



DVO members competing at Strathearn 2019
Samantha Vincent, Simon Brister, Andrew Middleton and Anne Kimberley



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New Club Members

A warm welcome to new member Mike Reynolds, who has rejoined the club after a long absence. Can you spot Mike "in civvies" on the photo on page 20? Also welcome to Ross Dryhurst M16, Kendra-Anne White W50 and Laura Tomlinson W35 – see you in the forest soon!

Editorial

The Scottish 6 Days photos on the cover now seem an age ago – but what a great event that was! As ever, club members have been travelling further afield and you can read about multi-day events in Belgium and Switzerland. Always interesting to see how events are organized overseas.

The next issue will be available at Allestree EML on December 1st, making the copy date November 24th. Thanks in advance, and happy autumn running!
Sal

What's inside?



October 2019

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The last club captain's report was written so long ago that the UK had a different prime minister, and the way things are going, who's to say there won't be a new one by the time you get this (please). However, truth be told, there has been little to report from the DVO bubble with the exception of:

The White Rose

The Bank Holiday Monday saw DVO turn out for the annual mugathon known as the White Rose Team Event. I was initially disappointed that only three teams had been registered, but a last gasp rush of enthusiasm resulted in that number being increased to a more respectable five.

I had initially entered two teams as DVO Tripe and DVO Onions, mainly because I fancied running in DVO Tripe. Judith followed this particular culinary line with her team name, DVO Trotters. When Dave Vincent came to enter his team, he assumed all teams were to begin with 'Tri-' (which is not a bad link in future actually) so his team was entered as DVO Tritium. This, as every Newstrack reader will know, is a radioactive variety of hydrogen. Quite what anyone else trying to make head or tail of the DVO team names made of this is anybody's guess.

As a result of an unaccountable and entirely unprecedented error on my part, I found that, instead of entering my team in 160+, I'd registered it in M120+, despite the team comprising me, Dai and Derek having a combined orienteering age of 180! Nevertheless, as a tactical measure, I left things as they were, only one other M120+ team having subscribed to the class, a sure-fire way of ensuring a finish in the first three and a fast track to mug-heaven. Even with my rudimentary grasp of mathematics, I can work out that it is impossible to end up outside of a top three in a class with only two teams, short of mispunching.

My fail-safe plan didn't, so I'm happy to report three DVO podium places: a first – the O'Donnell family in 1 Parent, 2 Children, a second in M120+ and a third in W120+ for Val, Karen and Jessica.

The M120+ second place was a spectacular achievement considering I finished my course minus my glasses (spectacular – geddit?). This vital piece of equipment – to me anyway – currently lies



amongst the holly bushes somewhere in the north of Raincliffe Woods, stubbornly undiscovered despite the best Sherlockian efforts of DVO's finest: thanks for your valiant efforts, chaps. This was an expensive loss – glasses don't grow on trees, you know, even if they sometimes end up there.

I do have a chequered history when it comes to specs. The last time I bought a pair, I took advantage of a Specsavers 2-for-1 offer so I'd always have a spare. Unfortunately one half of those went for a Burton when I fell flat on my face near the end of last year's Manchester Urban event. The Raincliffe loss means I am currently sporting a pair with only one arm (known as a lorgnette – Ed.).

These last two pairs were acquired in haste following the loss of a previous pair at a 2016 Formby event (it was raining so heavily, I took them off to see properly, and you can guess the rest), so I'm currently going through pairs at a rate of just under one per year. I do not confine this expensive practice to these shores – there's another pair probably still lodged in some Italian woods following an unfortunate incident in 2002, and as for the pair that blew off whilst I was climbing Swirl How during a Saunders one year, well.....

In the course of the Middle Distance event at Raincliffe Woods, I also made a startling discovery: the IOF have abolished streams and ditches for mappers but not for planners!

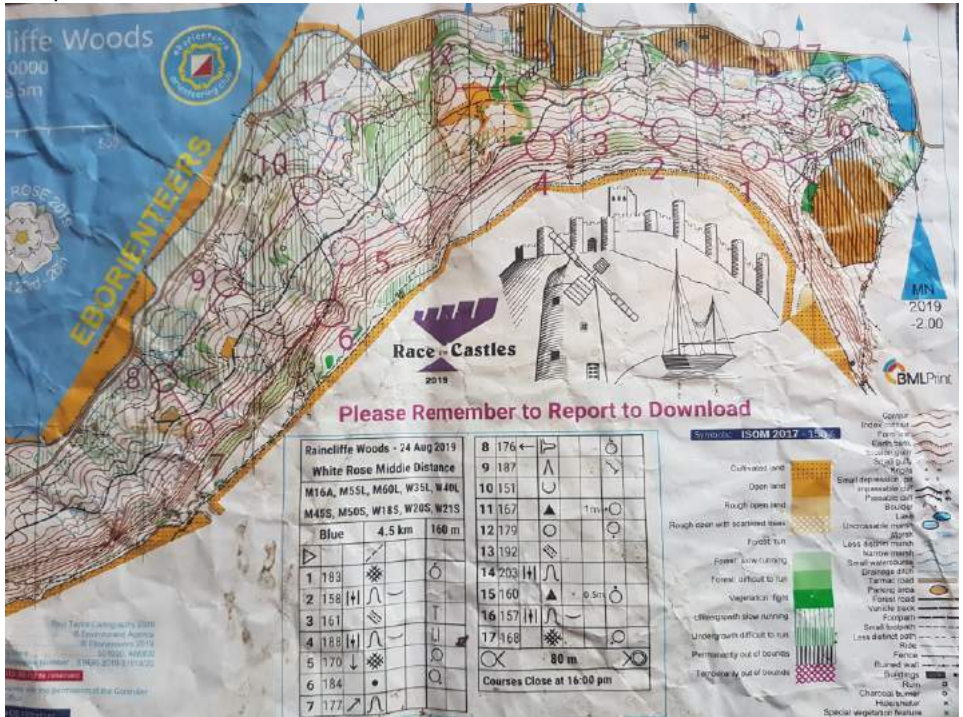
Granted, the first part of this contradiction could have occurred at any time during the past twenty years which was either the last time I looked at a map legend and/or they stopped putting the symbols on orienteering maps as a matter of routine.



Decathlon
Quechua...
£0.99
Decathlon UK
By Google

Anyway, the epiphany occurred at Control 13 which, according to the control descriptions, was a dry ditch. When I arrived at the control, I found the kite, but no sign of a ditch, dry or otherwise, or indeed any other feature worthy of the name. Stretching the

imagination as far as it would go, I might have conceded a very shallow re-entrant if I'd squinted a bit.



According to the map, the control was on a brown dotted line which I always understood to mean a dry ditch but on consulting my map legend, I found that this now means 'a small gully'. Whether this imaginary feature was a small gully or a dry ditch, why was the dry ditch symbol used on the control descriptions if the map symbol indicated a small gully? What hope does the poor orienteer have trying to make sense of all this in addition to finding his way through 15 other controls?

This was not the first time I found myself at odds with this mapper who neglected to record the holly bushes above Control 6. These were a bit like a trip to IKEA: easy



to get into but taking a helluva long time to get through to the other side. And the least said about the re-entrants at Control 16, the better. It seemed to me that the mapper had given up by this point, and coincidentally so had I.

In the comfort of my own home, but still irritated by the above conundrum, I investigated further and found the ISOM 2017 map symbols define a brown dotted line as a 'small erosion gully', and make not one mention anywhere of ditches, or of streams for that matter. This

is despite every orienteer recognising a thin uninterrupted blue line as a stream, and a dotted blue line as a wet ditch. These are now apparently merely 'crossable watercourses' and 'minor/seasonal water channels', neither of which concepts features in the control description symbols, although stream and wet ditch do. What a mess. It's no wonder I had my 42nd worst run of the year (probably of 42, no mean feat) according to BOF's Happy Thursday email.

Enough of my personal tragedy, it's time to look to the future, specifically:

CompassSport Cup Final – Sunday, 20th October

The arrival in my inbox of the email from the CSC Final Organiser means that every club member will have had an email from me giving details of the Final at Pippingford Park, part of Ashdown Forest.

Personally I think that there needs to be some common sense applied to the selection of a Final venue. Doubtless it is a bit of a money-spinner for the organising club, but if you're going to have the event in the south-east, this should at least be to the north of London, bearing in mind that it was only two years ago that we had to trek to Devon. Some recognition must be made of the distances that the majority of competitors are being required to travel, and the choice to hold finals in the extreme south-east and south-west of the country seems perverse from this point of view.

However we have a final in East Sussex and I would like DVO to put in a team as competitive as possible. We managed a very respectable forty-six competitors in Devon and anything approaching this will be a magnificent achievement.

