



“Pippingford Plaudits” – WSC congratulates our CompassSport Cup Team (some of whom are pictured above), see page 10



Pippingford, Course 7
Green – Mike Godfree
Blue – Derek Gale



Newstrack is the magazine of Derwent Valley Orienteers

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New Club Members

A warm welcome to new members Teresa, Alan and Lewis Billington (W45, M50 and M14), Nerijus Rozcovas (M21) and Jim Jenkinson (M50). Good to have you in the Club!

Editorial

We've had a wet and murky autumn, who knows what winter will bring. My orienteering has varied from the tarmac of Liverpool to the primeval forest at Errwood to the moors of south Lakes, ever seeking that perfect run!

The next issue will be available at Lindop EML on February 9th, making the copy date Feb 2nd. Seasons' Greetings to all (but remember, only 1 mince pie per km) and here's the link to club kit for some Xmas present ideas!

Sal Chaffey

<http://derwentvalleyorienteers.org.uk/clothing/>

December 2019 What's inside?

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Compass Sport Cup Final

Let me start out by giving an immediate apology for the photographs shown in this report; they were the only ones I took at Pippingford Park and each shows a DVO member not at their best as they haul themselves up the slope to the Finish. Nevertheless the commitment and dedication to the cause etched in every wheeze and grimace is clear for all to see and marvel at.

Just as each game in *Match of the Day* is followed by five minutes' discussion by supposed experts, so it falls to me to pick over the bones of DVO's performance at the CSC Final – although I hope I shall be considered more of an Ian Wright than an Alan Shearer.

The stark fact – which there is no way of escaping – is that DVO finished 8th out of nine teams, once again confounding the prognostications of Mystics Nevell and Lari for all the wrong reasons. When you consider that the ninth team, DEE, only sent four runners, then the performance seems even more dismal.



In retrospect, DVO was always going to struggle to make a favourable impression on the results as a result of the need to travel so many miles to the event; even second-placed Big Beasts SYO sent only a handful more – although obviously of notably higher quality! Last year, when the Final took place on Cannock Chase, DVO mustered an admirable 80+ and finished 7th (only a few points off 5th). This year, the gene pool was restricted to just 35. Since 10 of these were competing in the Short Green Vets category, and 5 in Green Men, this left only 28 completely effective runners since a maximum of only four can count in one class for overall scoring purposes. The maximum number of counters being 25, this left little or no chance for anyone to have a bad run. Never going to happen, was it?

The winner of each class being awarded 100 points, the second 99 etc., DVO had to go right down to 51 for its last counter; for eighth-placed DEVON, the equivalent score was 62.

In retrospect, I feel that I contributed to the less-than-stellar result by not insisting that people run their normal courses. Thus, although Sal Chaffey and Michelle Mackervoy contributed 85 and 84 points respectively by finishing 22nd and 23rd on Blue Women, I can't help feeling they would have scored even better on their allotted Green Women class. For future reference, I think running up makes more sense in the qualifying round where the competition is less intense and the perceived weaknesses of other clubs in certain areas can be exploited, but this ceases to be a luxury at the level of the Final where, by and large, the Best in Show are on display. Having said

that, the gap to DEVON was over a hundred points so I'm not going to beat myself up about this tactical faux pas.

What positives can we take from the experience? This is where I go from Ian Wright to Alastair Campbell.

Well, strictly DVO came 8th out of ten clubs, not nine, because ESOC (Edinburgh Southern) didn't bother to send a team at all – and who can blame them? This raises questions not only about the advisability and fairness of a south of London venue for the Final, about which I believe I have already made my views known, but also of whether a club that does not intend to send a team to the Final should be allowed to enter in the first place. By entering and winning their heat, both ESOC and DEE prevented other clubs from taking part in the Final, clubs that might very well have been willing to participate to their fullest extent. The CSC organisers might consider extracting a commitment to go to the Final from each participating club to prevent this recurring – as well as selecting a more central venue. Next year will see the Final at Sutton Park so these sorts of problems should be minimised for us at least. Sutton Park should ensure another 80+ turnout from DVO, but first, of course, there would be the small matter of qualification, of which more later.

Before we leave the subject, I did find the virtual non-appearance of DEE a little curious since they are not really any farther way from East Sussex than we are. Being of a nosy disposition, I buttonholed a random, hapless DEE member at the Leek Urban event and was told there was no formal club policy not to send a team; the Team Captain had asked individuals who were likely to attend if they were interested – and received a firm 'no' in virtually every case! So DEE didn't bother at all.

