



“ We, the ‘Fantastic Forty’, will fight to the death for the Virtuous Lady (aka CS Cup Final venue). We will not mispunch or retire. We will battle through brambles and mud until the day is won, or courses close, whichever comes first. ”

**Newstrack is the magazine of Derwent Valley Orienteers**

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## New Members

A warm welcome to new members Hilary Spencer W60, Alison Butlin W45, Lisa Bourne W45, Isabelle Graham W12, Michelle Knifton W40, Claire Sheldon W40, Hebe Parr W21, Steve Hand M55, Nick Holland M35 ... good to have you in the Club!

## Next issue

This will come out in time for Longstone Edge 2<sup>nd</sup> July, so please send any contributions by June 25<sup>th</sup> ... and thanks to everyone who sent items for this issue :) Great that we have a 2016 kite on our Newsletter Award on the cover!

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## Dates for Open Meetings and Committee Meetings

Traditionally club **Committee** meets on the second Tuesday of March, June, September and December so next dates are:

13<sup>th</sup> June, 12<sup>th</sup> September, 12<sup>th</sup> December

All are welcome at **Open Meetings** and there is a run beforehand, at 7pm, with the Meeting starting at 8pm at the Family Tree in Whatstandwell. The next dates are:

12<sup>th</sup> July

18th October - AGM



**Calling all DVO Juniors ... Your club needs YOU!**

**Can you make it a double and get to the final of the Yvette Baker Trophy?**

*When?* Sunday 21<sup>st</sup> May 2017

*Where?* Calke Park (DVO Level C event)

*What is it?* The junior inter-club competition, qualifying round. If we win then we get to go to the final on July 2<sup>nd</sup> at Druridge Bay (NATO event in Northumberland).

*What do I have to do?* Turn up and run, everyone will help, even if your position is not a scoring position you could deny others of points. The more the merrier.

Contact Val Johnson or Ann-Marie Duckworth for more information or to let them know you are coming.

## A warning about car keys at events

A recent item on the BO website refers to someone who had their car stolen at an event, and may not get a full insurance payout, or any, as the theft occurred with the car's keys, 'hidden' by the wheel.

There is normally a key board or box at events, but nothing to stop an imposter taking a key – if dressed like an orienteer. Knowing how thieves operate, they will certainly do it again, and probably also pass this knowledge on to other criminals, maybe in other parts of the country.

Andy Hawkins, Vice Chair



### Club Captain's Corner



"Visit Devon and you'll want to stay forever. This a stunning county of great contrasts, with two beautiful coastlines, two National Parks and five official Areas of Outstanding Natural Beauty. There's so much to visit and do, too: family attractions, historic buildings, award-winning places to eat, thrilling outdoor activities, and exciting events happening all year round."

Why am I quoting the Devon Tourist Board? Because DVO has only gone and won itself a free weekend away in Devon! Which is a less prosaic way of reporting that DVO has qualified for the CompassSport Cup Final at the Virtuous Lady in Devon on Sunday, 22<sup>nd</sup> October 2017 by beating both NOC and LEI (not to mention NOR) at LOG's Burwell qualifier. OK, we finished second to the mighty SYO, but even Lincoln City eventually lost to Arsenal.

The Fantastic Forty – actually the Fantastic Thirty-Nine – who travelled deep into darkest Lincs performed magnificently and defied all pre-competition predictions. Francesco Lari won't mind me mentioning – particularly as I haven't asked him – but before the event, he predicted a result as follows, based on the BOF ranking lists:

SYO	- 2362	The actual result was	SYO	- 2445
NOC	- 2241		DVO	- 2357
DVO	- 2206		NOC	- 2315
LEI	- 2196		LEI	- 2251

In order to qualify, Francesco reckoned most of DVO's team had to perform above their ranking position, a tall order, but one which we accomplished in style. Francesco summarised the reason why far better than I could:

*"A very good effort! I did my best to prove my simulation right scoring exactly the same points I had in my plan, but the majority of the team did sensible improvements on what was their position on paper. Very well done to the two juniors on Orange that gave us 196 points and that did not figure at all in my simulation! The 3 Ladies on Blue were impressive with a combined +17 positions, the 3 scoring men on Green +14*

positions, 4 scorers on Short Green with +7, 3 scoring Ladies on Green +11, 2 scorers on Brown +5, 3 scorers on Blue Men +6, James (Bedwell) on Junior Men +6 (and well done to the 2 Junior ladies keeping the high position that was expected).

A total of +66, and the two Oranges are a further +23 because had they not scored, we would have had to pick up an 88+85.

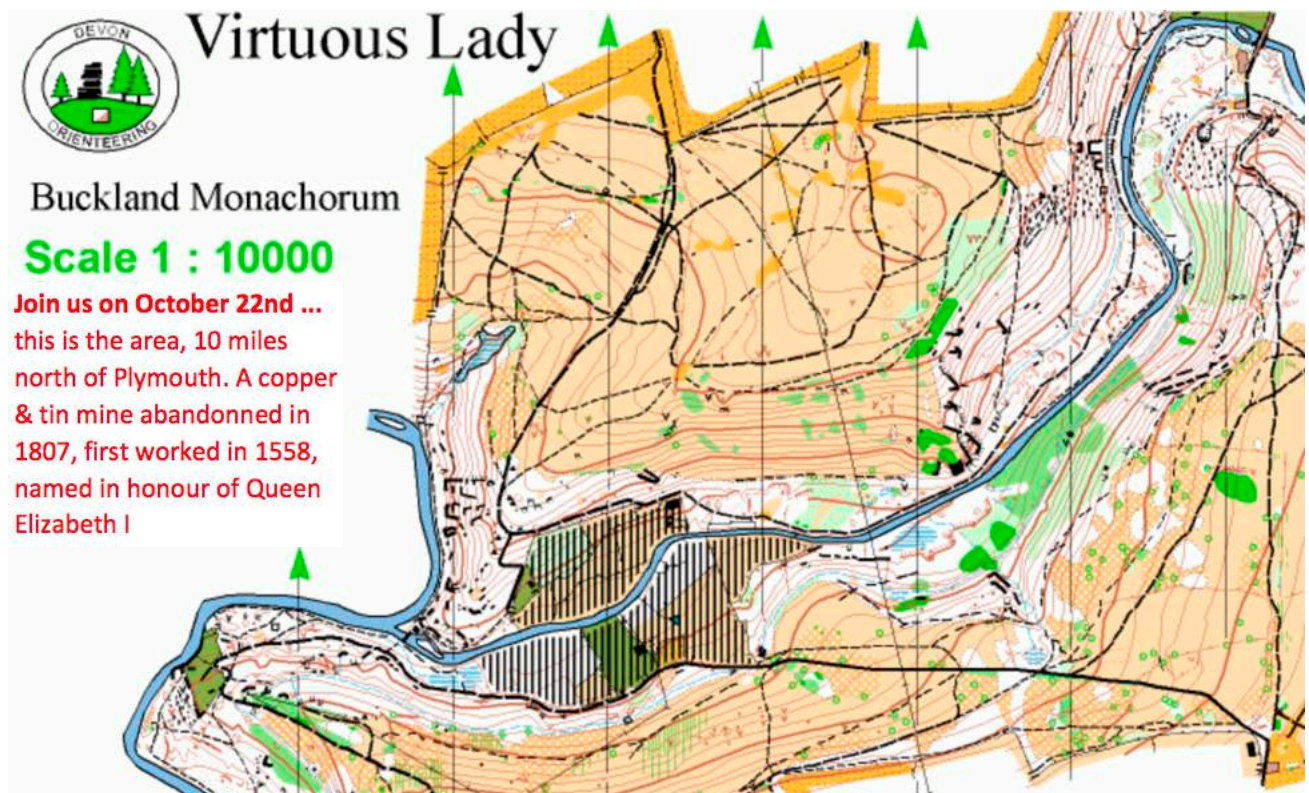
So in the end NOC performed accordingly to expectations, but found an inspired team that carried the day brilliantly!"

Echoing what Francesco says there, I would like to highlight the contribution of our juniors. This is not an area in which, let's face it, DVO excels, but it seems that not many clubs do either. SYO had maximum 100 scorers in 7 of the 11 classes (i.e. they came first), DVO had only 2, both juniors, Sarah Duckworth in 18- Short Green Women and Rachel Duckworth in 14- Orange Women. There were only three runners in this category, of which DVO contributed two, ensuring that Grace Pennell also contributed a valuable 96 to the overall total. James Bedwell on a competitive 18- Green Men achieved a score of 88, and special mention must be made of rising star Jake O'Donnell whose third place on 14- Orange Men guaranteed us 96 points despite Jake being only M12 and competing against, and coming within seconds of beating, two of SYO's M14 stars.

One area that DVO does excel in is W65+ and M70+'s! We fielded 12 of the 34 competitors in this class and steamrolled the opposition by sheer weight (of numbers, I hasten to add).

