



Newstrack is the magazine of Derwent Valley Orienteers
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New Members

Welcome to new members Claire, Trevor, Tilly and Ava Lightfoot (great orienteering name) – good to have you in the Club!

DVO AGM 2016

Wed 12th October, The Family Tree, Whatstandwell, 8pm

There will be some vacancies on the Committee, come along to vote in new members! Free parking + tea/coffee. Run at 7pm



What's inside



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DVO Club Champs 🏆🏆 Stanton Moor 🏆🏆 Saturday 15th October

Save the date for the Club's annual handicap on the contours of Stanton Moor. And bring a dish to share for the Social straight afterwards at Birchover Reading Room, where the trophies will be presented!

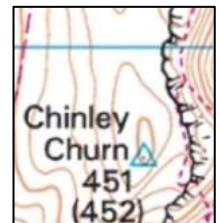
As usual, race from approx 10:30, Social until about 3:30pm – full details next Newstrack.

Organiser: Viv Macdonald, Planner: Stuart Swalwell

Chinley Churn Level B event on Sunday 25th September.

Pre-entries preferred via Fabian to save effort on the day, helper's discount code from your team leader.

Only the 2nd time the area has been used. Great combination of intricate quarried eastern slope and faster moorland to the west. And with courses from John Duckworth, it'll be a quality event!





Summer Days Out!

Try-O events this summer:

Longshaw, 24th August

Ilam, 31st August

Both events run with starts from 10:30 to 15:00 with a course for Novices and Light Green course for experienced orienteers.

Bring your family and friends to introduce them to orienteering and have a run yourself. In both cases you can combine it with a walk in stunning countryside! Further details: mike.godfree@btinternet.com



This year's **Euro City races** are in Antwerp (see p. 20), Malaga 4th September, London 10th September, Porto 25th September, Florence 9th October, Barcelona 6th November and Lille 27th November.

London this year is south of the river at Canada Water/Rotherhithe.

In each case there is at least one supporting race of some sort to make a weekend of it. It looks as if we will have a DVO presence and most, if not all, the events. See <http://cityracetour.org/> or ask me for more information about flights, accommodation etc. Mike Godfree



DVO Vests

Steve Kimberley ordered 10 vests which had their baptism of sweat (and rain) at the Twin Peak in Manchester recently and proved handy for Urban.

The cost is £17, Steve has 1 XXL and 3 XLs left and can place another order if 4 or 5 people show interest.

The vests are a looser fit than the O tops, so consider ordering one size smaller. lazyorienteer@gmail.com

Editorial

It's been a long time since the last issue and you will be counting down to your summer breaks, O-related or otherwise. Of course, orienteers don't wait for the summer to travel, but all I've managed so far is to gaze enviously at the DVO Group photos on Facebook (but bring on Croeso):

- Steve and Ann took part in the Antwerp event in the Euro Cities tour, and their diligence in visiting the local breweries could warrant a re-name to Kimbeerly! Congratulations to Sally Calland who won Women's Vets.
- Sally was 3rd in W40 in the Spanish 5 Days, winning the last day! And is competing in France as we go to press. What will the laundry pile look like, NT asks!
- Andis took part in the Jukola overnight relays in Finland. With 15000 competitors, facilities included a sauna and a beer tent!
- Closer to home, Sophie Gordon (ex DVO, now Bristol Uni) took part in the Harvester Relays (also overnight) & the UBOC Team was 1st in the 5 leg B race! This year the race was held at Cleve Hill, Gloucestershire.

What are the implications of Brexit for orienteering? Will travel become more difficult? And how will British farmers fare without EU subsidies? Parking fees could be a welcome source of income, but, if 'set aside' regulations are lifted, pressure will be on to put those parking fields under crop. Who knows, it all seems like a huge Pandora's box to me!

Enjoy your summer travels. Remember to look up your destination on Ollie O'Brien's Open O map <http://oomap.co.uk/global.php> if you think a cheeky run could be sneaked in!

Thank you to all July's contributors :) Please mail me any items for the next issue to me by September 18th for distribution at Chinley Churn a week later. Summer travel accounts, exposures of human follies and anything in between, most welcome!

Sal Chaffey

DVO Juniors at the Yvette Baker Trophy Final

Ann-Marie Duckworth

A select group of DVO juniors took part in the Yvette Baker Trophy Final at the beginning of July in a complicated Happy Herts wood (Wormley) not far from St Albans (i.e. way down South!).

We were up against 12 other strong teams including BOK (winners by 3 points!), LEI and SYO to mention just a few. We came 11th out of 13 teams. Some clubs brought coach loads of runners but DVO had a happy group of 10. Everyone ran a point scoring run - some quickly and others almost achieving the event record of 2 hours out on the course and still finishing with a smile.

I would like to thank the parents who chauffeured them down for the event - it was a warm day with no rain so very pleasant even if there was no cake stall for a coffee!

The team was:

Rachel Duckworth	Green Girls	97
Sophie Vincent	Light Green Girls	93
Nicole Clarke	Yellow Girls	86
Elsie Jones	Yellow Girls	82
Grace Pennel	Green Girls	82
Taryn Grant	Orange Boys	76
Leo Crown	Yellow Boys	71
Caolan Grant	Orange Boys	67
Ivan Smith	Yellow Boys	66
Ailith Smith	Yellow Girls	59



Our next junior events are Peter Palmer Relays (11th September, Martinshaw Woods near Leicester) - making up a mixed team with LEI juniors, and an informal head to head (no planning needed - just turn up and run) with SYO juniors at an event in the autumn.



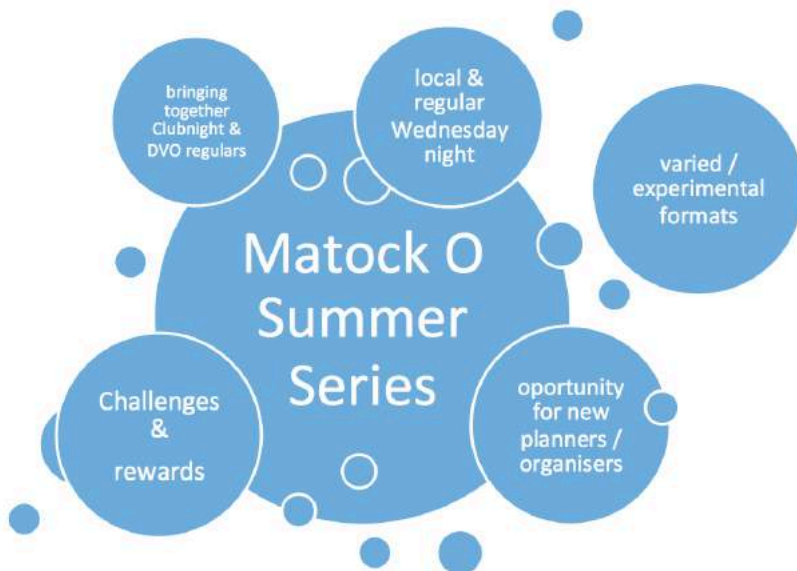
Part of the Yellow Girls' course at Wormley Woods

Matlock O Club and Summer Series

Matlock O Club started in summer 2011 and we have been adapting what we do every year. Our aim is to make Wednesday night 'O club night' during term time from Easter to October and to have some orienteering between November and Easter to 'keep in touch'. We use three core areas, Hall Leys and Whitworth Parks and Dimple Fields (behind the ARC Leisure Centre). These are great for introducing families to orienteering skills in familiar areas but maintaining variety and challenge gets hard to do.

From time to time we gather feedback from those who come along. That has been important in shaping the form of club nights and it told us that even the younger children love to get out into the woods.

This year's innovation has been to follow the 7 club night sessions between Easter and the late May bank holiday with 7 Level D events from early June through to the end of the summer term. Our aim is to enhance the club night experience by offering simple courses in more challenging areas and more challenging courses to some of the parents who come along. Our interesting formats include, relay simulation, a 'friendship score relay', spotty



purple odds and evens score and sprint courses. Juniors are collecting controls to count towards their Explorer badges and certificates and we will have some league winners. By attracting local DVO club members to join us either for a run or to try their hand at planning or organising we hope to make the series viable in future years and to encourage more transition from O club to mainstream events.

Interest has been building week on week. Whether you have been along to an event so far or not, **everyone is very welcome to join us for the final event on Wednesday 20th July at Whitworth Park for our last in the series (including cake)!**



World Orienteering Day

On May 11th this year Matlock O planned a special activity to take part in World Orienteering Day. Based at Whitworth Park, 22 adults took part in street O running into and around Matlock. In the park 24 club night regulars were joined by 21 from the Boys/Girls Brigade. In total 81 countries around the world took part, in 2013 locations, with 252,927 participants.

World O day 2017 is Wednesday May 24th.



Sports Personalities of the Month

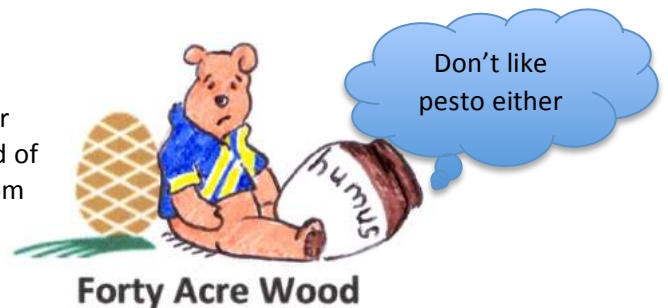
At a recent Matlock O Wednesday evening event at Bottom Moor, Dave Vincent offered to collect controls. His offer was naturally gratefully accepted!

