



Newstrack

September 2013



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

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Editorial cancelled due to lack of space!! Copy for next issue **10th Nov** pls. Appologies if you are reading this in PDF – the paper version made it to an A5 booklet, but I've not had time to properly re-format for A4 before my weekend away in the Lakes!! Another technophobe challenge for next-time!



Club AGM



This year's AGM will be at the Bell Inn at Cromford on Wednesday 9th Oct. There will be a run at 7pm followed by the Meeting at 8:15pm. Your chance to nominate/be nominated to stand for the DVO Committee – see Rob's article for further info & situations vacant above

A word or two from the Chairman

This Summer has been fantastic. Beautiful weather day after day and just the odd day of not-so-good weather – it must be some sort of record (sizzly and grizzly – Ed). As we progress towards the start of the new school term the DVO orienteering year is drawing to a close but rather than being an anticlimax this is a busy time for DVO.

Firstly we have the start of the traditional season for orienteering. So that means plenty of events put on by DVO and its EM neighbours of NOC, LEI and LOG plus many other clubs in the UK. So all your hard training over the summer will start to pay off with better results, unless, like me, you are suffering from those rather tiresome age related injuries.

Then we have the **DVO Club Champs** (see ad in this Newstrack for details). This is a competition open to all club members. There are generally three courses – typically junior, short technical and longer technical. The event is handicapped so everyone has the same chance of winning, theoretically ... that is as long as the handicapper has a good algorithm which I am reliably informed is the case. This year the Championships are on a brand new area. By all accounts it is a good quality area and should challenge all. Paul Addison is planning, you can therefore expect some interesting navigational problems to solve under intense competition.

We then have the **Club Dinner and Awards night**. Last year was excellent. The food was smashing, the location central for Derbyshire, and the facilities suited the occasion perfectly. These evenings are a great place to meet old friends and make

new also ... and to congratulate the winners of the Club Awards. All club members are invited - again please see details on back page of this issue of Newstrack.

We also have the **Compass Sport Cup final**. Yes this year DVO has made it to the final and has a chance of winning of course. It is to be held in the **Forest of Dean on 19th October**. This is a particularly good area of the country to orienteer in and well worth the effort of getting there. More details on the website & this copy of Newstrack.

And finally the absolute highlight of the year ... the AGM! Your chance to vote on the new Committee, to ask intelligent, maybe even contentious questions, to heckle, or even to stand for a post yourself. Always a great evening, packed full of interest for all ... and of course great for meeting other club members. Hope to see you all there!

SPOM

Andy Sykes marshalled the road crossing at the Ilam event, watching all the competitors punch the controls at either side of the road. Then when he ran himself failed to punch at either of them.

DVO NEEDS YOUR HELP

Why? Because we are organising another major event this time exclusively for juniors –
The British Schools Orienteering Championships.

When? **Sunday 17th November**

Where? **Shipleigh Park (Heanor)**

Preparations are well underway for this event and we are reaching the point where we ask for helpers. Please keep the day free, we will need a good turnout of DVO members to make the event a success. We will be using the well tried and tested team system (with a few extra jobs thrown in for good measure) so why not volunteer to your team leader **before** being asked.

Organiser – Val Johnson gmjandfam@aol.com 01773 824754

☆☆ Star Runners ☆☆☆

The DVO runners who performed best against handicap at recent local events were as follows:

Bradgate	18 th May	Nicholas Gordon	Lt Green
Black Rocks	2 nd June	Chris Bourne	Sht Green
Burbage	16 th June	Roger Keeling	Sht Green

Probably only the Hardwick event to come before handicaps are finalised for the club champs – keep an eye on the website for what they will be.

WANTED!!

Co-ordinator for the Informal Events programme 2014

For 2012 and 2013 I have co-ordinated the Spring and Summer Informal Events programme. Most of the events have been on a Saturday morning, usually offering White, Yellow, Orange and Light Green or Score or some type of Challenge.

The idea behind the programme was broadly twofold:

1. To attract newcomers to the sport by using smaller, less complex, areas.
We always offered help with Registering, Course choosing.
Sportident use, general advice and coaching, sometimes with Shadowing.
2. To get more of our members doing a bit of Planning and Organising.

I think that overall we have achieved these aims. The attendance has averaged about forty. Whilst the Light Green Level courses have been the most popular, usually with the more mature orienteers from around the region, we have attracted sufficient newcomers to achieve our first aim.

As I won't be able to be the coordinator for 2014 the time has come for a new enthusiastic DVO club member to step forward. I already have commitments to stage three events (venues identified, dates to be finalised). So out there somewhere there must be a person, or persons, with the passion to carry on this very worthwhile, programme.

