

Your Second Event

Now you have completed and enjoyed your first event, we hope you will want to go to more.



The Club.

- You can go to up to three events before we expect you to **join** the club. You join DVO when you join British Orienteering online, www.britishorienteering.org.uk and selecting us (DVO) as your local club. (East Midlands will automatically appear as your Region). Total Fees are £13 for adults and £4.30 for children.
- The normal Adult **entry** at DVO Regional events is £7, £4 at Local events. Dibber hire is £1.
- **DVO**, like other clubs, puts on one event per month on average. Once you are a member of DVO, you can go to events organised by any club in the country, So the next one for you could be one organised by another club within travelling distance. They may do things slightly differently. East Midlands events are listed in **Newstrack**, the four-times-yearly club magazine. They are also listed on the club's website, <http://derwentvalleyorienteers.org.uk> , and other nearby ones on the Region's website. <http://www.emoa.org.uk> Occasionally events are of different types (see Appendix 4).

The Course.

- At Registration, signs will give details of the courses for that day. It will give straight-line distance (competitors will probably do at least twice the stated distance) in km, climb in metres, and usually the number of controls.
- Which **course** to do? The table (Appendix 1) shows the progression of what we call 'colour-coded' courses. They start from short and easy (White) to longer and more difficult, and it is recommended that you go one step at a time. When you're confident at that colour, then think of moving up. As a near-beginner, it may be safest to do the same level (ie colour) as before, but some people may find this too easy. Think, however, before jumping to Light Green, because this will involve significantly harder navigation (see Appendix 1), and pictorial Control Descriptions (see Appendix 2 and 3).
- The best book by far on Orienteering is: **Orienteering: Skills - Techniques - Training** (Crowood Sports Guides) Paperback by [Carol McNeill](http://www.carolmcneill.com) , c £10. This is especially useful for navigation techniques.

- Also be wary of trying to go **too fast** at this stage. This is when you are likely to make mistakes, and it can be difficult to correct them without more advanced skills.

Equipment.

- If you didn't use a **compass** at your first event, you might consider using one soon. You have two types to choose from: a "Silva"-type compass (right) with a rectangular clear plastic back plate (as you may use for hillwalking), or a "thumb-compass" (left),* easier to use for orienteering, less use when walking. The north-pointing lines on an orienteering map already point to magnetic north.



*left-handed and right-handed versions available. Most people put their thumb-compass on their 'lesser' hand, leaving their 'main' hand for the dibber.

- Getting your own kit. After a few events you may want to begin to get some of your own equipment. Studded running **shoes** will make quite a difference, and **gaiters** (covering the lower leg) give some protection against brambles. You may also want to buy your own **dibber**. They are quite expensive! The newest (most expensive!) dibbers ('SIAC dibbers') don't need to be put into the SI boxes at each control, but work by proximity. You still get a bleep and flash, but from the dibber rather than the box. (But even with these you will still have to dib at Clear, Check, Start, and, at some other clubs' events, Finish.)

Where to get these? Most items are available online from Ultrasport

<http://www.ultrasport.co.uk> or Compasspoint <http://www.compasspoint-online.co.uk> . They also have mobile shops at National and Major events. Some local sports shops (e.g The Derby Runner in Spondon) have studded shoes, often called 'fell running' shoes.



Later still you may want to get a **DVO club top**. See the club web site under members/clothing for details of tops, running vests and jackets. DVO club tops available from Mike Godfree (at mike.godfree@btinternet.com).

Appendix 1 Colour-Coded course length/difficulty

Different standards of courses are named after Colours. Courses, in order; White, Yellow, Orange, Light Green, Green, Blue, Brown, Black. (Black is very rare.) There is usually also a Short Green. The second Orange bar is for a Long Orange course, only occasionally put on.

Course lengths may sound short, but often take longer than expected! Ten minutes per kilometre is very good progress.

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1km +
Very Easy	White				
Easy		Yellow			
Medium		Orange	Orange		
Hard		Light Green			
Very Hard		Green	Blue	Brown	Black

Appendix 2 Pictorial Control Descriptions

Control descriptions

For the Light Green course and above they will be 'pictorial'(See below left).