Continuing to seek the silver lining in the CSC cloud, I thought Pippingford was a pleasure to orienteer on, the wooded sections almost entirely runnable and the open land being heath rather than the heathery, tussocky moorland we frequently have to contend with. Personally I would have preferred my course to have spent more in the former rather than crossing the latter twice, but, looking at other people's maps. I can see that the planner remarkably had given almost every course a different shape and direction. This was a bit bewildering for me when at the Start, everybody else rushed off east, leaving me on Green to make my lonely way to my first control to the north, but it did mean the whole of the competition was spread over the full extent of the area. The organisation was admirably smooth for a small club who weren't even taking part in the event.

Looking around at the other clubs competing, I felt that this was undoubtedly an occasion at which DVO (as one of the country's premier clubs in terms of spirit and comradeship, if nothing else) ought to be represented. Despite the need to migrate





distances that the average wildebeest would turn their nose up at, this was a place I relished being at rather than absent from.

This is my last report as club captain. At the last AGM, I declined the opportunity to extend my residency into a fourth year. I think this post needs periodic refreshing so new ideas and enthusiasm can be injected. I've no idea who my lucky replacement will be but, looking ahead already to next year's heat (on **Sunday 15th March**), they will have an immediate dilemma to resolve – which venue should DVO favour with its custom, which one is likely to give it the greatest chance of competing at Sutton Park?

The problem arises because, as an East Midlands club, we are supposed to have the opportunity to compete at an area within reasonable distance, the same old CSC issue all over again. I have no idea until the CSC invite arrives which area the committee have decided is DVO's recommended choice (which we can ignore). I'm struggling at the moment to see which of Postenplain (Wyre Forest, Kidderminster), Aspley Heath (Bedfordshire) and Ogden Water (Haworth!) is the least inconvenient. I incline towards Wyre Forest at the moment because I guess OD will go to Aspley and we're better off chancing our luck against DEE, who are more likely to favour Postenplain. In recent years, coming second in the heat has meant qualification because we've been behind SYO, but if they go to Ogden, nothing better than first will do because we are unlikely to meet any other club who came in the top three at this year's final.

This being the last Newstrack of 2019, I thought I'd finish by mentioning next year's – yes, 2020 is closer than you think – relay competitions. The British is normally after the JK but not in 2020. The Individual will be on Sat, 21st March (Sussex again, this time West) and the Relays on the Sunday. The organisers haven't got round to publicising even basic details yet, let alone closing dates, which I'm guessing will change when entries open on 1st Dec.

We fare better with the JK, which will be as ever over the Easter weekend – 10th-13th April (I do prefer April Easters) in the North-East. First closing date for the Individual (and presumably Sprint) will be Sunday, 26th January, with Sunday, 22nd March for the Relays.

The Middle Distance Champs will be on Sat 9th May in the Lakes (followed by the Northern Champs next day), and the Mixed Sprint Relays and Sprint Champs will be in Skelmersdale on 20/21st June.

Happy 2020!

Graham Johnson, Club Captain Emeritus

Forthcoming Meetings

Main Committee, Tuesday December 10th, 7:30pm at the Johnsons'

Permanent Course News

In the last few months we have established two new permanent courses at Kedleston Hall, near Derby and Markeaton Park, Derby. At Kedleston the maps are available in the shop (note that non-National Trust members have to pay an admission charge for the park) and at Markeaton Park they are available from the Orangery Café at the Craft Village. In both cases maps are also available for paid for download on the British Orienteering web site.

Similarly both are available in the MapRun app so you can time yourself using the app and view the map and control sites on your phone. You will need a PIN code to access the course in MapRun. The code is on the printed maps.

There should be a revived course at Darley Park, Derby once the flood defence works have been finished.

It is our expectation that MapRun courses like the one at Duffield will be added as permanent courses without any markers on the ground.

I could do with more volunteers to check and maintain the various courses, see the DVO web site for locations. Some of the older courses have suffered from a lack of maintenance. The courses at Ilam, Longshaw and Black Rocks in particular remain popular and contribute a useful amount of income to the club.

Mike.Godfree@btinternet.com



The Duffield MapRun is a pilot for the 2020 Thursday evening MapRun series, starting April 23rd and running fortnightly at different venues as the nights get

lighter. Visit as many checkpoints as you can in 60 minutes. You will need to download the MapRun app, and this records your arrival at each one. We supply you with a paper map (£1), so you can keep your phone safely in your pocket!

Afterwards we'll go for a drink at the White Hart and compare routes, as the app records your trace, checkpoints visited, distance run and time.

Where? Street parking on Park Road. The Start and Finish are on the jitty just outside Duffield Meadows Primary School. **There'll be a briefing at 7pm, and you can start any time until 7:15pm.** Note, there are penalties if you take longer than 1 hour. This 'virtual orienteering' event will remain open after December 4th, so you and others can revisit and record your results.

Bring a headtorch, a hi-vis vest, a compass and a smartphone with the MapRun app downloaded. 80% of the course is on tarmac, only a few controls off road.

Please note that the nearest toilets to the Start are at the White Hart on the A6, about 700 metres from Park Road.