Dave duly returned with the SI boxes, kites and stakes and set off for home. When the other control collector, Graham Johnson, returned Viv checked the controls only to discover that two SI boxes were missing from those Dave had collected. Viv phoned Dave just as he was walking in the house from the event and discussed the route he had taken and where the boxes might be.

Next morning Viv, Ranald and Cassie (the border collie) - somewhat bemused to be out in Bottom Moor again as she'd spent the previous afternoon there helping put out the controls - began their search. Luckily the boxes were found fairly easily after about 30 minutes, though on completely different paths.

Moral of the story - never let your control collectors go home until you have checked the controls they have brought in. Which is not to say that we weren't grateful for the help ... or the additional walk on Bottom Moor!

A self-nomination from the Editor for confusing humus with pesto. On the Matlock Summer Series flyer, the icon for Forty Acre Wood had to be something Pooh-related, and it was near Darwin Forest Park, logo: a pine cone. Great I thought, instead of eating honey he can be showing disgust at that stuff made from pine kernels, which I really did know all along was pesto ... honest!



Liz and Christina get a French lesson at Carsington!

Twenty-four years ago a group of us went to the French 5 day at Lit-et-Mix in the south west of France. We all wore bright yellow T-shirts as sported by Christina at Carsington with the words on the back "Ne me suivez pas. Je suis perdu". For the first time in 24 years Christina was informed by a male competitor that it should say "Je suis perdue". We had a long discussion and referring to my 1966 Harrop's dictionary(!) it would seem he was right and we should have said either "Je me suis perdue" (feminine agreement) or "Je me suis égarée" (feminine). Or the men's would have said "Je me suis perdu/égaré".

Which is why in Switzerland "Ich bin verlorren" rapidly became "Ich bin verirrt" – gone astray rather than the maiden all forlorn and abandoned. Oops!

Liz

Mike is modelling the self-same T shirt in **Know Your Team Leader** on page 24.

Trial British Mixed Sprint Relay Champs, The Edge Campus, Sheffield

Some 32 teams took part in this trial event, possibly inspired by the exciting race at Forres in WOC 2015. Most teams were SYO or ShUOC, but DVO mustered 4!

The format was M-W-M in all but the Open Class, which was M-W-M-W. Our runners in this class (Helen Chiswell & Andis Ozols) valiantly ran twice!

The 1:3000 map was super-clear, overcoming the perennial crossable/uncrossable dilemma. But vigilance was called for with the butterfly loops, returning several times to the same control.

Congratulations to Team DVOMG consisting of the Johnsons and Steve K, who were 2nd in the SuperVets class. I'm sure they enjoyed their podium beer!



Steve's photos are at: <https://goo.gl/photos/cihWWuZmVZYtCUFa8>

With Results and RouteGadget at: <https://www.southyorkshireorienteers.org.uk/>

British Long Distance Champs 30th April & Relays 1st May

A technical British Champs on Brown Clee Hill, summed up by Richard Naish: “How is it possible to enjoy a sport so much and be so bad at it?!”

Another solid performance from Team DVO:

Jake O’Donnell M10A 2nd
Andrew Powell M21S 2nd
Chris O’Donnell M45S 3rd
John Duckworth M50L 6th
Andy Sykes M50S 2nd
Dave Skidmore M70S 2nd

Sarah Duckworth W16A 7th
Elizabeth Bedwell W18L 3rd
Emily Powell W21S 1st
Helen Chiswell W35L 7th
Liz Godfree W65L 2nd
Pauline Ward W70L 4th

The Relays were on a slightly less technical part of Brown Clee, with 6 DVO teams competing. Our Women’s Short team came 6th (Helen Chiswell, Joanna Goodhead, Michelle Mackervoy) and 2 teams made it onto the podium:



W60: Liz Godfree, Viv Macdonald, Judith Holt with 1st placed SLOW and 2nd EBOR



M/W70: Doug Dickinson, Pauline Ward and Derek Gale – 2nd between OD & WIM

Memory of a 70+ year old being what it is I had managed to enter Jen and I into the British Orienteering Sprint and Middle Distance Championships and also set up a visit to the South West with some friends the week before. Having checked the start times for the sprint heats and with all the dire warnings about having to use public transport to get there we felt we had no choice but to book a hotel for the Friday night suitably close to the Central Line. The Premier Inn at Waltham Abbey close to Epping. So Friday became a bit of a dash being driven up from Wells in the afternoon, quick re-pack then into our car for a drive to Waltham Abbey. No worries as it all went well.

We had concluded that we would take the minimum of clothes with us to the event so, dressed in our 'O' gear, off we went via Epping tube station, to Stratford underground and a stroll through Westfield Centre to find everyone milling around in very nice weather, two small marquees having been put up for competitors' clothing dumps. Off to the start with the first runners in the lanes when confusion struck as nobody seemed to be going through. No loudspeaker was available to tell us what was going on so David Parkin used his police voice to shut the crowd up so the Organiser could inform us there was a 20 minute delay!

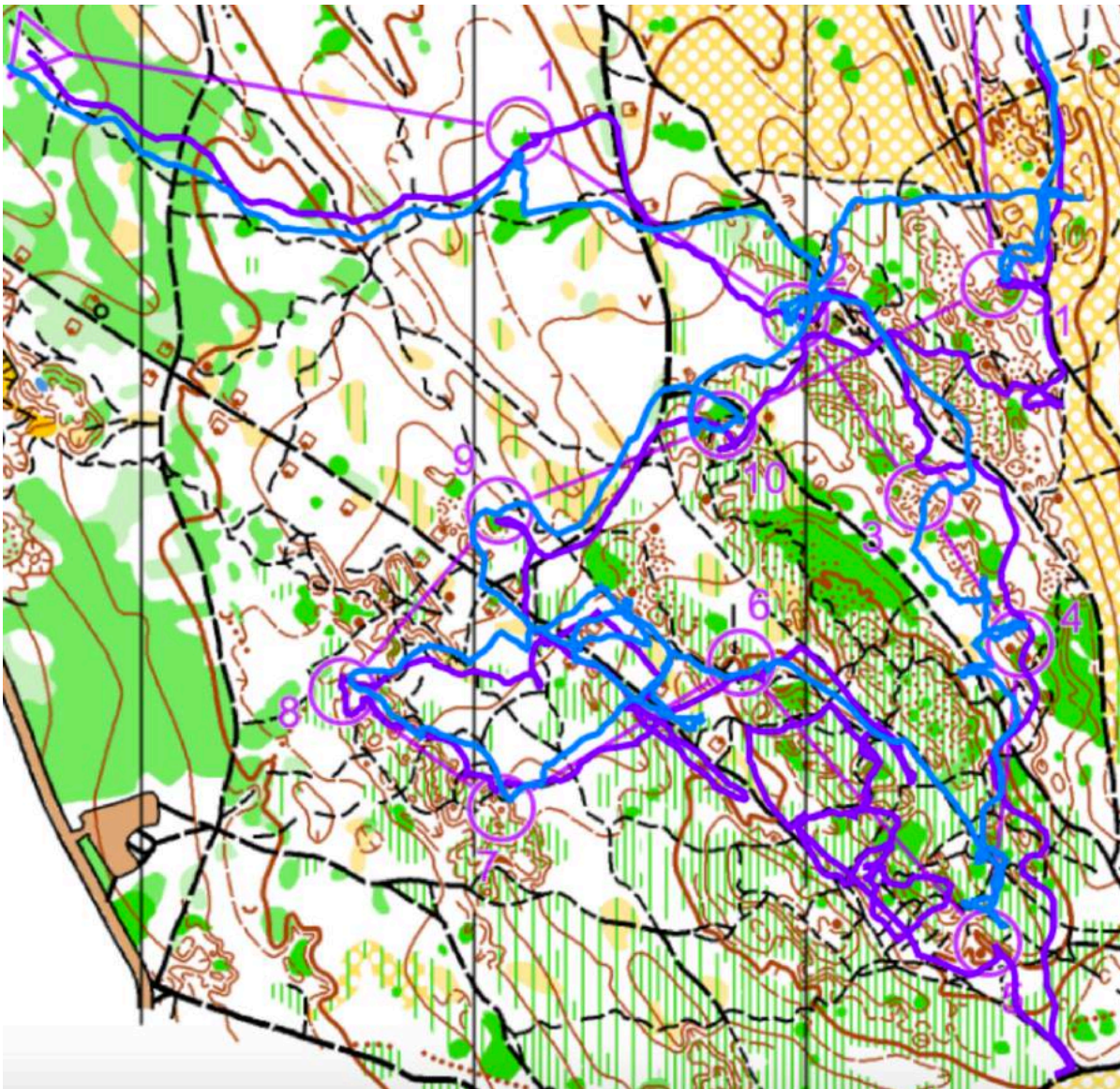
Eventually we are away and it was all going well with the exception of my 7th control where I erroneously thought it was on the near side of some construction barriers but it was on the far side losing me a few seconds. Those lost seconds were trivial compared with what happened after we were led across the road by controls each side. Mike might report elsewhere about how easy it is to run past a crossing point control! Oxygen debt must have been setting in as I went straight to number 16 on the top of a significant mound only to realise I had not visited 15 - visible below me but a good way back down and back up again to 16. However, I got round and in a respectable third place with 6 likely to go through to the 'A' Final. Doug may report on his narrow squeak in being sixth in another heat. A quick inspection of the splits showed that I must have been on my hands and knees going from the last control to the finish as it was so slow. Comparing with others, we all had the same problem so John Cooke and I went back to observe people coming in and drew the conclusion that the last control had been removed from the computer course definition as we timed people at about 15 seconds as opposed the 54 seconds I had taken according to the splits. It emerged later that the delay at the start was due to a problem at the finish so this may have been it.

