



Playing out again ... only a little differently!

DVO's event at Grangewood, 25th October



Newstrack is the magazine of Derwent Valley Orienteers

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New Club Members

A big welcome to new members Donna and Addy Stevenson, Alison Butlin, Alison and Max Sutton, Phil Buxton, Chris Jordan, Jane Stevens and Seren Brett. Let's hope the resumption of sport continues, and we can say Hi at an event soon!

Editorial

Despite LD2, I'm still keeping fit with MapRun. I even did two courses in one day, punctuated by lunch in the car from Sinfin Fish Bar. The first MapRun was Chellaston Long (created by Derek Gale) – where I caught a glimpse of Doug running while I was trying to park. Then I did Sinfin Long (created by Graham) and saw Derek, with whom I managed a distanced chat!

Thanks for your contributions. Copy date for next issue is Feb 21st Midwinter cheer!! **Sal**

What's inside?



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Looking towards 2021

Although my first year as club captain started in its usual busy way with CompassSport Cup entries, followed very quickly by British and JK relay entries, it very sadly that did not continue as life changed very dramatically for everyone. However in March we qualified for the Final of the CompassSport Cup. Well done to everyone who took part . However it looks as if 2021 will also start off fairly quietly. The Compass Sport Cup heats for 2021 have been cancelled and this year's Final will now take place on **17 October 2021**. The Final is likely to be in Chatsworth Park or Sutton Park (Birmingham). Both these venues are close to us, so this gives us a great opportunity to field a really good team.

The JK has already been cancelled for 2021 but the British Orienteering Championships is still provisionally arranged for the weekend of March 6th at Golden Valley and Cognor Woods.

Its excellent news about the vaccine and hopefully this means that by the spring, life will start to return to normal. We have accommodation booked for the Scottish 6 days in August and hopefully that event and others will go ahead in a fairly normal way. However all IOF events have been cancelled up to May 31st 2021 and the World Masters Games in Japan has been postponed until 2022. World Orienteering Day will be between May 19th and 25th. Apparently a Swedish mantra is "We do not cancel , we adjust."

Looking forward to being busier in my role as Club Captain in 2021 and seeing you all lots of times in the forests.

Christine Middleton, Club Captain

DVO Zoom Quiz to continue every month!

Any club members may now join the monthly DVO Zoom Quiz. Please let me know if you wish to join, as often there are some pre-quiz questions emailed out in advance. The dates and question masters are as follows through to January.

Dec 15th – Jane Kayleigh Burgess

Jan 19th – Keelings

Feb 16th – Graham Johnson

March 16th – Dickinsons

Join Zoom Meeting (all dates Tuesdays at 8pm)

<https://us02web.zoom.us/j/2243654241>

Mike Gardner mikegardvo@sky.com



"It's essential to properly prepare for a Zoom meeting."

Keep body and brain active with MapRun

We now have a large collection of MapRun “events” that you can run individually even during lockdown. Full instructions on the DVO web site. Ideally you need a smartphone with MapRunF installed, but you can still load a result using a Garmin or similar that can record a gpx track. Or you could just go for a run with rather more purpose. A wealth of information is available on the MapRun Courses page of the website.

Some of the courses use “proper” orienteering maps, others use pseudo maps produced very easily from Open Orienteering Map.

See the list below, more to come soon. Download and print the map. It is a good idea to load the event into your phone before you leave home in case you

Area	Type	Map	Courses (L = linear)	Scale
Allestree	Urban	ISSOM	L: Long, Medium, Short	5000
Allestree Park	Park	ISSOM	Long, Score (only after dark)	7500
Alvaston Park	Park/Urban	ISSOM	L: Medium, Short	5000
Ashbourne	Urban	ISSOM	L: Longer, Long, Medium	5000
Bakewell	Urban	ISSOM	L: Long, Medium	5000
Belper Openwoodgate	Urban	ISSOM	60 min Score	5000
Brimington (for 10 Dec)	Urban	ISSOM	L: Long, Medium	5000
Chellaston	Urban	OOM	L: Long, Medium	7500
Darley Park	Park	ISSOM	60 min Score	5000
Derby North	Urban/Park	ISSOM	L: Long, Medium	5000
Duffield	Urban	OOM	60 min Score	10000
Elvaston Castle & Alvaston	Park & Urban	OOM	L: Long, Medium, Score	12500
Hilton	Urban	OOM	60 min Score	10000
Kirk Hallam (for 14 Jan)	Urban	OOM	L: Long, Medium	7500
Long Eaton	Urban	OOM	60 min Score	10000
Mackworth	Urban	OOM	L: Long, Medium	7500
Matlock	Urban	ISSOM	L: Long, Medium	5000
Melbourne			Will be reinstated after 3/1/21 event 50 min Postbox & 60 min	
Mickleover	Urban	OOM	Score	10000
North Wingfield	Urban	OOM	60 min Score	10000
Ripley	Urban	OOM	60 min Score	10000
Sinfin	Urban	OOM	L: Long, Medium	10000
Wirksworth	Urban	ISSOM	L: Long, Medium	5000