British Schools Score Championships 2020

Now you have your new diaries/calendars for 2020, can you put a big red circle round the date, **Saturday 10th October 2020.**

This is when the club is putting on the British Schools Score Championships, and as well as the normal team helpers, we shall also need something like 20 security marshals. These will patrol the area (**Shiple Park**, since you ask) to deter ne'er-dowells and to give very basic help to Juniors. You will be provided with hi-vis jackets, or gilets, and full training!

Offers for this role as soon as you like to Andy Hawkins, Organiser, a.hawkins517@hotmail.com



Or, if you're a teacher, why not encourage your school to enter? The competition is for individual year groups from Year 5 right through to Year 13. Club coaches can map your school and deliver a workshop to get teachers started with orienteering.

Various options are available, with full links to the National Curriculum. Contact rexbleakman321@btinternet.com or 07808 173590 for details.

DVO trophies and awards 2019

This year, our annual awards and trophies were presented at our 50th anniversary Ceilidh at Wirksworth Town Hall. The band Rum Ram Ruff were impressed by DVO's willingness to dance! Chill and pizza for 60 odd was provided by Viv and Ranald, pictured below in their pinnies.

Club champs trophies

Winning Man: Chris Yardley trophy – Andy Mackervoy

Winning Woman: Judy Buckley trophy – Claire Newey

Fastest man: Peter Bourne trophy – Chris Millard

Fastest woman: Karen Jackson trophy – Sal Chaffey

Fastest Junior: Lithuanian trophy – Ella Baxter (SYO)



Annual Awards

Most enthusiastic newcomer: Nic Hart (right)

Most improved orienteer of the year: jointly awarded to Nicola O'Donnell and Derek Gale (below, left)

David Parkin trophy for Outstanding Services to the Club: Viv and Ranald Macdonald

Junior Orienteer of the Year: Jake O'Donnell

Orienteer of the Year: Richard Parkin (below, centre)

Newstrack contributor of the year: Helen Chiswell

Sports Personality of the Year: voted for on the evening and awarded to Di Blount (below, right), for complaining about having to follow an "old lady" when she failed to copy down all her controls at the Club Champs (Di is a W70)





Let's get Social!

The DVO Group below is a for chat about events and arranging lifts etc (any group member can post, and group members tend also to be club members). The Derwent Valley Orienteers page is our "shop window" for members and non-members. All the 'Event pages' can be found there. Murray White has recently re-launched our Twitter account.

As yet, we aren't on **Instagram**, but please contact me if you would be interested in setting up a DVO Instagram account.

Sal Chaffey sal.chaffey@gmail.com



WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 33

Just Get Orienteering Done

Russian interference in BOO election

Recent appointment to the Big Post comes under doubt (pg 4)

Mr Van Drawback – real name revealed to be Vladimir (pages 92-96)

Other features: Exactly how much can you trust from sensational headlines in newspapers (page 10).

How much can you trust about articles about how much can you trust from sensational headlines in newspapers (page 11)

How much can you trust.. (etc, etc, you get the picture, turtles all the way down)

Pippingford Plaudits

Now that's more like it! Not even trying hard enough to get a full team out. Real Orienteering at its finest.

Dog Eats Orienteering Event

Consternation at the recent Galloppen (Galloppen, Galoppen, Galopen?) where the race had to be abandoned after it was discovered that a dog had eaten most of the controls. Not only the controls but the majority of the SI units too, not to mention a couple of gripples, Dora the Explorer from the string course and the finish banner. The controller is still unaccounted for although his false teeth have been retrieved. The mischievous mutt's owner, Ms Gladys Golightly (37) commented, "You can't blame him, he's still only really a puppy and he obviously thought it was just a game. As nature takes its course, the club can be assured that it will get a lot of its kit back again. I'm just surprised that he tucked into all that SportIdent equipment. He normally prefers Emit".

We went to ask an expert expert from a top secret laboratory from a hillside near Belper (Gateway to the North) whether this sort of behaviour was normal in dogs. A man in a white coat carrying a clipboard said "I haven't the foggiest mate, I'm only here to check the meters". *Exits left, curses under breath then exits right, pursued by hungry looking puppy.*

VAR to be introduced for orienteering

In another demonstration of BOO's determination to be seen to be moving with the times, VAR is set to be introduced to help settle disputes about proximity punching. "Nothing could be simpler" blustered anonymous BOO spokesperson Eric Slowly, 97. "All we have to do is simply set up three or four cameras at every control site, link them all back to a central control unit and we will be able to sort out any arguments about who went where, when. We will have a panel of referees sitting ready for any contingency. They will of course be dressed in full orienteering kit". When pressed for further detail on how the system would work in real time, as VAR is designed to do, Mr Slowly said "It's the VAR, stupid" which does leave this organ in some doubt as to whether, once again, BOO have got the foggiest idea.