Graham Johnson, Club Captain

Forthcoming Meetings

AGM, Wednesday October 9th, 7:30pm. After the business part of the meeting, there'll be some O technique videos and a chance to look at maps of Pippingford Park. At the Family Tree, Whatstandwell. All welcome!

Awards and Barn dance, Sat October 26th, 5:45pm at Wirksworth Town Hall
Main Committee, Tuesday December 10th, 7:30pm at the Johnsons'

DVO 50th anniversary booklet

It was suggested earlier in the year that an anniversary booklet could be produced containing the whole of the serialised history of the club, with added material and photographs, along with other new material. So far only 3 people have expressed an interest to me. If you are interested then please let me know so that a decision can be made on whether to proceed. Thanks.

Dave Nevell dnevell3@gmail.com

DVO needs more Young Families!

Considering the relative success of SYO and LEI in engaging young families, are DVOs present series of 'Come and Try Orienteering' Local events having sufficient success in attracting new members, or should we try something different?

Analysis of the four events we have staged in July and August in South Derbyshire reveals the following:

| Venue | Course | 2017 | 2018 | 2019 |
|---------------------------|--------|------|-------------|------|
| Staunton Harold Reservoir | Short | 10 | 10 | 20 |
| | Medium | 19 | 17 | 21 |
| | Long | 28 | 16 | 11 |
| Foremark Reservoir | S | 28 | 20 | 11 |
| | M | 22 | Not offered | 16 |
| | L | 27 | 31 | 19 |
| Swadlincote Woods | S | 18 | 6 | 9 |
| | M | 22 | 17 | 15 |
| | L | 45 | 35 | 22 |
| Rosliston Forestry Centre | S | 24 | 10 | 7 |
| | M | 14 | 21 | 10 |
| | L | 37 | 24 | 26 |
| Totals | | 294 | 207 | 187 |

Notes

2017 was the best year for every venue.

Long was most popular course. Mainly regular orienteers coming along.

Total attendance getting smaller.

As a result of coming to these events have any new members joined DVO?

Whilst it would appear that few, if any, new families or individuals have joined DVO, I think that we should stage a few 'Come and Try Orienteering', Local events every year.

Why?

- Because, even if the new participants don't join DVO, the events introduce a few new families and individuals to our sport.

- If the newcomers go away with a positive feeling about our sport then, in the future, they will probably try orienteering again and may join us or even another club.

Important!

- Making some of the courses on offer fairly simple and providing help/advice/coaching.
- Stage these events at a venue where there are toilets, easy parking and, preferably, a cafe.
- Making some of the courses on offer, simple and fun.
- Having leaflets promoting future events for them to take away.
- If there are young children taking part a reward for doing the course and something like our current BSOA Awards to encourage future attendance.

Ideas for 2020

1. To approach my South Derbyshire Parks events Coordinator contact with the idea of a small series of Xplorer Parks events, organised by her and supported by me and maybe other club coaches/members, followed by a couple of Local events leading up to the DVO Regional event at Black Rocks on 17th May.
2. Try offering to a group of Primary Schools in a small area (e.g. Belper, Swadlincote, Matlock) a few Parent(s) and Child, after school/evening sessions at their school leading up to a Local 'Come and Try' event.

Food for thought! Comments/offers of help please.



Paul with Whiskie!

Fun at Rosliston
this summer!



Rex Bleakman

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Matlock local events in the summer of 2019

As I write this, it is pouring with rain so it is ab it hard to remember the summer of 2019 but it was mostly pretty good.

It started in May with World Orienteering Day in the Whitworth Park – over 200 juniors from primary schools around north Derbyshire; planned by Judith and organised by Stuart. It was a festival type event with different orienteering activities at a series of stations that schools moved between. We included ‘football pitch O’, counting cones, map jigsaw games, a compass exercise and a mini loop course. Participants were kept busy and the schools gave very positive feedback especially that everyone was involved with activities all the time.

This was followed by a Saturday morning event at the Park. At least one Dad was persuaded to come along by his son who had enjoyed WOD on the previous Wednesday. Numbers were low, but those who came enjoyed themselves and some did every course on offer.

In June we had an event at Holmebrook Valley Country Park. Dave Organised and Jane did some really lovely courses, also using the urban area for the longer courses. The weather was awful, so low numbers but one brave Gran and Granddaughter did the short course and enjoyed it.

Although strictly not one of our local events, we ran the Primary School Championships again this year at Highfields. We had expected a large number of juniors but, for one reason or another, several schools dropped out. Those who came enjoyed the orienteering games run on the tennis courts and supervised and encouraged by some very able and enthusiastic young leaders from Highfields. The results system was a bit fraught and we need to rethink that for next year (we are already booked into the diary as the School do enjoy hosting the championships).

Hall Leys Park was our venue in at the end of June and the event was organised by Nicky and planned by Donna – both first timers and they not only did a great job but were really good to work with as Judith and John mentored Donna and I mentored Nicky. The bandstand in the park attracted a lot of attention festooned



with DVO banners. My memory of the day, whilst I was running up a steep bit of Matlock, was a young man who saw me and said “if you can do it, anyone can” – I am not sure he meant it quite like that ...

In July we did a two day event at Stones Island, Carsington Reservoir as part of the Scouts and Cubs Activation weekend. We had around 60 Scouts and Cubs over the two days doing the maze and a

score event. The maze was also open to the public and lots of very small children had good fun running round it and, in some cases, even reading the map. It is a labour-intensive weekend (and I am very grateful to DVO helpers who came in shifts to help Ranald, Ann-Marie and me) but it is a good public showcase for orienteering and a number of people took away our leaflet of future events. However, we won't be doing it next year as it is Peak 2020 at Chatsworth and Val is co-ordinating the activities for that.

Viv Macdonald

Putting Together a Snatch Sack

At the British Middles we had an incident where an M75 hurt his leg and needed assistance. Val Johnson gave up her run to return to the Finish to report what had happened and get help. Stuart Swalwell was Event Safety Officer for the day and went to the casualty together with Paul Addison. I believe he asked for additional clothing and Dave Chaffey took out one of the DVO padded jackets. The incident happened on the far side of the event area and the decision was taken to call Mountain Rescue to assist and they subsequently evacuated the casualty to Hayfield.

However, in the deep mists of time people remember us having two snatch sacks that would be at the Finish and taken out if there was an incident (anyone know what's happened to them?). As we know, orienteers run in light clothing with minimal spares, so it is important we get warmth and shelter to a casualty as soon as possible, particularly in conditions such as we had at Chinley Churn.

We need to put something together, so this is a call for unwanted but good quality equipment. Ideally, we need to get together two sets of equipment and arrange to have them dried out after events. A basic kit consisting of:

- Rucksack – a reasonable size to contain the following:
- Sleeping bag with full zip
- Large survival bag
- Warm clothing – fleece jacket, hat, gloves, socks, scarf
- A length of closed cell foam e.g. Karrimat
- Possibly a small shelter

If you have any spare equipment, let me know and I'll arrange collection at an event or will pick up.

I may be inundated with offers of help. If so, if you agree I will donate additional equipment and clothing to Derbyshire Refugee Solidarity (DRS) – <http://derbyshirerefugeesolidarity.org/> – a local charity that Sal and I

volunteer with, providing aid and support to refugees locally and abroad. We're also introducing local refugees and asylum seekers to orienteering!

Several DVO people have already given me donations for DRS and I am happy to accept offers of clothing, shoes, tents and sleeping bags. Let me know and we'll sort out collection. (The refugees do festival salvage, and these mats and sleeping bags retrieved from Leeds Festival in August are already being put to good use in France.)

Thanks, in anticipation of being overwhelmed with offers!



Ranald Macdonald, DVO Safety Officer
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2019 CompassSport Cup Final Predictions

Dave Nevell & Francesco Lari

You should know the score by now. Newstrack looks at the runners and riders for the up-coming CompassSport Cup Final and makes rash predictions about how well all the teams will do including of course, DVO. To be fair, it has usually been the forecasting that has been poor, not the club's performance. This year the final is at Pippingford Park in the Ashdown Forest, Sussex being a corner of the country that it has never visited before, making prediction all the harder. Despite this challenge, Newstrack and Old Mother Levi's Almanac will stare into the tea leaves and tell you what they see. Eight these of the clubs contested the 2018 Final, with SN, WCOG and OD coming back in at the expense of LOC, NOR and SLOW who incidentally were the winners the only other time that the final was ever held on SEOA terrain (Thorndon Park 1993). DVO is the lowest ranked team in the final, in terms of age/gender adjustment, but as that's not the way the CSC scoring system works, expect a lot more. These are the eleven finalists in ranking order.

