



Newstrack

November 2013



**Trophies from the British Schools Orienteering Championships, Shipley Park,
Sunday 17th Nov**

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

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Good to see some new faces on the Committee following the AGM in Oct!

Situations Vacant

Level D Programme Coordinator – oversees Saturday morning events for beginners Spring and Summer – see Sept Newstrack for more info

Social Rep – organises non-orienteeing social events. In the past there's been bowling, pub crawls, bike ride round Carsinton and Bakewell Pudding tasting

Junior Rep – (junior) feeds the view of juniors in DVO to the Committee

Junior Development Officer – (adult) feeds back the junior perspective on the events & socials we plan as a club



Captain's dates for your diary for 2014

Sunday **February 16th** CS Cup heat – venue to be decided

Monday **April 21st** JK Relays Pwll Du, Blaenavon

Sunday **June 1st** British Relays – Cragg Estate and Chesterhope Common, Northumberland

Saturday **June 21st** Footpath Relay based at Ilam

Sunday **November 8th** CS Cup Final (well we can but hope!)

Editorial ... vision dilemmas and Urban tips!





This autumn has been a busy orienteering season for the Chaffey's – evidenced by the rare attendance of our teens at an O event! This was only because they were in the car coming home from their grandparents' house via the November Classic. You can rest assured they only emerged to visit the portaloos and the food van and made comments like "Why is everybody smiling?"

We left them home alone for the CompassSport Cup and had a great weekend albeit a disastrous run ending in retirement for me. Wasting 25 minutes hunting on the wrong ditch meant I for one wasn't smiling that time!

Better was the Stockport Urban (hilly). In the Salisbury Urban I was undone by a control on the corner of the very multi-storey that we'd parked in. It was tucked away in the basement and I didn't see it initially so checked out Level 1... and Level 2... So a few more seconds would have been well invested in a better look!

Which brings me to middle-aged eye deterioration. Dave is very pleased rather sci-fi O glasses (he's long-sighted so needs them for reading the map) and I'm experimenting with monovision. For those fortunate enough to be neither visually challenged nor over 45, monovision is using a single contact lens. I'm short-sighted & don't run in glasses so wearing a single lens should mean I can discern features (especially fences) a yards sooner which all adds up to valuable seconds. Well, I can only hope.

Another good timesaver, especially for urban, is to know your control descriptions as bridges and tunnels can be confusing. Dave retired in Stockport because he was looking for what he thought was a bridge but was actually a tunnel end and I lost 3 mins on the same control.

The symbol for bridge is  and tunnel is  Building pass-through (aka light grey canopy on the map – examples on the ground would be public covered spaces such as an arcade or multi-storey car-park) is 
Crucially  in Column G means underneath (not used in Stockport). There - may you all benefit from Chaffey ignorance! (& as David May says in Big Lycra, it's the competitor's responsibility to know their symbols!). The full set can be found on the IOF website at: <http://orienteering.org/wp-content/uploads/2010/12/Control-Descriptions-2004-symbols-only.pdf> and you can be sure I'll be looking at them on Good Friday 2014 as Swansea University campus looks quite fiendish! Sal

☆☆ Star Runners ☆☆

By definition of the event, the star runner at the Club Championships was **Michelle Mackervoy**. I did work one out for the Hardwick event just before but that seems to have gone astray. More recently the best performances against handicap for the Kedleston and Ratby events were **Joe Uprichard** (Blue) and **Derek Bishton** (Green) respectively. Well done to all.

Enjoyed by 800+ from Torquay to Banchory... The British Schools Champs

As well as the trophies on the cover, winners received a yard of Jaffa cakes & a cup-cake, with Toblerones for runners up

"DVO machine was awesome ...and so was the mud"



Orienteering anytime with iOrienteering

One of the problems when newcomers want to try orienteering is that they can't wait till our next event to try it out. In theory permanent courses can fill that gap but they are less than ideal. Part of the answer may be here now as we drag permanent courses into the electronic age. The course at Ilam is being used as a pilot for iOrienteering. The posts have been equipped with QR codes (that is the funny black and white squares that you see on advertising). If you have a suitable smart phone (iPhone or Android) you can download the app free from the Apple App Store or Google Play. Then either from the map or using the iOrienteering web site you scan the set up code for the course to set that particular course up in your phone.



Once you are ready to start, go to the start control and scan the QR code on the post with your phone to start the clock. At each control scan the code just as you would normally punch with your SI card. At the finish scan the finish QR code to stop the clock. There is provision on the iOrienteering web site to upload your time and compare it with others.

If you try the course at Ilam please let me know how you get on. Note that as there is no mobile signal or public wifi there – you need to have downloaded the app to your phone before you go. I have set the Ilam course up as a score course since that allows you to visit the controls in any order and also avoids the problem when one of the posts goes missing (as number 7 is currently), but there is no penalty or time limit.

There is also provision on the web site for organisers to set up a one off event for which the codes would just be laminated and hung as normal rather than permanently set out.

All I need now is an iPhone of my own!

Mike Godfree (definitely intend to try this! –Ed.)

CSC Final: Forest of Dean – Club Captain's Report

As you will all know by now DVO came 4th in the Compass Sport Cup Final at Moseley Green in the Forest of Dean behind BOK, OD and LOC. This was an excellent result for our first qualification to the Final this century! The 79 members on the start list were certainly of concern to other clubs but we had no real hope against BOK's 140 competitors running on their home ground – though if you had been there who knows?

Many folks found out that the East Midlands areas bear little relation to the Forest of Dean. This was after all a level A event, comparable to the JK or British Champs and the courses were planned accordingly – longer and tougher both technically and physically. Those of us who took in the training event at Parkend on the Saturday afternoon had already encountered the luxuriant bracken growth obviously just beginning to die back and the man-eating brambles not to mention the brashings to be stumbled over. We realised that paths could be the optimum route choice.

