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HAPPY HERTS NEWSLETTER 345

AUGUST 2026

www.herts-orienteeing.club



FORTHCOMING HH EVENTS

Date	Event	More Info
Tue 4 Aug 26 19:00 - 20:00	Street-O Evening Score – Harpenden South	Event Details Location
Tue 11 Aug 26 19:00 - 20:00	Street-O Evening Score – Stotfold	Event Details Location TBC
Tue 18 Aug 26 19:00 - 20:00	Street-O Evening Score – Wheathampstead	Event Details Location
Tue 25 Aug 26 19:00 - 20:00	Street-O Evening Score – Knebworth	Event Details Location TBC
Sat 5 Sep 26 10:00 - 12:45	Oaklands, 5th September 2026: Newcomers and Beginners welcome.	Event Details Location
Thu 15 Sep 26	HH AGM, see p3	
Sun 25 Oct 26 10:00 - 13:00	WGC Urban: Urban event	Event Details Location

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

EDITOR'S SPUR

Alan Rosen newsletter@herts-orienteeing.club



Just asking for a friend, you understand...any idea how to avoid repeatedly making a mistake between the start flag and the first control or two, therefore blowing the chance of a good run in the first few seconds/minutes? Not just once but sometimes three times in three races in a weekend!

The best start layouts are calm, intuitive and help you set off in a good state of mind. There's no problem finding the start flag.

Other starts can be crowded, noisy and confusing meaning that you set off still trying to work out whether you pick up the map at -10 seconds or at 0, whether you picked up the right map for your course, and what the scale is today.

But the main cause of the poor start has to be the runner not focusing / concentrating / getting 'in the zone' etc.

Ideas to remedy this on a postcard please! (For my friend, of course)

Cover photo: Simon and others at Verulamium Thanks to David Dixon



HH AGM - TUESDAY 15 SEPTEMBER

This is giving notice of the club's Annual General Meeting.

Please put the date in your diary because we need a quorum to make the proceedings valid. The meeting does not usually take very long.

Arrangements for the meeting will be published during August.

The Constitution requires 30 days' notice of any proposal to amend the Constitution. A copy can be viewed at:

[HH Constitution.](#)

Any proposal should be sent to me as Secretary.

Nominations with proposer and seconder for the Officers of the Club and Honorary Life Members must be notified in writing to the Secretary prior to the start of the meeting. Email will, of course, suffice.

Hedley Calderbank

secretary@herts-orienteeing.club

CLUB SOCIAL

We will have a club social this September. The plan is to return to a local venue supporting local chefs in training: The Stables restaurant at Oaklands College in St Albans.

The date is still TBC but expect an invite through the group mailing list soon.

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-orienteeing.club. Copy dates are typically a few days before the end of the month; for the **September** edition it is by the end of **Friday 28 August**.



CAPTAIN'S NICHE

Tom Cochrane

CompassSport Cup Final 2026

You have hopefully heard the great news that HH qualified for the Compass Sport Cup Final this **Sunday 18th October at Pippingford Park** near Ashdown Forest in East Sussex.

This is an achievement and an opportunity: we don't often make the final, so let's enjoy this and make it an occasion. I would be delighted to see as many people there as possible - it is not far for us to travel and so we have a chance to over-achieve both in numbers and results

I have set up the event on hh.mapreservation. The Committee has decided that to encourage participation **there will be no cost to HH members**. All you have to do is sign up.

If there is **anything** more the club can do to help you attend, **please let me know**. We will stretch to do what we can, whether it is lift-sharing, helping with transport from a nearby station or pairing up families to make childcare easier.

There will also be a middle distance event the day before on South Ashdown. If enough people plan to stay over and make a weekend of it, we will have a club meal on the Saturday night. Please let me know if you are interested.

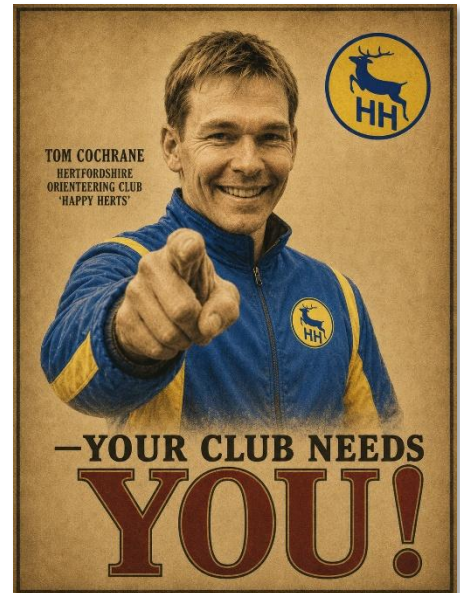
Preliminary details are here: <https://mvoc.org/event/compasssport-final-2026/>

I will keep you all posted as more details arrive, and when it is time to request start times (at the moment I don't know what the start window will be).

See how the Elite run!

Kasper Fosser (Norway) is a multiple World Champion.

Have a look at how he tackled Day 4 of the Swedish O-Ringen and think how you would have done each leg – click the picture. See how he runs through the forest and how he corrects his mistakes!





CHAIR'S CHAT

Ben Bardsley

URBAN ORIENTEERING

With the urban orienteering season in full swing, you will see elsewhere in this newsletter a reproduction of an article from the recent BOF newsletter describing an incident at a recent urban event and the fallout from this.

In this case, the incident did not involve an HH member, but we have had a related incident of inconsiderate and rude behaviour at an HH event.



It never ceases to amaze me how people can get so worked up about gaining a few seconds that they would choose to behave in the manner outlined.

Unless you are elite and in a major championship race, would an orienteering event ever matter so much that you would abandon normal, decent behaviour for the sake of trying to save a few seconds? Perhaps you might gain 1 more ranking point. Maybe you will move 1 place up a results list. But does it mean so much that you would diminish yourself in this way for what is a hobby rather than a profession?

