



**Practise your skills with these MapRun  
training opportunities**

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

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## New Club Members

A big welcome to new members Jim Jenkinson, Robert and Richard Page and Chris Hopkinson. Good to have you in the Club!

## Editorial

A big thank you to all the contributors this issue – I’m sure everyone will enjoy keeping in touch, and it’s been nice for me to regain a sense of purpose! Dave and some other club members are enjoying the Lockdown orienteering weekends staged by GB Squad member Chris Smithard and they are a great way of practicing skills, tho the family do get irked when Dad ricochets from a tree during Netflix.

Let’s just say the next issue will be in the summer, and we’ll let you all know the copy date in due course. I hope you all find something to give your days some zest!

Sal Chaffey

## What’s inside?



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Sunday March 15<sup>th</sup> Fixby and Bradley Woods: well it seems like another life, in the days when Sundays were mainly about orienteering, having fun and seeing friends. I am writing this in the fourth week of lockdown but when you read it in the middle of May, life might be a little different. However, sadly I don't expect that we will be orienteering for some time after that.

To return to the CompassSport Cup, it was the weekend just before the social distancing measures were introduced and Covid 19 was already making its presence felt strongly, and some including myself felt that they could not take the risk of attending. EPOC followed the BOF guidelines, so there were no results and no club tents, which I gather made the event feel quite different from the normal competitions. However, we were able to field a very strong team who did amazingly well and finished third to qualify for a place in the final in October.

Congratulations to Jake, Liz and Rachel who each scored 100 points, to people who scored who might not have expected to do so and to everyone who took part as you all contributed to the result.

Our scoring runners were as follows:

- Jake O'Donnell, Course 9A: **100**
- Liz Godfree, Course 10: **100**
- Rachel Duckworth, Course 8B: **100**
- Richard Parkin, Course 4: **99**
- Mike Godfree, Course 7: **98**
- Dai Bedwell, Course 4: **96**
- Paul Addison, Course 6: **96**
- Richard Gale, Course 1: **94**
- Helen Chiswell, Course 3: **93**
- Stuart Swalwell, Course 7: **93**
- John Hurley, Course 6: **93**
- David Newton, Course 2: **92**
- Sophie Vincent, Course 8B: **92**
- Michelle Mackervoy, Course 5: **92**
- Derek Gale, Course 7: **91**
- Nerijus Rozkovas, Course 1: **90**
- Graham Johnson, Course 6: **90**
- Sal Chaffey, Course 5: **89**
- Nicola Hart, Course 3: **88**
- Ben O'Donnell, Course 8A: **88**
- Andis Ozols, Course 2: **86**



Malc Spencer strides home

John Hopper, Course 6: **84**  
Jen Gale, Course 10: **84**  
Ann-Marie Duckworth, Course 5: **84**  
Mark Goodhead, Course 1: **83**

The overall results for the clubs each with 25 scoring runners were as follows:

1st	<b>SYO</b>	25	2418
2nd	<b>AIRE</b>	25	2349
3rd	<b>DVO</b>	25	2295
4th	<b>DEE</b>	25	2249
5th	<b>CLOK</b>	25	2166
6th	<b>EBOR</b>	25	2120

This was my first time as Club Captain entering the CompassSport Cup and I certainly understand how it works a lot better than I did at the beginning of January. At times I found the learning curve a bit challenging, but I have enjoyed doing it, in particular because it has given me the opportunity to get to know club members a lot better.

The CompassSport Cup Final will hopefully be on Sunday October 18<sup>th</sup> at Sutton Park. It will be a reasonable journey from Derbyshire, so we should again be able to field a very strong team.

It will be wonderful when we can all start orienteering again but there is no doubt that the most important thing at the moment is that we and our families all come through this fit and healthy

Looking forward to seeing you all in forests later this year.

**Christine Middleton, Club Captain**

## **The Resumption, whenever it comes**

You are probably dreaming, as I am, of the time when our sport can resume. There are various online activities that you can join in, including DVO's Universally Challenged quiz via Zoom. Thanks to club members and people in the sport nationally who are putting these on for us. We can still have a go at a permanent course (see DVO website for your nearest) and MapRun courses (same website button) are being added to as they become ready.

Sometime we *will* be allowed to resume our sport. We will then be doing all we can as a club to keep competitors and helpers safe, so there will have to be some changes, at least for the first few weeks or months. We will probably still be observing the 2 metre rule. We may have to pre-enter for all events, and be given a start time (to minimise queueing). We may have to limit numbers, even at smaller events. We may have to bring the correct money, or pay by BACS. We may have a card-reader system for payment. We may have

to change the status of events, or the location, or even the date, from the published calendar.

So, can you please look at the **event details** on the website before you travel. This has always been good advice, but will become vital in case you need to bring something that you don't normally have to bring (like the correct money), or to go somewhere other than the previously advertised venue.

There may even be an event on a day that is not on the published calendar. We'll be trying to put on something as soon as we get the go-ahead. We'll let you know.

Stay safe, oh and I nearly forgot: we'll have to have any post-run chats by phone or by electronic means.

**Andy Hawkins, DVO Chair**

## **Socially-distanced training with MapRun**

MapRun is a great training activity, and can be done within Government restrictions. The **Permanent & MapRun Courses** tab on the DVO website shows where courses are available and instructions on how to get started. Check the list, as new areas are being added all the time, perhaps nearer to where you live. Each map can be printed by clicking on the area name, so you can have a go even if you don't own a smartphone.



Please respect locals, and do not arrange to meet groups of friends for these courses – you can see their route and time in the MapRun Results. The courses are now also on RouteGadget, making it easier to see how others tackled the challenge!

Andy, Mike & Sal

## **Orienteering from home**

**Dave Bennett**

The World of O website's Route to Christmas series has posts from 1<sup>st</sup>-24<sup>th</sup> December, each showing one leg from an Elite event, normally a very long leg, but sometimes a shorter leg on an interesting map. Since 15<sup>th</sup> March there has been another daily series, Route to O-season 2020, to make up for the lack of real orienteering. What I like is that after giving the opportunity to draw the route you would intend to take, it then shows the GPS traces for what the competitors actually did – so the series is not just prompting you to think about which route might be quickest, but also showing which was actually quickest – so you can learn by seeing how your choice compares. It presents colour-highlighted comparisons between, for example, all of the competitors who took a long path route compared to all of those who went direct through the terrain, or the fastest competitor for each of the route

choices. I am surprised just how often a long path run is faster than going straight - I expected that going straight would usually be quickest, and that the main challenge is to keep in touch with the map rather than to see alternative routes. There's also chance to see the impact of the smaller choices which competitors made, for example if two competitors took mostly the same route, but went different ways round one small hill.

Whilst drawing my routes, I have realised that I don't normally plan my whole route to the next control in detail before I set off. For example if the route to the next control is a choice between going west round a lake or going east round a lake, my decision will be strongly influenced by how easy the first part of the route is, and it may only be once I am committed to going one way that I see there is a lot of climb just before the control on my route, whereas the alternative is flatter towards the end. I have also noticed that for the smaller choices within a leg, I often deliberately leave my options open until I can see the terrain, rather than deciding in advance whether to go around or over a small hill, for example.