On the day we had a tough uphill climb from forestry road parking to the assembly field – same as for JK2002. At least the 1km walk to the start was on the level. DVO members had mixed fortunes. The smile on John Duckworth's face as he returned to the club tent told it all. The Green Women had a particularly troublesome control, compounded when later starters were caught in a tremendous downpour. Many of

our juniors found the courses tough with additional unmapped mountain bike tracks complicating already difficult junctions. Everyone found the courses physical, espec with a steep uphill path to the last control.

Sadly, I didn't achieve my aim of beating Steve Buckley's Lakeland team but Judith and I did have the satisfaction of pushing Carol McNeill down into 3rd place thereby gaining some very valuable points for DVO. However we had a sociable weekend and it was good to see the tunnel tent packed to capacity when the heavens opened.

I'm sure had our club statistician been present in the Youth Hostel on Saturday evening he would be making relationships between the empty bottles on the table after the meal and performances the following day! Or maybe it was the cooked breakfasts. Perhaps the club captain should provide soft drinks.

Next year's first round will be on February 16th, make sure you keep the date free. But I am not sure which heat we will be allocated. As we proved this year, numbers count, especially in the first round. It would be nice to see all members of the club come at least to that event no matter how good they are. It is not a case of saying "I won't count", everyone has the potential to affect the overall score. Perhaps we can make the final again and achieve a top 3 placing?

Full results on the BOK web site, <http://www.bristolorienteeing.org.uk/results> with links to the team results and scorers. Notice how some teams without 25 scorers have to include their very lowest scores (and indeed also have people with zero points). These are the ones that almost any of our runners who completed the course are helping to push down.

Liz

Postscript to CompassSport Cup Final

Dave Nevell

The scorers chart for the CompassSport Cup Final was posted on the website shortly after the event and it told quite a different story from the qualifying heat earlier in the year. This time, as it turned out, the non-scorers had little effect on the overall results as the teams were well spread out; in fact so much so that non-scorers from all seven teams probably had no effect at all on the result. It just proves that you never know what will be important on the day.

The predictions from the last Newstrack were good, apart from the non-effort made by AIRE. However, could DVO have beaten LOC? Without getting into any detailed analysis it's probably safer just to say that the gap was just too large for any feasible set of outcomes to have made that possible. If DVO had finished 3rd, then we would have been a seeded team for 2014 meaning that only heat victory would see us through to next year's final. In some ways coming 4th was the best result from the point of view of the 2014 competition – however it would probably only be to our advantage by somehow getting into a heat with OD (Kinver?) and allowing 2nd place to be sufficient to qualify. The worst case scenario is being paired with SYO again – this would mean beating them for a second year running because they are now an unseeded team and 2nd place would be no good. Has anyone ever beaten SYO two years running? Maybe we did back in the 1980's! I don't think we should bank on it again.

One thing that counts in our favour is that we have the capability of scoring across all ten classes. In fact we had the most even spread of scorers across the courses out of all the teams in the final. This is a good thing because it minimises the chance that higher scores have to be dropped in favour of lower scores due to the limits on the number of counters on each course. The other thing that has stood us in good stead is the ability to take valuable points on the junior courses – there may be easy pickings there so the chance should not be wasted. At the end of the day a large turnout gives the flexibility to cope with whatever strengths the other teams have – so listen to the Captain and let's be prepared!

Veteran Home International

This year's VHI was held at the beginning of October, hosted by NOR at Sheringham Park – venue for the Midland Champs in 2011. Each of the home nations – England, Scotland, Wales and Ireland sends a team of 24 – 2 men and 2 women from each age class 40 to 60 plus 1 each from 35 and 65. I was selected for England's W65, ex-DVO Tony Thornley was England's M65.

Unusually the Relays were held on Saturday afternoon leaving the morning free for a long lie, a stroll round Wells-next-the-Sea where the English team were staying and a fascinating walk out across the flat lands towards the sea – as the tide was dropping we never reached the sea! The Relay itself was held at Kelling Heath Holiday Park – think BOC 1992. In fact it was mainly through the woods encircling the site with only the final few controls along the rides between the mobile homes. Relay teams were mixed 2 women, 1 man or 2 men, 1 woman with minimum combined ages. As the W65 I was in a team with our W35 – Sarah Rollins, Scary! (see Liz concentrating hard on the cover of CompassSport! Ed.) The short leg was off first and I kept the fastest in sight till almost half way round when I misread the map – the path through the olive green around the caravans didn't go right through to the road so I had to retrace my steps. However I then had more ladies to chase whilst they navigated and set Quentin Harding off at the back of the leading pack. He reeled in a few more men before handing on to Sarah who in due course jogged up the run-in well clear of everyone else.

The following day we were at National Trust's Sheringham Park. I watched both the Scottish and Irish W65s plunge into the brambles before I did likewise. I overtook both before having two nightmare controls – one in a tiny re-entrant hidden by a tree, the other a depression in high bracken with which most folks had had trouble. I broke free of the Scot, found the penultimate control on the hilltop in the bracken before racing along tracks for the final control and the finish. Not really a good run but I was first W65 so honour satisfied.

What about results for the weekend? Sadly Scotland didn't field a full team – a clash with a Scottish O League on Royal Deeside. Though ex DVO Alex Campbell travelled all the way from Fort Augustus. Wales and Ireland struggle to field full teams though both have some strong team members. This year, most unusually, Wales took second place to England and ahead of Scotland. Ireland, cheerful as ever, brought up the rear. It was an excellent weekend, good courses, congenial company and dry warm sunny weather. What more could we ask?

Thanks to DVO for supporting me once again this year.

Liz

DVOut-takes....

Emails between Jen Gale and Sarah Blackburn regarding booking tickets for the Club Dinner

Jen wrote:-

Hi Sarah

Is it you that we need to tell we plan to go? If not, do you know who it is?