I am reminded of the words which are printed on orienteering maps: "Possession of an orienteering map does not in itself guarantee right of access". All orienteers should always be polite and considerate – otherwise a fragile landscape for gaining area permissions will get even tougher.

BRITISH ORIENTEERING AGM



BOF recently held its AGM and the British Orienteering component of your annual membership fee will be jumping £3 for a senior, from £17 to £20 in 2027. The reason for this jump is to make up for a number of years since Covid where the BOF component of the membership fee has not increased.

The good news is that HH is again proposing not to increase its component of the membership fee (you will get a chance to vote on this at the HH AGM in September), and neither is SEOA. So overall membership fees will go up in 2027, but that is down to the BOF component.

PLANNERS TRAINING

I attended Simon and Hedley's 'Advanced Planner's Training' course last weekend to give me the grounding that I need to take on controlling at future HH Level D events.



I'd like to thank Hedley and Simon for putting on this training (alongside all the other training run by HH volunteers through the year). Giving up their Saturday



to bring a cohort of HHers up to speed for both Planning and Controlling is much appreciated and very beneficial for the club. The training was excellent – comprehensive, extremely well-informed and very well delivered.

As a result of the Planner Training courses conducted this year, HH is in a healthy position with a group of keen planners ready to go for our Saturday Series. This is great for club continuity and building the next generation of Planners and Controllers. After the Planner/Controller training, the next step will be to build further the club's Organiser base, so if you have an interest in getting involved in this, let Neil Gostick know at events@herts-orienteeing.club.

HH CLUB TROPHIES - 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 2025 Winner is: Daniel Hitch

As reported in the last newsletter, Daniel Hitch is the 2025 winner of the Marsden Trophy. He is seen here receiving his trophy at the recent Stevenage NW Street-O event. Further presentations to come in future newsletters... Congratulations Daniel!

...and here are a few photos from the Stevenage Street-O:





WHO'S WHO IN HH

Mike Bennett



What do I do on the Committee?

It used to be easy, I was **Events Coordinator**, then **Chair** through lockdown. Now I do a number of smaller jobs.

As **Volunteer Coordinator** I've always believed that if you help at events you feel more part of the club, enjoy the day as well as the racing.

So I'm always on the lookout for people. We can talk about your skills and what they might be best suited for.

So if you're already volunteering, thank you very much, keep it up! If you aren't yet, let's talk. There are jobs for everybody and a good number of skilled people to help you.

There's also the **club Wiki** <https://sites.google.com/view/hh-know-how> which I maintain. It tells you how HH do things and is well worth a read whether you're doing a job for the first time, think you already know how to do it, or are just curious about how things are done. And if you've got a way of doing things better, talk with me - we might trial it at an event or two to see if it should go in the wiki.



And as Volunteer Coordinator, I try to set a good example. I'll always volunteer to help if available, and try to organise, plan and control once, each year. Your level of commitment may be different, but think about what you want to and can do. Watch out for requests from Neil for organisers and planners, and for requests from organisers for other volunteers.

By the way, I find planning the most fun, controlling the most rewarding - especially if there's a good element of mentoring of a less experienced planner - and organising the most important. But it's not an enormous job organising a Saturday event, with the help of the wiki and the people around you.

As **Entries Coordinator**, I set up SI Entries and answer queries. There aren't many, but it's good to get issues cleared up before the day, especially for newcomers who may need reassurance that they've done the right thing.

Both the Volunteer and Entries jobs need good coordination with the Events Coordinator. Neil and I are normally up to speed with what the other is doing. [Roughly translated - I stick my oar in sometimes]

So what's my orienteering history? I started about 20 years ago when my son Adam was orienteering at school. "You'll enjoy this, Dad". At that point I enjoyed maps and moderate hill walking, but I'd never really run. In fact, I'd done no sport, being sadly deficient in hand-eye coordination. But I had kept fit with folk dancing.

So I ran Orange at Verulamium, came 3rd, something that hasn't happened very often since.

My next event was Light Green at Ashridge, where I came unstuck.



With my Morris hat on. I'm the farther dancer. Nowadays we'd use AI to remove the scaffolding from the Capitol.

1000+ events later, my list of palmares (as the cyclists call it) is short and underwhelming:

- Janet and Alan Rosen dragged me through to a couple of silver medals on British relays. We won't talk about the mispunch when they had bequeathed me a lead of several minutes in a sprint relay.
- I was once club veteran champion, winning the Green course at Weald Park.
- I sneaked a win in the South East Individual League M65 in a season disrupted by Covid.
- 3rd M70 at Southern Champs, again in a small field.



M/W70 Relays medal and prize

And that's about it. My only other win was a very early Street-O where nobody else spotted a particularly lucrative cluster of postboxes. More typically, there was a sequence of 5 major events where my position in class was within 2 places of the median each time. I'm curiously proud of that.

My finest hour in a HH shirt though, is nothing to do with podium places. Apologies to those who have heard this before.

At the first London City Race in 2008, I was in 'have I overshot?' mode in the Barbican when I heard a commotion behind me.

