



Photo: Robert Lines



Newstrack

April 2015

Ann-Marie chasing French elite (& M21E winner) Thierry Gueorgiou on the run-in at JK Day 3 Bigland

... but Rachel gets the overall medal!



Photo: Kerstin Mitchell, HOC

Newstrack is the magazine of Derwent Valley Orienteers
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Editorial

A busy time of the orienteering year with the JK, British Classic, Sprint and Middles within 5 weeks (and about 700 miles driving!). Before Easter, DVO hosted two East Midlands League events (Crich with 332 competitors and Kedleston with 266). Results from the first 6 events of the League are at:

<http://www.emoa.org.uk/league/galoppentable2015.pdf>

There have also been informal events at Cambridge Woods, Foremark, Hardwick & Broomfield and a Night Event at Calke (brave!). A lot of work involved – pls see Event Officials Needed list on last page if you would like to offer your services.

Nottingham's Clumber Park Score event (& East Midlands Score Champs) was victim to a combo of high winds and National Trust caution. Controller Paul Addison was checking controls from 5am, only to find hours later that the Park was closed & the event cancelled! The NOC website reported 53mph winds and trees falling near planned routes. Frustrating for all but better safe &c.

Copy date for next issue is **7th June** with a view to giving out at Chesterfield Urban on the 14th. Please keep the items coming folks!

New Members

Welcome to Tony Stirland, Jake Bayley, Aimee Mayfield, Irina Ferapontova, Sarah Paine, the Dicken family, Anne Cunningham, Claire Newey, Paul Young, Leonardo Conway-Johnson, Hilary Spencer, Louise Rimminton, Rich Tinsley, Edmond Brook and Katherine Stuart Brook. Kat (pictured here with Edmond) celebrated her 30th birthday at the Kedleston event!

Great to get some new club members at the younger end of the spectrum! See you at an event soon – or on the Yahoo! group or Facebook :)



Yvette Baker Trophy

A request for all DVO members M/W18 and under to run at Cromford Moor on Sunday, April 25th

The Yvette Baker Trophy is a competition only for junior orienteers, designed to allow you to run your normal course standard of orienteering. This first round heat will be taking place alongside the DVO event at Cromford Moor and the courses will range from Yellow to Green standard. There will be no timed starts so competitors can start at any time provided it is not within four minutes of another runner from the same club. It is also possible for yellow standard runners to compete in pairs. All finishers will receive a score based on their position, so it is important we have as many qualifying runs as possible. If successful DVO will progress to the final in Nottingham on July 5th.

Elizabeth Bedwell

Derbyshire School Champs, Sat 11th July, Shipley Park

This event is included in a normal (open to non-schools) Level D event, offering White to Light Green. Details of the Schools Champs are at <http://www.derwentvalleyorienteers.org.uk/details/schoolschamps2015.pdf>
Any runners of all abilities from any school welcomed.

Contact Val for details gmjandfam@aol.com



DVO BBQ & Fun Relay Evening – Fri 10th July Broomfield Hall (Derby College)



Meet 6:30 to 7pm. BBQ 7:30 onwards.

DE7 6DN Meeting point at the cafe on site/ north end of the car parks.

No charge & no names required in advance because courses will be copied from Master Maps (just like the old days!), with teams made up on the night.

All ages and abilities catered for - so Yellow course, Medium and Long.

Bring along your own food and drink for the BBQ. We can shelter in the café if it's raining!

More details next Newstrack or contact Ann-Marie jasrduckworth@btinternet.com

Footpath relay, Sat 27th June, Cromford Meadows (Rugby Club)

This is a 10-leg relay with a series of loops centering on the Rugby Club. Legs vary in length from about 1.5 to 10 km so juniors can run and we can combine legs if needed. Let me know if you would like to run – when I have details I'll start allocating the legs. It helps a lot if you can reccie your leg in advance.

Liz.Godfree@btinternet.com

Matlock Club Nights

Matlock Orienteering Club is back in action - we meet each Wednesday during term time from 6.30 - 8pm and practice different orienteering techniques - and have fun. Please see the DVO website or our Facebook page for where we are meeting and the activities we are doing.

It helps if we know how many maps to print. If you are planning to come along you can go to our Facebook page to let us know

<https://www.facebook.com/pages/Matlock-Orienteering-Club/629914640475116>

or email Viv on viv.macdonald@btinternet.com

News just in from the British Champs (Forest of Dean)

An enjoyable sunny weekend at the British, here's DVO's haul:

M21L 3rd Andrew Powell

M40L 10th Dave Bennett

M45L 16th John Duckworth, 18th Richard Parkin, 27th Dai Bedwell

M50L 45th Dave Vincent

M50S 2nd Andy Sykes

M50L 7th Paul Addison

M55S 7th Roger Hodgson

M60L 65th John Hurley

M60S 19th Randal Macdonald

M65L 19th Andy Middleton, 64th Stuart Swalwell

M65S 5th Dave Skidmore

M70L 8th Doug Dickinson, 10th, Rex bleakman, 13th Derek Gale

M80 **1st David Parkin**, 13th Brian Ward

W12A 1st Rachel Duckworth

W14A 2nd Sarah Duckworth

W18L 2nd Joanna Goodhead

W21S 1st Emily Powell

W45L 42nd Ann-Marie Duckworth

W50L 8th Sal Chaffey

W60S 4th Ruth Ellis, 5th Viv Macdonald

W65L **1st Liz Godfree**, 9th Judith Holt, 23rd Christine Middleton, 33rd Jen Gale

W70L 11th Pauline Ward

Relays, Cannop Ponds – DVO gets a Podium Hat-trick!



DVO Crich: Grace, Rachel and Sarah 2nd in W14 – a mere 38 seconds behind the leaders, LOC



DVO Hardwick: Lynden, Judith and Liz, 1st in W60, 10 mins ahead of 2nd placed Borderliners. Judith was so confident they'd win again that she left the trophy at home!



DVO Calke: Doug, Pauline, Derek 1st in M/W70 – beat 2nd placed ESOC (Edinburgh) by a clear 25 mins! (All photos Ann-Marie)

CompassSport Cup at Sherwood Pines

SYO 2400 **DVO 2307** DEE 2245 WCH 2194 LEI 2183 MDOC 2163 NOC 2107 WAOC 1412 NOR 531(6 counters)

As I'm sure you all know DVO came an excellent 2nd in our heat of C/S cup in March, proving once again the importance of quantity. We had 86 runners out of 95 entries (injury and illness led to last minute withdrawals). An exceptional turnout – better than any other club attending, but where were the other 100+ DVO members? Some I know had other commitments on the day or were recovering from surgery but there are others of you, aren't there? Enough of that!

Scorers for DVO were:

Brown – Chris Millard 88, Andrew Powell 87, David Pettit 83

Short Brown – John Duckworth 93, Dai Bedwell 92

Blue Women – Helen Chiswell 96, Emily Powell 87

Blue Men – Andy Jackson 95, Paul Addison 93, Andy Sykes 90

Green Women – Sal Chaffey 97, Michelle Mackervoy 95, Ann-Marie Duckworth 84

Green Men – John Hurley 96

Short Green Vets – Doug Dickinson 100, Derek Gale 98, Liz Godfree 91, Rex Bleakman 90

Junior Men – Louis Forshaw-Perring 100, Joe Uprichard 84

Junior Women – Joanna Goodhead 96, Elizabeth Bedwell 90

Orange Men – no scorers

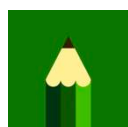
Orange Women – Sarah Duckworth 100, Rachel Duckworth 98, Grace Pennell 84

Dave Bennett on Short Brown and Lynden Hartmann on Short Green Vets also scored 83 points.

Other club members pushed down the points of scorers from other clubs emphasising once again the importance of depth in numbers. NOC's loss is DVO's gain – thank you to Andrew and Emily Powell M/W 21.

Congratulations to the Duckworth family all of whom scored points for DVO. Thanks also go to Louis and Joe who raced round their course before being whisked off to an afternoon's hockey tournament in Derby.

DVO now go through to the Final on Sunday 18th October at Helsington Barrows, venue for BOC Relay 2012, a fast open area near Kendal. It will be a tough competition against SYO, DEE, AIRE, LOC, OD, SLOW, SN, BOK, SOC and FVO. We need as many of you as possible to turn out – we know that the more runners we have the better our final score will be. WILL YOU SUPPORT DVO?



For your Diaries ...

Sun 18th October - C/S Cup Final Helsington Barrows, Kendal



I have booked 50 beds in the independent hostel (formerly YHA) in Kendal at approximately £20 per bed for the Saturday night. A £10 deposit (cheques payable to DVO please) will reserve a bed. There are large dormitories but also family sized rooms. No guarantee of room type till final numbers are known, but I will try to allocate on a "first come" basis.

Liz Godfree

Harvester Relays, June 27-28th

The Harvester Relay is a 7 or 5 leg relay straddling the dawn so there are night legs and day legs. This year it is organised by WIM(bourne) and the venue is Rushmore Estate, Tolland Royal, Dorset. See flyer for further details:

<http://www.wimborne-orienteers.org.uk/wim/15%20Harvester/Event%20flier%20Harvester%2028%206%202015%20v5.pdf>

Names to me if you are interested.