If you are the one, or two, and want to know more, just e-mail me or give me a call.

Rex Bleakman

01283 733363 or rexbleakman321@btinternet.com

Captain's Corner

Liz Godfree

Compass Sport Cup Final – Sun 20th October Moseley Green, Forest of Dean

DVO is the best club in the East Midlands. No-one can dispute that. Now we get to run against the best clubs in the country. Can we be the best? Read Dave Nevell's article! If all club members turn out and give of their best we can prove him wrong.

You may think you're not good enough but just read the article in the April edition of Compass Sport and see how 11 members who weren't scorers for DVO pushed down scorers from other clubs – both David Parkin M80 and Tony Berwick M75 were vital for our victory.

I need your name, BOF number, SI number and preference for Early, Middle or Late Start (though I can't guarantee that) by Monday 30th September by email to Liz.Godfree@btinternet.com or by phone to 01335 346004.

The allocated courses are: (there are also White, Yellow & String for EOD only)

Brown	Men Open	Green Men	M60+
Blue Women	Women Open	Short Green Vets	M75+ W60+
Blue Men Cup	M45+ M20-	Light Green	M18- W18-
Green Women	W45+ W20-	Orange	M14- W14-

I will be collecting half the entry fee on the day (DVO pays the rest). Seniors £6, Juniors £2.50, Senior SI hire £1.50.

For those wanting a warm-up to make a weekend of it there is a Level D event with White to Brown courses at Parkend on the Saturday. Ask me if there's anything you're not sure about. Remember YOUR run may make all the difference to the final results even if it is not your normal preferred course.

CSC Final Preview – Moseley Green 20/10/2013

Dave Nevell

Most unusually, the club finds itself with the need for this type of article as the autumn season opens. May it long continue! It's well worth the trip down to the Forest of Dean to run on an excellent area in a very scenic part of the country. The photo here (copyright Stuart Wilding) is included to give encouragement – look, there's even a potential control site. If you want to have a look at the map of the area then try NGOC web site. Let's now look at



Firstly, how about ourselves. days of the mid to late 1980s finals, that being in the days of smaller range of finalists. The us lift the Cup and win a lot of based on an excellent spread of courses in an era when there sub-set of strong courses, but as fortunes declined and 2013 is stage for at least a decade. our heat it is interesting that several other clubs' websites have implicitly thanked DVO for knocking out SYO for them! Let's look at the other runners and riders.

Routegadget – I found one through the who is going to be there.

Older members will remember the glory when DVO reached four consecutive four qualifying rounds and a much middle two years (1986 and 1987) saw tents into the bargain. That success was our star performers across all the was no possibility of relying on a small that balance changed the club's the first time that DVO has reached this Having knocked out the favourites in

BOK (2012:9th 2011:4th 2010:2nd). Bristol didn't really get their act together last year for the long trip to Scotland so their lowly position in the 2012 Final is misleading. This time round they will be running on home terrain and this is certain to give them an advantage. They had a very convincing victory in their heat with scorers spread across every single class despite missing a lot of their juniors and every indication from their website is that they are determined to win back the cup that they won in 1992 and 2002. Verdict: Far too powerful for DVO to entertain any realistic hopes of beating them. Potential winners.

OD (2012:4th 2011:2nd 2010:3rd). Droobers are not quite the powerful force that they were during their triple Cup-winning run from 2005-2007 but they are still one of the strongest clubs in the country and have always been supported by a powerful group of juniors. They qualified comfortably at the Wrekin whilst winning 8 out of the 10 classes. They were second to SYO when the Final was last held in England so must be in with a chance this time round. Verdict: Far too strong to consider a target. One of the potential winners.

AIRE (2012:1st 2011:5th 2010:5th). The Leeds based club were champions in 2004 but followed that up with a string of inconsistent performances that they have now certainly put behind them with a second Final win last year. As holders they are sure to want to hold onto their title so I would expect them to be challenging this time round despite the fact that they only "squeaked" (their word) their way past CLOK in their qualifier by 25 points. They appear to be stronger on the male side and are weaker in the younger junior classes. Verdict: If they compete like last year then they will beat us. Potential top three but I'm not sure I can see them winning again.

LOC (2012:2nd 2011:3rd 2010:dnq). Lakeland were runners-up in 2012 and their performances have improved dramatically since the 2008-2010 period when they failed to qualify. On current form they could certainly be in the top three again. LOC have ex-DVO member Steve Buckley in their ranks and Cap'n Liz is determined that we shouldn't finish behind them. Verdict: I think the Captain might be disappointed but maybe she can take out Carol McNeill!