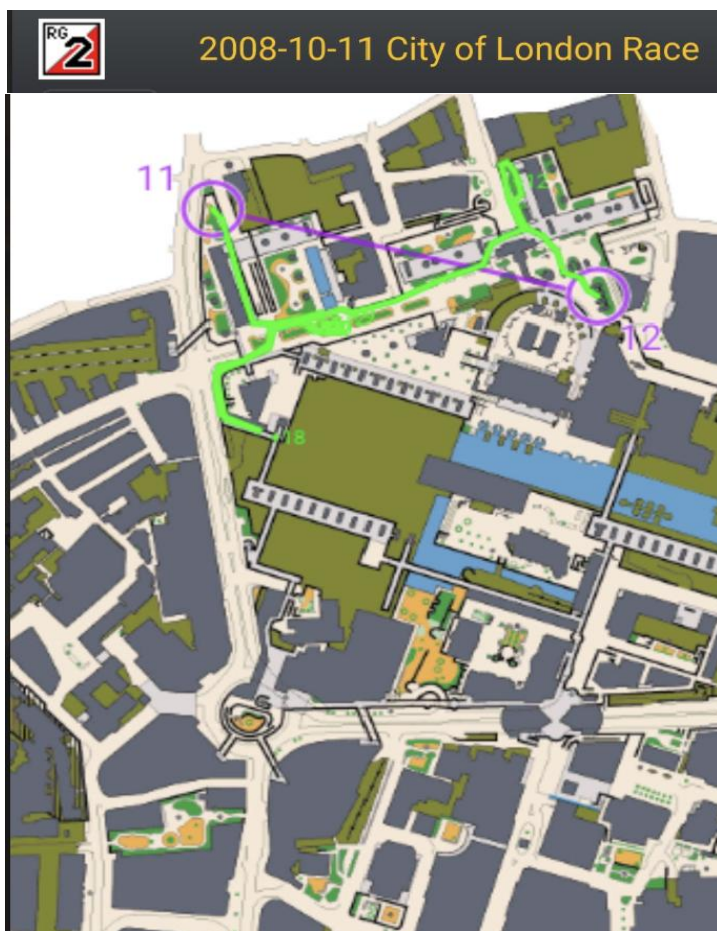
A fellow orienteer had apprehended two youngsters who had stolen a woman's handbag from the bench beside her. He could only hold on to one so I chased the other - in those days I could outrun M12s. The lad went down a passageway and hid in the skirts of a granny figure. 'That nasty man's chasing me'.

He had chosen the wrong person because she was a police officer's widow and wanted to see justice done. The police were soon there and I resumed my race.

I think my results say something about our sport.

It's great if you're up with the best, forever pushing for podium positions, but it's also fun if you're just trying for that mythical clean run at your own pace.

And because the sport is volunteer-intensive, using many specialist skills, even ordinary runners can get satisfaction from helping others enjoy this fascinating and unpredictable sport.





HOLIDAY READING...?

Need something to entertain you this summer?

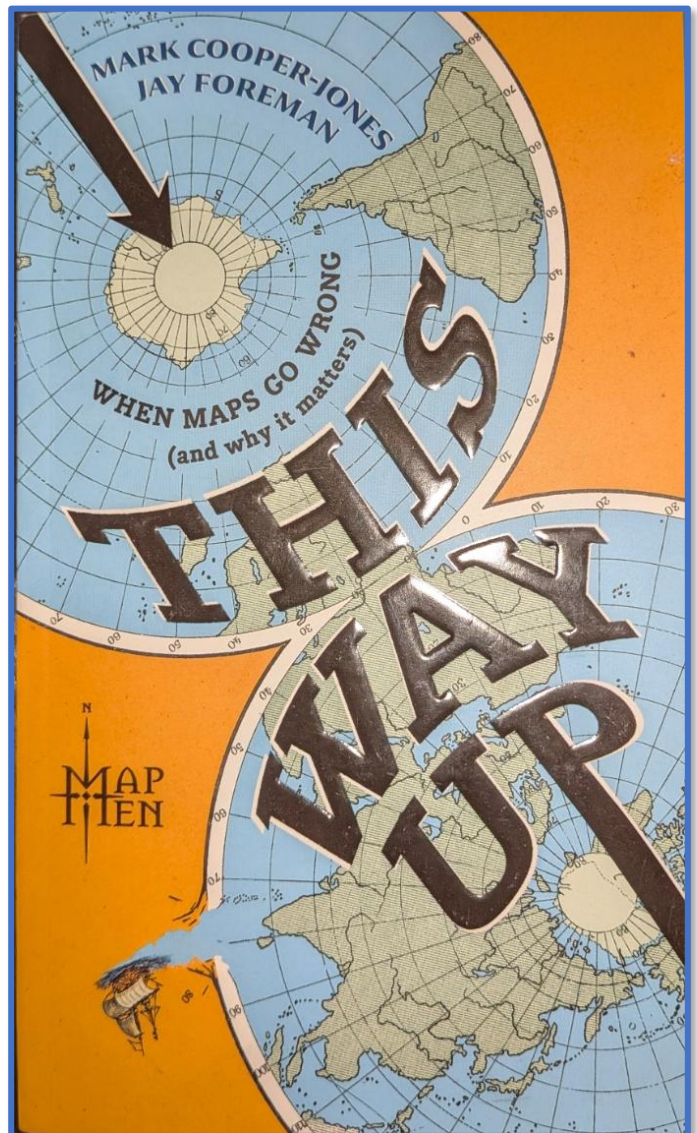
I think the word 'orienteer' only appears once in *This Way Up*, but a book about maps should be of interest to all of us.

A few topics:

- How the Mountains of Kong (which don't exist) helped to shape the map of Africa.
- How do mappers guard against others copying their work? Think about "Map traps, trap streets, cartographer's follies, phantom settlements & copyright easter eggs". *Do orienteering mappers do this?*
- The time when a phantom settlement became, in a small way, real and the tragic consequences of a made-up route to California in the US Gold Rush.
- How did Google Maps deal with directions to places in India which have no street names?
- The Millionth Map project was to map the whole world at a scale of 1:1,000,000 – why didn't it happen?
- The benefits to our brains of using real maps and the *importance* of getting lost (and therefore the dangers of just using Google Maps and other products) – remember when research showed that London taxi drivers had larger hippocampi (the hippocampus is an important bit of your brain!)? They were having to use their spatial awareness intensively in the days before satnavs.

A 2024 study showed that taxi drivers and ambulance drivers who (pre-satnavs) had to *think* how to get from A to B had the lowest risk of Alzheimer's amongst 400 occupations.

