

HH AGM 15 SEPTEMBER
CHAIR'S CHAT
JUNIORS
SATURDAY LEAGUE & YOUTH LEAGUE

THE WORLD MASTERS
ORIENTEERING CHAMPS
COMPASS SPORT CUP FINAL
CITYRACE EUROTOUR & OTHER
FOREIGN EVENTS

UKOL, UKOL AND SEOUL LATEST
POSITIONS
LAKES 5-DAYS REPORTS
STREET-O 2026 RESULTS
FIXTURES





FORTHCOMING HH EVENTS

Date	Event	More Info
Tue 1 Sep 26 19:00 - 20:00	Street-O Evening Score Finale – Hatfield	Event Details Location
Sat 5 Sep 26 10:00 - 12:45	Saturday Series Oaklands, 5th September 2026: Newcomers and Beginners welcome.	Event Details Location
08-Sep-26	Club Sprint, Highfield? NO DETAILS YET	
Tue 15 Sep 26 20:00 - 21:00	HH Annual General Meeting: Microsoft Teams	Event Details
Sat 3 Oct 26 10:30 - 13:15	Saturday Series Jersey Farm: Newcomers and Beginners welcome.	Event Details Location
Sun 25 Oct 26 10:00 - 13:00	WGC Urban: Urban event	Event Details
Sat 5 Dec-26	Saturday Series Haberdashers' School Newcomers and Beginners welcome.	

HH AGM - TUESDAY 15 SEPTEMBER, 8PM

(ONLINE USING MICROSOFT TEAMS)

Formal notice of the meeting was published in the August Newsletter and also sent to everybody on the Groups.io mailing list.

All five principal Officers of the club are willing to serve for a further year, though most reach their maximum terms of office in September next year, but any club member is still entitled to put themselves forward for these positions in 2026-27.

Nominations with proposer and seconder must be notified in writing (including email) to me as Secretary prior to the start of the meeting. We are also looking for members who are willing to get more involved in the running of the club. If you are interested, please talk to Ben Bardsley, me or any other committee member to discuss opportunities or your ideas.

An agenda (with a link to join the meeting) and supporting papers will be circulated before the meeting to everybody on the Groups.io mailing list. It will also be published on the HH website.

Please make every effort to join the meeting because we need a quorum of 20 to make the proceedings valid. The meeting does not usually take very long.

Hedley Calderbank

secretary@herts-orienteing.club



EDITOR'S SPUR

Alan Rosen newsletter@herts-orienteeing.club

If this was printed on paper, you would all (rightly) be complaining about cutting down the forests we love to run in, but as it's 'electronic' (not sure why that's an appropriate adjective) there's no problem when so many people send in articles (thanks, as always, to all contributors). This is probably a longer newsletter than any of the previous 345!

In the last twelve months, we have put on around 33 [enjoyable, well-run] events, ranging from small to big, day to evening to night, local to national, urban to forest, wet to dry, sprint to long and, at the risk of using a cliché, those events don't run themselves.

The equipment doesn't organise and dry itself, the map doesn't draw itself, the courses don't plan themselves, land access doesn't sort itself out, each event is different so the officials can't normally just do what they did last time. The SI kit, the website, membership, training, fixtures, junior competitions, club kit, entry & results systems and the finances etc, etc don't magically work without willing humans.

And as a club we are very fortunate to have a committee that works so hard behind the scenes to co-ordinate everything.

Beyond the club (second cliché alert) we punch well above our weight – the indispensable OOM and Routegadget systems weren't developed by AI, the South East Region relies on HH to take on key roles, our HH controllers are invariably busy controlling other clubs' and regions' events as well as our own, and so on.

So a big thank you to everyone who has contributed in any way to keeping the ship afloat and steaming in the right direction (cliché *and* metaphor?). The pay's not good, the hours are unsocial, good waterproofs and footwear are advised, but volunteering is a Good Thing and really rewarding. Mahatma Gandhi was probably thinking of orienteering when he suggested that, "serving others is the best way to find yourself".

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 **October** edition it is by the end of **Sunday 27 September**.

Cover photo: Janet at the World Masters Orienteering Champs in Poland Thanks to [Moonline Media](#)

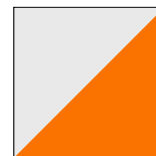


CHAIR'S CHAT

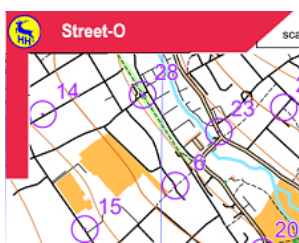
Ben Bardsley

NEW SEASON

It's September, which means the beginning of the end of the urban season (although this seems to be year-round nowadays) and the beginning of the new autumn-winter season. This means the start of a new Saturday Series, which will see a welcome return to Oaklands this month for the first time since 2019, and the first Saturday Series event there for 9 years. Neil has been working hard on the Saturday Series this year and, coupled with a summer of Planner/Controller training, there are some excellent events to look forward to. The winners of last season's Saturday Series are announced elsewhere in this newsletter. Congratulations to all winners.



STREET-O



Today [1 September] represents the end of this year's Street-O series, another successful series. Thank you to David Dixon for running the series again, bringing in a new cohort of Organiser/Planners. The season finishes with a MonopOly challenge on the streets of Hatfield South set by Oliver. This should be an interesting one, so if you read this in time and haven't signed up, give it a go for a bit of fun collecting the Monopoly sets, the stations and more, even with the Chance of a negative score for visiting some controls...

AGM

It's the time of year when we hold our AGM, on the 15th September this year at 8:00 pm. Please attend if you can, to hear a summary of the year's events and the club finances, as well as helping us elect/re-elect committee members. We need a quorum to attend and it should not take too long so please try to attend if you can. Thank you.



INCENTIVE AWARDS

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

Member	Certificates	Awarded
Alex Panton	Racing Challenge: Silver Award ★★★	31/05/2026
	Racing Challenge: Bronze Award ★★★	31/05/2026
	Navigation Challenge ★★★	31/05/2026
Alice Raftery	Navigation Challenge ★★★	07/07/2026
Anna Lyle	Racing Challenge: Gold Award ★★	07/07/2026
Daniel Elder	Racing Challenge: Silver Award ★★★	07/07/2026
	Racing Challenge: Bronze Award ★★★	07/07/2026



JUNIORS

Jennie Soulsby juniors@herts-orienteeing.club

PETER PALMER JUNIOR TEAM RELAY

Last shout if anyone has changed their minds and would like to take part in the Peter Palmer.

This will take place over the weekend of the **12th and 13th September**. Broadstone Warren, Forest Row, East Sussex.

Arrive approx. 4pm 12th and leave approx. 10.00am on the 13th . For more details, please see the link below.

<https://www.southdowns-orienteeers.org.uk/documents/event-resources/Peter-Palmer-2026-Provisional-Details-002.pdf>

It should prove to be a fun event with food provided on Saturday night and some team sports games to allow all juniors opportunities to mix.

I would also like to encourage any juniors who would like to support the club to take part in the **COMPASS SPORT CUP FINAL. 18th October** Pippingford Park. Anyone happy to run Orange and upwards can compete. Please speak to Tom the club captain or email me if you need more information. See also page 14.

<https://mvoc.org/event/compasssport-final-2026/>

ORIENTEERING SKILLS COURSE AND PLANNERS COURSE

The Army Orienteering Association runs these 4-day courses on a regular basis at Longmoor Camp, aimed primarily at military personnel, but now available to civilians. We also run an Intermediate and Advanced Skills course once a year as well.

All courses are now open to non-military personnel (based on civilians travelling to Longmoor daily) as we need numbers on the course to make them viable. (Although if Food and Accommodation is required at Longmoor this can now be provided for a small fee.)

The next pair of courses (Skills and Planners) are 21-24 Sept 26. If anyone is interested in attending please drop me a line or contact me at any MLS event.

We will also be running courses 16-19 Nov and 8-11 Mar 27. Details of the courses will also be posted on the BAOC website, which is now back up, but has yet to be fully updated.

Maj(Retd) Allan Farrington
Army Orienteering Courses Provider
allan.farrington158@gmail.com
www.baoc.info



SATURDAY LEAGUE 2025-6

Kevin Parkes, Ben Bardsley & Jacob Sharpe

Although somewhat unsung, there is a Saturday League running as part of the club's Saturday Series events which helps bind them into a single competition. The league runs from September to the July event of the following year, usually 10 events, so we are now at the transition point with a new league starting at Oaklands on 5th September. The detailed rules are mildly complex although described in full on the Saturday Series page on the club website (<https://www.herts-orienteeing.club/fixtures/hh-saturday-series/>); the key points are:

- Regularity counts – it's the sum of your best 7 scores for adults, best 5 scores for juniors.
- There are some mild age constraints on course choice: adults can only score on Light Green or Short Blue and cannot gain points by sprinting round a junior course. Analogously older juniors can't score on the shortest courses.
- Other than the age constraints you can choose the course you want and are ranked on the course you run most often during the year, with special rules to give you a score if you tried running up / down at a few events or progress to a more challenging course during the season.
- Senior results include juniors.

So without more ado **the winners for the 2025 – 2026 season** are:

White Girls	Emma Raftery	White Boys	Samuel Collinson
Yellow Girls	Alice Raftery	Yellow Boys	Adair Seddon
Orange Girls	Tallis Oliver	Orange Boys	Alex Panton
Light Green Girls	Anna Lucia Gonzalez Blankenship	Light Green Boys	Kieran Dedman
Short Blue Girls	Cobie Wong	Short Blue Boys	Darrio Tam
Light Green Open Women	Anna Lucia Gonzalez Blankenship	Light Green Open Men	Ian Byford
Short Blue Open Women	Kerria Lines	Short Blue Open Men	Dan Hodson

Congratulations to all category and Youth winners. A certificate will be available for you all and these will be available at the next Saturday Series event in Oaklands for you to collect.

The full results are available [here](#) if you're curious where you were in the final rankings.

LONDON CITY RACE WEEKEND: 18-20 SEPTEMBER

Brief reminder to enter some or all of the 3 races taking place – they should be good *and* accessible by public transport!

Friday 18 th	Sprint, Middlesex University, Hendon	LOK
Saturday 19 th	17th London City Race, Bermondsey (UKOL & SEOUL)*	SLOW
Sunday 20 th	Thamesmead Double Sprints (UKOL)*	DFOK

* see p22



YOUTH LEAGUE 2025-6

This is also run using the Saturday series league but importantly involves medals. Attending 3 events get you a competitor medal and the finishing in the top 3 (having attended 3 events) gets you a place medals. These will be available to collect at the Oaklands College Saturday Series event and will travel round to a few events after that. Here are the place medal winners for the 2025 2026 season.

There are still some competitor medals to be collected. See the event page for a link to the list of who is due a medal.

2025-26 Saturday Series and Youth League Winners

Gold	Silver	Bronze
Emma Raftery Alice Raftery Tallis Oliver Anna Lucia Gonzalez Blankenship Cobie Wong Samuel Collinson Alex Panton Kieran Dedman Darrio Mukyiu Tam	Milly Brown Lily Cochrane Tunde Farago Charlotte Naunton Rory Etheridge Kieran Brown Reuben Kriteaman Csongor Farago	Evie Mytton Jolie Wong Molico Wong Isabelle Raftery James Collinson George Panton Sebby Elder Rory Nesbit

SLOVAKIAN INCOME TAX

Would this be a popular change to our tax system? Maybe suggest it to our government?

On the website of the O-Club in Kosice, Slovakia.

Menu

Klub orientačného behu
Akademik TU Košice

Instructions on how to contribute
two percent of your income tax to the OB Club.

Every taxpayer, natural or legal person in the Slovak Republic, has the right to provide 2 or 3% of their paid income tax for the tax period to a legal entity that may be the recipient of these 2 or 3% in a given period.

Donate your 2 or 3% of your tax for 2025 to the ATU Košice orienteering club! A club in which we pay great attention to youth education and sports.

Instructions on how to contribute 2 or 3% of income tax to the OB ATU Košice club

Declaration on the remittance of the tax share

Confirmation of payment of income tax from dependent activity

Warm thanks to everyone who supports youth sports.