CLOK (2012:dnq 2011:dnq 2010:dnq). Like us, Cleveland are an unknown quantity at this level having not qualified for the final for at least 8 years, if at all. However, judging how close they got to AIRE in their heat means they must be treated with caution. It's a long way for them to travel to Gloucestershire so how well they perform will depend critically on how big a team they can put out. Verdict: We will beat them.

WCOG (2012:5th 2011:dnq 2010:dnq). Having been promoted from the Trophy in 2007, West Cumberland qualified for the final in both 2008 and 2009 but on each occasion finished near the bottom and their proximity to Scotland may have boosted their position

in 2012. They have qualified once again on the coat tails of LOC (i.e. as second placed team behind a top three team from the previous year) so they must be a key target team to beat for DVO. Verdict: We can beat them.

SO (2012:**12th** 2011:**dnq** 2010:**7th**). Southdowns are a big club but being on the south coast it's no surprise they finished in a distant last place in the Scottish final of 2012. They were 4th at Fineshade in 2009 and they are possibly capable of a similar result again especially as they comfortably dispatched many times finalists SLOW in their heat. Verdict: Could be close – a target team to beat.

MAROC (2012:**dnq** 2011:**dnq** 2010:**dnq**). Scottish clubs rarely make any impact in the Cup when the final is held in England and it remains to be seen if MAROC even manage to send anyone this far south (there is no mention of the final on their website). Verdict: We will definitely beat them.

So....the head is saying that maybe 5th or 6th out of the nine teams is a realistic outcome. However this is the same head that said we would get to the final by finishing 2nd to SYO in our heat. What does the head know? Forget the head and follow the heart! If we are well organised, well turned out and run well who knows what is possible? Come on, let's get stuck in and see how close we can get to the top three.



(Except when it's Saturday or Wednesday)

The Official Fanzine of Real Derbyshire Orienteering
More Pubs, More Pints, More Pork Scratchings

Magnetic North Pole shifts suddenly to Bakewell

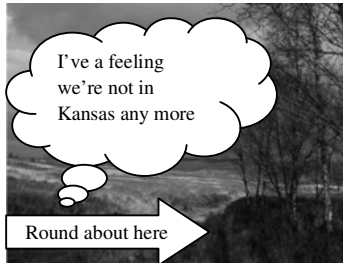
Warnings ignored over a critical mass of puddings (page 6)
Big Lycra - Should this magazine be banned? You decide

Editorial

So, the RumpassSport Cup Final then? That's a turn up for the books. Having knocked out the favourites, the club has drawn a lot of attention to itself. People will think that we are taking it seriously. Real Orienteers do take certain things very seriously (never getting beaten by R*x B*****n for one) but basically the First Unwritten Rule of Real Orienteering is never to be seen to be trying too hard. To misquote Lady Gaga*, getting to the Final may be regarded as a misfortune; to win it would look like carelessness. (* or Lady Bracknell, whatever).

An old member spotted?

The Naked Orienteer, for years thought to have been inactive in the sport, may have been spotted at the recent Cromford Rocks event. Mrs Geraldine Snibbo (Ms) 31, said "My six year old daughter Katie and I had just dibbed at control 5 on the White course when I caught a glimpse of somebody out of the corner of my eye. I turned to look but he soon vanished. He certainly had the look of the Naked Orienteer about him. Katie saw him first and hasn't stopped talking about it ever since. All of her friends are so envious." If this is indeed the once infamous Naked Orienteer then caution will be necessary. "He is armed with a



Naked Orienteer (artist's impression)

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Ask the Temperamental Expert

Need to know more about orienteering? We put your questions to an expert. We'd have asked a more laid back one if we could have afforded it but have you seen what they charge!?

Q: What does compass bearing mean?

A: It means carrying a compass, obviously.

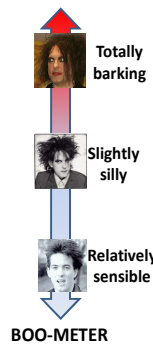
Q: What is an elephant track?

