

September 2016 Newstrack



Photo: Mike Godfree

Liz takes 3rd at World Masters W65 Sprint, Tallinn!

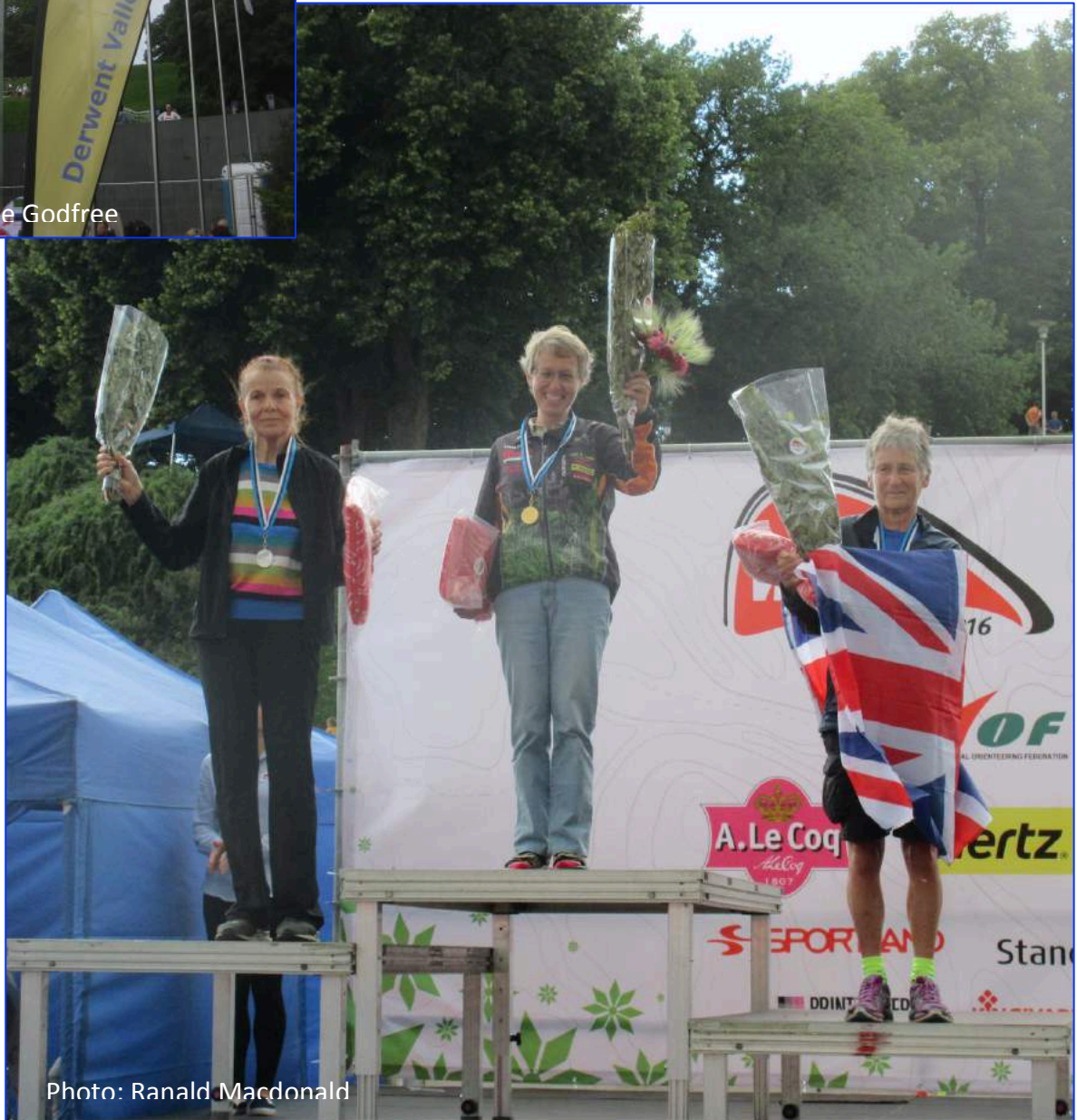


Photo: Ranald Macdonald

Rank	Bib	Name	Club	Country	Result
1.	65672	Maria Nordwall	OK Kolmården	SWE	00:12.31
2.	65539	Tamara Ovsiannikova	Rus-Veteran	RUS	00:12.42
3.	65545	Liz Godfree	DVO	GBR	00:13.26

Newstrack is the magazine of Derwent Valley Orienteers

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New Members

A warm welcome to new members Kathryn Griffiths and Daniel Cridland, and the Bhattacharyya family, Georgina, Matthew and Edward. See you at an event or social soon :)



DVO AGM 2016

Wed 12th Oct, The Family Tree,
Whatstandwell, 8pm

Come along for a catch-up & vote in new committee members! Free parking + tea/coffee. Optional run beforehand at 7pm

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Meeting Dates into 2017 ...