LOG handled the results brilliantly, displaying the team scores in real time so as soon as a finisher downloaded, the overall scores adjusted more or less instantly. This made for a gripping hour as I waited transfixed as the lead changed hands, DVO overtaking early leaders LEI before hanging on as that lead was gradually whittled but not extinguished by NOC's late-running 'big hitters'.

I did not expect my role as club captain to extend to personal coach and rabble-rouser, but I was shocked at one point during my run to come across a DVO competitor (who will remain nameless) who was actually walking! This didn't last long though as the sluggard was roused from his slumbers by a scream of "Get a move on Russell! You haven't got time to hang around!".



But enough of statistics and past glories. We look ahead now to **Devon on 22nd October**. I thought we had enough of a trek to get to Burwell, but Devon will be twice the travelling time, there's no point in ignoring it, but at least it is the first weekend of the half-term for those wanting to stay more than a weekend.

I would like to think that we could match the numbers that travelled to Burwell, particularly with the prospect of returning antipodean absentees and injuries.

I have had a word with the SYO captain and there is the possibility – only a possibility at this stage – of us sharing a coach with them. This would mean an eight hour journey to Devon and back in a day, but it might overcome the understandable objections of those reluctant to compete at the event on the grounds of distance and time, as well as generating a bit of team spirit too. I have fond memories of past rare occasions when DVO has travelled en masse to CompassSport matches. I will raise this at the forthcoming Open Meeting to gauge opinion on this prospect, but, having qualified for the final, I think that the club should do what it can to turn out in as large a number as possible for all sorts of reasons.

More immediately, we have relays of the JK and British variety to look forward to. The JK relay teams are on the website. Compilation of JK teams is made easier by the flexibility of the qualification rules but I have still had to enter two Ad Hoc teams, which is not ideal. It's not too late to enter another JK team if there is a sudden demand because the entry date has been extended to Sunday, 9<sup>th</sup> April.

It looks like we shall have six JK relay teams and six or seven British relay teams (also on the website). At present we have two-thirds of a decent W40 relay team (Sally and Helen) but lack a third member to complete the trio. It would be a shame to waste the opportunity so if anyone who fits the bill wants to join a select company please let me know, though anyone will do frankly as the Ad Hoc option is always available.

Finally, the **Harvester Relays** is a competition that DVO has ignored lately possibly because of its habitually choosing a southern centre of gravity, but this year it's on Blakeholme in the Lakes, reason enough to reconsider our indifference, on **Saturday/Sunday, 24<sup>th</sup>-25<sup>th</sup> June**. Only five members are required to make a team. Anybody interested?

Graham Johnson [serendipadeedoodah@gmail.com](mailto:serendipadeedoodah@gmail.com)



## Invitation to Spain

Anyone else for Bilbao, November 11th/12th for the last Euro City Race of this year? Middle (forest) and Night Sprint events on the Saturday, City Race on the Sunday.

Flights with easyJet from Manchester, though schedule for November not yet available but looks like convenient times out on Friday and back on either Sunday or Monday. Or from Stansted but times don't look so convenient from there.

See <http://bilbaocityrace.com/> for event details.

Mike Godfree [mike.godfree@btinternet.com](mailto:mike.godfree@btinternet.com)



## Club kit

We have O tops, both short sleeve (£23) and long sleeve (£33), warm up jackets (£30) and running vests (£17) all with our distinctive blue and gold contour design. More details on the club web site under Members/Clothing including a link to the Siven site for sizing and fabric details. I have a reasonable range of sizes in stock or will put an order together. Prices may vary depending on exchange rate and size of order.

[Mike.Godfree@btinternet.com](mailto:Mike.Godfree@btinternet.com)

## Sports Personality of the Month

Dai Bedwell, having finished his run at Lindop, returned to the start to collect his jacket. From force of habit [Pavlovian conditioned reflex – Ed] he put his dibber in the clear box and realised just in time what he was doing and managed to retrieve before it had completely destroyed the record of his run. Fortunately we could tell from the start box when he had started and assumed the first 3 controls had been correctly punched.



## Stockholm Indoor Cup 2017

So, having seen the maps for the York Indoor Orienteering Cup, we decided to go to the Stockholm Indoor Cup. Partly because my niece and family (husband Jerome and kids Thomas (10) and Mia (9)) live there and we hadn't seen them for a long time and partly sheer masochism.

The map layouts were a bit daunting to begin with, 5 floors on 5 separate maps on an A3 sheet for day 1 and 3 for day 2. This led us to think that day 2 would be less complicated, oh how wrong you can be. You'd have enjoyed some of the special symbols, a blue pit sign for a toilet and a blue small depression sign for a washbasin for instance. They'd had some problems with the map printing because the colour for OOB was much the same as that for the course, so they'd had to write some control numbers and circles on by hand afterwards.

My niece and family decided they'd come along and have a go at the novices courses, indeed my niece decided to enter the Tanter (women over 40, literally aunties I think) course on day 2, the same one I was doing. In the event, the children enjoyed it so much they did a second harder course as well, both days and the other two effectively humiliated both of us by the times they finished their courses in.

We all set off for the event on the Saturday. We had to run for the bus that took us to the first train, we then changed to a second train and then another bus to the metro. Then another train (I think, I was losing my grip by this point) that dropped us right outside the school where the event was. We had to take our outside shoes off and we took the opportunity to go to the toilets which we had to queue a very long time for. It was heaving with people (reputedly 800 entries in all), but after we'd registered, paid, collected dibbers etc. we managed to find a spot to settle to get ready. I was the last to go, which was unfortunate, given I was likely (and indeed was) the slowest.

It was disconcerting to begin with, to find we had a window to climb through to the first start box. With a map with 5 floors, it was always going to be a challenge, but it surpassed all expectations. Having continually to go up or down several floors in order to get to another control on the same level, made it lengthy and confusing. So confusing that I frequently forgot the plan I'd made to begin with and had to work it out all over again. Or I failed to recognise that at some point in my planned route I couldn't get through at a point I thought I could. There were 8 staircases, including spiral ones and having spent time on the flight home working out what we thought were the optimum routes between controls, my course involved 32 trips up or down stairs as well as convoluted routes between. Sadly my actual route involved rather more than that.

All of which explains why I was very low down the list. The winner did it in 34:11 and I took 75:46.

So, **Day 2**, again it was very full, but we found somewhere to camp. And again I was last off.

In theory this one was less complicated, having only 3 floors, but it soon became apparent that there were other complications. There was a map exchange with nothing specified for the 2<sup>nd</sup> part (though I discovered this was a maze having seen Jerome's map, because he finished before I started).

More importantly, the 3 floors were in 3 parts (3 separate buildings) and there was only one way between them, on different floors, of course. One involved going between buildings outside, in the snow! And the other was a bridge on the second floor. There were 17 staircases, some of them spiral, and the routes between controls were convoluted in the extreme. So much so, that I continually got confused and forgot the route I'd planned, or went the wrong way. I was so tired by the time I got to the maze that my brain had gone and I made a mess of that too. The maze bit was only revealed after you'd completed the first 21 controls. At this point you got a new map and had to crawl (great if you've got dodgy knees) under a curtain, "run" a short way and crawl back under into the hall where the maze was. There was also a crawl under the curtain before the run-in to the finish, but happily by the time I got to that bit it had been raised. I could have done without the rest of our party – husband, niece, niece's husband and their 2 children – shouting "encouragement" with their heads under the curtain while I made a mess of the maze. They had, of course, all finished.

The analysis on the plane showed that if I'd done it perfectly I'd have negotiated 38 stairs and crossed between buildings 6 times. Sadly I certainly did a lot more than that. Which is why, while the winner did it in 49:23, I took 125:40. But I finished and an awful lot of people didn't. I've never seen an event where more people were standing around in corners staring at their maps with puzzled frowns.

It was mentally and physically exhausting, but a really fascinating 3-dimensional puzzle. I think there are techniques we failed to grasp in time that might make the memory issue more manageable. We'll certainly try it again and hope we've learnt something from the experience.

Jen Gale

### Derek's Comments

I had a reasonable run on the first day which lulled me into a false state of competence when I picked up the map for the second day. After negotiating the first control, albeit a lot slower than I would have liked, I looked for the route to the second control (Jen's third) and looked, and looked. I was at this stage in full view of the assembly area as the first control was on the balcony so I sidled off out of sight and looked again. I have never stood still for so long at any orienteering event, especially given that I knew precisely where I was. 10 minutes later I thought I had, it so set off only come to a grinding halt because there were so many steps in the chain that I had forgotten them so had to work it out again from where I now was. That took a further 7 or 8 minutes standing still! Overall I took 94 minutes of which 30 were on the second control. The fastest split was 7:31 (Tony Udris SYO) and the slowest 45:39 with the average about 15 minutes. The planner, on both days, had set the trickiest challenge at the start of the run before you had chance to become familiar with the staircases.

I came away from the weekend with a few thoughts about technique.

- If there are fixed points that you have to go through on a leg then get there and think again.
- Do not worry about stopping and thinking - everybody else is.
- Get the staircase sequence in your mind and chant it as you run.
- Be prepared for darkness - some rooms were very dark.