FVO (5 year record, most recent first: 2nd, 2nd, 1st, 1st, -). Travelling vast distances hasn't stopped them from making at least second place since they were promoted to the Cup in 2015 but I think they might get pushed back to third this time as (unlike in Devon in 2017) they are not defending.
2019 CompassSport Ranking: 3rd. My prediction: 3rd. Francesco's prediction: 6th.

SYO (1, 3, 2, 2, 2). They are the champions again for the 13th time and having got back into the winning habit will be keen to defend. But...this far south? It's never

happened before but this might buck the trend. After all, BOK have never won this far east! On the back of their powerful Juniors who recently retained the Yvette Baker Trophy they are my pick.

2019 CompassSport Ranking: 9th. My prediction: 1st. Francesco's prediction: 3rd.

WCOG (-, -, -, -). Now here's a tricky one. Their fourth final and were 5th back in 2012 but they haven't got out of the heats in recent years. However, they put out both LOC and AIRE in what looks to have been the toughest qualifier and so should be a force to be reckoned with. Maybe they won't be used to mobilising for distant finals so I think on distance ground we will best them.

2019 CompassSport Ranking: 14th. My prediction: 10th. Francesco's prediction: 11th.

BOK (3, 1, 3, 4, 1). A record 15 consecutive finals including five wins and another club we won't manage to beat. If they don't come second, I reckon they will win.

2019 CompassSport Ranking: 22nd. My prediction: 2nd. Francesco's prediction: 1st.

ESOC (10, -, 9, -, -). They don't travel in significant numbers when they do attend this far south so they will probably finish last. In Scotland it would be a different story.

2019 CompassSport Ranking: 24th. My prediction: 11th. Francesco's prediction: 10th.

OD (-, 8, 5, 8, 4). Three time winners and 14 time finalists but not quite the force they were when their juniors were so powerful a decade ago. They failed to get out of the heats last year for the first time since 2004 and we beat them in Devon so I can't share Francesco's confidence for their fortunes. I think we will pip them.

2019 CompassSport Ranking: 26th. My prediction: 8th. Francesco's prediction: 2nd.

DEE (8, -, 4, 6, 5). Under new rules, one of three clubs to qualify from our heat. We beat them there so it should be possible again but they have always been one of our closest rivals in recent finals so it is crucial that they don't get their noses in front as they did in 2015.

2019 CompassSport Ranking: 28th. My prediction: 9th. Francesco's prediction: 9th.

DEVON (9, 5, -, -, 7). Qualified on the coattails of BOK and although we were only just ahead of them in Devon I think we will have enough to beat them for the third final in a row.

2019 CompassSport Ranking: 30th. My prediction: 7th. Francesco's prediction: 5th.

SN (-, 7, -, 10, 3). Another club close to home and the last time this happened they made third place. A similar historic pattern to DVO's with high finishes in the 1980s and then a long gap to a rise in fortune over the last ten years. On the balance of all that I think it will be another close call.

2019 CompassSport Ranking: 36th. My prediction: 5th. Francesco's prediction: 8th.

SO (5,10, 7, -, -). We beat them in Devon and were not far behind last year but they are closest to being the home club this time and that will count for a lot. Their fifth place in 2018 was their best for a long time and I think they could go even higher at Pippingford.

2019 CompassSport Ranking: 39th. My prediction: 4th. Francesco's prediction: 4th.

DVO (7, 4, -, 9, -). Last year's position was a whisker off 5th place showing how finely balanced mid-field predictions can be. We should be organised enough to see off most of the other teams that will have to travel a fair way so I'm going with a combination of the Big Three and the two "home" teams to beat us, leaving DVO in 6th place, incidentally a position we have never finished in.

2019 CompassSport Ranking: 61st. My prediction: 6th. Francesco's prediction: 7th.

As ever, good luck to the team!

DVO Retro Club Champs

Jane Burgess

When I offered to plan the retro club champs at Carsington to celebrate our 50th anniversary, I had no idea how much 'fun' I had signed up to.

Firstly I didn't really know what retro was as I have only been orienteering for about eight years. Happily Rob Shooter, Andy Hawkins and Randal Macdonald had the knowledge to make the whole experience a success and, hopefully, fun for all involved.

What I hadn't fully appreciated was the subtle differences in the planning required. No figure of eights and no butterflies, both of which open up opportunities for cheating. Not that anyone would consider that at the club champs!

I tried to avoid bingo controls so that a mis-drawn circle didn't result in a competitor flailing around in the lead pits.

Derek had found just the right number of stakes, equipped with pin punches but putting them out the day before was such hard work. They are heavy, awkward to carry, and Carsington isn't the easiest area to try and push blunt aluminium stakes into the ground!

As ever, the paths around Carsington Pastures had moved and faded. Thank you Mike for map changes. However on the day, my main concern, the junior course,



Aston Villain on the run!
Dave Bennett in his Aston University O Klub kit



Master maps – a long-forgotten art!

knew who had finished in which order and how long they had taken. In theory. The practice was slightly different!

The day dawned dry with a promise of drizzle later. The kites were added to the stakes (Carsington cows must have strong stomachs) and tents were erected. A luxury tunnel tent complete with tables was put up for map copying (a concession to stiffening backs and knees) and the finish area was built to be foolproof. The competitors, in a variety of weird and wonderful clothing, started to arrive and brighten up the area.

The start team did a great job getting people off at very odd minutes and seconds thanks to Dave Nevell's brilliant and somewhat opaque handicap system. Into the map tent they streamed, equipped with red pens, maps in bags, safety pins and inventive methods of securing pin punch cards to wrists and clothing, and copied, with varying degrees of accuracy, master map details on to blanks. With little pushing and shoving but supreme concentration, the objective was achieved and off they went, out over the hill and away.

Everyone got back, although there were a few moments of concern and a very strong candidate for SPOTY (of which more elsewhere in Newstrack). The drizzle had started and the picnic moved indoors to Brassington Village Hall.

Congratulations, not only to the winners, but to the many many club members who took part and who gave up their runs to help at this great celebratory club occasion!

had a long section where the path was barely visible. I need not have worried. Ella Baxter made short work of it and told me that my extra stakes and tape were completely unnecessary.

No dibbers meant, of course, no electronic timing so Rob's cleverly designed spreadsheet meant we



Ticket system at the Finish

| 16759 | | 17759 | | 18759 | | 19759 | | 20759 | | 21759 | | 22759 | | 23759 | | 24759 | | 25759 | | | |
|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|----------------------|-----|--------|-----|--------|-----|--------|-----|--------|-----|----|--|
| 10 | 285 | 11 | 569 | 12 | 428 | 13 | 529 | 14 | 235 | 15 | 377 | 16 | 589 | 17 | 295 | 18 | 265 | 19 | 275 | | |
| 20 | 589 | 21 | 502 | 22 | 789 | 23 | 799 | 24 | 103 | 25 | 779 | 26 | 769 | 27 | 732 | 28 | 729 | 29 | 064 | 30 | |
| E sid. | | E sid. | | E sid. | | E sid. | | Gully | | North crog 2m, N end | | W end | | W end | | W end | | W end | | | |
| TIME | | TIME | | TIME | | TIME | | TIME | | TIME | | TIME | | TIME | | TIME | | TIME | | | |
| START | | START | | START | | START | | START | | START | | START | | START | | START | | START | | | |
| FINISH | | FINISH | | FINISH | | FINISH | | FINISH | | FINISH | | FINISH | | FINISH | | FINISH | | FINISH | | | |
| NAME | | NAME | | NAME | | NAME | | NAME | | NAME | | NAME | | NAME | | NAME | | NAME | | | |
| CLASS | | CLASS | | CLASS | | CLASS | | CLASS | | CLASS | | CLASS | | CLASS | | CLASS | | CLASS | | | |
| CLUB | | CLUB | | CLUB | | CLUB | | CLUB | | CLUB | | CLUB | | CLUB | | CLUB | | CLUB | | | |
| DVO | | DVO | | DVO | | DVO | | DVO | | DVO | | DVO | | DVO | | DVO | | DVO | | | |

Accurate copying of control descriptions – also a long forgotten art

Swiss Orienteering Week 2019



Liz in DVO top on podium for Sprint prize giving – 2nd W70

With memories of DVO's trip to Zermatt for Swiss O Week in 2014 (wonderful views of the sun rising behind the Matterhorn while lying in bed!) the Godfrees were tempted to go to SOW2019 around Gstaad. Unfortunately there was a clash of dates – Day 6 of the Scottish 6 day on Saturday, Ettappe 1 of the Swiss on Sunday and just a few hundred miles between the two events. Though Mr CompassSport and the Tryners of SYO reckoned they could do both, it meant them missing the urban sprint and left them needing 5 complete runs when 5 out of 6 events counted in Switzerland – not achieved by all of them. We opted instead for a week's walking at altitude to acclimatise before the event. I'm pleased to say that two 70 year olds managed to walk from Grindelwald to Kandersteg over high passes (luggage transported, of course) climbing to 2800m at Blumlisalp Hutte. Weather conditions were mixed – torrential all-day rain, low cloud with little visibility and two brilliantly clear sunny days. Good preparation for SOW? Weatherwise yes.