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WORLD MASTERS ORIENTEERING CHAMPIONSHIPS 2026

Simon Errington

Regular readers will know how these things go. A few thousand old people (2,500 M/W35 up to 95+) descend on an unsuspecting part of the world (Rzeszów in the south east corner of Poland in this case) and proceed to run around for a week. When not running they overwhelm the local tourist attractions, cafes and restaurants. Sprint Qualifier, Sprint Final, Forest Qualifier, Middle Final, Long Final plus three model events if you are keen. Finals for the larger classes are run in blocks of 80 runners, so we had A, B and C finals for M60, and the M65s had a D final as the largest class. A good week for me would be three A Finals. A very good week would be three top twenty positions. Last year I managed one top twenty. Am I a year older, wiser and faster?

A select HH group consisting of me plus Janet and Alan Rosen entered, plus Alison and David Saunders running for their second club, LOK. And to complete the Hertfordshire connections, the IOF Event Advisors were Julie and Ronan Cleary, also of LOK but who live in Welham Green. With their inside knowledge I had booked a hotel in the centre of Rzeszów over a year ago and this turned out to be an excellent location right on the edge of the large main square in a city that almost no-one has heard of. It doesn't help that the Rz at the front is pronounced as a sort of soft J. The city has a population of around 200,000 and feels extremely busy in the evenings as crowds gather in the square and main roads to eat at the numerous outdoor restaurants. Everywhere we went looked clean and well-maintained and there has obviously been a lot of money spent on the area: very different to many other parts of Eastern Europe that I have visited.

Friday: Getting there required being on the first flight of the morning out of Luton to Krakow (who knew St Albans station was so crowded at 4am with people going to Luton and Gatwick), followed by a two-hour bus journey. I picked up my race number at the Event Centre and jogged round the sprint model in the local park. Pleasant enough but nothing special. At the hotel I discovered I was in the room next to Alison and David which made co-ordinating travel and visits to the numerous local cafes and restaurants a lot easier than it could have been. The whole week was notable for the many trips out for coffee, cake, ice cream and a wide variety of meals, all within easy walking distance of the hotel.

Saturday: Sprint Qualifier. I had a latish start which was handy since it meant I could just fit in the Rzeszów parkrun beforehand. A ten-minute walk to the start, a very flat out and back course along a cycle path on the river, mostly spent talking about MTBO with an Australian orienteer, and there was still time for a shower at the hotel before a 30-minute train journey east to the small town of Przeworsk.

The qualifier course took in a small part of the old town, a large park with flower beds and mature trees and finally entered a sports stadium on the edge of town. A steady run with no real mistakes (and no great scope for them either) and the A final place was safe.

Sunday: Sprint Final. A lot of the hotels in Rzeszów turned out to be on the Sprint Final map. You were allowed to walk around the town beforehand, but on the day of the race everybody had to be out of the embargoed area by 8.30am. We left the hotel at 8.15 to walk to the event arena and were met by hordes of people recreating a zombie apocalypse as what appeared to be the whole population of the town streamed south. The walk to the start then took us



back to the park just north of the hotel. 40 seconds into my race I punched my third control and was in second place overall after splits of 26 seconds, 6 seconds (fastest split by anybody!) and 8 seconds. And all three control locations would have been visible from my hotel bedroom window in winter when the leaves were off the trees.

A slightly longer leg got me to another three close controls and I punched control 6 at 2.06, having now dropped to seventh overall. The rest of the race was more traditional sprint orienteering with some interesting route choices around the town centre enhanced by a number of artificial barriers. A short detour into a dead-end courtyard was my only real error, and after a lot of hard running I was very happy to end up in 12th place overall, but less happy to end up as only fourth Brit. M60 was won by John Duckworth of DVO who had cycled to Poland from O-Ringen in Sweden. That is serious warming up, but unfortunately it wasn't quite enough since he pulled a muscle winning the gold medal and didn't run for the rest of the week.

HH results: Simon 12th M60A, Janet 12th W70A , Alan 28th M70A, Alison 10th W65B, David 60th M65B

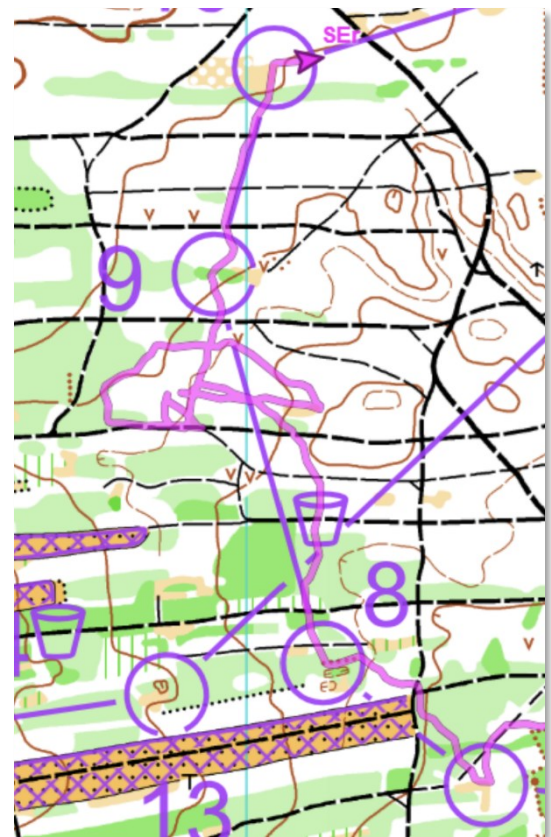
Monday: Forest model: To be honest I remember very little of this. It was pleasant enough if a bit vague in places. But really it was just filling time waiting for the serious events to start.

Tuesday: Middle/Long Qualifier: A game of several halves. A one-kilometre compass bearing across nothing to control one, a section of Chiltern-like vague vegetation, some nice runnable pine plantation with contour detail like Culbin or Roseisle and a very long road route choice to avoid the marshy fight. A scrappy run but easily enough for the A final.

Wednesday: Middle Final: This was so nearly OK but turned out to be fairly awful. I was running fast enough and picking my way through the detailed blocks of vegetation. Everything seemed to be going OK until it wasn't and I missed a path in a block of forest full of parallel paths, none of which were particularly clear on the ground. Relocating proved difficult, the clearing I thought I was in wasn't the one on the map, and nearly four minutes disappeared. Eventually I worked it out and then raced the rest of the course with a Swiss runner who had caught me. Third Brit today.

HH results: Simon 50th M60A, Janet 25th W70A , Alan 28th M70A, Alison 34th W65B, David 36th M65C

Thursday: Long Model: Time for some serious tourist activity visiting the very impressive Łańcut castle (if the barred L has survived Word you need to know that it is pronounced as a W) before squeezing in the model event. This was mainly beech wood on some serious slopes. What appeared as small ditches on the map turned out to be enormous





ravines that involved falling in from one side and then swinging from tree to tree whilst climbing up the other side. Definitely something to avoid the next day.

Friday: Long Final: Courses looked to be very short and very hilly but no-one was really sure what to expect. I set off on a compass bearing to control one down a vague slope with vague vegetation and hit a vague marsh in a vague re-entrant. So far so good, maybe this was to be my day again after the triumph of the Long Final in Spain last year. And so it proved. I took some safe but Ok routes, I hit nearly all the controls pretty much perfectly, and I ran the last kilometre uphill very hard as I raced Richard Lloyd from LOK. What felt like a minute wading through fallen trees in a marsh and another minute spent crawling through fight along the top of a ravine was probably the same for everybody, although I had contemplated a long round route to avoid the fight. I finished in the leading position, which meant I couldn't end up any lower than 30th, and then waited for people to overtake me. Some did but a lot didn't and I just scraped into the top 20, this time as top Brit. A very physical area that always felt difficult to run on, but I'm beginning to think that is my sort of area.

HH results: Simon 18th M60A, Janet 25th W70A, Alan 57th M70A, Alison 40th W65B, David 63rd M65C



And then there was just time to fit in the remaining tourist activity in Rzeszów: a tour of the underground tunnels. These lie under the main city square and join up a series of cellars in the various big buildings around the square. A pleasant hour exploring the local history in the company of all the other Brits who had left it to the last moment to book.

Source: <https://rzeszowskiepiwnice.pl/en/sightseeing/sightseeing/tour-options/>

Saturday: Time to go home but not before another go at the Rzeszów parkrun. A few more (mainly British) orienteers this time, and I could try to run it hard rather than worrying about a more important run later in the day. I set off slightly too fast with Nick Barrable, but managed to hang on to just break 21.00 for 5km for the first time this year.

Then it was a train to Krakow followed by a perfect example of the famous Errington “see everything in two hours” tour of the city centre and castle and then on to the airport and home.

POSITION	PARTICIPANT	SEX	AGE CATEGORY	CLUB	TIME
1	Nieznan(a)y	(...means 'unknown')			
2	Nieznan(a)y				
3	Bartosz HAŁAS	Man	VM50-54		20:00
4	Nick BARRABLE	Man	VM50-54	Tonbridge AC	20:16
5	Sarah-Jane BARRABLE	Woman	VW40-44	FK Studenterna Stockholm	20:47
6	Simon ERRINGTON	Man	VM60-64	Hertfordshire Orienteering Club	20:57
7	Richard LLOYD	Man	VM55-59	Mercia Fell RC	21:56

Next year **WMOC** is in Japan in May. I am very tempted. And 2028 is **Antalya, Türkiye**, from October 27 to November 3.

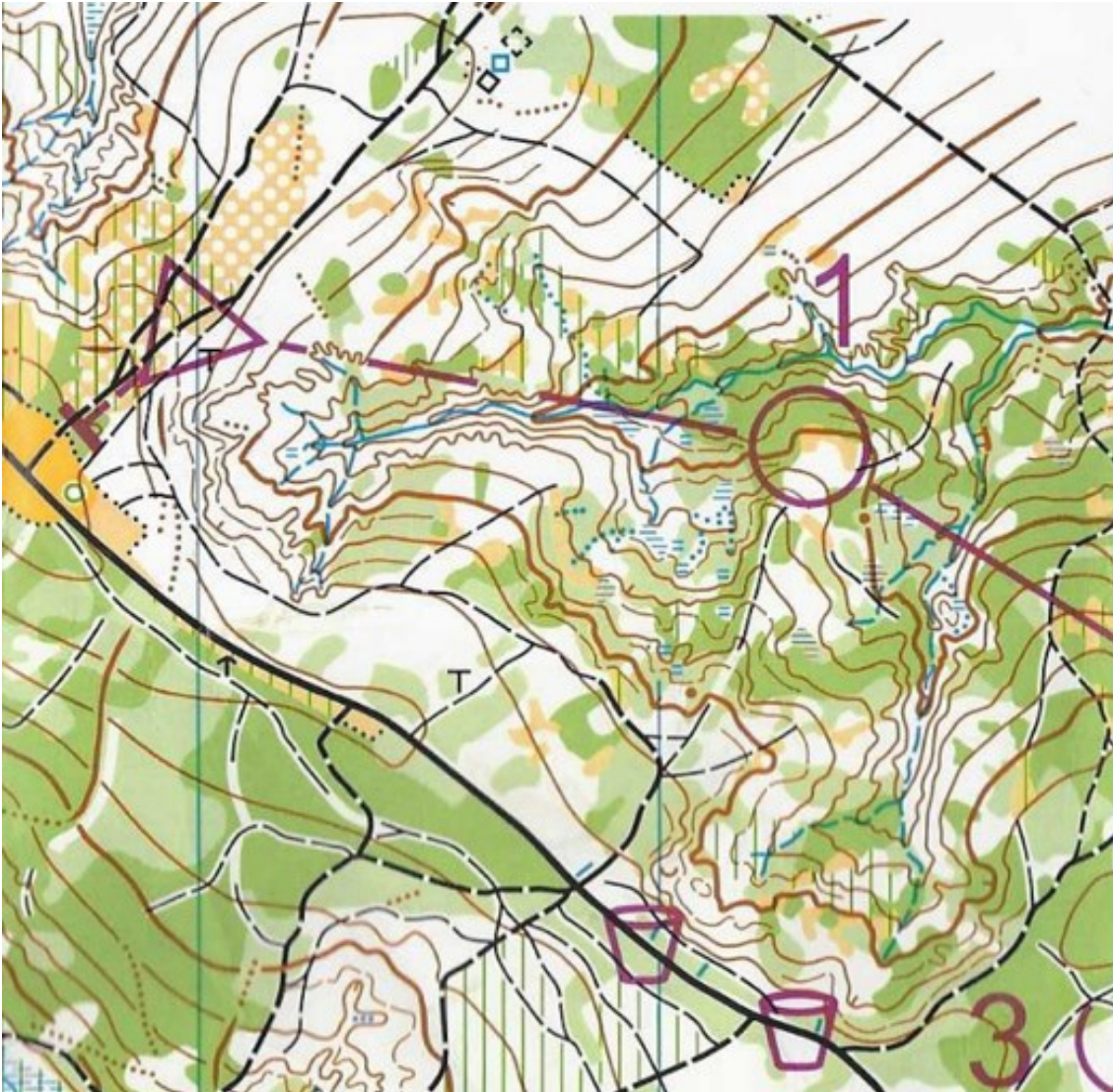
21 to 28 May, 2027, Hyogo, JAPAN
Part of the World Masters Games 2027 Kansai, Japan



WMOC 2026, Rzeszów, Poland: First Leg Analysis

STRAIGHT IS GREAT OR ROUND IS SOUND?