My final comment would be that I was surprised at the poor quality of the map on the second day, especially as we were in the heart of orienteering land. As Jen has pointed out, the software used the same colour for out of bounds areas as it did for the route and control circles and numbers. They disappeared so had to be written on by hand. The third floor was mapped at a different scale to the other two floors and quite significantly did not show Staircase 'O' in the correct relationship to 'O' on the other floors.

### Maps

As the maps would be very difficult to read in an A5 format they can be found here

[www.bentlane.org.uk/OMaps/M0567.jpg](http://www.bentlane.org.uk/OMaps/M0567.jpg) for Jen's Day 1

[www.bentlane.org.uk/OMaps/M0568.jpg](http://www.bentlane.org.uk/OMaps/M0568.jpg) for Jen's Day 2

[www.bentlane.org.uk/OMaps/M0569.jpg](http://www.bentlane.org.uk/OMaps/M0569.jpg) for Derek's Day 1

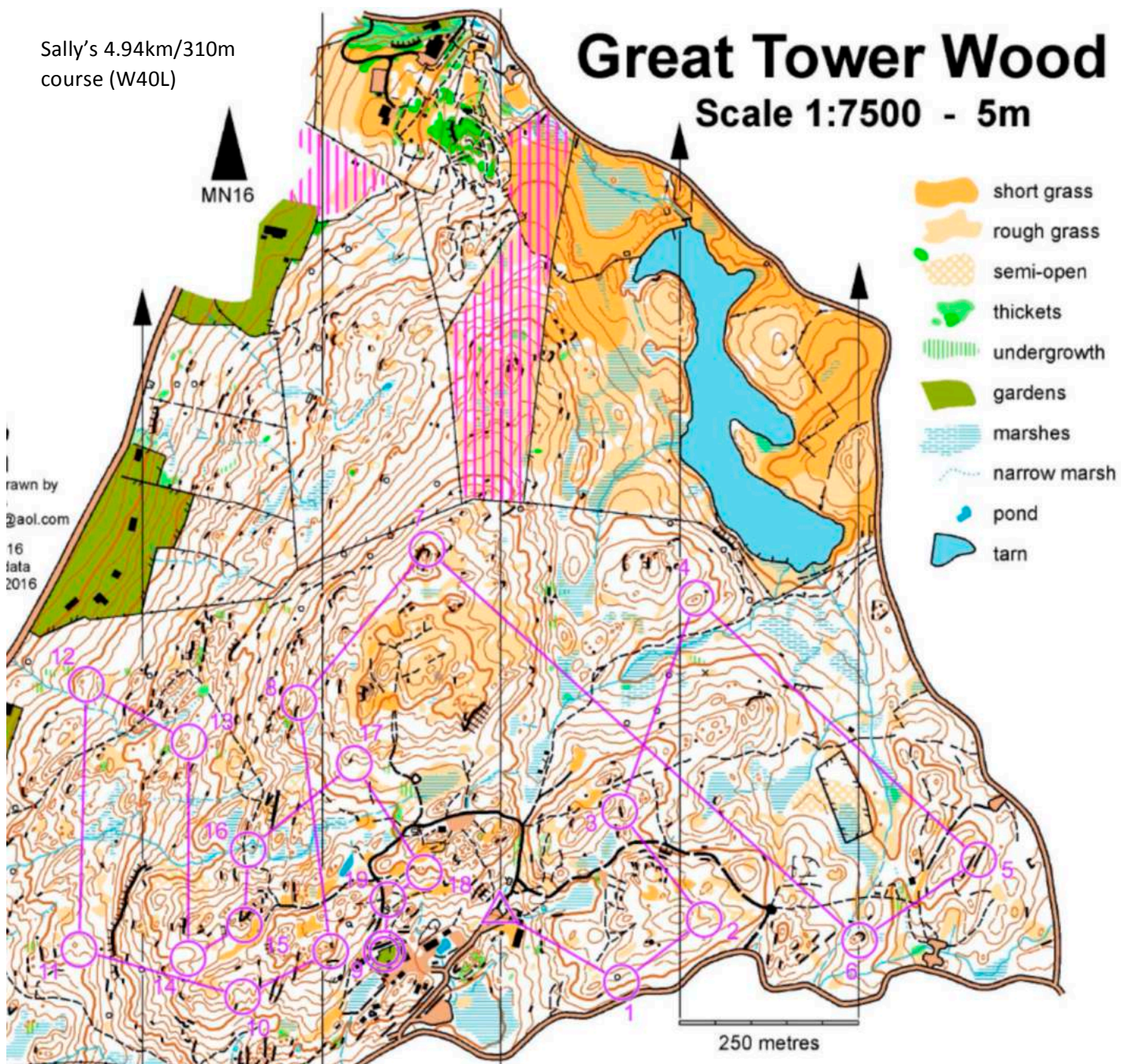
[www.bentlane.org.uk/OMaps/M0570.jpg](http://www.bentlane.org.uk/OMaps/M0570.jpg) for Derek's Day 2 (sorry about the quality of this but we had to leave our maps at the map exchange and when I finished the only 'Gubbar (Old Men)' map that was available looked like someone had screwed it up in disgust)

## **British Night Champs, 14 Feb - Great Tower Wood, The Lakes**

I knew it was going to be tough, but not as tough as it was!! The weather was perfect, about 7 degrees and dry, despite the mountain weather report, which I guess, always says rain in the Lakes!

I started very well and make great progress to just before control 5. I headed a little too far North and ended up on the hard standing, which cost me a couple of minutes, but nothing too concerning.

Continuing on I was confident (too confident in hindsight!), was reading the map well and hitting the controls almost bang on. No mean feat considered the fog had set in and reduced vision to about 3 metres! I spent most of my time using the actual texture of the ground and water features to navigate with.



All was well, then boom, control 14 hit, well I wish it had!! Could I find it, simply no. EVENTUALLY after going back to the uneven ground next to the stream between 13 -14 I managed to walk onto the control. This had cost me dearly and the British Night Championship was out of reach. The remainder of my run was 'safe', but my complacency had caught me out.

What have I learnt; never, never, ever get complacent at night, when it is foggy, when you're in the Lakes (or anywhere for that matter!) The compass rules at night, use it meticulously and never guess-timate with it or you will get lost and lose what could have been an easy race to win! Luckily for me, lots of other people struggled on the night too and I managed another Bronze medal. Will someone please remind me to read this again before next year's Champs!

Sally Calland



## Edinburgh's Big Weekend

Each year the Edinburgh students of EUOC put on a weekend of events with a Night event, City Race, Ceilidh, and Classic Event. As we have free accommodation in the city (thanks Chris & Jane) we have been more than once. The Classic race is always Arthur's Seat so you know you are going to get plenty of climb and being planned by youngsters it is likely to be tough. Last year the City Race visited the Exchange whose multiple levels confused most and caused considerable discussion but then tailed off with largely simplistic running to finish in The Meadows. So in advance of this year's race we had done much studying of the old map looking at possible routes through the levels.

Having had two sons study in Edinburgh over the course of seven years I have visited much of the city moving in and out of student flats, so I reckon to know something of the layout of the centre. Assembly this year was in the very smart surroundings of George Heriot's School. The start was cunningly laid out nearby, though the fact you couldn't see what anyone in front was doing was largely due to luck in that a low sun was shining right in your eyes. But in any case most courses went straight into a subway under the road. Needless to say all our research had been in vain. This year no tricks on multi levels but plenty of route choice and changes of pace. The longer courses had a really long leg right across the map diagonally across the lie of the land.

The City Centre has basically 3 long parallel ridges with the central one from the Castle down the Royal Mile to Holyrood (Nicola's Palace) and two deep valleys between them. And of course the long leg was immediately after a turn over of the map. Fortunately my course took me down to the bottom more gently passing St Leonard's Police Station of Rebus fame and then worked our way back up. Always with choices of devious routes through the famed Closes or back to the major road and back in. I lost a lot of time from 15 to 16 on this map by not being able to see a viable route into the control which just like this was obscured by the circle so went all the way through to the road to the north to approach the control – a needless drop of 5 contours.

Then this leg from 21 to 22. From 21 you can go south to the major road or north back down the steps to the road you have just come from. What you can't do is go directly west because of the high wall. The best route seems to be south, right and right to take the road through to the northern road. Follow this west to go under the bridge (George IV Bridge) into the Grassmarket and then up the steps to 22. Needless to say that was not what I did, staying instead on the southern road climbing gradually to cross at the bottom of this map fragment, then down to climb up to the control. Others went like me along the southern road, then went north to go round north of the wall by Control 17 to approach the control from above. This then left a steep climb out of the valley to finish back in the school grounds.



The next day, being planned by students, and I guess not wanting to do the same as previous years, my Blue course had no less than 4 maps. Parking near the real Holyrood Palace we climbed onto the northern hill of Arthur's Seat. To start with we had a 1:5000 map with intricate legs amongst the gorse thickets, then a turnover to a 1:7500 map finishing with a massive over or round by road route choice to the south end of Salisbury Crags overlooking the city. At this point we picked up a 1:1000 map to pick off boulders along the foot of the crags. Distances on this micro O section were very confusing as every last pebble was mapped. I was pleased to see there was still a credit to David on the map, 20 years after he mapped the area. Then it was back to another 1:7500 map to finish off with a very steep drop at the end. The first control on that map seemed an enormous distance after having got used to the previous map. Of course I had been fooled by the micro O and had missed a control on that section.