Regards, Jen

Sarah wrote:-

Hi Jen it's me ill add your names to the list

Jen wrote:-

Hi Sarah

Sorry you're ill and I don't want to be a bother, but where is the list. I've searched the website and I can't see it. If it should be there, don't worry I'll contact John.

Jen

What Sarah should have written was: - Hi Jen. It's me, I'll add your names to the list!

(The book "Eats shoots and leaves" by Lynne Truss springs to mind!)

Three sunny days orienteering in Rome



Avid readers of Newstrack will remember our adventures this time last year in Venice – when torrential rain, strong winds and an ‘acqua alta’ (Venetian extra high tide) combined to flood the city. The orienteering initially went ahead, but the Police received numerous complaints from local Venetians about competitors splashing water into their homes and businesses and any further starts were cancelled. In order to ensure that good relations were restored and the World Cup would be allowed to go ahead in 2014, the Venice city race organisers decided to cancel the 2013 race. This provided an open window in the Italian O calendar and over a beer or two, a couple of members of the Rome O club decided to fill it with a one-off Rome Orienteering Meeting – ROME2013 was born!

Well, being a one-off special event, we decided straight away that we could not miss it! Once again, we booked some budget flights, courtesy of Ryanair and found an apartment to rent. Everything was set for a second excellent weekend of Italian orienteering!

ROME2013 consisted of three races over 2½ days – beginning with a night event in a Rome park and ending with an epic city race around the Colosseum. With all the events so close to the city centre, there was plenty of time left for sight-seeing, and many of ancient Rome’s key sights were on the city race course. Unlike Venice, the weather was stunning for the entire weekend – if anything a little too hot for orienteering!

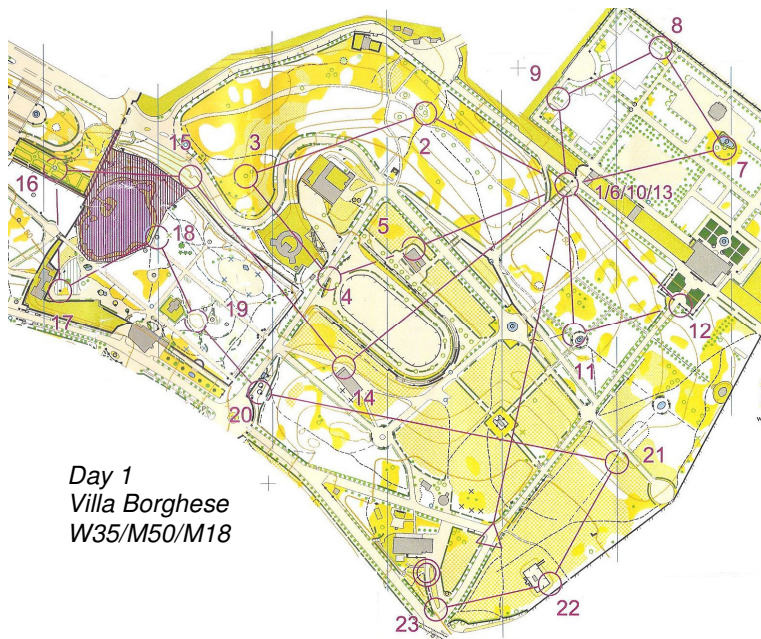
Day one – Night race Villa Borghese

The weekend began in a park just behind the Spanish Steps. Very popular with tourists and locals alike (who were on their All Saints Day holiday), the park was full of scooters, golf buggies, bikes and picnicing families, presenting extra obstacles to avoid during the orienteering! However, we were reassured to see that should there be any collisions, we had our own dedicated field hospital, complete with beds, drip stands and a large medical team. All a requirement of being allowed to organise an orienteering event in Italy apparently!



St John's Ambulance – Italian style

Each class has its own mass start, with courses having butterfly loops to split runners up. The first mass starts went off at 16:00, so with sunset at 17:00 not all classes were competing in the dark. This presented some of the early runners with a dilemma – to take a headtorch or risk it without! I am not sure what the Italians strolling in the park must have made of lots of people running round with torches on their heads in broad daylight! My class (W35) started at 17:30, so no doubt about the light conditions for me! I both started and finished with a headtorch! I decided to take it pretty slowly to begin with, as this was my first night event in over a decade!



Day 1
Villa Borghese
W35/M50/M18

The terrain was fast and open, and as long as you maintained contact with the map, the navigation was not too challenging. Apart from taking a while to find the start triangle on the map at the start, I had a pretty clean run. I was surprised to find myself running alone for most of the course, despite the mass start. The butterfly loops seemed to work well in splitting up groups of people. I was pleased to find that I was second through the finish, meaning (due to the mass start) I would remain in second place. A good start to the weekend!

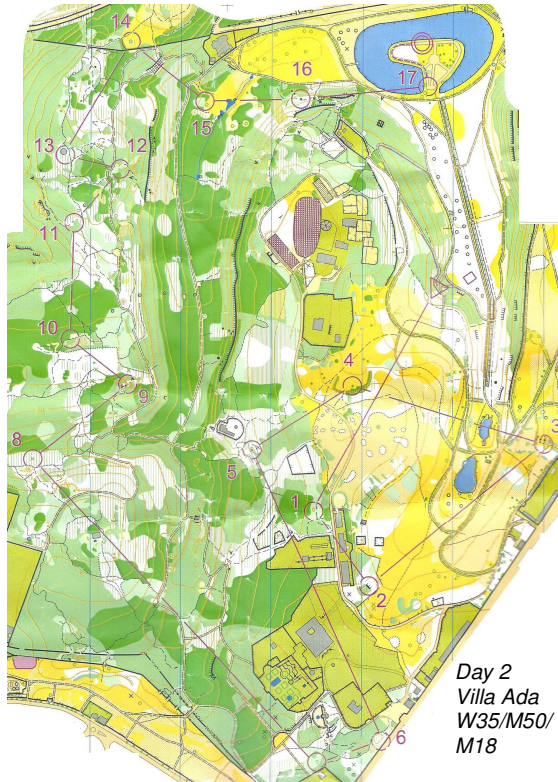
Day two – Park race Villa Ada

A bus was arranged to take us out to Saturday's race in Villa Ada – a very 'green' park just to the north of the city. The setting for the assembly area & finish was right next to Lake Ada and looked stunning in the sunshine. As more Brits arrived (we were the second biggest nation after the locals with over 130 entries!) a British Camp was established, & with start times spread over quite a wide time period, there was lots of time to catch up with others.