Brindley WM League							
Green		4.9 km		65 m			
▷			↗		Y		
1	157		+++			↗	
2	178		∇			↻	
3	198		∇			○	
4	160		∇				
5	186		▧			↘	
6	204		•			○	
7	180	→	∇			└	
8	164		□			└	
9	179		+++			↖	
10	165		+++	∇	X		
11	195		∇				
12	185	↙	+++			○	
13	191		∩				
14	184	↑	•			○	
15	190		∇				
16	188		∇				
17	192		∩				
18	203		≡			◀	
19	202		∩				
20	158		↗		Y		
○			80 m			○	

Example of a Pictorial Control Description Sheet

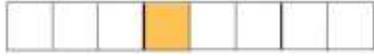
The control description sheet has eight columns, A to H.

A **B** C D E F G H



Columns A and B, always filled in, are the same as you have seen before. Column **A** is the number on your course, and the order you must find the controls. Column **B** is the Control Code, also shown on the control itself, so you can be certain you are where you thought you were, and that this is the one to dib (also called 'punch')

A B C **D** E F G H



Column **D** is the feature on which the control is found, but in **pictorial** form. The most common ones are shown in **Appendix 3a**. You can take this key to events with you, and as you usually get the control descriptions when you Register (ie before your time starts), you can look up the ones on your course, and write them down if you want and take that with you. You will soon begin to learn the common ones.

A B **C** D E **F** G H



The other columns give more information, and the meanings of most of these symbols are obvious.

Column **C** tells you which of similar features within the circle you want. Eg, the northern one, or between two

Column **E**, often blank, has another pictorial symbol, if two cross. Eg, A path crossing a stream. Also may show some qualification of the feature, Eg, shallow or deep, top of or foot of, or ruined (↻) (see **Appendix 3b**).

Column **F**, often blank, shows crossing, or joining Eg, of paths, tracks, ditches, or size of feature (in metres).

Column **G**, usually filled in, shows which part of the feature the control is to be found. Eg, NE side, W corner, or end of (a linear feature).

Column **H**, very rarely used, something else at that location. Eg, first Aid.

Appendix 3a Common Pictorial Control Descriptions

	Road		Crag
	Track, Path		Boulder
	Ride		Lake
	Bridge		Pond
	Building		Source
	Ruin		Water tank
	Wall		Wet pit
	Hedge		Stream
	Fence		Ditch
	Gate		Marsh
	Hill		Linear Marsh
	Knoll		Tree
	Spur		Copse
	Earthbank		Clearing
	Earthwall		Thicket
	Reentrant		Tower
	Depression		Cairn
	Small depression		Sculpture
	Pit		Rootstock
	Gully		Special feature
	Small gully		Special feature
			Vegetation Boundary

And only in Urban Events

	Paved area		Steps
	Building pass-through		Narrow passage

Re-entrant is a very small 'valley', often on a steep slope.

Linear Thicket is usually a hedge! Maybe overgrown.

Knoll is a very small hillock, or lump.

Rootstock is the 'disc' of roots and soil sticking up when a tree blows over.

Special Items are usually man-made features, like a sculpture, seat, or tripod.

Appendix 3b Full key to Pictorial Control Descriptions

For the second part, Control features, the black symbol in the box is what you see on the Control Descriptions. The coloured 'drawing' next to it is how it will appear on a map.