It's written in a very amusing style; available from bookshops and on kindle...





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.

Below are the **top 20 overall scorers**.....and these are **the most efficient runners**:

Name	Points
Oliver Bardsley	798
David Dixon	795
Daniel Hitch	787
James Errington	787
Simon Errington	776
Ben Bardsley	761
Jamie Graham	749
Kerria Lines	749
David Hodson	745
Mike Trotman	745
Ralph Dadswell	739
Dave Allard	735
Nicola Trotman	731
Richard Todd	730
Matthew Reeve	729
Charlotte Coles	719
Hedley Calderbank	703
Louise Thompson	693
Tim Bywater-Lees	683
Kevin Parkes	680

Name	Efficiency
Ben Bardsley	122.76
Oliver Bardsley	117.76
David Dixon	116.12
Daniel Hitch	115.40
Ralph Dadswell	114.53
Sarah Dixon	113.33
Simon Errington	113.29
James Errington	112.63
Kerria Lines	112.31
Chris Rampton	111.71

Finally, this is the elite list of high scores for **people who have yet to ever exceed 45 mins** – David H. looks determined to retain his 2025 crown!

Name	Score
David Hodson	3700
Matthew Reeve	3620
Tim Bywater-Lees	3200
Kerria Lines	3100
Dave Allard	2980
Neil Gostick	2260
Ian Hunt	1920
Daniel Figg	1480
Anthony Barnes	1260
Mike Lancaster	1140



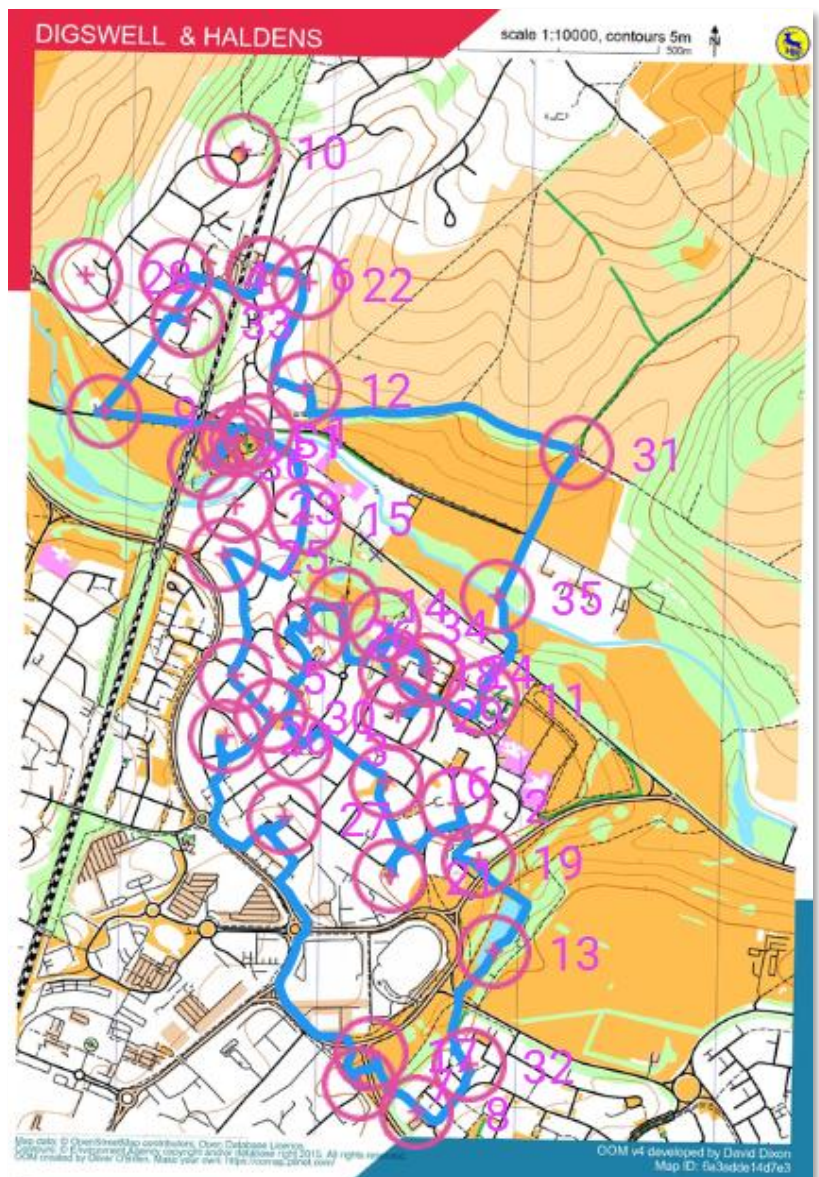
June was rounded off with Dave Allard's **Letchworth** course – lots of controls in all directions and well spread out, meaning choices were important, and of course a fair number of people were tempted to over-run their 45 min allocations.

Hugh Wiltshire then took us around **Digswell and Haldens**, with the option for some countryside legs alongside the usual streets. Again, most of us had to choose between doing the cluster in Digswell (uphill!) or the tempting cluster at the far South end. The winner, Oliver, realised that it was worth doing both and taking the time penalty – good call!

Matt Reeve then took us around the East side of **Hemel Hempstead** where a number of participants found out what the brown lines on the map mean. Again, plenty of route choice available, with the more sensible runners staying up high.

Rachel then challenged us with a fiendish tour of the complex networks of roads and paths in **Stevenage Northwest** where everyone had to keep in close contact with the map to avoid total confusion. This area would make an excellent “proper” urban event.

Finally, Hedley got participants visiting most of the highways and byways of **Welham Green** on another warm evening, rounding off another excellent month of Street-Os.



As ever, many thanks to all these planner/organisers.