Villa Ada assembly area

Copies of the map were displayed in the assembly field. It was covered in dark green and had lots of very small tracks. What could be hard about this we thought – just stick to the tracks and dive into the controls at the latest possible moment. Early starters began to trickle back. Many times were longer than expected and tales began to emerge of accurately mapped, but very small and indistinct paths, presenting challenging navigation.



I had a later start, and with these comments in my mind, I decided to take it easy on the first couple of legs and make sure I stayed fully in touch with the map. It paid off and I had a pretty clean run, with only a couple of hesitations overshooting minor path junctions on the 1:5000 map. I found the scale took some getting used to in a forest environment. This is more a scale we are used to for an urban race!

The planner had made fantastic use of the small area with largely unrunnable terrain. The course was fast and enjoyable. It required concentration from start to finish. Without it, you would soon have been lost in the maze of small footpaths – an experience that many competitors had!

Despite a couple of minutes of errors, I finished in second. I was also pleased to find that, due to the way others had finished on the first two days, I was now in the lead overall by just over a minute. With prizes awarded for the cumulative time over the three days, there was everything to run for going into the final race!

Day Three – City Race Colosseum

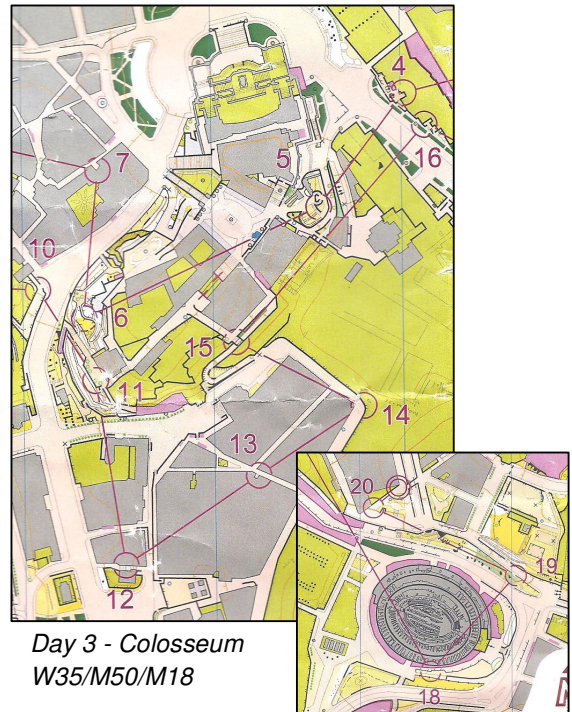


Penultimate control!

We woke up to some very damp and miserable weather, but by the time we had travelled over to the Colosseum the sun was starting to shine again, and we were back to complaining about it being too hot for running! The setting for the assembly area and finish was stunning – overlooking the Colosseum – and many of the courses had their final few legs around the Colosseum itself.

The courses were fast, but concentration was needed as there were small pockets of quite technical areas and of course, lots of uncrossable walls to plan your routes around. There were plenty of short hills and steps too to keep up the physical challenge.

The courses took in many of the sights of ancient Rome, including running up and over the Citadel, through the ruins of Palatine Hill and around the Colosseum. Courses were well planned and I really enjoyed running mine, despite being exhausted from the previous two days' efforts! The course had plenty of route choice and you really had to plan ahead to make sure you knew where the gates were and you didn't end up on the wrong side of walls. All in all, I had a pretty clean run, with just one small mistake on the route to number 4 – overshooting the turning I needed.



Day 3 - Colosseum
W35/M50/M18



Collecting my biscuits!

I managed another second place, which I was really happy with. However, demonstrating that consistency pays off, I was actually first overall for the cumulative three days – well chuffed and happy to receive my prize of a tin of biscuits, which I just about managed to squeeze into my luggage, thus ensuring compliance with Ryanair's baggage allowances!

Overall it was a super weekend – well mapped areas, great courses and super weather, plus the chance to see Rome both whilst competing and at a more leisurely pace! There were many Brits on the podium, including first and second on Womens' Elite. Everyone I spoke to thought the event was a great success, and by the end of the weekend the organisers even began to talk of a ROME2015. So keep your eye on the fixtures list, or Nopesport, where I am sure there will be lots of discussion as soon as any event is announced!

UKOL Results 2013

The UK O League was introduced by BO this year to 'widen participation at a national level' and replaces the UK Cup. Scores from 19 races counted, including JK and British Champs (Nights and 3 distances), November Classic weekend & Northern Championships weekend. The 10 best scores count and a win gets 50 points, 2nd gets 49 points etc.

