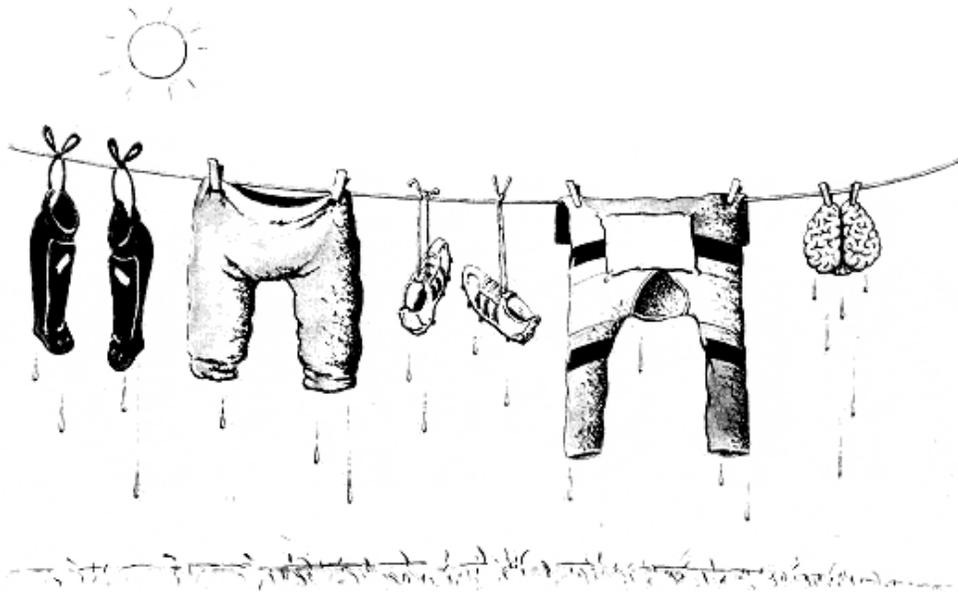




Newstrack

June 2013



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Newstrack is the magazine of Derwent Valley Orienteers

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Editorial

I volunteered for the prestigious role of Newstrack Editor about 6 months ago as something to keep me busy after the Middles and have enjoyed reading everyone's contributions. The Middles are now almost put to bed so maybe by the September Newstrack I'll have time to get it back to the A5 format and avoid blank pages (I'm sure Word said 14 not 13!?) (**submissions by Aug 20th please!**)

Sal Chaffey

Open Meeting Invitation

The next Open Meeting will be at the Bell Inn at Cromford on Wednesday 10th July. There will be a run at 7pm followed by the Meeting at 8:15pm. John Duckworth will give a talk on planning the Middles (he suggested we do a double act but I bunked out with the excuse that I've just written an article for Focus!).

Club Captain's Corner

A successful year to date for DVO. As you all know by now we won the 1st round of the Compass Sport Cup at Fineshade in February and go through to the Final in the Forest of Dean in October SUNDAY 20TH OCTOBER Please keep this date free. We will need a full turnout of club members if we are to see off the tough opposition. Welsh Bicknor Youth Hostel has been booked but not all of the beds have been taken. There are always last minute cancellations so I will have a reserve waiting list. Contact me if you are interested.

Our older (er – excuse me? Ed.) ladies have dominated the relay competitions this year. At Easter's JK W165+ Ladies (Liz, Judith, Sal) regained "the fruit bowl" first won 10 years ago, also at Hambleden, and held by DVO for 5 years (Liz, Pauline, Helen/Jen as team members). The British W60+ trophy was retained by Liz, Pauline and Judith who won by the incredible margin of 30 minutes. The rough underfoot conditions meant that all the laps were too physical and hence too long for older competitors.

Next date in the diary is the Footpath Relay – SATURDAY 8TH JUNE – starting and finishing in Bakewell. If you're interested contact me ASAP as some runners drop out through injury etc.

August Bank Holiday is a long way off I know but the White Rose Team Score event on MONDAY 26TH AUGUST is a must for all those in need of more mugs (see Newstrack September 2012). There is a run to suit everyone. Contact me if you would like a run – I will be inspecting the Start list for DVO members!

You'll find me and my red file at most DVO events ready to sign you up for Compass Sport Cup Final. Please make every effort to support your club.

Contact me at liz.godfree@btinternet.com or 01335346004

Liz Godfree

Star Runners

The handicap system allows results on different courses to be compared. The following club members produced the best performances against what their handicap would have predicted at these recent EMOA League events, all used for ranking purposes.