Gstaad is a small town at 1000m, centred on skiing in winter and with expensive clothes shops a draw for the smart tourists who walk from car park to the nearest coffee shop. Orienteers definitely lowered the tone of the town as we poured off buses and trains heading for the ice-cream stalls and the Coop supermarket. As for changing on the Sports Platz – we are used to ‘O’ car parks but the smart public are not accustomed to men in underpants and ladies in bra and panties. Nor are they used to the strangely attired folks of all ages running along traffic-free streets with a map in hand, darting down alleys and then re-emerging because they are dead ends, muttering obscenities in a variety of languages. Mike and I felt our explore of the town the previous day after collecting our bags had paid dividends even though we hadn’t visited any of the actual control sites.

In common with all the Swiss events we’ve been to, transport to events is included in the entry fee to discourage car travel. This time, also, we had free rail/bus travel to Gstaad from surrounding villages. We regularly caught the 7:05 train from Zweissimann to Gstaad before boarding our next bus, telecabine or chairlift. And we did find that Swiss railways do have a word for ‘delayed’ on their departure boards.



World record highest Maze O at 3000m altitude

Days 2 & 3 were held at the Col du Pillon as 30 minute bus ride from Gstaad with far more people standing on the bendy bus than seated. It was then a 30 minute

walk uphill to the arena at Lac Retaud at 1800m altitude. And still it was a long walk to the start. In common with all the areas the terrain was rocky underfoot even in open pasture, wooded areas had plenty of undergrowth. There was plenty of uphill but also a lot of descent.

Unusually we got all 6 days control descriptions in the envelope with our bibs. So sitting at assembly for Day 3 with Day 2's map in front of us and the same finish, we could find the only wet pit on the map and then the final controls which we could watch the early finishers confirm.

As this is a skiing area there were plenty of lifts, some brought out of summer hibernation for our benefit. On Day 4 we rode to assembly in an open 3 seater chair lift – the lady in front was clutching her husky on her lap. On Day 6 we rode up to the start in the rain on an open 4 seater, the only complication being one of the other passengers who had put up his umbrella for protection and then couldn't extricate it so we could lift the safety bar to dismount. Unlike the Scots, the Swiss haven't thought about printing start times upside down on the bib, so when I went into the silent call up for 10:59 I was hustled through for my 10:56 start.

Events were a mixture of the urban sprint, Long, Shortened Long(!) and Middle, but we seemed to take about the same time for all the forest events. The open pasture areas gave good visibility but the woods could be a nightmare of boulders, stony ground, knolls and depressions. With a 1:10000 map it was even more challenging when light levels were low under the trees. There were some horrendous descents clinging to undergrowth to slow down progress.

On Day 6 after a night and morning of rain 3000 orienteers turned the last control and run in into a quagmire. So much splashing in rivers and streams to wash shoes for the journey home.



Were we satisfied with our runs? “Could have done better” is the answer. Blame early mornings, altitude, long uphill walks for the lapses in concentration. We were sad following the Scottish 6 day from a distance realising how many familiar names were in the results including David and granddaughters. But we enjoyed the challenges of the week and could fancy Arosa 2021 when there is a week's gap before the Scottish 6 day.

Liz Godfree

British Sprint Championships

14th Sept at Loughborough University



Some 27 club members managed to compete, despite our commitment at Chinley Churn the day after! Here are the results from the A and B Finals for each class. Congratulations to Jake, Rachel, Liz and Richard for their medals!

M14A
2nd Jake O'Donnell

M16B
5th Ben O'Donnell

M35A
8th Andrew Powell

M50A
3rd Richard Parkin

M50B
18th Murray White

M60B
9th Steve Kimberley

M70A
4th Mike Godfree

M70B
2nd Dave Skidmore
10th John Cooke

W16A
2nd Rachel Duckworth

WOpenB
17th Elizabeth Bedwell

W45B
5th Nicola O'Donnell

W50B
20th Ann-Marie Duckworth (above; photos by Steve Rush)

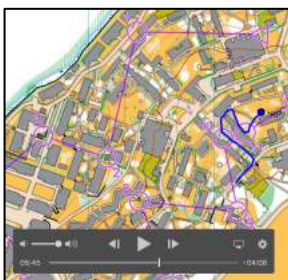
W55B
2nd Sue Russell
14th Ann Kimberley

W60B
7th Fiona Sellar

W65A
5th Judith Holt
8th Ruth Ellis

W70A
1st Liz Godfree (right)

W75B
3rd Pauline Ward



Richard talks through his run in the Final: "I had to run like it was a Parkrun!"

This is what Richard Parkin said to himself when tackling the relatively straightforward Leg 13-14. Richard scraped onto the podium, just 1 second behind silver medallist James Logue, and 2 seconds ahead of Duncan Harris who was 4th. A Routegadget animation and commentary on Richard's run is available here: <https://youtu.be/UA4CUoZwrIU>

British Middles Championships 15th September at Chinley Churn



Congratulations to the DVO medalists Jake O'Donnell (2nd M14), Pauline Ward (3rd W75) and Michelle Mackervoy (3rd W45) – photo below taken by Ranald.



Ranald's comments as well as my own can be found on the event mini-site.


A special thank you to all the Team Leaders and Helpers who helped the day run so smoothly!


I have a compilation of photos from helpers, to be posted in an online album soon.

Left: MW45 medalists

Chinley Churn

10 Bakewell pudding spot prizes  **30** bags of chocolate shards

71 controls  **6** chrysanthemum plants for 18/20/21 winners

877 runners  **90** truckles of Hartington cheese

106 medals won  **75** DVO helpers

8 temporary stiles  **30** bags of chocolate shards

Competitors aged **8** to **88**  **30** Thorntons bars

260 fencing stakes for Assembly and Maze

2019 British Middles, in numbers

JHI selections 2019

DVO has 2 juniors – Jake O'Donnell and Rachel Duckworth – selected for the Junior Home International races in Northern Ireland:

- Individual (12th October) LVO Cassey Water, Rostrevor
- Relay (13th October) LVO Donard Forest Park, Newcastle

For Jake, this is his first year eligible for selection. This will be Rachel's 4th selection, previous JHI performances being:

2016 (3rd on W14) Simonside (Newcastle and Tyne Orienteers)

2017 (4th on W14) Pencelli, Brecon Wales.

2018 (4th on W16) Errochty (Pitlochry, Scotland)

A good outcome for a small club, and we wish them both a successful trip!



| | | | | | | |
|-----------------------|---------------------|------------------------|---------------------|---------------------|--------------------------|-------------------------|
| 1 Andy Mackervoy | 11 Malcolm Spencer | 21 Mark Dalgarno | 31 Rachel Duckworth | 41 John Hurley | 51 Dave Nevell | 61 Helen Chiswell |
| 2 Brian Gibbs | 12 Dave Bennett | 22 Gareth Hurlburt | 32 John Duckworth | 42 Rob Shooter | 52 Katie Swalwell | 62 Roz Bourne |
| 3 Ben Mackervoy | 13 Derek Gale | 23 Sue Russell | 33 Mike Gardner | 43 John Hawkins | 53 Anne Kayleigh-Burgess | 63 Di Blount |
| 4 Peter Mackervoy | 14 Ranald Macdonald | 24 Sue Linnell | 34 Cathy Gardner | 44 Gwyneth Shooter | 54 Rex Bleakman | 64 Sal Chaffey |
| 5 Michelle Mackervoy | 15 Karen Bedwell | 25 Dave Skidmore | 35 John Cooke | 45 Debbie Wilkinson | 55 Carole Blackman | 65 Margaret Keeling |
| 6 Mike Godfree | 16 James Bedwell | 26 Ruth Ellis | 36 Viv Macdonald | 46 Roger Wilkinson | 56 Brian Ward | 66 Pauline Ward |
| 7 Liz Godfree | 17 Dai Bedwell | 27 John Hopper | 37 Mike Reynolds | 47 Margaret Buckley | 57 Judith Holt | |
| 8 Rachel Davis | 18 Hilary Spencer | 28 Joy Hopper | 38 Kay Dickinson | 48 Roger Keeling | 58 Carol McNeill | <i>Also at the meal</i> |
| 9 Christine Middleton | 19 Andy Hawkins | 29 Ann Marie Duckworth | 39 Doug Dickinson | 49 Sharon Hawkins | 59 Jane Kayleigh-Burgess | Kim Buxton |
| 10 Andy Middleton | 20 Jen Gale | 30 Sarah Duckworth | 40 Stuart Swalwell | 50 Brian Denness | 60 Mary Hawkins | Russel Buxton |

Who's Who at the DVO Posh Frock Dinner?