A: It's a path through undergrowth flattened down by a passing elephant. The clue's in the name. Are you thick or something?

dibber, a type 7NL Silva compass and not a lot else," said a BOO spokesman. "He's used them before and may not hesitate to do so again. Please stay well clear of this man". A scientist speaking from a top secret location on a hillside near Belper commented "He is clearly bonkers. It is quite likely that he will succumb to exposure or, failing that, indecent exposure." (*Exit, accompanied by a fanfare of trumpets*).

a case in point

Orienteering, as any fule kno, is often just referred to as 'O' (upper case). But in terms of generating interest and membership from the general public perhaps it could learn a lesson from parkrun (lower case). The phenomenal success of parkrun (lower case) indicates that a rebranding could potentially be in order. parkrun (lower case) has been tremendously good at concealing the fact that it's basically a 5km time trial at an hour of the weekend when most people would rather be in bed having a lie-in. It strikes WSC that using the



name forestrun (lower case) instead of Orienteering (upper case) would be a tremendously good way of concealing the fact that it's basically a 5km thrash through brambles at a different hour of the weekend when most people would still rather be in bed having a lie-in. forestrun (lower case) could conveniently be switched over to streetrun (lower case) for urban events and even hillrun (lower case) for mountain marathons.

Real orienteers take the view that this is all marketing gobbledegook anyway and many will remember back to the days of the rampantly sexist prampushers' course. This undoubtedly would have ended up as babyrun (lower case). WSC is off for a spot of k.d.lang and some e.e.cummings.

Grumpy Old Orienteers

WSC has been idly thinking about some of its pet hates. For example, cleaning the outside of a window from its inside, celery, ~~Leicestershire~~ ~~Orienteering Club~~ (*litigation city, baby - WSC lawyer*), groovy lawyers. But surely the worst crime ever committed by humanity, and that even includes some orienteers, is the wearing of backpacks in such a manner that the bag part flumps around in the vicinity of the buttocks. If God had intended us to carry our possessions down there he would surely have put our shoulders where our hips are. To misquote Tony Berwick* "Posture, posture, posture!" We're off to do some more griping on Mopesport. (* or Tony Blair, whatever).

BOO Watch

Each month we keep a check on what's kicking off

Q: What is a re-entrant?

A: Quite clearly someone who hasn't got the hang of using Fabian4 properly. Probably you. Not me.

Q: What is a 180 degree error?

A: Curtains for your soufflé, you muppet!

Q: What is a contour?

A: It's a dodgy holiday package.

Q: What is a local event?

A: (*Sigh*) An event held inside a pub.

Q: Would taking out a subscription to Big Lycra help improve my orienteering?

A: I, er...my friend is researching that one thoroughly.

Q: Who is Rocky Knoll?

A: I've no idea. Now if you'll excuse me I've got better things to do.

Erratum

Please ignore last month's orienteering tip that advised sowing your carrots 4" apart. This was an unfortunate mix-up. The correct tip was of course to sow them 6" apart (*see me – Ed*).

at the Big Orienteering Organisation (BOO) and give our verdict! This month we notice that BOO is running a session called "*The Death of Orienteering*" in October. Oh goodie! WSC loves a whodunit! It spent ages searching for a corpse at a recent summer league event. Or perhaps it was a corpse. No it definitely was the corpse, we always check our codes.

String course characters.....

Name: Postman Pat

Charges: Not a tax disc to be seen. No proper attention to transporting an animal. Has a large nose (*careful, we lost the last nosist case – WSC lawyer*).

Verdict: Old school!

Sentence: Suspension from string course.



Under the Skin of a DVO Orienteering Event – The 1st Layer

This note is intended to outline what is involved in undertaking an orienteering event and how members can help the club put on such events.

Orienteering events have three major officials, yhis is what they do:

Planner – plans the courses.

Organiser or Co-ordinator arranges things to make the event happen.

Controller – takes an overview of the event to check that the appropriate planning and organising standards are met. In this respect they represent the “competitor” to ensure that it is a fair competition and well organised event.

Basically the **planner** is responsible for everything between the start and finish lines. He decides where the start and finish should be, plans the courses in line with BOF’s guidelines, checks that the map accurately represents the competition area, puts out and collects (or arranges collection of) controls.

The **organiser** needs to arrange parking, competitor registration, the start, the finish, download, results, first aid, publicity, signposting and the string course.

The **controller** confirms that the courses are planned at the right technical difficulty for the event and checks that there are no errors in transcribing the courses onto the map. They also check that the event organisation is in place and finally that the controls are correctly placed by the planner.

So the **planner** and **controller** focus on getting the orienteering right whilst the **organiser** makes the event happen.

How many people are needed by the organiser to run an event?

Each aspects of the event organisation requires volunteers to help the event run smoothly, even a modest Level C event will require some 30 or 40 volunteers to help on the day and with a major event this number can easily double or triple. So where do we get volunteers from? – Well from you and me, the club membership. As a club we simply ask that you give a bit of your time either before or after your run to help put on the event.

How do DVO organise helpers for an event?