Bagworth	Andy Hawkins	Green
Harlow Woods	Joe Uprichard	Green
Bramcote Hills	Joe Uprichard	Green

For the second time running a club member has the chance to record an unprecedented three in a row. Russell Buxton couldn't manage it last time, perhaps Joe can do it at Swithland.

DVO and all things archival

Dave Nevell

DVO has now been going for the best part of 45 years and it is unfortunate that those with memories of the very early days are increasingly either no longer with us or can't necessarily remember the fine detail. For that reason I am keen to attempt to put together a reasonably definitive history of the club that has both credibility and an interesting narrative. Those clubs that have put together their own histories tend to focus on foundation and then compress the next 40 years into a couple of paragraphs. This is not the intention; I would like to look at the development of DVO across its entire existence and also put this into the context of what has happened over the same period in the wider orienteering world. I managed to do this for HOC a few years ago and I think it worked well. Inevitably there will be some similarities in the historical structure since the backdrop will be the same, but hopefully there's plenty of DVO focused material to be mined (more of that in a minute).

I have almost completed the first instalment of the history which runs up to 1969 and I intend to publish that in the next Newstrack. Beyond that there may be another three or so instalments taking us up to the present day. The bulk of the information will probably come from EMEWS (there's a good archive) and Newstrack as well as obviously talking to people. How long this will take I have no idea but hopefully with Newstrack being bi-monthly (look this word up, it means two completely different things!) I can keep up and get it done by early 2014.

That's all about narrative. On top of that I am trying to compile a definitive list of all of the events that DVO has ever held. Thanks to John Hurley's personal archive and past copies of CompassSport I believe I already have a complete list of all C4s and above and have added to this all of the smaller events (i.e. local, summer evening, winter evening) over the last ten years and throughout a large part of the mid 1980's. The running total as of mid-April is 536 events but I believe the true total could well be nearer to 800. The key to capturing the smaller events is getting hold of old Newstracks or having access to people's personal records. So.....at this stage I am just trying to make contact with anyone who might be able to help; hoarders of ancient Newstracks, avid compilers of lists, stashers of paper results and the like. I am interested in results because this proves that events appearing in fixture lists actually took place and also, I would like to make a record of the attendances wherever possible. If you think you could help in even a small way then please get in touch (dnevell3@gmail.com) and I can co-ordinate the rush of volunteers. Remember, anything in the electronic era (2002 onwards) is covered – the bulk of missing events will be in the 80s and the 90s. It will also be interesting to know who has a good number of DVO maps.

I have some other ideas about how the history of the club might be continuously captured in some kind of wiki-form, with particular focus on old photographs and possibly maps, all this being based around the narrative I will produce. History doesn't stand still though so some thinking about how this might evolve with time is required. Perhaps this is just as much a question for the technophiles – does this spark off any ideas anywhere? We have a plethora of communication and media opportunities at present but it doesn't necessarily mean things are getting organised or co-ordinated better; in fact there is every chance things will get ever more diverse and in 10 or 20 years' time it will be no easier to work out what was going on back now than faced with the same issue today. Capturing the mundane and routine today may be of great interest in another 45 years – so why not let's do it?

Club O-tops

You will have seen many club members running in their smart new O tops. To order yours check your size via the club website under Members/Clothing and let me know by email what size you would like and whether long or short sleeves. We should be able to hold the cost at £20 for short sleeves and £26 for long sleeves for the next order. I also have a few spares in stock.Mike.Godfree@btinternet.com

The Diary of a JK Virgin (aged W45)



Club Tents & Banners at JK – photo by S Gordon

Liz Godfree puts a call out for JK relay teams and I decide it's time we find out what the JK is all about. Responses from the rest of the family vary: Husband (M50) - "Oh, go on then", Daughter (W18) – "Yes please", Son (M16) – "Do I have to?" I decide to compromise on the entries by avoiding the Sprint around Reading University campus on the Friday, entering for Hambleton on Saturday, having a day off on Sunday and then 3 of us entering the relays at Hambleton on Monday. However, on further investigation I discover that the Saturday and Sunday scores are amalgamated so finally enter all of us for Cold Ash on Sunday as well. To keep the cost down I book us into a campsite just outside Henley-on-Thames and not far from Hambleton. I tell Son and Husband, "Henley-on-Thames is your sort of place – bookshops and cafes galore".