Carsington Water, 10th May 2019



The Wrekin – A Cautionary Tale

I've always regarded Springtime in Shropshire as a fairly benign weekend. No more. I made several really bad decisions on Monday, the event held on the Wrekin.

I suspect the first was not getting a look at a map of the Wrekin, a seriously contour-ridden area. If I'd had any sense that would have persuaded me that this was not an event I could tackle. But I didn't.

So I set off up the uphill drag to our start with only slight misgivings. Waiting for the start on a 45° (maybe a slight exaggeration) slope didn't start my knees off in best condition, but there was much worse to come. Round the corner, all quite steeply uphill, and I come to the "path" off to the right that lead to my first control. Here comes major mistake number 2. I should at this point gone no, I can't do this and headed for the finish, but no, I crawled up the nearly vertical earth track, covered in a delicate layer of loose soil. But only far enough to realise that there's no way I can negotiate this and navigate in any meaningful way. At this point Derek caught me up and tried to drag me up further, I eventually persuaded him to carry on with his course and leave me to struggle.

Now you might think that returning down the near vertical path was the obvious move. Well maybe, but down with dodgy knees has never seemed an attractive proposition, so, after a quick scan of the map, avoiding falling off backwards, I decided my only option was to head for the bigger, flatter path at the top and return down the slightly less contour-ridden route to the finish. This may seem like an extreme solution and you're probably right, but, mostly on hands and knees I did make it to the top. Oh the relief to the knees of being able to stand on the horizontal for a while.

So, I'm heading on a reasonably flat wide path back towards the finish when I spot Dave Chaffey way above me on an outcrop, not in o'gear. It transpires he isn't participating due to a muscle problem. So he clambers up to the highest point of the Wrekin just to pass the time!

The route down isn't entirely without stress, there being several fairly steep parts with a lot of loose gravel, but overall a lot more manageable than where I started from. It's a little disconcerting to have occasional orienteers leaping out from the steep vegetation covered slopes on one side and disappearing into the thickets on the other.

So eventually I make it down to a level path that will take me to the route up to the start and so back to the finish. Now I meet Dave again heading in the opposite direction. He's off to the Start to pick up his map (he'd entered before the injury) and not having a map is going in the wrong direction. We walk through the junior start (how did they get White and Yellow on this terrain) and to the route to the Start where Dave heads for the Start and I return to the Download.

Now I hate to admit it but when I looked at the results I was looking for lots of retirals amongst my age contemporaries, but no. Seems I was the only one quite as horrified by the terrain. Even the White and Yellow courses didn't seem to have problems. So, seems I'm just a whimp.

Jen Gale



[Don't you believe her! Here's Jen in action on Day 3 of the Scottish 6 Days at Dundurn & Cnoc a'Mhadaidh – Ed.]

WSC

When Sunday Comes

(Except when it's Saturday or
Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 32

More smug than King Smuglat the Smug of Smugland

Controversy as rocky knoll rejected as official IOF control site

Referendum votes 52% - 48% against (page 4)

"It was a dirty campaign and we'll keep fighting" Supporters (page 9)

Other features: When controllers "turn bad" – stories from traumatised planners and organisers (page 10).

How to make wine from smelly 'O' kit (supplement)

Get Those Knees Up

Concern has been raised that many competitors at the recent British Sprint Championships held in the region were not in fact sprinting and at times were seen to be actually stationary. "This is clearly a case of trying to gain an unfair advantage by slowing down to do things like reading the map and not falling over bollards or small dogs" said irate BOO official Eric Slowly. "As such it is cheating and we intend to take steps to make sure that at all runners at this type of event make a lot more effort. Anyone seen not red in the face and puffing excessively will be disqualified. Sprint means Sprint! If you can't stand the heat get out of the kitchen! We may have to release the Rottweilers if this continues"

Eric Slowly is 98.

String (not) Shock

Lots of red faces at the recent East Midlands Under 6 String Course Championship, an event that has been repeatedly dogged by misfortune and controversy. Sponsored once again by Bad Dog Breweries, the race had to be abandoned when it was discovered that the string had been accidentally implemented backwards. A health and safety spokesperson quoth. "We had to move in fast when we discovered the error. The controls were in the correct order but the string itself had been reversed. Potentially a very dangerous situation and we had to get the kids out without delay. We have experts on site as we speak decommissioning the course and the string will have to be destroyed."

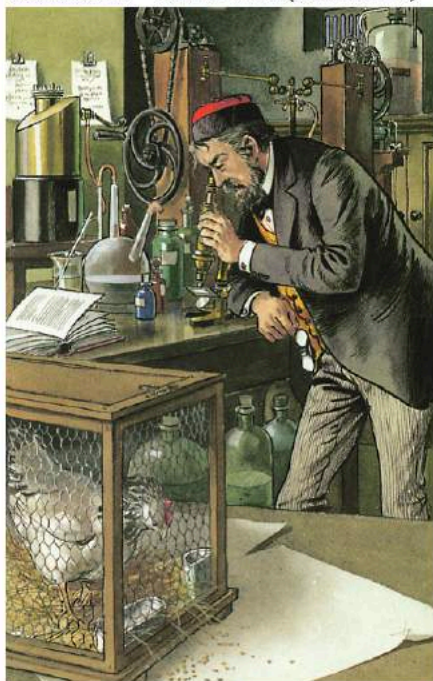
It's unclear at the moment whether Dora the Explorer, Postman Pat and Thomas the Tank Engine can be saved. A special hot line has been set up on 0856839039200073535 (cont page 7) for those distressed by the incident. Many sobbing children had to be airlifted from the site but it is thought that everyone is safe and has been accounted for. The first prize of one hundred Bad Dog beer mats has been donated to charity.

Smug Update

Yes, we are still very smug (see WSC 31)

(I said enough smugness – Ed)

The Orienteer – How It works (continued....)



The BOO ranking list is extremely complicated.

It was invented by Cornelius Lurch in 1797. Ever since he died nobody actually understands it any more.

BOO have kept quiet about this for years but things are reaching crisis point.

Apparently the list is suffering from seasonal creep and no-one knows what to do about it.

It turns out that many BOO members are suffering from the same condition.

Once again from the casebook of reporter extraordinaire Miles Piles, WSC is proud to present

Trouble with Lycra – Part three

The story so far: Miles is investigating the weird powers of a lycra orienteering outfit that appears to be able to transport its wearer into the past. He has sought the assistance of Big Lycra editor Toby Beeswick, who appears to know more about it having seen it worn by someone resembling Alice Treepark at the Rough Pitty Side O-Ringen in 1972. But surely this is all impossible...

The garden fell silent; the early dusk of autumn was already approaching and the air felt chilly. I didn't really know what to say. That the outfit had some kind of magical property? That sounded like madness; I could almost hear Robin laughing his head off at the suggestion. Beeswick perhaps sensed my unease. "OK Miles, there's more you need to know. I've kept this suit for over forty years. Somehow it was something I just couldn't get rid of. And in later years it sort of explains my collecting all this." He waved his hands vaguely at the stacked boxes of lycra. I was puzzled. "It doesn't make much sense. Alice didn't leave the suit as lost property. How could you have found it?" Beeswick hid his head. "I don't know. There's a lot to this I don't know. And there's more". He leaned forward, looking more conspiratorial than ever. "Tell me," he murmured in low voice. "Although you only had the outfit for one day, did you ever feel an urge to put it on?" That struck me a resounding blow in the solar plexus. I had to admit it; the feeling had passed through me on several occasions. "It seems to have a persuasive power, Miles" Beeswick whispered. "A power I could not resist. In the end I just had to submit and try it on." "When was this?" "A few weeks later, back in '72. It fitted me rather well at the time, even though I say it myself. Once I'd put it on, to be honest I felt like a bit of a lemon. The thing is, there was a thunderstorm going on at the time. I remember a flash of lightning and the next thing I knew I was running through the wonderful terrain of Rough Pitty Side, on one of the days that the O-Ringen was held there, I was running as fast as anything, reading the map perfectly, hitting each control spot on. It was absolutely real, not like being in a dream. There were some things about the event that struck me as being most unusual though. No pin punching for example; it was electronic. The map was a superb five colour job, much better than that brown and black affair we were using at the time. I made a note of a lot of useful things. I finished the event and then suddenly, as quickly as it had all started, I was back here in the garden, lying on the ground with a bruised head. I don't mind telling you I got that suit off as fast as I could."