All in all a good way to spend a dull January weekend. I can't comment on the night event or the celidh however. We left those to the youngsters.

Mike Godfree

## Forthcoming Fixtures (DVO, NOC, LEI, LOG & other)

### April (post-JK)

Sat 22nd Derby Elvaston Castle, 1-3pm (5 Parks Challenge, Event 3)

### May

Sat 6th Derby Allestree Park (Event 4)

Sat 6th UKOL High Dam (British Long Champs)  
Sun 7th Relays Summer House Knott (British Relay Champs)

Sun 21st 9 Calke Park (& Yvette Baker Trophy Heat)

Wed 24th WOD Highfields School, Matlock, Starts 5-7pm

Sat 27th B Long Mynd (Springtime in Shropshire Day 1)

Sun 28th UKOL Caer Caradoc & Hope Bowdler – new area! (SinS Day 2)

Mon 29th UKOL Brampton Bryan (SinS Day 3)

Sun 28th Wetherby Urban, CLARO

Mon 29th C York City Race, EBOR



### June

Wed 7th D/Mat Bottom Moor, S45 0JA, 6:30-8pm

Wed 14th D/Mat Lea Green, DE4 5GJ, 6:30-8pm



Sat 10th B Bristol Harbourside North & Clifton Wood

Sun 11th Bristol Harbourside East & Temple Quarter

Sat 17th EMUL The Meadows, Nottingham (also East Mids Sprint Champs)

Sun 18th EMUL Loughborough University

Wed 21st D/Mat Whitesprings, DE4 5PL, 6:30-8pm

Sun 25th Hull City Race, HALO

Wed 28th D/Mat Forty Acre Wood, DE4 5PL, 6:30-8pm

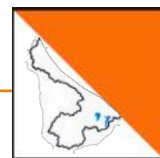
#### South Derbyshire Series (all Saturdays 1-3pm)

15th July Staunton Harold Reservoir

22nd July Foremark Reservoir

12th Aug Swadlincote Woods

19th Aug Rosliston Forestry Centre



### July

Sun 2nd 10 Longstone Moor 10-12 noon

Wed 5th D/Mat Oker Hill, DE4 2JP, 6:30-8pm

Sat 8th UKOL Peel Park/Lister Park Sprint, Fat Rascal Weekend (AIRE)

Sun 9th UKOL Bradford Urban, Fat Rascal Part 2

Wed 12th D/Mat Whitworth Park, DE4 2EQ, 6:30-8pm

#### National Trust Series

(all Wednesdays 11-2:30pm)

16th Aug Hardwick

23rd Aug Ilam Park

30th Aug Longshaw



# WSC

**When Sunday Comes**

*(Except when it's Saturday or Wednesday)*

RDO – Real Derbyshire Orienteers. Fanzine No 21  
*Welcome to a non-parallel universe*

## Chutney Tycoon freed from jail

Orienteering in the East Midlands holds its breath as Peak Pickles magnate Sir Branston Smalls completes his sentence (page 4)

“No orienteering area will be safe from this monster” – R\*x gives his view  
We ask “Does this breathe new life into the Belper Urban 6-Day event?” (pages 92-96)

Other news: The Naked Orienteer to present the Great British Fry-Off.

CAUTION: THIS EDITION OF WSC MAY CONTAIN NUTS

### Mass outbreak of CDD puts JK at risk

Sensational developments at last week's top event at Cromford Rocks have thrown doubt and confusion over the JK. Hundreds of competitors were seemingly struck down by a sudden epidemic of CDD, otherwise known as Chronic Dribbing Dysfunction. This rare disease, never before seen on this scale in the UK, affects orienteers such that they lose control over when and how often they dib controls. The result is almost always disqualification; runners will dib anything they see, often without realising that they are doing it. One variant is a complete inability to actually dib at all – the competitor freezes in the vicinity of the control box, the equivalent of the “jips” in golf. It is highly infectious and those afflicted need to be quarantined for at least two weeks. We spoke to an expert expert at a top-secret laboratory on a hillside near Belper (Gateway to the North).

Expert (drooling at the mouth): “Quarantine may work but we recommend eradication as this is the only sure-fire way of containing this issue. However, one possible cure is to roll naked on a bed of wild garlic under a full moon and we are happy to facilitate this arrangement for anyone who wants it. Quite where this has originated from is anyone's guess but it is thought that previous outbreaks in Europe have been spread by the Three-Toed Hungarian Boll Weevil”

*Brexits right.*

Both BOO and CLOT are on full alert: – orienteering has been suspended across the UK while a solution is sought. Further outbreaks cannot be discounted. The hunt for Kevin, chief suspect Numero Uno and most recently seen behind smirking live behind Fiona Bruce during the BBC Ten O 'Clock News, has been escalated.



*Scenes of chaos at Cromford Rocks*

### Trouble Brewing

It seems like there may be trouble brewing as a result of the latest campaign by Bad Dog Breweries to promote its premiere ale Old Sroat. Bad Dog Breweries have of course been closely linked to orienteering over many years through their loyal sponsorship of the East Midlands String Course Championships. Advertisements which stated that the ale will increase buttock firmness by an average of 9% had already come under close scrutiny last year but now the company has run into trouble over its fresh claims that drinking Old Sroat will improve one's sense of direction by 29 percent. “It's all true, we've done the research and there's no doubt about it” said a spokesman for the company who just happened to be wearing a white coat, carrying a clipboard and sporting a wild stare. Speculation that drinking twice as much Old Sroat improves sense of direction by 58% is being followed up with interest by staff members of WSC. It's a tough job but someone's got to do it. Watch this space.

### Pause for Thought

You Know You're Getting On A Bit When (Part 284)...you can finish courses in fewer minutes than your age. Or it is other way around? I can never remember. Which brings us onto You Know You're Getting On A Bit When (Part 285)....

From the casebook of reporter extraordinaire Miles Piles, WSC is proud to present .....

### **The Mystery of Cromford Rocks – Part One**

Investigative journalism! Well you can take that and stuff it up your Trimtex! It's all down to investigative journalism that I'm stuck halfway up this tree (oak, pine, gum – who knows?) on a freezing February night in the middle of Cromford Rocks acting on an anonymous tip off about a certain three-toed Hungarian miscreant who just happens to be CLOT and BOO's enemy number one. Well, when I say tip-off I am actually referring to a cryptic message that I received earlier in the day. It was thoughtfully delivered to me through my office window at the premises of the Belper Thunderer. The window however happened to be closed at the time. No matter. The sturdy house brick to which the message was firmly attached facilitated a successful transition from outside to a location worryingly close to my head, which happened to be placed horizontally on the desk in a temporary phase of deep thought. The glass-splintered note said "I have heard that a certain digitally challenged someone is going to be at CR tonite. A friend". A sat nav location was given. Very odd indeed. After all, at the last count I had no friends. That aside, I had no idea that anyone knew I was on the case of Kevin, or Laszlo Zatopek III, as he preferred to be known. Apart from my junior assistant Robin Wood that is, who had conveniently remembered that he needed to participate in a Zombie Apocalypse happening in the town this evening. Some of the locals weren't too happy about this sort of thing going on ("this isn't Ambergate, you know") but there were others who reckoned it was hard to spot the difference, zombies or not, and I was inclined to agree with them.

Shifting awkwardly in my lofty but concealed perch, I glanced at my phone. Almost ten o'clock. I was freezing. I was in the process of deciding to give it just another ten minutes when I heard scuffling noises in the undergrowth below. The noise was coming closer. Wow, this could be it! I could feel a major scoop coming on! The best since uncovering the vote rigging scandal at the Whatstandwell Vince Cable lookalike contest. I listened out for the familiar chomp chomp chomp of the boll weevil but instead all I could hear was muffled grunting followed by a terse "shut up or we'll make it tighter". I decided that keeping quiet was the best policy. Then my tree began to shake. My tree! I edged higher into the branches, heart pounding. Two shadowy figures were manhandling a shapeless lump. One was holding it up with some effort whilst the other was fiddling with something metallic near the lower branches. I heard several clicking sounds, more grunts and then a ripping noise. The lump took human form, hanging upside down and wriggling, clearly attached by its feet to a low branch. The two figures retreated back into the undergrowth. I waited until I was sure they had gone then quickly swung down out of the tree. The grunting noises were explained by the fact that the victim was gagged, hands tied behind his (I was sure it was a man) back, and his feet were secured by what looked like a gripple. His head was about three feet off the ground so I was able to ungag him. We simultaneously gasped, he with relief and I because I found myself looking into the upside-down eyes of none other than Bob McNut!