Liz was 5th in the country in all classes and won W65. Judith Holt was 4th in W60. David Parkin won M80, Mike Godfree was 6th in M60, with Doug Dickinson 10th in M65

DVO came a creditable 11th (out of 117) in the Team Competition, which takes the best 15 scorers:

David Vincent (M50), Richard Parkin (M45), David Parkin (M80), Nicola Northcott (W16), Val Johnson (W50), Judith Holt (W60), Joanna Goodhead (W16), Mike Godfree (M60), Liz Godfree (W65), John Duckworth (M45), Ann-Marie Duckworth (W45), Doug Dickinson (M65), Sal Chaffey (W45), Elizabeth Bedwell (W16), Paul Addison (M55)

I hoped the different nature of the September puzzle might attract a few different entrants but it seems that puzzling is either in the blood or not, regardless of the type of challenge. There were four submissions – most came in improving stages and as a result of this process I did finally receive one fully correct set of answers, although its submitter didn't actually know why they were all correct. No matter, well done Jane Burgess! Everybody else was close. If I have kept abreast of the many emails, Jen Gale ended up with 8 correct, as did John Hawkins and Tim Cairns got 9. This leaves the competition with a new leader but with double points for the last round, it's all still to play for.

Jen Gale	6
Jane Burgess	5
Helen Chiswell	4
Tim Cairns	4
John Hawkins	4
Mike Gardner	2
Alan le Moigne	2
Helen Finlayson	2
Graham Johnson	1

For the record, the answers were:

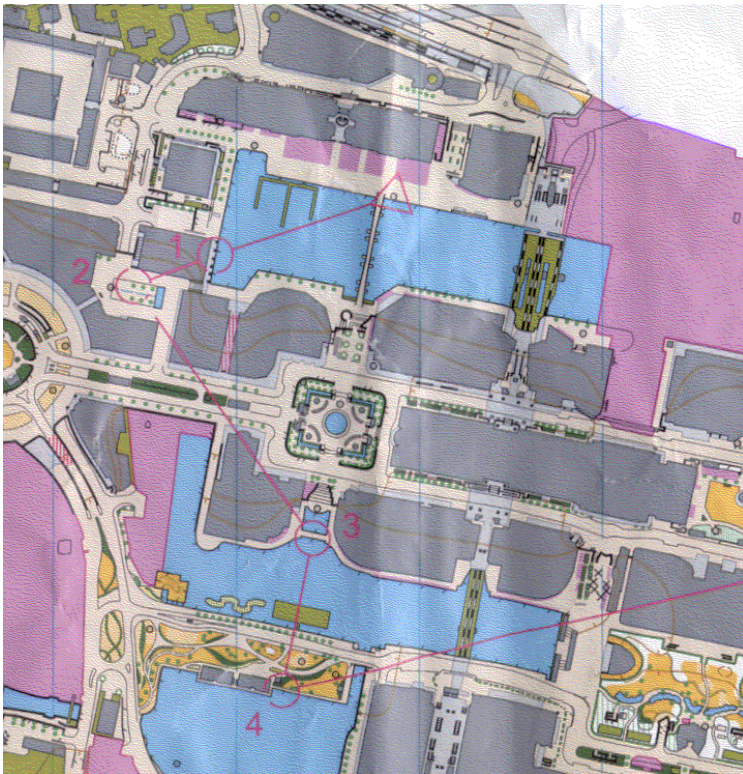
1. Good advice for winning a TV cookery competition - *Bakewell*.
2. Tree was carried, it is said - *Ashbourne*.
3. The meal was rather unappetising, by the sound of it – *Little Eaton (although Nuneaton would be even worse!)*.
4. Ali angry? – *Clay Cross*.
5. The value of conversation - *Chatsworth*.
6. Paris? – *Hilton*.
7. Do your Neighbours live here? – *Melbourne*.
8. Orange portal - *Ambergate*.
9. We hear that Joan is missing – *Derby (as in Darby and Joan)*.
10. Village on the Ashbourne to Belper road that has lost its magnetism – *Cross O' Th' Hands (the missing letters are F and E which make up the chemical symbol for iron!)*.

Now for the final puzzle of the year which is based on logical thought as much as anything else. Fred has been asked to shift 90 litres of water from the car park along a track to the Finish, some 200m away. The most he can carry at any one time is 30 litres. He decides to transfer it to an empty container placed at the Finish using a variety of containers of assorted sizes. However, he is so clumsy that whilst moving, he always spills 2 litres of water for every 10m travelled. He is able to put water down and leave it at any point along the route, ready for collection later. The other thing you need to know is that Fred always wants to have at least some water with him at any time, just in case he needs a drink! You can assume that he doesn't actually drink any, but if at any time he runs out, he will sit down and sulk, refusing to finish the task. You can also assume that he has sufficient containers to both carry and leave water wherever he wants. Within the constraints described above, what is the maximum amount of water that Fred can transport to the Finish?

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

DVO goes to London for the weekend

This year's London City Race moved out of the old City to Canary Wharf and the Isle of Dogs. The race has built up a real following with around 1000 competitors including many foreigners. This year no less than 16 DVO members made the trip. Competitors started with a ride on the Docklands Light Railway from Island Gardens to Canary Wharf. There on the elevated station platform we had a panoramic view of the start. Watching early starters we were soon able to see where the first control was on both the over 60s courses. We could even time competitors taking the left hand and right hand routes. So when the time came to start you could afford to run hard whilst working out the next route choice.



The courses took advantage of the docks with limited bridging points to give route choices in the first half. Unlike the Barbican in earlier years there were no tricks and at least in my case only one trap – a control on a dockside with the best route choice needing to get down to the dockside a long way off the obvious line. I had not seen the problem till I got much closer so had to cross and recross the dock.

The map was double sided A3 with very little overlap between the two halves. I realised after turning over on the approach to the control common to both sides that I wasn't actually on this bit of map yet. Others went seriously wrong around here finding they couldn't relocate partly because they were looking at the

wrong half of the map. A large open area led to another lengthy detour and route choice around a large impassable area. Most of us found ourselves running through a zoo – I had to squeeze past a donkey ride. Then it was out to the River Thames – no time to admire the Dome and the Cutty Sark on the other side of the river. Some courses had a route choice on the foreshore – it being low tide.