So far I have found that the route choices I have made – each after a couple minutes fully-focused planning of the whole route from a comfortable chair – are similar to those made by the fastest competitors. All I need now is to be able to make those same choices in seconds rather than minutes, whilst feeling tired, and hot or cold or wet from the weather, and then to follow them precisely in the terrain... ;-)

Route to Christmas starts at <http://news.worldofdo.com/2019/12/01/route-to-christmas-day-1-2019/>

Route to O-season 2020 starts at <http://news.worldofdo.com/2020/03/15/route-to-o-season-2020-day-1/>

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While on the subject, this simple but elegant Route Choice Game was sent in by Steve Kimberley (it translates quickly from Finnish):

<https://www.routechoicegame.com/info.php>

## **Interland orienteering competition 2020**

This year I was selected to run for England in the annual Interland competition, to be held on the first day of March. At around 9 o'clock the day before, myself, my father and Dom Green drove down to the



model training event in Kent where we would be getting used to the type of terrain used in the competition. It was a relatively easy area but it certainly sharpened up our navigation before the big race the next day.

After the training, we headed back around the M25 to the accommodation at Lea Valley Youth Hostel which had numerous log cabins to stay in. I settled in with the other M14s and ate dinner at 6 o'clock. Admittedly, it wasn't the best meal in the world but nonetheless, it wasn't too bad. We were briefed by our coach (John Rye) where we found out what the next day activities would hold. We went back to our dorms to sleep at about 11 o'clock, ready to wake up at 6:30.



Rachel took 1<sup>st</sup> place on W17 with international rivals in 2<sup>nd</sup> and 3<sup>rd</sup>

We all woke up the next morning to an alarm at 6:00 which surprised us all to our expected wake up at 6:30. We crawled out of bed to the noise of the train tracks



opposite our dorm which had trains blasting along every 5 minutes (even in the night) which admittedly got very annoying. Breakfast was served which was very nice: cereal, toast and orange juice. We packed our bags, put our England hoodies on and headed out to the foyer to leave the accommodation. The competition was being held in Burnham Beeches in Hertfordshire. We arrived at the event centre in a tight squeeze in the back of a car but to a beautiful sunny day. There was a large marquee out where we put all of our bags.

Although it was sunny, a long warm-up was needed as it was very cold. I had a 5.1km course which was through runnable woodland with some holly bushes. Fitness wise, I felt my preparation for the event was perfect but looking back I feel that I could of done more technical preparation for the terrain. My run didn't go very well with numerous 4-minute errors. However, I was joint leading heading towards the penultimate control before making another error which dropped me down to 4<sup>th</sup>. The other England teammates did very well so we secured the junior win with Rachel coming 1<sup>st</sup> on W20 [Interland classes don't correspond exactly with ours – Ed]. Overall, having added in all the senior classes, England won by 50 points with Belgium coming 2<sup>nd</sup>.

It was a truly great experience and I thank those who have helped me along the way and the England team managers and event organisers.

**Jake O'Donnell**



## **JHI – the Mourne Mountains, 12–13<sup>th</sup> October**

This year, the JHIs were in Northern Ireland and that meant taking a plane on Friday (missing a day of school!) to travel via Belfast. I travelled with Rachel – my first ever plane ride – and the England team met at either of the two Irish airports. That evening, we all travelled down to Newcastle. We stayed overnight at a sports centre with the other nations.

My excitement for the competition was unfortunately affected by the bad calf injury I acquired doing a long training session six days previous (on my birthday). I had hoped it would recover but it hadn't got much better when race day arrived. On Saturday morning, we woke up early for breakfast and headed off to the individual race area. It was a beautiful day with clear blue skies at Cassy Water. The individual area was open with some tricky rock and contour features but predominantly quite a fast area. My injured calf meant warming up was a real struggle, never mind the race. I started the race and fast hobbled around and (surprisingly) finished 6<sup>th</sup>. Many of the England team did well including Rachel who finished 2<sup>nd</sup>. That evening all the nations got together and did a ceilidh for a couple of hours. After day one England was in second place, a few points behind Scotland.

Sunday was the team relay (M14 + M16 + M18): the tension was rising, and everybody was raring to go. The girls went off into the forest first, followed by the boys. I was on the second leg for the D team and managed to fast hobble around again in the rain. Unfortunately, the England team didn't do so well on the relay with only one podium spot out of the possible six. Scotland ended up winning with England a little way behind. That afternoon, we all travelled back to the airport and made our way home. I was left with a lot of homework to do that evening.

Despite being injured, I enjoyed the experience very much and look forward to the next international competition.

**Jake O'Donnell**

## **CompassSport Cup Report: Fixby & Bradley Woods**

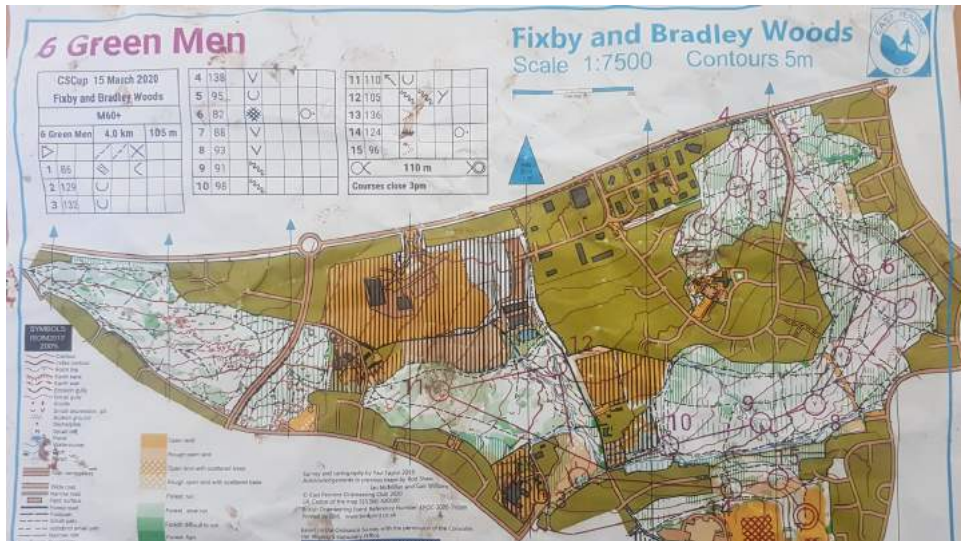
**By Graham Johnson**

What an odd event this was.

If for nothing else, it will be remembered as the Last Event Before the World Changed, or at least that bit occupied by the United Kingdom, occurring as it did 8 days before Lockdown – by which time all orienteering events had been cancelled

indefinitely. It is not impossible that it may be the last event before the Final in October!

Looking back, it is difficult to imagine a time when the terms 'social distancing' and 'self-isolation' were not bandied about as if it were the most normal thing in the world, but even though this was a more innocent time, we were already edging cautiously in this direction. By mid-March people were already becoming accustomed to the new codes of conduct and approaching each other with a degree of caution which was nevertheless bordering on intimacy by present standards.



It was inevitable that some false notes would be struck. On the one hand, we were encouraged to pack ourselves as tightly into as few cars as possible whilst, on arrival, we were urged to be as anti-social as possible, arriving, running and departing with alacrity. However orienteering is, if nothing else, a social sport and people naturally congregated after their runs with a degree of proximity now considered outrageous, to discuss courses and routes in the usual way. Although on-the-day results were abandoned in the interests of safety, they were simply replaced as a focus for discussion by the cake stall.