As DVO, we pride ourselves on the quality of the events, our areas, mapping, planning and organising. One of the ways we ensure a high standard is by organising our membership in a team system. Each member is assigned to one of the teams responsible for organising the start, the finish, download, etc. In this way people get familiar with the roles and can set up, run and dismantle their bit with minimum fuss. This takes a great strain off the organiser because they can rely on the quality and professionalism of the teams involved, indeed we tend to call the organiser a co-ordinator because their role largely becomes one of simply co-ordinating the efforts of autonomous teams rather having to organise every aspect of the event themselves.

So each club member is assigned to one of our teams; there is a team leader whose role is to muster a team together for the specific event. In doing this they are encouraged to seek help from as wide a population as possible.

Developing skills within the teams and the club

It may sound obvious but if you have a well practiced team capable in setting up their bit of the event organisation, then they just get on and do it; every time, at every event, just like clockwork. However, just because someone needs to do it at every event it doesn’t mean that it has to be the same group of people doing it. Indeed, it is much better if we have a large group of members who are all capable of helping within their respective team. So the Team Leaders try to support events with a mixed level of experience. Importantly, this gives the opportunity for the novice helper to get involved but with the support of experienced people around them; and very rapidly, say within 3 or 4 events, they become experienced themselves!

Every year we look at whether we have the correct balance across our teams and use this as an opportunity to rotate those members and team leaders who want to, around the other teams. This way, all our members have an opportunity to experience different aspects of event organisation.

What is involved in helping?

Well the details depend upon which team you are in. Usually volunteers are asked to help for a couple of hours either before or after their run. Most teams work on a two-shift system where you run early and help later or you help early and run later. We have an extended range of start times for helpers so they can fit their run around the team and other family commitments.

Planners also look for a few volunteers to help collect controls after the event. Many competitors relish the chance of finding a few more controls in the area, even if they do have to carry them back. Control collecting falls outside the team system and is usually arranged on the day. So if you want to help make contact with the planner via Enquiries; even better, offer your services to the planner a few days before the event so he knows you are interested.

Is helping for me?

We have to recognise that helping at an event is not for everyone. Some people can’t help, some won’t help, some never thought of helping, some are just waiting to be asked and some want to help at every opportunity. What we do know is that

most members find it a rewarding experience and we rarely turn volunteers away. It can be a fun and interesting job and you see people and aspects of the club that are truly fascinating; not to mention the occasional stunning view across the beautiful Derbyshire landscape. Ok, sometimes you need your waterproofs but it all adds to the experience and camaraderie. And as icing on the cake, helpers receive a discount on their entry fee.

So how can you help?

Most team leaders seek volunteers by e-mail, so simply be receptive to their requests and if you can't help on a particular occasion, suggest an event where you could. If your team leader never asks you to help, drop them an e-mail. If you are not sure who is your team leader or which team you're in, let me know via the "contact us" page of the Club's website.

Under the Skin of a DVO Orienteering Event – The 2nd Layer

This note is intended to outline what is involved in running an orienteering club and how members can help support this.

Remind me, what is a Club?

Type this question into Google or one of the other search engines and they will typically return a definition like:

An organisation composed of people who voluntarily meet on a regular basis for a mutual purpose other than educational, religious, charitable, or financial pursuits.

I suppose that the key word here is "organisation" which implies some sort of structure to achieve the clubs purpose. Like most sports clubs, DVO have a committee (or two) to run the clubs affairs.

So DVO is run by a committee but what do they do?

Well, some of the roles are obvious and some are not. Here is a quick run down:

Chair/Vice Chair: The DVO committee makes its decisions by consensus. The role of Chair is to control the meeting so that every view gets a fair airing and that they address all Club business as appropriate. The Vice Chair is a deputy should the Chair not be available. Often the role of Vice Chair is used as a precursor to being Chair.

Secretary: The role of Secretary is to be the Club's external contact. All formal correspondence is received or sent via the Club's secretary.

Treasurer: The Treasurer sets the Club's budget, keeps records of all the Club's financial transactions and maintains the Club's bank accounts.

Captain: The Captain selects teams to represent the club in various competitions. Most orienteering events are individual competitions but some events such as relays or specific competitions are run on a club basis. It is these events where the Club Captain selects the team from the available members.

Committee Member: This role is unusual in that they have no specific duties other than to be on the committee. Their contribution is to provide a general opinion on the committee business.

Fixtures Secretary: The Fixtures Secretary chairs the Fixtures Sub-committee and feeds back their proposals to the main committee. Typically, Level C events are scheduled at least a year ahead and a major event, such as the JK or British, four to five years ahead. There is a lot of thought that goes into setting the Club's fixtures programme, considering for example; availability of areas, mapping status, support to BOF's Level A & Level B fixtures programme, environmental considerations, minimising fixture clashes, planning access, area embargos, etc. Many of our areas are used for other activities so we have to negotiate our access in their schedule well in advance. To help do this the Club has a number of **Access Negotiators** who build a rapport with the land owners & tenants so we appreciate and abide by their wishes.

