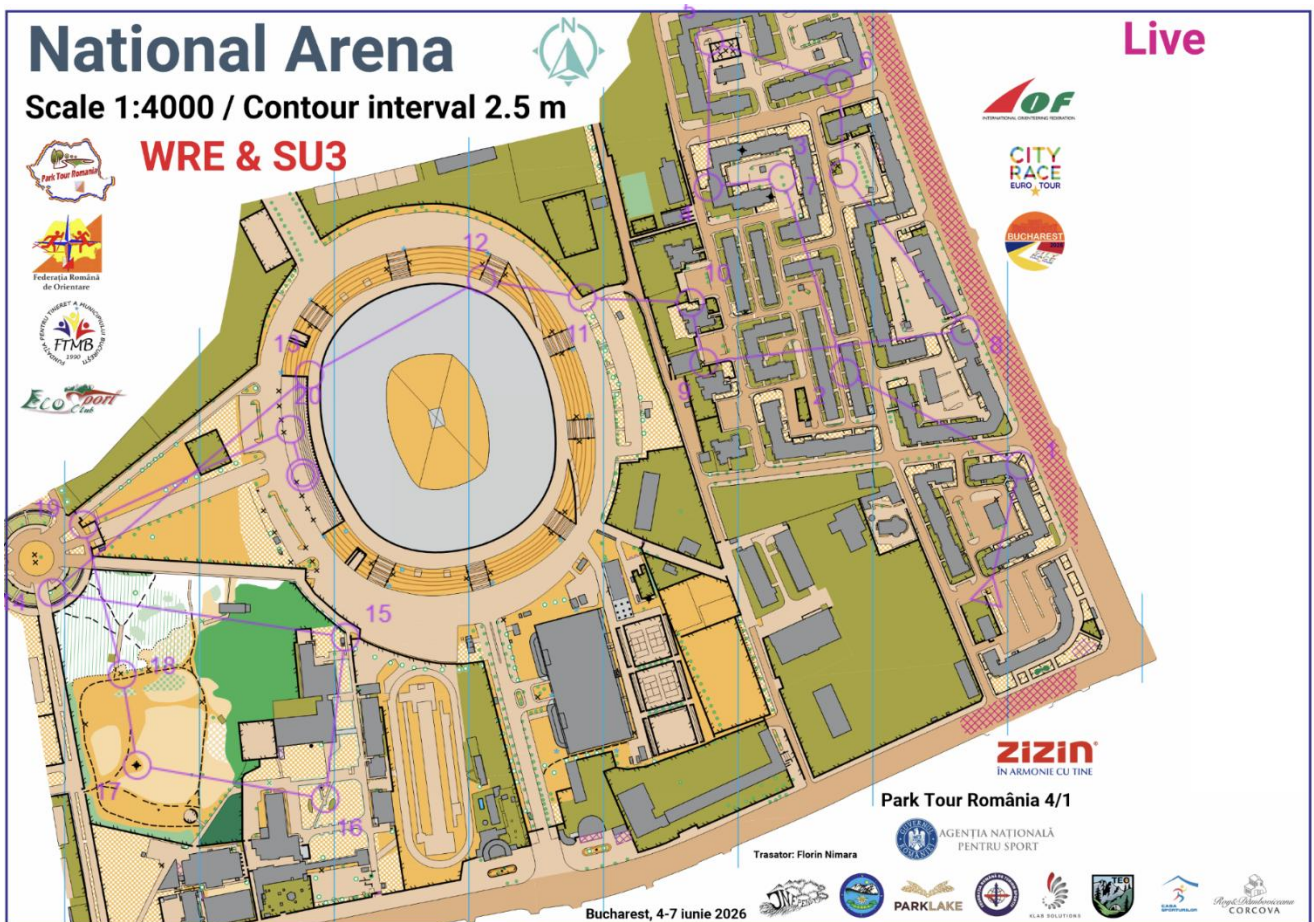
At the start of June, the 7<sup>th</sup> EuroCity Race of the year was held in Bucharest. The organisers thanked everyone who came, not least because (if we heard correctly) the event was the biggest held in Romania for many decades (7?) even though there were only around 250 runners.