Smug Update (see WSC 31)

(Don't you dare – Ed)

The Orienteer – How It works (continued....)



The headquarters of the Big Orienteering Organisation (BOO) is full of Very Important People.

These Very Important People make Very Important decisions about Very Important issues in the sport.

Some of these people are so Important they are rarely seen anywhere near an orienteering event.

In fact, the last reported sighting of the CEO was in 1986 by two school children in Croyden.

Allegedly.

(reconstruction by actors)

Once again from the casebook of reporter extraordinaire Miles Piles, WSC is proud to present

Trouble with Lycra – Part four

The story so far: Miles is investigating the weird powers of a lycra orienteering outfit that appears to be able to transport its wearer through time. He is at the house of Big Lycra editor Toby Beeswick, who has revealed that he had experienced those powers himself many years ago. Now Miles has been tempted into trying the suit on too...

Moments before the garden outside had been cloaked in advancing twilight. Now it was filled with sunlight and filled too with bustling figures. In fact, it didn't appear to be the garden at all. This was clearly the nerve centre of a major orienteering event; registration, results, start lists, retailers – all flanked by a whole series of outbuildings. Here I was, dressed to compete and surrounded by others, similarly attired. Everywhere I looked, competitors were adorned with the same outfits as mine. No-one gave me a second glance. I looked up at a large digital display which was showing start lists. As I read its heading my heart lurched. “70th Anniversary Rough Pitty Side O-Ringen” 70th! When had the first event taken place? About 1970 as far as I could recall. So, like Toby, I seemed to have moved into the future. The age classes caught my eye. The top categories were M/W100. There was Toby Beeswick (M95) running 1.1km, 5 controls, 5m climb.

As I stood, uncertain of what to do, or even if I was really there at all, but just looking through some sort of window on the future, two men walked past close enough for me to overhear their conversation. “Another lousy rip-off,” one was moaning. “I mean, we pay £90 entry fee per day and all we get is that old Scrollable Plasma Map system. Years out of date.” His companion concurred. “Yes, and they say that bracken has been regenerating in parts of the forest. Can't they spend some of their money on an effective anti-undergrowth agent. Next we'll be getting brambles back again.” They passed on by and I noticed for the first time that nobody I could see was wearing gaiters.

Musing over this I wandered over to one of the retailers. There were piles of O suits looking a bit like mine in style but a dull grey in colour. A potential customer was chatting to the stall keeper and was able to overhear the sales patter. “Great outfits these,” he was saying, “Only £199 and you can have any pattern you like. Look, I'll show you.” He laid a top out on the table and attached what appeared to be an electrode to the tab inside the neck. This was attached to what looked like a tiny mobile phone. He tapped a few buttons and the clothing turned a lurid pink. He cursed and muttered to himself as he tapped more buttons. Nothing changed. “Sorry, seems to be another dodgy batch. We're getting some more in next week. Can I interest you in a contact lens compass?” I moved on, fumbling at my neck as I did so. Yes, there did appear to be some sort of odd lump embedded in the label of my outfit, presumably some sort of chip that could alter the appearance of the fabric. That might explain the odd hues and patterns that seemed to come and go in a certain light. It certainly didn't explain the apparent time shifts that three of us had now experienced.

There was a disturbance from across the courtyard. I turned to see a balding man running away from me calling out to an official. “Piles from the Belper Thunderer. Can I take a photo please?” I couldn't see his face but I felt decidedly uncomfortable. Piles lifted his hand and there was a flash. A green veil seemed to cloak me and the warmth of the day was gone. A musty smell invaded my senses and I was in a different place altogether. In fact I was now standing in a small old fashioned canvas tent. In front of me was a cardboard box with a few sundry items of clothing in. I peered outside to find myself in a familiar corner of the Bedleston Hall estate on a grey wet day. Dusk was clearly approaching. The tent had a notice hanging from the top of the pole. It read “Lost Property”. A man, about two hundred metres away was ambling slowly towards it.

Suddenly I had an overwhelming compulsion to take off the outfit as quickly as possible. Within seconds I had done so, and scrabbling in the box, found sufficient other items to make myself reasonably decent. I put the O suit in the box, my actions coming automatically, as if willed on by an unseen force. As I finished I could hear the squelching of boots in the mud outside. A familiar voice called “Who's there?” I stood transfixed in the semi-dark unsure now of what to do. The door to the tent was suddenly pulled open and torch light flashed in. I caught a brief glimpse of a face I had once known and then again it all disappeared and I was lying on my back on hard concrete. The moon shone overhead. It was night-time and Toby Beeswick was looking down at me with some concern. I could hear someone else fussing in the background. I seemed to have arrived back home again.

Nobody expected that to happen! Now will Miles start to unravel the mystery? Find out in the final episode of Trouble With Lycra next time.