Minutes Secretary: These take and distribute minutes that the committee meeting.

Social Secretary: Arranges "non-orienteering" activities to inject a bit of fun!

Equipment Officer: Starts, Finishes, Planners, Organisers, etc. all need lots of signs, tape, clocks, stiles, controls, tents and even the odd ton of hardcore. All this equipment needs to be bought, stored, maintained, replaced and made available for the next event. With the exception of SI kit, this all falls under the role of our equipment officer.

Newsletter Editor: DVO introduced NEWSTRACK back in 1983, although the name came slightly later. Since then it has been the main vehicle for keeping the membership informed of fixtures, notices and useful articles. You may possibly be reading this there now!

EMOA Representative: DVO is part of the East Midlands Orienteering Association and like all EMOA clubs, has a representative who sits on the EMOA committee.

Coaching Co-ordinator: DVO runs a number of coaching activities throughout the year. These are aimed to suit all levels and are often run in conjunction with one of our Level C or D events. Sometimes coaching opportunities are available at a regional or national level.

Mapping Co-ordinator: New areas need to be surveyed and mapped; existing areas change and need to be re-mapped; for some areas we keep a stock of maps; others we order them for specific events. With about 50 areas in the Club's portfolio,

that's a lot of surveying and maps to keep up to date. The role of our Mapping Co-ordinator is to ensure that we have an accurate map available of our events.

Permanent Course Manager: Many of the Town and Country parks around Derby and Derbyshire have a permanent orienteering course available. Details are on the Club's website. Just enquire at the Visitor Centre to purchase the map showing the position of the controls and suggested courses. The role of the Permanent Course Manager is to help the parks maintain and develop these permanent courses.

Junior Representative: Juniors can have very different views to adults – views that adults often misunderstand or completely overlook. Whether this is training, communication, competitions, etc. The role of the Junior Representative gives an opportunity to feed these views directly to the committee.

Development Officer/Junior Development Officer: There are two separate roles here in recognition of the different type of development. Junior development tends to focus on the skills needed to compete as an individual or team whilst adult development also embraces development into roles such as Planning, Organising, Controlling, Mapping, Coaching, etc. The Development Officer also chairs the Development Sub-committee.

Publicity Officer: Raising the profile of the Club gives us all a bit of a morale boost and helps attract new members. The Publicity Officer maintains contact with local media organisations and encourages them to include reviews of our events.

How do I get on the committee?

The above committee members are either voted or appointed to these roles at the clubs AGM (Wed 9th Oct). If you think that you can contribute to the club by taking on one of these committee roles then please contact the Chair via the "contact us" page of the Club's website. As you can see, there are lots to do to keep the Club's activities going across a broad range of jobs.

Robert Shooter

DVO Volunteer Co-ordinator

Lagganlia O Training Camp



Lagganlia is an orienteering training camp in Scotland for 24 M/W14s to learn and practice important techniques & training that should, with the help of the skilled and experienced coaches, progress our orienteering capabilities and help us improve. To be selected for Lagganlia I needed to get at least one championship time (this is a time from a selection race that is within 125% of the winner's time). Once I had that I had to be nominated by my regional squad manager. This then led to being selected for the camp.

Upon arriving at Lagganlia, in the last week of July, the first view I had of the area were the ski slope and tipi. I knew it was going to be a really great area as there was a field for football and the buildings looked very good. Fortunately, the bedrooms looked really comfortable and spacious. The views were stunning particularly because we were right on the edge of the Cairngorms so the mountains were stunning. We were also surrounded by beautiful forests.

The food we were given was fantastic and I thought personally that it was delicious and nutritious; I had meals such as cauliflower cheese, cheesy pasta, mushroom and leeks bake and lots of other good meals. Also outside orienteering we had leisure time every day, usually at the end of all the orienteering, this was mostly filled with football. Unfortunately we also had duty groups, identical to the coaching group, and in these groups we had to do communal jobs but even that was okay.

During the camp there were six days, and four out of the six were training days whilst the other two were races and competitions. Throughout the training sessions we focused on different techniques:



Compass work with pacing, for this exercise we were given maps and put into pairs with a coach. We then went around a specifically created course which made us have to pace and take bearings. I found this exercise useful especially as I didn't use the compass as much as I should have so my bearings and use of my compass was poor. It was very useful but I found pacing difficult as I had never really properly been taught the idea in detail.