At this point, the organising body have to decide who is in what final, print the start lists for the officials and the competitors, and ensure the courses and controls for the final are okay. However, one of the problems with this is the appeals that are made and if you look at the results you can see that there was a major problem in the sheer number of people disqualified. As per usual the Olive Green on the map was out of bounds but some of the senior courses had route choices that took you through that colour and it was not that obvious on the ground. Sorting this out took some time and caused the afternoon starts to be put back an hour. To appease the waiting competitors British Orienteering arranged a fly past of various aircraft prevalent in Britain during the lifetime of Queen Elizabeth, finishing with The Red Arrows!

So now, an hour later than planned, we walked to the start, passing people barbequing in the park but with very threatening clouds gathering. It was warm waiting for the off but by the time we were in the start lanes it was like being in a fierce cold shower. Soaked to the skin, cold, glasses round my neck, I set off to the first control, no problem. Second control looked odd as the only way I could see was past my third control (I heard a rumour that there were steps down but I cannot see them on the map) so clocked 2 and 3 but I must have been still thinking there must have been a better way to 2 as half way to 4 I lost touch with where I was. Stopped, turned round to get to a point I knew, but after 50 meters realised what I had done so turned round again and continued what I was doing before. However, the race was lost by then and somebody had turned up the pressure in this cold shower so even keeping going was hard. Sixth overall but could do better.

By now the marquees were awash with ground water though the rain had eased. The officials were trying to keep people out of the Download room (the only dry area) but Jen and I managed to change into our dry tops there. It was then off through a very wet Westfield Centre to the tube where we made some Central Line seats a bit damp to find that the car park was awash but since we were still in our 'O' shoes we just waded. Changed and in the dry we drove round the M25 for ever to Effingham for our pub for the night. Small town but with people who like to sit below our bedroom window talking until the early hours. Somewhat bleary eyed we

made our way to Leith Hill in the rather damp conditions but not as bad as the previous day. This was a really challenging event with nearly everybody making significant errors. I was slow but steady up to control 8, passing Mike G between 5 and 6 but he caught me at 8 so I can blame him for leading me astray looking for 9. I had drifted to the right and, hitting the path just before the control, I made the map fit with what I was seeing so searched an area well away from where it was. Why it took me so long to re-locate I have no idea and I certainly cannot blame Mike when I overran 11 though I might blame the mapper as I was expecting to be stopped by an open area with scattered trees but all I saw was continuing forest. You might have detected that I am always looking for someone to blame other than me! This time I did re-locate in a sensible fashion and the rest of the course was straightforward but I had lost too much time. Mike had clearly found Control 9 much faster than I as he was in 9 minutes ahead of me. This was an event that tested us to our limits and I for one was found wanting.



The first 11 controls at on Course 8 at Leith Hill. [Derek's GPS trace](#), [Mike Godfree's trace](#). Derek placed 15th on M70 in a time of 71 mins, with Mike 23rd on M65 in 62 mins.

Very tricky courses this year, with only a few achieving sub 10 minutes per km. Planners Kevin Harding and Alan Rosen said "best techniques were similar to those required in night events" – now they tell us!

Top performers from DVO were:

Sarah Duckworth W16 1st
Rachel Duckworth W14 2nd
John Duckworth M50 5th

Congratulations – excellent powers of concentration!

British Sprint Champs (& some belated art appreciation)

Sal Chaffey

About 30 club members attended the Sprints/Middles weekend in June. As a sprint venue, the Queen Elizabeth Olympic Park had pulling power, although some would say (including the original planner) not the technical challenge expected for a national championships. Some 1200 people entered compared with 800 at Aldershot last year. On the navigation front, I'll just say that the Finals on the southern area were much more interesting than the Heats!

Level A orienteering events are embargoed to competitors 1-2 years prior to the event, and we didn't have time to explore the Olympic Park after the event, so I enjoyed a bit of post-event cyber tourism!

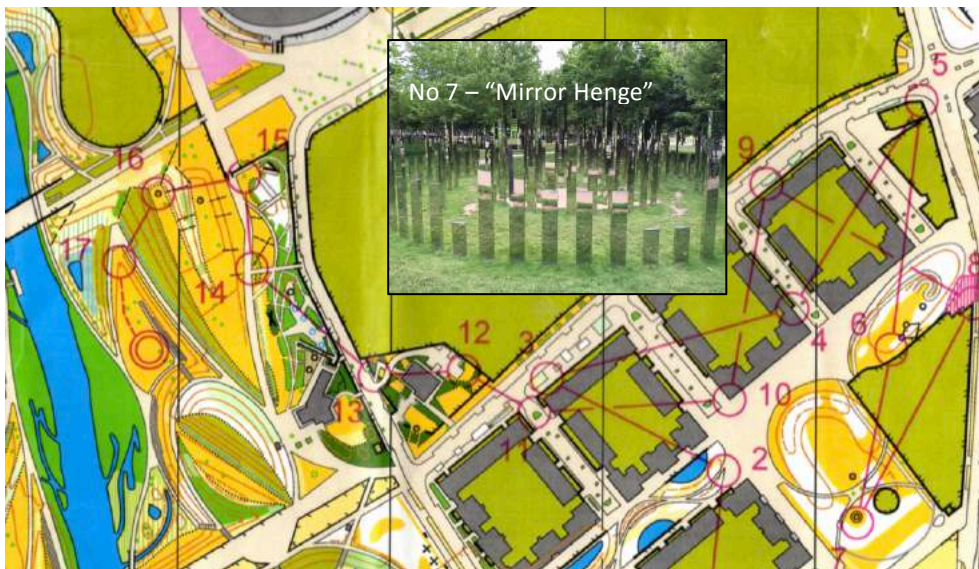
Brian Ward's album is at:

<https://www.flickr.com/photos/131070996@N08/albums/72157669674490465>

It was a day of two halves, a humid morning for the Heats, which started in the accommodation blocks at the NE of the park. The five huge blocks and street names like Victory Parade and Honour Lea Avenue, gave it something of a *Nineteen Eighty-Four* vibe. Fairly trivial orienteering but No 7, a mirror installation in Victory Park, had me worried for a moment when the kite (or it's reflection) kept disappearing (see inset photo): no longer was I Winston Smith, but Harry Potter chasing an ethereal patronus!



Statue just N of my No 7, looking towards an accommodation block



Heats map. The Velodrome is cut off, top left. East Village (2012 athletes' accommodation) is bottom right. Control 16 is the Olympic Rings and featured on most courses.

Inset: Jeppe Hein's Mirror labyrinth, a fiendish site for Control 7!

Heats Leg 16-17 typifies the out-of-bounds controversy. The olive green is a wild flower meadow that had to be run round to the north, even though there were small (unmapped) paths across it. The Final Details were very clear on this, but not all such flower meadows were uncrossable, only those marked olive. Seems simple enough in hindsight, but apparently there were 54 disqualifications in the Heats, and probably a lot of lost time at the opposite extreme with people being over-cautious and avoiding even the crossable meadows!

And so to the Finals, which were again delayed by the gargantuan task of results processing. At least we had the Queen's Birthday Fly Past to divert us! The competition area was the southern end of the park, with the Aquatics Centre, the Pleasure Gardens and various crossings of the River Lee/canal, making navigation much trickier, especially with my perenial problem of interpreting levels!

The 1 hr delay meant we were caught in another 3pm June deluge, and there were a lot of wooden stairways and mud slopes that became quite treacherous. My Leg 1-2 was around the Aquatics Centre: shorter southern route with awkwardly-spaced