Then along the Thames path to finish on the roof terrace of the school being used as the event centre. Overall I was well pleased with my run with only that minor mistake giving me 11th place and Liz came away with a nice ceramic tile with the map around Canary Wharf for her 2nd place behind a foreign competitor. The overall verdict on Nopesport seems to be disappointment at lack of testing route choices. By which the critics mean there were often equal route choices (so no skill in spotting the best choice) and easy legs enabling you to plan the next more complex leg. But for most of us the magnificent surroundings made up for that. And what I really like is no brambles, no nettles and no gorse.

The previous day just 4 of us went to the Ultrasprint in Victoria Park in Bethnal Green (or victoria park according to the map – Queen V. would not be amused). A 1:1250 map with every tree marked. 3 overlapping one kilometre courses to be run for the prologue with no control codes or descriptions – so no disqualification for getting a wrong control but a 30 second penalty instead. (Liz racked up 2 minutes worth of penalties) And as part of each course 2 or 3 controls in an artificial maze. The top 4 competitors in each category then ran a final as a head-to-head race with two butterfly loops taken in alternate orders. Which

made good spectator sport – none of us made those finals. After which the rest of us ran the same final course with competitors starting every few seconds. So great fun if very different from normal orienteering.

Mike Godfree

Swiss O week

Next year the Swiss O week (<http://www.swiss-o-week.ch/en/sow2014.html>) is in Zermatt from 19th to 26th July. It will be cheaper if we make a club entry, if you are interested let me know soon.

Mike Godfree (Mike.Godfree@btinternet.com)

THE ORIENTEERING FOUNDATION: WHAT IS IT?

Although the Orienteering Foundation has been in existence for over seven years and despite articles in “Focus” and a page on the British Orienteering website, people are still asking what it is!

The O Foundation is an independent charity devoted to helping Orienteers and Orienteering. The objectives are to promote the sport by making grants to encourage the enhancement of events, innovation; and to alleviate hardship by supporting groups or individuals to participate.

The origin of the Foundation lies in the charitable funds once held by British Orienteering. These funds were separated from the General Accounts and placed under the control of Trustees independent of the management or control of British Orienteering. In recent years the Trustees have made grants to; The Ward Junior Home Internationals; The Junior Inter-regional competition; The British Schools Championships; National Schools Teams to take part in the World Schools Championship; and to various regional squads to train at home and abroad.

Juniors are the main beneficiaries of grants at present for two reasons:

First the original funds were largely made up of the bequest of Elsie and Bertie Ward specifically made for the support of Juniors; and secondly because O Foundation funds are limited at present. However, in 2009 the Trustees put in place a more professional approach to the administration of the funds and launched a campaign to increase the capital of the Charitable Funds which had been allowed to diminish.

Many Orienteers have contributed to this fund raising campaign with pledges large, but often more modest, for monthly giving. These pledges will more than double the capital base over a five year period. Much of the fund has been invested, but returns in these straightened times have been limited. ‘We are running to stand still!’

It is the Foundation’s aim, as funds increase, to be able to extend support beyond Juniors to encourage other areas such as coaching and planning, or club initiatives which do not meet British Orienteering specifications.

You may have seen the O Foundation’s Banner at events recently and will see it more frequently in future. Come and chat about the Foundation to whoever is standing under the banner.

The Trustees, who are independent of British Orienteering in their actions are; Peter Christopher (Chairman), Sue Bett, Bob Roach, Pauline Olivant and Neil Cameron. Viv Macdonald is the O Foundation Administrator who can be contacted via our accommodation address at National Office and will be delighted to pass on enquiries to the Trustees. Others involved in the fundraising campaign, The Campaign Champions, are doing a valuable job by contacting Orienteers to encourage contributions. The Foundation can always make use of more volunteers in this role.

The Foundation needs to raise money not only to expand the range of support it can give, but even keep up with the many requests it deals with at present. As little as £10:00 per month for five years will be welcome, but much more or less can be pledged. No contribution will ever be too large or too little. Another way of supporting the cause could be to make a bequest and Viv will be able to answer any questions about this if required.

All donations can be 'Gift Aided' if you are a U.K. taxpayer and will make your contribution worth about 20% more courtesy of HMRC!

Below is some feedback from two 'young coaches' who were recently part of a group supported by the Foundation.

"The trip to Norway organised by NWJS once again took place in 2012. As a past squad member, I was invited back to help coach on the tour and to hang controls, as a pair of younger legs who could supposedly run faster and further. I really enjoyed being able to give something back to the squad for helping me for the seven years I was part of it and it was great to be able to see young athletes improve their technical skills over the week we were there.

It was also nice to see the 'behind the scenes' work that happens while on tour and made me appreciate more what the coaches did for me when I was an athlete on tour four years ago.

Thanks to everyone who helped to make the tour a success, especially the coaches and the cooks, and to all who helped to support the tour financially."

"I really appreciated my trip this Summer. It gave me an insight into coaching and I have decided to get some coaching qualifications. I also got the chance to do some training to improve my own orienteering and to mix with our local hosts. I fully recommend older juniors to volunteer for future trips".
Thank you.

Peter Christopher, Orienteering Foundation Chairman.
Contact: viv.macdonald@btinternet.com

WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

The One and Only Fanzine of Real Derbyshire Orienteering
Pies, More Pies, Yet More Pies

Orienteering control found on surface of Mars

NASA – “Bad news, it’s EMIT punching!” (pages 92-96)

The BOO view – “Events there will have no atmosphere” (page 6)

Other news: Chutney help line crashes again (special report)

Oditorial

Now it has become clear that the RumpassSport Cup Final is actually a two day affair, WSC feels far warmer about the whole thing. The run-down on the Sunday morning complemented the main event tremendously well which took place at a couple of excellent venues on the Saturday night with much success. WSC is prepared to tolerate a minor brush with elitism (4th place was definitely disaster averted) if there’s plenty of Real Orienteering to be had as well. Long live the 31st control! (see March WSC for explanation of this phrase). In the words of the immortal bard “life is all about having a good time”*

(* or Miley Cyrus, whatever)

COMPETITION

Spot the Controller’s False Teeth!