Friday 29th March - As we leave snowy Derbyshire listeners are calling in to the radio with tales of their travels over the Easter weekend; many are off to stay in a caravan and worried about how they will keep warm. Our children are not impressed that we are camping even though I assure them I have packed extra sleeping bags and blankets. "We don't have to cook; I even have Pizza vouchers!" I chirp. On arrival the site looks fine – we can see red kites gliding above us. There are 4 other tents. After getting sorted we enjoy exploring Henley followed by a pub meal whilst going over the details for the following day's event. When I produce the 11 pages of information for the 3 days ahead Husband looks aghast. We decide we need pudding. During the night it's not the planes on their way to Heathrow that keep us awake but the generator and lorries of Thames Water next to our camping field.

Sat 30th March - Cold and dry. "At least it's not raining", I say. We leave at 9am to give us plenty of time for queuing for loos, entry admin and walking between the car park field and assembly and to the starts. We collect race bibs and safety pins from a fence and then collect our hired EMIT cards from Enquiries. We haven't used these before and are rather wary. Daughter is pleasantly surprised. The EMIT is smaller than she had expected because I told her it was also called a 'brick' (brikke)! We have a practice. The awkward bit is getting them the right way round and making sure the red light flashes as it doesn't beep. I am determined to be very careful punching even if it takes longer. I suggest we write the colour of our starts, our course numbers and our start times on our hands. We go back to the car to collect our gear. Fortunately we have a roofbox on the car which helps us spot it amongst the numerous rows of vehicles. One lady is wandering around desperately trying to remember where she parked!

We lug everything to the club tent which has been erected in a prime spot overlooking the run in to the finish. Colourful club banners flap in the wind, the commentator is relaying information and there are lots of sports clothing and food and drink stalls. It's good to meet up with other club members and

enjoy the atmosphere. Family, however, is not impressed that we seem to be the only ones camping. “Oh well, Pizza Express tonight,” I say. Daughter and I are proudly wearing our new Anne Kimberley designer club shirts. I am particularly pleased with the zip pocket in the back which can hold a whistle, inhaler, jelly babies and a lipstick!

On the way to the starts the children ask me which start they are going to/what course number they are running. “Didn’t you write it on your hand?” Blank looks and a quick stop to check the notices again. It’s a relief when I am finally away! Hambleton proves to be a lovely area – I relish being able to run through the forest and not get tangled up in brambles. However, dashing downhill from #3 I manage to turn my ankle and fall. “*****!”. A nearby competitor kindly asks if I’m all right. I stand tentatively and after twiddling my ankle round decide I’m ok.

Back into the navigating I start to enjoy myself again until I have to look for a depression. “Depression by name and by nature”, I decide, after visiting a number of nearby irrelevant controls before locating mine. Finding pits is definitely a weakness. Looking for one towards the end of the course with the sound of the commentary filtering through the trees and competitors running all over the place I can feel the panic rising. At last I finish my 7.1km course in 87:30. I won’t be stepping up on any podium but with other DVO members shouting for me as I run in to the Finish I feel like I’ve won anyway. Cadging an ice pack from St John’s for my ankle I meet a charming Irish man at his 10th JK – he tells me I really should come and orienteer in the West of Ireland ... !

Back to the tent to enjoy the atmosphere, cheering everyone on. Later I look around the stalls and return announcing an addition to my designer handbag collection. Husband blanches until I show him my bargain Lowe Alpine bumbag. Family has all returned safely, having had our money’s worth ie spent as long as we could out on the course. Son was concerned at one point when he had to cross an open area where a group of red kites were circling but he survived. He even saw a Muntjac deer and stopped to try and get a photo!

Then Son discovers he is competing again the next day. I soften the blow by taking him to the campsite clubhouse to watch ‘Doctor Who’ in the bar whilst Daughter does some revision. At Pizza Express that evening we review today’s maps and plan our logistics for the following day. We need to get to Newbury college for a bus transfer. We also need to remember to put our clocks forward! We opt for pudding again. Tonight the sky is clear and sporting thermals, pyjamas, fleece and balaclava I bury myself into my 2 sleeping bags in an effort to prevent my nose from freezing off only to be overcome by claustrophobia and emerge struggling to breathe. Eventually I cover my face with a shawl. As I drift off to sleep the Thames Water generator starts up and my ankle begins to gently throb....