The first event was at the National Arena but when we arrived there was the sound of 'drift' racing with incredibly noisy cars producing clouds of smoke as they skidded round the area by the stadium.

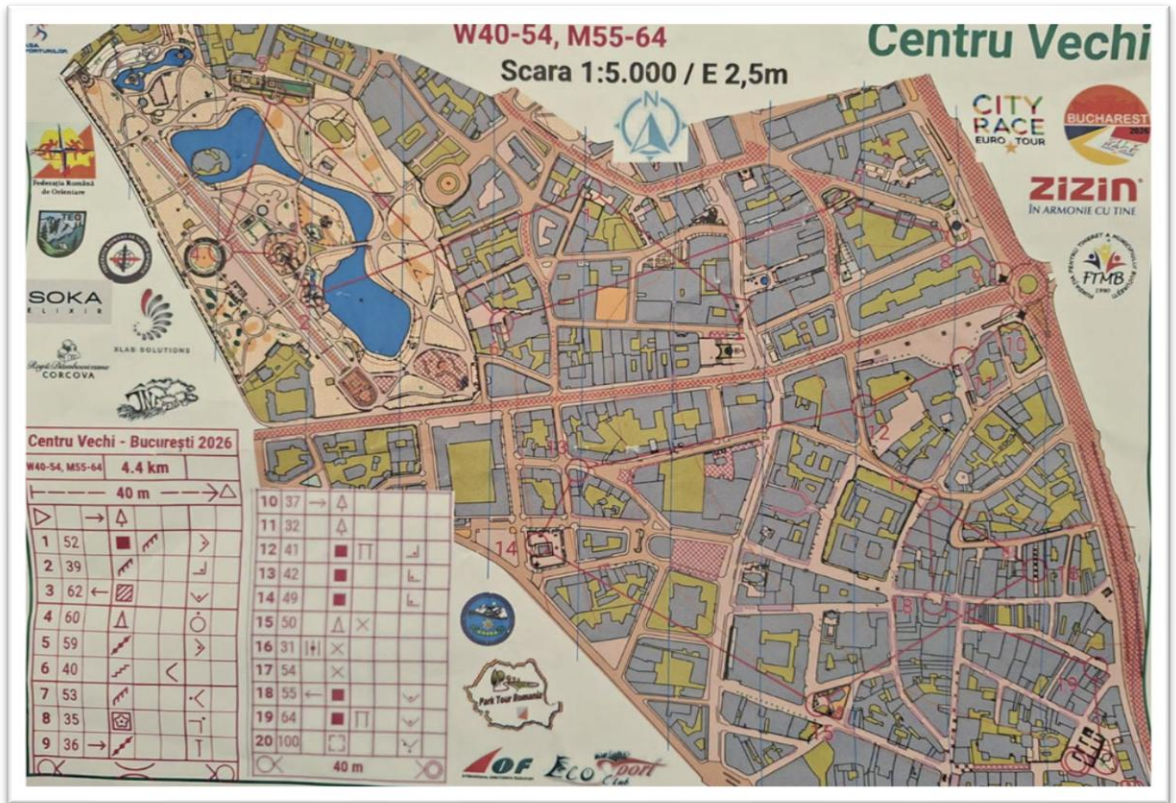


(photo from [Tony Udris](#))

So the event had to be delayed by an hour before we could run.