Liz.Godfree@btinternet.com

DVO Abroad

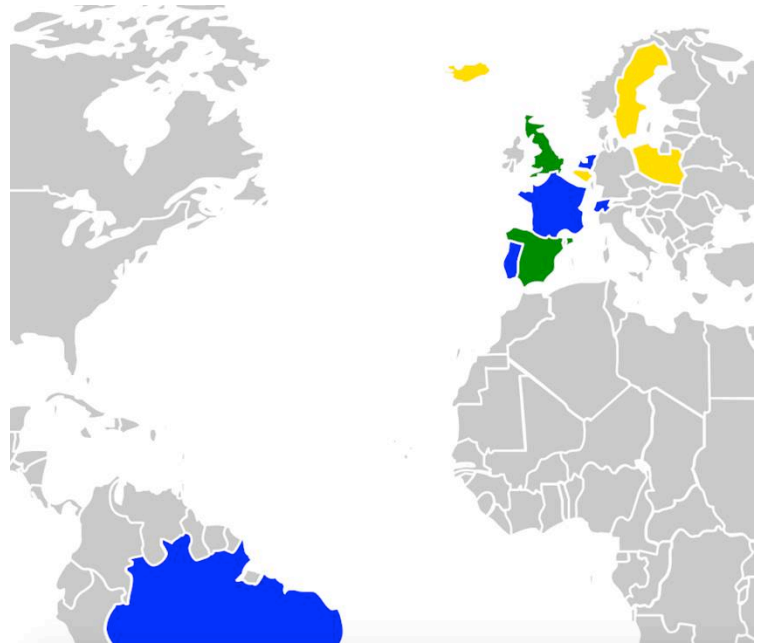
Now I know that Sal likes lists in Newstrack so how about a summary of where DVO members went orienteering last year (I also like colouring in, Mike!).

Any advance on this list for 2014:

France (Liz and John D. at Interland)
Holland (Helen C. at Amsterdam)
Switzerland (lots!)
Portugal (Porto – Godfrees, Kimberleys, Helen C.)
Spain (Barcelona – Godfrees, Kimberleys)
Brazil (World Masters – Dave Bennett)
As well of course as England, Scotland and Wales.

And for 2015 already happened, booked or possible:

Australia (Tasmania – Richard P.)
Iceland (Reyjavik – see below)
Poland (Krakow, EuroCity Tour)
Sweden (Oringen in Boras, World Masters in Gothenburg)
Scotland (WOC and other events as well)
Belgium (Antwerp, EuroCity Tour)
Spain (Murcia), possibly also Seville and Barcelona again, EuroCity Tour
Portugal maybe (Porto again EuroCity Tour)



DVO 2014 DVO 2015 (plus Tasmania) Both years

Are there any others to add to the list?

Which leads to another interesting question, which club member can claim to have orienteered in the most countries outside the UK? Liz claims 15 (USA, Canada, Portugal, Spain, Italy, France, Hungary, Austria, Germany, Switzerland, Belgium, Holland, Norway, Sweden and Eire) which is 2 more than me. (Dave Bennett claims 17, if anyone can name them, I'll do him a map! The Chaffeys have done a paltry 10 – Ed)



The world ... as navigated by Liz!



Mike Godfree

Accommodation offered in Iceland

If anyone is going to the Ice-O in Reykjavík in June (26th to 28th) and needs some accommodation, we (4 of us so far!) have rented a large apartment in the centre of Reykjavík. It has 4 double bedrooms and 2 bathrooms - so plenty of room for everyone! Currently we are only using 3 of the bedrooms, so if you would like to join us, then please let me know.

We have rented the apartment for a full week from Wednesday 24th June to Wednesday 1st July. Some are staying the full week (retired people!) whilst us workers are just coming for the orienteering over the weekend. You would be welcome to stay for the week around the orienteering if you wanted to.

Cost will be somewhere between £27 and £40 per person per night - depending on how long everyone decides to stay.

If you haven't already considered going to Ice-O it looks great! Three races over 3 days. There are cheap flights from Manchester, Luton and Gatwick. More details of the Orienteering here!

<http://orienteering.is/ice-o-2015-information/>



Helen Chiswell (Helen.chiswell@gmail.com)

A Salutory Lesson

As most of you know we check that everyone is back from their courses by comparing the punches recorded in the Start (and if need be Check and Clear) boxes with those who have downloaded with the aim of collecting controls and standing down the Finish team as soon as possible. At the Crich event at around course closing time we were still waiting for two teenage lads. It eventually transpired that both had retired back via the route to the start. So they missed the people waiting for them at the Finish and Liz doing her usual stint of ticking people off the list of those still out. One of the lads had lost his dibber so either didn't want to admit that at Download or didn't realise the importance and was sat in the college minibus. The other went straight to the family car but was chivvied out by the Organiser.

Fortunately, and that is really the point of the tale, Liz had persuaded his father not to go out on the area searching for him. That would merely have changed the challenge from searching for a competitor lost on a known course to trying to find someone who could have gone anywhere. As it was, we were able to stand down a very cold and miserable Finish team not too long after the notional course closing time. We come back to the usual advice. If you are likely to be a long time on your course please try to start early in the start window. And you must report to Download no matter what happens and do so before the course closing time if at all possible. It is one thing for us all to be waiting for a club member who is a competent navigator and started late after a shift helping, quite another to be searching for someone whose capabilities we don't know.

It is also why I like to have the written forms rather than just a dib to register. Again and again the forms have enabled us to follow up people whom we are worried about. A car registration that is no longer in the car park or a mobile number that we can check with means we can concentrate that much sooner on someone who might really need rescue.

Mike Godfree

O-Tops

I have just a (very) few of the O-tops left, so time for a new order. Let me know if you would like to be included on the next order. See the DVO web site under Members/Clothing for details including the size chart. Most people have wanted one or even two sizes larger than you would think unless you want a fashionably tight fit. We can get both short sleeve (around £26) and long sleeve versions (around £32). The exact price depends on the size of the order (because that affects the delivery charge and the bank charges) and the exchange rate at the time.

Mike.Godfree@btinternet.com



An update on Purple Pen

My previous articles on Purple Pen for planners are on the club web site under Members/Officials Help Page. Since then there has been one or two innovations. PP now breaks lines automatically where they cross over. Double sided maps are catered for, on the relevant course click "add Map Exchange". Usually choose "at a control" and click on the changeover control. From then on you can view either part or the whole course. Probably better not to add the finish to part 1, after all the competitor has part 2 with them to know where the finish is. And you should add the course part to the course name (Insert Special Text/Course Part). Far more importantly the option to add a shadow to the control numbers has been introduced under Event/customize course appearance. A figure of 0.2mm seems about right. This makes the numbers stand out much more clearly (especially for colour-blind competitors) and makes the positioning of them less critical though you should still aim to have them on a plain background if possible. Do watch however that you don't inadvertently make it appear that there is a break in an uncrossable feature especially on urban maps.

It is worth repeating the check list of admin type items:

- Date of event on the map, how many times do you look up old maps with no idea of when you went there?
- Course name on the map so start officials and competitors can easily distinguish which map is which. For how to do it see the notes on the web site.
- Closing time on the map and on the control descriptions.
- Event number if not already on the map itself. The event number is on the BOF fixture list under Full Details.
- A bold "You must report to download, even if you retire"
- Control descriptions, text for White & Yellow, probably both for orange and IOF for the rest. The row height should be 6mm (you can check it by clicking on the descriptions). For Green upwards these could be over the legend if that keeps them within the A4/A3 page. Otherwise they can go on the back. Obviously on the all controls map they can obscure any of the admin as appropriate and you can compromise on the size.
- Draw a test course on the scale bar of the map just to check that the distance and therefore map scale are correct.

If it is vital that the planner, controller and printers use the same version of the file (and the map itself) otherwise mistakes get made and changes that one person has made don't make it to the printed map. To that end it is worth sticking to the following protocol.

Once a file has been sent to any one else then that version is frozen, no changes no matter how trivial. If any changes need to be made first do a "save as" and add a suffix letter or date/time to the file name. Ideally add some text, perhaps off the edge of the map itself to include that version number.

We can usually get maps printed within a week but I like to have at least an early version around two weeks before the event to give time to check back with planner and controller if there are any issues.

Mike Godfree

East Midlands Urban League 2015

The 2015 EM Urban League is about to start! The dates for the events are shown below. The scoring is the best 4 out of 8 events to count.

1. Mon 4 May: Nottingham (NOC)
2. Sun 14 June: Chesterfield (DVO)
3. Sun 21 June: Ashby (LEI)
4. Sat 5 September: Lincoln City (LOG)
5. Sun 6 September: Loughborough University (LEI) also counts to UK Urban League
6. Sun 13 September: Southwell (NOC)
7. Sun 25 October: Grantham (LOG)
8. Sun 15 November: Matlock (DVO)

The detailed urban league status is available on the EMOA website at <https://eastmidlandsurbanleague.wordpress.com/>



Surely, it's as easy as ABC...

Well, this is laughable. Here I am, a distinctly average to poor orienteer advising on how to orienteer. After I've finished a run, I'm often heard talking about the time/position I would have had if I hadn't made several 2, 5 even 10 minute errors... But maybe I'm not alone in this. I'm looking at you Sal and almost everyone I overheard after their JK runs.

Anyway, here's my 'system' that has evolved and I try to use to trigger concentration before and, if I remember, during a run. I thought it might be useful to newcomers to orienteering to compare to what they do on each leg and amuse old-timers. So, here is my ABCDE mnemonic to Orienteering Success!