In the Long Final at the World Masters, W70A and M70A had the same first control.



Blown up from 1:7500, 5m contours (300m between the north lines).

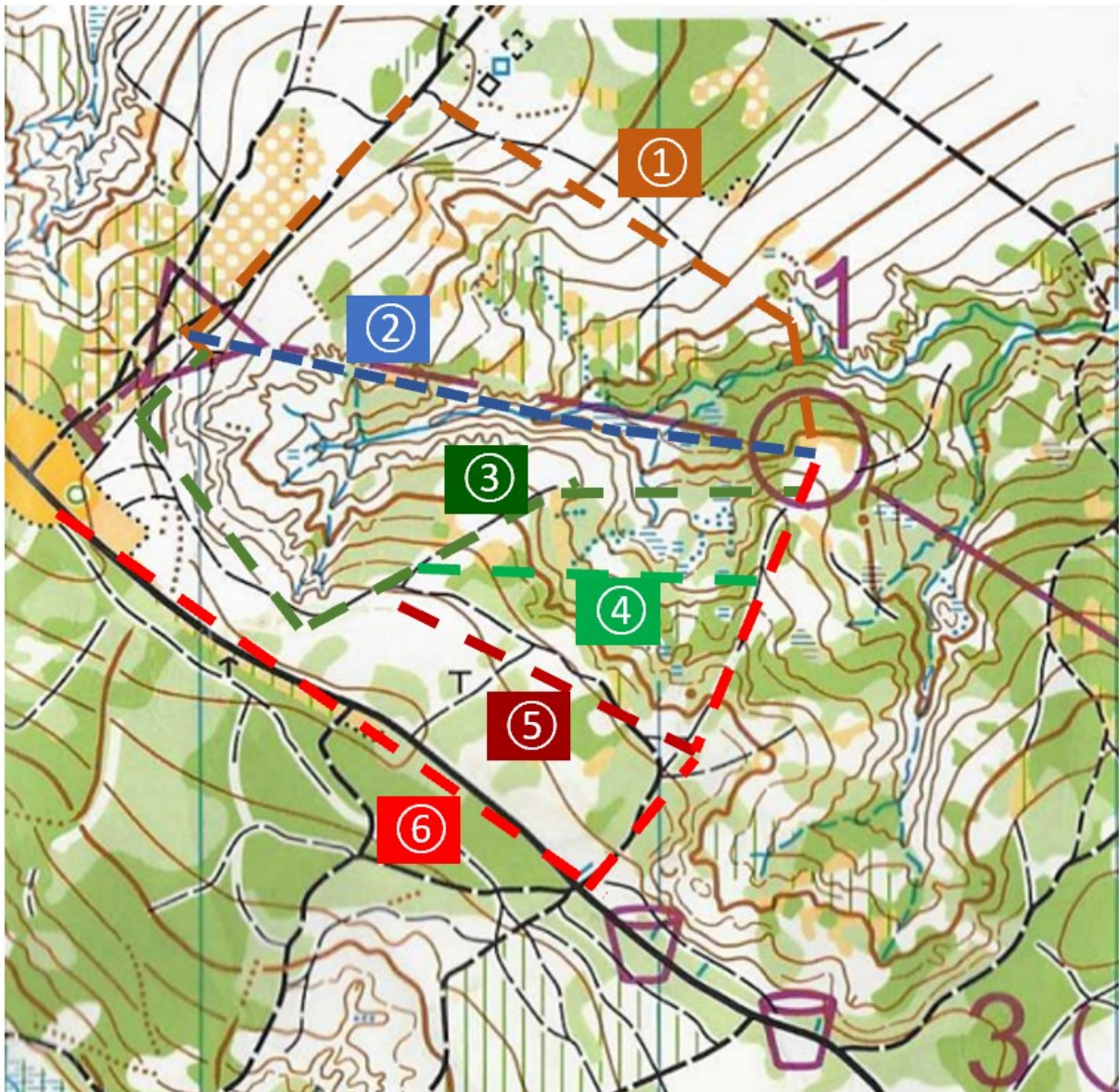
Control is Clearing, S Part.

Both shades of green are OK to go through. As you would expect, the darker green has lower visibility and lower speed, but none of it is scratchy or impenetrable.

Your challenge (whilst imagining that you are running the 100m to the start flag).

- How many viable routes to #1 can you see?
- Which would you take?

Do not go to the next page until you've decided!



1. 600m, track running then approaching the control uphill through vague vegetation and contours that may be hard to read in the green
2. 420m, straightest route using the stream and marshes to get to within 100m of the control on solid (if wet) features
3. 560m, track running then 150m east to pick up track down to control
4. 630m, track running then cutting across to track higher up than 3
5. 750m, track running almost all the way
6. 900m, fast track running almost all the way

All distances approx.



It's a really good leg, worthy of a World Champs, requiring both **route selection** from a varied set of choices and **route implementation** that is as easy or hard as you choose. Also, **the cost of missing the control** is expensive in terms of time needed to relocate.

So how does that make you reconsider your choice or are you sticking to your original plan? Here's how some runners on M70A and W70A fared? (using [LiveloX](#) and [Winsplits](#))

4m44s = 1st on leg, 59th overall M70A	4m44s = 1st on leg, 13th overall M70A
5m27s 5th on leg, 3rd overall M70A	7m11s 32nd on leg, 6th overall M70A
7m33s 36th on leg (lost 2½ mins inside circle), 4th overall M70A	7m32s 4th on leg, 3rd overall W70A
8m10s 6th on leg, 1st overall W70A	8m16s 8th on leg, 7th overall, W70A



CAPTAIN'S NICHE

Tom Cochrane captain@herts-orienteering.club

Another reminder about the **Compass Sport Cup Final on Sunday 18 October**. This is the national club competition and we have qualified for the first time since 2012. Preliminary details are here: <https://mvoc.org/event/compasssport-final-2026/>

Warm up event (some details borrowed from the above link)

On Saturday 17 October, DFOK are holding a [Middle Distance event on South Ashdown](#). This area is adjacent to Pippingford Park so why not make it a weekend of orienteering? 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.

Terrain

Pippingford Park is set across two undulating valleys featuring streams, lakes and marshes. The terrain is diverse and includes a variety of woodland, grassland and an extensive area of heather.

The courses visit the best areas, which are runnable and will reward direct navigation across the terrain. Between these areas some path running will be required. Areas of dense bracken have been avoided and small patches of bracken will be easily circumnavigated. Parts of the longer courses (1, 2, 3 and 4) will cross some of the more physically challenging terrain including heather, marshes and tussocks.



Here's course 7 from the 2019 Finals also held at Pippingford Park

Happy Herts needs everyone, including juniors. The easiest CSC course for M/W14 and under is orange (and there are non-competitive Yellow and Light Green courses).

To let Tom know that you are going, please complete the form at [hh.mapreservation](https://hh.mapreservation.com). [39 people have signed up so far, thanks!]

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.



CITY RACE EURO TOUR AND OTHER RACES ABROAD

David Hodson



For those of you who have been bitten by the orienteering bug and would like to expand your horizons beyond the UK then the City Race Euro Tour (CRET) may just be the ideal starting point. CRET is usually a series of nine weekend events held in different European cities (at least one will be in the UK) across a calendar year and, being city based, they are usually easily accessible from the UK with a wide range of accommodation to choose from. Each of the individual races during the weekend will also be easily accessible on foot or using local

public transport and are aimed at showcasing some of the best tourist sites within each host city. As the list of host cities has recently been announced for 2027 (see map and list below with two in the UK), this seems like a good opportunity to explain what the events are and, for anyone interested, to allow plenty of time to start planning and booking holiday destinations for next year.

As fairly recent converts to CRET, we haven't managed to book as many of the events as we would have liked during 2026 but, for the keen, there are still two events remaining for this year; firstly in the Azores from 3rd to 5th October and Segovia from 24th to 25th October. The Segovia event in Spain will, unfortunately, clash with our own club urban event in Welwyn Garden City on 25th October and, for us, will be a little bit similar to an event we attended in Toledo in 2025 (well it's also based in a city close to Madrid). The Segovia event is also unusual in offering a forest event and a sprint alongside the main city urban race. The other CRET events we have entered outside the UK and thoroughly enjoyed include Esztergom, Budapest (both Hungary), Faro (Portugal) and Gdansk (Poland).

The main question will be what does a CRET weekend consist of? The simplest way to illustrate is to refer to the London City Race weekend which follows a very similar format to a typical CRET weekend and, in fact, has been designated as a CRET weekend on numerous occasions (including 2025, 2024, 2023 and 2018) but not 2026 (that honour fell to Canterbury for those who entered.). The main CRET ranking event will be either a middle or long-distance city race in an urban environment and will be held on either Saturday or Sunday during the day. This CRET ranking event will be complemented by another race on the other day of the weekend; and could be either a sprint (or double sprint), ultra-sprint, park race, forest race or another urban race. In many cases these two events are further complemented with a prologue event on the Friday evening which will either be a park or urban sprint event, some needing a headtorch depending on the time of year. There have been some exceptions to this format, in particular 2022 when both the Coventry and Birmingham CRET ranking events were held over a single weekend. For the CRET race the usual age classes will apply, which are consistent with the UK Urban League.

For those interested in individual ranking positions the league table is calculated using the best 5 scores from the 9 races during the year. The scoring is different to the UK Urban League with your points calculated for each race as the proportion of time lost to the winning time in your age class, with the winning time awarded 100 points. My best position was second in 2024 when three of the races were held in the UK (Glasgow, London and Salford Quays) and complemented by trips to Esztergom and Faro. For the very very keen there are



also certificates for all participants who attend all 9 events (and there are usually a few from the UK each year.)

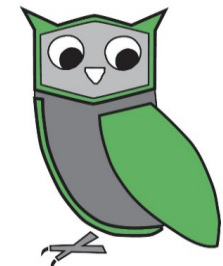
In terms of booking, all the events can be accessed from a single CRET website which will have links to the relevant website for each individual event. Each website will then include the event details, including how to register and pay. The CRET website also includes the overall ranking scores and is available from:

<https://cityracetour.org/>

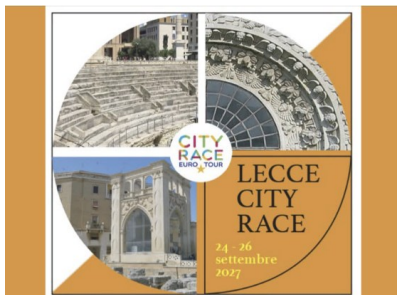
The races for 2027 have now been announced and will be held in the following locations:



City	Country	2027 Dates
Cadiz	Spain	5 th to 7 th March
Szentendre	Hungary	16 th to 18 th April
Brac Island	Croatia	21 st to 23 rd May
Bristol	UK	4 th to 6 th June
Kosice	Slovakia	3 rd to 5 th July
Leeds	UK	17 th to 18 th July
Lecce	Italy	24 th to 26 th September
Tomar	Portugal	2 nd to 3 rd October
Chisinau	Moldavia	15 th to 17 th October



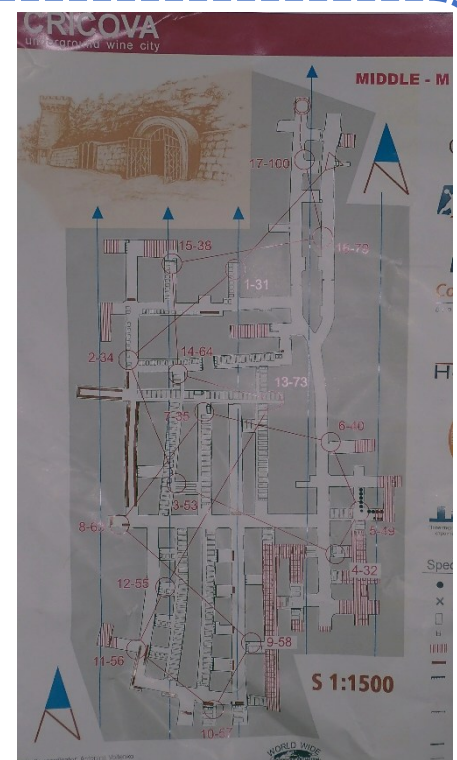
airienteers



Ed:

The Moldovan weekend sounds especially varied – have you ever run in wine cellars? Click the map for an online version.