The sport of orienteering is actually quite well-suited to the crisis: the ideal is, after all, to run in an empty forest, free of distractions, particularly other people – and even the punching is contactless. Although it would be impossible to conceive of football and rugby being conducted under present circumstances, orienteering at a distance of two metres is at least imaginable. We have to cling to this thought.

The event was also odd in that it was conducted 70-odd miles away from Derby. The CompassSport Cup really is quite exasperating at times. DVO is unarguably an East Midlands club so what were we doing in West Yorkshire and why did all options

available require at least an hour and a half of driving? It ought to be possible to arrange things so we at least competed against other East Midlands clubs but for CSC purposes, the East Midlands is deemed to include South Midlands OC and SMOC had organised an event south of Milton Keynes, even further away than Fixby, on an the area that wouldn't fit the number of clubs required.

Thus it was that DVO found itself competing in a 'local heat' against CLOK from the north-east, whilst elsewhere the West Midlands event had been cancelled altogether but would have been meaningless anyway for the Cup competition, because only OD were taking part, competing presumably against themselves – in contrast to the six clubs at Fixby. Surely we can do better than this?

The area itself was not ideal either, although I felt that it stood up to the demands made of it very well. The courses had to be squeezed into four pieces of woodland, none more than 300 metres wide. Although runnable, the area was devalued by the number of paths criss-crossing it. Plus, there can't be many supposedly National Event-standard areas where the second control involves a route choice requiring consideration of the merits of navigating a housing estate.

For my own part, I had the usual 'decent run apart from two appalling controls'. I always take the first control cautiously and this one should have been easy, requiring



an NE bearing off a path junction. Except I never saw the junction and by the time I realised, I was way past the control and at the most difficult point to find it. Cautious is one thing but to start 30th out of 33 runners is not recommended.

Things only got worse after the third control, a depression by a ruined fence about 150 metres from the second. Except the ruined fence didn't exist. By the time I found the control, I realised that all that remained of the fence was the post. Excuse me, but (a) there is a perfectly good map symbol for a post and (b) a post is not a ruined fence. No-one has ever pointed to a post and said, 'Look, there's a ruined fence', just as no-one has ever pointed to an abandoned tyre and said, 'Look, there a ruined car'.

I've always thought that the archetypal ruined fence is to be found at our very own Foremark where there is a lengthy series of fence posts, mostly in a state of collapse or indeed ruination, connected in a haphazard fashion by strands of wire, some severed, some buried. That's what a ruined fence looks like. It is a thing of beauty, and mappers should make pilgrimage to Foremark to gaze upon its wonder and learn.

Anyway, I ended up 33<sup>rd</sup> slowest on Control 3 so I feel entitled to feel more than a little aggrieved.

As a complete aside, one of my favourite words is synecdoche, 'a figure of speech in which a part is made to represent the whole, or vice versa.' Maybe this is what the mapper intended, but he has at least enabled me to fulfil the ambition of using this word in a sentence. There only remains 'shibboleth' and 'binnacle' and my work will be done.

As for DVO, my pessimism that we could survive the heat even as the third qualifier was ill-founded. SYO were a shoo-in for first place, leaving DVO to fight with AIRE and DEE, our main rivals for the remaining two places. Forecasting the result was made more hazardous by the absence of many runners who had either 'underlying health conditions', another phrase for which 2020 will be remembered, or simply were uncomfortable in attending. Only two-thirds of DVO who entered the event actually ran; no doubt other clubs were similarly affected. In the event, we were comfortably third, beating DEE by 50-odd points and a similar distance behind AIRE. DEE didn't manage any class winners, but DVO can boast of three, our ever-dependables: Liz Godfree, Rachel Duckworth and Jake O'Donnell.

The lack of on-the-day results meant that we left with no idea of our fate for a couple of days. This reminded me of going abroad on holiday in the pre-internet age when you had to wait up to three days for the Sunday papers to arrive before surreptitiously furling through the sports pages to find out the football results (or was this just me?). It was a similar excruciating experience of not knowing.

But the important thing is that DVO are in the (Sutton Park) Final on Sunday, 18<sup>th</sup> October for the fourth year running, a feat which it has never previously achieved. Make a note for your diaries, which are probably showing a lot of space at the moment.





Keeping sane during Lockdown, above the Middletons enjoying a Joe Wicks workout, below Zoom Quiz



## Sports Personality of the Month

At Ramsley Moor, land of tussocks and bogs, Marg Keeling fell on her way to the first control. Her hand went into the bog, something most of us can relate to that day. Unlike the rest of us, her hand came out without its dibber. Marg realised it was missing at the first control but gamely finished the Green course, pin punching all the controls. Alas no time and no BOF points 😞 Points for SPotM and extra points for perseverance in such dire conditions.

How do you continue to orienteer during lockdown? All competition cancelled, large penalties for organised gatherings, travel restricted etc. Some of us are lucky enough to live on the edge of good orienteering areas. But how up-to-date are the maps? Have control sites changed due to land use? And how do you monitor and track your progress round an ad hoc orienteering course anyway?



Katherine, Jess, Ben and I had just moved to a new city when lockdown began. Imagine moving half-way round the world, with eye-opening possibilities to explore the Southern hemisphere for a year, only to be robbed of all but essential travel.

The Australian government placed a ban on long distance travel but thankfully chose not to restrict personal exercise so we were free to explore the local area. However, we were now in a new city with no knowledge of the local terrain. Where are the mapped areas? Had there been street-o, bush-o or sprint-o competitions held here? Had anyone ever orienteered locally at all?!!

This is not the first time we had lived in Australia. Ten years ago, Katherine and I were lucky enough to live here in Melbourne, where we found a thriving street-o scene. We were amazed to find over five street-o and bush-o events scheduled per week, all within the city boundary. Average attendance was in excess of 80 people with maximum attendance being for the schools' competition with over 400 competitors.

It was fair to say that orienteering in Melbourne was huge. And as we found out, is still very much alive!

Returning to Melbourne was always going to be a treat in terms of getting outdoors. For nine months of the year the climate is warm enough for t-shirt and shorts and the general buzz is to get out and about.

In terms of orienteering, Melbourne was always going to suit us. The city is constantly expanding to accommodate a rapidly growing population, and seemingly, at every count, there is newly built suburb waiting to be mapped. Although there is clearly a problem with city sprawl (and a planning team that know no boundaries) having whole new areas suited for street-o within easy reach is unreal!