A – Attack point

If you have nothing else in your mind, then you should at least have this; what's the feature you're aiming for, that will get you close enough to navigate to the control circle or control?

Sal is a big fan of working backwards from the control in leg planning, which is why she takes more canny path routes than me and is good at Sprint/Urban – trying to copy this!

B – Bearing

Yes, you have a compass. Use it! I don't enough... I use a thumb compass which is good for rough compass. It's a Moscow where you can dial a bearing if I weren't too lazy, but I do occasionally on pathless legs in the Lakes/Scotland.

I could do with looking more at the compass to confirm direction, particularly after junctions/direction changes. I'm mostly OK at this on paths, but have made a few directional blunders, e.g. 90/180 degrees in Urban/Sprint through not checking this and ended up a long way from where I should be.

C – Control/Circle

Obvious. That is, the control code and description including feature and size, location where provided. I find I forget this several times a leg, so have to look back at the descriptions. I do try to keep this in mind for the next leg too, it helps concentration.

I read a recommendation from Oli Johnson (ex UK British Champ and GBR International, etc) that you should visualize the control in the circle, that's the type of vegetation, other features? That's less obvious, but useful.

Yes, there's more - over the years I've thought of a couple of other things that should be on my mind to extend my mnemonic.

D – Distance

It depends, it could be...

- The length of the leg on short legs! is it 100m or 150m?
- The distance to run along a path before heading
- Pace counting which I should do, but I don't

E – Elevation

How much height do I need to gain or lose on the leg? So contour counting in those 5 metre increments. Don't do this enough either. Beware of downhill legs!

So, there you have it, how could I fail to succeed? Well there's a few reasons. It would help if I consistently followed A to E, oxygen debt makes that tricky. So slow down! I think the main reason I make so many mistakes is that I don't look at the map or compass frequently enough since I don't want to go over on my ankles. Need to work on that. Then when I do look at the map, the next leg often looks easy, but all my experience of errors should say 'orienteer beware'. Keep looking at the map to base your decision/pinpoint your position on more information. Then there's the lack of speed...



Lawrencefield DVO Wedding



Hilary Johnson, former DVO member, daughter of Val and Graham, became Hilary Lewis when she married Oliver of that ilk on Saturday, 28th March. Dave and Maureen Walker were also there, and the ceremony was nearly, unwittingly, gate-crashed by Paul Addison on a training run earlier in the day.

It may be some years since Hilary ran an orienteering course – more into cycling and straight running these days – but the lure of the forest is hard to resist. The photograph shows surroundings that will be immediately familiar to all DVO members: the ceremony took place at Lawrence Field, Longshaw, not far from control 149 (crag foot, 2 metres) at the Midland Champs last year. Who knew that an area best known for fiendish navigation would be such a perfect setting for a wedding?

Has anyone else ever got married on an orienteering area, I wonder?



(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 11
More pies, more pints, more pork scratchings, more pizzas (MP4!)

Be more Tortoise

Extreme String Disaster

Hardcore twine experiment ends in major Mountain Rescue call-out
Controversy over Scarlett Johansson and Katy Perry replacing Peppa Pig
Event spokesman – “Next time we’ll use rope for the abseiling” (p 92-96)
Other news: Millions wiped off chutney futures market (page 20)
K6 found! April fool sends south west Duffield into a frenzy.

Steady on chaps....

It looks like Real Orienteering’s aspiration of glorious and gallant failure has once again been eschewed in favour of success at all costs. To paraphrase sultry 80s popstress Kim Wilde*, one RumpassSport Cup Final in three years could have been regarded as unfortunate, but two is most certainly careless. However, WSC can see a way out of this problematic situation. Promote 17th-18th October as a fun-packed social getaway weekend in the Lake District with an optional Sunday morning jog for the survivors. That’ll work. (* or Oscar Wilde, whatever).

Smalls disgraced by Gategate scandal

Sensational news has emerged concerning Derbyshire-based chutney magnate Sir Branston Smalls, who is being held in police custody for questioning over a variety of irregular activities related to the recent acquisition of Stanton Pastures for construction of a huge new pickle plant. The developments have huge implications for local orienteers who have been protesting about the potential loss of orienteering terrain almost as good as Cromford Rocks. In addition, Small’s company Peak Pickles are the major sponsors of the up and coming eagerly awaited Belper Festival of Street Orienteering and in the current circumstances, the future of that event looks to be in some doubt.

Whatever Smalls may have been up to in his dodgy dealings with CLOT over the land purchase, and we expect more details to emerge soon, the thing that has undoubtedly grabbed the public’s attention more than anything else has been the mysterious disappearance of Real Orienteer hunger striker and protester R*x, who has been padlocked to the entrance gate of Stanton Pastures for three months fuelled only by the products of Bad Dog Breweries, and his subsequent reappearance, the same gate and all, on neighbouring Carsington Moor. The finger of suspicion points firmly at Smalls although nothing has yet been

proven. Our ace roving reporter Miles Piles has been on the spot to speak to a tired and emotional R*x who was unable to substantiate the allegations on account of “it being dark and I had a bit of a bad head”. He did however elaborate on his personal crusade by saying “*I do these things not because they are easy but because they are hard. Ask not what your club has done for you, but what you can do for your club. Ich bin ein Hamburger. Hic. What was the question again?*”



Carsington Moor – site of the Gategate incident. As can clearly be seen, very different terrain from that of Stanton Pastures and Cromford Rocks

Meanwhile attention has shifted to Belper where our ace roving reporter Miles Piles has been able to track down O Festival organiser Jason Twinge.

Piles: Mr Twinge, The Belper O festival may have lost its sponsorship. How do you feel?

Twinge (for it is he): I detect the hand of She Who Cannot Be Named behind these outrageous accusations. Sir Branston is a good man. She has brought shame on our town. She has brought shame on the saintly Timothy Dalton. But she has underestimated me. Belper will rise again like a Phoenix from the ashes. Belper will seize the carp. Belper, Gateway to the North, Gateway to the Universe, Gateway to Infinity and Beyond. Now excuse me, Borrisons have Better Than BOGOF on cocoa and I need to beat the rush.

Piles: Better Than BOGOF you say? Lead on! Back to the studio!

You decide – the poll that really matters



With Peppa Pig and Shaun the Sheep films head-to-head at the box office recently,



WSC has been musing over the vital question of who exactly is the King or Queen of the string course characters. On the one hand you have a cheeky puddle-jumping piglet, on the other, a feisty sheep. What's the best way to decide? A fight?

No, no..... WSC has a better way to sort this out. Just text "SAUSAGES" or "KEBAB" as many times as you like to 66666 before April 30th. Under 5s only. Don't worry about all that bill-payer permissions stuff kids, your parents are loaded. Results next issue.

Soap update

What a masterpiece of a start to the new orienteering soap. The script writers came up with the hugely original idea of having a dead body in the very first episode! Where on earth did they get that idea from? The body in question? None other than over-officious health and safety council jobsworth official Millicent Friendly, found skewered to a tree in Ballestree Park with Real Derbyshire Orienteers tent pegs. The finger of suspicion points firmly at David, previously seen to have been driven to breaking point by one tent-erection risk assessment too far and now gone missing *along with the peg bag!* Elsewhere, a mass brawl breaks out at the Stonewaters book signing session for the highly controversial "The Joy of Dibbing" publication. We'll keep you posted.

Lettuce look back

Several WSC readers have enquired as to the origins of the RDO badge, pictured here. We have to go back to 1970 to pick up the tale. Following a drunken evening of post-training re-hydration in the Aesop Arms, a dispute arose over whether the badge should feature a tortoise (representing the club's non-elitist roots) or a hare (basically something a bit faster than a tortoise) ended up, and nobody is quite sure how it happened (let alone Bert), in a planned race-off at Allestree Park between Bert's pet tortoise Dasher and



Frank's pet rabbit Jessica. The winner of the race, to be held on the day before the JK, would dictate the design of the badge. The course was to be marked out by two parallel lines of lettuce, over 200m.

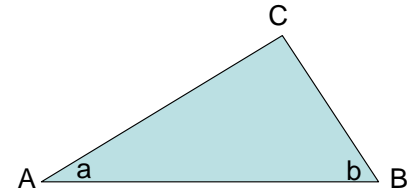
As expected, watched by a sizeable and excitable crowd who were banking on an easy win for Frank, Jessica scampered off into an early lead and within minutes was already close to the finish line. Then fate played its hand with a freak gust of wind that blew the lettuce far and wide. Dasher remained unperturbed but Jessica immediately made a bunny-line for a piece of lettuce tumbling into the nearby undergrowth. And this set the scene for the following three and a half hours. Dasher plodded ever onwards towards the finish line at an average speed of approximately 970 minutes per km, masticating each sliver of replaced lettuce with excruciating precision. Jessica on the other hand was glimpsed every few minutes or so travelling in and out of nearby bushes and brambles at a speed over a hundred times faster than her rival, but never in the right direction. Tension mounted as the long Good Friday wore on, punctuated by intermittent shouts of "There she is!", "Catch her!" and "Go Dasher, go!" Finally, with the finish line just centimetres away and with the crowd in a frenzy, Dasher succumbed to the soporific effect of so much lettuce and fell asleep, refusing to budge another inch. At this point Jessica re-appeared and began to nibble lettuce only a few metres from the line. In desperation Bert produced his secret weapon, a juicy chunk of carrot that he wafted in front of the snoozing tortoise and placed just over the line. Unfortunately Jessica spotted it and made a frantic dash towards it. However, in her excitement she failed to register the presence of Dasher and rammed straight into the back of the startled tortoise, propelling him over the line just before herself. Dasher had won. And that, my friends, is the absolutely true story of how the RDO badge acquired its tortoise.