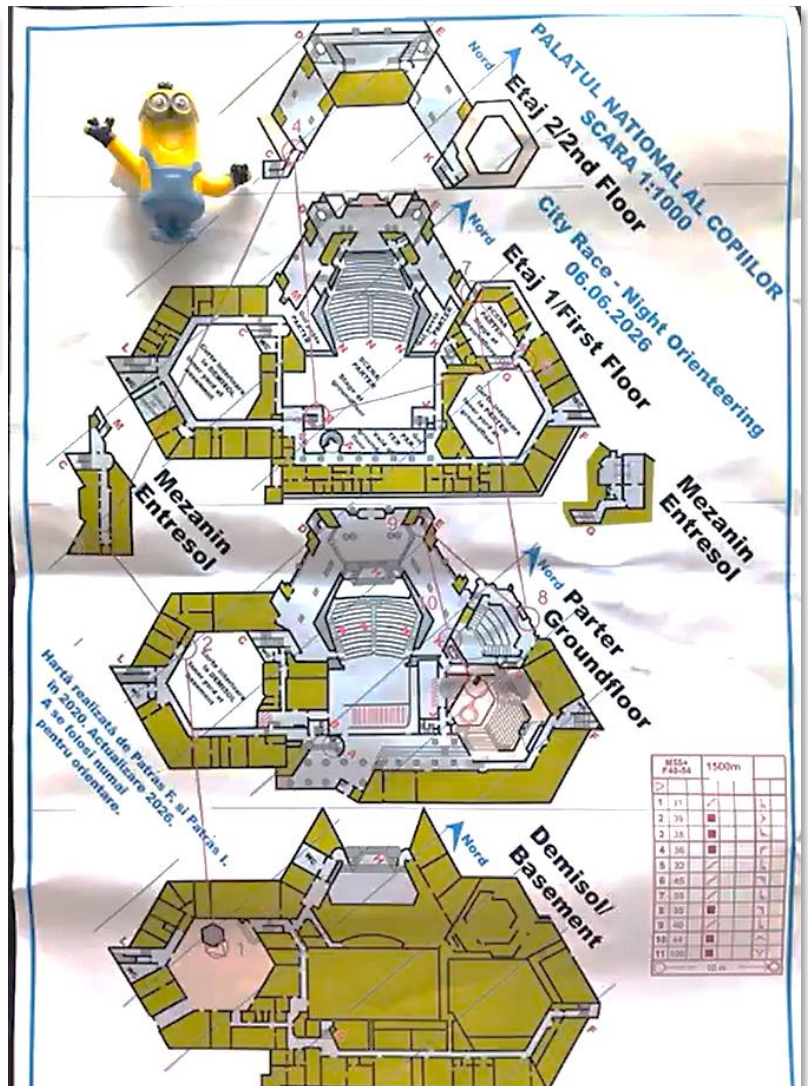
The second event was the City Race in the centre of Bucharest. We arrived at the start to find everyone hanging around as no-one was able to start – the promised [busy] road closure hadn't happened. An hour later it was decided to start anyway with juniors being shepherded across the road to their start flag – not ideal.



Janet in a very busy city centre

The third (night) race had a delayed start because (we think) they felt it wasn't dark enough and then we set off at 30 second intervals. The race was 50% in a park and 50% inside 'The National Children's Palace', very challenging.

The fourth and final race went very smoothly, no delays, and included traditional dancing by the organisers at the finish...overall a great weekend and well done to the organisers for putting on four complex events in three days!



map from [Tony Udris](#) – you may need to zoom in





## British Sprint Champs 28 June

Kate Hawks

*From multiple mistakes, to a better afternoon.*

This weekend a large cohort of HH members went to sunny Bristol for the Sprint Champs.

My day started badly when I realised that I had left my dibber in the car just before heading to the start. A quick sprint to retrieve it meant I was thoroughly warmed up, but very flustered on arriving at the start without my compass (I had left it in my rucksack). With no chance to orientate myself I set off for control one in the wrong direction at high speed, stopped, and then red faced backtracked past the start, and missed the fact that the first control was down some secret steps on a lower level, which called for yet further retracing of my steps.

On control 4, I overshot the grassy area that it was located in, and circled the next patch of grass, which called for an interesting route choice, and then having not learnt from that mistake, I immediately went on to make yet another and did a lovely scenic lap of the pond and car park before finally reaching control number 5.



