



Newstrack

JULY 2010



Do you remember snow?

A rather obvious control but the editor did have to go to Norway to find it!

Newstrack is the magazine of Derwent Valley Orienteers
www.dvo.org

Editor: Neil Forrest, 40 Ribber View, Close, Tansley, Matlock, Derbyshire DE4 5HB

Tel: (01629) 583899

email: neil.forrest899@btinternet.com

Editor's Opener

Welcome to the mid-summer issue of Newstrack, your club non-glossy magazine. My sermon this time is on volunteering. Orienteering at club level where the real work is done to programme, plan and organise events is not done by paid officials but by a host of volunteers. The smooth running of club affairs also requires willing people to take on roles, (and to tidy up the equipment shed). We do this knowing that others in clubs around the country will be doing the same so we can attend non DVO events confident that they will be offering a good orienteering experience for us to enjoy based on their efforts.

It is too easy to assume that the familiar faces will always be there to do the key jobs. Renewal, especially with younger people, is vital for a future flourishing club. You can always let a club official know that you would be interested in taking on a job. The club's AGM, to be held in the autumn, is a good opportunity to learn what is involved and show solidarity with the volunteers who keep things ticking over.

The above leads me into mentioning with appreciation three new volunteers. Anne Armistead has taken on the job of Minutes Secretary to the Committee, Jen Gale has become Fixtures Secretary and Viv. Macdonald has become Treasurer to the East Midlands Orienteering Association. Viv also co-ordinates the organising teams so if you are not already signed up for a team have a word with Viv.

On the subject of volunteering the club is keen to have more accredited coaches. If anyone is interested to find out what is involved have a word with Val Johnson.

Club Contacts

Chairman	Steve Kimberley	<i>lazyorienteer@googlemail.com</i>
Membership Secretary	Helen Finlayson	<i>neilentansley@yahoo.co.uk</i>
Treasurer	Roger Keeling	<i>rogerkeeling@aol.com</i>
Fixtures Secretary	Jen Gale	<i>dg.244@btinternet.com</i>
Coaching and Juniors	Val Johnson	<i>Gmjandfam@aol.com</i>
Club Captains	Graham Johnson	<i>Gmjandfam@aol.com</i>
	Liz Godfree	<i>Mike.Godfree@btinternet.com</i>
Buxton rep.	Ro. Cole	<i>Rocole.okra@googlemail.com</i>
Derby rep.	Rex Bleakman	<i>rexbleakman321@btinternet.com</i>
Chesterfield rep.	Steve Kimberley	
Mapping Officer	Mike Godfree	Mike.Godfree@btinternet.com
& permanent courses		
Event publicity	Dave Bennett	davebderwent@aol.com
Event officials;		
Planners, controllers	Ranald Macdonald	r.f.macdonald@btinternet.com
Organisers	Viv. Macdonald	” ” ”

NEXT OPEN MEETING WILL BE ON 14 JULY AT THE DUKE WILLIAM CHURCH ST. MATLOCK, DE4 3BZ. RUNS FROM 7.00pm , MEETING 8.,15

Chairman's Piece

Wither and die,

This is a phrase which was used when talking about the new satellite clubs and what might happen with them. It was suggested that if the satellite clubs don't work and bring in new members then these clubs should be left to wither and die.

This to me is not an option. In my opinion if the satellite clubs don't work then the long term result is that the main club itself will wither and die.

The club cannot go on as it has the last twenty years, if we don't adapt and change then there will eventually be no one left to organise plan or perhaps even compete.

The old guard of DVO (and I include myself) is getting older and the club needs to introduce newcomers and just as importantly make sure they are part of the club.

So this is a call to all DVO members support your local satellite club, the training there may not appeal to you but give it a try as you may learn something even if you are revisiting basics and if you see someone new there introduce yourself as they may not know you, even if you have been in the club for more than twenty years.

Cheers

Steve Kimberley

Club run (Optional) and Barbecue

All members & families are invited for a barbecue chez Godfree on Saturday 24th July.

For the keen ones amongst you there will be a run leaving at 11. Thorpe Cloud and back or less as appropriate. Barbecues lit at 1 p.m.