Great Prizes

1. A year’s subscription to Big Lycra
2. 50 jars of Chutney from helpineedchutney.com
3. The controller’s false teeth

Found: Cromford Rocks 1/11/13

Wind: 10 knots SSW

Inside leg: 31”

Pin number: 3544

X Factor or Strictly: Strictly



Spot those teeth!

Beetlemania

You might be starting to feel a bit sorry for CLOT (the Commission for Lots Of Trees) as the list of trees that appear to be under threat continues to grow. Ash dieback, oak decline, chestnut blight, larch lurch, and spruce not feeling its best today are just some examples. But hang on! Just what is CLOT blaming all this on? Beetles, it appears. And the odd weevil. However WSC is starting to have grave doubts about the whole thing. Has anyone actually got any proof that these things even exist? WSC has never heard of the three-toed Hungarian boll weevil and a thorough search of the back garden has revealed little more than some cat droppings and a ball that must have come over the fence from next door. The finger of suspicion points firmly at CLOT itself. The fact of the matter is, they’ve just lost the knack of growing trees. It’s back to basics! What was ever wrong with a good bit of mulching and some raspberry canes? To quote Monty Don “We will destroy the Axis forces in North Africa”. Hmmm, Gardeners World is getting a bit feisty these days (*oh for goodness sake get your Montys sorted out – Ed*).

Your questions answered

A query has flooded in from a Mr R*x B*****n who asks “What is the rule of precedence when meeting somebody running the opposite direction on a narrow path?” Well R*x, we will be pleased to clear that one up for you. The rule is that the taller runner always takes precedence over the shorter runner and vice versa. This is of course, reversed in the southern hemisphere.

Not even really weird trees is an anagram of Derwent Valley Orienteers – crazy, eh?

Advertising Feature

Why not try a
Portable map stand
Leaves hands free for more useful things
whilst running
Writing magazine articles
Sending semaphore signals
Collecting rare bugs



The Secret Orienteering Diary of Jason Twinge, age 48 $\frac{3}{4}$ - is he the most anally retentive man in the sport? Sadly probably not.

Monday. Decided to re-arrange my map collection in alphabetical order. All was going well until I had a moment of crisis over The Wrekin – should it be filed under W or T? Had a mug of cocoa and decided to order it by date instead. Disaster averted. Bed.

Tuesday. Devastated to receive an email from the committee of Real Derbyshire Orienteers (RDO) turning down my proposal for a three day urban-O festival in Belper (Gateway to the North). Am I the only person with vision in the club? I detect the hand of She Who Cannot Be Named (SWCBN) in this. Considered handing in my resignation but decided that I wouldn't give her the pleasure. Cocoa and bed.

Wednesday. (am) My super lightweight foot & mouth proof racing shoe laces have arrived from RunLikeHell.com. I can't wait to try them out at this evening's event.

(pm) Gutted to discover that I had left my new shoe laces at home when I arrived at the event. The extra weight of my old ones must have cost me a good five minutes. SWCBN was there slagging off Belper (Gateway to the North) as an orienteering venue. What does she know! Rearranged my map collection in order of increasing height above mean sea level at Penryn, Cornwall. Double cocoa and bed.

Thursday. Fantastic website this RunLikeHell.com. Apparently they've got insider information on a switchover from 360 degrees to 1000 degrees in

2014. As a result I ordered two of their new decimal compasses (a snip at £99.99 each) to replace the old one which will cease to work at midnight on December 31st 2013. That'll show SWCBN! Re-ordered my map collection in increasing Great Circle distance from Belper (Gateway etc) town hall. No cocoa. Must buy some more. Bed.

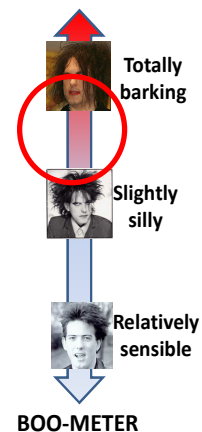
Friday. My extendable dibber has arrived. Fantastic. Tried it out in the kitchen. Unfortunately I forgot that I had ordered the super long 4m version. The glazier did a very good job, I must say. New cocoa stocks in!

Saturday. The morning event at Worstwick was a disgrace. The flag at the fourth control point was clearly too faded, contravening IOF rule 14.7.3 (international colour conventions). I have written to BOO pointing this out and demanding that my time of 105 minutes 22 seconds be expunged from all records.

Sunday. I am constantly tormented by the sight of the virgin pavements of Belper (GTTN) aching for the pounding footsteps of happy orienteers taking part in three days of fantastic street O. Rearranged my map collection in order of resemblance to SWCBN after being run over by the Matlock bus. Felt much better after that. Cocoa and bed.

BOO Watch

Each month we keep a check on what's kicking off at the Big Orienteering Organisation (BOO) and give our verdict. WSC may have got the wrong end of the stick but the conspicuous absence of any BOO website report on the most prestigious inter-club competition of the year, i.e. the RumpassSport Cup Final, smacks of sour grapes. Still in a sulk about not getting control of this event a couple of years ago BOO? Grow up! (and it was all going so well until this last paragraph – WSC lawyer).



New Zealand – The Mountains are Calling Me

Matthew Dickinson

The mountains are calling... Do you hear them? I hear them. I hear the Southern Alps calling me, glistening beacons in the distance, urging me to climb to the summit.

I've been living in Christchurch, New Zealand now for three years and we've been through quite a few changes. For those that don't know, Christchurch was hit by two major earthquakes in 2010-11. The first, an 8.1 magnitude quake in September '10 caused only minor damage to the city. Five months later, the Feb 2011 quake was extremely devastating, flipping the city upside-down in under four minutes with an intense 6.3 magnitude quake. It demolished the famous Cathedral, the central city, hundreds of houses and shook the Port Hills (the volcanic ridgeline that backs onto the city) so hard that rocks came tumbling down.