I mulled over Beeswick's story, comparing it to Alice's. There were clearly a lot of similarities. However, there was still something not quite right about this account. "If you were at an O-Ringen event that was in the future compared to 1972," I said carefully, "It must have been before now, because the event is no more. That means you stood a chance of meeting your younger self, if it was something more than just a dream." "Don't think I didn't worry about that for many years," Beeswick replied. "Especially when the technology I had seen started to be introduced. But in fact fate had a hand in preventing it happening. I had flu in 1992 and didn't attend. Well that was the year that an oddly named Ewey Bostock appeared to have run away with the M50 class, which again is an anagram of the runner's true name. Judging by what I remember of the event anyway, I don't think anyone would have had much of a chance to recognise me."

Evening had now closed in and the garden was almost dark. Beeswick sighed and closed the ledger. I could smell an appetising smell wafting in from the kitchen. "Come on old chap" he said, "Come in and have some supper with us before you go. This mysterious talk has made me hungry. He potted indoors leaving me in the gloom. I was rattled, my mind was full of lurid colours and dusty ledgers. I paused by the outbuilding door. I felt a strong compulsion to go back in. Inside it was now dim and I couldn't see where the light switch was but the remaining light from the doorway was sufficient for me to make out my Beeswick's various bits and pieces. My eye fell on the ripped packaging containing the mysterious O-suit. I pulled the fabric out; I could have sworn it emitted its own faint radiance. Now the compulsion was utterly overwhelming. I had to put it on. My hands were shaking as I pulled the material over my less than shapely body. It fitted perfectly. Now what? The link between Alice's and Beeswick's "dreams" was that they were both initiated by a sudden burst of light, so that would seem to be the logical thing to try and generate. I had to find the light switch. Almost immediately I spotted it, walked over and (I wasn't really thinking the consequences through at this point) flicked it on. As expected, light flooded into the room but nothing dramatic seemed to have happened except...hang on, where had all the crates gone? And the light was not artificial but natural. I pushed open the door. Outside it was broad daylight!

Nobody expected that to happen! Now will Miles start to unravel the mystery? More next time.

In which I Attend and Recommend a Weekend in Ostend



If you think a Weekend in Ostend sounds like a particularly regressive alternative to community service, then shame on you. I do accept that Ostend does not immediately spring to mind as a likely venue for a day's urban orienteering, let alone a whole weekend. At the risk of going off on a tangent, this was originally supposed to have been held in another Belgian city, but we enjoyed the equivalent weekend in Antwerp two years previously and this was a convenient stop-off on the way down to the French 5-Days, an hors d'oeuvre before the entrée, so we signed up.

To justify making the trip, you get three events for your Euro, which amounts to five runs, plus a T-shirt as part of the deal. The first event, on the Friday evening, sounded particularly enticing, a mixed relay round a Napoleonic fort. One problem: I had to find a female partner. I racked my brains and eventually selected Val as the other half of my team. I only hoped she wouldn't let me down.

Now I have only one gripe about the whole event, and it isn't a niggling one. When an event is advertised as a relay round a Napoleonic fort, and the map itself is branded 'Oostende Fort Napoleon' (which translates as Ostend Napoleonic Fort)

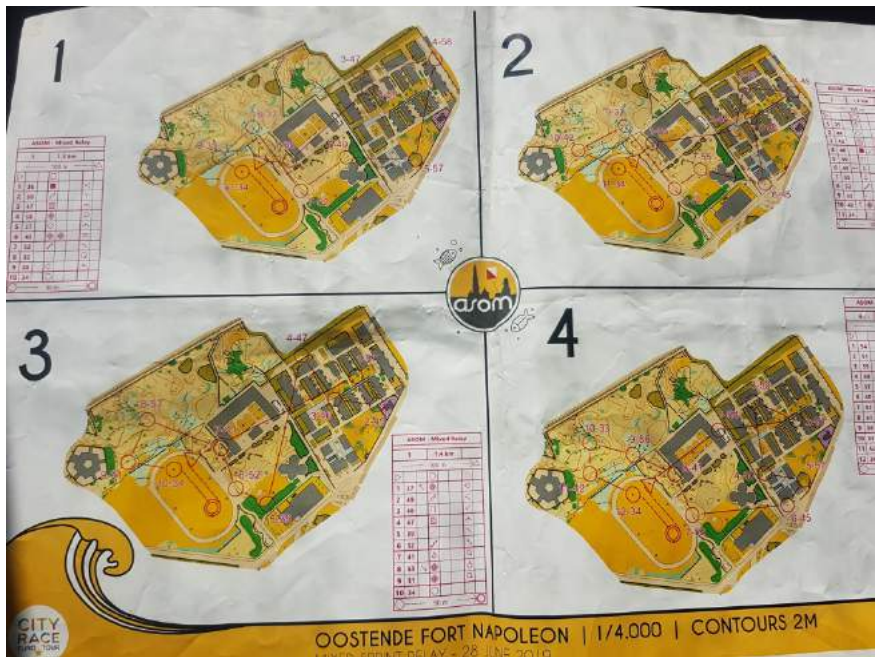
for those who don't speak Flemish), then you might be forgiven for expecting that at some point in the proceedings, you might at least have just one teeny weeny control somewhere within the environs of an early 19th century military stronghold. The closest we got was a tantalising glimpse of a fort on the horizon, but for orienteering purposes we had to make do with a former military hospital. It does still rankle, but I try not to let it get to me.

Otherwise the event was splendid, first class in fact. It began with a free (one of my favourite adjectives) ferry across the estuary as we crossed from one side of the harbour to the other. How many times have you travelled to an event by ferry? We'd taken our bikes and were able to cycle to the event, a special area of the ferry being devoted to a bike-park.

As we arrived at the event, all foreign competitors were greeted with a personalised banner welcoming them, the trick being to spot whereabouts on it your name featured:



120 teams lined up for one mass start. That was something else that I liked; it didn't matter who you were, old or young, competent or duffer, everyone set off in the same indeterminate mob. Each team was issued with one map, sub-divided into four mini-maps of the same area with a different course inscribed so the whole thing looked like a rather difficult 'Spot The Difference' puzzle. Thankfully the four courses appeared in different orders, thereby ensuring that on the start whistle, only thirty teams descended on the first control. Nevertheless it was still chaotic as the nervous tension buzzing before any relay translated into blind panic as the maps were opened.



Start and change-over lay in a playing field to the north of which was an area of sand-dunes and to the east of which featured said military hospital, the usual urban mixture of similar buildings separated by walls, paths and canopies. It made for an entertaining 1.3km of frantic orienteering even on the second time around.

The main decision any runner had to make related to the impassable wall extending north to south across most of the map, i.e. whether to take the shorter route north and brave the sand dunes or the more straightforward but longer southerly alternative. Only Lawrence of Arabia or a camel would choose the former.

Both Val and I had reasonably sound runs until, that is, it was my turn for Leg 2, and I ran into one of my enduring orienteering bugbears: the intervening control placed directly in the way to number 1, so that the line from the Start triangle leads straight to the wrong control resulting in at worst disqualification and at best unnecessary time-wasting confusion.

If I ruled the world, I would make at least three rule changes to orienteering:

1. No intervening control to be placed on the line of the first (see above).
2. Control 6 or 9 on every course should have a line underneath so none can be confused for the other when, for example, the map is held upside down.

A good example of this occurred in the East Midlands Sprint Champs recently when there was a butterfly loop leading first time round to Control 6, second time round to Control 9. You can see the scope for confusion immediately – easily and incontrovertibly rectified by a single underlining. So, if it is so simple, why does NOBODY DO IT?

3. No club shall be able to adopt a combination of red and white as their club colours. A bit off the wall, that one, I know, but the number of times I've seen a control in the forest and run to it only to find a member of LOC scratching their head, it's a wonder I haven't punched them for entirely the wrong reason.

Anyway, the line to my Number 1 led unerringly to Number 7, leading to me being, not for the first time, in the wrong place at the wrong time and having to extricate myself from this by doing exactly what I was determined not to do, and that was to plough through the sand dunes on the way to the real Number 1. Grrr.

Despite all this, Val and I still ended up fifth on the Over-50s (three classes only to make life simple) while Liz and Mike were second on the Over-70s. DVO were not disgraced.



Saturday's event was in the afternoon so Val and I took advantage of the free time in the morning to wander along Ostend's beach and seafront. A few weeks later I read that Ostend is to set up a museum dedicated to Marvin Gaye, probably the last person you'd expect to be connected to the place, but it seems that in 1981, grappling with drink, drugs and the taxman, he sought sanctuary in Ostend for 18 months during which time he wrote 'Sexual Healing'. Another 18 months later and he would be dead, shot by his father. The article was illustrated with a photo of the great man on Ostend prom with the city's enormous

casino in the background; it doesn't look like the place has changed in nearly forty years.