Control number 6 was yet another less than adequate route choice, having not identified the large black line on the map signalling a dead end.

Finally back on track I felt like I was catching up, when I got confused coming out of control 13, failed to orientate my map, and once again ran frantically before realising I was at the wrong set of stairs, and next to the wrong building. Thankfully, the remainder of the run was fairly uneventful once I slowed down, and I emerged into the finish rather sheepishly.



Our group of HH W50s had a full debrief during lunch. Sian Mitchell had a well-executed route, although also did not enjoy missing the steps down to the first control, but had run a respectable 2.7km on the 2.1km course. Similarly Emese Svab, and Sarah Dixon plotted beautiful routes with no serious errors with their watches recording distances between 2.7 and 2.9 km. Everybody laughed when I confessed that I had run 3.7km, but at least I got my moneys worth and a full tour of the campus.

Thankfully, the afternoon was much more successful and I was proud to win the B final. Next year the A final!

*[Next year they are on the same weekend (26/27 June) at the University of Sussex and nearer to home, so put the date in your diary now]*

## Top 10 British Sprint Champs places

### M14A

3.2km 30m

Pos	Bib	Name	Club	Age	Time
Class					
4th	567	Theo Marsden	HH	M14	20:29
7th	280	Kieran Dedman	HH	M14	25:02

### M50A

3.3km 30m

Pos	Bib	Name	Club	Age	Time
Class					
9th	291	David Dixon	HH	M50	18:53

### W12A

2.8km 25m

Pos	Bib	Name	Club	Age	Time
Class					
2nd	337	Tunde Farago	HH	W12	25:41



### W14A

2.8km 25m

Pos	Bib	Name	Club	Age	Time
Class					
5th	603	Niamh Mitchell	HH	W14	20:27

### W18A

3.4km 35m

Pos	Bib	Name	Club	Age	Time
Class					
2nd	417	Isabel Hawks	HH	W18	20:54



### W45A

2.9km 25m

Pos	Bib	Name	Club	Age	Time
Class					
7th	604	Sian Mitchell	HH	W45	19:48

### W50A

2.9km 25m

Pos	Bib	Name	Club	Age	Time
Class					
4th	568	Helen Marsden	HH	W50	18:30
6th	613	Hannah Nesbit	HH	W50	19:14

### W70A

2.2km 15m

Pos	Bib	Name	Club	Age	Time
Class					
5th	695	Janet Rosen	HH	W70	19:41



## Meet our Junior Members - Tunde Farago W12

Kate Hawks

### What do you like most about orienteering?

I love running by myself on my own, and not having to think about any other people, or anything else.

### What is your favourite Food?

I love pasta

### What is your Favourite place to orienteer?

I really like the Lake District as it is very mountainous and pretty

### If you could invent something to help junior orienteers what would it be?

I would like there to be a panic button or pager, so that if you got badly lost or hurt you would be able to call for help easily

### What other hobbies do you have?

I enjoy playing the flute and the violin. I also go gymnastics

### What is your biggest achievement?

Today coming in second place in the British Sprints

3 years ago coming 3<sup>rd</sup> in the British Long Distance Champs

### What are your favourite and least favourite subjects at school?

I like P.E, and I hate English!



*Tunde also had a good run at the Sprint Relays; running with two WAOC juniors her team came in 2<sup>nd</sup>.*

## Top 10 British Sprint Relay Champs places

### Veteran (40+)

Pos	Time	Team No	Team Name	Club	Leg 1 L O	Leg 2 L O	Leg 3 L O	Competitors
6th	52:42	218	HH2	HH	17:31 8th 17:31 8th	16:18 4th 33:49 5th	18:53 8th 52:42 6th	David Dixon, Helen Marsden, Simon Errington



British Sprint Relays photos *Thanks to Ed & Rob Lines*





# British Sprint Champs photos *Thanks to Ed & Rob Lines*





## SWELL 2026

SWELL is the South and West Essex Local League, an individual O league which is run by Havering and South Essex (HAVOC) and Chigwell and Epping Forest (CHIG) orienteering clubs, with Essex Stragglers Orienteering Society (SOS) hosting one or two events a season as well. There are eight to ten events held on either a Saturday or Sunday between September and June each season.