don't have a data connection on site. Once you press Go to Start, the phone will display its map, complete with a red dot to show your current location. That dot is turned off once you register the start and the phone pings. Observe the GPS status bar at the bottom before you set off. Red means no meaningful GPS, amber rather iffy and green is fine. Make sure you have set the various GPS settings and hold the phone high for a good signal.

Mike Godfree Mike.Godfree@btinternet.com

"During 2020, DVO MapRuns have attracted 600 separate runs, totalling over 3000km!" – Sal does her sums, based on Mike's table on page 4.

❄️ ❄️ Winter MapRun Series ❄️ ❄️

MapRun is a free Smartphone app that is perfect for socially distanced exercise! Throughout the winter, we will have a series of MapRuns on Thursday afternoons/evenings:



- 29 Oct  **Derby North:** Medium (5.2km) or Long (7.1km)*
Darley Park Drive DE22 1EN. ISSOM map, now available to download
- 10 Dec  **Brimington, Chesterfield:** Med (3.5km) or Long (5.4km)* 2:30–7pm
Thistle Park, Station Road S43 1JH. ISSOM map
- 14 Jan  **Kirk Hallam, Ilkeston:** Medium (4km) or Long (6km)* 2:30–7pm
Kirk Hallam Skate Park DE7 4EF. OpenOrienteering map

** Distances are straight line; expect to run a bit further!*

- £3 fee covers your course map.
- Courses close 1 hour after the last advertised start time.
- Potential to meet at a pub afterwards, subject to Covid restrictions.



NB Awaiting guidance from BO before deciding about Brimington 10 Dec

Socially distanced registration at Derby North MapRun, Oct 29th. Map by Derek Gale and courses (still available to run) planned by Doug Dickinson. Start and Finish in Darley Park.

How to create a MapRun course – update

Thinking back, over what seems like forever, to before the great pandemic of 2020–21, we held a MapRunF training session in the Bulls Head pub in February. It was great to see a good number of club members there willing to give creating a course a go. The timing was prescient, since once lockdown started, it gave an opportunity for interested club members to grapple with the technology and create courses once things opened up again. Since then we have had a good number of MapRun courses created in all sorts of venues and formats. Our efforts have even been featured in a case study by BO that notes these so-called ‘Virtual Orienteering courses (VOCs)’ have been created by 12 different planners including 3 first-time planners.

DERWENT VALLEY ORIENTEERS Profiling DVOs Virtual Orienteering Courses

THE BACKGROUND

Derwent Valley Orienteers (DVO) have set up MapRun courses on 17 different areas across Derbyshire using a mix of OpenOrienteering maps and conventional ISSOM orienteering maps. Most areas have more than one course with a mixture of linear and score courses. These have been made permanently available with users able to print their own maps and load the course in MapRun to complete at any time – and perfect socially distanced challenges

Wirksworth & Alvaston Park

OUR TWO MOST POPULAR COURSES

Alvaston Park Medium includes some urban terrain outside the park, but Short is within the park, so perfect for children. There's a play area, a planets trail, a cafe and a lake in the park, as well as great views of Derby Velodrome

Wirksworth is really complex in places, especially the pretty area of cottages and alleyways on the hill known as 'the puzzle garden'. Both are linear rather than score courses:

"Some of the club's permanent orienteering courses have now also been set up in MapRun. This will provide a much better experience for users when markers go missing."