The surveying of Great Britain (and ipso facto Derbyshire) by the Ordnance Survey in the early and mid part of the twentieth century was based on two key elements.

- The ability to determine position (x and y if you are mathematically inclined)
- The ability to determine height (z, ditto)

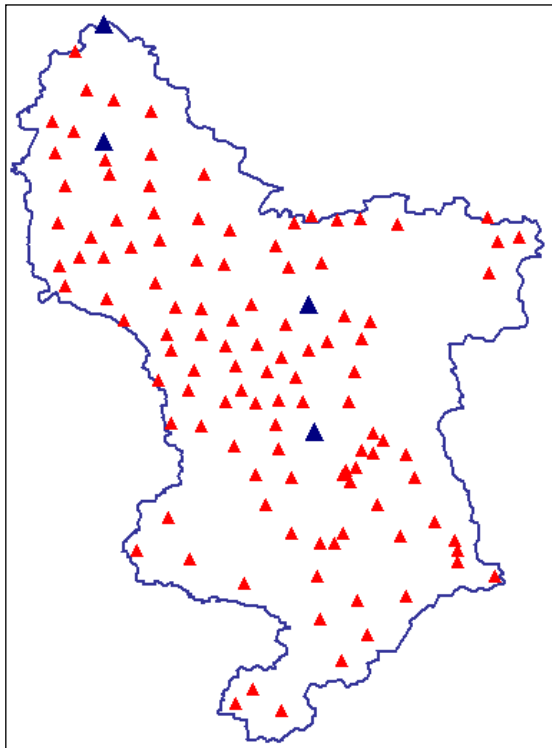
This article will start by looking at x and y, with z covered next time round.

It should come as no surprise to orienteers that the basis for determining position was based on the principle of triangulation. This involves working out where something is by measuring the angle from it to two other points whose position has already been established. So the location of C can be ascertained by measuring angles a and b and constructing triangle ABC to find C (hence triangulation).



The theory is all very straightforward but is a completely different matter when it comes to mapping an entire country. Fantastic accuracy is required at each stage because errors can easily propagate over large distances. Attempts to do this to the required level of precision during the first few decades of the twentieth century were thwarted by an inability to consistently identify precise points to use, and when at those points, to use the equipment in a consistent way. The OS therefore, decided that they would have to create its own network of standardised surveying reference points and true to its military origins, it appointed a military man to take charge of proceedings. This was Brigadier Martin Hotine, the head of the Trigonometrical and Levelling Division who was

responsible for the 26-year-long retriangulation of Great Britain between 1936 and 1962. He was responsible for the design of the now familiar triangulation pillar, or trig point, which are spread across the country. The pillars took a long time to put in place; raw materials had to be transported by hand to many (by inference from their intended purpose) inhospitable locations. Some took weeks of effort to complete. They all have an identical metal baseplate on which to affix a theodolite and also feature a metal serial plate, known as a flush bracket, set into the side of the pillar. The pillars were new but the flush brackets were not, of which more next time.

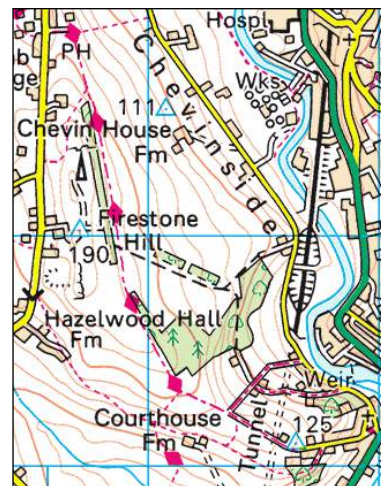


Derbyshire trig point network with the four primary points highlighted in blue

The network was hierarchical; Primary, secondary, tertiary and fourth order. The Primary network, which can be considered as the backbone of the whole system, consisted of 378 pillars situated at very prominent locations. There are just four of these in Derbyshire, situated at Beeley Moor (above Chesterfield), Alport Heights, The Edge (that's on Kinder Scout, not on U2's lead guitarist) and Black Hill (right on the Yorkshire border). However the real starting point for the whole triangulation procedure was a small subset of 11 of these which were fixed as a result of previous surveying work carried out in the nineteenth century. From here the process cascaded sequentially down through the network hierarchy. In all 6173 pillars were constructed between

1936 and 1962 to accommodate this. Much of the surveying work was done at night, both to eliminate distortion due to heat and to allow the pillars to be illuminated. Each angle was measured no fewer than 32 times.

Quite how the locations were efficiently established isn't clear – a network designed today could be optimised using a computer-run algorithm, and there are certainly some oddities to be seen. Three of the closest pillars anywhere in the country could be found on the Chevin, a second order one on the top, constructed as early as 1938 but has been toppled and moved slightly, one at the south end (Sunny Hill), built 1948 and controversially destroyed in May 2014, and finally one on the side, also built in 1948. Why on earth is that third one there as it seems to provide little that the others must



The nearest existing trig point to the centre of Derby, erected in 1947, is now in the front garden of 23 Cricklewood Road, Mackworth estate. The flush bracket is clearly visible. Another pillar (originally on the old Markeaton Golf course) was not so fortunate – it disappeared when the Allestree estate was built, and was just 400m from where the Mackervoy's house is now.

already have offered? There also used to be a fourth one just over the river on Cow Hill, destroyed in 1992. This tight cluster is almost unprecedented anywhere in the whole country.

Overall Derbyshire had 120 trig pillars of which fourteen have been completely destroyed, by housing developers, farmers or by lightning. There are some other oddities to that already mentioned – having one in your front garden is certainly unusual – I have seen a similar one in Worcestershire converted to a bird bath. There are obviously some on DVO orienteering maps – Carsington Pastures, Drum Hill, Cromford Moor and Matlock Forest to name but a few.

A further element of the surveying network was to use prominent sighting landmarks to fill in at a more local level. These were known as intersected stations and there were at least another 107 of these in Derbyshire. Derby Cathedral tower flagstaff is one. Others include Hazelwood belfry, Crich mount monument, and Chesterfield church spire.

Andy Mackervoy and I both "collect" Derbyshire trig points. Andy is in the lead but I can at least claim a full set from Herefordshire whilst I was in HOC. We will look at levelling next time.

Memories of Allyson Reed (1956–2015)

Some of you may have seen the sad news of Allyson's untimely death which was reported in the Feb 2015 CompassSport. I'm not going to replicate the comprehensive list of her achievements which was published in CompassSport, but since there are not many of us left who remember her time with DVO I thought it would be appropriate to add some of my own memories.

I first came across Allyson in about 1970 when she was competing for Walton Chasers. I remember a girl with a long plaited ponytail and a steady stride, who seemingly never made any mistakes and would invariably beat all of the other girls and most of the boys as well. Others had noticed this too and at the beginning of 1971, in an audacious and controversial move which I have always assumed was plotted by Jenny Tennant, DVO poached her.

The first appearance that I can trace by Allyson for DVO was at the Checkpoint Charlies badge event in Wentwood Forest on 7/3/1971 where she was second to Jenny on the Senior Women's course. (Whatever happened to the Checkpoint Charlies and, come to that, whatever happened to Wentwood Forest?) In a further appearance at the LEI badge event at Buddon Wood (now a quarry) on 21/3/1971 she was also second to Jenny,

with the rest of the DVO contingent (Mary Griffiths, Gill Hunter, Margaret Dye) making up 5 of the 7 Senior Women finishers.

At the JK in April 1971 Allyson placed second behind a Swedish girl in the Intermediate Women's (now W18) class. However for the relays at Holmbury Hill she ran for the DVO junior team (Hurley, Reed, Martin Blant) which did not recover from my mediocre start and finished 8th.

Over the next year Allyson made rapid strides in senior level competitions and at the 1972 JK she was 9th overall and 4th Brit in the Women's open class. At the 1972 Mammoth weekend, Allyson won the individual race at Great Tower by 8 minutes from Jenny. However the following day she was back in the junior relay team (Hurley, Reed, Ed Parsons) at Chapel House on a day when we all had absolute shockers and finished last in a total time of over 6 hours. It seems very strange to think that 4 weeks after that debacle, Allyson was competing for GB in the World Championships in Czechoslovakia where she was 29th overall, and first Brit, in the individual race and was in a relay team with Jenny and Carol McNeill which placed 9th.

By now on a roll, in 1973 Allyson became British Individual champion at Tarn Hows and was also part of the winning DVO team at the British Relays: she was to be part of the winning relay team on 4 occasions.

In 1975 Allyson went up to Cambridge University and from that time started to compete for CUOC in individual events, while remaining in the DVO teams for the major relays. In her first year there was no separate women's race in the Varsity Match against Oxford but Allyson should really have been selected for the men's team. However the selectors made a questionable decision to pick instead an erratic performer called Hurley who proceeded to mispunch.

Allyson's final appearance for DVO was at the 1981 British Relays back at Holmbury Hill, in a team with Judy Buckley and Roz Clayton which finished 3rd. Shortly after that she married John Foord and moved to Southampton. With John and their children Elissa and James, she continued to participate in orienteering with Southampton, and later Thames Valley, but I did not have any further contact with them.