The league is open to everyone and, being relatively close to Hertfordshire, with some nice locations included such as Epping Forest, tends to get good attendance from HH members. For 2025-26, that attendance has been so good that HH member David Dixon is the overall SWELL Champion 🏆.

**Congratulations David**, who is seen pictured below receiving his SWELL winner's trophy from Graham Batty of HAVOC after the recent Panshanger Street-O event.



David won the overall trophy as a consequence of winning the overall **BLUE** category with 4 wins out of 7 events, including a 100-point victory in the final event of the season at Weald Park which propelled him into first place in Blue, pipping none other than Ian Byford of HH who had been leading going into the final event. His victory in the Blue meant that he just pipped Antoine Pesenti of DFOK, winner of the **BROWN** course, to the overall SWELL crown.

There were other HH winners. Congratulations to them too.

- Kerria Lines was the winner of the **BLUE** Female category
- Tunde Farago was the overall winner of the **ORANGE** category

Full SWELL results are available at: <https://www.orienteering-havoc.co.uk/swell-2025-26>



# New British Orienteering advice on the use of photos

## CELEBRATING JUNIOR ORIENTEERS SAFELY

PHOTOGRAPHY & FILMING GUIDANCE  
FOR CLUBS AND EVENT PHOTOGRAPHERS

Photos help us celebrate young people, showcase our sport, and inspire others to get involved.

**We encourage photography at events.**

We also have a responsibility to ensure images of children are used safely, appropriately, and in a way that reduces the risk of misuse.

### THE MAIN RISKS WE'RE MANAGING

- ! **Children being identifiable** – Clear facial images combined with names, bib numbers, or published results can make a child easy to identify.
- ! **Images being taken out of context** – Tight close-ups or photos of children on their own can lose the "sporting event" context and be misunderstood or misused.
- ! **Children appearing isolated or vulnerable** – Even though competitors may be alone during a race, images should still look like part of an organised, safe activity.
- ! **Unintended use or sharing of images** – Once published, images can be copied or reused in ways we don't control, so we aim to minimise risk at the point of capture.

### ✓ WHAT WE DO WANT TO SEE

<p><b>ACTION &amp; ACHIEVEMENT</b></p> <ul style="list-style-type: none"> <li>Juniors competing during races</li> <li>Finishing, navigating, and participating</li> <li>Medal presentations and celebrations</li> <li>Club and event activities</li> </ul>	<p><b>IMAGES WITH CONTEXT</b></p> <p>Try to include:</p> <ul style="list-style-type: none"> <li> Terrain and surroundings</li> <li> Controls</li> <li> Finish areas</li> <li> Other event features</li> <li> Maps or equipment</li> </ul>	<p><b>POSITIVE REPRESENTATION</b></p> <ul style="list-style-type: none"> <li>Appropriate and respectful images</li> <li>Images that reflect the enjoyment and challenge of orienteering</li> <li>Children participating confidently in organised activities</li> </ul>
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### ⚠ THINK BEFORE YOU PUBLISH

<p><b>1 CAN THE CHILD BE IDENTIFIED?</b></p> <p>Avoid publishing images where:</p> <ul style="list-style-type: none"> <li>Full names are included</li> <li>Bib numbers are clearly readable</li> <li>Information could easily be matched with publicly available results</li> </ul> <p><b>Best practice:</b> If names or numbers are visible, crop, blur, or choose another image.</p>	<p><b>2 IS THE SPORTING CONTEXT OBVIOUS?</b></p> <p>Ask yourself: <b>"If someone saw this image with no caption, would they immediately recognise it as part of an organised race?"</b></p> <p><b>Good images usually include:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Controls</li> <li><input checked="" type="checkbox"/> Terrain</li> <li><input checked="" type="checkbox"/> Maps or equipment</li> <li><input checked="" type="checkbox"/> Event infrastructure</li> <li><input checked="" type="checkbox"/> Other visual clues showing organised participation</li> </ul>	<p><b>3 COULD THE IMAGE BE TAKEN OUT OF CONTEXT?</b></p> <p>Avoid:</p> <ul style="list-style-type: none"> <li><span style="color: red;">✗</span> Very tight close-ups with no event context</li> <li><span style="color: red;">✗</span> Images that appear private or unrelated to the activity</li> <li><span style="color: red;">✗</span> Images that could be misunderstood if shared elsewhere</li> </ul>
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### ✓ WHAT IS ACCEPTABLE?