By Saturday, Friday's DVO foursome had been joined by five Gales/Selbys and three Kimberleys, making 11 competitors, the largest non-Belgian club contingent. The day featured two Sprints based around the same school to the south of Ostend. The earliest start time of 3 o'clock in the afternoon ensured that everyone competed in temperatures of over 90 degrees (I perversely measure heat in Fahrenheit and

cold in Centigrade; 32 degrees never sounds as impressive as 90 even though it's still blooming hot).

For the unfortunate Daniel Kimberley, both the main events existed in a parallel universe by virtue of his having been born later than 1980. If you were M35 or younger, the organisers automatically labelled you an Elite, whether you liked it or not, and thereby entered you for an entirely different competition involving an ever decreasing knockout format. Now I'm sure Daniel would be the first to hold his hand up and confirm that he is not an elite orienteer, but, tough, Daniel, you had to turn up four hours before everyone else and compete against orienteering's finest sprinters, or those that bothered to turn up in Ostend at least. A bit of a bum deal, if you ask me, especially for Steve and Ann who had to twiddle their thumbs for several hours until the main business of the day.

This is not to detract from both Sprint events which, when underway, underlined how an apparently anonymous, compact suburb can provide challenging material for a sprint event, forty controls packed into two courses of 2.5 km each thanks to thoughtful planning and a disjointed array of buildings and houses separated by small parks and communal gardens.

The event was subject to the recurring drawback of these sprints, the need to have a long gap between the first and second such that it wasn't until after 6:30pm that I picked up my second course map.

This staggering of events can be avoided when there is no overlap between the areas covered by each map, but the single focus on the school as the finish prevented this.



The lateness of the conclusion to the event did nothing to affect the temperature in which the orienteering took place. By the time that I was halfway through the second course, my brain was melting, sweat was leaking and my vision was swimming. I was barely functioning, which is possibly why I took the strange decision to miss No. 17 out altogether, rendering the whole of the day's exercise completely pointless.

In contrast, Derek found himself well clear of the competition on Hypervets and was thereby forced to wear a Tour de France-type yellow T-shirt announcing this fact for the Sunday race. He cemented his leading position with victory the following day. I mention that there were only three competitors in Hypervets not to detract from his

achievement but to highlight the contrast with the UK where the number of Hypervets in comparable events frequently makes double figures.

One of the joys of taking part in foreign orienteering is to see how practices differ. In the UK, the provision of water to competitors has been largely abandoned, no bad thing if you consider the waste of plastic often involved. However at the French 5 Days, this problem was overcome by the supply of water in sturdy plastic cups which were then washed in one dustbin and refilled from another before being repeatedly reused and then presumably put away for the next event. The two Belgian weekends I have been to have been characterised by the availability of both water and (free) food in the form of biscuits, wine gums (still non-alcoholic even sur le continent) and nuts, plus the sale of beer, unimaginable at a UK event. Fancy that, orienteers being treated like adults. At Ostend, there was also an impromptu shower in the form of a suspended water container with a leak in it!



Sunday's event was an Urban, part of the EuroCity series – except for the Elites for whom it was yet another Sprint. This was justified by use of a small section of the urban map – left. This consisted of a series of blocks of houses surrounding communal garden

areas interwoven with bewildering sequences of tight alleys and pathways, providing incessant pitfalls for the unwary. Thus poor old Daniel, who hadn't orienteered for over a year previously, once again found himself segregated into a separate competition, but at least he can say he has taken part as an elite in a World Ranking Event.

One novelty for the elites was that as the competitors finished and a new fastest time was recorded, the current winners were required to sit on a kind of throne awaiting possible replacement until their final coronation as King or Queen of the Sprinters.

The small sprint area described housed 14 of the 29 controls for my urban course. The rest were scattered around a central slab of non-linear streets, but each control was placed so there was always a route choice. One surprising feature of controls

was that none was gripped in a major Belgian city thronged with potential kleptomaniacs. I think one did go missing on one of the courses but to lose only one out of so many is perhaps a happy reflection on Belgian society compared with our own.



The base for the event was again a school but this time an inner-city building which provided the run-in from the final control. Since this was inside the school, it resembled a health and safety nightmare of an

assault course bringing to mind, not necessarily with fondness, my own school gym lessons as, tiring after 9 km of running, I was required to negotiate steps, tripping hazards and railings before finishing in the school yard itself. All times were displayed on a set of suspended TV screens such as are standard at European events and to a lesser extent in the UK – though I was dismayed subsequently to see the Scottish 6-Days still sticking almost literally to the age-old pasting of results on display boards. That is so last century, and you'd've thought that with the profits

that this event produces, they could afford to splash out on a bank of screens instead of trying to perpetuate an image of Scottish parsimony.

In summary, this was a thoroughly enjoyable and memorable weekend, well worth the trip. Belgium is easily accessible via the Eurostar and I look forward to next year's event which is in St Vith, near the Dutch border.



Graham Johnson

Top DVO Orienteers 2019

Dave Nevell

Those of you who subscribe to CompassSport will see an annual “Top Orienteers” list which is usually calculated just after the British Championships and shows what the National Ranking List would look like if it was normalised to a common datum; i.e. everybody’s points score has been adjusted to them being 28 and male. The days of DVO having a caucus of 28 year-old men are long gone so this is very much a thought experiment, not to be taken too seriously. It is therefore, an attempt to find the best orienteers, not just the ones who are younger and fitter.

| Age/gender adjusted position | Original ranking list position | Name | Adjusted points |
|-------------------------------------|---------------------------------------|---------------------|------------------------|
| 81 | 1878 | Liz Godfree | 8213 |
| 149 | 158 | Richard Parkin | 8134 |
| 308 | 507 | Paul Addison | 8018 |
| 362 | 2164 | Judith Holt | 7987 |
| 378 | 2651 | Pauline Ward | 7978 |
| 481 | 1052 | Sal Chaffey | 7925 |
| 487 | 358 | John Duckworth | 7922 |
| 528 | 1333 | Doug Dickinson | 7902 |
| 530 | 1048 | Mike Godfree | 7901 |
| 562 | 373 | Dai Bedwell | 7882 |
| 608 | 806 | Graham Johnson | 7863 |
| 668 | 2701 | Christine Middleton | 7836 |
| 669 | 1663 | Val Johnson | 7836 |
| 684 | 172 | Andrew Powell | 7830 |
| 709 | 2280 | Viv Macdonald | 7817 |
| 733 | 516 | Francesco Lari | 7811 |
| 789 | 600 | Dave Chaffey | 7795 |
| 822 | 549 | Andy Sykes | 7782 |
| 855 | 3502 | John Hawkins | 7771 |
| 879 | 710 | David Vincent | 7761 |
| 922 | 1744 | Rex Bleakman | 7745 |
| 932 | 1002 | John Hurley | 7741 |

CompassSport only publishes the top 120 and Liz is the only DVO member who usually features so I have extended this table down to anyone who makes the adjusted top 1000. The whole list has 4500 entries and I am not trying to embarrass anyone – if you are desperate to find where you feature then I am happy to supply that information in a plain brown envelope for a very reasonable fee.

Also: Star runner!

David Pettit's run on Brown was the best DVO performance at Calke Park on 11th May, based on his expected time calculated by handicap.

And another thing: April 2019 was a blank month in the DVO diary. No events! What to do? This is very unusual; the failure to stage an event in April broke a continuous run of exactly 100 months in which at least one DVO event had been staged, a sequence reaching back to December 2010.

[I can shed light on this strange phenomenon, Dave; it was because we decided to schedule all the Local event this year to fall after World O Day in May – Ed.]

Sports Personality of the Month...

... at DVO Retro Club champs

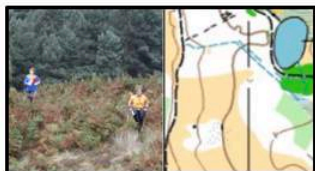
At this year's retro club champs, Di Blount dutifully copied her course onto her map and set off. After 9 controls she ran out of circles on the map and realised that, in her haste to get going, she had just stopped copying. Happily she came across someone else doing her course who invited Di to complete the course with her. 'But she was an old lady', said Di, 'So I had to walk'. (for those who don't know Di, she's a W70)

Spot the difference! (the version on the left fortunately wasn't released)





Orienteer *into* 2020 *with* DVO!



Saturday 26th October ~ *followed by Ceilidh!*
Longshaw, nr Grindleford (East Midlands League)
Registration 10–noon, EOD only £8/£4.
Courses: White to Brown

Sunday 1st December
Allestree Park, Derby (EML)
Registration 10–noon, EOD only £8/£4.
Courses: White to Brown



Wednesday 1st January
Wirksworth Urban (EM Urban League)
Mass start Urban with 6 courses
Registration 10–10:45am
Adults start 11am, children 11:05

Sunday 9th February
Longstone Edge, Bakewell
(Midlands Championships)
Pre-entry only for Championship courses
Registration 10–12 noon for EOD courses



Sunday 8th March
Linacre Reservoirs, Chesterfield (EML)
Registration 10–noon, EOD only
Courses: White to Brown

Final Details nearer the time of each event on www.derwentvalleyorienteers.org.uk

Fuel Corner No 4 ⇨ Courgette cake

At Jane's request, here's the recipe for courgette cake – officially one of your 5-a-day! This quantity makes a 9" or 23cm diameter cake, so double up if you want to sandwich two together.