The Guinness Women

During the first ten years of the British Relay Championships, there is no doubt that the most successful team in the Women's Open class was DVO. This led to an appearance in the 1982 *Guinness Book of Records* where it is stated that with 3 wins DVO had won the women's title on the most occasions to that date. However recent research indicates that there were in fact 4 wins, as shown in the following table. (If anyone has the full team details from 76/77/78 please let me know.)

Date	Venue	Position	Lap 1	Lap 2	Lap 3
21/5/1972	Newcastleton	DSQ	Margaret Dye	Judy Buckley	Jenny Tennant
25/3/1973	Clipstone	1	Judy Buckley	Gill Hunter	Allyson Reed
30/6/1974	Puddletown	2	Debbie Wilkinson	Allyson Reed	Gill Hunter
7/6/1975	Hope Woodlands	1	Judy Buckley	Jenny Tennant	Allyson Reed
26/6/1976	Hafodgwenllian	2	?	?	?
15/5/1977	Orlestone (Kent)	3	?	?	Jenny Tennant
29/4/1978	Mulgrave Woods	?	?	?	?
29/4/1979	Swynnerton Old Park	1	Judy Buckley	Allyson Reed	Roz Clayton
4/5/1980	Pickering	1	Judy Buckley	Allyson Reed	Roz Clayton
23/5/1981	Holmbury Hill	3	Judy Buckley	Allyson Reed	Roz Clayton

At the first British Relay Championships in 1972 there was drama after Maureen Brown was first home for ESOC, followed closely by Jenny. News came through that Maureen had been disqualified for a mispunch and hopes

rose, only to be dashed when more news came that Jenny had also mispunched. The eventual winners were UNOC (Newcastle University).

In 1973 at Clipstone (now Sherwood Pines) Jenny had to be dropped from the team, not because of her error the previous year, but because she was the event organiser. Allyson came into the team to run the fastest lap on the day, just ahead of Judy and athletics international Sheila Carey (OD), with Gill's steady middle lap being invaluable in achieving a victory margin of 17 minutes over EUOC.

The 1974 team, weakened by the absence of Judy due to pregnancy (Alastair) put in a very creditable performance, leading most of the way until Nicola Meadows (Reading) came through strongly at the end to beat Gill to the finish by 30 seconds.

The 1975 team won by over 10 minutes from ESOC and then DEE, who had Jo Thornley on first lap. This event was staged by MDOC, but on the following day DVO staged the British Individual Championships at Strines and Jenny was the planner for the women's courses.

The 1980 team also won by over 10 minutes from EUOC and an SYO team consisting of Sally Sahni, Claire Elgood and Jenny Pearson, but in 1981 the same SYO team took their first victory by over 10 minutes from WCH and DVO and our era of domination in the open class was over. At Pembrey in 1982 we fielded no team in the Open class, with Judy, Debbie and Jenny preferring to tackle W35 and the same team then won the W35 class in 1983 at Dalswinton.

John Hurley

Costa Calida Trophy, Spain

Hello, my name is Andis Celinskis and I am from Latvia. I am a relatively new to DVO, but have orienteered for more than 20 years. 10 years ago, when I moved to England I joined Leeds club AIRE. A few years ago I moved to the Midlands and decided to join DVO. I have participated in numerous competitions in the Baltic countries (Estonia, Latvia and Lithuania), and in UK have participated in a lot of competitions, starting with London City Race and ending with the Scottish 6-days, and I have participated in CompassSport Cup finals and all of British Championship races (sprint medium, long, relay and night). My favorite is the night race, because it requires very high concentration and navigation.

In recent years I have had to fight with an ankle injury, so now I have a little retired from orienteering. But from time to time I return to my favorite hobby. There is a tradition for me that is now for the fifth year in a row. Every spring I go to Spain a one-week holiday. And always on my holidays I include orienteering races. The Spanish company SUN-O (<http://www.sun-o.com/>) provides a perfect setting for both - relaxing and sport, providing a camping or hotel accommodation, car hire from the airport, training on different maps and of course participation in orienteering competitions.

I would definitely recommend SUN-O for orienteering holidays. In the first year with friends I participated in the Portuguese POM event, next year together with Latvian national team orienteers participated in Costa Calida competitions in Spain, then the next two years I went to Spain with my family and attended the AOM competitions, but this year with my friends I returned to Costa Calida competitions in Murcia. As for me this is just a hobby and after so many years and feet injuries, I always run M21B where length (5-7 km) is very suitable for me. In previous years I was twice on the podium and twice fought for places close to Top 3. This year was my first year M35B (incredible that I am already a veteran), and anticipating the events ahead, surprise myself and the Spanish, finally winning a victory in Spain! Now just briefly tell you how I got to the top of the Spanish podium.

At the end of February with a friend from Latvia I ran in the British Night Championship in Leeds, where I won M35S. The next day an easy training at LEI event Ratby Woodlands, and a day later took off to Spain, to Alicante airport, where we joined another Latvian orienteer in the UK - Pauls Liepins (AIRE). We arrived Monday evening and at the airport got Goldcar rental car and went to the nearby La Marina camping on the Mediterranean coast, where we will live all next week. At the campsite we were greeted by a great bungalow with all amenities, training orienteering maps for the coming days, a pool and spa and gym.

Tuesday morning we went for a wake-up run along the sea, where I found that after the night race in England my groin was hurting, so now in Spain I will be more rested than running. While my friends (their first time in Spain) actively practiced Spanish maps, I sunbathed and ate oranges. Wednesday we went to the mountain training, where I ran a little distance, because competition will take place in the mountains. For me it was like a refresher, because I am now quite familiar with Spanish terrain. So mountainous terrain it is best to move around large relief, from which the transparency in the whole area, or run along small dried-up rivers, which are like trails between the mountains. On the next days we had excursions in Alicante, Elche and Murcia cities, ate a lot of wild oranges, attended a football game and in the evening enjoyed sangria and the spa recreational complex.

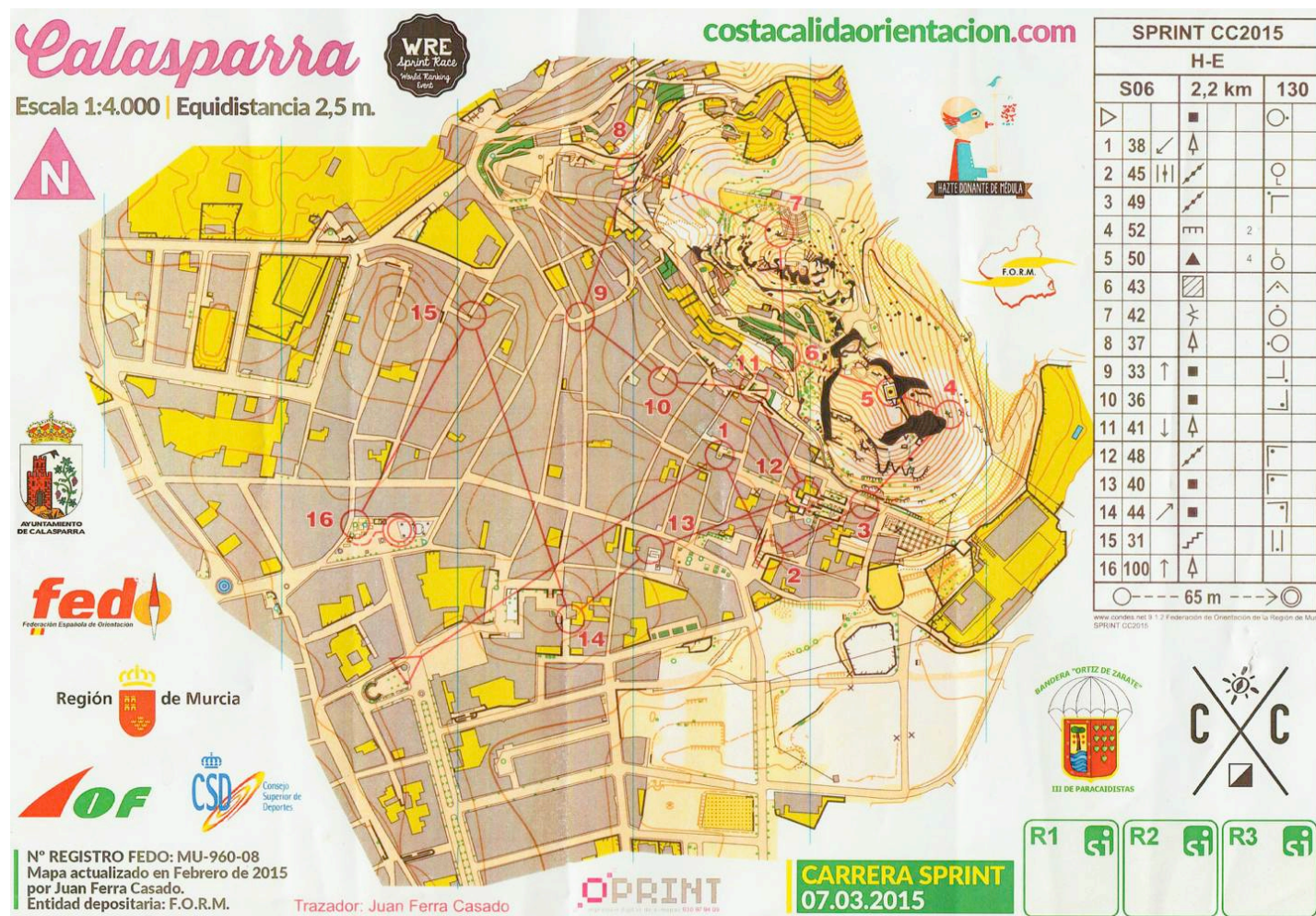


Day 1 Classic map



Saturday was the first day of the competition - long distance. We were camping by the sea, but the event took place one and a half hours drive away in the mountains, so we had to get up pretty early. The competition format - the first day - long distance and the second day - chasing distance. My task before the start is run calmly and without mistakes and then see on second day if I can fight for the Top 3. The first three controls ran very cautiously in order to better understand the map. From #4 started mountain stages which had to be run very carefully in order to stay in map contact. I used my old technique of running along the dried-up rivers. The mountains and rocks were impressive and

the terrain very rocky, but up to #12 I hadn't made any big mistakes (maybe 1 minute). But at #12 I lost about 4 minutes, when I came to the cliff and could find no way forward and no way back. This was one of the most extreme events in my orienteering experience! The cliff at one point was so steep that progress depended on arm strength rather than leg! Adrenaline solid, but somehow I got out of this situation and I wasn't the only who fought (hung) on these slopes. This mistake cost me the victory on the first day, but I had fought hard enough to get 2nd place.