The editor of Gripple Monthly was shaken but after a trip to Belper Infirmary many hours later to check for the bump on his head caused by me accidentally dropping him on it as I managed to free him, he was in much better spirits. In fact, he was positively impressed by his assailants' bondage technique ("*a galvanised CZ2466B trapeze – in black! Very clever!*"). Lucky he had had a universal gripple key secreted on his person ("*you never know in my line of business*"). He said he had no idea who had done this or why. "*Probably just a prank*". Hmm, this was no prank and he was concealing something. But why? This needed further investigation. I offered him a lift home. We drove through the town as the sun was rising. As we passed a newsagent he suddenly gave a start. I turned to look - his face had turned white and he was trembling. A delayed reaction to his bump? And then I realised what had caused it. The newspaper billboard headline outside the newsagent had done this. "Chutney Tycoon Freed from Jail!" was the lead in the Belper Thunderer. I should know, I had written some of it. Bob McNut was up to his neck in something here and the slippery pickle magnate Branston Smalls could be involved. But what? And how?

**Gosh, no-one saw that coming, not even the author. You will just have to wait for the next exciting episode in this award-winning organ to find out what happens next.**

It's been a long time since I listed any Star Runners so I'll just confirm what they signify. The people listed below performed the best at each event when compared to how their personal handicap (of which more below) indicated they would perform. In effect, had any of these events been the DVO Club Champs, these people would have been the champion. You can see how variable the outcome is – surely an incentive to turn up at the next Club Champs Sat 7th October.

Date	Venue	Star Runner	Course
23/04/2016	Hanging Hill	Christine Middleton	Short Green
24/04/2016	Calke Park	Isabella Edwards	Light Green
18/06/2016	Carsington	Terry Peach	Short Green
25/09/2016	Chinley Churn	Ruth Ellis	Short Green
22/10/2016	Grangewood	Karen Bedwell	Short Green
13/11/2016	Bradgate Park	Michael Lindsay	Blue
27/11/2016	Wakerley	Grace Pennell	Green
04/12/2016	Byron's Walk	Andis Ozols	Brown
11/12/2016	Eyam	Jake O'Donnell	Orange
18/12/2016	Walesby	James Bedwell	Light Green
08/01/2017	Dukeries	Russell Buxton	Blue
15/01/2017	Bagworth	Richard Naish	Blue
29/01/2017	Shining Cliff	Tony Berwick	Short Green
12/02/2017	Harlow Woods	Andis Ozols	Green
26/02/2017	Lindop	Richard Naish	Green
05/03/2017	Silverhill	Joe Uprichard	Brown
19/03/2017	Beacon Hill	Samuel Davis	Green

A by-product of calculating this list is the average mins/km that everyone achieved at each event. Clearly this is a combination of terrain, the courses planned and conditions on the day, as well as the people who turned up. Can you guess which areas are the toughest and which are the easiest? And is it DVO, NOC or LEI that are breeding the hardest orienteers as a result? The table over the page shows the average (decimal) mins/km achieved at all the areas that have been used for EM League events over the last six years, ranked from fastest to slowest. Overall this comes to:

1. NOC areas 12.69 mins/km (glass of milk)
2. LEI areas 13.09 mins/km (quiche)
3. DVO areas 13.53 mins/km (3 Shredded Wheat)

1	Walesby Forest	NOC	9.18	17	Thoresby	NOC	12.34	33	Spring Cottage	LEI	13.72
2	Kedleston Park	DVO	9.57	18	Blidworth Woods	NOC	12.46	34	Bagworth	LEI	13.94
3	Carsington	DVO	9.69	19	Hanging Hill	LEI	12.47	35	Matlock Moor	DVO	14.13
4	Sherwood Forest	NOC	10.17	20	Ratby Woodlands	LEI	12.50	36	Silverhill Wood	NOC	14.27
5	Castle Hill	LEI	10.67	21	Wakerley Woods	LEI	12.52	37	Bestwood CP	NOC	14.53
6	Calke Park	DVO	10.86	22	Grangewood	DVO	12.57	38	Byron's Walk	NOC	14.69
7	The Dukeries	NOC	11.03	23	Bramcote Hills	NOC	12.76	39	Cademan Woods	LEI	14.91
8	Thieves Wood	NOC	11.32	24	Hicks Lodge	LEI	12.83	40	Eyam	DVO	15.04
9	Bradgate Park	LEI	11.39	25	Harlow Wood	NOC	12.96	41	Lindop	DVO	15.38
10	Welbeck College	NOC	11.45	26	Outwoods	LEI	13.00	42	Stanton	DVO	15.42
11	Martinshaw	LEI	11.50	27	Burbage Common	LEI	13.16	43	Shirebrook Wood	NOC	16.50
12	Clumber Park	NOC	11.63	28	Chinley Churn	DVO	13.21	44	Crich Chase	DVO	16.70
13	Willesley	LEI	11.83	29	Sherwood Pines	NOC	13.22	45	Black Rocks	DVO	17.46
14	Allestree Park	DVO	11.89	30	Beacon Hill	LEI	13.44	46	Shining Cliff	DVO	17.58
15	Longstone Moor	DVO	11.92	31	Boundary Wood	NOC	13.48	47	Riber Woods	DVO	17.72
16	Longshaw	DVO	12.25	32	Haywood Oaks	NOC	13.66	48	Burrough Hill	LEI	18.54

And now the main course, the updated personal handicaps. The list below allows you to see whether you are getting faster or slower as the years progress. Of course, there is a lot of variation so don't read too deeply into the inferred level of accuracy.

I referred in a previous explanation of the handicaps to Kim Buxton as always being the perfect example of the average orienteer as ever since I started calculating these rankings about five years ago her handicap has hovered very closely to 1. I do apologise if describing you as average sounds a bit of an insult, Kim. I am however gratified to see that astonishingly she has managed to hit 1.000 for the second year in a row. So it's not a tag you are going to shake off any time soon I'm afraid.

Pos	Name	Apr-17	Apr-16	Jun-14	Pos	Name	Apr-17	Apr-16	Jun-14
1	John Duckworth	0.570	0.569	0.566	61	Tony Stirland	0.991	1.003	
2	Chris Millard	0.594	0.594	0.568	62	Claire Selby	1.000	0.985	1.023
3	Richard Parkin	0.596	0.611	0.599	63	Kim Buxton	1.000	1.000	0.983
4	Andrew Powell	0.614	0.588		64	Rachel Davis	1.010	1.000	0.982
5	Louis Forshaw-Perring	0.623	0.638	0.811	65	Brian Denness	1.011	1.005	0.928
6	Dai Bedwell	0.647	0.600	0.614	66	Sue Russell	1.020	0.988	1.034
7	Robert Smith	0.669	0.656	0.671	67	Caroline Howells	1.032		
8	Paul Addison	0.670	0.645	0.603	68	Sophie Vincent	1.032		
9	Mark Goodhead	0.671	0.674	0.686	69	Malcolm Spencer	1.035	0.994	0.945
10	Andis Celinskis	0.674	0.674	0.771	70	Judith Holt	1.035	1.064	1.003
11	Ben Crane	0.689	0.721	0.672	71	Ann-Marie Duckworth	1.048	0.956	0.906
12	David Bennett	0.696	0.683	0.713	72	Amanda Price	1.057	1.242	
13	Andy Sykes	0.719	0.691	0.669	73	Dave Skidmore	1.067	0.972	0.872
14	Dave Chaffey	0.729	0.759	0.772	74	Ian Hodson	1.087	1.088	1.107
15	Francesco Lari	0.730			75	Jill Croskell	1.094	1.070	1.084
16	Andis Ozols	0.730	0.786		76	Samuel Davis	1.099	1.205	
17	John Hawkins	0.735	0.682	0.656	77	Ivan Smith (Y)	1.111	1.202	
18	David Pettit	0.738	0.730	0.799	78	Kathryn Griffiths	1.122		
19	David Newton	0.743	0.747		79	Jane Burgess	1.122	1.131	1.114
20	David Vincent	0.751	0.802	0.796	80	Paul Young	1.141		
21	Alan Le Moigne	0.758	0.787	0.975	81	Paul Wright	1.142	1.142	1.162
22	Sarah Duckworth	0.773	0.859		82	Val Johnson	1.145	1.129	0.968
23	Paul Armstrong	0.782	0.787	0.841	83	Fiona Sellar	1.149		
24	Helen Chiswell	0.783	0.781	0.785	84	Simon Davis	1.158	1.172	1.348
25	Andrew Mackervoy	0.786	0.786	0.749	85	Ranald MacDonald	1.185	1.169	1.059
26	Sal Chaffey	0.794	0.782	0.784	86	Dawn Moore	1.186	1.264	1.380
27	Sally Calland	0.809			87	Rebecca Perring	1.188	1.187	1.170
28	Rachel Duckworth	0.812	0.820		88	Ruth Ellis	1.222	1.344	1.310
29	John Hurley	0.813	0.813	0.775	89	Tom Jenkins	1.223	1.308	1.240
30	Mike Godfree	0.813	0.838	0.833	90	Viv Macdonald	1.224	1.308	1.197
31	Joe Uprichard	0.815	0.778	0.931	91	Grace Pennell	1.237	1.325	
32	Michelle Mackervoy	0.831	0.775	0.802	92	Ben Mackervoy	1.254		
33	Paul Goodhead	0.831	0.811	0.817	93	Ann Armistead	1.278	1.262	1.271
34	Graham Johnson	0.845	0.805	0.802	94	Cathryn Goodhead	1.283	1.300	1.327
35	Andrew Middleton	0.847	0.809	0.772	95	Margaret Keeling	1.292	1.370	1.392
36	Tom Hartland	0.855			96	Ben O'Donnell	1.293		
37	Mike Gardner	0.855	0.859	0.890	97	Helen Finlayson	1.300	1.358	1.327
38	Jonathan Cundill	0.874	0.845	0.843	98	Pauline Ward	1.326	1.318	1.146
39	Emily Powell	0.874	0.874		99	Christine Middleton	1.357	1.367	1.344
40	Richard Naish	0.875	0.929	0.837	100	Terry Peach	1.358	1.675	1.369
41	Elizabeth Bedwell	0.878	0.882		101	David Parkin	1.379	1.301	1.227
42	Doug Dickinson	0.879	0.875	0.891	102	Jen Gale	1.419	1.382	1.498