Traditionally club **Committee** meets on the 2nd Tuesday of March, June, September and December so next dates are:

13th December 2016
14th March 2017
13th June
12th September

Open Meetings are on the 2nd Wednesday of January, April, July and October (AGM) so next dates after this year's AGM are:

11th January
5th April
12th July
11th October
(though we have adjusted the April one because it clashes with Easter).

Your invitation to the DVO 2016 Championships ...

🏆🏆 Stanton Moor 🏆🏆

Saturday 15th October

The one chance in the orienteering calendar to cross the line first! The DVO Championships have been running since about 1977 and there are now 5 trophies awarded:

- Chris Yardley Trophy – 1st man to finish (2015 winner, David Pettit)
- Judy Buckley Trophy – 1st woman to finish (Sarah Parkin)
- Peter Bourne Trophy – fastest man (Chris Millard)
- Karen Jackson Trophy – fastest woman (Helen Chiswell)
- Lithuanian Trophy – 1st Junior to finish (Isabella Edwards)

If any competitors are coming with friends or family who aren't running but would be willing to help, please let Viv know!

To be in with a chance (or to take part in the fun), please enter by **Sat 8th Oct**. Email viv.macdonald@btinternet.com giving your name, course and SI number (or let Viv know if you need to hire a dibber). **Entry free to DVO members.**

Stuart has planned course lengths roughly as follows:

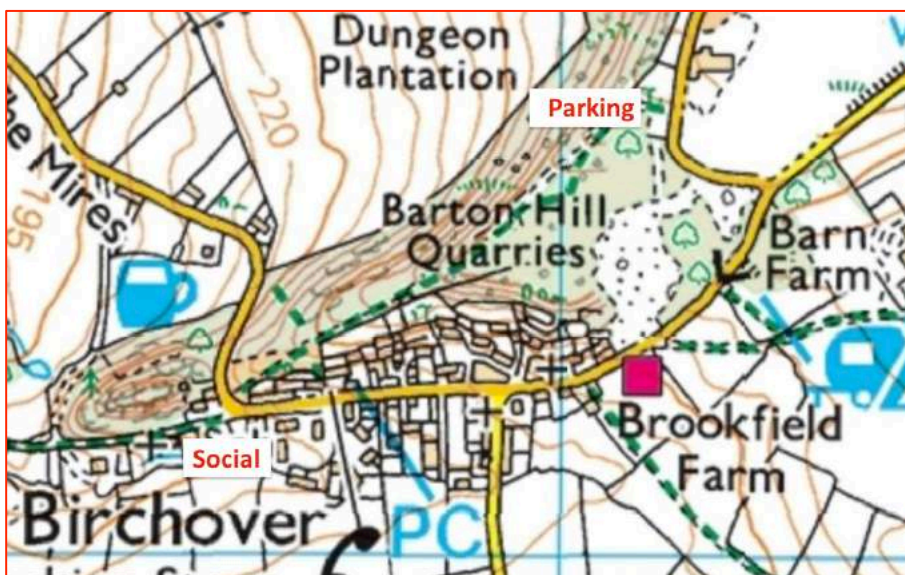
- Long 4.6km
- Medium 3.4km
- Short 2.4km
- Junior 2.5km

Mass Finish 🏃
Choose a course to suit you 📄😊



Full details: <http://www.derwentvalleyorienteers.org.uk/details/flyerclubchamps2016.pdf>

Start times 10:30-11:30 (for a Mass Finish around noon) but exact times will be on the DVO website by Friday 14th Oct. Thanks once again to Club Statistician Dave Nevell for working out the handicaps!



Join us directly afterwards for a **Picnic Lunch, Prize Presentation and Awards Ceremony** at -

Birchover Reading Rooms

(opposite the Druid Inn)

Please bring a dish to share for a sociable lunch before the presentation of the 2016 Trophies and Awards!