In the evening we participated in World Ranking sprint race, which I use as well as more training, because I didn't want to leave all my power in Calasparra town hilly streets and the castle on the hill.

So the second day was a chasing start. The first orienteer started 3 minutes before me and the third 40 seconds behind me, and the fourth up nearby, so I foresaw myself fighting for the second to fourth place. On this day there were no mountains, but the terrain was very rocky. Up to #3 I had already overtaken a 3rd place orienteer who to the next checkpoints got into my tail. To #7 we made a mistake when we started to look for the control too early. And the 1st place orienteer was also here, so all three leaders were wrong. This was a great opportunity to use my orienteering experience when using a competitor's confusion, managing to escape from him. One competitor was left behind me, but I wasn't sure about the second competitor - before or behind me? Approached the finish line with the belief that I am in 2nd place. Slightly nervous to the penultimate control, where I made a mistake on a flat spot. At the last control I heard shouts from my friends that I am the leader! Didn't believe it until the finish line, the other leader after the mistake at #7 I had never seen in the forest, it turns out he had made a mistake on #12.

Great race and victory podium between Spanish orienteers at their forests. <http://www.inscripciones-form.com/Ficheros/CC2015/Totales.html#H-35B> In the coming years I will go back to Spain! More of my orienteering adventures can be read in my blog <http://www.orientmaps.blogspot.co.uk/> which is in Latvian, but



Day 2 Chasing start map



with Google Translate button can be read in English (great blog! lots of maps, going back many years – Ed). With my injured ankle I rarely orienteer, but do not forget about running, I'm a very big fan of parkrun 5km runs. Parkruns take place in many parks all over England. Currently, I have participated in 83 parkruns on Saturday mornings, mostly the Conkers parkrun, but 36 of them have been in different cities and parks (London, Sheffield, Leeds, York, Birmingham, etc.). More information on the parkrun website <http://www.parkrun.org.uk/> Look forward to seeing you on the forest trails and parkrun runs!



After running the gauntlet of Good Friday M6 traffic to a blustery start on the intricacies of Lancaster Uni Campus, the rest of the JK was glorious once the mist had burnt off! Apparently the village hall was of a high standard and Teams DVO won 1st, 2nd and 3rd in the local pub quiz (and there were 20 teams)!

I've listed everyone because getting thru this year's JK was quite a feat – as Andy Middleton said, you were doing well if your time was only in double figures! The Red Bull DJ seemed to empathise when he played 'I can't get no satisfaction' at Bigland! But very well done to Liz (3rd W65L), Andrew Powell (3rd M21S) and David Parkin (2nd M80) and to Rachel our covergirl, Sophie who won W14B and Elizabeth and Joanna, 2nd and 3rd in W18L. The rest of us were glad of the ruined walls!

		Lancaster*	Ulpha	Bigland	D2&3
Ivan Smith	M10A		17	19	16
Ben Mackervoy	M12A		30	34	29
Sam Davis	M14A	50	59	64	58
James Bedwell	"	mp	61	65	50
Matthew Jackson	M14B		R	5	-
Peter Mackervoy	"		8	R	-
Louis Forshaw-Perring	M16A	mp	28	41	34
Joe Uprichard	"	48	37	42	40
Andrew Powell	M21S		3	4	3
David Bennett	M40L		15	18	17
John Duckworth	M45L		13	13	14
Richard Parkin	"	12	23	22	21
Dai Bedwell	"	32=	52	48	47
Dave Chaffey	M50L	38	52	28	35
Andrew Jackson	"	43	42	45	49
Robert Smith	"		35	52	40
David Vincent	"	118	63	72	63
Andy Mackervoy	"		95	103	90
Paul Goodhead	"		97	105	93
Andy Sykes	M50S		4	4	4
Paul Addison	M55L		7	26	14
Stephen Kimberley	"	34=	63	78	65
Lester Hartmann	M55S		12	35	24
Graham Johnson	M60	15	68	92	76
Andrew Middleton	M65L	37	14	13	11
Mike Godfree	"	29	24	14	18
Dave Skidmore	"	mp	66	71	67
Stuart Swalwell	"	mp	R	72	-
Ray Stuart	"		R	92	-
John Cooke	M65S	84	R	22	-
Doug Dickinson	M70L	1	17	13	15
Rex Bleakman	"	5	18	26	18
Derek Gale	"	9	27	24	22
David Parkin	M80	3	4	4	2
Brian Ward	"	5	10	R	-
Rachel Duckworth	W12A	1	4	1	3
Sarah Duckworth	W14A	2	8	9	9
Sophie Vincent	W14B	mp	1	2	1
Elizabeth Bedwell	W18L	36	2	1	2
Joanna Goodhead	"		3	4	3
Emma Vincent	W21S		6	21	11
Emily Powell	"		16		-
Katie Swalwell	W35S	16	5	6	4

Michelle Mackervoy	W45L		15	16	14
Ann-Marie Duckworth	"	36	37	31	30
Karen Bedwell	W45S	73	38	36	35
Andy Smith	"		37	R	-
Sal Chaffey	W50L	4	23	23	20
Rachel Davis	"	67	70	59	62
Rebecca Perring	"	57	60	65	63
Cathy Goodhead	W55S		39	34	33
Susan Allard	"	104	R	42	-
Val Johnson	W55L	35	45	58	49
Ann Kimberley	"	63	17	19	15
Lynden Hartmann	W60S	34	8	3	5
Ruth Ellis	"	49	10	R	-
Liz Godfree	W65L	1	5	3	3
Ann Armistead	"		26	21	19
Christine Middleton	"	28	47	28	37
Jen Gale	"	24	45	R	-
Judith Holt	W65S	9	3	4	4
Pauline Ward	W70L	18	6	13	9
Helen Finlayson	"		13	12	11

* Note no Long/Short, A/B courses in the Sprint race

Relays or 50 Shades of Graythwaite (unless you were called Andrew or Vincent!*)

DVO had 15 teams running in the Relays, a huge feat of organisation for Liz! It was a lovely Arena, with the competition area – a small section of the Graythwaite map re-named The Colonel's Drive – visible on 3 sides. Highly runnable compared with the individual days, competition was fierce:

Juniors (MW40-)

17th Grey Whale Rachel Duckworth, Matthew Jackson, Sam Davis
 28th Grey Goose James Bedwell, Ben Mackervoy, Peter Mackervoy

Women's Short

17th Grey Trout Elizabeth Bedwell, Sarah Duckworth, Joanna Goodhead
 28th Grey Bass Michelle Mackervoy, Rebecca Perring, Rachel Davis
 40th Grey Mullet Lynden Hartmann, Anne Kimberley, Katie Swalwell

Men's Short

31st Grey Snipe Joe Uprichard, Andy Mackervoy, Louis Forshaw-Perring
 50th Grey Duck Paul Goodhead, John Cooke, Lester Hartmann

Senior Men (120+)

10th Grey Falcon John Duckworth, Dai Bedwell, Richard Parkin
 21st Team Andrew* Andrew Powell, Andy Sykes, Andy Jackson

Veteran Women (165+)

5th Grey Sandpiper Liz Godfree, Judith Holt, Sal Chaffey
 21st Grey Crow Ann-Marie Duckworth, Christine Middleton, Val Johnson

Veteran Men (165+)

45th Grey Owl Graham Johnson, Mike Godfree, Steve Kimberley
 49th Grey Plover Andy Middleton, Stuart Swalwell, Rex Bleakman

Ultra Vets (MW 210+)

9th Greyhound Doug Dickinson, Pauline Ward, Derek Gale (just a warm-up for their victory at the British!)

Mixed Ad hoc

16th Team Vincent* Emma Vincent, Sophie Vincent, David Vincent

Lecture Summary: Nutrition Before, During and After Endurance Exercise

It was a real treat to attend this talk recently at Loughborough University. Dr Steve Faulkner is a colleague of DVO's Andy Jackson and has a PhD in exercise physiology as well as being a keen triathlete. A bit like orienteering, triathlon now covers the spectrum from super-sprint to iron man and Steve has competed in all.