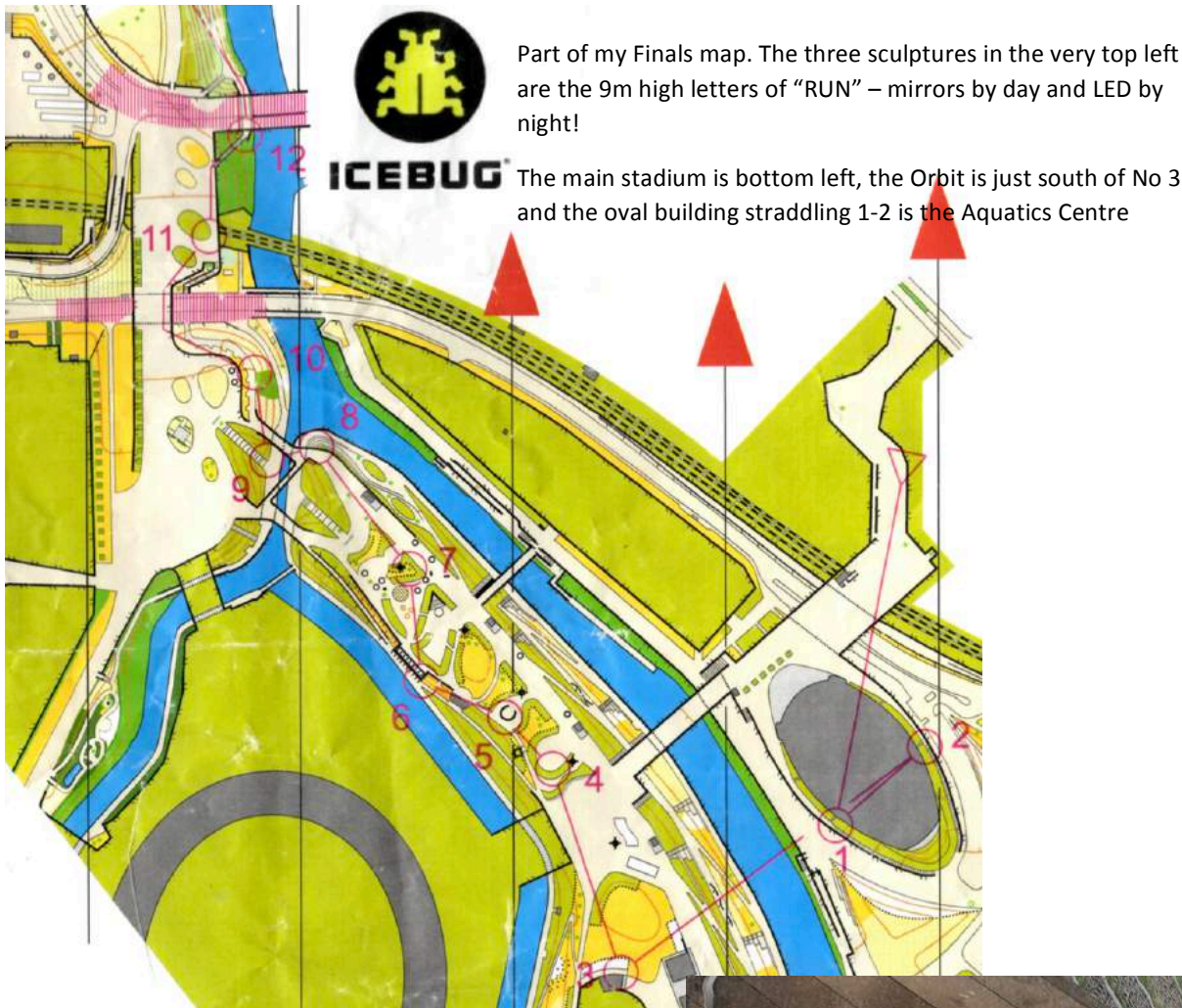


© David Hallworth & British Orienteering

Dave Ch in the deluge!

steps versus longer northern route. I was glad I chose the latter, as did the other 3 on my course who have put their route on RouteGadget.

I made a silly error not realising 8 (Steps, top) was approached from the river level and towards the end I ran 3 sides round a crossable meadow (out of paranoia), so I was pleased and surprised to get 3rd place.



Other DVO members on the podium were:

- Rachel Duckworth 2nd W14
- Helen Chiswell 1st W35
- Liz Godfree & Judith Holt 1st & 2nd W65
- John Duckworth 2nd M50
- Doug Dickinson 3rd M70

Right The middle one of the Z-formation bridges, showing the steps up to No 8. I didn't notice the mirrored undersurface when running!



The art trail round the Park would make a great free day out:

https://queenelizabetholympicpark.co.uk/~media/qeop/files/public/misc%20documents/artinthepark_fieldguide_digital.pdf

... and for £15 (adult) or £10 (child) you can go up and slide down the Orbit (S of No 3 above), which now houses the world's longest tunnel slide – yes, really! – <http://arcelormittalorbit.com/whats-on/the-slide/>

Next year's Middles are in the Chilterns at Wendover Woods on October 1st. The Sprints will be the day before, venue not confirmed but may be Campbell Park in Milton Keynes.

Two artists for orienteers!

Leicestershire-based artist Tom Genders' painting caught my eye at Belper Arts Festival and (with Newstrack in mind), I got chatting to him. Inevitably, maps got involved! And DVO's Sarah Parkin has produced lovely watercolours of many of the landscapes around Matlock.

Tom Genders



Wilcock's Oak at Calke Park



The same tree: Quercus (Latin for oak)



Left Sweet Chestnuts in the Snow, Calke



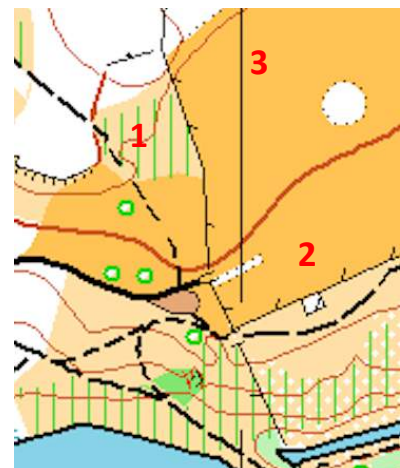
Above Hilary's Oak, oldest tree in Bradgate Park

Tom has painted a range of DVO and LEI tree and forest scenes. His painting of the oldest tree in **Bradgate Park** is called Hilary's Oak (named after a friend; not the official tree name). The tree is just to the SW of Bowling Green Spinney, in the dimple of the kidney bean.



In **Calke Park**, Wilcock's Oak is roughly at 1 (there's a small plaque on the tree to a Brian Wilcock, who died the year Tom was born). Ratcliffe on Soar power station is included in Quercus by 'artistic license' – see the "Latest work explained" tab on Tom's website <http://tomgenders.com/paintings.html> The Old Man of Calke is in the fenced enclosure at 2, but Tom hasn't painted that one. Sweet Chestnuts in the Snow is roughly at 3.

Tom's paintings can be viewed on his website and are available as cards (4 for £10). Some are available as prints. Tom will take BACs payment if you email him at tomgenders@gmail.com - how to impress your orienteering buddies!



Sarah Parkin

Sarah has painted Oker tree in just about all seasons, as well as other views that will be familiar to club members. Her website says it all: “soft rolling hills, dramatic cliff faces and tree-filled towns”. Beautiful colour and a very restful feel!

View more of her work at <http://www.sarahparkin.co.uk/> Cards are available for £1.50, long cards for £2.50 (discounts for bulk buys and orienteers!), fine art prints at £5.95 and mugs for £15. Email her for more details: sarah@sarahparkin.co.uk and give her a Like on Facebook: <https://www.facebook.com/SarahEAParkinDerbyshireLandscapePaintings/>



Hardwick Hall Skyline



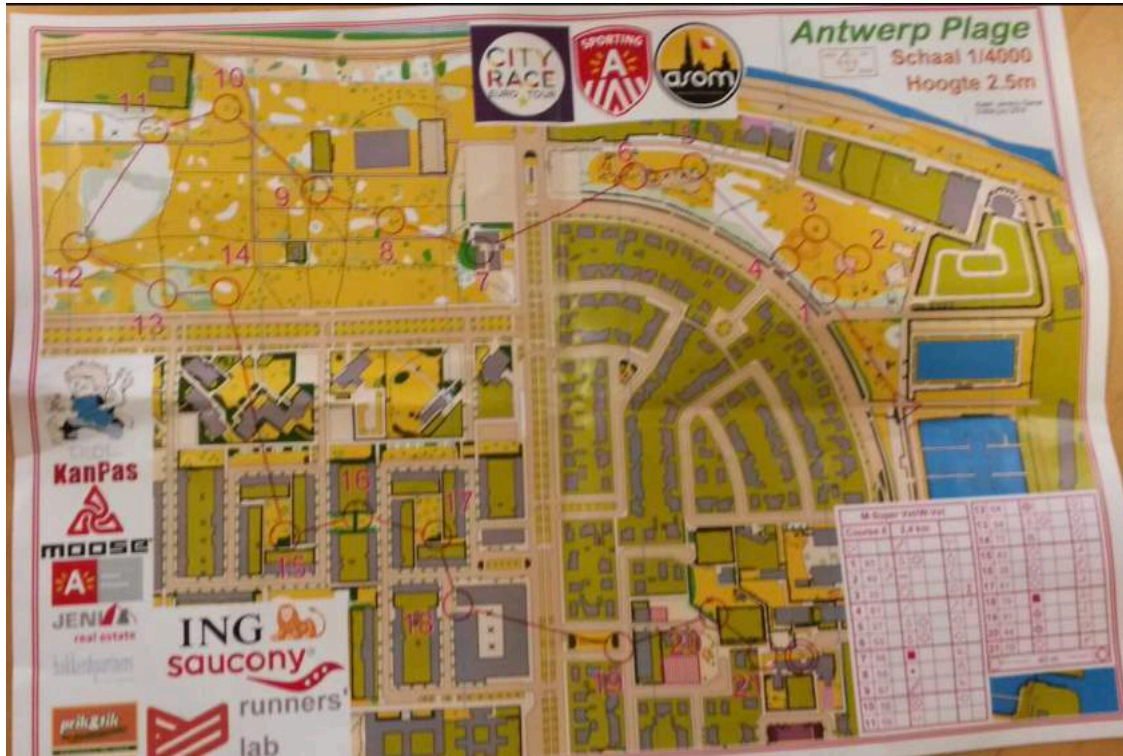
Oker Tree in Snow



Riber Castle in Snow

After spending six months in Afghanistan I thought I would treat myself to some very physical, arduous and extremely technical orienteering in Europe as my holiday!!