We just have a handful of events remaining for this season:

4 August:	Harpenden South
11 August:	Stotfold
18 August:	Wheathampstead
25 August:	Knebworth
1 September:	Hatfield Finale (not part of the league scoring)

For more details of the series, see last month's newsletter or visit: <https://www.herts-orienteeing.club/fixtures/street-o/>



TRAINING NEWS

Alex Soulsby

Club training will take a break in August. We will be back in the Autumn starting 19th September. We will shortly have a provisional list of dates and locations for the next few months. In the meantime, here is a recap on what has been going on in the last couple of months.

Newcomers Training Sessions in July

We trialled two different formats of newcomer session. At Verulamium we offered a short training session for families before they undertook their courses.

In mid-July we offered newcomer training for adults at Highfield Park. The group spent a couple of hours going through the basics and testing out their new skills.

We will probably repeat these formats occasionally in the future alongside our regular club training.

Other training opportunities

We had a number of new would-be planners shown the ropes by Hedley and Simon in June and then a group of more experienced planners were introduced to advanced planning skills and how to control local events. HH has a model of giving the planners of our events the support of a more experienced controller to mentor and give feedback on their courses as well as offering training for planners in the first place. IF you missed either course and would like to know more do speak to me or Hedley.



Good luck to the 18 HH members running in the Lake District (2-7 August) and the five running in the World Masters in Rzeszów, Poland (7-14 August)



JUNIORS NEWS

Jennie Soulsby

Skyswood School, St Albans

We were asked by the head of Skyswood primary in St Albans (5 minutes from Jersey Farm open space) to run an orienteering session for the Year Six pupils as part of their leaving celebrations.

They had a morning learning about camping and outdoor skills, the afternoon orienteering and a BBQ in the evening. We set up a group of short yellow courses and after a short introduction and time to study the maps we set them off in small groups to race around the park.

The pupils seemed to love the event and got the hang of the map quite quickly with someone in each group recognising the right route most of the time. It was a cooler day and the children had bags of energy to run. I'm not sure I can say the same for the parents who volunteered to shadow and maybe weren't quite ready for running full tilt after some energetic eleven-year-olds. The winning team were awarded medals and everyone received certificates for completing the course.

We will keep in touch with Skyswood as they are keen to do a similar event next year.

Training or orienteering sessions for Scouts etc

We have a session we can offer to scouts/schools if anyone works with groups that would be keen. These generally need to be run at a mapped park or small area but we have lots of those around the county. Please get in touch with Jennie.

Information Request: I know lots of club members help out orienteering for clubs, schools, scouts etc. If you want any assistance or equipment please get in touch and also please do let us know when you run any activities like this so we can keep a record of where we have connections with other groups. Thanks.

Peter Palmer Relays

We have currently got a good selection of athletes to run at the Peter Palmer. If you missed the other emails or have had a change of heart please email me at juniors@herts-orienteering.club.

Saturday 12th September (camping) Sunday 13th September (race)

Location: Broadstone Warren and North Ashdown



SATURDAY SERIES / MAJOR FIXTURES 26/27

Neil Gostick

We have set out a varied and interesting plan for our Saturday series through the rest of 2026 and into 2027

Hopefully a good mix of old favourites, some refreshed areas and some new ones

The calendar is below and we believe is a series you can come and enjoy regularly on a Saturday morning, with a good social atmosphere and if you are starting out will enable you to safely build your skills on a regular basis.

We have pretty much got planners in place for all the events, **but do need organisers and controllers**, so please contact Neil either at an event, the Lakes, or Street O, or via email jngostick@gmail.com or WhatsApp 07834 205376

I have also included our major events so you can see the full calendar

05/09/2026	D	Saturday	Oaklands
03/10/2026	D	Saturday	Jersey Farm
25/10/2026	C	Urban - Sunday	Welwyn Garden City
07/11/2026	D	Saturday	Wardown Park
05/12/2026	D	Saturday	Habs School
26/12/2026		Score	Trent Park
02/01/2027	D	Saturday	Haileybury or Sherrards
30/01/2027	D	Saturday	Norton Common
07/02/2027	B	Compass Sport Cup / Ace of Herts	Ashridge North
06/03/2027	D	Saturday	Chipperfield
02/04/2027	D	Saturday	Panshanger - All
01/05/2027	D	Saturday	Cassiobury
05/06/2027	D	Saturday	Nomansland
03/07/2027	D	Saturday GLOSS	Croxley Moor and Woods



MESSAGE SENT TO ALL CLUBS BY BRITISH ORIENTEERING:



Hi all

A few weeks ago, there was an incident at an urban event, which resulted in a local resident becoming genuinely distressed by competitors using an access path behind her property, which she considered private.

She recorded one interaction with a competitor and submitted the footage to the local police. She alleges that, amongst other things, competitors were rude, tried to enter her garden and climbed an uncrossable fence. These allegations arose from the resident's interactions with a number of orienteers throughout the event.

The incident caused real reputational damage to our sport and the potential for the issue to escalate further was, and remains, a concern.

Although no disciplinary action has been taken, there are important lessons for all our clubs, in relation to event organisation, mapping, planning and competitor behaviour.

Please read the information below and circulate it within your club as appropriate.

Follow the [Code of Conduct](#) - especially when interacting with members of the public. Always consider how your actions can affect the reputation of our sport.

Display the "[Know Before You Go](#)" at pre-start and in the start boxes at all urban events. It is important that all competitors understand these symbols before they start.

Mappers & Key Officials - please read the incident [summary](#) which outlines what happened and highlights the key learning points.

In addition to the distress experienced individuals involved and the reputational impact on our sport, this incident has required many hours of investigation and follow-up, time that would have been far better spent developing our sport.

The guidance above has been produced in consultation with experienced mappers and event officials to help reduce the risk of similar incidents in the future.

If you have any questions, please do get in touch with British Orienteering.