Friday morning	Middle race, forest
Friday evening	Underground wine cellar race (Cricova or Milestii Mici Winery)
Saturday morning	City Race Tour and national championship qualification KO sprint
Saturday evening	KO finals
Sunday morning	CRET relay + sprint relay national championship





Although the CRET events are a good introduction to international orienteering, in a city environment, there are many other annual events based in a city location that are worth looking at, these include:

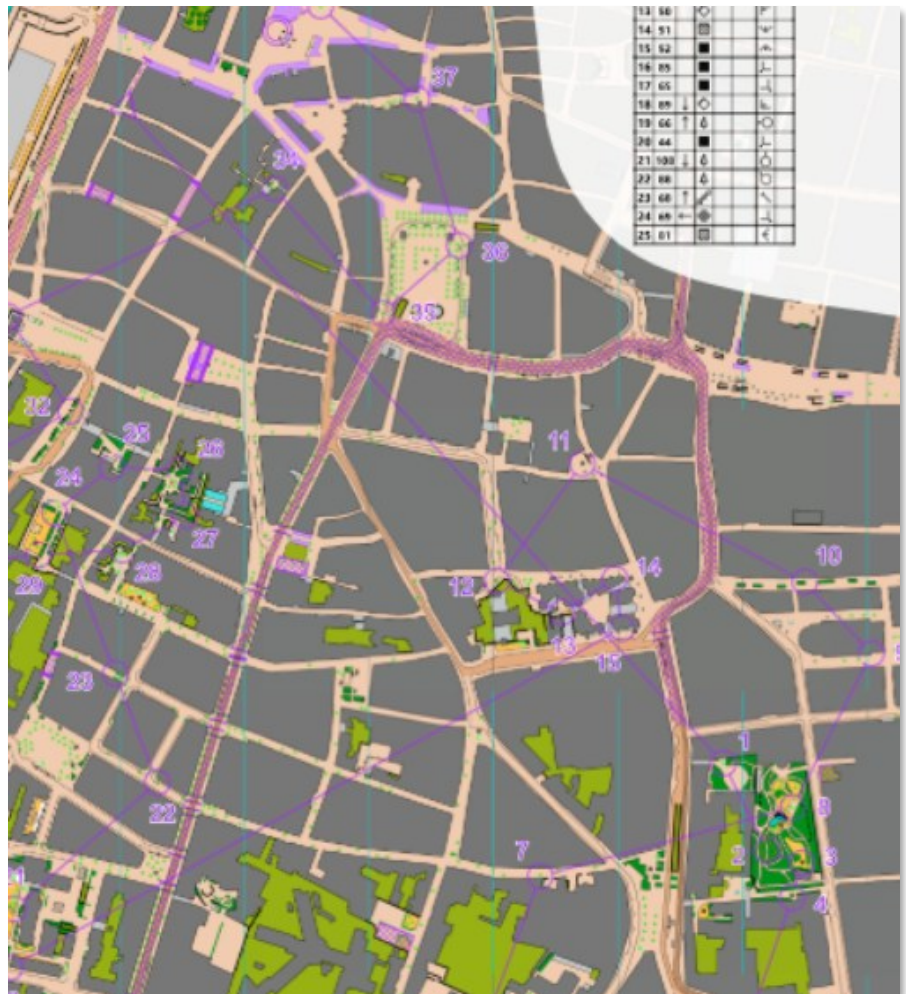
ANTWERP SPRINT ORIENTEERING MEETING (ASOM)

Also sometimes referred to as the Awesome Sprint Orienteering Meeting and held annually in towns and cities in north Belgium in the region around the city of Antwerp. We finally managed to attend the tenth anniversary edition, held during April 2026, that returned to the city of Antwerp, the host of the first edition.

This 2026 edition consisted of a prologue sprint on the Friday evening, two sprints during Saturday morning and afternoon, and an urban city race on the Sunday.

The Saturday and Sunday events were based in the historic Grote Markt and were run alongside a series of elite sprint races using the same maps, including an elite knockout sprint during Saturday.

Our big takeaway from observing the elite event was the value of competing right to the end of a race; in the women's final the first three finishers were disqualified allowing the fourth finisher to claim first place.



The planners also made extensive use of artificial barriers across the Saturday and Sunday races to give all the competitors something extra to think about during route planning. In addition, for the Sunday city race, the courses were planned so that the first control was placed at the opposite end of the map from the start, so no easy controls at the start to allow time to get into the map (see map extract from the Men's Supervets course.)

The events were also helped by the availability of excellent Belgium chocolate and beer to aid the post-race recovery and analysis.



Daniel, Viv and David starting the Prologue by the River Scheldt in Antwerp

The venue for ASOM 2027 has recently been announced and will be held in Bruges, between 14th and 17th May 2027.

This is another event that is easily accessible from the UK (including budget options such as FlixBus from London Victoria) with further details available from the following website:

<https://www.kono.run/asom/>

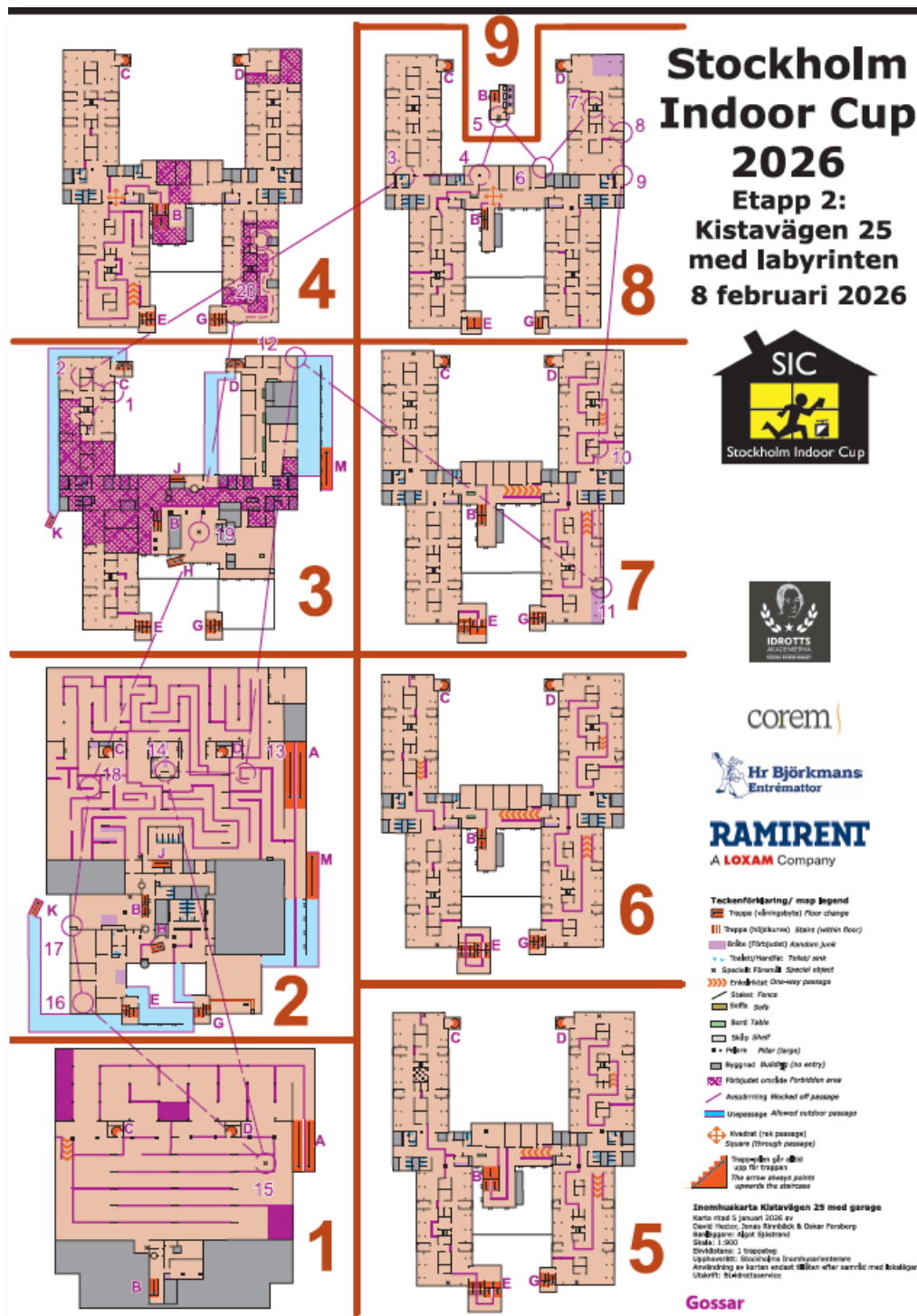




STOCKHOLM INDOOR CUP

Not an event we have attended (yet) but definitely on our list for future years, the Stockholm Indoor Cup is the world's biggest indoor orienteering event and is held annually during the winter, with the 2026 edition held between the 7th and 8th February.

If this is an event you would like to try be aware that entries are very sought after and the limited places fill very quickly soon after they are released in the autumn. An example map for one of the shorter courses (the longer courses were double sided) from 2026 is attached below:



Previous attendees have reported that there are usually lots of distractions on the courses, including darkened rooms with disco strobe lighting and loud music, which all makes for a very chaotic experience.

Information on the Stockholm Indoor Cup is available from their [website](#).

To keep a more general eye on these and many other events, both nationally and internationally, Mole Valley have a very good [event organiser](#) that is worth checking out.





AND ANOTHER 2026 SPRINT WEEKEND ABROAD TO CONSIDER:

VENICE - MEETING ORIENTAMENTO DI VENEZIA (MOV)

28 - 29 November 2026 - 40th Edition

<https://orivenezia.com/?lang=en>

Running round the ancient streets of Venice, sometimes coping with crowds and sometimes floodwater! 59 GBR runners entered so far, still time to join them...

How do you get there?

Obviously there are plenty of flights from the UK but train is also possible to just about anywhere in Europe – the best advice for continental train journeys is from the Man in Seat 61. Trains are more expensive, take longer, but can be more entertaining.

<https://www.seat61.com/Italy.htm#london-to-milan-venice-florence-rome-naples>

If you fancy a sleeper then “Take a lunchtime Eurostar to Brussels, down a cocktail in the Pullman Hotel bar, then take the European Sleeper from Brussels to Como & Milan on Mondays, Thursdays & Saturdays, arriving next morning. UK to Italy with one easy same-station change in Brussels, no need to cross Paris! **New! Starts running from 9 September 2026**”





UK ORIENTEERING LEAGUE

Our 'A' team is currently in 15th place and the 'B' team is in 44th (out of about 100 clubs)

15	HH	3160 points	Janet Rosen (W70), Alan Rosen (M70), Becky Raftery (W40), Laura Parkes (W21), Hannah Nesbit (W50), Sian Mitchell (W45), Ian Marsden (M50), Helen Marsden (W50), Kate Hawks (W50), Isabel Hawks (W18), Csongor Farago (M16), Simon Errington (M60), Tom Cochrane (M40), Hedley Calderbank (M75), Mike Bennett (M70)
44	HH (B)	1729 points	Dickson Chungyin Tam (M50), Emese Svab (W50), Rachel Sequeira (W35), David Saunders (M65), Alison Saunders (W65), Thomas Raftery (M45), Rory Nesbit (M18), Douglas Nesbit (M50), Vanessa McMillan (W40), Kerria Lines (W21), Viv Hodson (W60), Benjamin Gostick (M21), Kevin Fielding (M55), David Dixon (M50), Mark Adams (M60)

Remaining 2026 events:

A competitor's **best 8 scores** count for the total league score in 2026.

Sat 05/09/26	13	Northern Championships (EPOC)
Sun 06/09/26	14	YHOA Middle Championships (EPOC)
Sat 19/09/26	15	City of London Race (SLOW)
Sun 20/09/26	16	Double Sprints (DFOK)
Sat 10/10/26	17	Edge Hill double sprint (DEE)
Sun 11/10/26	18	Ainsdale Dunes (DEE)
Sat 24/10/26	19	Caddihoe Day 1 (DEVON)
Sun 25/10/26	20	Caddihoe Day 2 (DEVON)
Sat 31/10/26	21	Oxford City Race (OUOC)
Sun 01/11/26	22	November Classic (SOC)

To see where you are in the **UK Individual League**, go to

https://www.ukorienteeringleague.org.uk/page/individualleague?filter_club=Select...&class=All&filter_club=Select...