Editorial

It's been fun seeing what club members have been up to over the summer and celebrate another World Masters Sprint medal! Congratulations to Liz and thanks to all six contributors for a great write-up. You can also read about the Vincents' trip to the French O Week in Brittany – it's the first time I've seen a whole island mapped. There must be a reality TV show in the making there ...

Many of you will have seen my interview in the Guardian Weekend magazine on the subject of Urban. After 45 minutes of chat, I wasn't sure what the journalist would include in the 400 words of text, but I thought he did a great job. He took a lot of trouble understand how the sport worked (other things in the series were: Ultimate Frisbee, Parkour & Wild Swimming), and conveyed the excitement, and dangers, of Urban!

At this time of year, we rev up for the Club Champs (see back cover), AGM and autumn races. The next issue will be given out at the Wirksworth Urban (November 20th), so that makes copy date **November 13th**. Autumnal anecdotes gratefully received!

Sal Chaffey

Guardian link: <https://www.theguardian.com/lifeandstyle/2016/sep/17/my-workout-sal-chaffey-urban-orienteer>



Val & Graham have just set out on their epic US cycle trip. If you're missing Graham's wit in Newstrack, you can follow his blog at: <https://grahamandvalgettheirkicksblog.wordpress.com/>

British Orienteering Membership Fee and Levy Consultation

One of the items discussed at the most recent Committee Meeting was "Proposal 3", the vote on fee/levy increases, carried over from the AGM on Good Friday. BO are calling an EGM on October 29th at the Club & Association Conference to vote on this.

In March 2017, BO will lose some or all of its Sport England funding, creating an annual deficit of £120K/year. To continue its core activities, an increase in income is needed, and BO want to ascertain if this should be through increasing membership fees or the participation levy, or a combination of both. Three proposals are outlined, and the Board are seeking a "preferred position" to be discussed at the EGM.

As a Committee, we felt that the first proposal was most acceptable in attracting potential newcomers to the sport and taxing those who compete regularly.* However, it is individual rather than Club responses that are sought, and it would be good if you as DVO and BO members would vote, regardless of the Committee position:

<http://www.surveymonkey.co.uk/r/JCS5QW9>

or the BO page, which also has supporting information:

<https://www.britishorienteering.org.uk/index.php?pg=1&action=news&id=MzU4NQ==&rtn=aHR0cDovL3d3dy5icml0aXNob3JpZW50ZWVyaW5nLm9yZy51ay8>

*In regards to this, DVO are proposing to increase fees to £7 Adults, £3.50 Juniors/Students, £17.50 Family at our AGM 12th October. Our meeting is before the BO decision, so a further small increase may be needed, depending on which proposal is adopted. Our fees have remained stable for several years, and we are now using external first aid providers at large/winter events. Roger's article in Know Your Team Leader gives more detail.

Shop Early for Christmas!

Would your loved one like a new DVO O-top or jacket for Christmas?

See the DVO web site for full details under Members/Clothing. The O tops are available in mens/womens fit, long or short sleeves. There is a link there (scroll down the page) to the Siven sizing chart – most people have been happier with one size larger. I will put an order together for the tops imminently so let me know if you want one with full details of size etc. Likely to be around £25 for short sleeves and £30 for long sleeves (sorry but the pound is weak these days). I have a reasonable stock of the warm up jackets – look smart and promote DVO. These are still just £30 each.



Mike.Godfree@btinternet.com

Sports Personality of the Month

Controller and Planner Disorientated!

The new National Forest has some good bits and some bad bits and often they are mixed together. Grangewood & Top Wood after twenty years of growth show potential for some tricky orienteering. Whilst out in the terrain bedding in the new map drawn by Richard Parkin, Planner and Controller (Doug and Mike) became disorientated enough not to have found the way back to the car park.

The map snippet shows you part of the ride pattern. The yellow rides are used for horse riding and are mown and make for really good running (in a confusing sort of way). The crosses on the map are horse jumps for the various cross-country courses.



Liverpool Double Nomination

Congratulations to Dave Vincent who won his course by ten minutes. It's a shame it was the Women's Ultra-Vets' class as he'd picked up the wrong map.