Mike Godfree, DVO

Wirksworth:
⌚ Long 5km with 75m climb
⌚ Medium 3km 50m climb

Alvaston Park:
⌚ Medium 5.2km
⌚ Short 2.5km no climb on either

The original training in February was based on an inaugural MapRun I created for an December evening last year in Duffield. Since then, the process has become quite a bit simpler for planners with improvements to OpenOMap to create a base map and the new Checksites feature in MapRunF which can be used to test run courses. So, I have now updated the training guidance for planners on the Officials Help Page in the Members area of our website. So if you are curious to know how a MapRun course is created, or interested in creating a course (or getting started by creating a local course for you or your friends), contact dave.chaffey@gmail.com if you'd like a password or have any questions.

Dave Chaffey

Andy Clayton 1953–2019

Andy Clayton's memorial just installed – red squirrels in the forest near Roz and Andy's home in Hanmer Springs, NZ. 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. They emigrated to New Zealand in 1996 (see December 2019 Newstrack for more details).



DVO Club Kit

Would someone in your family like a new O-top or warm-up jacket this Christmas? Tops available in long- or short sleeved design. Details under the Members tab of the website:

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

Judith's retirement from the Board of British Orienteering

In September, Sarah Parkin presented Judith with a specially-commissioned retirement gift. Sarah explained on Facebook:

“I am thrilled to finally be able to present this to Judith Holt on behalf of British Orienteering for all her work & as a retirement gift. The extra touch added for this rather special person was a new one for me – I have hand added people enjoying orienteering in Hall Leys Park. In the new image are: Judith Holt, Sal Chaffey, Malcolm and Hilary Spencer, Viv MacDonald, Jane Kayley Burgess, some of the key players in Derwent Valley Orienteers. It was an absolute privilege to be able to do this. Thank you for the opportunity. Judith retired from her post pre lockdown but presentation was due for the AGM which then got cancelled. Finally got permission to hand over & what a lovely afternoon to be able to do it.”



Presentation photo by Amanda Price

Judith replied: “I am delighted with it. It is so right for the purpose. Hall leys Park has been the scene of so many grass roots orienteering sessions and supporting that level of orienteering was one of the motivators for me

joining the board. The fact that the CEO Peter Hart chose the right painting and Sarah personalised it so aptly has touched me deeply. Of course it reminds me of David Parkin as well. I am glad I will be putting out controls for the first DVO post lockdown event tonight [this was Holmebrook Valley Park, Sept 9th]. It feels like the beginning of post board phase of my orienteering career.”

Judith was elected to the Board at the AGM in 2011 and held the role of chair from 2016–2019. Her 9 year term of office should have come to an end at Easter 2020 but because of Covid-19 restrictions the AGM was not held until August putting her in the unique position of serving for 9 1/3 years.

Christmas (or other) gifts

by Sarah Parkin



Sarah points out who's who (zoom in with online Newstrack): 'Malcolm on the left hand side & Judith, though difficult to spot. Judith is on twice, coming into finish and in the bandstand talking to other helpers.'

Bone china Mugs are £10 plus postage.

Cards (special price) are £1.50 each plus postage, or £1 each for orders over 10.

You can order via email sarah@sarahparkin.co.uk or mobile 07957 484977, or from Sarah's online shop: <http://www.sarahparkin.co.uk/shop>

WSC

When Sunday Comes

(Except when it's Saturday or
Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 37

It's not over 'til it's over and even then it's not over

Secret Illegal Orienteering Events Shock Horror Probe

They are definitely happening (page 4)

No really, they must be (page 5)

What do you mean, you want evidence? (page 6)

What is truth anyway? (page 7)

Page 8 (page 8)

Orienteering Deep State

Greta Thunberg remarked recently that we are now living in a post-truth society. Being constrained by the truth has never been an issue that particularly bothered WSC (*you might have buried that comment a little deeper in the article – WSC lawyer*) so we feel comfortable about that. Just because something sounds like it is the product of a warped, narcissist and paranoid mind doesn't mean that it isn't stark cold fact. So some of the stories we are hearing about what is going on deep at the very heart of British orienteering, however thin their connection to reality might be, are ones that it is our duty to splash across these pages so that you, dear reader, can make your own decision about them.

So...