Bring your own meat/fish/veggie burger to barbecue and a pudding to share. Salad/potatoes/bread etc provided. An extra barbecue or two will not come amiss.

Highfields, Mapleton Road, ASHBOURNE DE6 2AA. 1st house on the left coming down the hill from Ashbourne, almost opposite the Tissington Trail car park. Parking on the drive is first in last out otherwise on the road outside on one side only please.

An email to Mike.Godfree@btinternet.com would be appreciated so we know how many to cater for.

Mike & Liz

DVO (Chesterfield) Satellite Club - The story so far.

The third of the satellite clubs has now been set up in Chesterfeld with sessions on Wednesday evenings, based at St Mary's School Sports Hall just off Newbold Road close to Holmebrook Valley Park. The sessions start about 6.30pm and finish around 8.00'ish leaving time for a quick drink and biscuit.

The sessions attract a number of existing DVO members and a few new participants aged from 8 to a lot older. Sessions are held both in the School grounds which has an interesting mix of buildings and the sports hall.

The coach Paul Steptoe has an athletics coaching background as well as being qualified orienteering coach and has dared to bring back the beep fitness test for the occasional fitness session.

Participants can use the sports hall facilities for changing rooms or even a shower.

The next few weeks look like this:

Weds. 7th July at St Mary's Sports Hall - Star exercise

Saturday 11th July - Summer Series event at Holmebrook Valley Park

Weds. 14th July at St Mary's Sports Hall - Fitness training

Weds.21st July at St Mary's Sports Hall - Score event

All welcome to these sessions. Enquiries to Steve Kimberley

A VIEW FROM THE HIGH PEAK

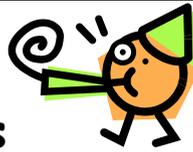
Chris Owen of DVO's Buxton satellite writes :

"I have just got back from MDOC's summer evening event at Macclesfield Forest and the Buxton contingent was grouping - comparing notes, chatting about routes and generally acting like orienteers from the 70s and 80s hey day while everyone else pretty much headed back to their cars and drove off."

Ah..... those halcyon days of the 70s and 80s!

Ed.

DVO Annual Dinner and Awards



Saturday 9 October 2010

Wirksworth Town Hall - 7pm for 7.30pm

This year the Club Dinner and Awards plus a Barn Dance will be at the Town Hall, dancing to the excellent Fish 'n Taters. Light supper (chilli/pasta/bread) by DVO Catering (Fairly) Limited. Cash Bar.

Adults - £8 Age 6- 16 - £5 Age 5 and under - free

Please let Viv know if you can come.

Viv Macdonald 01628 734307 viv.macdonald@btinternet.com

(p.s. the club championship event is on at Calke on the same day!)

Officials are needed please for the following events;

5 Dec 2010 - Shining Cliff - - Controller

All the events in 2011 need officials - Planners, Controllers, Co-ordinators. These are:

22 Jan - Eyam Moor - level 2

6 March - Hardwick - level2

16 April - Crich - level 2

22 May - Kedleston - level2

25 Sept - Carsington - level 2

20 Nov - Stanton Moor - level 2

Please contact Viv or Ranald Macdonald on r.f.macdonald@btinternet.com (01629 734307). If you would like to assist in one of these roles, so you can see what happens, then please let us know.

DVO at Darley Abbey

Everyone should know by now about the satellite clubs DVO has set up. Buxton was the first one last year, and now we have Chesterfield and Derby at Darley Park, Darley Abbey. Perhaps what hasn't got as much publicity as we would like is the intention to make Darley more of a DVO club centre, something orienteering in Derbyshire (and many other clubs) have never had.

So, it's intended to be a general club for the whole of DVO on a Wednesday evening between 6:30 and 8, as well as reaching out to new members from the local community. Val Johnson and Rex Bleakman share the training on these evenings, not just aimed at newcomers, but when others appear offering technical and physical training for experienced members. Perhaps many of you don't feel you need technical training, but those of us who have become regular attendees have certainly found it useful – amazing what you find you don't do the way you should. But even so, just coming along, maybe towards the end, and sharing maps from recent events, can be useful and provides a social side that is sometimes lacking.