 <b>Action shots during races</b>	 <b>Children competing on their own during an event</b>	 <b>Close-up images where participation in the event is clear</b>	 <b>Finish-line and presentation photos</b>	 <b>Club and group activity images</b>
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### ✗ AVOID

 <b>Images showing clearly identifiable names and race numbers</b>	 <b>Photos that remove all sporting context</b>	 <b>Images that appear private, vulnerable, or unrelated to the activity</b>	 <b>Posed images that could be open to misinterpretation</b>
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**RESPECT PARTICIPANTS' WISHES**

Participants must always have the opportunity to object to photography or filming.

- ✓ Respect their wishes immediately
- ✓ Avoid taking or publishing images of them
- ✓ Notify [marketing@britishorienteering.org.uk](mailto:marketing@britishorienteering.org.uk) as soon as possible if you become aware of an objection

**SIMPLE RULE OF THUMB**

**“If someone saw this image with no caption, would they immediately recognise it as part of an organised race?”**

If the answer is **YES**, and the child cannot easily be identified through names or bib numbers, the image is likely appropriate to use.

**Celebrate our juniors.  
Protect our juniors.  
Do both.**

Thanks for helping us keep photography safe, appropriate, and enjoyable for everyone.

Ed: If anyone (young and old!) doesn't want their photo to appear in the Newsletter, please let me know.



## Street-O 2026

David Dixon, Street-O Coordinator



The 2026 Street-O season is in full swing, with 10 events complete. We can start to look at how the various leagues are going.