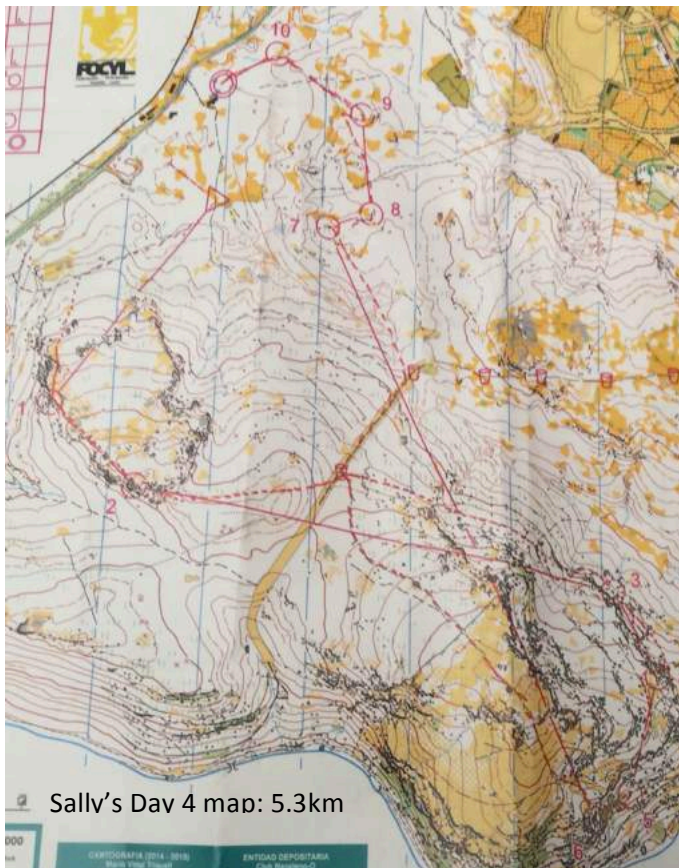
Having spent the last six months only running around a 1km concrete loop I thought I would break myself in gently with the Antwerp City Race. After a 4-hour delay (must claim compensation!!) my husband and I arrived in Antwerp and headed to our hotel (Theater Hotel and recommended). As ever, the weather was changeable but I was incredibly lucky with the weather for the two sprint warm-up races on the Saturday around a quiet neighborhood in the NW of the city. Not overly technical, the races were fast and furious and I managed to get my 'eye in' with reasonable results. My focus was of course on the City Race on the Sunday.



Sprint warm-up map

As with all of my pre-race admin I always check the weather before I start. I have to admit I am a fair weather runner really! Anyway, the weather was set to be 'challenging' to say the least but I reckoned if I had a great run I would miss the torrential downpours and storms that were due around 11:30. You all know what is coming ... and yes I was caught in a downpour about five minutes from the end of the race, which I suspected would scupper my chances of a great result. As you all know, cobbles are hideous to run on (safely!) when wet and the final part of the course was purely cobbles. Having almost walked in from the final control to the finish I was a little down trodden and drenched expecting a top 10 spot at best. To my sheer delight I had actually won the race by a clear minute. The course was exciting, technical and fast - everything one would expect from a City Race.

From Antwerp I headed to Soria in Spain for the Spanish 5 Days. The location was truly breathtaking (like most of the O!) and I was in for a treat. My obsession for the weather had been tamed as it was set to be 'scorchio' every day! Having never orienteered on such technical terrain I thought it best to complete the model event albeit just walking and jogging around in the 30 degree heat! It was evident that the map was to a high standard and I was able to make out the array of crags and rocks with relative ease but I was nervous...



Day 1 was a medium event on a 1:7500 (if only I had checked the basics at the start!!) and consisted of undulating wooded terrain with a vast amount of limestone features. My course was a mere 3.3km but took me 66 mins to complete, hardly a good run, but managed to blag an 8th, 10 mins off the leader. I felt like a headless chicken most of the way round and it didn't help that I only realised the scale of the map at the last but one control (do the simple things well - I know!!). I feared for the next race; the long!

Day 2 - long. At the start, map scale - check and off I go. Very similar terrain to day one and again I had a shocker! I seem to make epic mistakes at a couple of controls which cost me dearly. No excuses, but the lack of experience on this type of terrain was obvious. Placed 4th, 10 mins off the lead.

Day 3 consisted of two sprints; a rural forest (Playa Pita) and an urban (Vinesa). Normally my speciality, I was excited about both races, especially the urban. Unfortunately I had really terrible first controls on both courses which hampered me from the start. Furthermore, on the

urban I just could not get into the map for some reason and made several mistakes. Fed up, I went to the pub for a San Miguel.

Day 4 was when I finally started to get my act together. Another long, but on runnable forest terrain, hardly any brashings and as I was getting into the maps, they all started to make a bit more sense!! I probably made about 10 mins of errors, but had a reasonable run. I was pleased with my 4th place. A nice dip in the river close by gave my tired legs a burst of cold water treatment.



Winning run on Day 5

Seems like I saved the best 'til last. A winner on Day 5 despite a few small mistakes. The course was around a craggy, limestone feature and was fast, but OMG my legs were tired! Luckily for me this placed

me 3rd overall for the competition. In hindsight and bearing in mind the usual shoulda, coulda, woulda, had I just slowed down a little and done the 'simple things well' then who knows.

Lessons learnt - check map scale at start and go steady to the first every time!

A fantastic week with some wonderful sightseeing thrown in. My favourite was the Laguna Negra which sat high up in the hills N of Vinuesa and was accessible after a 2km climb!

As I write this article I am on my way to the France 6 day event. Lets hope my results are similar to Spain. I am so glad I have a passion for this crazy sport because without it I would never have gone to such a wonderful part of Europe.



Laguna Negra



Happy to be on the podium

How many decisions do you make in an orienteering race? Route choice, obviously, but also your route in relation to other competitors and previous routes, right down to the placing of each foot! The programme claimed that decisions we think are rational are often hijacked by intuition. For example:

NYC cab drivers worked fewer hours on rainy days than sunny ones. They were driven by the urge to make a set amount of cash each day, rather than maximising income in the long term. The rational thing to do would be to put in more hours on the rainy days!

“Steve” is a careful person.

Is it more likely he’ll end up as a farmer or as a librarian?

Most said librarian (latching on to the word “careful”). Wrong answer however; in the USA there are 20x more male farmers than male librarians.

In the 1970s and 80s, US psychologists Daniel Kahneman and Amos Tversky postulated that mistakes are not simply accidents, but are caused by skewed judgement arising from biases that can be predicted.

One example is **present bias focus**, where we engage in risky behaviour that may harm us long term: over-eating, drinking, texting while driving. Because it feels urgent. I smiled knowingly at the **Ikea effect** – becoming attached to things we’ve made!

Another bias is **inattentional blindness** or **task fixation**, where we are focused on a goal and ignore other threats emerging in the background. Experimental subjects were in a chase that went past a fight, less than 6m away. Yet 50% of subjects failed to notice it. This is related to **confirmation bias**, where we look only for information that fits what we already believe. How many times have we made the ground fit the map?!!

Kahneman and Tversky describe two systems for making decisions:

- System 1, automatic mode “powerful, effortless and responsible for most of what we do”. Intuitive response to stimuli, quick answers to problems like 2 + 2.
- System 2, deliberate and logical “the voice in your head”. Yet slow, limited and lazy. The rational mind, the circuitry that solves 22 x 17.

The two systems are competing for the same resources: subjects were asked to count backwards in 7s from 100 – while walking. And whenever the sum got difficult, the subject stopped!

We think System 2 is the star of the show, but actually he’s only a minor character who thinks he’s the star! Conflict between these two systems of thinking is shown in the **anchoring effect**.

Subjects are shown a bottle of champagne and asked to pick a pingpong ball from a series numbered 1-100. Each subject picks 10 (unbeknown to them, all are 10s). When asked how much they would pay for the champagne, they say £7 to £20. But if primed with a ball with 65 on it, they offer £45 to £80!

Dumb, and shows we don’t evaluate the decision in itself (System 2 thinking); instead we place the decision in the context of similar decisions we made in the past (reverting to System 1 because System 2 is lazy). Quite often you hear orienteers say “I wanted to go over as I went round last time”. Or “I wanted to go a different way to X.” I guess this is a reverse anchoring effect – after all, we’re quite a cerebral tribe!

More often in orienteering we describe our runs in terms of time lost than time gained. Indeed, the whole system of ‘split times’ makes mistakes highly visible. The show outlined a bias called **loss aversion** in terms of our willingness to gamble.

1. You are given £10 and then have to make a choice: take an extra £5 or risk a coin toss: heads, you get £10 more; tails, nothing. All chose the extra £5 (risk averse if winning)
2. You are given £20 and then must chose: a safe loss of £5 or risk: heads, lose nothing; tails, lose £10. When framed in terms of a loss, most chose to take the risk.

In each scenario the outcome is the same: a sure £15 or a coin toss to determine £10 or £20 as the final outcome. But, when presented as a loss, System 1 thinking goes into overdrive! This often happens in orienteering when you make that first fatal error and you think you need to make up time. That mindset means a second mistake is so much more likely!

Some pre-start visualisation of a run in which you found all the controls easily would put you in the correct, cautious, System 2 mindset!

So just how entrenched is loss aversion in our behaviour? As with all modern documentaries, an exotic trip is called for (what is it about scientists with nice hair?!). This one to Cayo Santiago, a small island off Puerto Rico, home to over a thousand rhesus monkeys.

Rhesus Monkey Island

Yale psychology professor Laurie Santos trained monkeys to use tokens in return for grapes and found that they would exchange their tokens at the store with the best deal.

She introduced them to the BOGOF deal and they would wait patiently for their 2nd grape. But then she introduced a trader who offered 3 grapes but who (after receiving the token) only gave the monkey 2 grapes :() The monkeys much preferred the BOGOF trader, even though the outcome in each scenario was 1 token for 2 grapes. And after visiting the 2nd store and feeling they'd been cheated, they took bigger risks.

The monkeys weren't thinking about the absolute but about rewards relative to their expectation. It reminded me of Socrates' wise words: "What screws us up most in life is the picture in our heads of how it's supposed to be". (actual quote saught!)