Simplification, I had never heard of this technique before and I thought it was great - it is used when a map is very detailed and you need to sort out the rubbish from the essential important information. To learn simplification we were given a map of North Grannish and were told to copy out the necessary detail to get us round a course without a map, but with a self-created map. Once I set out on my course the first few controls went surprisingly well but on one of the controls I had simplified too much and I got lost - it was quite a hard course for me as I realised my map wasn't detailed enough.

Contour detail, I already thought I was pretty confident about contour detail but I still learned about spurs and contour lines and contour line features. Alistair and I went out with one of our coaches on a walk around Loch Vaa - Alistair and I had to say which contours we had seen on the map were the ones we had passed. I found this exercise interesting as I got to see contour line features and new contour features I had never seen before - I learnt a lot.

Map memory, this was linked in with Visualisation as, if you knew the map, it can help you to say what was going to appear on the ground as you go from one control to another, it is kind of hand-railing so you know that if something that you know is on the map hasn't appeared you can find the mistake more easily and relocate before you have gone way too far off track and are too lost.

Planning, I learnt about making concise and clear plans that you can create quickly and then be able to rely on when you set off from A to B. Before this I had usually made a plan to a certain area and then created another plan, rather than make one plan from one control all the way to another - this created a lot of confusion, so the idea helped me to keep my orienteering reasonably simple. We did a talk-o course; I went out with a partner and a coach, I and my partner took it in turns to make up the plan for getting from control to control.

Traffic lighting, this was all about how much speed and concentration to put into a particular moment during your course. Red was little speed but high concentration, orange was similar amounts of concentration and speed, and green was high speed but little concentration. We were asked to include traffic-lighting in our training.

Quite a few of these useful and essential techniques I did not know, these I believe have helped my overall orienteering a lot. During these days we learnt about concentration and preparing for a course before an event and about concentrating and getting properly warmed up. I learnt that concentration till the end is an asset I am lacking; I have to improve on that but luckily thanks to Lagganlia I have started to concentrate more.

The two days of competition and races were a sprint day and the Lagganlia Champs which was a last day classic race that was really difficult and involved using every technique that I had learned throughout the camp. The sprint day was a qualifier and an A and B final - I was 2nd in qualifying for the B final. I loved that day; it was really fun. We had coaching sessions that had race analysis of old maps and the maps from that day, we did these in a group of four athletes and two coaches and we had debriefing which included information about the following day.

By the end of the camp I felt I had learned a lot but also had a great time and that was mainly down to the coaches who I thought were really brilliant. I found the whole experience very useful and it has made me think about different aspects of the sport I have not previously considered, mainly the pre-race preparations. I had not thought of them as being very important before but now I will try to use the advice I was given at the camp. The whole training camp was really good and I hope I get

another chance to do a similar thing again. I am really grateful for my funding from DVO and EMOA, and for being selected in the first place.

Louis Forshaw-Perring

News just in from the White Rose

Plenty of mugs again for DVO from White Rose in the grounds of Gilling Castle:

Rachel Duckworth 1st on W10A, Sarah Duckworth 1st on W12A, Michelle Mackervoy 3rd on W40L, Claire Selby 2nd on W40S, Ann-Marie Duckworth 3rd on W45L, Liz Godfree (W65) 2nd on W60L, Jen Gale 1st on W65L, Ben Mackervoy 2nd on M10B, Peter Mackervoy 2nd on M12B, Will Gale 3rd on W18S, Paul Addison (M55) 2nd on M40L, John Duckworth 2nd on M45L, Andy Mackervoy 3rd on M45S, Mike Godfree 1st on M60L, Roger Keeling 3rd on M70S. Making a complete set for the Duckworth and Mackervoy families. And the Duckworth family were 2nd on the Yorkshire Water Family Trophy (to a family including a short course runner).

Then at the team event on the Monday using a weird format of 3 legs run at the same time with the first to finish in each team then running an extra loop; 1st and 2nd (actually the only teams) on Women 120+ (Liz, Ann-Marie,Michelle and Karen, Claire, Lisa) and 1st on Men 160+ (Dai, Stuart, Mike).

Rachel Davis was the only DVO to brave the night score event in torrential rain, the rest of us had retreated to our sleeping bags.

A very wet, steep & muddy forest. Also rather small so we covered the same ground several times. You should have seen me at the end of the team event covered in red mud from an unintentional swim!

Liz G

Find out why Mat Dickinson is holding up a big 26 Down Under at his blog matthewdickinson.com/52peaks/

The new club O tops can be ordered from Mike Godfree (mike.godfree@btinternet.com) . See details on club web site under Members/Clothing. Available with long or short sleeves in men's or women's sizes.