Sunday 31st March - We awaken bleary-eyed to find the tent covered in frost, the inside dripping with condensation and our water frozen. “We have ice but no G&T”, I muse. “At least it’s not snowing”. Daughter raises one eyebrow and calculates that she is wearing 8 layers. We head off to Newbury. Somehow I miss the direction sign for the college and we travel a few unnecessary miles before realising. Daughter tuts and looks up a map on her phone. We locate the relevant roundabout and sign only to be turned away and directed to park at the original parking field near Hermitage. “At least the car will be closer”, I say.

Today we feel more organised, taking our kit with us straightaway, visiting the loos en route and finding the club tent again in a good spot. The run in to the finish has lots of molehills – I make a mental note to be careful of my ankle. At the start there are warnings that the main paths and rides are very muddy and some depressions are full of water....

...I don’t realise how much water until I find myself going round in circles looking for #1, trying to work out which feature is the marsh, pond or depression! After a frustrating beginning I ease into the map-reading only to slow down again where there is a lot of detail to take in. Once more I found myself getting distracted by other controls, paranoid that if I don’t check them I might miss my own! Between #8 and #9 I emerge onto a ride but am not sure how far along I am. I fuff around trying to make the map

fit the junctions I can see. A nearby competitor is just as confused. We head off in different directions. Luckily I've chosen the right path but again wasted time.

I pull myself together. The path network is quite intricate but I am in need of a straightforward run along a path rather than navigating through the forest and manage to have a few good controls. Once again, within earshot of the commentary I lose concentration and have another faff. I admit I haven't enjoyed orienteering in this area as much, feeling frustrated with myself. It has taken me 123:33 to cover 6.9k! If I'm going to be out that long I will have to take my lunch with me next time! Still I have enjoyed just being out getting some exercise in the forest and am glad that my ankle has held up. Again it is fun sharing map tales with other club members and watching other competitors finish. Later we watch in amusement as a certain member attempts to fold up his pop-up tent.

We take Daughter to look at proper orienteering shoes but her feet hurt from competing so she can't tell whether any of the shoes are comfortable or not. As an Easter Sunday treat we visit the Chocolate Theatre Cafe in Henley to indulge and later we succumb to another pub meal as we can't face cooking pasta in the cold. We wonder whether anyone will notice if we fall asleep on the comfy sofas in front of the fire....On our return to the campsite Son rebels and announces he is sleeping in the car. Fortunately the sky has clouded over so it won't get down to -6°C tonight.

Mon 1st April – There are wisps of snow in the air. “At least it's not raining”, I say. I am feeling quite nervous. I am glad to be back competing at Hambleden again but feel more pressure because today it's the relays. Amy Kimberley has done a brilliant job of naming the teams. We are in DVOrganisers, DVOutliers and DVOompaloompas! I make sure everyone has their relay bibs and we have a good look at the relay pen on the way to the club tent.

You have to go through a marquee and collect your sealed map. You can only look at it once you have been tagged by the incoming runner on your team. You wait in the pen keeping a look out for your team-mate. When you see them coming down the hill you stand by the mesh barrier and hold your hand out to touch them. At this point you might want to hand over your warm jacket so they can wear it and take it back to the tent for you. It's quite entertaining watching the runners who struggle to remove their jackets as their team-mate comes steaming in or even to see incoming team-mates standing around looking forlorn as there is no sign of the runner who's supposed to be doing the next leg.

At the club tent I find my other team members, Katie Swalwell and Anne Kimberley. We decide that we need to make sure we punch properly and just go and enjoy ourselves. There is a mass start for each relay. The youngsters sprint up the hill before most of them remember to look at their maps. Husband, Daughter and I are all running the last leg for our respective teams so we see our teams start and then head for the loos before coming back to get ready. I am pleased to see there is a downhill finish today. There is also a spectator control for watching the elite competitors. After cheering our first team-mates in we gobble down a banana and pick our way through the tents down to the relay pen. We have estimated the time we need to be there but are so paranoid about missing our changeovers that we get there early and spend time stretching, jogging around and watching competitors streaming down the hill. Those on the last leg run in to a funnel above us on the hill. Elizabeth Bedwell runs so fast down the hill that Daughter barely has time to get to the front and in a panic jumps over the barrier! She sorts herself out and is off. I think I see Anne coming and removing my jacket go to the barrier but it's someone else instead. By now I am shivering slightly and Husband cuddles me to keep me warm – perhaps relays aren't so bad after all!