43	Richard Needham	0.882	0.892	0.711	103	Andy Smith	1.430	1.461	1.355
44	Joanna Goodhead	0.882	0.898	1.131	104	Robert Tucker	1.430		
45	Murray White	0.886	0.858	0.926	105	Susan Allard	1.431	1.406	1.477
46	Martin Picker	0.889	0.889		106	James Bedwell	1.441		
47	Rex Bleakman	0.892	0.892	0.903	107	Kirsten Williams	1.447	1.447	
48	Kirsty Turner	0.898	0.898		108	Donna Hawkins	1.468	1.354	
49	Jake O'Donnell	0.900			109	Alison Hayes	1.498	1.600	1.402
50	Russell Buxton	0.901	0.891	0.853	110	Ray Stuart	1.504	1.504	1.313
51	Andy Parry	0.906			111	Anne Cunningham	1.520		
52	Michael Lindsay	0.935	0.954	0.936	112	Nic O'Donnell	1.520		
53	Derek Gale	0.938	0.903	0.915	113	Karen Bedwell	1.532	1.544	1.667
54	Stuart Wicks	0.949	0.956	0.997	114	Leo Crown (O)	1.542		
55	Stuart Swalwell	0.953	0.966	0.956	115	Isabella Edwards	1.543		
56	John Hopper	0.954	0.954	0.912	116	John Cooke	1.573	1.522	1.371
57	Roger Hodgson	0.971	1.005		117	Roger Keeling	1.784	1.713	1.611
58	Andy Hawkins	0.973	0.916	0.941	118	Tony Berwick	1.805	1.818	1.624
59	Chris O'Donnell	0.973			119	Brian Ward	2.488	2.273	2.043
60	Liz Godfree	0.974	0.944	0.887					

Some other features of note in the list: Sarah Duckworth has managed get her nose in front as top women (thus creating a double with her father) but it's very tight behind her on that score. Francesco Lari is the best overall "new entry", and Sally Calland also makes the top 30 as best new female entrant. Jake O'Donnell, not long off Orange courses, is currently showing a clean pair of heels to the rest of his family (and many others) despite only just moving up from M10 and Amanda Price shows one of the biggest improvements lower down the table. If you don't feature it's probably because you haven't been to enough EM League events in the last two years or I have genuinely missed you in which case please get in touch – dnevell3@gmail.com.

## Travelling as W50 Reserve to Interland in Belgium



Interland is a 5-way match between part of France, 2 Belgian teams (Flemish and French speaking) and the Netherlands. This year it was at Herbeumont in Wallonia, southern Belgium. I was excited to be selected as W50 Reserve in January. Normally Senior Reserves don't travel to the competition, but I guess once they knew how many seats on the coach were needed, they were able to allocate the spares.

The coach pick-up was from a hotel at the London end of the M40 where we could leave cars over the weekend. I offered to drive but Ann-Marie said that she would as I'd be too tired. Unlikely, I thought, but accepted the offer! We picked up Imogen from LEI en route and got to the *rendez-vous* in good time on the Friday morning.

We ate on the ferry, put our watches forward, and arrived at Oostduinkerke Youth Hostel in the early evening, where we were given our EMITs and any England clothing we'd ordered. The tour was brilliantly organised with military precision by retired Commando John Rye, who'd been England's Interland manager since the event started in 1995.



The East Midlands part of the Team!

Saturday was a packed day! Sight seeing in Namur (Sarah, Rachel and friends found the golden toad in the citadel, it was a ziz-zag too far for the rest of us), followed by a training event in Grandvoir. This was quite an easy area, but it was a good feeling to put the shoes on after 2 days of travelling – as well as getting to grips with EMIT again.



Herbeumont – part of the W50 course. More platforms than you can shake a charred stick at!

Our accommodation on the Saturday was at a sports college in the village of Chiny in a hilly farming area. I was dormed with the other W50s (Jackie Hallett, Liz Phillips, Alison Harding) and the Belgian VVO squad were there too. It was a bit like attending the Tri-Wizzard Tournament from Harry Potter! I don't know if seafood vol-au-vents are a Belgian speciality, but that's what we had for the evening meal, plus rice with an omelette for the vegetarians.

Race day was beautifully sunny, but the early start meant a lingering frost. Our coach was one of the shuttle busses to the Start, so Clive Hallett needed to do this early bit of driving, to avoid the main driver exceeding his allocated hours. The Reserves were running in the public race a little later so we chilled in the event centre before catching our bus.

Herbeumont was very hilly and at 4.5km with 250m climb, the W50 course exceeded the 5% guideline. It was similar to the Forest of Dean, and also with an abundance of platforms – “charbonnieres” – in the middle of nowhere! My main worry was the vegetation as there was lots of patchy light green. But in fact the contours and path network were so well defined that you could ignore it for micro-navigation purposes. However, it was worth avoiding for route planning as the spindly beech sapplings had good visibility but were surprisingly difficult to run through.

My only mistake was going direct from 2 to 3 across a broad spur. I veered east from my bearing, relocated on the slope change and followed it SW to the control (pink trace). I should have gone via the path, but I guess I felt I ought to go direct because I'm at Interland! After that I had a good run and was pleased to get round in just under the hour.

We had our packed lunches and a beer outside the event centre while waiting for the prize giving. England won the Junior and Senior Trophies, with Sarah and Rachel each getting 3<sup>rd</sup> place in their categories. TVOC's Fiona Bunn won W21 by 3 mins, even though she's only 18, and South Ribble's Jane Anthony won W60 by a massive 13 mins! England had the top 3 places in W50 and I was pleased to be just 15 secs behind OD's Liz Phillips who was 3<sup>rd</sup>.

From now it was straight back to Calais for the 18:50 ferry. Sixty km from the port, the driver didn't think we'd make it, but John remained sanguine. Needless to say, we all rose to the challenge of dashing round the queue maze at Immigration and back onto the bus just in time!

A good thing we made it as the next ferry was 90 mins later. An LEI parent met us at Beaconsfield and relayed us to Groby while I dozed, then Ann-Marie took us from there, getting home just after 1pm. Now I know why she was so keen to take on the driving!

It was a privilege to travel with such a focussed bunch of people, and have everything laid on. I felt like a real athlete! Results are on the Orienteering England website, as well as details of the selection races for the three Home International events at which England competes.





**Sal Chaffey**




## **DVO Matrix Part 2: 50 Shades of Green**

Green is often the most popular course on offer at Colour Coded (local) events, probably because it's the shortest of the technical courses. Short Green, in particular, enables those in their eighth or ninth decade to continue to enjoy challenging terrain.

Those new to the sport will often move from Orange to Light Green, where they pick up the skills they need to tackle Green. Next time it's the turn of runners on the **Black & Brown** courses to fill in the questionnaire, so it may not be quite so long!