HH's top 20 scorers as at 31/8/26

Pos.	Name	Class	Total	Pos.	Name	Class	Total
1	Helen Marsden	W50	359	11	Hannah Nesbit	W50	174
2	Isabel Hawks	W18	321	12	Mike Bennett	M70	171
2	Ian Marsden	M50	321	13	Hedley Calderbank	M75	161
4	Csongor Farago	M16	245	14	Kevin Fielding	M55	158
5	Tom Cochrane	M40	224	15	Viv Hodson	W60	155
6	Kate Hawks	W50	217	16	Douglas Nesbit	M50	151
7	Janet Rosen	W70	213	17	Emese Svab	W50	140
8	Simon Errington	M60	187	18	Mark Adams	M60	134
9	Alan Rosen	M70	182	19	David Dixon	M50	133
10	Sian Mitchell	W45	175	20	Dickson Chungyin Tam	M50	125



UK URBAN LEAGUE TOP 10 IN AGE GROUP

=3	James Allard	M10	MYJ
=4	Tunde Farago	W12	WYJ
10	Csongor Farago	M16	MJ
2	Daniel Hodson	M21	MO
4	David Dixon	M50	MV
1	Hannah Nesbit	W50	WV
3	David Hodson	M60	MSV
4	Viv Hodson	W60	WSV
7	Nigel Quinton	M65	MUV
7	Hedley Calderbank	M75	MHV

Remaining 2026 events:

19	Wetherby	27-Sep
20	Ormskirk	10-Oct
21	Oxford	31-Oct

SOUTHERN ENGLAND ORIENTEERING URBAN LEAGUE

=6	James Allard	M10	MYJ
2	Tunde Farago	W12	WYJ
8	Csongor Farago	M16	MJ
4	Daniel Hodson	M21	MO
10	Rachel Sequeira	W35	WO
2	David Dixon	M50	MV
3	Hannah Nesbit	W50	WV
5	Stu Levene	M55	MSV
6	David Hodson	M60	MSV
2	Viv Hodson	W60	WSV
4	Nigel Quinton	M65	MUV
1	Hedley Calderbank	M75	MHV
7	Mick Smith	M75	MHV

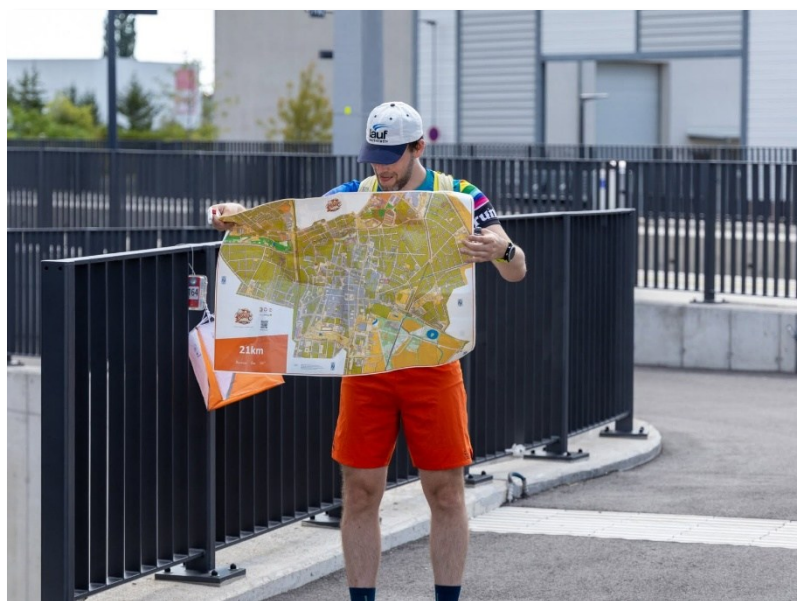
Remaining 2026 events:

20	SLOW	City of London	19-Sep	
21	SN	Aldershot	04-Oct	
22	OUOC	Oxford	31-Oct	UKUL21
23	TVOC	Witney	15-Nov	

DO YOU EVER COMPLAIN ABOUT THE [LARGE] SIZE OF YOUR MAP?

<https://www.facebook.com/photo/?fbid=10238652008191495&set=pcb.28283770997921392>

From an event in Wiener Neustadt, Austria.





LAKES 5 DAYS 2026

Mike Bennett

The 5-day event this year had things rarely seen in Hertfordshire recently. Technically and physically difficult orienteering! Green grass! Reasonable temperatures (highs 18-22)! On occasion, water even fell from the sky! In quantity!

Fewer HHers than usual travelled up this year, only 17. Several prioritised the World Masters, which overlapped. Kudos to Alison and David Saunders for managing 3 days in the Lakes before flying to Poland. Those who didn't go missed a good week.

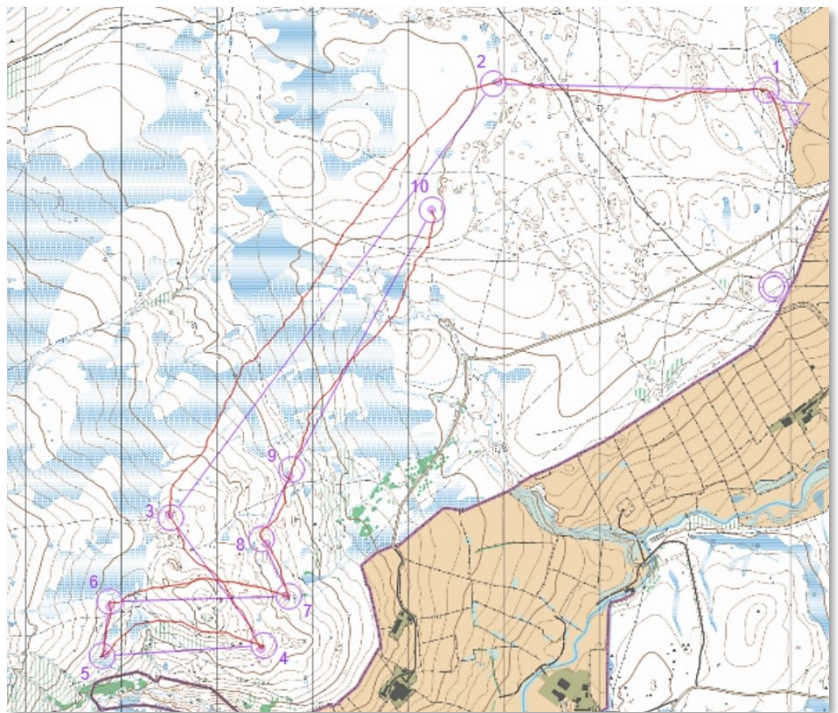
DAY 1 ASKHAM COMMON

This was the gentle introduction.

The terrain was mostly (slow) runnable and gradients minimal.

Note that white on the map is rough open, the few trees are in green. Loads of below ground features (depressions, pits, re-entrants) put a premium on accuracy.

As Neil Gostick put it *"Extreme bearing practice but good fun. One feature in the distance to line my bearing up on was in fact the control site."*



Sam Fielding following Neil's advice on direct bearings, except for 5 and 7 where contours meant deviations were rewarded. Just look how many depressions etc there are between 2,10 and Finish!

Spare a thought for Kevin Fielding. He said before the start that he was uncertain about running in new shoes. He was right, his heels were bloody at the end. Day 2 he ran in old shoes.

DAY 2 BESSYBOOT

A new area for orienteering. Every Lakes5 seems to involve one epic trek in to the start and this was it: 2.2km and 300m, allow 60 minutes.



The walk to the start, 40 minutes for those unable / unwilling to run uphill

The courses were mostly on the plateau above the start, finishing with a steep descent on the far side of the deep gully you can see. As is often the case, the best running was along the edge of the marshes, between the spongy moss and the steeper grazed fell.

Nigel Quinton took the direct route down a sloping crag, cut his shin and bruised various bits. Medical assistance worked

excellently: Nigel staunched the flow with his buff, the club first aider at the finish added a bandage, Lesley Brown (late of HH) lent him her walking pole for the walk down, the first responder in the arena cleaned and redressed it, finally Keswick Cottage Hospital deep cleaned it and put in 13 stitches. He's fine - ran short on day 4, long on day 5.

That wasn't the most public incident. The coastguard helicopter evacuated someone with an ankle injury from the top of the fell, much to the chagrin of the mountain rescue team who got up there just in time to see her being winched up.

Meanwhile, back at the orienteering, unlike day 1 when you could run distances on a bearing, this was about keeping map contact so that you knew what you were looking at each time you came round a corner or over the brow of a hill.

Again, white is rough open, most of it close-cropped grass, but rarely horizontal enough to run at a good speed.

Oliver Bardsley's first few legs on M21L. Almost all courses had a leg as long as 1-2 and 4-5 above (or longer), some as leg 1!

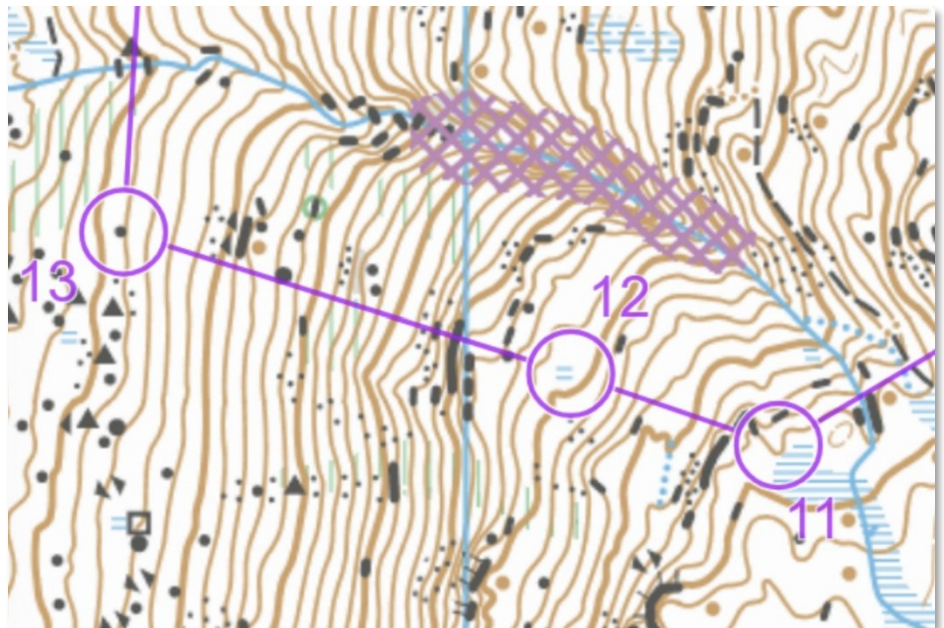




And here's the final descent.

That green circle symbol is an isolated tree on a crag. It was visible from a good distance above, so you could find the big boulder on the purple line, then aim for the largest of several boulders.

Oh to be a fell runner.



DAY 3 YEWDALE FELL

An even more testing day than Bessyboot. The walk in was only half of yesterday's, but it was very wet with low cloud for early starters, cagoules compulsory. Then we later starters queued for nearly an hour on the access road, because the turn in to the parking field was too sharp for most vehicles to manage without reversing into the farm entrance opposite.



Mark Adams making sense of the long leg using a marsh, a stream, a ditch, a path, then cutting up to run along the top of the steep slope to his attack point.

To cap it all, when I got to the start it was sans SIAC. It had come off my finger when I excavated the whistle from my back pocket to show the marshal. Fortunately, the start team were being flexible on timing and I managed to cadge a dibber (non SIAC) from one of them. Success! I got a time and all dibbers were returned to their owners.