Suddenly Anne's here and off I go up to the start kite. It's good to be moving but I feel I am dithering and take a while to sort out vegetation boundaries on #2. I run too high on #3 and too low on #4 but then settle in to the map again. #6 is number 179 and I hesitate above nearby control number 176 before my brain registers the difference in the numbers. I am aware of other competitors and try to get ahead of them. They all seem so calm and efficient. As I run diagonally down the hill from #9 I stumble and lurch forward. I curl up my body, roll onto my shoulder, spring up and am away running again. Heading down the hill from #10 I miscalculate the angle and confuse the paths where I emerge. I have a

quick look around a thicket before realising my mistake and searching further along. At last I'm on the final few controls and dashing for the Finish.

Back at the tent Daughter is upset because she has mis-punched and Amy and Elizabeth had both run well. On investigation later I discover she got mixed up between the last digits 6 and 9 and the other competitor who mis-punched on her course made exactly the same error. It's a mistake that everyone makes at some point but hard to take when you're running in a relay. At least we can celebrate the DV Omnipotents' win.



Thanks must go to Liz for organising us and to Mike for not taking down the DVO tent as I was changing, as well, of course, to all those hard working volunteers who make the JK happen.

We were asked whether we would compete at the JK again. Commitments permitting, I reckon we'll be back. We may choose not to compete every day and even though some of us may come last it's still a good experience to run in a different area and get to know other club-members that bit better.....oh, and next time we might even treat ourselves and stay in a caravan!

'AK Designer Shirt in action'
— photo by S Kimberley

JK2013 Kite Spotting Guide

Red Kite



Size: bigger than mallard

Feather colours: brown, black, white, red, orange, grey, cream/buff

Beak colours: black/dark grey, yellow

Beak length: short

Beak thickness: short

Beak shape: short

Leg colour: yellow

Behaviour: part of flock, on ground, bird walks/runs on the ground, eat birds/chicks/eggs

rspb.org.uk

Orienteering Kite

Size: smaller than Red Kite

Feather colours: orange, white

Leg colour: dark green

Behaviour: part of flock, on ground, can prove difficult to spot





(Except when it's Saturday or Wednesday)

The Unofficial Official Fanzine of Real Derbyshire Orienteering
More People, More Places, More Pubs

Sixty orienteers wedged into re-entrant

A dramatic rescue operation was put into place after the gaffling at the British Relays went "disastrously wrong" - see page 3

Fallout: Orienteering big cheeses grilled – pages 93-96

Back to Normal?

Now that the chutney crisis has died down and orienteering is getting back to normal, questions are being asked at the highest levels of the sport about how it was all allowed to happen. A spokesman for the Big Orienteering Organisation (BOO) said "Precautions have now been taken and we are confident that we will avoid getting into such a pickle again". The Commission for Lots Of Trees (CLOT) declined to comment officially though an anonymous source was quoted as saying that "it wasn't their fault and they knew their onions"

A Bit of News

Shooter's O particle, for years thought to have been just a theory, 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 something out of the corner of my eye. I turned to look but it soon vanished. It certainly had the look of the O particle about it. Katie saw it first and hasn't stopped talking about it ever since. All of her friends are so envious." If this is indeed the elusive O particle then it may put to rest years of speculation about how position is conferred



Shooter's O Particle (artist's impression)

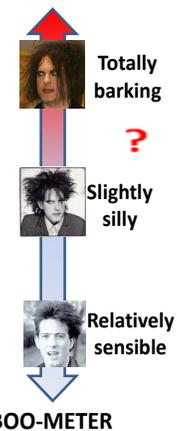
on the universe. A top scientist working from a secret location on a hillside near Belper commented "This is the Holy Grail of navigation. My life is now complete" (*drinks poison, expires*).

Rope is thicker but string is quicker

More controversy over string courses. The recent East Midlands Middle Distance String Course Championships sponsored by Bad Dog Breweries were plunged into confusion and farce when it was revealed that the first three under-5s had all tested positive for Calpol. "I thought there was something funny going on," commented a DVO official. "They were all charging round high as kites asking existentialist questions like How Long is a Piece of String?". Several mothers have been taken in for questioning. B sample results are awaited.