Andy Clayton 1953–2019

Former club member Andy Clayton – who with his wife Roz emigrated to New Zealand in 1996 – died from a heart attack on November 9th whilst out walking in the Hanmer forest.

Andy and Roz started orienteering and joined DVO in 1977, shortly after they had moved to the area to take up posts as PE teachers.

I can't trace their first events, but by February 1978 they were competing in the Midlands Championships in Sherwood Forest where Andy was 87th out of 128 on M21C (and there were 137 runners in M21A and 143 in M21B). At the White Rose Relays in August 1978 Andy, Roz and myself formed a team which came 7th out of 50 in the B class.

It soon became clear that Roz had found a sport in which she was capable of competing at the highest level. She was invited to join the British Squad in 1979 and was selected for the British team in the World Championships in 1981/83/85/87/89, achieving a best individual 30th place and being part of a relay team placed 5th. Andy knew that he wouldn't be troubling the selectors but was happy to provide what support he could, accompanying Roz on many trips to events overseas and acting as Chair of the BOF International Committee 1984–86 and again 1989–91 and (I think) as Team Manager on occasion.

Andy himself preferred shorter distance races and would generally run in the B or S class at major competitions. He would have been well suited to the middle and sprint formats which have now become more common. He enjoyed relays and had another good relay result at the Mammoth weekend in 1982, running with Mike Gardner and Steve Kimberley to win the trophy for the first competitive team in the Open class.

Individual results included 2nd in M35S at Strines Badge Event January 1991, 2nd in M35S just 3 minutes down at Star Posts National Event March 1991, and 7th in M40S

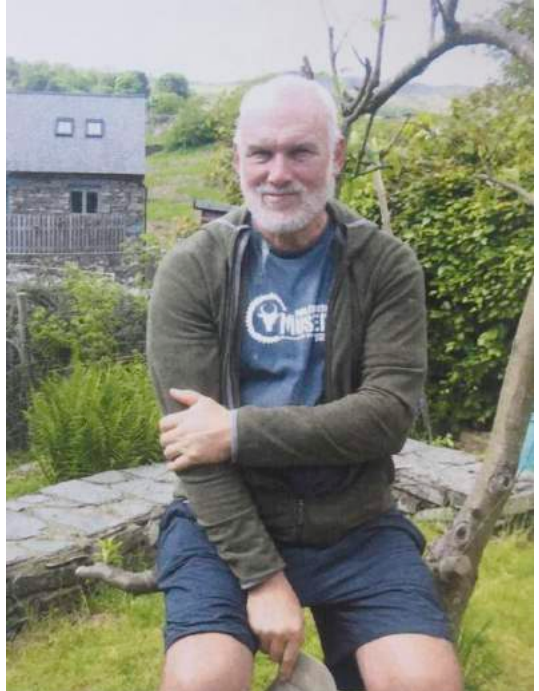


Photo from Andy's order of service, captioned 'The grizzly bear with a heart of gold'

at the British Championships at Brown Clee in April 1993. In 1992 he was 6th in the DVO Club Championships.

Andy also performed various other roles including secretary of East Midlands OA 1978–81 and Equipment Officer for both the 1982 British Championships at Shining Cliff and the 1991 JK weekend at Clumber Park and Shining Cliff. In 1981 he organised and planned the DVO Club Championships at Annesley. In 1985 he was appointed as DVO Press Officer.

After Roz retired from international competition, the couple took a gap year for a round-the-world expedition. They reached New Zealand and liked it so much that they decided to emigrate there. They made a final appearance for DVO at the British Champs weekend near Oban in May 1996. Andy placed 17th on M40S and then formed part of a Medium Open team with Sue Russell and Dave Brodie which did not do well, but was not last. The June 1996 Newstrack records their change of address to New Zealand.

John Hurley



We visited Roz and Andy in Hanmer Springs during our tour of New Zealand in 2017 before the World Masters. We were entertained in their extensive bungalow on its large plot in common with many such properties. Thanks to Andy's impressive workshop we even had a hook up for the motor home and a service for our hire bikes. Everyone

has bungalows in a land of earthquakes. Roz and Andy told us of lying in bed just 6 months before when the patio doors opened as if by magic and then closed again. When it happened the second time they thought they ought to get out of the house, especially as the dog was very unhappy. The stream at the edge of their garden changed course. Fortunately they and their neighbours suffered no ill effects though we had had to take a long diversion getting there from Christchurch. Roz and Andy's hospitality was evidenced by a well filled visitors' book including many familiar names from the orienteering fraternity.

We had a superb cycle and then walk up Mount Isobel (1319m) overlooking the town in brilliant weather to round off a very pleasant couple of days.

Mike Godfree

The Great Gamble

Why betting and orienteering are addictive

Sal Chaffey

David Attenborough's Seven Worlds One Planet (BBC1, Sunday evenings) contains scene after scene of risky (and risqué) behaviour, in which animals need to make a choice between facing danger in the present for security in the future.