Meanwhile Steve Kimberley, running from 10 to 11, found he'd navigated himself into a dead-end and then realised he'd actually been navigating from 11 to 10.

Congratulations to Nic Gordon who won a BAFTA Game Concept Award for his virtual reality game design about a blind woman finding her way through a busy city. John Hurley, who spotted this news in the *Derby Telegraph*, adds "It is not clear whether this was inspired by a bad experience of urban orienteering."

More good news about exercise...

A new study in the *British Journal of Sports Medicine* reports that exercise can moderate the harmful effects of alcohol, by reducing the risk of heart disease/stroke and alcohol-related cancers. The risk of cancer was "nearly nullified" in individuals taking the recommended 150 minutes of moderate aerobic activity each week.

The research suggests that alcohol-related disease and exercise work along shared biological pathways, but act in opposite directions. So you can rehydrate with a beer!

Reported in *The Guardian*, 8th September - thanks to [Brian Denness](#) for the spot

Matlock Level D events

Viv Macdonald

Following successful club nights at Matlock O, Judith, David and I thought we could rise to the challenge (and certainly the families could) of putting on seven Level D events on consecutive evenings in June and July. We had registration and starts from 6.30–7pm and courses closing at 8pm (late enough for the very young children and for the control collectors).

We started at The Arc Leisure Centre in Matlock on 8 June where David planned courses which involved head-to-head relay type running if people wanted it. There weren't enough on the night to do this but the courses were good and we were pleased that a number of DVO regulars came along and some new juniors.

In Cambridge Woods Jane had planned friendship courses with mandatory and discretionary controls. The weather was awful but, according to one grandparent, the kids don't mind how wet or muddy it is. We even had a some seniors from PTOC and SYO.

Ann-Marie planned great courses at 40 Acre Woods, including trying to identify the right control from several in the area, by the control description (makes you read the last column, something I rarely do except in Urbans ...). A good turnout and thanks to Tony Stirland for organising.





Ann-Marie also planned Farley Moor but we had to shorten the courses because of the bad conditions under foot and above us. Thanks to Margaret and Roger for organising. There were some longer times, but it didn't deter everyone from coming the following week to Bottom Moor where Ranald had planned good courses round the blocks of forest (as it was impossible to go in them), to give maximum route choice. A great turnout from DVO Wednesday night runners.

By way of complete contrast, the following week was Oker Hill. Ranald planned these courses and we could put out the controls from our front door as our house is on the map. It is a lovely hill and would make a great micro O event. A great turnout from our families, some of whom had brought friends along and they all found it a good challenge and different from the woods. We had a senior from Chester!

The final week was at Whitworth Park, where Andy Middleton had planned the courses and Andy and Christine put out the controls in a stunning hailstorm. There was a short, medium, short sprint and long sprint course. Everyone got back in good time and most of the juniors did a second course, some of them for the first time by themselves, which is great progress and shows the value of using the parks as safe areas. Our stalwart parents had made cakes for our picnic. Judith and David presented badges and certificates (acorn, tree etc) to all the juniors for the number of controls they had found over the last seven weeks. The juniors then presented certificates to their respective parents and grandparents thanking them for bringing them along and shadowing them. A nice touch. Rebecca and Tilly were the first girls on the junior courses and Jake the first boy. Sue Russell was the first "girl" on the senior and Graham Johnson the first "boy".

We got some great comments from the parents, e.g. the kids have looked forward to this every week, they love the mud and wet; my daughter's confidence has increased so much since she first started coming. Two families have since joined DVO and have gone to DVO events.

In total, we had 82 juniors, 51 seniors and around a dozen helpers. Our "profit" was £100 which goes to DVO, who, I am sure, will look kindly on any grant request from us for equipment etc.

Club night started again on Wednesday 14 September and runs weekly until 19th October = spread the word!
(flyer for the Club Nights on page 20)



In case some of you who aren't aware of the WMOC structure, **Jen Gale** explains ...

The first event is the Sprint Heats, the number of heats in each age category varying depending on the total number in the class, so there were 4 heats of around 75 each in M60, 3 heats of around 60 for W70 and just 1 heat of 1 for W95.

So, the second event is the Sprint Final and each age category has several finals with up to 80 in each one. The A Final has the top runners from each heat to make 80, so if there are 4 heats, it's the top 20 from each heat, with 3, it's the top 27 from each heat, and so on. (Yes, the W95 makes the A Final of 1. But if I can complete a course at 95 I'll feel I deserve a medal!) The A Final tends to be longer and the length decreases through the others.