The Big Orienteering Organisation (BOO) is, to many of its members, a thing of mystery. Every year it takes some of your money and retreats back into its lair at Matlock where presumably it sits, dragon like, on those spoils whilst contemplating its next move. To justify its existence it has to have a reassuring interface with the members in order to convince them that their money is being well spent. It does this by regular email communications purporting to come from a variety of people from within BOO. Now here's the catch. WSC has it from an extremely reliable source (which we cannot possibly divulge as providing any evidence for wild and unsubstantiated claims is not the way things are done anymore) that the very existence of some of these people is in doubt. The first question that you must ask yourself is "Have I actually ever seen any of these people?" Let's start at the very top. The President. @therealCB, as we will refer to him, is apparently on about his fourteenth period of re-election having clearly established an autocracy for life. We have it on good authority (no, we are not going to tell you who) that this role will pass on down through the family when he passes on, although most people suspect that this has already happened many years ago. Next, the Chairman. It is blinding obvious to anyone with any sense whatsoever that Van Drawback cannot possibly be a real person. This name is clearly the

result of a somebody playing around with computer generated names, probably using software developed in Venezuela. Seen at an orienteering event? Show us the evidence! Next we come onto the Chief Executive (cont. next page)

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



Orienteering is subject to many Health and Safety regulations.

A tent peg in the wrong place will cause an earthquake.

Insufficient toilets will lead to cholera and typhoid.

Muddy paths will lead to broken limbs and high laundry bills.

But all in all orienteering is a very safe sport. There are not wolves lurking around every corner.

Not *every* corner.

Officer. All the members get a string of messages from “him”. But here is the stunning truth. We have it on good authority (no, we are not going to tell you who) that PH is nothing more than a bot. We have cast iron proof that this bot is controlled by people with connections to Emit (spawn of the devil) (*now we really are in big trouble – WSC lawyers*). Now what do you think about parting with your hard earned cash each year? The people at the real heart of British Orienteering are far more deep state, shadowy figures



BOO HQ

That’s right, the about a pizza parlour were all true, but just on a different continent. Mix-up over the Four Seasons? At least this one isn’t next door to an adult bookshop. Oh, I’m just being told it is.

We didn’t mention BOO spokesman Eric Slowly. He is real. You couldn’t make him up. (*Good research -Ed*).

BOO goes green

BOO has announced details of its brand new initiative for green orienteering. Courses will henceforth be designated as follows. This will put the sport at the very cutting edge of greenness (it says here).

Old name	New name
Black	Greeny Black
Brown	Very Green Indeed
Blue	Dark Green
Green	Green
Light Green	Light Green
Orange	Pale Green
Yellow	Greenish
White	Are you sure that’s not just white?

(Compared to a lot of recent media stories this is rock solid common sense – Ed)

lurking somewhere in cyberspace. Matlock is just a front. Who has actually been there? We have it on good authority (etc etc) that you won’t find anything to do with orienteering there but you can get a very good pizza. conspiracy theories



Club Annual General Meeting

The Old Derwentians have been holding their AGM which this year for reasons which should be obvious, was held virtually on Zoom. According to a club spokesperson, it all went very well. “We had a fantastic turnout and there were loads of new faces. In fact there were quite a lot I didn’t recognise so it’s great having some new blood in the ranks. As a result there has been a considerable turnover in the committee. We do need to make one or two checks but I’m sure everything will be OK and we are really looking forward to the day when we can all meet face to face again and move the club on to the next phase in its exciting history”.

WCS has some doubts about how well the on-line re-election process was conducted.

Chairman: Mao

Vice Chairman: A tub of lard.

Treasurer: Robert Maxwell

Secretary: William Shakespeare

Social Rep: Paris Hilton

Fixtures Secretary: David Icke

Newstrack Editor: Rupert Murdoch

Captain: Tom Moore

Junior Rep: North West

Coaching: Jurgen Klopp

Safety Officer: Evel Knievel

Equipment Officer: Q

Web Master: Tim Berners-Lee

We suspect some of these people may be ineligible for not having paid their subs for up to 400 years or even being dead but whether their appointment is unconstitutional or not is a grey area. This one may go all the way to The High Court.

Special Xmas Offer

Buy your loved ones a yearly subscription to one of WSC, Big Lycra or Gripple Monthly and we will send you a year’s supply of fish paste. Useful in all eventualities. Covid, Brexit, Trump second term, being swept into the sea (check this out below) or just feeling a bit peckish. Responsibly sourced (the fish paste that is, not the publications).

Derbyshire will be swept away by the sea in

5 4 7 4 9 9 0 6 Days

Please prepare responsibly.