BOO Watch

Each month we keep a check on what's kicking off at the Big Orienteering Organisation (BOO) and give our verdict! This month it's hard to avoid mentioning the brain scrambling random number generator formally known as the National Ranking List. It's so confusing that WSC is struggling to define a category on the BOO-meter. For all we know it might be total genius or absolute pants. Anyway, Real Orienteers remember the good old days when Peter Dominic sponsored the list and we all got cases of wine at the season's end.



Controlmate of the Month



Name: 112

Vital Statistics: 12"x12" by 12"x12" by 12"x12"

Favourite past-time: Hanging around in forests waiting for fit men to come by.



FILM REVIEWS

Rocky Knoll's guide to what's hot in the world of orienteering films

Fabian 4 (15): A great disappointment. Nothing like as good as Fabians 1, 2 or 3.

The Fabulous Yvette Baker Trophy Boys (12): The tale of two brothers who compete for the affections of the girl with feats of orienteering and piano playing.

Rebel without a Whistle (15): James Dean breaks all the rules by pretending a twig in his pocket is really a whistle. Considered too subversive for general release when originally made.

Last Control in Allestree Park (18): All sorts of unusual navigational techniques and shenanigans during an East Midlands Night Event. Orienteering equipment is put to some imaginative uses, the highlight being the infamous dibber scene at K6. "*Mer rumptitumptitumpi än du kan skaka en pinne på*" – Skogssport. "*We enjoyed the cameo appearance by Margaret from The Apprentice*" – Woman's Weekly "*Educational*" – Derby Telegraph.

The Long Good Friday (zzzzzz): An experimental six hour art-house flick in which nothing happens other than a bearded man puts out thirty three orienteering controls in preparation for the following day's JK. With sub-titles.

Everything You Always Wanted To Know About Orienteering, But Were Afraid To Ask (18):

Magnificent. But I still don't understand the one about the sheep.....

Captain Corelli's Thumb Compass (14½): I enjoyed this almost as much as Schindler's Start List which.....(OK, That's quite enough of this rubbish –Ed)

Real Orienteering Descriptions

The kids of today have it too easy. Back in the days of Real Orienteering, this is the sort of stuff we used to have to grapple with.....

1. Contour junction
2. Pit (the Younger)
3. Bridge (over troubled water)
4. Northernmost cow
5. Snowdrift (east end)
6. Off the beaten track
7. Gum tree (up a)
8. Spur (of the moment)
9. Path end / Crag top junction
10. Creek (uppermost part, no paddle)
11. Rock/hard place (between)
12. Nowhere (middle of)
13. Shropshire
14. The last post

Follow instincts to finish

Best tackled with a duffle bag full of supplies.

String course characters.....

Name: Dora the Explorer

Charges: Riding in a hot air balloon with only a lion for a companion.

Verdict: Is this really a suitable activity for an unsupervised 7 year old? We think not!

Sentence: Suspension from string course.



Warm Weather Training – Italian style

Liz Godfree

The Mediterranean O Cup in Italy in mid March seemed an ideal warm weather break fitting in neatly between Interland in Holland and JK at Easter. Unlike Interland 2 years ago when Judith and I experienced a marathon coach trip to northern Germany, this was much shorter, travelling only to Breda in Holland. Dutch forests for both Saturday and Sunday were anything but runnable with areas of scrub vegetation, not always prickly but certainly waist to head height through which you had eventually to penetrate to reach your control. I seemed to be having problems with my 1st control at that time but in the Classic after control 3 raced round with LEI's W14 Gabriel Rawlinson running the same course. I took the path route, she went straight and we met at the next control. We took turns in forcing our way through the scrub to reach other controls. Unfortunately, I wasn't one of the scorers on W60 coming in 4th place. Would MOC terrain be any different?

We arrived in Naples in torrential rain (snow in the mountains), drove across the mountains to Matera (think instep of boot) in rain/snow which dried up by the time we reached Castellaneta for the Sprint Prologue. The most recent bulletin had announced starts from 3.00 but as the Park World Tour were running a relay we independent runners discovered that we could start from 2.30. We should have realised then that this would set the tone for the weekend – laid back, little information, an Irish (oops!) Italian event.

First problem – my new super dibber cleared (I'd just used it in Holland) but it wouldn't register in the Start box – it was broken I was informed. And, no, I couldn't hire another one. When Mike returned I ran with his dibber round what seemed a complex town of steps and alleyways. Control 6-7 on the map seemed easy, barely 1mm between them but how to get there – route choices!