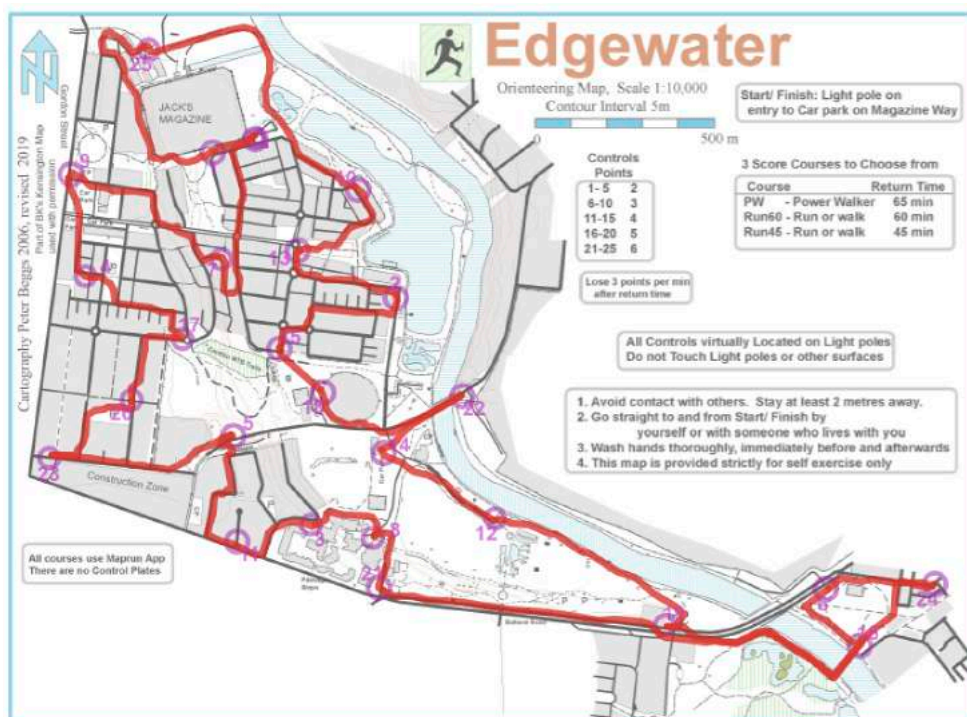


When initial restrictions were put in place to contain the virus, orienteering was allowed to continue in Melbourne. Punch sites were modified to reduce contact and people were reminded to be socially distanced at registration. However, subsequent stage four restrictions meant that normal competition was abandoned.

## Enter MapRun!

This is when we first took the 'MapRun' app seriously and were instantly hooked! Free and easy to use, this orienteering app is ideally suited for street-o competition.

MapRun has the advantage of not requiring physical controls so an event can be organised 'contact-free' and without the need for pre-race setup. In a mass start situation, the app is programmed to become active at a pre-determined time, and counts down to reveal the map for all users simultaneously.



An added advantage of the technology is that every event remains on the server and can be run as a virtual event at a later date.

The MapRun app was slow to be adopted by the community here and was largely seen to be a training 'gimmick' rather than a competition tool. However, runners in the west of the city had embraced the technology, and had been using the software to run weekly events for the over two years. We were based in the west so this was a win for us!



We found that street-o maps of Melbourne all looked very similar. The majority are black and white and are typically littered with a grid system of roads and distinctive ‘match sticks’ to indicate cul-de-sacs. However, they are largely deceptive in suggesting that all areas are alike, as a quick survey will show that differences abound underfoot. While some areas appear to be largely flat and open, turning a corner they can become technical and hilly.

Lockdown has introduced MapRun as our new training tool here in

Melbourne and may be here to stay once the restrictions are lifted. As a training tool Maprun is fantastic and I am currently averaging two new maps per week (we’ve been here for nearly four months). Courses are quick to plan, and as long as there is a base map available, armchair planning is made simple by using Google Earth Pro (now free to download). Results are downloaded automatically for comparison at a later date showing GPS traces of all users.

A very new feature of MapRun is called ‘MapRunF – QuickStart’ and this was very excitedly emailed out by our club president, David Knight (Bayside Kangaroos). This feature allows a user to set a GPS-based course within MapRunF on any phone without a map file or course from a course-setting system. We have used this a few times with the kids and it works well.

So, having found ourselves in a situation of lockdown, and without a hope of orienteering, this app has massively changed our outlook. Who knows whether this software will be popular enough to be adopted on a larger scale but for now it is keeping us active.

Maprun: <http://maprunners.weebly.com>

Orienteering Victoria: <https://www.vicorienteering.asn.au>

## Why not give the MapRun in Melbourne Derbyshire a try?

Yes, Melbourne, Australia (pop 4.9 million) was named after Melbourne, Derbyshire (pop 4843): Known briefly as Batmania, the settlement was named **Melbourne** on 10 April 1837 by Governor Richard Bourke after the British Prime Minister, William Lamb, 2nd Viscount **Melbourne**, whose seat was Melbourne Hall in the market town of Melbourne, Derbyshire. (Source: Wikipedia)

## Recent DVO Membership Trends Dave Nevell

In the process of researching something for CompassSport, I have acquired (source BO) some detailed membership figures for DVO spanning 2013-2018. 2019 is missing and 2020 won't be available until the autumn.

It's broken down by age but not gender. I thought it might be interesting to look at the recent trends.

Year	Members	Sen/Jun	% of BO total	Average age	Age Range	Club Size
2013	226	170/56	2.27%	43.51	5 to 81	8 <sup>th</sup>
2014	235	170/65	2.36%	42.23	1 to 82	4 <sup>th</sup>
2015	272	199/73	2.27%	41.46	7 to 83	5 <sup>th</sup>
2016	221	176/45	2.04%	45.27	5 to 84	11 <sup>th</sup>
2017	224	181/43	2.17%	46.53	6 to 85	9 <sup>th</sup>
2018	236	186/50	2.30%	45.21	2 to 86	6 <sup>th</sup>

BO have done some jiggery-pokery with the way they count membership. In 2015 national membership shot up by 20% from the year before but has mainly disappeared again since then. So this makes trending a bit difficult. I think 2018 is reasonably compatible with 2014 which shows a fairly stable position, apart from the average age increase. As you can see, DVO is one of the big boys when it comes to membership, but I wasn't expecting anything quite as high as 4<sup>th</sup>.

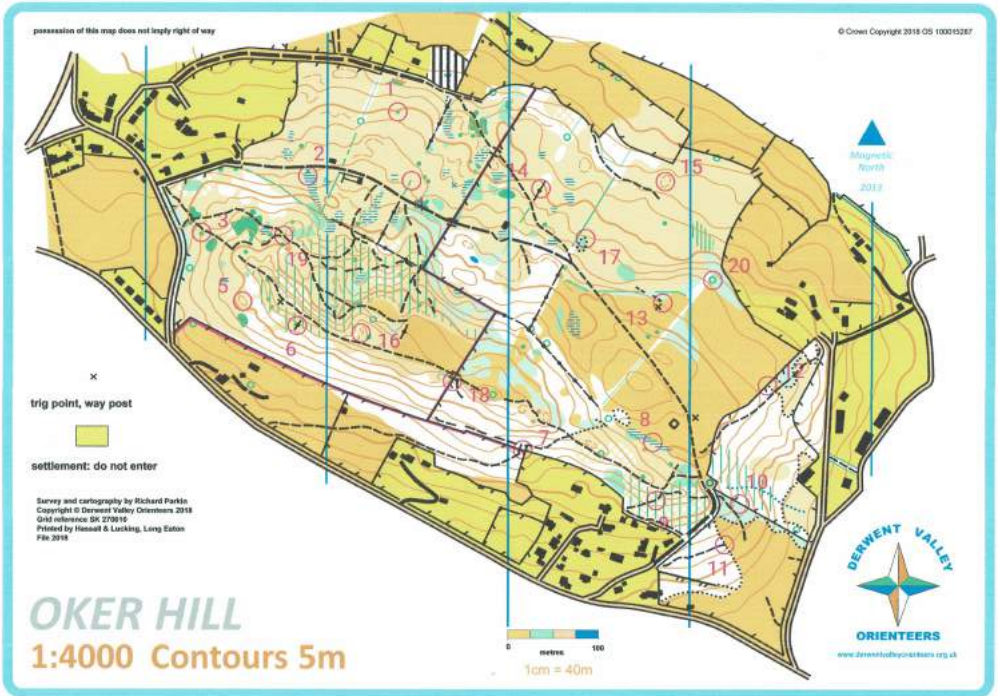
I wonder what effect lockdown will have on membership at club and national level. Hopefully orienteering will be taking place again when it comes to the late autumn renewal time and this will help.