For instance, the recent Australia episode showed a baby cassowary that became separated from its father and sibling because it found crossing a small creek "too daunting" (refusing to face present danger). But the lone chick wasn't old enough to protect itself, so had to call for dad (risking present danger for gains in the future). Making the cry put the chick at risk of becoming prey to a predator such as a snake. But not calling out would have meant certain death. The chick instinctively called out, and dad came back to help it across the water. Only 50% of cassowary chicks reach adulthood, and it's easy to see why with so many perilous decisions to make.

What, you ask, does this have to do with orienteering? DVO Chair Andy posed the question "Faced with a steep hill, on a path, is it better to go as quickly as possible for as long as possible, and then rest panting at the top, or to go up more gradually and hopefully then carry on at the top without stopping?" Re-cast in gambling terms, do you risk maxing out in the present (and possibly getting lost), for gains in the future (seconds gained over your rivals)? Orienteering involves gambling, and seconds are indeed the currency.

The "best thing he's ever done" in orienteering!

When driving home from the Lakeland's Betheca Moor event listening to The Run-In Podcast, we heard about an example of an orienteering gamble that paid off. GB's Ralph Street (right) described how he'd come to win a Bronze medal at the knockout sprint at World Cup Round 3 in Laufen, Switzerland, in September.

Ralph currently lives in Oslo and trains a lot in terrain, so hasn't worked much on his sprint speed. He felt he was at a disadvantage against big guns such as Mattias Kyburz of Switzerland as well as GB's Kris Jones. In the interview, he describes being comfortable in 3rd or 4th position in the semi-final and saying to himself "If I'm going to beat these guys, I'm going to do something a little bit different ... Better look at the last bit of the course." So he looked at the route choice to the left. At the penultimate control, he saw the top 3 (Kyburz, Jones and Tobia Pezzati) go right and decided to put his strategy into action and gamble on left. "Game on" he thought



“Now it’s time to run properly fast!” He reached the last control in first place, and won his semi-final.

In the Final, he remembered the words of his Coach “Back your own decision-making” and accelerated towards the end of the course, placing 3rd, just 4 seconds down on the Czech Republic’s Vojtech Kral. Kris Jones also made it onto the podium, in 6th place.

In the interview, Ralph says of his decision in the semi-final “What I did is the essence of orienteering, isn’t it? Here’s a guy who’s not running as fast as the other people, but he looks at the map, he takes his own choice and he beats them.”



Listen to the whole episode at: <https://player.fm/series/the-run-in/episode-10-with-ralph-street>

This podcast started earlier this year and is great for catching up with the GB Squad at home and abroad.

Or, if you prefer to read rather than listen, check out On The Red Line: <https://www.ontheredline.org.uk/news/2019-world-cup-round3-3>

Another aspect of gambling is that surge of satisfaction we all enjoy when we find the control efficiently. An interesting insight from *Scientific American*:

In the past, the psychiatric community generally regarded pathological gambling as more of a compulsion than an addiction—a behavior primarily motivated by the need to relieve anxiety rather than a craving for intense pleasure. In the 1980s, while updating the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*, the American Psychiatric Association (APA) officially classified pathological gambling as an impulse-control disorder—a fuzzy label for a group of somewhat related illnesses that, at the time, included kleptomania, pyromania and trichotillomania (hairpulling) [extreme ways to get ahead in an O race?!].

The article then describes the brain’s reward system, which draws from the disparate areas of memory, movement, pleasure and motivation:

When we engage in an activity that keeps us alive or helps us pass on our genes, neurons in the reward system squirt out a chemical messenger called dopamine, giving us a little wave of satisfaction and encouraging us to make a habit of enjoying hearty meals and romps in the sack. When stimulated by amphetamine, cocaine or other addictive drugs, the reward system disperses up to 10 times more dopamine than usual.

This explains why, when we have decided to retire, but then see a kite, we are re-motivated. And why we keep coming back for more dopamine fixes, week after week! The surge of relief on finding a control is an ancient evolutionary response.



Sports Personality of the Month

At the very wet SYO Bowden Housteads event, after their run, many competitors sought shelter inside the Registration building to dry-off and get changed.

I came across a very perplexed Stuart Swalwell using the Gents as a changing room. His sorry tale was that having removed his Dibber from his finger, for safe keeping, whilst he was drying off, he put it on top of the Hand Dryer. Big mistake! On starting the Hand Dryer the Dibber managed to slip down a very narrow gap between the dryer and the wall.

Fortunately for Stuart, in my cars tool-roll I had just the right gadget for the Dibber rescue. It was a suitably hooked thin meat skewer. A short time afterwards a smiling Stuart emerged from the gents dry, happy and smiling with his rescued Dibber.