Keep Your Distance!

During the first lockdown a group from Matlock and Tansley who normally meet regularly on Thursday mornings to do sprints got together with a few other orienteering friends to put together a musical piece. Most of us had taken part remotely in the Coronavirus Lockdown Relay reported in the September Newstrack and were looking for a challenge to keep us occupied and maintain our contact with each other.

We decided that the ideal piece was Richard Thompson's 'Keep Your Distance' which Ranald had been singing in Bakewell and District Community Choir (BADcc) using a version by its Musical Director, Lester Simpson. Lester was a member of the well-known acapella group Coope, Boyes and Simpson and you can see their arrangement here:

<https://www.youtube.com/watch?v=XuNlrEa7dJE>

First, we needed someone to take charge. The obvious person was Deborah Findley, a fellow dancer with Viv in Well-Heeled Appalachian Dance Group, a professional musician and recruited to the Thursday sprinters a few years ago, though it's proving harder to convince her of the joys of orienteering!

Next, people volunteered to write words to verses that reflected their own experiences of lockdown – working as a nurse, exercising, shopping by the 'youngsters' (Viv, Jane and Ranald!) for their Slightly Older Friends (SOFs) over 70, isolating as an older person – resulting in quite a long piece but having personal meaning for all of us.

Deborah then arranged the original tune for a variety of instruments and voices – recorders, piano, cello, drums and even clapping! She then produced what's known as a click track which has the tune and a metronomic beat which we can listen to on headphones while recording our part onto another device. To say this proved challenging for some would be an understatement. However, it engaged us for a few weeks and, following production by Deborah resulted in a piece with which we're all very proud as a record of what we could do together. Producing a video of us playing as well proved beyond our capabilities in the time we'd given ourselves, so Judith put together a montage from the video that Deborah had produced. We really must thank her for her inspiration, encouragement and whip-cracking.

If you want to see what we ended up with click here:

<https://www.dropbox.com/s/0c5cgqa1s1ufos3/KYD%20Final.mp4?dl=0>. If that doesn't work, contact me and I'll send you the file, though it's quite large.

Having had the physical challenge through the Lockdown Relay, we had presented ourselves with a musical and mental challenge which undoubtedly helped us during what, for some, proved quite a difficult period. It showed us the value of keeping in touch with friends and undertaking a project that kept us occupied for a few weeks. Many of the group have kept exercising together through weekly runs, MapRun and sprints, whenever the restrictions allowed us to do so. During the second lockdown it's involved people running and doing sprints in socially distanced pairs as well as some having weekly recorder sessions.

However long restrictions continue and how restrictive they are, this group will continue to find ways of exercising and playing music together to try to ensure our physical and mental well-being.

Ranald Macdonald (r.f.macdonald@btinternet.com)



East Midlands Urban League 2020 Results

Due to the cancellation of 4 Urban races, and the fact that many competitors will change age class in 2021, EMOA Committee decided to declare this year's EMUL as complete. Unfortunately there can't be a prize-giving, but here are the Top 5 or 6 finishers in each class.

Counting events were Wirksworth, North Hykenham and Woodhall Spa.
Full EMUL results at: <http://www.oxfordfusion.com/ukul/index.cfm?&Org=7>