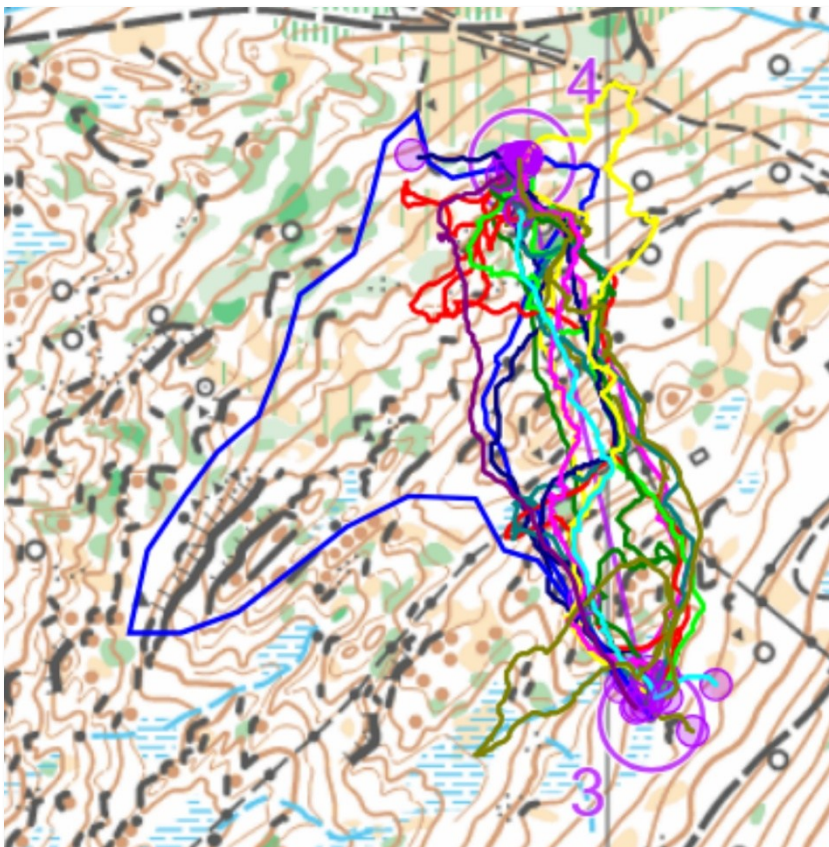
The terrain was milder than Bessyboot. A bit squelchy underfoot but you could at least run between low hills and count off the crags.



DAY 4 BIGLAND

A complete switch of terrain into forest with relatively limited visibility, varied vegetation, many crags and crinkly contours everywhere. So white here means forest. In many areas there were people floundering around, including some good navigators.

3-4 here is my (and an overall medallist's) worst leg. It is Technical Difficulty 5 because the catching feature is quite a way down for us oldies. Note the black dots for scattered rocks in between the crags.



Here's how people managed it.

I was one of those who went directly to the wall, but came off too soon and followed the easiest running to the W of the control.



DAY 5 HAMPSFELL



*Grey bare rock - trees not mapped
Credit: Simonas Sakalauskas*

First and last controls on all courses were in this very variegated terrain. If you look closely at the satellite photo you can see the grey rock - also grey on the map! This aerial photo was taken when the bracken had turned brown. In August, the bracken extended under the trees so the clearings were a lot less obvious (and less runnable).

OVERALL

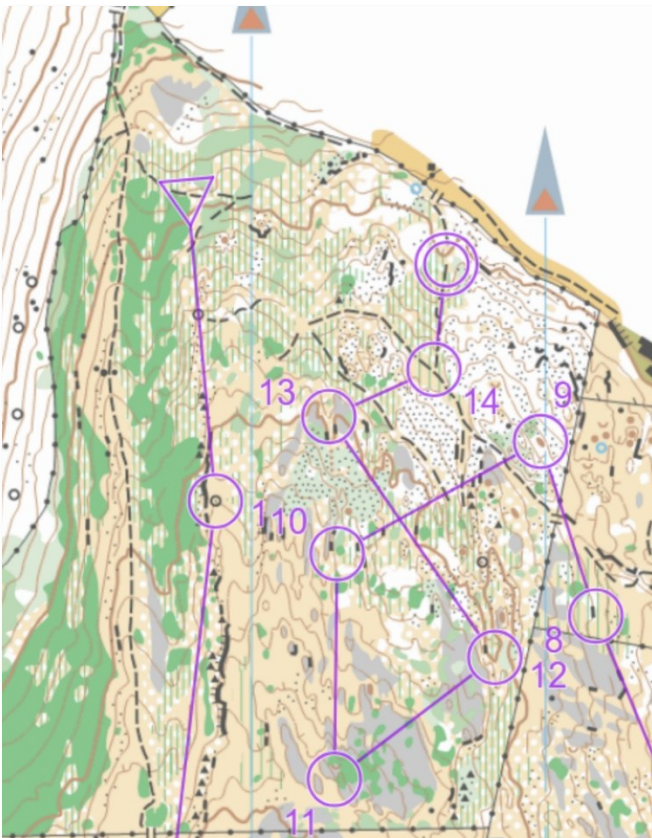


Image: Google maps

You had to be careful of your footing on the limestone pavement, I nearly twisted an ankle waiting at the Start. Apparently it was worse in the woods but my course didn't go there.

Where I found it difficult to relate map to ground was distinguishing between the grey exposed rock symbol (which might have some trees in it) and the forest with stony ground symbol (which was usually as rocky as the picture shows).

The most successful HH runners were Mitchells. Niamh was 5th on W14A and Siân 2nd on W45L. Each of them won an individual day. No one else made top 10 overall on a Long course but pretty well everybody had some good days, often above expectations.

The 5-day event is in [Scotland](#) next year, based around Aberfeldy from 1-6 August, followed by a sprint weekend not far away on 7-8 August. Those who went to JK this year can vouch for the quality of the orienteering in that part of Perthshire.



SATURDAY SERIES OAKLANDS 5th September

Please join us at Oaklands College for our Saturday Series in the great mix of urban area and parkland that college possesses

Courses: Short Blue, Light Green, Orange, Yellow, White

Location : Oaklands College St. Albans – Parking off Hatfield Road. Follow the South Drive

Event Centre : Performance Centre

Starts : 10:30-12:00 to allow [ParkRun](#) to finish

What you will enjoy :

Urban Sprint orienteering around the college combined with navigating in the parks and woodland of the college

A great start to the new orienteering year

Last used in 2017, so almost a new area for HH





STREET-O 2026

David Dixon, Street-O Coordinator



The nights are drawing in and the 2026 Street-O season is coming to a close: 19 events run, 1 postponed due to heat and the finale due on September 1st. The finale doesn't count towards the Street-O league so we can announce the outcome of the 4 competitions.

Firstly, these are the top 20 overall scorers:

Name	Points
Daniel Hitch	798
David Dixon	798
Oliver Bardsley	798
James Errington	787
Simon Errington	776
Ben Bardsley	762
Ralph Dadswell	761
David Hodson	758
Jamie Graham	757
Kerria Lines	755
Mike Trotman	748
Dave Allard	741
Matthew Reeve	736
Nicola Trotman	731
Richard Todd	730
Charlotte Coles	724
Daniel Figg	719
Hedley Calderbank	706
Louise Thompson	702
Mike Bennett	699

We have a three-way tie in the open competition! **Daniel**, **David** and **Oliver** each won 6 events, and Daniel and Oliver received another 100 points for organising an event.

In the women's competition **Kerria Lines** was the clear winner.



...and these are the most efficient runners:

Name	Efficiency
Ben Bardsley	122.8
Oliver Bardsley	117.8
David Dixon	116.1
Daniel Hitch	115.8
Chris Rampton	115.3
Ralph Dadswell	114.5
James Errington	113.5
Sarah Dixon	113.3
Simon Errington	113.3
Kerria Lines	112.3

Ben Bardsley was the clear winner here, helped by having 2 of the top three most efficient individual runs.

Finally, the clean sheet award for people who have yet to ever exceed 45 mins went to **David Hodson** for the second year running, although Matt Reeve gave him a run for his money! Only 30 (out of a total of 99 participants) managed to consistently stay within the 45 min time.

Name	Score
David Hodson	5320
Matthew Reeve	5080
Tim Bywater-Lees	4520
Dave Allard	4140
Kerria Lines	3800
Daniel Figg	3000
Ian Hunt	2660
Neil Gostick	2420
Luis Slyfield	1760
Anthony Barnes	1480

The full table of results for each of the competitions is available at: https://herts-orienteeing.club/uploads/misc/StreetO2026/streeto_2026_final_results.xlsx

August's events started with Dave Tookey's Harpenden South course where the Street-O Coordinator managed to print the wrong PIN on the map then waltzed off on holiday – but fortunately disaster was averted with some last-minute messaging to dig out the correct PIN.

Charlotte Coles then took us around Stotfold on yet another hot evening, proving that you don't need a big area to put on a full course – Daniel Hitch took the win with a 16s advantage but still left 7 controls unvisited.

Our next venue was Wheathampstead, courtesy of Nicola Trotman. Another perfectly sized village for a 45 min event, but with outlying controls both to the North and South. I was amazed anyone went for the most Northerly control; for the Southerly cluster Grace gets an honourable mention for being the only person to visit 3 of these, and still make it back in time!



K-NEBORTH 2026

scale 1:10000, contours 5m

SAFETY: Take care crossing roads!

45 minute score event, 20 points per control, -10 points for each part minute late.

Controls are split into 2 groups, odd numbers and even numbers. You can start with either set but once you switch to controls in the other set you can no longer receive points for controls in the first set.

MapRun: HH Knebworth 2026 Results and more info: <https://herts-orienteeing.club/>

No Description

S/F	Description
1	Bin
2	Climbing Frame
3	Yellow Bin
4	Telegraph Pole
5	Telegraph Pole
6	Lamp Post
7	Lamp Post
8	Play Area
9	Path Junction
10	Lamp Post
11	Speed limit sign

PIN:8424

P SG3 6AH

No Description

12	Bus Stop
13	Keep Off Crops
14	Hewnhaven
15	Metal Fence
16	End of tree line
17	Footpath sign
18	Lamp Post
19	Lay-by
20	Private Car Park
21	Outside No 8
22	Bench
23	Track junction
24	Road/track junction
25	Lamp Post
26	Lamp Post
27	Tree inside bend
28	Track junction
29	Path/road junction
30	Farmhouse Entrance

Map data: © OpenStreetMap contributors, Open Database Licence
Contours: © Environment Agency copyright and/or database right 2015. All rights reserved.
OOM created by Oliver O'Brien. Make your own: <https://oomap.dns-software.co.uk/>

OOM v4 developed by David Dixon
Map ID: 6a7e1dc3e4863

Finally, Ralph Dadswell put on our first Knebworth event (as far as I'm aware), using an odds-and-evens approach to squeeze a full 45 min course into the relatively small village, with a cheeky extension into the top end of Woolmer Green to tempt those with longer legs.

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

We just have a single event remaining for this season, and hopefully you're reading the newsletter soon after receiving it as it's TONIGHT!

We do like to finish with something a bit different and this year, Oliver Bardsley has come up with a fiendish score course based on Monopoly – so collecting groups of controls (and avoiding Income Tax!) will help you get most points. Register now, then check out the event page to get your head around the scoring...

MAKE SURE IT'S THE RIGHT BUS...

At the World Masters Orienteering Championships, the organisers put on transport to the races each day. For the events further away these were coaches but, for the nearer events, they hired buses from the organisation that runs all the routes in the city.

There was a central pick-up point in a car park but also at a normal bus stop 5 minutes away. On one of the days, the bus we were in was completely full with lots standing when we left the car park but a few more were sardined on at the bus stop.



A few minutes later it became clear that a lady had boarded this bus thinking it was her usual service but she was now heading for a forest somewhere in Poland for the day. Fortunately, she managed to squeeze her way to the front and the bus driver kindly dropped her off – she was amused to receive a round of applause from all of the (strangely attired and non-Polish-speaking) passengers...