His opening gambit was that the talk would help us manipulate our balance of carbs, fat and protein to optimise performance on race day. Current recommendations are:

Carbs 60%
Fat 30%
Protein 10%

All contain calories and excess is stored either in the liver and muscles as glycogen or as fat. Glycogen or fat is used to synthesise ATP to fuel muscle contraction. Your glycogen supplies fuel the first 2 hours of exercise and a single molecule of carbohydrate will produce 36 molecules of ATP when completely oxidised. After 2 hours you start burning fat and 1 molecule of fat will produce 147 ATP molecules (pass the lard now!) but this isn't as efficient so you need to be refuelling mid-run with gels etc.

Steve recommended a diet of lean meat/fish, fresh fruit and veg plus wholemeal carbs. He felt supplements weren't necessary, with the caveat that athletes can sometimes be deficient in vitamin D and iron because overtraining will lower ferritin (the protein that stores and releases iron).

Carb loading made tolerable

The classic theories about carb loading involved a 3-day period with no carbs followed by a long run to really wring the last drops of glycogen from every muscle of your body. Then, during the 3 days leading up to the race you could eat mainly carbs, with the idea that the muscles would soak them up having been deprived.

The last 15 years have seen a move to slight reduction in carbs (from 60 to 50%), no depleting run, and 2 days before the race, increase carbs to 70% with a high carb intake the day before the race. A great tip was to reduce fibre content the day before the race (for obvious reasons)!

An example of a carb loading menu was given and the approach was two-pronged: add in extra snacks and add in sugary/starchy foods to meals. Good carb sources are muesli, bananas, bread, honey, OJ (sweetened!!), pasta, rice, potatoes, corn, sweets, cakes and drinks (sports or non-diet fizzy drinks). Ever since our Thames Valley days, Dave and I have had pre-O Turkish Delight and the sweet gooey bit fits the bill. Jelly, either made-up or as cubes, is also good.

During competition

You should be able to exercise for 40 mins without needing to eat or drink. If running for an hour, you will benefit from a mouth rinse of a sugary drink. *This is total magic* – apparently the sensors in your mouth stimulate the brain to maintain pace because it thinks it's getting some sugar soon! You can then spit it out. I've tried it a few times and it seems to work!

For durations longer than an hour you do actually need to digest the food and you should be aiming at 60g of carbohydrate per hour. For mountain marathons, increase this to 90g per hour.

This is the really clever bit. It's best to mix your sugars as they use different cellular "gates" to cross from the small intestine to the bloodstream so can enter the tissues more quickly = more speed! Research (Jentjens et al., 2003) has shown that a mix of glucose and fructose is the optimum so look for gels with this mix.

Foods for during competition – jelly babies, malt loaf, sports bars/gels/drink, jam/honey butties

After competition

It's important to pack in some carbs soon after exercise, especially in multi-day events. Protein intake should be covered in the normal diet, but a 20g boost is a good idea if you are doing a second session of exercise that day. Bars and shakes are convenient. Protein & carb RDAs are:

Requirements	Carbs	Protein
Light/moderate training	5-7g/kg/day	0.8g/kg/day
Intense training	7-12g/kg/day	1.2g/kg/day
Typical amounts per portion	Baked potato 37g 2 slices bread 25g 100g pasta 75g 100g brown rice 23g 100g white rice 34g	Chicken breast 26g Fish fillet 22g Pork chop 33g Egg 6g

A good tip was to practice race day nutrition and hydration during training so your run isn't hampered with digestive issues! Steve advised not to over-hydrate – you can replace fluid losses *after* the run and the fastest athletes will be the most dehydrated.

All in all an interesting night, preceded with a twilight run round the campus. A good opportunity to take in the vibrant atmosphere when not frantically trying to shape match in three dimensions while in oxygen debt!

Reference

Jentjens, Moseley, Waring, Harding and Jeukendrup (2003) Oxidation of combined ingestion of glucose and fructose during exercise. *J App Physiol* **96**, 1277-84.

BBC's The Truth About series ... in a nutshell

Newstrack brings you a distillation of 4 hours of food documentaries so you can save time, lose weight and save money all at once. What's not to like?!

Sugar (has its place for orienteers, see lecture article!)

- WHO recommends <6 teaspoons per day ... most of us consume >15 tspns!
- Can build up insidiously, a tea with 2 sugars 3x daily gives a weight gain of 4.5kg over a year if not burnt off.
- Brown sugar is no healthier than white.
- Hidden sugar – a portion of Bran flakes contains 3 teaspoons of sugar (the only sugar-free breakfast cereals are shredded wheat, puffed wheat & porridge oats)
- High sugar content (red on the traffic light labelling system) = more than 22.5g sugar per 100g. So soups, ketchup, baked beans can score high
- One twin drank as much OJ as she could, the other ate oranges. The OJ twin managed ¾ litre, equivalent to 18 teaspoons of sugar. The other twin managed 1½ oranges, equivalent to 3 teaspoons!

Calories Whereas sugar contains 4 calories per gram, fats contain 9 calories. That our bodies store energy in the form of 'spare tyres' is evidence for the energy-dense nature of fats.

There was an impressive scene of the presenter blow-torcing a packet of Dorritos as an illustration of how much energy they contain, but they didn't explain that 1 calorie is the amount of heat required to raise the temperature of 1 cubic cm of water by 1 degree C.

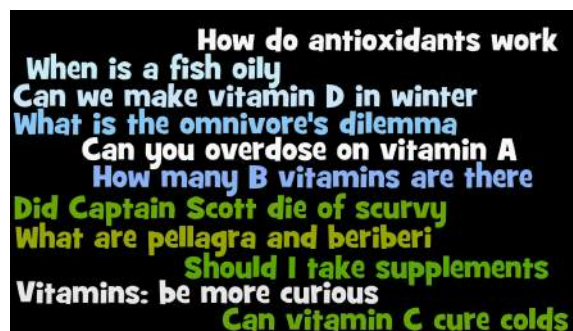
Experiment in which they compared calorie expenditure of going to the gym for an hour versus a morning of housework. The latter burnt more calories because sustained moderate exercise consumes more calories. Interestingly, you burn 60-90 calories an hour (2/3 of your daily calories) just by sitting around.

Fats A group of volunteers were asked to give up fat for a week. They were only allowed food with <1% fat content, surprisingly putting cream crackers (13%) and chicken breast (1.7%) off the menu. Cornflakes were OK at 0.9% but any wholegrain cereal was forbidden at 2% due to the high oil content of the wheat germ, showing how contrived the experiment was.

By the end of the week the volunteers were tired, hungry, moody and had cramps and bloating from semi-digested carbs. Fats make you feel fuller for longer and enhance flavours.

Over the counter medicines Of most interest to runners was hot and cold creams, Deep Heat, Deep Freeze and the like. We spend £83 million a year on these and their claim to bring relief to achy muscles in opposite ways suggests that something dodgy is going on! Indeed, tests showed that they don't affect the temperature of the muscles at all. Runners in a 5 mile obstacle race compared levels of stiffness after a hot or cold bath or nothing. The conclusion was that a bath is better than nothing and hot and cold are equally good for preventing DOMS (delayed-onset muscle soreness).

Sal Chaffey



The vitamin A-D articles (with added historical trivia & a Tube map) are available at Sal's Ultra Blog, together with E & K. These two have skipped NT and gone straight to blog – even I couldn't see any relevance to orienteers!

<http://salsultrablog.co.uk/2015/02/27/vitamins-be-more-curious/>

British Orienteering Franchising Proposal for Major Events

The British Orienteering Board are currently starting to review the vision for orienteering in the UK and the way in which the vision is brought into being – our Strategic Plan. A part of this review will need to consider our major events and in particular those that British Orienteering is responsible for. Whilst our British Orienteering major events, the JK and BOCs, are almost always a success from a participant's perspective you may or may not be aware that there have been a series of issues relating to the delivery of these events during the last 10 years. Several times we have been close to disaster, including cancellation of one or more days of the events within a few days of the event. With the benefit of this experience now is a good time to review the way in which these events are delivered.

Therefore BOF are just exploring the possibility of a franchising model. Would regions and clubs be interested in this?

The 'Franchise' Model, in overview, would be:

a) A club or region purchase up front from British Orienteering the 'right' to deliver one of the major events in a year – these figures are indicative only:

- JK £16,000
- BOC Sprint £3,000
- BOC Middle £3,000
- BOC Long & Relay £4,000

b) The club or region then have the freedom to deliver it as they see fit to meet the needs of the participants – apart from the 'British Orienteering' branding of the event there would be little or no support from British Orienteering.

c) The club or region would need to meet the insurance requirements set by British Orienteering and our insurers OR put in place separate insurance at a cost to the participants.

d) The club or region would 'bank roll' the event i.e. provide the cash flow and take the financial risks.

e) The 'profit' above the purchase price would be kept by the staging association or club.

If in any year we were unable to find an association or club to stage the event British Orienteering will need to reserve the right to find another delivery partner or deliver the event ourselves. This is necessary as the income generated for British Orienteering is required in order to run the organisation. In total the £26,000 of income generated from the major events is 10% of our total self-generated income (that is if government funding is ignored).

Major events at present are run under a partnership agreement between BO and the host club. BO keep 2/3 of the profit (or foot 2/3 of the loss) and the club 1/3. The above appeared in the most recent EMEWS and Mike raises a lot of valid issues, such as the outlay to host a JK being more than many regions can afford/would want to risk, and the role of Controllers and other volunteers if the event is being run by a (commerical) delivery partner ... included in the paper Newstrack as a space filler, but a discussion thread to watch.