Codes of Conduct

British Orienteering believes that everyone has the right to enjoy our sport in an environment that is safe, respectful, inclusive and free from abuse, discrimination or harassment.

Our **Code of Ethics & Behaviour** provides the moral compass for everyone involved in orienteering, guiding how we act, interact, and uphold the integrity of our sport. It underpins the **Code of Conduct**, which translate these values into clear expectations for behaviour.

Our Codes of Conduct and Ethics & Behaviour are a vital part of safeguarding, as they set clear expectations for behaviour that protect children, young people and adults at risk, and help create a safe, respectful and inclusive environment for everyone involved in our sport.

The key principles in the **Code of Ethics and Behaviour** are;

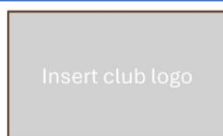
- **Integrity & Fairness** – Act honestly, uphold the rules, and play in the spirit of the sport.
- **Respect & Dignity** – Treat all participants, officials, volunteers, and spectators with respect.
- **Safety & Wellbeing** – Protect yourself and others, creating a safe and welcoming environment.
- **Inclusivity & Equality** – Promote equal opportunity and prevent discrimination of any kind.
- **Responsibility & Accountability** – Take personal responsibility for behaviour and decisions; follow procedures and guidelines.
- **Sportsmanship & Community** – Encourage teamwork, respect opponents, and foster a positive sporting culture.

“By following these principles, we protect the integrity of orienteering and create a safe, inclusive, and enjoyable experience for everyone involved.”



Who the code applies to

This Code of Ethics & Behaviour and the Code of Conduct apply to **everyone involved in orienteering** - athletes, coaches, officials, volunteers, parents, spectators, and affiliated clubs and associations.



Know before you go!

Check your understanding BEFORE you start!

If the map shows these, DON'T CROSS OR ENTER, route around it



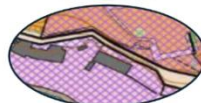
Olive Green = Area that shall not be entered - Do not enter



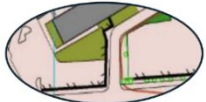
Dark Green = Uncrossable Vegetation
Do not cross through it even if visible gaps



Thick Black Line = Uncrossable wall
Do not cross even if it looks crossable



Purple Hatch = Out of Bounds
Do not enter or cross



Thick Black Line with Double Tags
= Uncrossable fence
Do not cross even if you can



Solid Purple = Temporary construction or closed area - Do not enter or cross



Dark Blue with Black Outline
= Uncrossable water
Do not cross even if shallow



Dark Grey = Building
Do not enter

Play Fair – Keep Yourself Safe – Respect Others – Protect our Sport





Streetspace Challenges

Explore London with TfL's Streetspace-inspired challenges

British Orienteering has partnered with Transport for London (TfL) to create a season of active travel-inspired urban orienteering challenges, giving Londoners the chance to explore the city in a whole new way. Five walking challenges are available across London, including Camden, Battersea and Dalston.

TfL's world-leading Streetspace for London plan is delivering widened pavements and new temporary cycle lanes across the capital - making it easier to walk and social distance.

Simply download the challenge sheets, explore and have fun!



Safety and Risk

Please note that the below challenges have been designed in accordance with the risk assessment procedures of British Orienteering. However, individuals or groups are responsible for making their own assessments and by downloading the below, participants agree to take part at their own risk and are responsible for their own safety.

Map & Challenge Sheet

Click on the images to go to the website

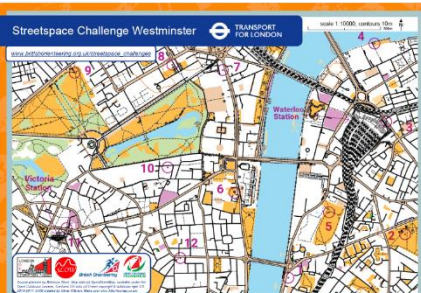
 [Battersea](#)

 [Stoke Newington & Dalston](#)

 [Westminster](#)

 [Clapham & Brixton](#)

 [Camden](#)



From Dalston to Clapham and Camden, these orienteering challenges will take you on a journey of discovery across the city utilising recently widened pathways and newly completed Streetspace schemes.

The course and activity are specially designed with the support of London clubs, [South London Orienteers \(SLOW\)](#) and [London Orienteering Klubb \(LOK\)](#) so if you have enjoyed these challenges do check them out!



British Orienteering launches Youth Voices Programme

22 July 2026

Share

Tweet

British Orienteering is today proud to launch its new initiative, the Youth Voices Programme, because Youth Direction Matters. Could you help us shape the future of our sport?

We are looking for a diverse group of young people aged **14–25** with different experiences, backgrounds and perspectives to reflect our sport.

Selection will be based on enthusiasm, ideas, commitment and ensuring a broad range of voices are represented. No previous leadership experience is required.

You do not need to be a top performer or have previous leadership experience to apply!

To apply, please complete this form by **Sunday 6 September, 2026**.

Become a member on our Youth Panel



British Orienteering Youth Panel Application Form

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You do not need to be a top performer or have previous leadership experience to apply!

To apply, please complete this form by **Sunday 6 September, 2026**.

If you'd prefer to answer questions 3, 4 &/or 5 by video, please indicate this in the boxes below and email your video to jdowning@britishorienteering.org.uk - please do still submit an application form!

Likewise, if you'd prefer a paper copy, please email jdowning@britishorienteering.org.uk, if you'd prefer a paper copy.

If you are u18, please ensure your parent/carer is aware you are applying. Additional information for parents/carers can be found on the British Orienteering webpage.

We hope to host our first meeting in September/October 2026.

Note: upper cut off age for new members is 23 to allow for a full two years term as part of the group

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

[Application link](#)



NEXT DOOR NEIGHBOUR CELEBRATES BIRTHDAY!