You had most of the summer to tackle June's puzzle but clearly there were more rewarding things to do. In the end I had just one correct entry which was from Jen Gale. The solution she sent was NMAEFRQEAMNBDVWKLXTSGHTXLKWVDCY (good, eh?). There may have been other shorter possibilities. This leaves the 2013 puzzle league, with two more to come, looking like this. There's still plenty of scope to make a late run.

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

(The puzzle setter reserves the right to adopt whatever scoring scheme he sees fit – however, a “good” answer will get you at least 2 points!)

This month's puzzle is a bit different. The answers are all places in Derbyshire. They are not necessarily connected with orienteering.

1. Good advice for winning a TV cookery competition.
2. Tree was carried, it is said.
3. The meal was rather unappetising, by the sound of it.
4. Ali angry?
5. The value of conversation.
6. Paris?
7. Do your Neighbours live here?
8. Orange portal.
9. We hear that Joan is missing.
10. Village on the Ashbourne to Belper road that has lost its magnetism.

If you can't get them all submit answer anyway, you won't go unrewarded. Answers to me, dnevell3@gmail.com by the editor's copy date.

Forthcoming FixturesSee www.dvo.org.uk

Sat 21 Sept	Elvaston Castle	Cancelled		
Sat 28 Sept	Club Champs Great Longstone		Paul Addison Planning, entries to Dave Chaffey	Followed by Annual Dinner in Tansley Village Hall
Sat 5 Oct	Grange & Battram Woods	Level D	LEI 45 min score	Coalville SK 425093
Sun 6 Oct	Stamford Town Race	Level C	LOG EMUL	PE9 2QU TF 027069
Sat 12 Oct	Bestwood	Level C	NOC EML	SK 571463 NG5 8NQ
Sun 13 Oct	Kedleston	Level C	DVO EML Rob Smith & Sal Chaffey	SK 312402
Sun 27 Oct	Martinshaw & Ratby	Level C	LEI EML	SK 518070
Sat 9 Nov	Thoresby North	Level D	NOC Night event	
Sun 10 Nov	Thoresby North	Level C	NOC EML	
Sun 17 Nov	British Schools Champs, Shipley	Closed event	DVO Val Johnson	Help needed!!

EML = East Midlands League

EMUL = East Mids Urban League

DVO ANNUAL DINNER & AWARDS 2013
Tansley Village Hall (Church Street, Tansley, DE4 5FH)
 ☞ Sat 28th Sept 7:00-11:00pm ☞

Food by DVO Catering (really limited), BYO drinks

£6 M/W14 and over, £3M/W12 and under + a salad and a pudding contribution

☐ Names to Sarah Blackburn sarah_jane2117@hotmail.co.uk by Sept 18th please, money will be collected on the night

A fun, relaxed evening, open to all Club members



DVO Club Championships, Sat 28th Sept Longstone Moor

This year our Club Championship takes place on Longstone Moor, a **new area** which offers a variety of interesting and challenging terrain. **This is a free event open to ALL club members** and we would hope every club member would take part. Your start time is calculated to try to ensure that everyone finishes at about the same time, so no matter how good an orienteer you are, you have a chance of winning one of the club trophies.

Start times will be 10:30 to 11:30am aiming for a mass finish at 12 noon.

The moor is predominantly open grassland and heather, with several complex areas of old lead mine workings with lots of pits, knolls, gullies and depressions. There is a good network of small paths and ruined stone walls together with small pockets of woodland.

Many courses will visit Longstone Edge which is mostly grassland with more pits and gullies, and, if you can spare the time, wonderful views! A fantastic new area and an event not to be missed!

Entries to Dave Chaffey (dave.chaffey@gmail.com) with SI card number & which course you wish to run.

**** DEADLINE: 18th September – 10 days beforehand
(thanks to Dave Nevell for handicapping)****

Car parking and Assembly: The Start, Finish and Assembly area are close together on the northern edge of the moor. Assembly grid ref SK197737, post code S32 4TH, for more details see flyer on website

Courses: Approximate only and may change slightly.

- Junior Course - (Yellow) length 2.2Km climb 40 m
- Short (Light Green)length 3.5 Km climb 80 m
- Medium (Green)length 4.4 Km climb 100 m
- Long (Blue) length 6.4 Km climb 140 m

Dogs: Livestock in the area – a condition of use is dogs aren't allowed.

Parking: £2 - all funds will help towards access fees for the 2 farmers.

Event Officials: Planner: Paul Addison, Organiser: Dave Chaffey