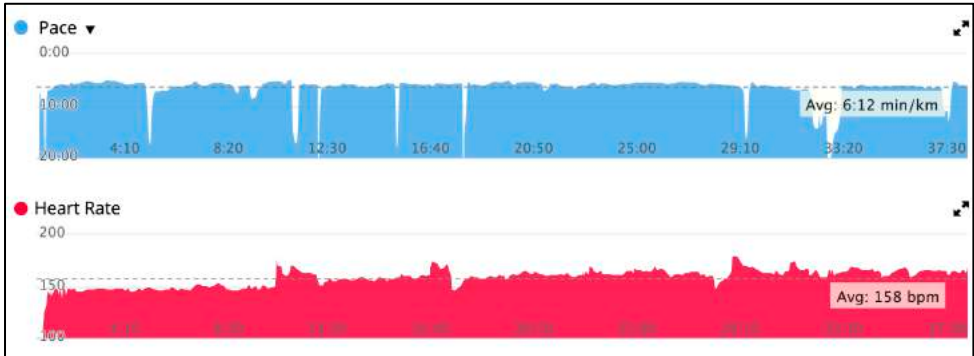
<p style="text-align: center;">Junior Men</p> <p>1 Michael May M10 LOG 2 Jake O'Donnell M14 DVO 3 Sam Jones M14 NOC 4 Ben O'Donnell M16 DVO 5= Russell McCreadie M12 WCH 5= Nedd Hunt M10</p>	<p style="text-align: center;">Junior Women</p> <p>1 Hannah Mather W14 LOG 2 Daisy Rennie W14 WCOG 3 Elspeth Jolly W16 HALO 4 Flora Jolly W14 HALO 5 Isabel May W10 LOG</p>
<p style="text-align: center;">Men's Open</p> <p>1 Philip Johnston-Davis M45 RAFO 2 Mike Chapman M40 LOG 3 Craig Lucas M21 LOG 4 Tom George M21 5 Nerijus Rozkovas M21 DVO</p>	<p style="text-align: center;">Women's Open</p> <p>1 Andrea Page W40 LOG 2 Alison Wright W35 LOG 3 Anna-Kaisa Koskela-Brook W35 4= Jessica Dring-Morris W20 LEI 4= Emma Taylor W21 PFO 4= Leah Williams W21 LUOC</p>
<p style="text-align: center;">Veteran Men 40+</p> <p>1 Ian Crowe M40 LOG 2 Andrew Selby M45 DVO 3 Paul Murgatroyd M50 LOG 4 John Mather M50 LOG 5 Murray white M50 DVO</p>	<p style="text-align: center;">Veteran Women 40+</p> <p>1 Tanya Taylor W50 LOG 2 Claire Selby W45 DVO 3 Hayley Fox W45 LOG 4 Ruth Ker W50 CLARO 5= Helen Parkinson W50 NOC 5= Ann-Marie Duckworth W50 DVO</p>
<p style="text-align: center;">Supervet Men 55+</p> <p>1 Andrew Ridgway M55 NOC 2 David Vincent M55 DVO 3 Francesco Lari M55 DVO 4 Peter Harris M60 HALO 5 Nick Lyons M65 LOG 6 Richard Naish M55 DVO</p>	<p style="text-align: center;">Supervet Women 55+</p> <p>1 Amanda Roberts W55 LOG 2 Ruth Ellis W65 DVO 3 Amanda Ward W55 HALO 4 Sue Hartley W60 WAOC 5 Clare Hanna W55 LOG</p>
<p style="text-align: center;">Ultravet Men 65+</p> <p>1 Mike Hampton M70 OD 2 Kevin Gallagher M70 LEI 3 Jeffrey Baker M65 LOG 4 Mike Godfree M70 DVO 5 Dave Skidmore M70 DVO 6 Graham Johnson M65 DVO</p>	<p style="text-align: center;">Ultravet Women 65+</p> <p>1 Liz Godfree W70 DVO 2 Maureen Webb W65 LEI 3 Jen Gale W70 DVO 4 Janet Rosen W65 HH 5 Tricia Neal W70</p>

Hypervet Men 75+	Hypervet Women 75+
1 Doug Dickinson M75 DVO	1 Sue Bicknell W75 OD
2 Guy Goodair M80 EPOC	2 Judith Goodair W75 EPOC
3 John Woodall M80 NOC	3 Jean Rostron W75 POTO
4 Derek Gale M75 DVO	4 Pauline Ward W75 DVO
5 Rex Bleakman M75 DVO	

Why there's a lag before you achieve max heart rate

Sal Chaffey

Below are my pace and heart-rate graphs for Alvaston Park MapRun, completed in August. I'd noticed that quite often, my heart rate 'steps up' 10 or 20 minutes into a run (I do warm up, but only for a minute or two). My pace is pretty constant, so it appears that I'm getting "something for nothing" during the first 10 minutes of the run, i.e. running the same speed, but with fewer heart beats per minute.



I asked Clinical Exercise Physiologist Janet Hamilton about this recently, and she gave me the following answer.

It is normal for heart rate to take a little time to reach a steady state in response to a given workload. This is in part because there's a gradual increase in the demand for oxygen to fuel the workload of the muscles. Initially the stored ATP and stored CP can meet the needs, then fuel is supplied by glycolysis (breakdown of glycogen) and the oxygen demand for that process is not high until the product of that glycolysis goes into the next phase known as the Krebs's Cycle.