CHIGWELL & EPPING FOREST ORIENTEERING CLUB

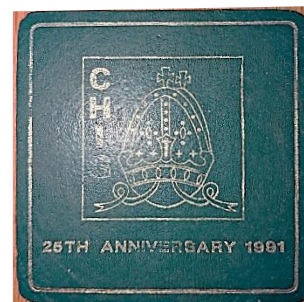


60th Anniversary - Sprint Event

Saturday 8th August 2026

Chigwell School, High Road, Chigwell, IG7 6QF

- Venue:** Event Centre – school site adjacent to School Reception building. TQ442948
- Facilities:** Toilets and changing facilities on site. Please bring your own picnic lunch as there are no catering facilities available
- Start and finish:** Close proximity to Event Centre.
- Maps:** Chigwell School, updated 2025/2026 1:4,000 ISSOM
Playing fields, parkland and school buildings
- Courses:**
- | | | | |
|---|------------------|--------|---------------|
| 1 | M14 – M55 | long | 2.5km approx. |
| 2 | W14 – W55 | medium | 2.0km approx. |
| 3 | M60+, W60+ | | |
| | M10/M12, W10/W12 | short | 1.6km approx. |



The event will consist of one sprint followed by a break, after which competitors will run a second sprint in a starting order based upon their time in the first sprint.
Competitors may enter a course other than their age group and they may also choose only to compete in the first sprint.

- Times:**
- | | |
|-------------------|--------------------------|
| Starts – Round 1: | 10:30 am - 11:30 |
| Starts – Round 2: | approx. 1:00pm – 2:00 pm |
- Electronic punch:** EPS-SI on all courses. Dibber hire £1.00/ j
SIAC dibber - £2.50

Entries: via: www.Slentries.co.uk, by 23:59 on 7th August.

Late entries subject to availability of maps.
Please note that this event is limited to 120 entries.
Final Details and results on www.chig.org.uk

Entry Fees: BOF Seniors £8 Non BOF Seniors £10; Juniors £4

Officials:

Organiser:	Ray Curtis – Email: ray.rosemount@chig.org.uk
Planner:	Tony Maycraft
Controller:	Tim Pribul

N.B. Competitors take part at their own risk and are responsible for their own safety.

Affiliated to the British Orienteering Federation





BEAT THE HEAT

Tom Cochrane

Summer orienteering brings some of the best events of the year. But whether in the UK or overseas, very high temperatures seem increasingly to be a challenge we will need to contend with. Understanding how your body handles heat is increasingly essential for both your safety and your performance. *[Also bear in mind any pre-existing medical and physical conditions]*

Respect your limits

As you will see in this article, I think there are things you can do to manage the heat better. But start with a fundamental rule: never push past your physiological limits in hot weather.

Unlike muscle fatigue or heavy breathing, heat illness is not something you can simply "tough out" through willpower. As core body temperature creeps up, cognitive performance drops. In orienteering, this usually shows up first as poor map reading, missed controls, or bad route-choice decisions. Left unchecked, heat exhaustion can quickly escalate into heatstroke - a serious medical emergency.

Please don't flirt with that under any circumstances!

But about those limits... are they fixed? No!

You can extend those limits

While respecting current limits is essential, your body possesses a remarkable ability to adapt. With deliberate heat adaptation, you can lower your resting body temperature, expand your blood plasma volume (giving your heart a larger reservoir to pump), start sweating earlier, and keep your cool when the thermometer spikes.

I highly recommend ***The Science of Sport Podcast*** (hosted by sports scientist Dr. Ross Tucker and sports journalist Mike Finch). In several editions that touch on heat adaptation, they point out that heat is the ultimate equaliser in endurance sports - but heat acclimation is one of the most effective physiological interventions available to athletes.

Here is how they suggest you can train your body to expand its limits using both active and passive heat strategies.

1. ACTIVE ADAPTATION: ACCLIMATISATION RUNS

The classic approach to heat preparation is **active heat exposure**: deliberately running or exercising in warmer conditions.

- **Keep the intensity low:** Do not try to run interval sessions or hard tempo efforts in peak heat right away. Heat itself provides the training stimulus. Keep your effort at a steady, conversational pace.
- **Duration:** Aim for **30 to 90 minutes** of low-intensity running.
- **Frequency:** It takes roughly **7 to 14 days** of consistent heat exposure to achieve full physiological adaptation. Even 5-7 days will trigger significant positive shifts in heart rate and sweat rate.
- **Dress for heat adaptation:** Consider over-dressing slightly

If you have a cycling turbo trainer, doing a session in a warm room, over-dressed and with no fan can replicate this even on a relatively cool day.



2. PASSIVE ADAPTATION: POST-RUN HOT BATHS AND SAUNAS

What if you don't have 14 days of hot weather, or you work indoors during the hottest hours of the day? This is where passive heat adaptation comes in.

Research discussed on ***The Science of Sport Podcast*** shows that you can trigger similar cardiovascular and thermoregulatory adaptations **without running in the heat at all**, by using post-exercise heat exposure.

The "Train Cool, Bathe Hot" method

Pioneered by sports physiologists (such as Prof. Neil Walsh and his team at Bangor University), this technique is accessible to anyone with a bathtub:

1. **Complete a standard workout in normal or cool conditions** to raise your core body temperature.
2. **Immediately step into a hot bath** (up to 40°C) for **10 minutes**, soaking up to the collarbones. (Stay safe: you should feel hot but not 'as hot as you can stand'. If in doubt, get out and sit down for a few minutes.)
3. **Repeat for 6 consecutive days**, increasing the duration if you feel able.

Studies demonstrate that this 6-day passive protocol expands plasma volume, lowers exercising core temperature, and improves endurance performance in hot weather by ~5%, matching the gains of active heat training!

Post-exercise sauna

Sitting in a sauna (around 70-80°C) for **two sessions of 10-15 minutes immediately after a run** provides a similar benefit. Ideally you would do it *right after exercise* when your core body temperature is already elevated.