200g (7oz) grated courgette
150g (5oz) sugar
1 egg
125ml (4 fl oz) vegetable oil
200g (7 oz) flour
½ teaspoon salt
½ teaspoon baking powder
2 teaspoons lemon zest



1. Pre-heat oven to 160 degrees/Gas mark3 and prep your cake tin/s.
2. Beat together the courgette, sugar, egg and oil. In a separate bowl, mix together all the remaining dry ingredients. Stir this flour mixture into the courgette mixture until blended.
3. Pour the batter into the prepared tin.
4. Bake 35–45 mins until a knife inserted into the centre comes out clean.
5. Remove from the heat and allow to cool for at least 10 minutes before turning out onto a wire rack to cool completely.
6. If sandwiching layers together, butter cream with a hint of lemon or lime juice is very tasty!

If like me you have too many courgettes, why not grate them and put them in the freezer? As well as helping you prepare for a no-deal Brexit, the beauty of this is, if you defrost the courgette in a sieve over a bowl, the water separates and “you're not left with a soggy mess” as the man says in the video:

<https://www.youtube.com/watch?v=UXdPGfnPDAM>



You can then make courgette cake or frittata at any time of the year!


Other ways to use them are Courgetti (or Zoodles if you prefer):


<https://www.youtube.com/watch?v=a41vOD-VCc4>),
stuffed marrow, or using in moussaka instead of aubergine!

Sal Chaffey

Forthcoming Fixtures

Please check websites of organising clubs before travel. Even for DVO events, there may be changes

 = East Midlands League – best 8 scores from 14 runs (**DVO, NOC, LEI, LOG**)

EMUL East Midlands Urban League – best 4 from 8 runs;  **UK Urban League** – best 7 from 20 runs
UKOL = UK O League – best 12 scores from 24 runs. BOF categories (former Level): **M(A),N(B), R(C), L(D)**

October

Wed 9th AGM **The Family Tree**, Whatstandwell, 7:30pm
Voting, social and a chance to look at maps of Pippingford Park!

Sun 13th EMUL **Ashby de la Zouch Urban**. Registration 10–12 noon.

Sun 20th CSCup **Pippingford Park, Sussex**. Entries via Graham Johnson.

Sat 26th R **Longshaw Estate**, Registration 10–12 noon.

Followed that evening by ...

DVO Annual Awards and 50th Anniversary Barn Dance with *Rum Ram Ruff* ceilidh band



Wirksworth Town Hall

Awards 5:45–6:30pm



Barn Dance and food 6:30–9:30pm names to viv.macdonald@btinternet.com
Chilli, veggie chilli, bread & pizza by DVO (Fairly) Limited Catering

November

Sat 2nd L **Matlock Local event, venue TBC**, Reg. 1–2:30pm

Sat 9th N **Twin Peak Day 1: Goyt Valley/Erwood** (photo) Entries via Fabian
Sun 10th R **Twin Peak Day 2: Stockport Urban** closing date 4th Nov

Sun 17th R  **Aylestone Meadows, Leicester.**

Sun 24th EMUL **Nottingham University and Highfields.**



December

Sun 1st R  **Allestree Park**, Registration 10–12 noon

Sun 8th N **East Midlands Championships: Grimsthorpe Castle**
Check info nearer the time on: <http://www.logonline.org.uk>


Sat 14th L **Matlock Local event, venue TBC**, Reg. 1–2:30pm

Sun 15th R  **Cademan and Thringstone Woods**, Reg 10–12 noon.

January

Wed 1st EMUL **Wirksworth Urban**, Registration at the
Stone Centre from 9:45 for 11am Mass
start ***Extended map!***

Sat 4th Charity **Lyme Park**, Stockport (MDOC)

Sun 5th R  **Strawberry Hill, Mansfield.**
Registration 10–12 noon.



Event Officials Needed

Please contact Jane Burgess (janeburgess50@yahoo.co.uk) if you would like to have a go at course planning or organising. Support is available from experienced club mates.

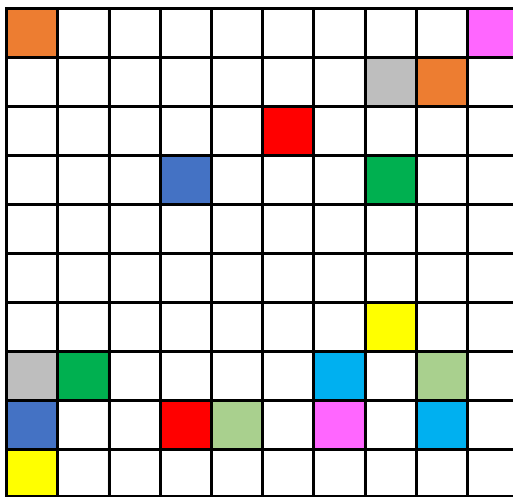
The two 'TBC' events in Nov and Dec will both be in the Matlock area and both Level D, so please contact Viv Macdonald (viv.macdonald@btinternet.com) if you would like to plan or organise either of them.

| Date | Event Name | Venue | Organiser | Planner | Controller |
|------------|-------------------------------------|---------------------|--------------------|---------------------|----------------------|
| 28/09/2019 | Markeaton Park | Markeaton Park | Mike Godfree | Caroline Howells | |
| 26/10/2019 | Longshaw EM League | Longshaw | Stuart Swalwell | David Vincent | Paul Addison |
| 02/11/2019 | TBC | TBC | | | |
| 01/12/2019 | Allestree EM League Event | Allestree | | Brian Denness | Jim Cooke (POTOC) |
| 14/12/2019 | TBC | TBC | | | |
| 01/01/2020 | Wirksworth Urban | Wirksworth Street | Nicola Hart | Jane Kayley-Burgess | |
| 09/02/2020 | Midlands Championships | Longstone Moor | Michelle Mackervoy | Paul Addison | Simon Thompson (HOC) |
| 08/03/2020 | Linacre EM League | Linacre | | Murray White | |
| 17/05/2020 | Black Rocks EM League | Black Rocks | | John Hawkins | |
| 13/06/2020 | EM Score Champs | Carsington Pastures | | Andy Sykes | |
| 28/06/2020 | Belper Urban | Belper | Sal Chaffey | Dave Chaffey | |
| 06/09/2020 | Kedleston Park - EM League | Kedleston | | David Pettit | |
| 10/10/2020 | British Schools Score Championships | Shipley Park | Andy Hawkins | | |
| 25/10/2020 | Grangewood EM League | Grange Top Wood | | | |
| 15/11/2020 | Hardwick Park - EM League | Hardwick Park | | | |

Collection for The Old Wrecks involved a gaggle of long in the tooth volunteers collecting in eight controls. In fact there was more than one answer to this puzzle, something that some of you spotted and consequently there were several suggestions. It's been such a long time since this puzzle was set that I am not that confident in tracking down all the correct responses so apologies if you get missed. Thankfully I do know that Andy Mackervoy has entered, so I don't have to worry about having missed him. These are the people who seem to have got it right: John Hawkins (1 solution), Andy Mackervoy (1 solution), Michelle Mackervoy (1 solution, different from Andy's), Derek Gale (1 solution but suspected more), Jen Gale (1 solution), Chris O'Donnell (1 solution, which weirdly involved visiting a control that was not even out there), Helen Chiswell (1 solution) and Francesco Lari (1 solution). Now I'm sure somebody sent multiple solutions (for which a bonus point would be forthcoming) but I can't track that email down so apologies again – please let me know.

Bert, Charlie, Alf, Eric, Fred will do (which most people got but Charlie and Bert could be swapped round. Eric, Ian, Bert, Alf, Fred works too as does Bert, Alf, Charlie, Eric Fred. Looks like everyone agrees Fred's got to be last.

Route of the Problem



Frank was checking RouteGadget to see how some of the route choice problems that he had set at the recent Symmetric Shrubs event had panned out. When he compared some of these between the nine different courses, he noticed that there were nine routes between pairs of controls on those courses that not only did not meet or cross, but also visited every block in the forest. All of the routes move from block to block in vertical (i.e. N or S) direction or horizontal (E to W), never diagonally. The coloured blocks indicate which course the controls

were on. Can you fill in the nine non-crossing routes?

Answers as ever to dnevell3@gmail.com by the editor's copy date please.