The facilities at Darley are excellent, changing rooms and showers, a seating area and facilities for making hot or cold drinks (there are often biscuits to be had too) and a charge of £2 will enable us to be self-supporting indefinitely. And seeing an active social club helps encourage newcomers to keep coming back and eventually progress to orienteering proper. So, please, make the effort to come along whenever you can, whatever your experience, you may get a lot more out of it than you expect and help the club grow as well.

Rex Bleakman

NEW CLUB CLOTHING
is being checked out by the Committee
more information hopefully in the next Newstrack.

DVO (Derby) Satellite Club - The story so far.

As many of you know the weekly Wednesday evening Club night, based at Darley Barn, Darley Park, Derby (SK 354384) started on April 21st. We start about 6.30pm and finish the activities 8.00'ish.

The sessions attract a moderate turn out of existing DVO members and a few new participants aged from 6 to 60+.

We now have basically three activities 1) A beginners learning exercise. 2) A challenge for improvers. 3) The usual Wednesday Evening run.

At present Val Johnson and myself take it in turns to organise the first two activities and then help each other out with the coaching.

Participants can use the changing rooms and afterwards have a shower.

A very important part of the evening is the cuppa, or soft drink, and biscuit in the Darley Barn's excellent, modern recreational area. Existing DVO members are able to spend time together and to make newcomers welcome. A few manage to find their way to the Abbey pub afterwards.

The next few weeks look like this:

Weds. 30th June Oakwood Street O. See www.dvo.org.uk for details

Weds. 7th July at Darley Barn -Beginners - Map orientation
- Improvers - Pacing

Weds. 14th July at Darley Barn - Beginners - White course
- Improvers - Attack points

Weds.21st July at Darley Barn for a 6.0pm, bring your own picnic,
Followed by a Treasure Hunt and family games

**All welcome to these sessions. Enquiries to Rex Bleakman
or Val Johnson.**

Hubris at Abraham's Valley – Sal Chaffey

After 21 years of orienteering with AIRE, TVOC and DVO for the last 14, it was a dream come true to win W45L at the British Champs in Cannock! I had quite an early run and the first three controls were OK; I always try to make risk-averse route choices, staying on paths until as close as possible to the control. This suits me as a runner, and I try to maintain constant map contact.

The complex area (Nos 3 to 8) filled me with dread so I identified some catching macro-features like fences and wooded ridges, and was pleased to find from WinSplits that I only lost 30 seconds on No 8.

The rest of the course suited me as it was physical rather than technical, with 2 legs over a km in length. It went fine but I realised I was in oxygen debt at No 10 when for some reason I was expecting white on the map to mean open ground, so I tried harder to concentrate after that!

WinSplits showed that Liz Jackson was ahead of me until No 14 but lost a minute here, a veg boundary between conifers and deciduous. I didn't feel too bad about coming in ahead of her as it's happened to me a couple of times and is apparently called post-crux failure syndrome!

It was a long wait while the results came in, especially with the likes of Stella Lewsley and Kath Broatch still to run. I was hoping for a top 10 place as I was 6th last year in the New Forest, but was amazed and pleased to be first!

Our team on Sunday looked promising with Michelle and Sue, but I went and blew it on 1st leg losing a minute following a ditch at about 30 degrees to the correct one. It was wrong in relation to the open area I could see outside the square of forest, but the oxygen debt must have been too much for rationality to get a look in. The rest of the run was fine, and Michelle and Sue both had clean runs pulling 'DVO Labour' up to 4th. Uncannily similar to the fate of Gordon Brown!

This is why orienteering is so addictive, one minute you think you've cracked it, then you realize there's always room for improvement!

Congratulations to Sal and also to the following DVO achievers:

***Doug Dickinson first on M65 short,
Pauline Ward second on W65 long,
Liz Godfree third on W60 long,
Sarah Duckworth third on W10B.***

Ed.