So – you're not "getting more" out of your heart – you're just seeing a normal physiological ramping up of the mechanisms that supply your muscles (and everything else) with the needed ATP to do what you're trying to do.

As you continue an activity (in your case you mention your HR doesn't reach a steady state until about 20 minutes) you will be accumulating heat (a natural byproduct of metabolism). The heat has to be dealt with – so the body will shift blood flow a bit so that more blood is going to the periphery of the skin so that it can be cooled. The body now has a dilemma, it has to deal with opposing demands It needs to cool the core (send the blood to the skin for cooling) and it needs to fuel the exercising muscles. The natural response to this dilemma is to increase the HR so that more blood is circulated per minute. The volume of blood being ejected from the heart per beat is going to be relatively steady but now that you're ejecting it 160 times a minute rather than, say, 145 times a minute – the blood volume circulated per minute is increased to meet that demand. This is also seen when you run at the same pace in a cool environment (40 degrees F) vs. that same speed in a hot environment (80 degrees F). The heart rate at a given pace will be greater in the warm environment because of the heat load.

I'd not considered that the heart needs to disperse heat before. Do errors creep in at this transition point?

Other interesting Q&As from Running Strong Professional Coaching at <https://www.runningstrong.com/ask/>

Stanton Moor Photo 0 September 2020 Answers

Richard Parkin - all correct, but as he had recently re-mapped the area, he declared himself non-competitive, and the book token went to Sarah.

Sarah Parkin - 19 correct out of 22

Dave Bennett - 16 correct

Donna Hawkins - 7 correct

Thanks to **Ranald Macdonald!**

Control no	Photo	Control no	Photo
1	J	12	F
2	H	13	L
3	D	14	No picture
4	A	15	C
5	I	16	E
6	O	17	N
7	T	18	R
8	B	19	P
9	Q	20	K
10	No picture	G	No control
11	M	S	No control

Meet your new Equipment Officers: Kim and Russell Buxton



When and where did you first start orienteering/join DVO?

Both Russ and I were members of Heanor Running Club before joining the orienteering family. Back in 1989, myself and a group of other female runners attended an event on Shipley Park called “What’s on for Women,” where Hilary Palmer of NOC organised an orienteering workshop. I became hooked instantly! Our first event, a few weeks later, at Walesby, saw Russ and I take on an Orange course. Russ without ever seeing an O map before exclaimed “We’ve come all this way for 3k!” I seem to remember the course took him over an hour and a half! We joined DVO shortly after.

We took an enforced break from orienteering when our youngest son's interest in football meant that we were otherwise engaged on Sunday mornings. We returned to DVO around 13 years ago.

Highs and Lows of orienteering/running?

No real lows. I guess runs that end in injury are the worst ones. Highs – I have twice won the East Midlands Championships, once at W21 and more recently as a W55. Russ has ups and downs with orienteering but his talent lies in his endurance at longer running challenges. He was successful in completing the challenging Bob Graham Round in 2000 in a time of 22 and a half hours.

Do either have a SIAC dibber? Yes we both do and we really like them.

What do you enjoy doing now you're both retired?

My retirement only started in September so it still feels like an extended holiday. We have just moved to a new house and so much of this year has been spent landscaping the garden. When we have greater freedom to travel, we hope to have lots of lovely holidays and maybe take in some orienteering around the world. We're also enjoying helping with childcare and school runs for our grandchildren.

Most memorable O holiday

We have yet to experience orienteering abroad, our most distant event being the Scottish 6 Days.

Favourite TV shows

I love *The Apprentice* and *Strictly Come Dancing*. Russ will watch anything sports related, even the dullest of sports.

Event Officials Needed

If you could volunteer to fill any of the roles below, please let Jane know (as Event Officials Coordinator). Help can be given by experienced DVO officials, who would be happy to shadow you. janeburgess50@yahoo.co.uk

Event Safety training is also required for new officials (**free until Dec 31st**), from the British Orienteering e-learning platform (takes an hour): <https://www.britishorienteering.org.uk/index.php?pg=1195#Event%20Safety%20Course>

Longshaw EML	31 Jan	Organiser & Controller needed (Ann-Marie: Planner)
Belper Urban	18 April	Controller needed (Chaffey's O & P)
Calke Park EML	16 May	Organiser needed (Helen: Planner, Doug: Controller)
Chinley Churn EML	27 June	All 3 officials needed

Fixtures List ... back again, but please see vacancies on page 18



Because there's a lot of uncertainty, please always check Fixtures info from the DVO website – <http://derwentvalleyorienteers.org.uk/events/dvo-fixtures-3/> and websites of other clubs.