The 3rd and 4th events are the long qualifiers and the composition is similar to the Sprint heats. The times of the 2 qualifiers are added together and then the finals are filled in the same way as for the Sprints. And again the lengths vary as you go from A through to D or whatever, but now it's more significant.

We had two apartments in Tallinn, Mike and Liz in one, Derek and Jen in the other with Ranald and Viv (and Cassie) in their campervan. Sprint Heats and Finals were within Tallinn but the Long distance races were at two areas 60-70 kilometres away. Ranald moved the van along the coast after the sprints but the rest of us had long trips in our hire car.

Right, so now we've set the scene there's an account from each of us for the individual days.

Sprint Qualification, Kadriorg Park, Sunday 7th August - Mike

The Sprint Qualification was held in Tallinn's Kadriorg Park (Catherine's Valley) - created by Peter the Great for his wife after conquering Estonia - with the finish along the 100m straight of the athletics track. DVO, like many others, used the tiered seating in the grandstand with the added bonus of a large screen showing the same video as the live feed available to our at-home supporters. With 5 heats in M65 I needed to be in the top 16 out of 70 entries in order to make the A final - 80 go through. The park has a wide variety of formal gardens, lakes, buildings, a canal with just a few bridges and some nicely runnable woodland. We had taken full advantage of the fact that the area was not embargoed until the morning of the competition to walk around, so there were no surprises. But the dead 260m run in from the entrance to the athletics stadium to the finish was over 10% of my course!

And the rest of the course was basically runnable with few intricate bits. After many complaints in the past about runners crossing out of bounds features, the organisers seemed to have taped every last flower bed, hedge etc as well as posting plenty of marshals with cameras. To help them we had to wear numbers both front and back. As with much of their organisation that seems to have worked well with no known disqualifications. Indeed the whole week's event ran smoothly apart from some bussing issues.

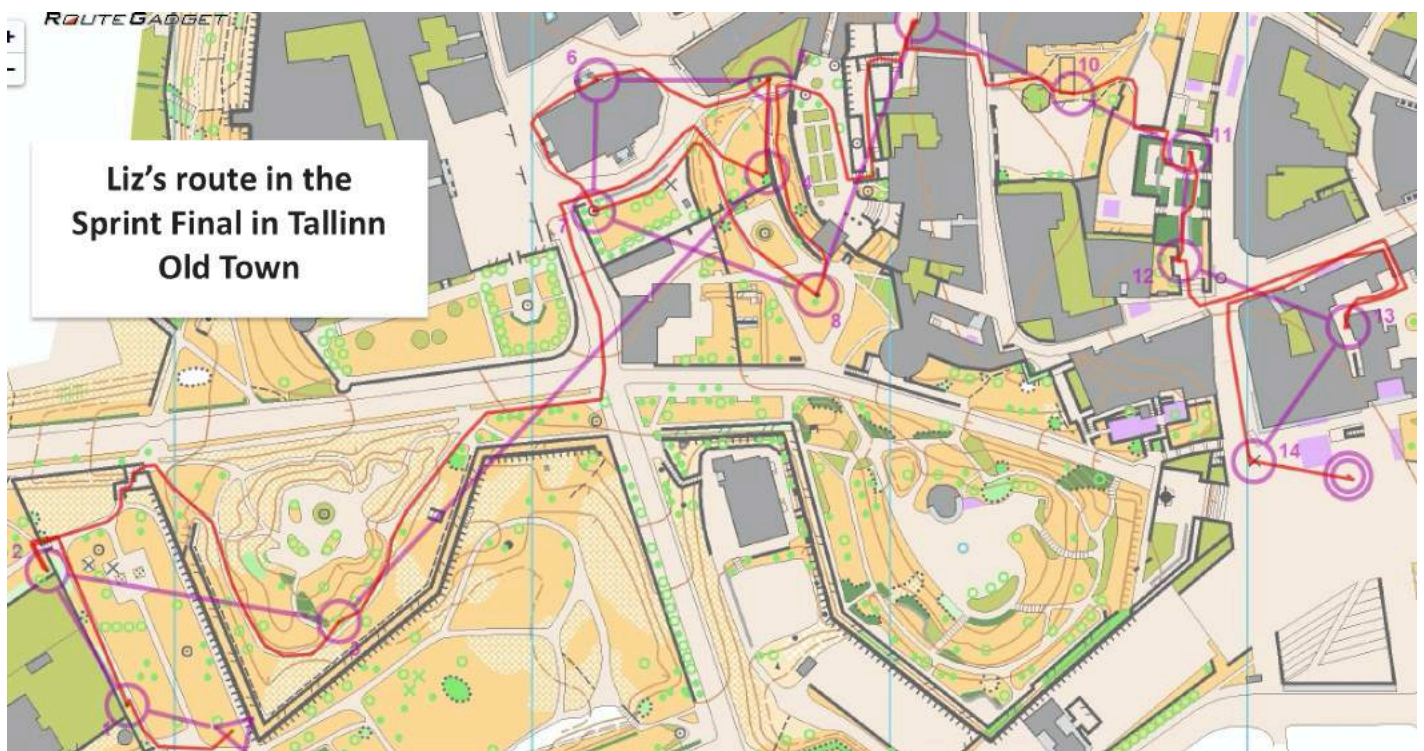
But like Gothenburg last year I just can't run fast enough on a course that favours runners over careful navigators, so ended up by missing the A final by 5 places but just 8 seconds. Having mispunched at a wrong control at both the JK and British Long Champs this year I was particularly careful to check codes and although that may well have saved me at one building corner did it take me 8 seconds longer and would I have realised that that one control was the wrong one? Whereas in the town the next day I was in a much better relative position. Still there is always Auckland next year. But Liz (2nd in her heat) and Jen and Derek saved DVO's reputation by going through to the A final.