British Sprint Championship Results

Day 1

Winchester Urban Sprint

13/06/10

Results for DVO		Return	
Place	Name Class		Time
1	Godfree,Liz W60	14:38	+00:00
6	Godfree,Mike	M60	19:47 +01:45
7	Kimberley,Amy	W16	18:12 +06:05
8	Kimberley,Anne	W50	20:23 +07:40
10	Kimberley,Daniel	M21	28:58 +12:42
8	Kimberley,Stephen	M50	17:50 +02:24
6	Lawson,David	M45	16:23 +02:30
2	Lawson,Harriet	W16	12:24 +00:17
1	Lawson,Nathan	M14	17:10 +00:00

Day 2

HMS Sultan - Gosport

Resultlist DVO		Return	
Place	Name Class		Time
1	Godfree,Liz W60	20:33	+00:00
9	Godfree,Mike	M60	20:43 +02:10
6	Kimberley,Amy	W16	23:02 +05:07
7	Kimberley,Anne	W50	29:41 +10:46
10	Kimberley,Daniel	M21	28:51 +11:46
7	Kimberley,Stephen	M50	19:31 +02:32
8	Lawson,David	M45	18:26 +03:13
3	Lawson,Harriet	W16	19:13 +01:18
3	Lawson,Nathan	M14	18:36 +02:22

Planning sprint courses at HMS SULTAN was not as easy as I had envisaged due to the requirement to keep the distances relatively short or as near to the 15 minute recommended winning time as possible; no one complained that their course was too long. I wanted to get all competitors into both Fort Grange (South) and Fort Rowner, as well as the majority into the accommodation area east of Military Road. This necessitated the use of the central car park rather than the sports complex in the SE corner of HMS SULTAN which has been used before for some of the military urban O events and might have given more spectator control options. I wanted to reuse the central area south of the parking for the final few controls of Race 2 however, the distances became too long. Eventually I gave competitors the option to run at speed on some of the longer legs and then tried to tempt you into making mistakes on the shorter legs. It would have been even better had we been able to access the external area of Fort Rowner which has a multitude of old gun emplacements, chimneys and shelters however, the rusty railings and grazing goats ruled this out. Hopefully the next military event will access this area and have a 'swim the moat' route choice option as requested by some!

Planner's Comments - Richard Barrett BAOC

Derbyshire Schools and Youth Groups Orienteering Championships 2010

Elvaston Castle 19th June

There were a total of fifty six runs in this years championships. The rivalry between Holmgate Primary and Pennine Way Junior school produced the usual close result. There were some familiar faces from other schools in all the categories as well as some entries from children who go to the Satellite Clubs.

Changes to the rules meant that working out the results was easier than 2009.

Primary Schools Years 5 and 6 - White Course

Boys - 1 Luke Humphries (Pennine), 2. - Dane Buckley (Holmgate),
3.- Adam Shaw (Pennine)

Girls. - 1 Olivia Heardman (Holmgate) 2. Brigid Kelly/Sarah Duckworth (Crich)
3. Alice Crane (Little Eaton).

Schools Result - 1 st	Holmgate	580 points
- 2 nd	Pennine	573 points
- 3 rd	Crich Carr	279 points

Secondary Schools

White/Yellow Years 7/8

Boys 1 - Thomas Dean (Pingle), 2. Nicholas Gordon (Heanor)
Girls 1 - Olivia Boyce (Pingle) 2. Joanna Goodhead (Foremark)

Yellow - Years 9/10

Boys 1 - Andrew Dean Pingle 2 - Alex Ross Lady Manners
3 - Mark Goodhead (Repton)
Girls 1- Chloe Cannon (Tupton)

Yellow/Orange Years 11/12/13 - No entries

Secondary Schools Championships

Winning School was Pingle School with 300 points
2nd Tupton with 197 points
3rd Repton with 98 points

Val Johnson planned some good courses and with plenty of willing helpers from DVO the planning, start, finish, download and general organisation went smoothly. Thanks to all of them and the helpful staff of Elvaston Castle Country Park.

Rex Bleakman -Organiser

Variety in Orienteering

There was a time when the only choice we had to make when finding some orienteering was whether to go to an event close to home or further away, the latter often being multi-day or National events where we were competed against others of our age on either a Long or Short course. We also made the occasional foray abroad to the World Masters or Swiss 6-day.

These days the choice is far greater, though for some it has become somewhat bewildering with the result that they just stick to what they know and get enough satisfaction from that.

To take the British Championships as one example, not long ago there just used to be the age-class and relay championships, held over one weekend, with a separate night championships. Now we have the British Long, Middle and Sprint Distance Championships as well as the British Relay and Night Championships. Instead of the old regional events we now have Area Championships for the North, Midlands and South, along with Northern Ireland, Scotland and Wales. All these competitions have their own rules which can be found on the British Orienteering website.