QUESTIONS FROM THE LAKES 5 DAYS

Oliver Bardsley

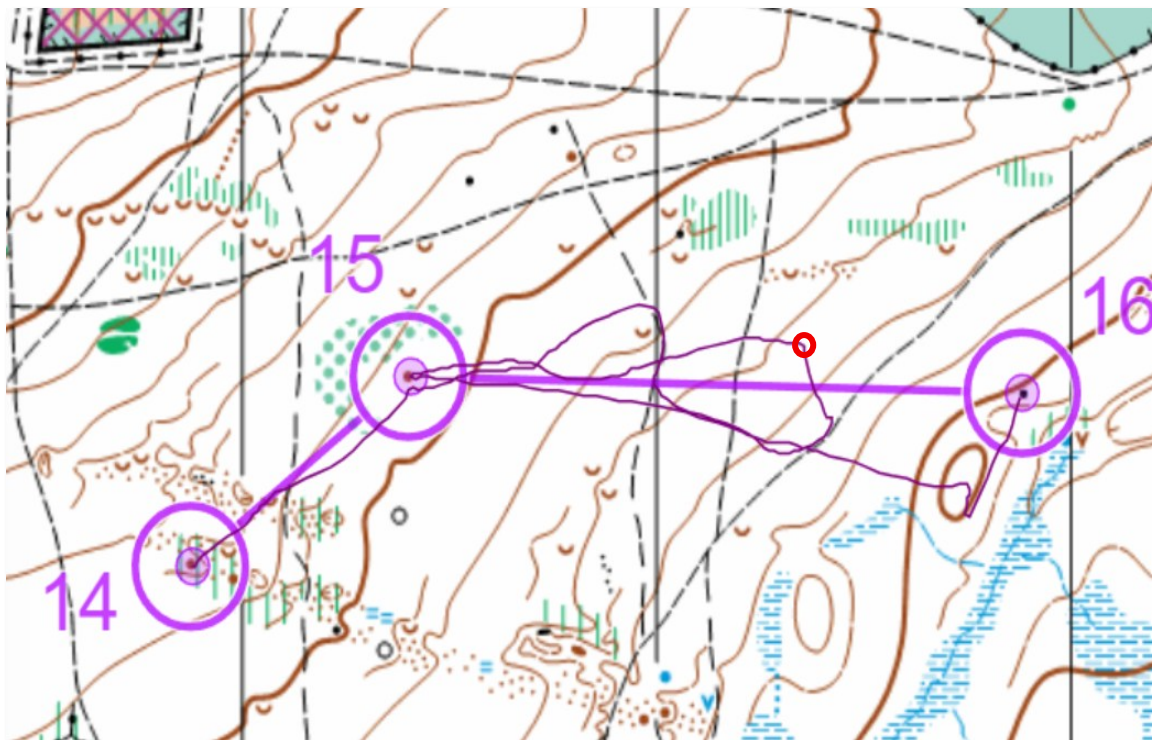
Having attended the Advanced Planning Course run by our own Simon Errington and Hedley Calderbank, I took my newfound knowledge up to the Lake District for practice.

DAY 1: ASKHAM FELL

Below is a screenshot from Course 1 and my route from #14 and #15. This particularly stung as I had been having a good run till this point. I think the area around #14 could safely be described as 'severe bracken' and certainly extended past the green hashing which could have been made denser. I reached the control at the same time as a Norwegian runner I had previously watched disappear ahead to #10 so was pleased to see him, so pleased in fact that I decided to follow him most of the way down the hill from #14 towards #16. However, he had not accidentally missed #15, he had just been high enough to grab #15 on the way past without me seeing.

From my GPS trace, you can see that I must have passed within 10m of the control (about 8m from the measure tool). The nearest attack point I would say is the exit of the path from the knobbly stuff halfway along the route and the distance from there to the control is about 120m (of which 8m is 6.7%, a fair deal less than 10%, 33% in fact).

At some point, I confused the large, wooded area to the NE with the one in the NW and took a backbearing to it which only added to the confusion but what was then quite interesting, is after realising I was too far East and headed toward #16 instead, I turned around to go up the slope and looked around and managed to spot #15 all the way from the point marked with the red circle, a distance of 283m from the control!

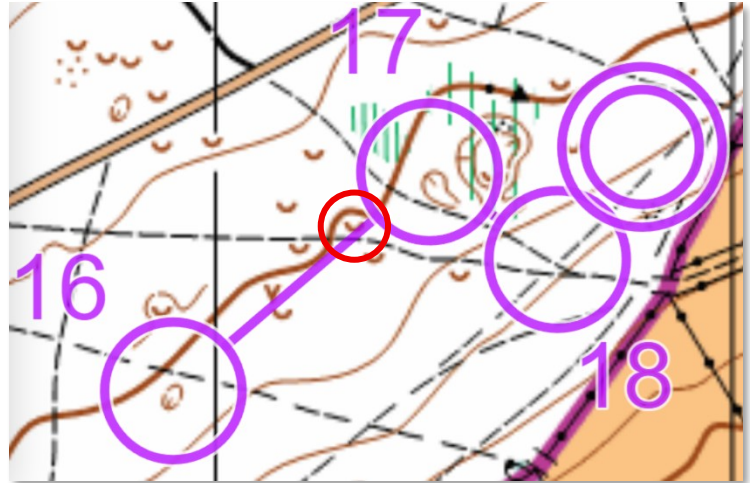




Additionally, there was an issue on Course 6 more along the vein of 'actual planner mistake' as opposed to 'runner blindly followed someone else' where one of the last legs 16–17 had along the direct line to the control another control on a similar feature and the decision was taken to void the legs both into and out of the control. The leg is shown below (control #17 is 221):

The offending control 152 is located at the red circle marked on the small depression partially covered by the purple line.

The BOF rules (19.3) state *'When the control features are similar (not distinctly different in the terrain and/or not distinctly different on the map), the minimum straight-line distance between controls is 60m.'*



First of all, the distance between the controls was 52m on RG so clearly too small, but not far off since if 221 was placed on the very edge of the NE corner, it would be a distance of 62m (on RG) on the map. The features are on small and large depressions so given the difference in symbol and size, presumably these are distinct features, but this raises the question can you have two different features that are similar enough on the map such as a boulder and knoll printed in quite a dark brown? People with far more experience will probably have an answer to this. On the first point, were these controls similar in the terrain. Obviously both are depressions and observing the map after the fact only, I can only speculate but 221's depression is very clearly not circular so unless 152's is the same shape but a bit smaller, could it be argued that they are distinctly different? Obviously the issue itself is that competitors may punch one control and not the other and the rules attempt to convey this in a consistently enforceable way but in this case, the judgement was made holistically as the fact that the controls were on the same line from #16 was cited in the statement made in the results [here](#).

Another factor I think potentially plays quite a large part is that I would argue the only reasonable route choice (having had 221 as my penultimate control from the other direction and knowing it was in the middle of a lot of bracken) is going out to the path and running down to #18 which it turns out is essentially exactly the same from both 152 and 221 as both depressions are a few metres off the path in the same direction, the only difference visible here is the longer run to #18 on the path which no tired competitor at the end of a long run would likely notice at all. Personally, I think there was a definite error made by the planner, but I would be interested in more expert opinions on all aspects of the case.

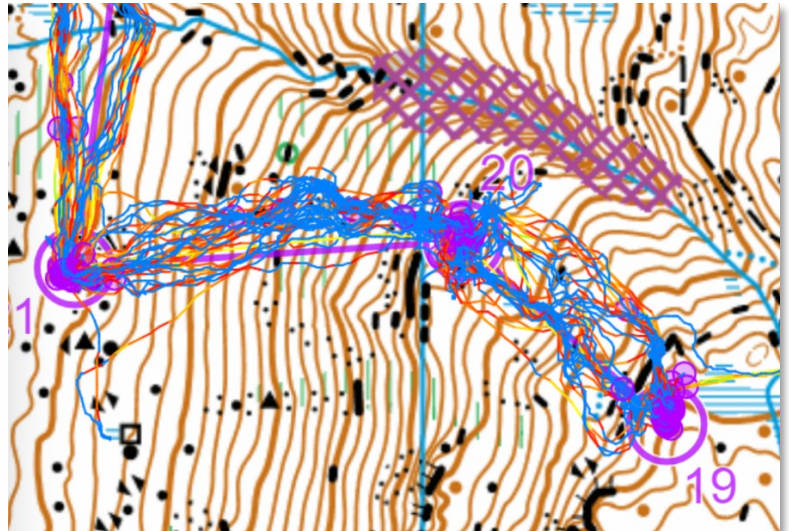
The final aspect is the fact that the legs were voided, the similar leg to 18 in either case could argue that you need only void #16 – #17. In total, 4 competitors out of 8 mispunches and 50 total were affected including 3 M16s who, after the voiding, came 5th, 6th and 7th. Nobody was negatively affected by the voiding since the legs were short, near the end of the race and by the nature of the issue were practically the same. Would you choose to void the leg?



My questions from day 1 as well as 'How can one person attract so many flies?' and 'How can one area of fell be so tiring to run on?' are 'Should I have been able to see #15?', 'Were 152 and 221 on distinctly different features?' and 'Should they have voided #16 – #18?'.

DAY 2: BESSYBOOT

This was a great day as it was so open and clear. Here is a screenshot of a couple of the last controls on Course 1 before the finish and all the GPS routes between them (not drawn routes) with their speed colours (RG markers at 3:30/km and 10:00/km).

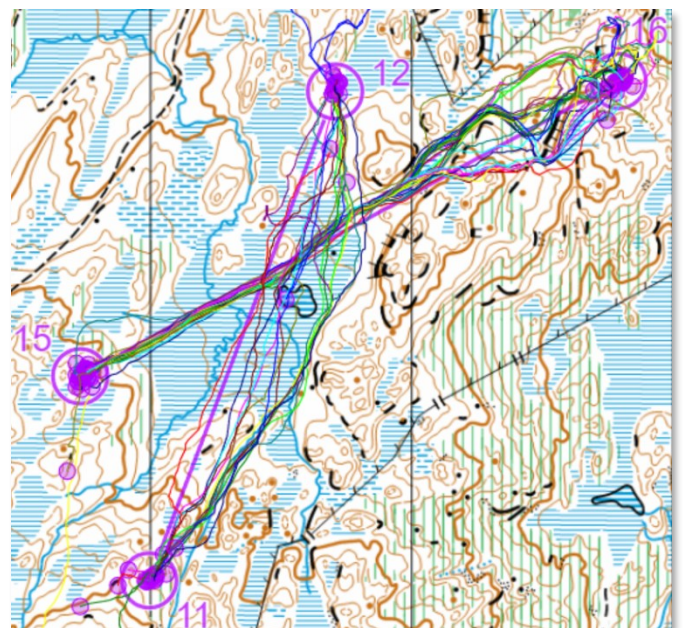


This last section was an exceedingly steep hill and there were several other controls arranged almost linearly down it on other courses on either side of the purple OOB at the top. This formed the end part of all courses starting on the Red Start which was 1-12 corresponding to ages potentially from 14 and 74 (M16A to M70L). The planner's comments described it as 200m descent over 600m and on the steepest part of the slope, this got to 50m over 100m. It was certainly made clear that the other courses were the gentler option for anyone not wishing to try it so from an event safety point of view, perhaps that was all they could realistically do but all the steep descent came at the end of a long tiring run on a hot day so it was vital to take extra care. The blue speed colouring showing that even the speedsters (myself not included) had to take it slowly. From the structure of the courses and the area, it seems this was unavoidable in order to have a common finish with the other courses running round The Coombe from the Blue start.

My question from day 2 as well as 'Why couldn't you have put a control on the Wainwright top, now I've got to go all the way back up there to bag it?' is 'How physical is too physical?'

DAY 3: YEWDAL FELL

This was another great area this time shrouded in cloud and rain on the event day which, in my view, made it even better as everything was then just as wet as the extensive marshes. Legs from Courses 1 and 2 are shown to the right, straight across the (uncrossable in one area?) marsh or round to the East for #11 – #12 (Course 2), and a direct line between the two large lumps for #15 – #16 (Course 1).

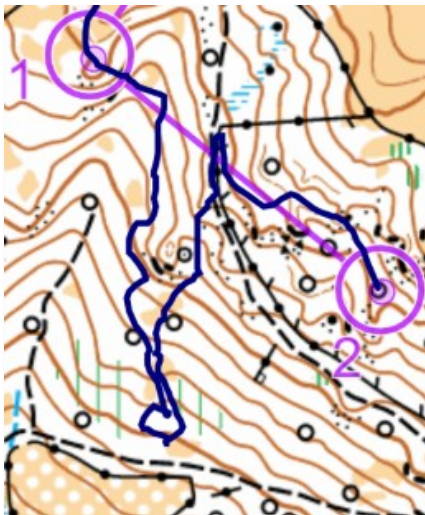




In fact the weather was so poor that waterproof jackets were made mandatory. On the morning of the event, there was a parking issue resulting in a queue of traffic from the event centre by Tilberthwaite Farm all the way down the single-track road to the A593. This meant lots of people were late to start, myself included. In order to make their start time or not be too late, it seemed a fair few people had been dropped off on the way up or left the car park field the way they entered (the latter prohibited specifically) and not gone via the prescribed 'Route to Start' from the opposite corner of the field thereby missing the Waterproof Jacket check. This meant some were starting and running without wearing, and clearly not carrying, one and as someone who wore one, I can certainly say that my performance was hindered, to what degree I could not determine. I should clarify that since I left the car park at 10:30 or so, the rule may have been relaxed at some point afterwards.