(all this was done in her lab at Yale, but islands full of monkeys are a good hook 😊)

0 lesson 1: Don't give up if you make a big mistake.

0 lesson 2: Loss aversion could be a reason why people leave our sport.

Santos concluded that loss aversion is an ancient strategy etched into our DNA over 35 million years ago. We have this "intuitive inner stranger" we can't change, but we can put safeguards into the environment to prevent intuition running away with us. One technique would be to use a checklist of things to take orienteering or to the Start. Checklists exist to stop clever people doing stupid things! Another would be to stop as soon as the slightest bit of dissonance between map and ground creeps in. But not easy when you are in primitive chase mentality!

The programme stated that the 2008 financial crisis was the result of optimism, overconfidence and confirmation bias. Daniel Kahneman received a Nobel Prize in 2002 for his ground-breaking work in the development of behavioural economics. Quoting Wikipedia: "His empirical findings challenge the assumption of human rationality prevailing in modern economic theory." Shame it hadn't filtered through earlier.

In orienteering terms, we are going to make bad decisions when we are tired and have already made a mistake (again: slow down). We add a story to our choices after the fact because we like narratives. We like narratives because we like to think we are rational. A narrative, like an O map, is a way of simplifying something unknowably complex. And we don't want to go the same way as our rival because we are fascinated by variety and the sometimes-illusion that we know best. Is it undergrowth or hubris I see before me? Beware, either may cause a trip!

Perhaps in some situations we should simply go along with System 1 and follow the pack? Coasting while the faster runners navigate, but still keeping map contact. Maybe the key to orienteering success is awareness of both systems and switching between them when appropriate. Something to try in the Welsh sand dunes!

WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 17
Future winner of a 2016 RumpassSport Newsletter Award
(only positive thinking found here)

BOO sponsorship plans under attack

BOO "in advanced talks" to set up sponsorship deals with Zimmer, Stannah Stairlifts and Walk-in Baths (page 3)
Viagra may be next (pages 92-96)

"It'll just be like watching the ads during Countdown" – BOO spokesman

Broxit

The orienteering world, especially that within twenty miles of the west bank of the Erewash, has been left shocked and moreover stunned at the rapidly unfolding events that have been dubbed "Broxit". Yes, we have no idea what it means either but the simple expedient of taking a word and replacing its dominant vowel by the letter "O" gives it orienteering authenticity. (*Oh just get on with it –Ed*) Anyway, at the heart of the Broxit is the shocking and moreover stunning news that members of Real Derbyshire Orienteers (RDO) have voted in their droves* to sever links with the Big Orienteering Organisation (BOO) and form their own independent orienteering state. As the shock waves continue to reverberate, we ask what these dramatic events mean to the man on the Derbyshire street. Will the use of Emit punching now be punishable by the birch? How will it affect global chutney prices? And will Lindsay Lohan still be coming to switch on the Codnor Christmas lights?

We at WSC frankly haven't really got a clue to any of this although we are continuing our thorough research into the delectable Ms Lohan (*careful – WSC lawyer*) most diligently. We feel it is probably best to quote some learned saying at this point as everybody else seems to be. So...."The universe is change, our life is what our thoughts make it" – Marcus Aurelius (121-180). Whoa, who knew?

It seems clear that events are unfolding with such rapidity that any attempt on our behalf to put together a story that still makes any sense by the time you read it is futile. We are therefore providing a unique and unprecedented service: A DIY news story. We give you the important elements to be included, you put them together. Just view yourselves as a infinite set of monkeys with an infinite set of keyboards. (*Gosh, the circulation figures have really improved, keep up the good work everybody – Ed*).



Wild and unbridled celebrations amongst the RDO faithful at Cromford Rocks

- Somebody gets stabbed in the back by a rival
- That person themselves gets stabbed, this time with a pre-sharpened dibber
- The BOO Ranking List goes into meltdown and has to be suspended from updates
- Unfortunate hair cuts, even worse O gear.
- M/W60s and above are blamed for the mess.
- Public burnings of copies of RumpassSport
- Riots on the streets of Codnor
- Unilateral declaration of an independent magnetic north.
- Everyone elected anywhere is female
- The River Erewash is foaming with blood (optional "Rivers of Blood" version)
- The Duchess of Cambridge sneezes (compulsory boost the circulation figures version)

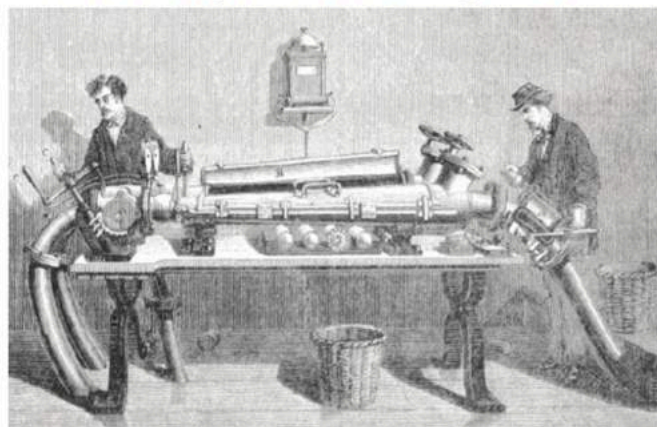
.....you get the drift. Anyway, this is normally how we write our news stories (*see me etc! –Ed*).

* er....I've forgotten what this was for, sorry.

Extreme String Corner (no, really)

Think the East Midlands String Championships has problems? The following are genuine string results from a DEE event in 1986 (all competitors aged 2 to 7): Laura 19mins, James 22mins, David 39mins, Katie 40mins, Martin 40mins, Benjamin 50mins, Alison retired. Like, WHAAAT?

**Bob McNut's Incredible Orienteering Archives –
Number 3: Early Automatic Timing Device**



Just wow! A fantastic example of the forefather of all modern orienteering timing devices, shown here during final testing in a top secret laboratory on a hillside near Belper (Gateway to the North). Operated by two men and steam powered it had plenty of knobs and whistles required to do all that automatic timey wimey stuff whilst at the same time making a very good latte and playing an assortment of British sea shanties. Once again, well ahead of its time but ultimately a failure, partially because it had a habit of spontaneously combusting whenever there was a heavy rush of finishers but mainly because nobody







had heard of a latte in 1972. There are no known surviving models (or operators due the nature of its failure mode) and therefore the function of the strategically placed wicker bin will sadly never be known. Scorchio!

Bob McNut is the editor of our sister award-winning publication, Gripple Monthly.

O-Spy - with Big Chief O-Spy

The new orienteering edition. Travel to events, spot the stuff, tick the boxes, win the points, join the tribe. Kids- you may have to ask your parents about this.

Section A - Roadkill

-  1 point
-  1 point
-  1 point
-  1 point
-  -5 points
-  100 points

Continued on page 11

Health and Safety – Gone Sane

Now RDO has declared UDI, H&S in our hands and WSC is pleased to release a draft version of the new “Nigel Farage, man-in-the-street style” Risk Assessment form that will be adaptable for all RDO events and cuts out all that ludicrous bureaucratic posturing to do with tent pegs, puddles and strange mushrooms.

Risk	Mitigation
Uneven slopes, slippery surfaces	We have plenty of “Mind how you go” signs we can put up
Extreme weather conditions	Man up. But take a brolly if you must.
Traffic (road crossings)	Look left, look right, look left again. Run across as fast as you can. None of this new-fangled Green Cross Code c**p. Natural selection!
Disorientation	Er, ever thought of golf instead.
Tiredness	Man up
Dehydration	Provide details of nearest Public Houses.
Minor Injury	An emergency supply of Old Scroat (courtesy Bad Dog Breweries) and a box of Band Aid will cover most eventualities
Major Injury	Ambulance access – are you kidding? What’s the Post Code for Cromford Rocks? They’ll never find us. We’ll say it again if you haven’t got the message – man up and we’ll run you down to A&E when everything’s cleared up.
Running out of refreshments	Keep R*x (other names may be inserted) away from the pie tent
Encountering a rare beetle	Back away slowly, avoid eye contact. Roll into a ball and play dead. This also works with bears.
Zombie Apocalypse	A problem? Hordes of ragged, drooling at the mouth and blood-splattered over 60s lurching randomly through the under-growth is surely the perfect cover. The young fit ones can just run like hell.

A thought for event co-ordinators/organisers, planners and controllers

Many event fliers and final details contain the statement: *Competitors take part at their own risk.*

I have never felt comfortable with this so went back to the British Orienteering Rules and discussed it with a number of experienced people. As a result, in the final details for this year's Level B event at Longshaw I included the following:

Event Safety: British Orienteering's Rule 1.32 states that "Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. However, Organisers must have made reasonable risk management arrangements to mitigate the hazards that a competitor might reasonably not be aware of." This we have done by addressing the hazards identified in the Risk Assessment, the planning of the courses and the information provided in these Final Details.

Competitors must take great care on the rocky terrain and be aware that there are dangerous crags. The river in Padley Gorge must only be crossed by the permanent bridges.

Whistles will be compulsory and will be checked and competitors are advised to have a hooded waterproof jacket and even hat and gloves if the weather conditions are poor. Shorts are not allowed (Rule 10.1) and full leg and torso cover are required i.e. no vests.

First Aid: Peak Medicare will be in attendance and will be located in the Assembly area. The nearest hospital/A&E department is at Chesterfield Royal Hospital, Calow, Chesterfield S44 5BL.