A further development has been the rapid growth of urban events. In some respects these have always been around and we in DVO did a lot of it during the foot and mouth outbreak in 2001. In that year we had events in Derby, Matlock and Chesterfield, amongst others, though the maps are unrecognisable from those now being used on the urban races. Whilst some of us have been to the Venice Street O in the past and are going again this year, events such as London, Oxford, York and the Friday Sprint at the JK have introduced many to a new form of competition. The quality of maps has improved, though the planning can be variable making an enjoyable run on an area one year quite boring the next. Having had an enjoyable run at the Lincoln City Race last year I'm now faced with the daunting challenge of controlling it this year ...

There has even been a knock-out sprint at the recent Nordic O Tour and greater variety in the use of score and relay events, some of which has been made possible by developments in electronic punching.

Choosing which course to do at a middle distance race can also be confusing. Some think that, to get value for money, they should run up a course. Personally, I always run the Green course, whatever the event, as I can then compare myself against those who run the same. Just because the distance is shorter doesn't mean you will be out for any less time. The middle distance is very different from the classic long event, with many more controls and a different style of orienteering being required, just as it is in the urban or sprint events. Quite a few people got a surprise at this year's British Middle Distance Championships at Haverthwaite when they were out for far longer than they anticipated. There was an interesting article by David May in a recent CompassSport contrasting the planning for a middle and long event on the same area.

So, if you have never run anything other than your normal colour coded course or perhaps your age class at a major event why not come along to the Open Meeting on 14th July and look at some of the maps for these different types of orienteering? If you have a favourite event, best run or most catastrophic outing, why not bring the map along to show others. In particular, it would be good to see maps reflecting this greater variety of events and competitions open to us today and we'll bring the maps for the events at Wheal Florence and the Eden Project which followed the JK. Liz Godfree can also show us how she won the Gold medal at last year's World Masters sprint competition as well as winning W60 in this year's British Age-Class Sprint Championships!

Ranald Macdonald

Rocky Knoll Recommends

The summer season is upon us - which sees a gap in serious orienteering provision at home.

Doubtless many of DVO will be at the White Rose weekend for the August bank holiday. See www.whiteroseweekend.org.uk. Deepest Yorkshire is far better than joining the crowds on a cold beach. Look out for the DVO flag at the camping. There is sure to be a barbecue on the Saturday evening. If you would like to take part in the Team Score on the Monday give your name to Graham Johnson straightaway.

It is possible to run the Lakeland 5 day first and then go straight to the White Rose.

The weekend of 4th/5th September provides a real fix for Urban Orienteering addicts with events in Sheffield and Lincoln. A very different form of orienteering but it features the real challenge of navigation whilst running hard.

DVO's season opens with a Local Event at Littlemoor Wood on 11th September. Then we have a Regional Event on Carsington Pastures on 19th September so the London City Race the previous day could make a busy weekend. This is another last time to run here before the wind farm is built. The 4 turbines of the wind farm and their associated access track will make our usual assembly area look very different in the future. This is the East Midlands heat of the Yvette Baker Trophy as well as hosting the East Midlands AGM.

The October Odyssey weekend at the beginning of October in the North East usually attracts a few stalwarts but it is a long way away this year. The following weekend is of course DVO club champs (see elsewhere in Newstrack) and barn dance.

Looking further ahead and afield there are at least a dozen members going to Venice for the weekend of November 13/14 for the original urban event. No traffic, no hills, just lots of bridges and tourists to slow you down. Flights are available with BMI Baby from East Midlands. Ask Mike Godfree for information about hotels and how to enter. There is even a video of last year's event on youtube:

<http://www.youtube.com/watch?v=MgT8IKz7sV0>

Watch out for the DVO flag at these and possibly other events, come and meet your fellow club members.

Summer League at Darley Abbey

We came into this a little late in the day, but fortunately we've been going to the Wednesday club there for some time, so we knew the map quite well. Still, when I spent the time exploring the "armchair" planning I found the map was a little inaccurate. Several tennis courts had disappeared, as had hedges and one out-of-bounds area. But we finally ended up with 4 courses we were happy with; a white, a yellow, an orange and a score with a twist – well, Darley's quite an easy area, so you need something to stretch any experienced adults who turn up.