We arrived at the forest of Chiatona the following day in bright but cold and windy conditions and hired a dibber for me easily – no charge. Start times appeared on a board in continental style, i.e. time after base time which we assumed was 3.00 as per the most recent bulletin. Fortunately, Mike spotted the handwritten sign on another board with a base time of 2.30. I made my start on time – just. The forest was a mix of prickly impenetrable scrub, blackened forest fire and slightly more runnable areas. Paths could be run across without ever being noticed as I learned to my cost. Luckily power lines were shown and I relocated – eventually. The run-in along the beach was hard work but made a grand Finish.

Only after map reclaim (find your map in the rugby scrum as all the maps are emptied out of the bin) did we discover that the following day would be a mass start for the different age classes. We gathered at one side of the railway line, crossing at our call-up time. Frighteningly, an express train rushed through as we were waiting – no barrier between us and it. Maps were laid out on the ground, each with the competitor's bib number – but not in numerical order. Some folks took a long time to find their map. We had been informed that we would have a butterfly loop and mine brought me back to the Start. It was just like a mass start relay. I followed the M60s to our common 1st control before completing my first loop apparently on my own. Only after control 7 did I meet up with a pack of M65s obviously on the same course. I left them to do the navigating through the same forest as the day before but with less scrub until we ended up on the wrong hilltop at the penultimate control. Oops!

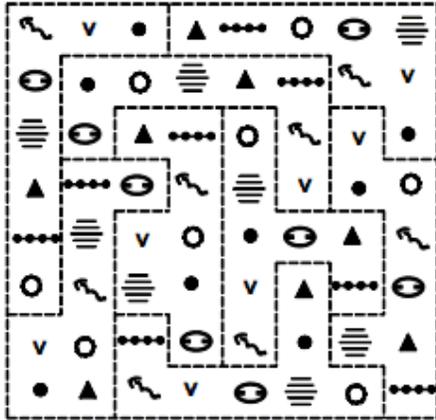
The urban sprint round the ancient hill town of Matera was awesome! 1001 steps up and down, dead end alleyways and inauspicious exits from courtyards, a few covered ways and the inevitable uphill finish. A carnival atmosphere existed in the piazza with a flea market, a funeral(!), as well as all the locals parading in their Sunday best somewhat bewildered at these people of all ages running around in skin tight lycra to the loud accompaniment of the orienteering anthem. If you haven't heard it you're missing out on a real experience.

And the verdict? We ran each day in the same lifa (smelly helly indeed!) under our smart new DVO tops. Park World Tours are very laid back – don't expect any information in advance; last minute changes are the norm. Our extra days we spent in walking the Amalfi Coast – fantastic views of a spectacular coastline, visiting Herculaneum – fascinating and climbing to the crater of Vesuvius – a rip off at 10 euros each. As we sat in the hire car looking across the plateau to Vesuvius we wondered what it would be like if it erupted and what a view we'd have. Sadly, we probably wouldn't be here to tell the tale.

Only when we arrived back at Stansted the evening before the March blizzard did we accept that it had been a warm weather break! And my super dibber works fine in the UK where clubs have updated their software.

Competition – 2013 round 3

Dave Nevell

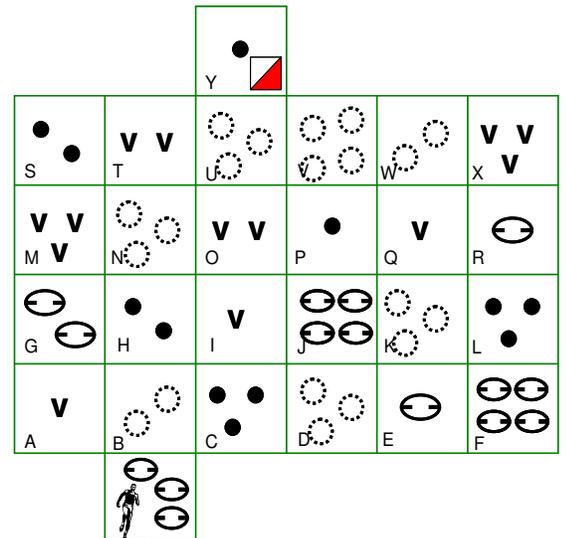


I bemoaned the lack of entries last time round and had a rousing response this time so thanks to all who sent a solution. This is clearly a measure of who actually reads the magazine. The complete answer is shown here; I shall make no attempt to define a strategy except to say that if you are used to regular Sudoku puzzles then the transfer to irregular can be a bit tricky. I received correction submissions from John Hawkins (despite an attempt to disqualify himself), Helen Finlayson, Jen Gale, Tim Cairns, Jane Burgess, Alan le Moigne, Mike Gardner and Helen Chiswell.