For the recent Level D event at Bottom Moor I abbreviated this to:

Safety: *Competitors take part at their own risk, but all reasonable care has been taken by the Organiser and Planner to ensure their safety. Whistles are advised. Full leg cover is required.*

The implication of all this is that the Organiser, Planner and Controller should see the Risk Assessment as a way of considering the various risks and the actions they take to mitigate them, to provide a safe and enjoyable experience for all competitors. We cannot be expected to anticipate and remove all elements of risk; we just need to ensure that we take our responsibilities seriously to reduce the element of risk so far as is possible.

Ranald Macdonald



Left

Derek Gale at the POTOC Leek Urban, 3rd July

You know you're at an Urban when ...

... everyone else in the multi-storey is getting undressed outside their car!

Funny old world ...

New announcement from British Orienteering: Headcams at O events temporarily banned while a policy is drafted. There are concerns over child safety as well as access issues.

Meanwhile on the Faroe Islands, Google Street view is not yet available so residents have attached cameras to 5 of the islands' 90000 sheep to create SheepView! (Don't ask how they keep them on the roads.)

Age/Gender Adjusted Rankings

Dave Nevell

Those of you that read CompassSport will be familiar with a yearly article I produce which lists the top 100 orienteers in the country ranked by an adjusted score which takes into account both age and gender. In other words it adjusts everybody's British Orienteering ranking points onto a common scale which attempts to show what the effect would be of being 28 and male! This normalisation procedure is applied to the whole ranking list but usually only two or three DVO names appear in CompassSport so this is an opportunity to see how well you fare in the unseen list. I've done this a couple of times before in Newstrack but not recently. If you are low down the list then I apologise – the procedure is not perfect and I have put most effort into making sure it works at the top end. The ranking list itself is not perfect either as I'm sure you know. These are the top 100 from DVO based on the list as it was mid-May 2016.

Posn	Name	Ranking List Posn	Adjusted Ranking List Posn	YOB	M/F	Adjusted Score
1	Liz Godfree	1481	25	1948	F	8198
2	John Duckworth	110	98	1966	M	8064
3	Richard Parkin	153	224	1968	M	7940
4	Doug Dickinson	741	293	1945	M	7890
5	Judith Holt	2061	357	1950	F	7841
6	Andrew Powell	96	365	1982	M	7834
7	Pauline Ward	2647	520	1944	F	7742
8	Paul Addison	3235	524	1957	M	7740
9	Robert Smith	443	584	1963	M	7711
10	Dai Bedwell	359	609	1967	M	7703
11	Andy Sykes	409	619	1965	M	7695
12	Helen Finlayson	2641	622	1945	F	7695
13	Sal Chaffey	1078	649	1965	F	7680
14	Christine Middleton	2613	672	1946	F	7671
15	Mike Godfree	1016	726	1949	M	7641
16	Sally Calland	740	817	1975	F	7595
17	John Hawkins	3842	878	1958	M	7565
18	David Vincent	664	885	1961	M	7563
19	Andrew Middleton	1189	887	1948	M	7562
20	Dave Chaffey	650	971	1963	M	7522
21	Andrew Jackson	4228	1013	1963	M	7508
22	Graham Johnson	985	1024	1955	M	7501
23	Derek Gale	1513	1036	1944	M	7496
24	Val Johnson	1920	1112	1959	F	7467
25	Jen Gale	2788	1113	1946	F	7466
26	Chris Millard	4207	1164	1982	M	7446
27	John Hurley	1075	1166	1955	M	7446
28	Louis Forshaw-Perring	4220	1180	1999	M	7436
29	Lynden Hartmann	2292	1195	1955	F	7431
30	Helen Chiswell	982	1226	1977	F	7417
31	Ann Armistead	2687	1246	1949	F	7410
32	Rex Bleakman	1666	1248	1944	M	7409
33	David Bennett	504	1275	1975	M	7398
34	Michelle Mackervoy	1264	1342	1970	F	7381
35	Jill Croskell	4400	1358	1954	F	7373
36	Viv Macdonald	2562	1392	1952	F	7360
37	Paul Armstrong	1324	1437	1953	M	7345
38	Stephen Kimberley	1162	1527	1958	M	7317
39	Jane Burgess	2331	1617	1957	F	7285
40	Ben Crane	3840	1624	1971	M	7283
41	Ruth Ellis	2704	1648	1951	F	7271
42	David Parkin	2726	1669	1933	M	7265
43	Margaret Keeling	2876	1675	1947	F	7261
44	Ian Whitehead	1392	1704	1955	M	7250
45	Kathy Whitehead	2329	1732	1958	F	7238
46	Dave Skidmore	1846	1745	1946	M	7235
47	Andy Hawkins	1809	1773	1947	M	7224
48	Alan Le Moigne	778	1931	1975	M	7163
49	Ann-Marie Duckworth	1898	1952	1966	F	7155
50	Elizabeth Bedwell	1561	1965	1998	F	7149
51	Andrew Mackervoy	1152	1978	1965	M	7145
52	Stuart Swalwell	1806	1991	1950	M	7138

53	Kim Buxton	2277	2011	1961	F	7130
54	Richard Naish	1218	2082	1965	M	7101
55	Michael Lindsay	1890	2104	1950	M	7092
56	Mike Gardner	1541	2123	1958	M	7081
57	Russell Buxton	1612	2167	1957	M	7063
58	David Pettit	711	2178	1984	M	7060
59	Claire Selby	1731	2211	1972	F	7044
60	Paul Goodhead	1499	2239	1961	M	7031
61	Sue Russell	2345	2272	1962	F	7020
62	Richard Needham	4279	2274	1963	M	7020
63	Simon Gale	1171	2289	1970	M	7013
64	Joanna Goodhead	1775	2290	1998	F	7013
65	Lester Hartmann	1609	2346	1960	M	6986
66	David Newton	979	2406	1978	M	6963
67	Ian Parfitt	3342	2408	1950	M	6963
68	Mark Goodhead	4242	2479	1995	M	6932
69	Emily Powell	1747	2527	1982	F	6910
70	Rachel Davis	2327	2577	1965	F	6888
71	Murray White	1534	2613	1966	M	6872
72	John Hopper	2226	2748	1951	M	6815
73	Joe Uprichard	1549	2914	1999	M	6744
74	Dawn Moore	4078	2918	1955	F	6742
75	Sophie Gordon	3937	2953	1995	F	6729
76	Ranald Macdonald	2293	2954	1952	M	6729
77	Andis Ozols	1288	3026	1980	M	6689
78	Malcolm Spencer	3358	3029	1956	M	6689
79	Brian Denness	3649	3034	1954	M	6687
80	Jonathan Cundill	3335	3198	1964	M	6594
81	Donna Hawkins	2813	3322	1961	F	6511
82	Anne Kimberley	2859	3351	1960	F	6493
83	James Prince	1939	3370	1970	M	6485
84	Martin Picker	3328	3398	1971	M	6471
85	Stuart Wicks	2147	3452	1966	M	6438
86	Roger Hodgson	4419	3543	1956	M	6379
87	Rebecca Perring	3712	3556	1965	F	6374
88	Katie Swalwell	2489	3644	1979	F	6304
89	Emma Vincent	4414	3665	1993	F	6288
90	Jessica Selby	2506	3699	1996	F	6259
91	Tom Hartland	3343	3729	1975	M	6224
92	Caroline Howells	4014	3730	1977	F	6224
93	Chris O'Donnell	3656	3763	1968	M	6191
94	Tony Stirland	2206	3776	1973	M	6180
95	Amanda Price	2964	3887	1963	F	6073
96	Susan Allard	2983	3927	1963	F	6022
97	John Cooke	2958	3968	1946	M	5975
98	Amy Kimberley	3410	3969	1995	F	5975
99	Paul Young	3664	4014	1976	M	5899
100	Adrian Northcott	3702	4016	1963	M	5898

Event Officials Needed! DVO's event commitments roll far into the future! New or experienced officials required to fill the vacancies below. Names to Ann-Marie please: jasrduckworth@btinternet.com

2016 12th Nov Level D Allestree Park: planner
20th Nov Wirksworth Urban: planner

And anyone else who would like a go on a Level D (local event) in the autumn 2016.

2017 2nd Jan 2017 Belper Urban: controller
26th Feb 2017 Lindop Wood: organiser and controller
1st March 2017 Dovedale Thorpe Pastures (Military league): organiser
9th April 2017 Crich Chase (level C): all 3 officials
21st May 2017 Calke Abbey (level C): organiser and controller
2nd July 2017 Longstone Moor: organiser and controller
24th Sept Kedleston: controller
22nd Oct Chesterfield Urban: all 3 officials
10th Dec Eyam Moor and Bretton Clough: planner and controller

2018 29-30th Sept Junior Inter Regionals - two Level B events in the East Midlands

Know Your Team Leader

No 9: Mike Godfree

As Download Team Leader, Mike is the technical engine room of DVO! He's mapped over 50 areas, including 12 Level Cs. And he has encouraged many others in the Club to start mapping, most recently Doug and myself!

When & where did you start orienteering/join DVO?

Around 1985 Roger Wilkinson was taking students from the school where he taught (then Ralph Sherwin, now St Benedicts) to orienteering events, including Paul and John Seaston. That got their father Tony Seaston interested and they introduced us as we were neighbours. Though I do also seem to remember having a go at an Orange course at Hesley Wood, Rotherham, when I was at a Cub Dads & Lads camp with David. So perhaps our links to schools are important even if the pay off takes a long time. Our children David and Chris took to the sport and progressed through the squads to represent Britain at JWOC. Liz took longer to make her mark. David still occasionally orienteers with Forth Valley, winning M40 this year at both the JOK Chasing Sprint and the Scottish Champs. Chris has moved on to extreme triathlons (think winning times 12 hours plus). Shortly after we joined I ran the Brown course at a CS Cup round at Brimham Rocks and persevered even though I had missed a control, thus keeping the entire coach load of club members waiting.