The devastation was something that you hope never to see. Thankfully, me and my partner Caralyn were out exploring the national parks of the South Island at the time of the quake – we were the lucky ones – but we have heard countless stories of the intense shaking, chaos on roads, destruction of property, liquefaction swallowing cars whole and the unfortunate the loss of many lives in the central city.

One thing was certain, Christchurch was changed forever.

Looking at the city now, it's a changed landscape – we've lost the skyscrapers on the skyline – 70% of the damaged buildings have been demolished and rebuilt. The bars, pubs and shops are slowly regenerating, the city is getting it's once vibrant life back – as it once was when I moved there. It's the hub of all sports in the South, from kayaking to cycling, trail running to mountaineering – it is also the gateway to the majestic Southern Alps – the key to my challenge.

I'm pretty new to the alpine scene really, my normal habitat, as many know, is on the trails and forests of the Peak District, running as fast as my legs can take me. This year I wanted something different from the usual Auld Lang Syne resolution... Something more than the predictable "get fit" or "eat less chocolate".

52 peaks in 52 weeks was the result. I wanted a challenge - mental and physical - something to push my limits and see the sights and sounds of New Zealand on the way; the mountains, the glaciers, the rivers... from the North Island to the South.

Starting with a few local peaks, branching out to my previous haunts I remember thinking that this whole peaks thing was way too easy... A couple of months later, with my legs hanging by two threads and muscles screaming (with massage as the necessary evil to ensure that I keep mobile) I knew it was going to be a bit tougher than I'd first imagined... and the winter weather still hadn't crossed my mind! Whoops, better learn some alpine skills fast, get on the mountaineering bandwagon! How hard can it be?

The snow came in June, at heights towering above me pretty much every weekend. I've swum, waded, wallowed and slid my way to peaks in mid-Winter, stunning snowy peaks – however these were not without taking safety seriously with the right gear for the job. My wallet hated me. I needed a new warm wardrobe, emergency equipment, packs, winter essentials – locator beacon, ice axe, crampons and more.

For many of these climbs, and what makes it bearable after so many long solo missions - I've completed peaks with friends by my side – both for safety in numbers and people to share these awesome experiences with. In particular the experiences and views from the peak summits high above, looking across the white expanses and back down the route climbed.

Now back into the warmer climate, the running is faster once more, legs feel stronger, and my appetite for 'more' has hit with a vengeance. Building the crescendo to a huge celebration come the end of the year – one year on, 52 peaks down – there's something I'm sure will stay the same... I'll still be able hear the mountains calling me.

Link to Mat's website - peaks 40 and 41 to be put up shortly: www.matthewdickinson.com/52peaks

Upcoming Fixtures

See www.dvo.org.uk for DVO events (**bold**)

Sat 7 Dec	Night event, Shipley	Reg 17:30-18:30	Organiser: Val Johnson Planner: Graham Johnson	Mapperly Reservoir public car pk
Sun 22 Dec	Walesby EML	Level C	(NOC)	SK664703
Sun 29 Dec	Outwoods EML	Level C	Organiser: Nigel Lyden Planner: Bob Haskins (LEI)	Beacon Hill Lower Car Park SK521148
Wed 1st Jan	Bakewell Urban	Mass start 11am S/M/L courses	Organiser: Mike Godfree	Stone's Island car park, grid ref SK221683
Sun 5 Jan	Delamere Forest, Frodsham	Level B	Organiser: Iain Bell (DEE)	Whitefield Forestry Commission Car Park SJ568717
Sun 19 Jan	Farley Moor EML	Level C	Stuart Swalwell	Near Matlock, SK305643
Sun Feb 9th	Wharnccliffe	Level B	Organiser: Lucy Wiegand Planner: Colin Drury	5 miles N of Sheffield Grid ref SK294 972
Sun 16 Feb	CompassSport Cup heat TBA			
Sun 23 Feb	Lindop EML	Level C	Organiser: Dave Vincent Planner: Brian Dennes	SK259686

EML = East Midlands League

Free OS maps to view online

Like many others, I suspect, we bought a disk of the whole country at 1:50000 about 5 years ago, which I do still use for some things.

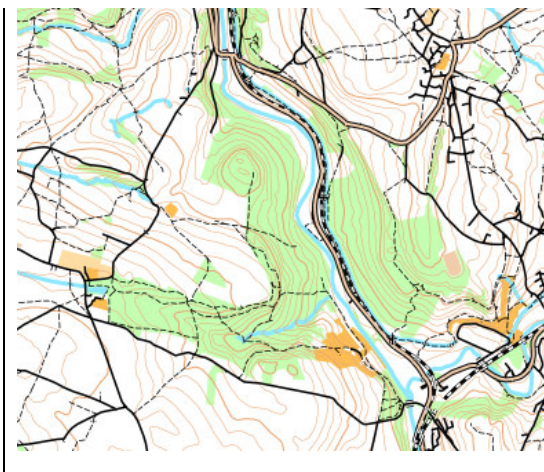
However, about a year ago Dave introduced me to Bing.com and I've been evangelising ever since!

Type Bing.com into your search engine and type the post code of where you live. If you then click on the Road tab you can select Ordnance Survey. You then get a 1:50000 view, but as you zoom in, it turns to 1:25000.

O maps to view online

Have a look at the Open Orienteering Map – <http://oomap.co.uk/> created by Oliver O'Brien (SLOW) who co-founded the City of London Race. This chap is a true list-addict, I could waste a lot of time looking at his site (<http://oobrien.com/>)!

Crich & Shining Cliff



Copy date for next issue Jan 10th ❄️ Happy Christmas & 2014!