Now for this month. The idea is to find a route from the runner at the bottom of the map up to the control at the top. Each move (north, east, south or west), which can be of any length, is only acceptable if the destination square has either the same feature as the starting square (in any number), or the same number (for any feature). So for example, a move from two knolls to three knolls is OK, as would be a move from three clearings to three pits. However, U-turns are excluded; you can only go left, right or straight on every move. Can you give me an acceptable route?

To give you a clear an idea as possible, the first four moves have no ambiguity – you must go to N, M, A and then E. The next move is to either F or to Q and so on. Remember, no U-turns but you may revisit squares as many times as you like.

Answers to dnevell3@gmail.com by the copy date please.



Sports Personality of the Month...

Derek Gale was running the second leg for our team 2121 at the JK Relays. He didn't notice that he had been given the map for team 2021. Fortunately not only was that the same course it was also the same gaffle. So not surprisingly when we came to sort out the club maps there was no map for Derek. Only later did we discover what had happened. It was doubly fortunate that team number 2021 wasn't actually used so no one else had the panic of there being no map for them at map issue.

John Duckworth was injured for the JK and therefore not running so brought his bike which then had pride of place in the family room at their Travelodge in Reading for the JK. Too tall to stay on the roof rack in the multi-storey car park and doubtless too valuable as well.

Malcolm Spencer organised the Chesterfield Urban event but spent much of the time during the event at A&E at the hospital after cutting his hand removing a cable tie. There were no other injuries at the event so it is not the running that is dangerous!

All nominations by Mike Godfree

Forthcoming Fixtures

.... For updates, see www.dvo.org.uk

Wed 19 June (evening)	Whitworth Park, Darley Dale	SK274629	Viv Macdonald, Judith Holt, David Parkin	Mini event in v. small town park
Sat 29 June	Allestree Park, Derby	SK345415	Rex Bleakman, Val Johnson	Also Derbyshire Schools & Youth Groups Championships, White to Lt Green
Sat 13 July	Ilam Country Park	SK130510	Ian Parfitt and Ann Marie Duckworth	
Sun 21 July	Buxton EM Urban League			
Sat 17 Aug	Swadlincote Woodlands	SK305193	Rex Bleakman	White, Yellow, Orange, Lt Green
Sat 21 Sept	Elvaston Castle	SK415355	Dave Skidmore and Ruth Ellis	
Sat 28 Sept	Club Championships Great Longstone		Paul Addison (DVO Catering Inc for dinner)	Followed by Annual Dinner in Tansley Village Hall

Matlock O Club is branching out...

Not sure what to make of the squiggly brown lines on the map? On 5th June Dai Bedwell is coming along as a guest coach to lead an evening introducing contours. The session will be at Oker, a substantial hill near Darley Dale. We will be using a map specially prepared by Richard Parkin. You don't have to be a club night regular to come along, but it will help if you let us know (matlockO@btinternet.com or 01629 582325) so that we have enough maps. For details of where to meet check the website.

The Oker club night is just one of several since Easter when the club has swapped our 'base' venue at the ARC Leisure Center for another local area to give us scope for more challenging activities. The first of these was Lumdale Hillside using an extract from Richard Parkin's Matlock Urban map. Richard planned half length yellow, orange and light green courses so that club members had a taste of what to expect at club event. Two weeks later we had a similar format at Farley Moor. On June 19th we will be holding a mini level D event at Whitworth Park particularly to offer an opportunity to local Primary Schools. We plan trips out on 3rd and 7th July as well. Venues are to be confirmed so check the web site over the next few weeks.

And finally... a seasonal Lyme disease alert



Lyme disease is a bacterial infection that is spread to humans by infected ticks. The ticks that cause the disease are commonly found in woodland and heath areas, because that is where tick-carrying animals, such as deer and mice, live. The most common symptom of Lyme disease is a pink or red circular "bull's-eye" rash that develops around the area of the bite. Flu-like symptoms and fatigue are often the first noticeable signs of infection. Diagnosed cases of Lyme disease can be treated with antibiotics, but if left untreated neurological problems and joint pain can develop months or years later.