My question for Day 3 as well as 'I thought you said we avoided the worst of the bracken?' was 'Was the coat check on the designated Route to Start sufficient enforcement and if not, what would be the solution?'

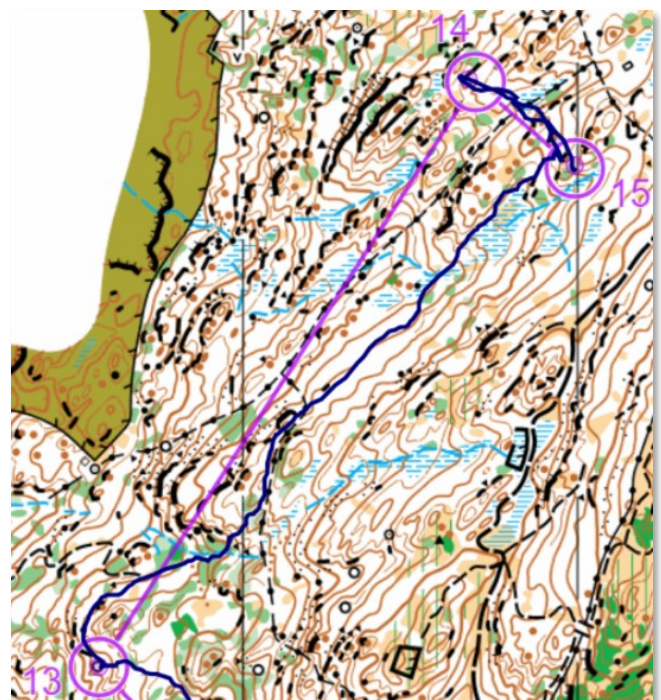
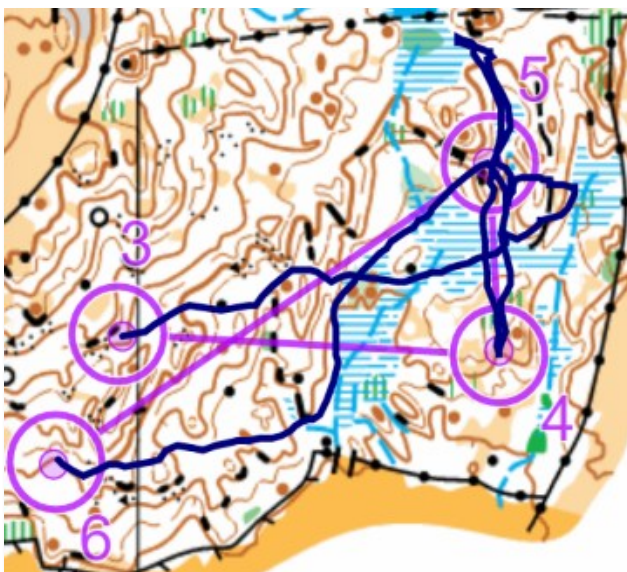
DAY 4: BIGLAND



This was perhaps my favourite day since it was very tough and completely different from the rest.

The navigation was much harder in the woods than on open fell and not having experienced anything as tough as this before, I was glad to learn on the job after losing 15 minutes across two of the first four controls.

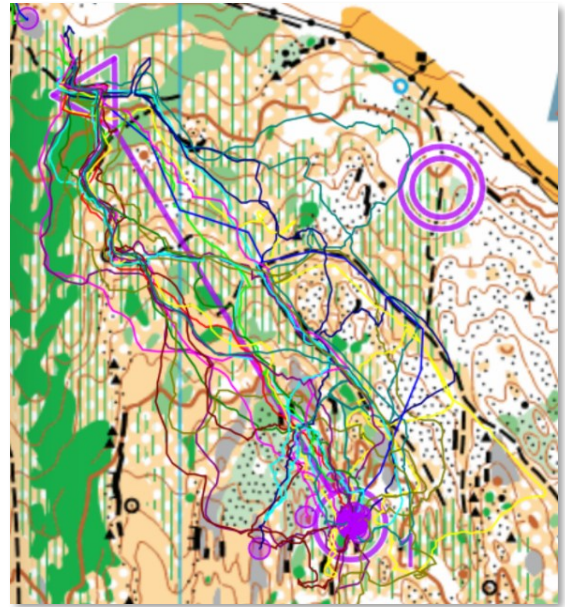
My questions for day 4 as well as 'Where did all these rocks come from and why did there have to be so many?' is 'How on earth did I manage to do this, this and this?'





DAY 5: HAMPSFELL

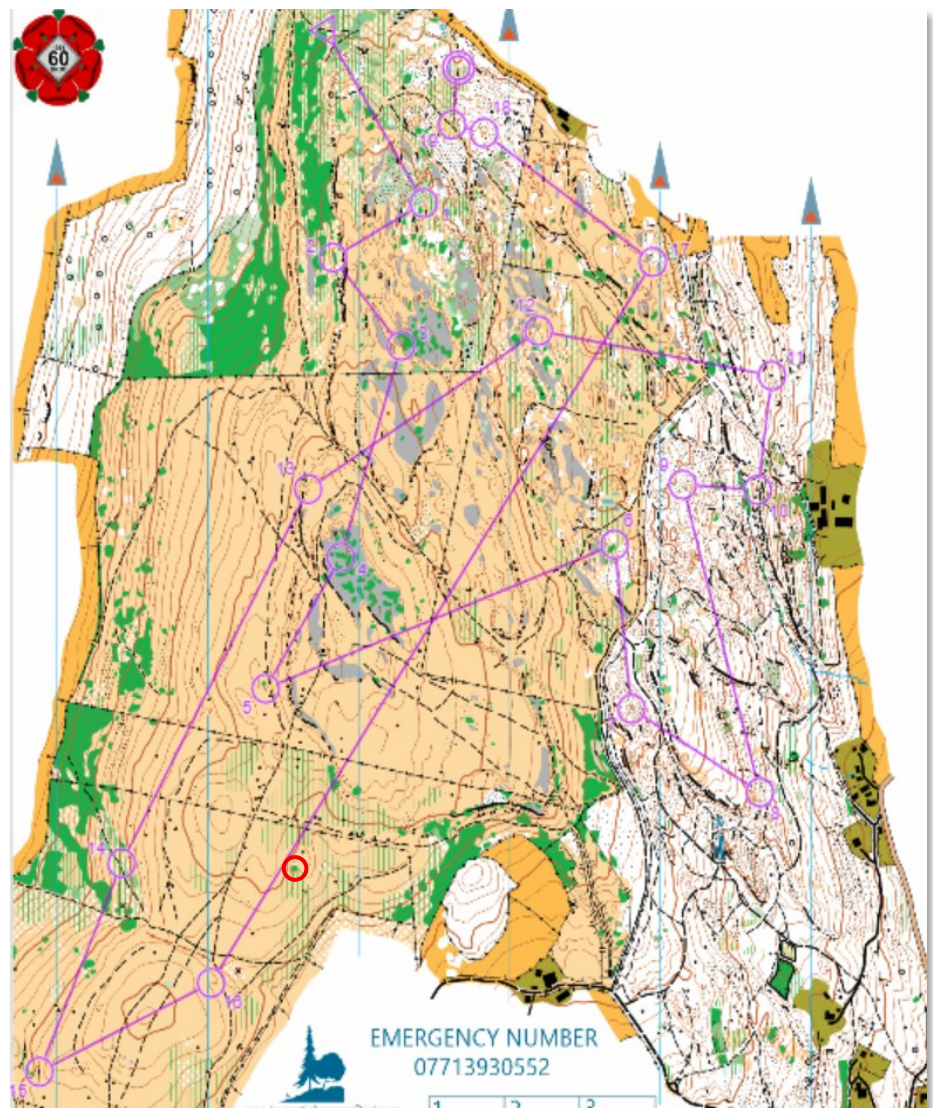
Hampsfell was quite an interesting area with a large fraction of the area having limestone pavement underfoot. I thought I would mention the first control on Course 1 (see right) not only because it had such a variation in different routes and undoubtedly mistakes through what was definitely the hardest section of all five days, but because there are a few routes on the West which don't go through the start triangle. The BOF rules say, 'The map issue point should be such that all competitors will visit the start flag'. Clearly any penalty would be very harsh, especially given the route was not necessarily better than others, but for a major event?



The main impression from this final day was disappointment in some of the planning of courses 1 and 2 (1 shown below): given the whole area, 13 – 16 was essentially a runner's course with TD 3/4 legs, in particular a practical dog leg of #15. Note: #16 was actually at the red circle marked, not as shown on Routegadget.

My final question for day 5 is 'Can you plan a better set of legs from #13 – #16 (given a map turnover at #12 meaning less overprint in the way; the walls have mandatory crossing points you can see on Routegadget [here](#))?'

I would also like to take the chance to thank Mike Bennett and Nigel Quinton for the lifts on Days 1, 2, 4 and 5 and the Gosticks for the lift back on day 2.





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 01 September	HH Street-O Finale	Hatfield	HH	Local
Sat 05 September	HH Saturday Series	Oaklands College	HH	Local
Sun 06 September	Baddow Ridge SOS Colour Coded & EA League – N.B. New date!	TBA	SOS	Regional
Tue 08 September	SLOW Street-O Series	Covent Garden	SLOW	Local
Sat 12 September	TVOC Saturday Series	Waddesdon Manor	TVOC	Local
Sun 13 September	Peter Palmer Junior Team Relays	Tilgate Forest & Park	SO	National
Sun 13 September	CHIG Local and SWELL	Epping SE	CHIG	Local
Sun 13 September	Amphill Park	Amphill Park	WAOC	Local
Fri 18 September	City of London Sprint	Middlesex University Hendon	LOK	Regional
Sat 19 September	SLOW City of London Race (UKOL)	Bermondsey	SLOW	National
Sun 20 September	DFOK City of London Double Sprints)(UKOL)	Thamesmead	DFOK	National
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	TVOC	Regional
Sat 03 October	HH Saturday Series	Jersey Farm	HH	Local
Sun 04 October	HAVOC Regional EAL & SWELL	Thorndon Park North	HAVOC	Regional
Sun 04 October	SN Urban	TBA	SN	Regional
Sat 10 October	British Schools Score Championships	Shingley Country Park	DVO	National
Sat 10 October	TVOC Saturday Series	Wittenham Clumps	TVOC	Local
Sun 11 October	LOK SEOA Middle Champs	Hampstead	LOK	Regional
Tue 13 October	SLOW Street-O Series	Bow	SLOW	Local
Sat 17 October	DFOK Regional Middle Distance (pm)	South Ashdown	DFOK	Regional
Sun 18 October	CompassSport Cup Final	Pippingford Park	MV	Major
Sun 18 October	SMOC Keyne-O 4, Linford Wood	TBA	SMOC	Local
Sat 24 & Sun 25 October	Caddihoe Day 1 (UKOL) Caddihoe Day 2	Hound Tor Haytor, Dartmoor	DEVON	National
Sun 25 October	HH Urban 2026	Welwyn Garden City	HH	Regional
Sun 01 November	58 th November Classic (UKOL)	Hollands Wood	SOC	National
Sun 01 November	EAOA Championships and EAL	Santon Downham	WAOC	Regional



Date	Event	Area	Club	Level
Sat 07 November	HH Saturday Series	Wardown Park and Popes Meadow	<u>HH</u>	Local
Sun 08 November	GO Local event	St Martha's & the Channies	<u>GO</u>	Regional
Tue 10 November	SLOW / DFOK Street-O Series	tbc	<u>SLOW</u>	Local
Sat 14 November	SO – South East Night Champs	Tilgate Park & Forest, Crawley	<u>SO</u>	Regional
Sun 15 November	SO Regional Event	Tilgate Park & Forest, Crawley	<u>SO</u>	Regional
Sun 15 November	Urban Race	Witney	<u>TVOC</u>	Regional
Sat 21 November	TVOC Saturday Series	Brill Common	<u>TVOC</u>	Local
Sun 22 November	HAVOC Regional & SWELL	Bedfords Park, Havering Atte Bower, Essex	<u>HAVOC</u>	Regional
Sun 22 November	SN Trophy	Mytchett	<u>SN</u>	National
Sun 29 November	SE Long Championships and SAX SE League	Bedgebury National Pinetum and Forest	<u>SAX</u>	National
Sun 29 November	SCOL 04 and BKO Autumn Regional Forest	Bucklebury Common	<u>BKO</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](#)