Know Your Team Leader

No 3: Michelle Mackervoy, String course team leader

Hats off to Michelle (plus Andy and helpers) for lugging the giant bobbin of string that is the DVO string course over the years! It's back-breaking work, but at least we're not using the heavy wooden Pooh bear characters any more. How many future champions has she encouraged with a Cadbury funsize?! She is, of course, also a competitive W45.



When & where did you start orienteering/join DVO?

At Junior school, aged 10. Our teacher, Rod Shaw of EPOC, set us map reading exercises in the playground and took us to local events in the West Yorkshire Schools League. We also had training sessions at a local area called Bradley Woods (Huddersfield not Ashbourne) – there were lots of huge depressions which gave me a good introduction to contour features.

I joined DVO in the early 1990s when I came to live in Derby. My brother-in-law was interested in having a go at orienteering so we joined the local club.

Highs & lows of any previous roles in DVO?

I held the role of Equipment Officer for a few years, when the equipment was stored in two wooden sheds in the Buckley's back garden. Most of the equipment used then is now obsolete, but the hardest job was sorting the heavy metal stakes that were hung in numerical order - they often got in a muddle or a numbered stake went missing.

Likes & dislikes of your current role in DVO?

Since the team structure was started, I have been String Course team leader. The highlight of this role is providing an activity suitable for the youngest orienteers – they can start practising skills like holding a map and dibbing as soon as they can walk. It would be great to see more youngsters, aged 0 to 10+, taking part so come along and have a go! The hardest part of the role is trying to cover all the DVO events that require a string course with a very small team. So ... if anyone would like to have a go at putting on a string course or similar activity at an event, please let me know!

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

Not overly keen on urban events. I find the maps difficult to read – blame the eyesight - and my knees don't like running on tarmac. I like orienteering because you can 'get away from it all', but I never quite get that feeling running round an urban area! I do like the Middle distance races – a good technical challenge without being too long and physical. My body seems to have a cut-off point after 60 minutes activity, and tiredness sets into the brain and legs.

What do you enjoy doing when not working/orienteering?

Sewing – I have a cupboard full of fabric remnants which I'm making into bags and things. Gardening – I have a lot of redesigning and replanting to do since we had a new patio built last summer.

Most memorable orienteering "holiday"?

JK 1997 Cornwall – introduced to orienteering on sand dunes at Penhale Sands, a very technical challenge.

It's become a family tradition to end the summer holidays at the White Rose. The highlight for Peter and Ben is the camping, and it is great to do three days orienteering without lots of travelling around.

Favourite TV show?

Don't often get chance to collapse in front of the telly. Do like Grand Designs tho – I would love to build my own eco-house!

10 years ago this issue ...

Thanks to John Cooke's digital craftsmanship, John Hurley's back issues of Newstrack are gradually appearing on the DVO website. I'm told they go back to 1983, but there are fragments that predate this, rumoured to be in the hands of Dave Nevell.

A cover series of Great Moments from the Orienteering Archives ran across Dai and Neil Forrest's stints as editor as some DVO wit did an orienteering take on history and culture:

- 2005 One Small Step for Man, One Giant Leap for BOF as Neil Armstrong successfully finds a more accesible British Champs area than Penhale Sands
Moses hopes they invent papyrus in time for the Promised Land O Champs
- 2006 Theseus meets with a spot of bother whilst planning a string course in the Labyrinth
Hannibal's orienteering technique consisted mainly of following elephant tracks
1989: Sudden appearance of ruined wall causes late map correction at Berlin Street O
- 2008 After the box office failure of *The Golden Compass*, plans to film *The Silver Dibber* and *The Bronze Control-Description Holder* have been abandoned (I could go on... Ed)

But 10 years ago this month we were in the throes of moving the DVO equipment from two wooden sheds in Steve Buckley's garden in Allestree (with elaborate hiding place for key: inside the toilet roll holder of the garden loo!) to the brand new shed, nay, building, in its current location near Ambergate. Paul Wright was most excited at the prospect of being able to drive *right upto the door!*

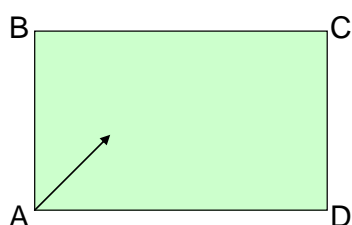
Graham's Diary of a Monday Night Runner raised a chuckle too.

Cryptic Club Members was supposed to be some light relief from maths and logic but it was a bit trickier than intended, probably because some of the clues were not quite as good as they could have been. Clue 4 was supposed to read Mingle O Mingle E but this wouldn't have stopped anyone on the right trail. Clue 11 was the one that really stumped people and wasn't really cryptic so I'll give full points for getting the rest. First, the answers. Remember, these are all surnames of well-known club members (if you don't know them personally, they appear in most results).

1. Atheist? (Godfree)
2. SK059735 (Buxton grid reference)
3. Another child. (Addison – Add one son)
4. Mingle O Mingle (Le Moigne)
5. Aged agriculturist. (Macdonald, as in old Macdonald had a farm. Some people were quite rude to Mike Gardner on this one – remember the clues are cryptic, not personal!)
6. Support for a king? (Uprichard, quite topical I would say)
7. Very cheap French wine. (Vincent)
8. Gather it contains a note. (Gardner – the note is d in garner)
9. Certainly not a vegetarian! (Needham)
10. Part of the legal eagle team. (Gale, extract underlined)
11. Competes in the wrong country, surely? (Berwick, because it is an English team playing in the Scottish League. I don't think Cairns really works as well)
12. Sulphur, tungsten and aluminium are fine. (Swalwell from atomic table).

I received attempts from Jen Gale who got eleven correct answers and offered Cairns for number 11, Zoe Gordon who also got eleven but couldn't crack number 11 either, Helen Chiswell who got eight correct names but not necessarily in the right order although I liked Middleton for number 6, and Jane Burgess who got seven answers correct. Late entrants Sal Chaffey and Alan Le Moigne got six and four correct respectively with Alan failing to spot himself in the answers. Thank you for entering.

Now for this month's challenge - **The Bouncing Orienteer**. An orienteering event was held on a rectangular area of forest, measuring 1247 metres long by 731 metres wide. A control was placed at each corner, labelled as shown below.



The start was at A and the orienteer set off in a NE direction (45 degree bearing). He ran in a straight line until he met the forest boundary fence, whereupon he turned right through 90 degrees and carried on. He repeated this process, always turning right or left through 90 degrees at the forest boundary until he reached the finish control. The choice of right or left depended upon which one brought him back into the forest.

- a) At which corner was the finish control?
- b) How many times did he have to turn at the boundary fence?
- c) How far did he run?
- d) How many times did he reach a point in the forest which he had already visited?

Answers to me, dnevell3@gmail.com by the Editor's copy date please.

Event Officials Needed ... into 2016

Officials are needed to fill the vacancies below. If you are new to Planning and /or Organising and want to give it a try, mentors are available. The event in Darley Park would be a good one for anyone wanting to take on the challenge!

Please contact Ann-Marie, Jen or Ned (Level Ds) if you think you can fill one of these slots.

Date	Venue	Event Name	Level	Organiser	Planner	Controller
Sat 12/09/15	Darley Park	DVO Informal Event	D	?	?	N/A
Sun 27/09/15	Chinley Churn	DVO Level C	C	?	Paul Addison	?
Sat 3/10/15	Carsington	Club Champs	-	Stuart Swalwell	Malcolm Spencer	N/A
Sun 13/12/15	Longstone Moor	DVO & EM League	C	Ann-Marie Duckworth	?	?
Fri 1/1/16	Ashborne	Urban	C	?	?	?
Sun 17/1/16	Eyam Moor	DVO	C	?	Lester Hartmann	?

Upcoming Fixtures

See www.dvo.org.uk

Mon 4th May	Nottingham Urban	Level C	NOC	NG7 6BE SK562412 Parking at forest Park & Ride (Tram) car park off Gregory Blvd
Sat 9th May	Aldershot Garrison	British Sprint Championships	BAOC	
Sun 10th May	Naphill and Park Wood	British Middle Distance Championships	TVOC	
Sat 16th May	Allestree Park	Level D	Ned Needham	DE22 2ES SK352408
Sun 14th June	Chesterfield	Level C EMUL	Graham Johnson	SK385715
Sun 21st June	Ashby Urban	Level C EMUL	LEI	Ivanhoe College
Sat 27th June	Footpath Relay from Cromford Meadows, names to Liz pls. See p 3			
Sat 11th July	Shipley Park	Level D, includes Derbyshire Schools & Youth Groups Champs	Val Johnson	Ilkeston DE75 7GX SK431455
Wed 12th Aug	Ilam	Level D CATI	Mike Godfree	SK134509
Wed 19th Aug	Longshaw	Level D CATI	Mike Godfree	Chesterfield S11 7TY SK266800

☆☆ Star Runners ☆☆

Well done to all – best against handicap at the following League events. One or two more events to fill in – will catch up next time.

Date	Venue	Name	Course
11 th Jan 2015	Outwoods	David Vincent	Brown
18 th Jan 2015	Crich	Sarah Duckworth	Green
15 th Feb 2015	Harlow Woods	Cathryn Goodhead	Green
1 st March 2015	Ratby	Martin Picker	Blue
15 th March 2015	Kedleston	Dawn Moore	Green