	How were you introduced to O?		How do you feel about your rivals on Green?		Paths or direct?	Most extreme event you've done?	Post-race snack?
Derek Gale M70	Friends in NOC	I try to avoid them in the forest!	Yes to both. Path to number 1 if possible then direct if the forest is runnable		A Green in Victoria Park, Christchurch, NZ. Park it was not – extremely steep slopes making getting to the controls hazardous.		Beer & crisps
Judith Holt W65	Friends took my son, said I needed to come and shadow him if he was to make any progress.	I am grateful to Liz G for enabling me to be in so many winning relay teams but look forward to the years when Liz has gone up an age class. In my darker moments I try to recall occasions when I have managed get above Liz in the results.	Darkness, brambles, exhaustion and I use paths but I like to think I am still reasonably agile over rough ground.		I loved orienteering under a glacier at the Swiss O Week based around Zermat. I got as fit as I have ever been after 21 days trekking at altitude in Nepal. Longest run 50k, Grantham to Lincoln. Of course there is the matter of childbirth as well.	Sunday is my junk food day. Current favourite is Snickers bar, rediscovered after years of reliance on plain KitKat or eat natural bars. I live off quinoa salad the rest of the week, honest.	
Richard Naish M50	Our family were in a climbing club called Gorphwysfa and a member there called Brian Smith, invited me to a TVOC event 38 years ago. PS Andy and Christine Middleton were also in the club at the time, and the Bedwells are now members too!	I do want to do well, which usually means being better than DVO members who regularly do Green. I am often beaten by people 17 years older than me (Mike and Andy M, who is still beating me 38 years later!), which is humbling but also inspiring!	Tell myself I must use paths but often can't resist the fun of a bit of direct running when I see an opportunity. If you can run well, paths make sense; faster pace & less exhausting than high-kneeing it over brambles on a direct route.  As Andy Middleton said, if you are want to travel from the <u>12 o'clock</u> position to the <u>3 o'clock</u> position of a circle, it is only 11% longer to go round the circle's perimeter than going direct. (Have fun working it out!)		Ten Tors 55 mile challenge when I was at school. A team of 6 teenagers, walk a route round 10 controls on the top of Tors (hills), across the empty landscape of Dartmoor, including wild camping overnight, carrying all your own equipment. Oh and the 55 miles has to be done in 34 hours and controls are closed for 8 hours overnight.	No contest: EMJOS cakes  	
Sue Allard W50	Satellite club in Buxton set up by DVO	Envious	Direct if possible but if nervous then paths	JK in Wales when the fog came down, few years ago	Chips and a coffee		
Kim Buxton W55	Hilary Palmer ran a "What's on for Women" day at Shipley Park in 1989. Hooked!	Use them as a marker to judge how good my run has been.	Usually a mixture of both. All too often get tempted to cut through only to be caught up in bramble grrr.		Mountain marathons where you could be out for over 8 hours.		Cup of tea & a biscuit.
Andy Hawkins M65	Mutual friends knew Tony Berwick. First event at Whitesprings – Yellow, then, no extra charge, Orange.	Good luck to them! I'm just pleased if I get round without my usual mistake(s).	I know it is usually faster, in typical E Midlands woods, to go by paths, but I usually try to go straight, otherwise what's the point?	I remember an event at Elvaston where you got a (big) bonus if you got back with a balloon still intact. Otherwise a brown-only map at Crich. Why do we never have these any more?		<b>Macaroni cheese and/or digestive biscuits.</b>	
Viv Macdonald W65	Someone Ranald worked with had maps on her desk at work and we went to an event in Eccleshall woods, 11 years after our first event which I can't remember. But we were hooked.	Not sure I have many club rivals on Green as most now take advantage of the Short Green - I feel I need to keep up the mileage!	Depends on the terrain but would stay on paths if avoids too much up or down hill	Possibly the indoor cup in a school in York - it really hurt the brain, with a large map and four floors to navigate. Otherwise one of the days at the Swiss six days in Zermatt a couple of years ago when we were on the snow fields and took compass bearings towards the Matterhorn!		Cake! We always walk Cassie after the event and indulge somewhere.	
David Parkin M80	At University 1967	Short Green when I was able to run frustrated that Kevin Gallagher a much younger man ran MY course. Now expect to be beaten Helen Finlayson, Judith and young Jane, maybe Christine and now my daughter		Have always fancied direct but reading the terrain is the key in challenging areas	First off on A Course 1969 JK in Kielder – snow more than a metre deep. Swam tributary of the TYNE Only 3 hours 57 mins 26 secs and still managed to dip for the Finish tape	Tongue sandwiches	

	How were you introduced to O?	How do you feel about your rivals on Green?	Paths or direct?	Most extreme event you've done?	Post-race snack?
Jane Burgess W60	Helen Finlayson, early in our acquaintanceship 'I orienteer'. Me 'I love maps. I'd love to orienteer but I have never run'. Helen 'I run on a Monday. Come with me'. Nowhere to go with that one!	They are all more experienced than me. I respect that (and wish I had learnt in my 20s) and I like to see each as a challenge. I am always dead chuffed if I can beat Val (doesn't often happen) but hold no hope of ever beating a Duckworth. David was (and continues to be) a great inspiration and is always so helpful with post run analysis and new areas. He even sent us a photo of the Lake District maps to peruse whilst we sat in our camper in the rain waiting for the British Nights 	Depends how confident I feel after the first control and how tired I am. If I am not concentrating (and I'm regularly not concentrating - too many interesting things to look at in the forest) there is no point in trying to fight through the forest. That said it's much more rewarding to find a control if you've got a compass bearing right and paced correctly.	Well. Challenging question! I'd say the last British Nights in the fog in the Lakes but I will always remember my first British Middles that Helen took me to (that woman AGAIN!). I had only been orienteering for half a year or so and did a long orange. A good run time was expected to be 90 minutes. I was approaching the last control and looked at my watch. An hour and a half. I'd cracked it! WRONG! I'd been out for two and a half hours. I had failed to grasp the concepts of a timed start, of the start kite being 400m down the track, that you didn't offer help to every lost looking person or everyone who fell over. Not learnt much since then either....	<b>Cake obviously. Any cake. And Podium Catering's chili in a taco with all the trimmings.</b>
Grace Pennell W16	I was introduced to orienteering through my school, however was really inspired by Dai and Ann-Marie at EMJOS	I am looking forward to the day when I get to see the front of Sarah (Duckworth) instead of the back.	Direct.	The JK 2016 long day. First JK ever attended and weather was awful, sleet, snow, and howling wind.	Apple leather
Tony Berwick M80	Introduced to O by Neil Forrest, with whom I worked.	My rivals on Short Green... even my rivals are not seen much as they sweep past towards the top of the Green pyramid. I try to give a polite hello to superLiz as she passes in the forest, but I doubt if she even notices me!	A mixture of paths and directissimo, but so often EM direct is to bramble and brashly for ageing legs. 	As a Short Green at Shining Cliff two or three years ago, one leg up a 45 degree boulder field with the added excitement of brambles and other nasties...this seemed somewhat extreme by my reckoning.  Longer ago, perhaps nearly 40 years ago when I was running M35 in the Midlands champs on the Wrekin, (yes, I was M 35 once) the course was quite long, and included a huge amount of climb....it was not just my poor route choice...going around was not a viable option, up and over the Wrekin, and down, then up and over again, if not yet again!!!.....extreme O	Coffee, chocolate biscuit & a banana.
Sarah Parkin W40	I first experienced orienteering through my dad not quite a teenager and I only did it a few times not enough to really grasp it. Somehow I remember getting 6 <sup>th</sup> place on a schools event but I think dad must have run behind me - usually shouting something about running up hills. When he and my brother moved to Matlock and my children were quite little one of my children quite liked running so we tried quite a few of the park type runs. Slowly I began to pick up a bit more about the sport and the maps.	Well so far I have enjoyed meeting up with my short greeners in the middle of a wood to have a grumble about the map and at various points discovering whom has made the best route choice. Most of them are 30+ years on me in age and experience, they seem spend a lot of their time running and falling so it is a mixed experience of wondering if you will be needed to scoop them up or if they are going to be thoroughly beating you to the finish. Currently I am 4 <sup>th</sup> on Short green but it won't take much to topple me off that so I would say everyone running on Short green is my rival. However, I have a healthy competition with my dad plus anyone I catch or someone who catches me in the wood. I currently like to see what Christine Middleton has done - I wouldn't say rival, I would say one to emulate. There will be too many to mention if I ever make it on to Green!	Both but mainly paths. I am working on compass skills and on short green going direct or near direct is more often a route choice that I could take but would only opt for experience purposes. However, the fear of ending up in brambles, have often put me off doing this.	Probably none are extreme for most other orienteers.  Stanton moor (quarry area) I was out for 2+ hours both times at Stanton moor- I call the quarry area my nemesis.  Eyam moor (that bitter wind- I had many layers on which I normally wear for walking). Actually I loved it but it wasn't easy to run with the layers and the pot holes in the heather.  Cambridge woods I did make some odd route choices meaning I went up rather steep banks unnecessarily. I can remember a few mud baths too.	Banana, Earl Grey tea, almonds, dark chocolate 

## Event Officials Needed!

We urgently need a Planner & Organiser for the East Midlands Champs at Eyam this December, if you are interested please let Ann-Marie know. The Longstone Edge event would be ideal for a new Organiser & Ann-Marie is happy to mentor someone in this role. [jasrduckworth@btinternet.com](mailto:jasrduckworth@btinternet.com)

Likewise Viv would be happy to mentor anyone who would like a go at organising any of the 6 Matlock Summer Series Wednesday evening events. [viv.macdonald@btinternet.com](mailto:viv.macdonald@btinternet.com)