<p>IOF Control Descriptions</p> <p>This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at http://www.orienteering.org</p> <table border="1"> <tr> <td>A</td><td>B</td><td>C</td><td>D</td><td>E</td><td>F</td><td>G</td><td>H</td> </tr> <tr> <td>1</td><td>123</td><td>↓</td><td>⊖</td><td>⊞</td><td>10x1</td><td>⊖</td><td>⊞</td> </tr> </table> <p>A Control number B Control code C Which of any similar feature D Control feature E Appearance F Dimensions/combinations G Location of control flag H Other information</p> <p>C - Which Feature</p> <table border="1"> <tr><td>↑</td><td>Northern</td></tr> <tr><td>→</td><td>Upper</td></tr> <tr><td>←</td><td>Lower</td></tr> <tr><td>⊞</td><td>Middle</td></tr> </table> <p>D - Control Feature See below.</p>	A	B	C	D	E	F	G	H	1	123	↓	⊖	⊞	10x1	⊖	⊞	↑	Northern	→	Upper	←	Lower	⊞	Middle	<p>E - Appearance</p> <ul style="list-style-type: none"> Low Shallow Deep Overgrown Open Rocky, Stony Marshy Sandy Needle leaved Broad leaved Ruined <p>G - Location of Flag</p> <ul style="list-style-type: none"> West Side South East Edge East Part South West Corner (inside) North Corner (outside) North West Tip Bend South East End Upper Part Lower Part Top Beneath Foot North East Foot Between 	<p>F - Dimensions</p> <ul style="list-style-type: none"> 1.5 Height or Depth 6x3 Size 15 Height on slope 1.5 Heights of two features 2.5 Crossing 2.5 Junction <p>H - Other Information</p> <ul style="list-style-type: none"> ⊞ First aid post ⊞ Refreshment point ⊞ Radio or TV control ⊞ Control check <p>100 m Follow Taped Route away from control</p> <p>10 m Follow Taped Route between controls</p> <p>Mandatory crossing point or points</p> <p>Mandatory passage through out of bounds area</p> <p>50 m Follow Taped Route to Map Exchange</p> <p>120 m Follow Taped Route to Finish</p> <p>40 m Navigate to Finish Funnell, then follow tapes</p> <p>220 m Navigate to Finish, no tapes</p>
A	B	C	D	E	F	G	H																			
1	123	↓	⊖	⊞	10x1	⊖	⊞																			
↑	Northern																									
→	Upper																									
←	Lower																									
⊞	Middle																									
<p>Land forms</p> <ul style="list-style-type: none"> Terrace Spur Re-entrant Earth bank Quarry Earth wall Erosion gully Small erosion gully Hill Knoll Saddle Depression Small depression Pit Broken ground Ant hill <p>Rock and boulders</p> <ul style="list-style-type: none"> Cliff, Rock face Rock pillar Cave Boulder Boulder field Boulder cluster Stony ground Bare rock Narrow passage 	<p>Water and marsh</p> <ul style="list-style-type: none"> Lake Pond Waterhole River, Stream, Watercourse Minor water channel, Ditch Narrow marsh Marsh Firm ground in marsh Well Spring Water tank, Water trough <p>Vegetation</p> <ul style="list-style-type: none"> Open land Semi-open land Forest corner Clearing Thicket Linear thicket Vegetation boundary Copse Distinctive tree Tree stump, Root stock <p><small>Orienteering resources from Mapmaker © Simon Entwistle 2007, simon@mapmaker.co.uk</small></p>	<p>Man-made features</p> <ul style="list-style-type: none"> Road Track/Path Ride Bridge Power line Power line pylon Tunnel Stone wall Fence Crossing point Building Paved area Ruin Pipeline Tower Shooting platform Boundary stone, Cairn Fodder rack Platform Monument or Statue Building pass through Stairway <p>Special features</p> <ul style="list-style-type: none"> x Special item o Special item 																								

Appendix 4 Types of event

Most events are **Regional** or **Local** “Cross Country”.

- There are various **levels** of event:
 - Major.** Pre-entry only, difficult terrain, only a few per year nationally. Very hard courses.
 - National.** Usually pre-entry, difficult terrain, one or two local ones per year. Hard courses.
 - Regional.** Entry on the Day. Terrain varies. As DVO member you can go to other clubs' events, and most people go to those in the East Midlands organised by NOC (Nottingham club), LEI (Leicester) and any others they can get to. These don't have to be in the East Midlands.
 - Local.** Entry on the Day. Small areas, sometimes parks. Put on with very few helpers.

Most events are usually on Sundays through the year from September to May. Local ones may be on Saturdays, through the year, or summer evenings. Beginners are strongly recommended to go to a Regional or Local event. You can go round in pairs at these events, or have a more experienced friend 'shadow' you.

- There are various **types** of event:
 - Cross-country.** The most common type. Controls to be found in the correct order, and as fast as possible. Competitors start at one minute intervals for each course over 2-hour period.
 - Score.** Controls can be visited in any order within a set time (often 45 mins or 1 hour). Controls have points value, the more distant and more difficult to find having a higher points value. Penalty points for exceeding the time limit. Sometimes a mass start. Relatively uncommon.
 - Urban.** As in cross-country but in a town, city or campus. Map can be 1:4 000 or even larger. Seconds count in these races. Some different symbols used. Becoming common, especially in summer.
 - Sprint.** Short race of any type.
 - Relay.** As in athletics. Teams of 3 or 4 usually, who run different 'courses' . Team result. Uncommon.