# Oker Hill Photo Competition

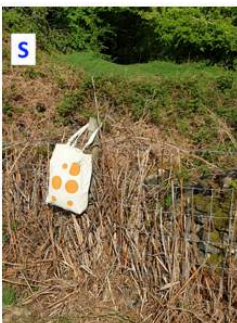
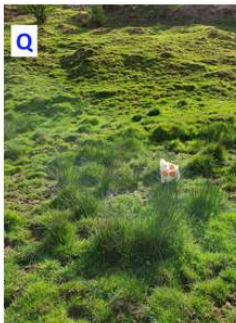
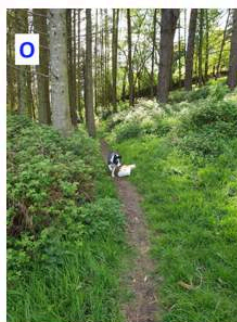
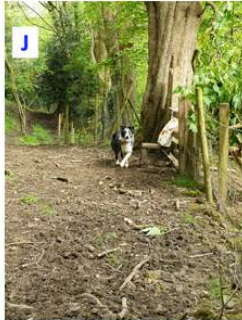
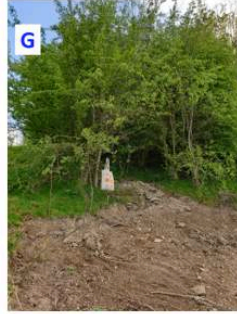
Simon Brister

My daily exercise has been on Oker Hill, and inspired by my sister-in-law who did a similar quiz for HOC, I've identified 20 control sites on the map and taken 20 photos. But, to make it a little more difficult, 2 of the photos do not have controls and two of the controls do not have photos. [Enlarging the photos by looking at Newstrack online will definitely help you – Ed]



Answers to [simonbrister@btinternet.com](mailto:simonbrister@btinternet.com) by the end of June. Simon is offering a £10 National Book token to the winner!







# WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 35

Special lockdown edition

## Orienteering but not as we know it

Horizons shrink from forest to street to garden to sitting room (page 4)

1:1 map scale finally comes into its own (page 10)

You thought Zoom was an ice lolly. Think again (Quiz page)

Belper (GTN) succumbs to Mad Cow Disease (pages 92-96)

How to grow a maize maze in your own back garden (free packet of seeds enclosed)

### Put to the test

Coronavirus is no laughing matter but then again, neither is the material in this magazine so we shouldn't be running up against too many complaints.

BOO has, of course suspended all proper orienteering and this has led to all sorts of silly on-line shenanigans which as we have said before, t'aint natural and will only end somewhere dark and unpleasant, like a lot of LEI terrain. Anyway at some point in the unforeseeable future, when RumpassSport is reduced to reporting on indoor darts (*Gosh, I'm so really missing the outdoor variety – Ed*) and we are all paying each other in potatoes, there has to be an exit strategy for the sport. Well, not an exit strategy as such, more of a re-entry strategy. This needs careful thought. You can't just let loose hundreds of aging folk back into the woods without something of a refresher course. Let's face it, most of them can't even remember where they left their glasses five minutes ago so what are the chances of them remembering how to navigate, let alone the rules of the sport?

Here are just some of the questions from a leaked copy of the written test that BOO is planning to make compulsory sitting before orienteers can resume competing.

- Which of these is **not** a vital piece of orienteering equipment? Thumb compass, dibber, walking pole, magnifying glass, the other walking pole, goat.
- Spot the orienteer. William Hague / Yvette Hague. Peter Palmer/Patsy Palmer. Boris Johnson/Jo Johnson/St Stanley Johnson/Oli Johnson/Wilfred Johnson/Rachel Johnson/Notanotherbloody Johnson. John / Paul / George / Ringo / Thierry Gueorgiou.
- (Urban only) List the six stages of the Green Cross Code. If you were only allowed five, which one would you ditch and why.
- Never Eat Shredded Wheat. Discuss. Use both sides of the paper if you need to.

You get the drift.

### RumpassSport Cup Qualification

Good stuff, getting through to through to a final that might not even take place after being soundly beaten into third place. I guess that makes everybody happy.

### ADVERTS

Still available: Partial set of SI equipment, rather stinky now. Deep clean recommended. More details WSC 33.

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



Orienteering provides a healthy outlet for pent up energy and frustrations.

Fresh air, beautiful countryside, wildlife, physical and mental challenge.

By Day 47 of the lockdown Oscar was becoming a bit stir crazy.

"Either this wallpaper goes or I do" were his final words.

Before he discovered the true meaning of the term "supporting wall".



## Horrible History

Afficionados of this organ will be well aware that, unlike popular belief, far from originating in Scandinavia the sport of orienteering was invented in the small Derbyshire hamlet of Ible in the 1870s. With almost 150 years of history under its belt, the current lockdown crisis is but small beer compared to some of the more dramatic reasons why the sport has had to be suspended in that leafy backwater over the years. One dark night in the spring of 1888, in circumstances so bizarre it's hard to believe that they are not fiction, Giles Fripp staggered back to the village with news that he had seen a pack of bears marauding the local woods, systematically destroying the permanent O course. The entire community, still traumatised by the failure of the previous year's turnip crop, immediately isolated themselves in their homes for fourteen weeks, living off nothing more than boiled fish paste, which they had put aside just for this type of eventuality. Orienteering only resumed when Giles admitted that they were probably only badgers or blackbirds, his uncertainty being due to his appalling eyesight. Despite this, many villagers continued to carry a packet of Dr Dobson's patent anti-bear tablets ("*guaranteed protection or money refunded to your surviving relatives*") with them for many years.

The next occasion on which the sport had to be stopped was in 1946. The village eccentric "Professor" Hoskins du Lally became convinced that the Earth's magnetic field was about to flip, north to south and vice versa. Anyone holding a compass when this happened would be sucked into a wormhole of the time-space continuum, which was basically bad news. Heady stuff for the 1940s and in response the whole community destroyed their compasses and stayed indoors for three months, surviving off the results of what had fortunately been a bumper year for turnips. The ironic ending to this episode, in circumstances that are so bizarre it is hard to believe they are not fiction, is that when the villagers emerged from their isolation, on venturing into the woods for the first time "Professor" Hoskins du Lally was immediately savaged to death by a pack of marauding bears that had escaped from a travelling circus. That's irony for you.

## Poetry Please

This lockdown business has brought on some Haikus.

Forty, forty one...

Chalking off the lockdown days

On the kitchen wall

Forty, forty one...

April is the cruellest month

Fish paste stocks dwindle

Forty, forty one

Forty two, forty three, fort...

Oh, you get my drift

EJ Throbb (aged 97 3/4). Please donate if you feel able.