We didn't have much time to publicise the event so weren't sure whether anyone would turn up at all, especially since the weather early on was unsettled. We were also

anticipating doing the whole thing ourselves until a few days before when Sue Russell kindly offered to help. And then John Hurley appeared on the day and offered to help. We were very glad of both when the numbers grew during the morning. In the end we had somewhere in the mid forties, a mixture of experienced orienteers from DVO and other midland clubs, youngsters and some new to the sport. In the end it was well worth the effort. Everyone accepted having to mark their own maps up happily (I think some found it very nostalgic), most of the experienced orienteers took the "twist" in good part and there were some very enthusiastic newcomers. I was even approached by a lady as we were winding up wanting to understand what orienteering was and deciding it was just the thing to keep her two lads amused and active.

So, we had a fair number of satisfied customers, some potential new orienteers and made £94 (less the cost of the maps) for the club.

Wednesday evening runs

As usual the Wednesday evening runs leave their traditional haunts for a tour. You are welcome to join us for a sociable run starting soon after 7, followed by a natter over a cup of tea and probably an adjournment to a local hostelry. These summer runs aim to stay off road as much as possible, and often involve some navigation.

14th July Open Meeting – Duke William, Church St. Matlock DE4 3BZ2

21st July Alex & Evelyn Ross – 51 Yokecliff Drive, Wirksworth DE4 4PF

28th July Andy & Michelle Mackervoy - 8 Amber Road, Allestree, Derby DE22 2QA

4th August Mike & Cathy Gardner – 3 Gatcombe Close, Oakwood DE21 2PZ

11th August Sue Russell - 106A Parkside, Heage, DE56 2AF

18th August – John & Ann-Marie Duckworth - The Homestead, Crich Carr, Whatstandwell. Please park at Whatstandwell station, take path over station footbridge, turn right up hill, 1st left, right up narrow lane, on the right at the top of that lane.

25th August – Robert & Gwyneth Shooter, Rose Cottage, Cat & Fiddle Lane, West Hallam DE7 6HD SK430403

1st September – To be confirmed

9th September Normal service resumes, arrangements to be decided.

For more details check with Mike Godfree (Mike.Godfree@btinternet.com)

SOME UPCOMING EVENTS – suitable for Families, Young children and Newcomers

Sun. 4 Jul. 2010 LEI Type: Cross Country Level: Local

Venue: Outwoods near Loughborough

Dogs allowed - Constraints may apply

Sun. 11 Jul. 2010 SYO Type: Cross Country & YHOA Schools Championships

Venue: Sandall Beat near Doncaster

Dogs are not allowed

Tue. 13 Jul. 2010 LEI Urban series

Venue: Sence Valley Urban Event near Ibstock

Thu. 15 Jul. 2010 LOG Urban Series Level: Local

Venue: Nettleham Village near Lincoln

Coaching/Advice available

Sun. 18 Jul. 2010 NOC Type: Cross Country Level: Local

Venue: Colwick Park near Nottingham

Tue. 27 Jul. 2010 LEI Type: Cross Country Level: Local

Venue: Ratby Burroughs near Leicester

Dogs allowed - Constraints may apply

Thu. 29 Jul. 2010 LOG Type: Urban Level: Local

Venue: Stamford Town, Stamford

Coaching/Advice available

Sun. 1 Aug. 2010 NOC Type: Cross Country Level: Local

Venue: Rushcliffe Country Park near Ruddington

Dogs allowed - Constraints may apply

Sun. 1 Aug. 2010 LEI Type: Score Level: Local

Venue: Bagworth Woods near Leicester

Dogs allowed - Constraints may apply

Wed. 4 Aug. 2010 LEI Type: Cross Country Level: Local

Venue: Fosse Meadows near Leicester

Dogs allowed - Constraints may apply

Thu. 5 Aug. 2010 LOG Type: Urban Chasing Sprint

Venue: University of Lincoln, Lincoln

Coaching/Advice available

Tue. 10 Aug. 2010 LEI Urban Sprint Level: Local

Venue: Loughborough University, Loughborough

Dogs are not allowed

Sun. 15 Aug. 2010 NOC Type: Cross Country Level: Local

Venue: The Forest and Arboretum in Nottingham

Wed. 18 Aug. 2010 LEI Type: Cross Country Level: Local
Venue: Oakham Woodlands, Oakham
Dogs are not allowed