As regards the 2 East Midlands Championships events below, it will depend on tier arrangements at the time if these go ahead as Championships, or as regional events.

December

- Thurs 10th **MR** **Brimington MapRun**, Registration 14:30–7pm
Sun 13th  **Bagworth Common and Woods**, entries via Fabian4.
Sun 20th  **Walesby Forest**. Check info nearer the time on:
<http://www.noc-uk.org/Events/FIXTURES>

January

- Sun 3rd **EMUL** **Melbourne Urban**, entries online only via Fabian4 ***New area***
Thurs 14th **MR** **Kirk Hallam MapRun**, Registration 14:30–7pm
Sun 17th **Hanging Hill, Boothorpe and Pick Triangle**, 2020 East Midlands Champs. Entries via Fabian4 to re-open soon
Sun 24th  **Clumber Park**, Robin Hood Trophy (check NOC website as above)
Sun 31st  **Longshaw Estate**, permission applied for

February

- Sun 21st  **Calverton**, (check NOC website as above)
Sun 28th **Stanton Moor**, 2021 East Midlands Champs. Entries online only via Fabian4 in January



East Midlands League (DVO, LOG, NOC and LEI)

Due to cancellation of many events, the 2020 League is likely to be rolled across to include 2021 events.

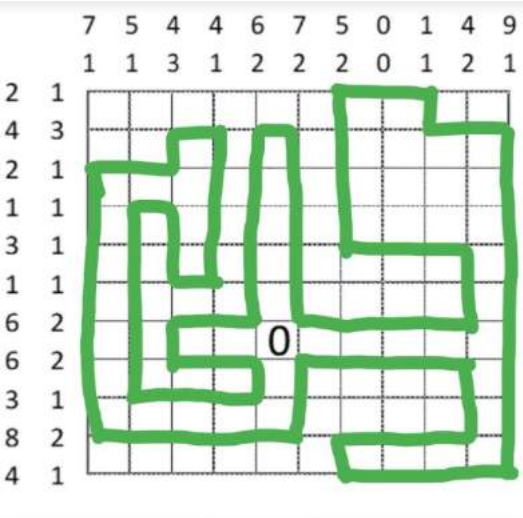
Watch out for entries opening on Fabian for our January 3rd **Melbourne Urban** event. Thomas Cook was born in the town in 1808. His memorial featured as the Finish in a summer MapRun!



Puzzle Page

Dave Nevell

I said that In The Loop might be a tough one and judging from your comments and the reduced number of entrants, it appears that might well have been the case. Frank or Fred (who cares?) ran round a loopy route that was determined by loads of digits scattered around the outside of a grid. Anyway, to cut a long story short, the answer is shown here, as supplied by David Vincent.



to Frank or Fred (who cares?)? Use a Garmin next time. Another correct entry came from Robert Shooter who found the puzzle easier to crack than working out the copy date of Newstrack and hence when he had to do it by. Also correct, a newcomer to this page, Donna Hawkins who commented that she normally didn't have time to do the puzzles. Time well invested Donna, well done! Who else? John Hurley after a bit of a tussle getting going. And finally (although first submitted as I am working backwards through my emails) Michelle Mackervoy who

showed her workings. One up on Andy, hey Michelle! Thanks to all entrants.

So once again we are at the sharp end of the contest with double points on offer for the last puzzle.

Escalation

These days, as we all know, there are no boundaries to where orienteering events are held. In between lockdowns there was an event inside the local shopping mall. At the start of the event Fred was carefully planning his route whilst on a down-moving escalator. Walking down very slowly whilst he studied his map he reached the bottom after taking 50 steps (one step at a time). Sometime later, his route planning clearly a little awry, he ran up the same escalator much more quickly but still one step at a time, reaching the top after 125 steps.

In fact, Fred went up five times as fast as he went down, i.e. he took 5 steps to every 1 step before. How many steps would be visible if the escalator stopped running?

Not too tricky?

Answers as ever to dnevell3@gmail.com by Feb 21st please.