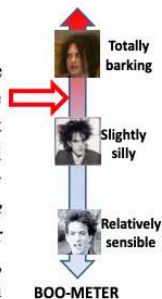
## Bob McNut's Great Inventions from Orienteering History Part 4 (or 5, whatever).



This patent social distancing device was ahead of its time. When two people met whilst both wearing this incredibly light and surprisingly practical apparatus, two yards of separation was guaranteed. It was invented with incredible foresight by a Dr Darius Dobson of Kirkcudbright who observed that if ever there was to be a global pandemic and if ever such a sport as orienteering might at sometime be invented, then this would ensure competitors meeting at a control site (whatever that might be) would not get too close when they dibbed (what ever that might mean). Genius. His vision of thermal run tights was a little wide of the mark, but we will excuse that. Expect a full product review anytime soon in RumpassSport. Arrivederci!

## Lockdown BOO Watch

We've not had a check in on the wisdom of BOO, as measured by the craziness of The Cure's Robert Smith's hair, for quite some time. All we can say is that resorting to very bad orienteering poetry (*can we judge this? - Ed*) to promote their series of webinars is either genius or, er..., not genius (that seems to span the outcome space). You decide!



This edition of WSC brought to you on special "dual-use" paper, should shortages really bite. Now wash your hands.

## Chesterfield Beat the Street

Murray White

Chesterfield was effectively turned into a 4-week urban orienteering course during February and March 2020 when the health initiative Beat the Street came to town. The community health programme saw 13,820 players from the north east Derbyshire area take part, between them covering around 143,000 miles of running, walking and cycling.

Six DVO members took part in the innovative public health campaign [www.beatthestreet.me/chesterfield](http://www.beatthestreet.me/chesterfield), devised by Intelligent Health in partnership with Chesterfield Borough Council. The simple idea of Beat the Streets is to encourage people to do more regular outdoor activity by turning their town into one large game arena.

To take part, adult players registered and obtained a credit card-sized game card. Chesterfield schools were sent different-format game fobs to allow all children in the town to take part. Participants were required to join a team, adding a community element to the event.

Hannah and Joseph, both DVO juniors, were automatically signed up to their school team, St Mary's Primary, so it made sense for me to sign up to the school team as well. By the time Beat the Street ended, we had helped St

Mary's to finish 4<sup>th</sup> out of 38 schools. School gate chatter during the game often turned to tales of how families were walking, running or cycling together for the first time in ages.

120 geo-located beat boxes (think large contactless control boxes fixed to lampposts) were set out across Chesterfield and Staveley for the whole game period. Maps were available on paper and app to find the beat boxes. You simply tapped one beat box with your card or fob to start a game session and then ran, walked or cycled to any other beat box and tapped that to score 10 points. You could tap as many beat boxes in a session as you wished, as long as the gap between taps was no longer than an hour. (There was also a minimum gap of 1 minute to try to reduce cheating by driving between boxes.) Scores were

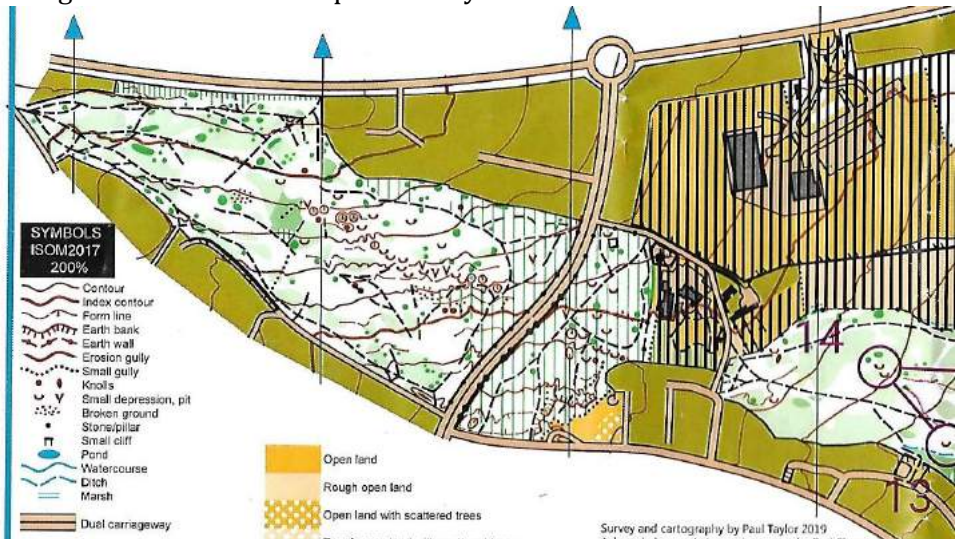






## A Trip Down Memory Lane – CSC heat at Fixby & Bradley Woods

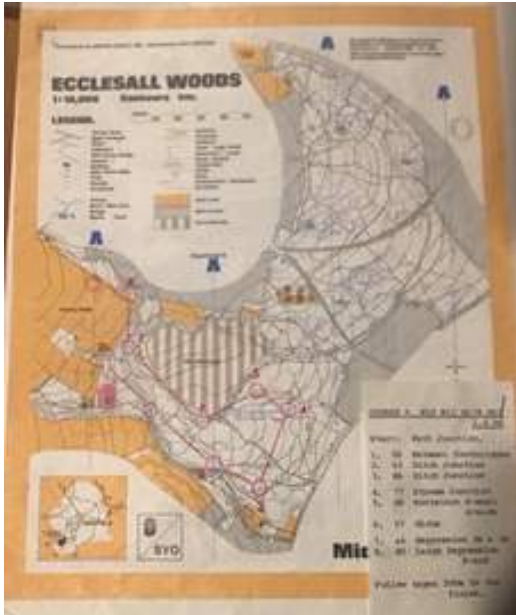
It was touch and go whether EPOC would be able to hold the Compass Sport Cup heat in the middle of March but we managed to compete at the event just before lock-down was enforced. For me the event in Huddersfield took me back to my homeland where I started orienteering so I was kind of in familiar territory although a lot has changed (there used to be a large secondary school where the car park was and the sports centre wasn't there). The woods were as scrappy as ever with lots of minor paths and insignificant ditches but I think the planner made good use of the area with lots of changes in direction to keep me on my toes.



Extract of map showing Fixby Woods (west of dual carriageway)

I was introduced to orienteering when I was in the third year at Birkby Junior School (about 1½ miles from the event centre at Deighton sports centre). Our teacher was Rod Shaw (now EPOC M80) who started by teaching us basic map skills using hand-drawn maps of the school playground – we even had to draw our own maps, I seem to remember. The school is a big Victorian building with lots of wall corners and a large L-shaped tarmac playground (no trees or grass).

For some club sessions we piled into the back of sir's car (no seatbelts) to go up the road to Fixby wood – a small triangle of woodland with an intricate path network and huge, deep depressions (pic 1). Chatting with Rod Shaw



after my CSC run – at a safe distance of course – he reminded me that the first map of Fixby wood was at a scale of 1:2000, hand-drawn and copied on a Banda machine (those who remember such forms of duplicating will know that meant a blurred mono-chrome magenta print, apparently invented by Wilhelm Ritterfeld in 1923). We certainly learnt about contour detail and the map feature of a large depression.