Tue. 24 Aug. 2010 LEI Type: Cross Country Level: Local
Venue: Evington park and Arboretum, Evington near Leicester
Dogs allowed - Constraints may apply

Fri 27 – Mon 30 Aug.2010 EBOR WHITE ROSE events

Venue: Helmsley Moor near Helmsley North Yorkshire
2 regional events, 1 team score event, 1 night event, 1 mountain bike event, all based round own campsite and event centre. Usually a sociable DVO occasion.

Thu. 2 Sep. 2010 LEI Type: Cross Country Level: Local
Venue: Burbage Common near Hinckley

Sat. 11 Sep. 2010 DVO Type: Cross Country Level: Local
Venue: Littlemoor near Matlock

Sun. 19 Sep. 2010 DVO Type: Cross Country Level: Regional

Venue: Carsington Pastures near Wirksworth
Coaching/Advice available. Ranking event

Sun. 3 Oct. 2010 OD Warwick Type: Urban Level: Regional

Venue: Warwick Town
Coaching/Advice available. Ranking event
Dogs allowed - Constraints may apply.

Sat. 9 Oct. 2010 DVO Closed event for club members and invited guests only
Venue: Calke Abbey near Derby
DVO club championships.

Sun. 10 Oct. 2010 SELOC Regional Event

Venue: Tockholes
Ranking event

Sat. 23 Oct. 2010 SMOC Type: Sprint Level: Regional

Venue: OU Campus, Milton Keynes
Ranking event

Sun. 24 Oct. 2010 EPOC Type: Cross Country Level: Regional

Venue: Stoodley Pike near Hebden Bridge
Dogs are not allowed. Ranking event

Sun. 24 Oct. 2010 TVOC Type: Cross Country Level: Regional

Venue: near High Wycombe
Ranking event.

**For further details on any of these events go to the organising club's web site.
Regional events may require pre-entry. Local events are entry on the day.**

Carsington Pastures Regional Event

Sunday 19th September 2010

A counter for the East Midlands League

By car: The event will be signed from the A5012 (Via Gellia), 2 miles west of Cromford (grid ref SK262564, satnav co-ordinates N 53 6 14, W 1 36 36); and also from the B5035 (Ashbourne to Cromford road) near Brassington (grid ref SK234522, satnav co-ordinates N 53 3 59, W 1 39 8).

Car parking will be in a field off the minor road from Wirksworth to Brassington (grid ref SK250546, satnav co-ordinates N 53 5 16, W 1 37 41). Parking fee £1.50.

By public transport: Bus service 110 from Matlock or Ashbourne to Carsington village, then 1 mile steep walk.

Cost:

Adults on Light Green, Green, Blue, Brown courses: £6 (National and East Midlands members of British Orienteering); £8 (non-members)

Adults on White, Yellow, Orange, Long Orange courses: £1.50

Children and Students on any course: £1.50

Family £15 (National and East Midlands members of British Orienteering); £19 (non-members)

Family groups with a Child on White, Yellow or Orange will pay £1.50 for one map and can purchase additional maps for 50p

The event will use SportIdent electronic punching. If you do not have a SportIdent dibber, you can hire one at Registration. Hire fee of 50p for Adults, free for Children & Students.

Enter on the day only. Registration: 1000 - 1200

Start times: 1030 - 1230

Courses: White, Yellow, Orange, Long Orange, Light Green, Green, Blue, Brown

Terrain: Fast open with intricate contours and rock detail and many depressions as a result of former mining activity. **Whistles must be carried.**

No dogs allowed, as the event is on farmland.

Organiser: Roger Hodgson mail@rh-architect.co.uk 01629 640829

Planner: Liz Godfree

Controller: John Hurley

This may be the last chance to run on Carsington Pastures before the wind farm is built.

And...the East Midlands Orienteering Association AGM will be held at 1030. All members of East Midlands clubs are invited to attend.