Highs & lows of any previous roles in DVO?

As well as organising the Download Team I am also Mapping Coordinator for the club and many years ago I was Membership Secretary. The highs and lows though really come from organising and planning events. Always a high when an event goes off successfully. One high point was successfully organising the Harvester on Longshaw, which also led to two of the lowest points – discovering that Derbyshire has midges to rival the west coast of Scotland (after staying up all night we couldn't clear up quickly enough) and the dreaded phone call "I am the new property manager, what is this event you want to run next month?". Another low point was when doing the entries for Shining Cliff in 2001 and getting the phone call a couple of days before the event to say that because of the Foot & Mouth outbreak the event was off. That did however lead to the first urban events on "spider diagram" maps, which has probably helped to promote the idea of urban events.

Likes & dislikes of your current role in DVO?

When electronic punching first arrived I predicted that those of us who worked with computers for a living would get sucked in to producing results etc. and so it proved. Whereas previously an army of people with no particular skills were able to check control cards, calculate times, type up results etc.

Who or what would you ban from orienteering?

Those people who compete far more than they contribute to the sport.

Best results?

The only time I have made the podium at an individual British Champs was a bronze medal last year at the Middle Distance. Just making the A finals at various World Masters events has been an achievement in itself (usually top 16 from each heat of 80 entries). My aim is to get on the first page (i.e. top 25) of the M65 ranking before I go up to M70, currently lying 30th so could prove difficult.

Do you do any training, receive any coaching?

When I first started running on Wednesday evenings with DVO it felt as if orienteering on Sunday was necessary to be fit enough to run on Wednesday. Then circuits with DVO and Paddy at Ripley helped improve stamina. Since moving to Ashbourne cycling the Tissington Trail (it is nicely up hill from our house) and circuit training at the Leisure Centre during the winter months has certainly helped as well.

Becoming a coach with the East Midlands Junior squad helped my own orienteering.

Do you enjoy the new formats (Urban, Sprint)?

Very much so. Urban has the great advantage of no brambles but still offers the same challenge of navigating at speed. Sprint events really do force you to navigate at speed. Just a 30 second switch off as this year at the Olympic Park can cost several places. But they do need to be well planned. There needs to be route choice, and the choices should not just be left around versus right around. Rather it needs an assessment, for example, of lots of steps versus a longer level route round, or simple navigation on the long outside route versus complex navigation.

What do you enjoy doing when not working/orienteering?

Walking, especially in the mountains or on the coast. In the week after this year's Scottish Championships at Balmoral we climbed 3 Munros, 4 Corbetts and a Marilyn as well as walking all the way via Sandwood Bay along the coast to Cape Wrath. If I am ever told that there is only so much life left in some part of the body I would stop running and stick to walking the hills or coast instead.

Most memorable orienteering "holiday"?

Probably our family trip to the Asia Pacific Championships in Canada and USA in 1990. Though many others have been memorable, especially trips with various other club members to Switzerland over the years. I have almost caught Liz up now on the number of countries – currently standing at 19 if you include the home nations separately, with Estonia and New Zealand already booked. The great thing about events abroad is meeting up with friends made over the years and the camaraderie of the British contingent. As well of course of not having to take a role in staging the event!

Favourite TV show?

What's TV? One of the few programmes I make a point of watching is the Adventure Show and as that is only broadcast on BBC Scotland it has to be via iPlayer on the computer. Especially as Chris has featured on the Bowhill Duathlon and the Celtman Extreme Triathlon on more than one occasion, if only in the list of top 10 finishers.

Puzzle Page

Dave Nevell

Firstly, I owe an apology to Chris Millard and Tom Jenkins, both of whom came up with the correct answer to February's puzzle but were not acknowledged in the April Newstrack. You will get your points! Now to the two puzzles from last time round. One was mathematical and the other looked mathematical but was cryptic.

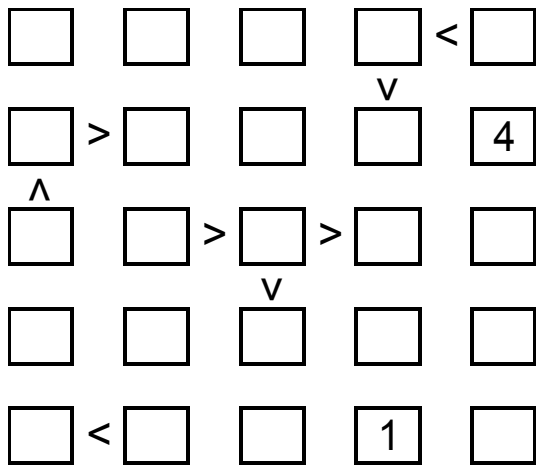
In Collective Amnesia a knowledge of the geometric distribution was an advantage (i.e. on average it takes p attempts to be successful in a series of trials that each have a $1/p$ probability of success). I had correct answers from Jenn Gale, John Hawkins and Paul Goodhead and an incorrect one from Sal Chaffey. The answer was 14.7 controls ($6/6 + 6/5 + 6/4 + 6/3 + 6/2 + 6/1$). The most likely number wasn't 15 though but as low as 11, for which I owe thanks to Paul Goodhead and his simulation.

In The Missing Link the question was to provide the final number in the sequence 52, 46, 15, 52, 607, 6, 50,... Only Jenn and John got this, the answer being 6. Suppose I was to re-write the sequence as A52, A46, A15, A52, A607, A6, A50? Would you have got it then? Of course, it's a grand tour of the EMOA "County Towns" starting and finishing in Derby. Most certainly in the style of the GCHQ Christmas quiz, as I intimated. Well done if you got this at home, as Richard Osman is prone to say.

Once again, two puzzles to choose from this month, full points for getting either correct.

Strange Currencies

Jenn Tomkins was telling me about her recent orienteering holiday abroad. I can't remember the country but I do remember her remarking on the odd monetary system they had there. The basic unit of currency was the dingdong and in order to simplify payments for any amount up to 50 dingdongs, the set of coins was designed to allow this to be possible in no more than two coins. What is more, this was achieved using the smallest possible set of coins. So, for example, had the currency set been the 13 dingdong and the 37 dingdong, then it would have been possible to pay 50 dingdongs in no more than two coins, as well as 13, 26 and 37, but nothing else below 50 dingdongs. Jenn warmly recommended the system. But what was it?



Control Freak

By some freak, it turned out that the latest event at Symmetric Shrubs had a particularly interesting distribution of controls. Each of the 25 blocks of forest had 1, 2, 3, 4 or 5 controls in it but arranged in such a way that no two blocks in each row or column had the same number of controls. What is more, the constraints indicated by the greater than or less than symbols were also observed. Given the limited information available, can you say how many controls were in each block?

Answers to dnevell3@gmail.com by September 18th please.

Forthcoming Fixtures (DVO, NOC, LEI, other)

D/Mat = part of Matlock Summer Series, see DVO website 'Matlock Orienteers' tab




D/SDOC = South Derbys O Champs 2016. UKOL = UK Orienteering League event

☒ East Mids League event; EMUL EM Urban League event; UK Urban League



July

- Sun 17th EMUL Nottingham Urban
- Wed 20th D/Mat Whitworth Park, Darley Dale, 6:30-7pm. Last in a great series!




August

- Sun 14th  Lincoln City (also EMUL), closing date 7th Aug, limited EOD
- Sat 20th D/SDOC Foremark Reservoir, Registration 10am-3pm
- Sun 21st  Newcastle-upon-Tyne City Centre (NATO)
- Wed 24th D Longshaw (Try Orienteering), Registration 10:30-14:30
- 27-29th B Dalby Forest (EBOR; White Rose incl Relay on Monday)
- Mon 29th  Wantage and Grove (TVOC)
- Wed 31st D Ilam Park (Try Orienteering), Registration 10:30-14:30

September

- Sat 3rd B Ainsdale Dunes (DEE; part of Liverpool Big W/end). Entry cap of 500
- Sun 4th  Liverpool City Race (SELOC; Liverpool Big Weekend)
- Sat 10th B London City Race, Rotherhithe (SLOW).  London City Race
- Fri eve race Crystal Palace, Sunday race in Soho
- Sat 17th UKOL Todmorden Urban (PFO)
- Sun 18th UKOL Hurstwood, Burnley (PFO; Lancashire Hotpot Weekend, part 2)
- Sun 25th B Chinley Churn, entries via Fabian. Limited colour coded EOD
Planner: John Duckworth, Organiser: Roger Hodgson

October

- Sat 1st EMUL Dishley Grange, Loughborough
- Sat 1st UKOL Agglestone Heath, Poole (WSX; Caddihoe Chase Day 1)
- Sun 2nd UKOL Agglestone Heath, Poole (Day 2)
- Sat 8th Score Bagworth Common & Woods, Leicester. British Schools Champs, also open to individuals
- Sun 9th  Byron's Walk
- Sat 15th DVO Champs Stanton Moor, mass-finish fun event followed by Social
- Sat 22nd  Grangewood & Top Wood Plantations (new area, 7 km S of Burton)
Planner: Doug Dickinson, Organiser: Dave Bennett >
- Sat 22nd  Great Malvern (HOC)
- Sun 23rd EMUL Bourne (north of Peterborough) 