Rex Bleakman

The Google Home (an Alexa-like device) in the Chaffeys' kitchen contributed unexpectedly to the Fixtures Committee's discussion of Regional events in 2020 with "I'm sorry, I don't know how to help you with that."

Sal Chaffey

Ernie Cripps wins Derby Telegraph Service to Sport Award

Former DVO member Ernie Cripps is the winner of the 2019 Derby Telegraph Service to Sport award. From sprinter to timekeeper, and taking in very many other roles along the way, Ernie is still one of the most familiar figures in Derby's athletics scene. At the age of 94 he has no intention of giving up yet.

As a sprinter, he won county championships and held the Derbyshire 220 yards record for 15 years. Later he moved into coaching and then into track and field officiating and timekeeping. He helped organise the original Derby Marathon in 1983.

Ernie was briefly a member of DVO in the late 1970s and attended Wednesday training runs from the Buckleys. He was 9th in the 1979 club championships at Crich, sandwiched by Kevin and John Cunniffe and just ahead of both Andy and Roz Clayton.

John Hurley

From <https://www.derbytelegraph.co.uk/sport/other-sport/winners-derby-telegraph-sports-award-3509993> :


Ernie Cripps is a legend in Derbyshire athletics circles and further afield and he was presented with the Service to Sport award.


Now well into his 90s, he continues to officiate at most matches involving Derby Athletic Club through the summer, most often in the vital role of timekeeping, although fellow club members will tell you he can turn his hand to most roles.

He has given more than 65 years of service to the sport.

Forthcoming Fixtures

Please check websites of organising clubs before travel. Even for DVO events, there may be changes

 = East Midlands League – best 8 scores from 14 runs (**DVO, NOC, LEI, LOG**)

EMUL East Midlands Urban League – best 4 from 8 runs;  **UK Urban League** – best 7 from 20 runs

UKOL = UK O League – best 12 scores from 24 runs. BOF categories (former Level): **M(A),N(B), R(C), L(D)**



Escape the Christmas frenzy at Whitworth Park on December 14th!

December

- Sun 1st **R**  **Allestree Park**, Registration 10–12 noon. Parking signed off A6
- Sun 8th **N** **East Midlands Championships**: Grimsthorpe Castle
- Sat 14th **L** **Whitworth Park**, Reg. 1–2:30pm
- Sun 15th **R**  **Cademan and Thringstone Woods**, Reg 10–12 noon.





January

- Wed 1st **EMUL** **Wirksworth Urban**, Registration at the Stone Centre from 9:45 for 11am Mass start ***Extended map!***
- Sat 4th **Charity** **Lyme Park**, Stockport (MDOC)
- Sun 5th **R**  **Strawberry Hill**, Mansfield. Registration 10–12 noon.
- Sun 12th **R**  **Martinshaw Woods**
- Sat 18th **L** **Willesley Night Event**, near Ashby de la Zouch
- Mon 27th **L** **Beacon Hill Night Event**



Wirksworth
StarDisc

February

- Sun 2nd **R**  **Harlaxton**, LOG
- Sat 8th **N** **Bramcote Hills & the Hemlock Stone** (Middle Distance)
- Sun 9th **R**  **Lindop** ***new map*** Reg 10–12 noon, parking at Carlton Lees.
- Sat 15th **L** **Alfreton Park**, Registration at the Cricket Club 1–3pm
- Sun 16th **R**  **Castle Hill Country Park**, Leicester.
- Sun 23rd **R**  **Byron's Walk**, Mansfield.

Planners, Organisers and Controllers Wanted

DVO needs you to run events in 2020 and 2021. Whether you are an experienced official or would like to try your hand, would like training or further/refresher training please get in touch. Events with vacancies are here:

<http://derwentvalleyorientees.org.uk/events/future-event-officials/>

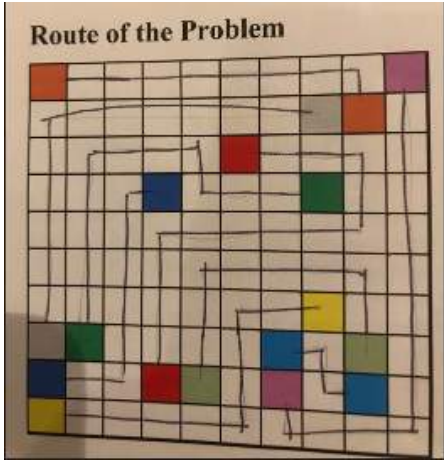
Jane Kayley-Burgess, janeburgess50@yahoo.co.uk 07954 5988053