Along with my classmates in the school orienteering team we had great fun competing in

local events as part of the West Yorkshire Schools League, with many memories of locations like Otley Chevin, Royds Hall woods, Storthes Hall, Marsden Moor, Ogden. My first badge event was the Griffin Trophy in 1981 at Ecclesall Woods, Sheffield sponsored by Midland Bank! It was a pre-marked map and I do remember struggling to find control 2 because the red line was printed over a ditch which would have been a very useful handrail on a junior course.

I continued to orienteer with my family through my secondary school years and remember travelling down to Sutton Park (where the CSC final will hopefully be held later this year) for the Schools Orienteering Championships in 1987. According to the Huddersfield Examiner our team from Fartown High School (overflow car park for the CSC heat) came home with bronze medals behind Walton and Newcastle Royal. In tidying out boxes in our attic I have found some certificates, trophies, badges and my bronze medal from my days as a junior orienteer.



Bronze medal centre right

*By Michelle Mackervoy (nee Eastwood)*

## Graythwaite 1875 connection

Sal Chaffey

Michelle's nostalgia trip prompted me to include one of my own! The orienteering connection is to Graythwaite Estate in west of Windermere. The JK Relays took place on The Colonel's Drive in 2015, a location close to where my dad still lives, so I was able to walk to the Relays, via the Bowness ferry.

My maiden name was Brockbank, and our branch of the family come from generations of joiners who lived at Hawkshead. My dad heard about a Brockbank being involved in a lawsuit over fishing rights on Esthwaite Water against one of the Sandys family, Graythwaite landowners descended from Edwin Sandys, Archbishop of York in the sixteenth century. (He founded Hawkshead Grammar School, where Wordsworth was educated.)

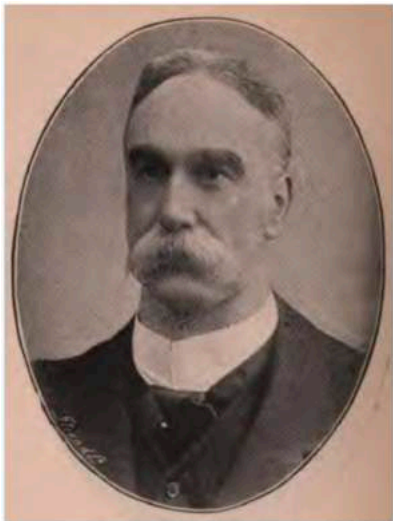
The lawsuit remained a family myth until a couple of years ago when I took out a British Newspaper Archive subscription and took up the trail.

It seems that John Brockbank (my great great grandfather, born 1833) had been summoned to court in Hawkshead in 1874 for fishing on Esthwaite Water by Colonel Sandys's bailiff, but claimed his father and grandfather had fished all their lives on the lake. The lawsuit was scheduled to be heard at Lancaster but Sandys applied for it to be heard instead at Liverpool at his own expense because of local bias.

The case was heard over 2 days at the Liverpool Asizes in August 1875. Each side called witnesses, and although John Brockbank claimed that the lake was a public highway, owned by the crown, he lost the case and had to pay Colonel Sandys 40 shillings in damages, plus fees for his two lawyers.

Graythwaite remains a family-run estate, offering a wedding venue, holiday cottages and a farm shop. I must grudgingly admit that the Sandys

family can claim an excellent sustainability record, with biomass woodchip boilers, a hydroelectric turbine, and a water supply collected from the fells. Something has to keep all those lakes full!



**Plaintiff:** Thomas Myles Sandys, MP in 1895



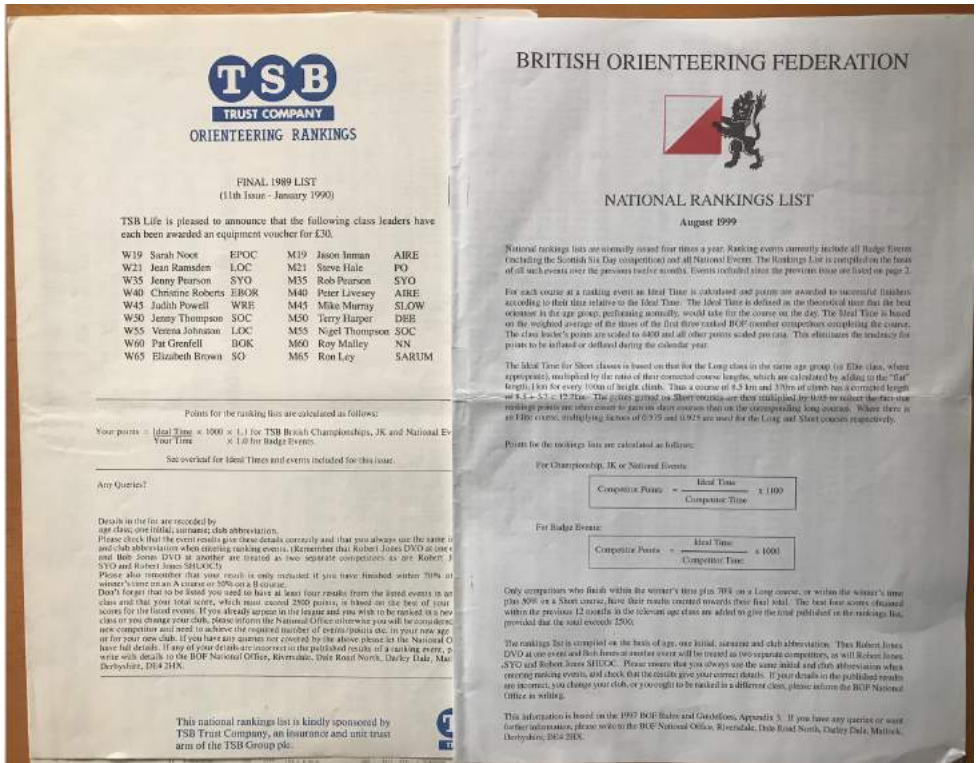
**Defendant:** 'a joiner named Brockbank'



# Remember paper ranking lists?

Dave Chaffey

A nostalgia trip for those of us who have been orienteering a while... It's prompted by Sal's manic tidying over the first few days of lockdown where she tidied a room per day before she ran out of rooms. A cardboard box under a bed revealed these, which are our first and last known copies.



These paper lists were mailed out twice a year and were an interesting way to see how we were doing. Not much value in the paper ones, but I've picked out a few DVO examples from 1989 of how we were young once and the age profile of the sport was quite different:

- W21 - 246 ranked: V. Johnson 86, S. Russell 158, A. Priston (UMOC) 206
- W40 - 115 ranked: J. Buckley 9, H. Finlayson 18, L. Godfree 63, J. Gale 72, C. Middleton (LEI) 86

- M21 – 593 ranked! D. Nevell 21, J. Hawkins 32, D. Dickinson 49, J. Duckworth (BOK) 86, S. Kimberly 160, J. Hurley 403, A Sykes (MDDXO) 459, G. Johnson 489
- M40 –338 ranked. S. Buckley 5, A. Middleton (LEI) 23, D. Dickinson 47, M. Godfree 120, D. Skidmore 143, A. Hawkins 285

We started orienteering in 1989 so didn't make it onto all these lists. It seems ranking lists continued at least until 1999 before the current online system started. If you haven't seen this, I find it tricky to find on the BO site – Googling to go straight to here is easiest:

<https://www.britishorienteering.org.uk/rankings>

For these early ranking lists, points were calculated scaled against an 'ideal time' for the course based on the average time of the top three runners. These days, it's more sophisticated and it seems the validity of the ranking points is discussed just as much. Since I've not got any events to do this Sunday, looking at these has prompted me to take a look at the latest formula to remind myself why, if you're looking to get more ranking points, it's worth running up ...