Date	Venue	Level	Organiser	Planner	Controller
22 April	Elvaston	D/Derby	Sal Chaffey	Ben Crane	NA
6 May	Allestree	D/Derby	Dave Bennett	David Pettit	NA
21 May	Calke EML	C/Derby	Sal Chaffey	Doug Dickinson	Mike Gardner
24 May	Highfields School, Matlock	World O Day	Viv Macdonald	Judith Holt	NA
7 June	Bottom Moor	D/Mat	Viv Macdonald*		NA
14 June	Lea Green	D/Mat	Viv Macdonald*	Judith Holt	NA
21 June	Whitesprings	D/Mat	Viv Macdonald*	Judith Holt	NA
28 June	40 Acre Wood	D/Mat	Viv Macdonald*	Ranald Macdonald	NA
2 July	Longstone Moor EML	C		Andy Sykes	Paul Addison
5 July	Oker Hill	D/Mat	Viv Macdonald*	Tony Stirland	NA
8-9 July	Carsington – maze & Stones Island	Scouts Activation Weekend	Viv Macdonald	Ranald/Ann-Marie	NA
			Extra volunteers needed, pls contact Viv if you would like to help		
12 July	Whitworth Park	D/Mat	Viv Macdonald		NA
15 July	Staunton Harold Reservoir	SDS	Andy Hawkins	Andy Hawkins	NA
22 July	Foremark Reservoir	SDS	Jen & Derek Gale	Jen & Derek Gale	NA
12 Aug	Swadlincote Woodlands	SDS	Rex Bleakman	Andis Ozols	NA
16 Aug	Hardwick Park	NTS	Mike Godfree	Mike Godfree	NA
19 Aug	Rosliston Forestry Centre	SDS	James' friends on the unicycle team!	James Prince	NA
23 Aug	Ilam Park	NTS	Mike Godfree	Mike Godfree	NA
30 Aug	Longshaw	NTS	Mike Godfree	Mike Godfree	NA
Sept TBA	Openwoodgate	D/Urban	Sal Chaffey	Sal Chaffey	Weekday evening
24 Sept	Kedleston EML	C	Stuart Swalwell	Murray White	
7 Oct	Grangewood & Top Wood	DVO Champs			NA
29 Oct	Chesterfield	EMUL	Claire Selby	Jane Burgess	
10 Dec	Eyam Moor & Bretton Clough	B (East Mids Champs)		Richard Parkin	Keith Downing, SMOC
1 Jan 2018	Buxton Urban	EMUL			NA
28 Jan	Birchen Edge EML		Sal Chaffey	Dave Chaffey	Mark Chapman SYO
4 March	Linacre EML	C		Tony Stirland	
15 April	Pleasley Park EML	C			
17 June	Chinley Churn EML	C			
29 Sept	Chatsworth?	JIRC's Individual			
30 Sept	Carsington Pastures?	JIRC's Relays			

## Top 20 attenders at DVO events in the last 12 months

The club held 24 events in the past 12 months and John Hawkins our Secretary produced a ranking of the most frequent local orienteers. It's perhaps not surprising that the biggest attenders are the Godfrees as Mike runs the Download Team. As well as producing Results, they are the first to spot an overdue competitor and – after the officials – are invariably the first to arrive and last to leave.

The average number of runs among the 163 club members ranked was 4.5

Name		Runs
Liz	Godfree	17
Mike	Godfree	15
James	Prince	15
David	Vincent	14
Derek	Gale	13
Kim	Buxton	12
Jen	Gale	12
Ruth	Ellis	11
Caroline	Howells	11
Stuart	Swalwell	11
Rex	Bleakman	10
Mike	Gardner	10
Richard	Naish	10
David	Parkin	10
Richard	Parkin	10
Amanda	Price	10
Jane	Burgess	9
Sally	Calland	9
Sal	Chaffey	9
Tom	Hartland	9

### DVO's 24 events in the last 12 months

<i>Broomfield</i>	<i>16/04/2016</i>	<i>Informal</i>
<i>Repton</i>	<i>22/04/2016</i>	<i>Informal</i>
<i>Calke Park</i>	<i>24/04/2016</i>	<i>Level C</i>
<i>Swadlincote Woods</i>	<i>07/05/2016</i>	<i>Informal</i>
<i>Staunton Harold</i>	<i>11/06/2016</i>	<i>Informal</i>
<i>Carsington Pastures</i>	<i>18/06/2016</i>	<i>Level C</i>
<i>Rosliston</i>	<i>22/06/2016</i>	<i>Informal</i>
<i>John Port</i>	<i>11/07/2016</i>	<i>Informal</i>
<i>Foremark Reservoir</i>	<i>20/08/2016</i>	<i>Informal</i>
<i>Longshaw</i>	<i>24/08/2016</i>	<i>Try O</i>
<i>Ilam</i>	<i>31/08/2016</i>	<i>Try O</i>
<i>Chinley Churn</i>	<i>25/09/2016</i>	<i>Level C</i>
<i>Stanton Moor</i>	<i>15/10/2016</i>	<i>Club Champs</i>
<i>Grangewood</i>	<i>22/10/2016</i>	<i>Level C</i>
<i>Wirksworth</i>	<i>20/11/2016</i>	<i>Urban</i>
<i>Oker Hill</i>	<i>03/12/2016</i>	<i>Informal</i>
<i>Eyam Moor</i>	<i>11/12/2016</i>	<i>Level C</i>
<i>Belper</i>	<i>02/01/2017</i>	<i>Urban</i>
<i>40 Acre Wood</i>	<i>21/01/2017</i>	<i>Informal</i>
<i>Shining Cliff</i>	<i>29/01/2017</i>	<i>Level C</i>
<i>Poolsbrook</i>	<i>18/02/2017</i>	<i>Informal</i>
<i>Lindop</i>	<i>26/02/2017</i>	<i>Level C</i>
<i>Thorpe Pastures</i>	<i>01/03/2017</i>	<i>Military</i>
<i>Markeaton Park</i>	<i>25/03/2017</i>	<i>Informal</i>

## DVO Midlands Champions 2017

M12 Jake O'Donnell

M35 Andrew Powell

W14 Rachel Duckworth

W16 Sarah Duckworth

W40 Helen Chiswell

**Congratulations to all!**

Paul Addison, 2nd on M60 at Bentley Woods



“The long course will use an extract of the Matlock Urban map which includes the steep eastern side of Lumsdale, Helicopter Park and the Tumps.”



# wod

## World Orienteering Day

Come and help us reach a record number of people all around the world **Orienteering** on the same day .

**When:** Wednesday 24 May 2017

Registration and Starts from 6.00 to 7.00pm

Courses close at 8pm

**Where:** Highfields School, Upper Lumsdale,  
Matlock DE4 5NA

**Courses:**

Short; in Highfields School Grounds

Medium; School grounds includes maze orienteering

Long; using area surrounding the school, over 16s only

**Cost:** £4 for adults; £2 for juniors

**Further information:** Viv (01629 734307) or [www.dvo.org.uk](http://www.dvo.org.uk)



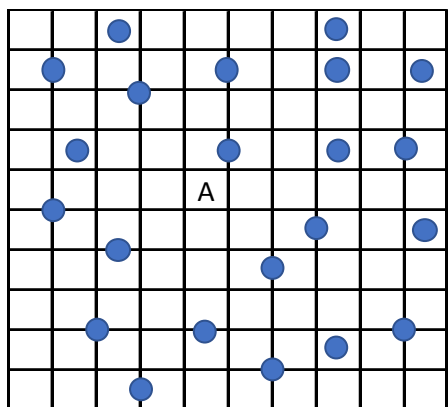
There was a good response to the opening poser of the year, Minute by Minute. The answer was that Frantic Fred crossed over his own tortuous route in the 36<sup>th</sup> and 78<sup>th</sup> minute of his 81 minute course. The

46	47	65	64	68	69	70	74	73
45	48	66	67	63	77	75	71	72
44	49	59	60	62	76	78	79	F
43	58	50	61	4	5	6	7	8
57	42	51	5	2	3	12	11	9
56	52	41	1	39	15	14	13	10
53	55	31	40	38	16	17	18	19
54	32	30	36	37	26	25	24	20
33	34	35	29	28	27	23	22	21

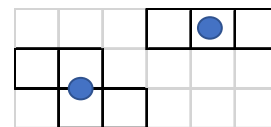
sequence, as correctly submitted by Francesco Lari, is shown here. I also had correct responses from David Pettit, Simon Gale, Jen Gale, John Hawkins and Alan Le Moigne. Sal Chaffey's answer was so close as to suggest she had indeed worked out the correct route. I won't be so generous later in the year!

### The Controller's False Teeth

At a recent score event at Symmetric Shrubs, the controller found that his false teeth were missing somewhere in the forest. He enlisted the help of 22 club members to search for them whilst control collecting. Each member collected exactly one control and also searched an area of forest around that



control (a whole number of squares) such that the squares making up that area were 180 degree rotationally symmetric about the control. Each control is always at the centre of each search area and the search area can be any number of squares. The whole forest was searched and no search areas overlapped. A couple of example search areas are shown here.



Either send me the completed grid showing the search areas or, given that the false teeth were found at location A, can you tell me which control that square was linked to (I will trust you!). Answers please to [dnevell3@gmail.com](mailto:dnevell3@gmail.com) by the editor's copy date.