| Date | Event Name | Venue | Organiser | Planner | Controller |
|------------|-------------------------------------|---------------------|--------------------|---------------------|---------------------|
| 01/12/2019 | Allestree EM League Event | Allestree | Val Johnson | Brian Denness | Jim Cook (POTOC) |
| 04/12/2019 | Smartphone Orienteering | Duffield Street | Sal Chaffey | Dave Chaffey | |
| 14/12/2019 | Whitworth Park | Whitworth Park | Amy Terava | Malcolm Spencer | |
| 01/01/2020 | Wirksworth Urban | Wirksworth Street | Nicola Hart | Jane Kayley-Burgess | Ronald Macdonald |
| 09/02/2020 | Lindop EM League Event | Lindop | Michelle Mackervoy | Richard Parkin | Paul Addison |
| 15/02/2020 | Alfreton Park | Alfreton Park | | | |
| 08/03/2020 | Linacre EM League | Linacre | | Murray White | |
| 17/05/2020 | Black Rocks EM League | Black Rocks | | John Hawkins | Dai Bedwell |
| 13/06/2020 | EM Score Champs | Carsington Pastures | Dave Bennett | Andy Sykes | |
| 28/06/2020 | Belper Urban | Belper | Sal Chaffey | Dave Chaffey | John Hurley |
| 06/09/2020 | Kedleston Park - EM League | Kedleston | | David Pettit | |
| 10/10/2020 | British Schools Score Championships | Shipley Park | Andy Hawkins | Ann-Marie Duckworth | Jeff Baker (LOG) |
| 25/10/2020 | Grangewood EM League | Grange Top Wood | Sal Chaffey | Dave Chaffey | Jain Phillips (LEI) |
| 15/11/2020 | Hardwick Park - EM League | Hardwick Park | | | |

Note that **Local events** for later 2020 have only just been agreed at Fixtures Committee. These will be:

April 25th Markeaton
 May 16th Darley Park
 May 30th Alvaston Pk
 Sept 12th Matlock,
 venue TBA
 Sept 26th South Derbys,
 venue TBA

All the above will need a planner and an organiser – pls contact Jane or Sal.



Route of The Problem was a bit easier than I intended so I am surprised that there were not more takers. I had correct solutions from Alan Le Moigne, Michelle Mackervoy, Andy Mackervoy, Rob Shooter and Jane Burgess. Here is Jane's offering. Points all round. Some business to clear up from last time (Collection for the Old Wrecks). I was right that I had missed someone out. In fact it was David Vincent who was the first to point out multiple solutions for which I had offered him a bonus point. Points now awarded,

David. Rob Shooter also submitted a late solution that involved all eight of the Old Wrecks going out in sequence.

There's just one puzzle to come and the scores are as follows: David Vincent (4 points), Andy Mackervoy (3), Michelle Mackervoy (3), Helen Chiswell (2), Jane Burgess (2), Jen Gale (2), John Hawkins (2), Alan Le Moigne (2), Francesco Lari (2), Chris O'Donnell (2), Derek Gale (1), Rob Shooter (1), Mark Delgarno (1), and Paul Goodhead (1). With double points and possible bonuses, I reckon everyone is still in with a shout for at least sharing the year-end award. Did I say award? Maybe I was getting ahead of myself.

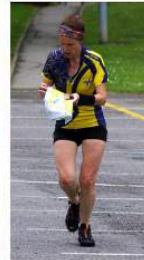
How Many Friends at the Barn Dance?

The Old Derwentians had a Barn Dance recently at which a wide range of members attended. Before the dance, not everybody in the club knew everybody else. During a conversation I had with Frank, he observed that at least two people at the function must have the same number of friends present. But was he correct?

Temporarily, you have a 50/50 chance of getting this right. But a bonus point for the best explanation. Answers as ever to dnevell3@gmail.com by the editor's copy date please.

CompassSport Cup Final predictions

Well sad to say, not a single one of Francesco's and my predictions from last time round came true, unless you include ESOC not turning up. I should have known better than bet against the long established rule that SYO can't win south of Cannock Chase and BOK can't win that far east. For the record, based on the statisticians' metric of choice (sum of squared error) my choices were better than Francesco's by 54 to 104, for all it's worth.



Wirksworth NYD Urban!

EM Urban League courses with Mass Starts

**January 1st 2020 Register at The National Stone Centre
9:45 – 10:45 for 11/11:05am Mass Starts**

Courses from 2.5 to 6.5km, for all ages & abilities
 Prize-giving for 2019 East Midlands Urban League at 10:30am
 Parking £1 at The Stone Centre
 Free dibber hire for juniors (adults £1)
 SIAC hire £2
 Stone Centre Café open for non-runners and/or post-race refreshments!

Entry on the day – £8 adults (£10 non-members), £4 under 20s and students. Note that under 16s are only allowed to compete on Course 6 (2.5km with 85 metres climb). They may accompany an adult on a longer course, but the entry **MUST** be in the adult's name



Further details are available at <http://derwentvalleyorientees.org.uk/> or email nicjhart@gmail.com