The current formula for the rankings published online is:

$$RP = MP + \frac{SP \times (MT - RT)}{ST}$$

For each course, at each event, the following quantities are used for the calculation:

- *MP* is the mean of current scores of the non-outlier runners
- *SP* is the standard deviation of current scores of the non-outlier runners
- *ST* is the standard deviation of times of the non-outlier runners
- *MT* is the mean time of the non-outlier runners

Removing outliers was introduced a few years back to avoid 'fluky' good or disaster runs from competitors skewing ranking scores. An "outlier" is any score which is more than 100 different from a runner's current score (*CS*) and is ignored in all calculations.

Even without being a statistician who understands standard deviations (an indication of the 'spread' of scores or times either side of the average mean), this suggests that you have more potential to gain a higher ranking score when the people you are running against have a higher average current score. *MP* is a large component of the ranking score and is based on the average rankings of the competitors. I'm sorry but this means that it's a fact

of orienteering life that your rankings will be higher on a course that is more likely to contain younger males!

Googling an example, I thought this one from an article by Jonathan Gilbert on the [Vagaries of the BOF ranking scheme](#) explained how it works quite well:

*'Suppose, the average scores and standard deviation of the runners running a course are 1100 (MP) and 100 (SP). If on the day, the average time (MT) is 100 minutes and the standard deviation of times is 10 minutes (ST), then if you complete the course in 90 minutes (RT) you would get 1200 (1100 + 100) ranking points. If you did it in 80 minutes, you would get 1300'.*

The article concludes:

*"So to boost your ranking score: Run a course with a strong field, e.g. by attending major events such as JK or Scottish 6-Day; attend lots of events; and of course run well!"*

To take a real example, my highest ranking score for the past 12 months was a Brown at Stickle Pike in the Autumn where I scored 1238 even though for a 78 minute run (roughly 4735 expressed in seconds). The formula shown on the BO rankings page for each event shows the data before outliers are removed, in this example:

$$1,246.87 + 79.74 \times (4,625.28 - 4735) / 1,008.88$$

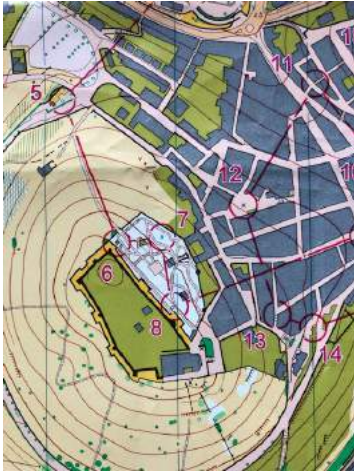
Here my run was slower than the average, but I benefited from the high MP (average ranking of competitors was 1246.87). If I had been running Blue, the MP at the same event would have been 1129.01). I probably also benefitted that I made relatively few mistakes in a Lake District area which since it is more complex than most East Midlands areas means that with runners making more errors, the average time is relatively increased.

So, it seems this is the reason why some non-DVO M/W70s who will remain nameless, run Brown courses (and of course to prove to themselves they still have 'it'). I have been known to run a Brown/Short Brown for a similar reason, but only one of my top 6 scores is from running out of category. Most of my scoring runs are from the Scottish 6-Days or JKs. Just one of my top 6 runs is an Urban Sprint. This is probably because I'm not so relatively fast or relatively slower on these. But I think it's also because the runners are more closely bunched and less likely to make errors, meaning it's harder to get a big difference from the average. It also seems that, in my age category, many of the top terrain runners stay away from Urbans, so this reduces the average ranking scores of those running.

# Portugal O Meet 2020

Sal Chaffey

During Shrovetide week the Godfrees and Chaffeys travelled to Portugal for some winter sun and 6 races concentrated into 4 days. Formats ranged from Night Sprint to Urban Sprint, Middle and Classic – the latter in mixed forest and wildflower meadows near the Atlantic coast just north of the Algarve.



M55 course for Day 1 Santiago do Cacem –sweeping views near the ruined chapel (a post-race stroll)



Rehydration Portuguese-style after the Classic at Santo Andre and Santa Cruz



Control site for the closing event at Sines

An inspiring video of the 2020 Meet is here:

<https://www.facebook.com/portugal.o.meeting/videos/2715888838459011/>

The 2021 event is scheduled to take place in and around Lisbon, and we're hoping to be able to attend.



## Orienteering lockdown mini-anecdote (140 words)



In 1973, as a novice junior orienteer I went to an event on St Martha's Hill near Guildford. These were the early days of written control descriptions and many non-IOF features, amongst them the perplexing "pulpit". As luck would have it the control site nearest the hill summit was indeed a pulpit and on top of the hill there was as chance would have it (you might have got there already) a church. My hand drawn circle was right next to the church. The only pulpit I knew of was inside the church. Maybe I had plotted the circle incorrectly. I approached the doors. There was activity inside. It was Sunday morning and there was a service progressing. That couldn't be right. Did they have an outdoor pulpit somewhere else? Perhaps that man knows where it is. I'll follow him...

**Dave Nevell** has thrown down the gauntlet! Email your anecdote for the next Newstrack.



In How Many Events? Frank interrogated an exhausted Annie about how many times she had been orienteering during 2019, to which an increasingly annoyed Annie replied with a succession of correct and incorrect responses. But how many events did Annie attend in 2019? Robert Shooter cut out all that maths malarkey and went straight to checking out the results themselves, adding them all up to find a correct total of 81. Those losers that resorted to arithmetic got there eventually as well. Paul Goodhead even produced a spreadsheet and macro to crack the nut – impressive Paul but you must learn to think laterally. Francesco Lari was as ever spot on but had the cheek to ask where these questions came from. At a fee Francesco, at a fee. David Vincent hit the mark as well, not only responding with a fiendish quiz of his own but also having an identity crisis between Frank (in the question) and Fred (clearly not). Alan le Moigne and Jen Gale also got 81. Of Andy Mackervoy, no reported sightings this time. I won't attempt to explain the answer as I'm sure you are all keen to move onto pastures new. A couple this time.

### **Where's the Squash?**

Just before lockdown at the Cromford Rocks event, I filled up six containers with water. These were all different sizes, containing 15, 16, 18, 19, 20 and 31 litres. I added some concentrated orange squash to one. Frank arrived and took away two of the containers with water in them. Fred then turned up and departed with more water-filled containers, totalling twice the amount of water that Frank had taken. Which container has the squash in it?

### **What Weighs What?**

I asked Fred how much the five boxes of orienteering equipment in the stores weighed. Fred, not being Frank, weighed them all two at a time in every possible combination and informed me that these weights were 11.0, 11.2, 11.3, 11.4, 11.5, 11.6, 11.7, 11.8, 12.0 and 12.1 kg. How much did each of the five individual boxes weigh?

Answers as ever to [dnevell3@gmail.com](mailto:dnevell3@gmail.com) by the editor's copy date please.