<p>These are the top overall scorers:</p> <table border="1"> <thead> <tr> <th>Name</th> <th>Points</th> </tr> </thead> <tbody> <tr><td>David Dixon</td><td>784</td></tr> <tr><td>Ben Bardsley</td><td>757</td></tr> <tr><td>Dave Allard</td><td>727</td></tr> <tr><td>Charlotte Coles</td><td>719</td></tr> <tr><td>Matthew Reeve</td><td>708</td></tr> <tr><td>James Errington</td><td>686</td></tr> <tr><td>Hedley Calderbank</td><td>678</td></tr> <tr><td>Ralph Dadswell</td><td>676</td></tr> <tr><td>Kevin Parkes</td><td>668</td></tr> <tr><td>Kerria Lines</td><td>655</td></tr> </tbody> </table>	Name	Points	David Dixon	784	Ben Bardsley	757	Dave Allard	727	Charlotte Coles	719	Matthew Reeve	708	James Errington	686	Hedley Calderbank	678	Ralph Dadswell	676	Kevin Parkes	668	Kerria Lines	655	<p>...and these are the most efficient runners – note how close it is at the top (average is 100%)!</p> <table border="1"> <thead> <tr> <th>Name</th> <th>Efficiency</th> </tr> </thead> <tbody> <tr><td>Ben Bardsley</td><td>113.931</td></tr> <tr><td>Ralph Dadswell</td><td>113.931</td></tr> <tr><td>David Dixon</td><td>113.834</td></tr> <tr><td>Sarah Dixon</td><td>113.328</td></tr> <tr><td>Kerria Lines</td><td>111.725</td></tr> <tr><td>James Errington</td><td>110.828</td></tr> <tr><td>Kevin Parkes</td><td>109.407</td></tr> <tr><td>Nicola Trotman</td><td>108.932</td></tr> <tr><td>Zbig Gebka</td><td>108.388</td></tr> <tr><td>Simon Errington</td><td>106.394</td></tr> </tbody> </table>	Name	Efficiency	Ben Bardsley	113.931	Ralph Dadswell	113.931	David Dixon	113.834	Sarah Dixon	113.328	Kerria Lines	111.725	James Errington	110.828	Kevin Parkes	109.407	Nicola Trotman	108.932	Zbig Gebka	108.388	Simon Errington	106.394
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<p>Finally, this is the elite list of high scores for people who have yet to ever exceed 45 mins – already a dwindling number...</p> <table border="1"> <thead> <tr> <th>Name</th> <th>Net Score</th> </tr> </thead> <tbody> <tr><td>Kerria Lines</td><td>2620</td></tr> <tr><td>Dave Allard</td><td>2540</td></tr> <tr><td>Matthew Reeve</td><td>2300</td></tr> <tr><td>Nicola Trotman</td><td>2100</td></tr> <tr><td>David Hodson</td><td>1980</td></tr> <tr><td>Tim Bywater-Lees</td><td>1860</td></tr> <tr><td>Neil Gostick</td><td>1360</td></tr> <tr><td>Mike Lancaster</td><td>1140</td></tr> <tr><td>Daniel Figg</td><td>1080</td></tr> <tr><td>Anthony Barnes</td><td>1020</td></tr> </tbody> </table>	Name	Net Score	Kerria Lines	2620	Dave Allard	2540	Matthew Reeve	2300	Nicola Trotman	2100	David Hodson	1980	Tim Bywater-Lees	1860	Neil Gostick	1360	Mike Lancaster	1140	Daniel Figg	1080	Anthony Barnes	1020	<p>The next events will be:</p> <p>7 July: Digswell &amp; Haldens  14 July: Hemel Hempstead East  21 July: Stevenage Northwest  28 July: Welham Green</p> <p>For more details of the series, see last month's newsletter or visit:  <a href="https://www.herts-orienteeing.club/fixtures/street-o/">https://www.herts-orienteeing.club/fixtures/street-o/</a></p>																						
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June's events started with Kevin Parkes' eagerly awaited course after its postponement in 2025 due to extreme heat (hold that thought...). He took us around **Baldock** for the first time for Street-O (I think). Surely nobody would go to the isolated furthest control at the top of a steep hill? OK, one person did, meaning that again, all the controls were visited. Some of us enjoyed a refreshing hail shower half way round.

Next up was Daniel Hitch's course around **Panshanger** (or WGC East). This was a well-attended event on a warm evening that tempted runners out to green spaces both to the Northwest and Southeast edges of the map. One experienced orienteer looks to have had quite an off-map excursion.

The following week, Richard Todd took us on an adventure around the streets and open spaces of **Marshalswick and Jersey Farm** – again another hot evening but this one had a shop selling ice-creams near the finish which earned it bonus points. The course gave the choice of visually well-spaced controls to the West or apparently closely-spaced controls to the East – but were they actually that easy to get to? Nope.

Finally, we had Beatrix Li's Rickmansworth course to look forward to but again the weather intervened and the extreme heat meant we judged it probably too hot for a safe run and definitely too hot for an enjoyable run. We \*will\* return next year (we have to – I've printed the maps now).

Many thanks to all these planner/organisers!



## Saturday Series – Highfield

Thanks to David Dixon for the photos





## Future Events

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

[entry systems]

[www.fabian4.co.uk](http://www.fabian4.co.uk)