WHAT DOES IT MEAN FOR US?

There are three bits of really good news in this.

First - heat adaptation can happen quickly. Nothing will make running in 35 degrees comfortable - or safe. But by embracing heat in the first few warm days of the year and treating heat tolerance as something trainable, it's possible to make a noticeable difference.

Second - the body doesn't know why it is getting warm; it learns to deal with it whether prompted by active or passive methods. You can lounge in the bath or enjoy a sauna *and call it training*. Result.

And third - the body doesn't 'switch off' all of these adaptations when the weather gets cooler. There is a real fitness benefit to this, which you will enjoy whatever the weather.



IOF LAUNCH BEAT THE HEAT ONLINE (FREE) COURSE

✦ AI Overview



The International Orienteering Federation (IOF) has launched a **"Beat the Heat"** free online e-learning course to help athletes improve performance, enhance safety, and make informed choices when training or competing in hot weather. [International Orienteeri... +2](#)

Course Overview & Details

- **Target Audience:** Primarily built for athletes, but open to coaches, technicians, and anyone interested in hot-weather safety.
- **Developer:** Created by the IOF Heat Policy Working Group.
- **Cost:** Completely free of charge.



[IOF HOMEPAGE ↗](#)

[Courses](#)

[Login/Register](#)

[Help](#)



Select course



Beat the Heat

[ENROLL NOW](#)

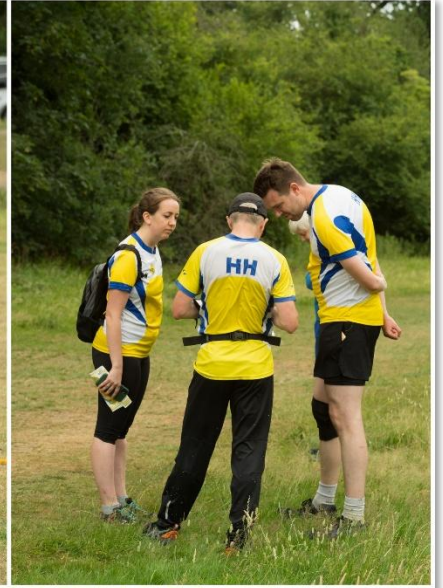
[HTTPS://EDUCATION.ORIENTEERING.SPORT/](https://education.orienteering.sport/)



SATURDAY SERIES – VERULAMIUM

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

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

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

Date	Event	Area	Club	Level
Tue 04 August	HH Street-O	Harpenden South	<u>HH</u>	Local
Sat 08 August	CHIG 60th Anniversary Sprint event.	Chigwell School	<u>CHIG</u>	Local
Tue 11 August	TVSS 16	Chinor	<u>TVOC</u>	Local
Tue 11 August	HH Street-O	Stotfold	<u>HH</u>	Local
Sat 15 August	Milton Keynes Urban and Keyne-O 3, MK South West	TBA	<u>SMOC</u>	Regional
Tue 18 August	HH Street-O	Wheathampstead	<u>HH</u>	Local
Sat 22 August	Summer MapRun League final and summer social	TBA	<u>SMOC</u>	Local
Tue 25 August	HH Street-O	Knebworth	<u>HH</u>	Local
Sun 30 August	MV Urban National	N Holmwood & S Dorking	<u>MV</u>	National
Tue 01 September	HH Street-O Finale	Hatfield	<u>HH</u>	Local
Sun 06 September	Baddow Ridge SOS Colour Coded & EA League – N.B. New date!	TBA	<u>SOS</u>	Regional
Sat 12 September	TVOC Saturday Series	Waddesdon Manor	<u>TVOC</u>	Local
Sun 13 September	Peter Palmer Junior Team Relays	Tilgate Forest & Park	<u>SO</u>	National
Sun 13 September	CHIG Local and SWELL	Epping SE	<u>CHIG</u>	Local
Sun 13 September	Amphill Park	Amphill Park	<u>WAOC</u>	Local
Fri 18 September	City of London Friday event (Sprint)	Middlesex University Hendon	<u>LOK</u>	Regional
Sat 19 September	SLOW City of London Race (UKOL)	Bermondsey	<u>SLOW</u>	National
Sun 20 September	DFOK Double Sprints (London City Race W/E)(UKOL)	Thamesmead	<u>DFOK</u>	National



Date	Event	Area	Club	Level
Sat 26 September	Junior Inter Regional Championships Individual	Writtle Forest	–	National
Sun 27 September	Junior Inter Regional Championships Relays	Hatfield Forest	–	National
Sun 27 September	Didcot Urban Race	Didcot Ladygrove	<u>TVOC</u>	Regional
Sun 04 October	HAVOC Regional EAL & SWELL	Thorndon Park North	<u>HAVOC</u>	Regional
Sun 04 October	SN Urban	Aldershot Town	<u>SN</u>	Regional
Sat 10 October	British Schools Score Championships	Shingley Country Park	<u>DVO</u>	National
Sat 10 October	TVOC Saturday Series	Wittenham Clumps	<u>TVOC</u>	Local
Sun 11 October	LOK SEOA Middle Champs	Hampstead	<u>LOK</u>	Regional
Sat 17 October	DFOK Regional Middle Distance (pm)	South Ashdown	<u>DFOK</u>	Regional
Sun 18 October	CompassSport Cup Final	Pippingford Park	<u>MV</u>	Major
Sun 18 October	SMOC Keyne-O 4, Linford Wood		<u>SMOC</u>	Local
Sat 24 October	Caddihoe Day 1 (UKOL)	Hound Tor & Haytor, Dartmoor	<u>DEVON</u>	National
Sun 25 October	HH Urban 2026	Welwyn Garden City	<u>HH</u>	Regional

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

[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](#)