<https://www.sientries.co.uk/>

<https://racesignup.co.uk/>

Date	Event	Area	Club	Level
Sat 04 July	<b>HH Saturday Series / GLOSS</b>	<b>Croxley Moor</b>	<a href="#">HH</a>	Local
Tue 07 July	<b>HH Street-O – Digswell</b>	<b>Welwyn Garden City</b>	<a href="#">HH</a>	Local
Tue 07 July	London Park Series	Streatham Common	<a href="#">SLOW</a>	Local
Wed 08 July	TVSS 11	Wolvercote	<a href="#">TVOC</a>	Local
Sat 11 July	TVOC Saturday Series	Oxford Brookes Headington Campus	<a href="#">TVOC</a>	Local
Sun 12 July	LOK GLOSS	Scratchwood	<a href="#">LOK</a>	Local
Tue 14 July	<b>HH Street-O</b>	<b>Hemel Hempstead</b>	<a href="#">HH</a>	<b>Local</b>
Tue 14 July	TVSS 12	East Hagbourne	<a href="#">TVOC</a>	Local
Tue 21 July	<b>HH Street-O</b>	<b>Stevenage</b>	<a href="#">HH</a>	<b>Local</b>
Tue 21 July	London Park Series	Tooting Common	<a href="#">SLOW</a>	Local
Thu 23 July	Summer MapRun League	Aspley Heath (Longslade Lane)	<a href="#">SMOC</a>	Local
Sun 26 July	SN Urban	TBA	<a href="#">SN</a>	Regional
Tue 28 July	<b>HH Street-O</b>	<b>Welham Green</b>	<a href="#">HH</a>	<b>Local</b>
Tue 28 July	TVSS 14	Hazlemere	<a href="#">TVOC</a>	Local
Tue 04 August	<b>HH Street-O</b>	<b>Harpenden South</b>	<a href="#">HH</a>	<b>Local</b>
Sat 08 August	CHIG 60th Anniversary Sprint event.	Chigwell School	<a href="#">CHIG</a>	Local
Tue 11 August	TVSS 16	Chinor	<a href="#">TVOC</a>	Local
Tue 11 August	<b>HH Street-O</b>	<b>Stotfold</b>	<a href="#">HH</a>	<b>Local</b>
Sat 15 August	Milton Keynes Urban and Keyne-O 3, MK South West	TBA	<a href="#">SMOC</a>	Regional
Tue 18 August	<b>HH Street-O</b>	<b>Wheathampstead</b>	<a href="#">HH</a>	<b>Local</b>
Sat 22 August	Summer MapRun League final and summer social	TBA	<a href="#">SMOC</a>	Local
Tue 25 August	<b>HH Street-O</b>	<b>Knebworth</b>	<a href="#">HH</a>	<b>Local</b>
Sun 30 August	MV Urban National	N Holmwood & S Dorking	<a href="#">MV</a>	National
Tue 01 September	<b>HH Street-O Finale</b>	<b>Hatfield</b>	<a href="#">HH</a>	<b>Local</b>



Date	Event	Area	Club	Level
Sun September 06	Baddow Ridge SOS Colour Coded & EA League	Baddow Ridge	<u>SOS</u>	Regional
Sat September 12	TVOC Saturday Series	Waddesdon Manor	<u>TVOC</u>	Local
Sun September 13	Peter Palmer Junior Team Relays	Tilgate Forest & Park	<u>SO</u>	National
Sun September 13	CHIG Local and SWELL	Epping SE	<u>CHIG</u>	Local
Sun September 13	Amphill Park	Amphill Park	<u>WAOC</u>	Local
Fri September 18	CoL Friday event (Sprint)	tbc	<u>LOK</u>	Regional
Sat September 19	SLOW City of London Race (UKOL)	tba	<u>SLOW</u>	National
Sun September 20	DFOK Double Sprints (London City Race W/E)(UKOL)	Thamesmead	<u>DFOK</u>	National
Sat September 26	Junior Inter Regional Championships Individual	Writtle Forest	–	National
Sun September 27	Junior Inter Regional Championships Relays	Hatfield Forest	–	National
Sun September 27	Didcot Urban Race		<u>TVOC</u>	Regional

*[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](#)

**Confused by all the orienteering acronyms: SEOUL, UKOL, GLOSS etc? Go to Mole Valley's jargon buster at [www.mvoc.org](http://www.mvoc.org).**