Sprint Final - Tallinn Old Town, Monday 8th August - Liz

It was bright and sunny as Mike and I walked from our apartment to Freedom Square (independence in 1920 from Russia – they lost it again in 1940 until 1991; front cover inset photo) for the Sprint Final. The steps leading up to the National Monument were already packed with orienteers but we found space on the surrounding wall with a grandstand view of the final control and finish funnel - not to mention a dizzying drop below us! I always try to work out the approach to the final control but on this occasion was confused as most of the early finishers ran in from the left but a lot of 70+ competitors (no hiding from your age when it's on your bib) approached from ahead of us.

With 4th last start in the W65A Final, I walked to the Start in plenty of time to watch earlier starters. It was easy to spot the W65s as we all had bibs on our backs as well as our fronts. But no hint of which way folks were setting off as the start kite was out of sight round a corner of wall. Just before my 6 minute call up I was asked to wear a tracker on my arm - as were the other last starters on W65. Would I make mistakes for all the world to see?

Yes, I did make mistakes - numbers 2 & 3 in the parkland, but I don't think my track was broadcast. Once into the Citadel I ran as smoothly as is possible round the myriad of tourists choosing to descend a steep grassy slope rather than face an approaching tour party on the steps. Previous exploration of the intricate gardens and steps certainly paid dividends though the penultimate control in a complex courtyard was new to me, but by then I could hear the crowds in the arena and raced for the Finish, berating myself for my early mistakes.



The splits didn't give positions so I had no idea how I had done. I didn't realise there were scrolling results, I was too busy trying to find someone to take my tracker. It was only when I returned to the DVO encampment that Miriam Rosen came across to congratulate me. I was 3rd with everyone in. Sheer amazement!

As usual Team GB did well with 6 medals in the Sprints (and none in the Long races).

So a bronze medal, a big red WMOC bath towel (which would otherwise have cost 15 Euros) and bunch of birch twigs with which to flail myself or Mike in the sauna we never had! A good forerunner of what was to come? Alas, no!



British medal winners: Nick Barrable SYO M40 3rd; Liz W65 3rd; James Crawford GO M60 1st; Eileen Bedwell CLOK W85 2nd; Alison Simmons BOK W60 3rd; Clive Hallett BOK M50 3rd

Long Qualifier Day 1 (and the same applies to Day 2) - Ranald

Let's get the excuses out of the way straight away: I haven't orienteered much over the last year or so, partly because of lack of interest/motivation but also because I've been doing quite a bit of planning, controlling and being the club's Event Safety Officer, which doesn't give me the opportunity to compete.

Having said that, my runs in the two long qualifiers really were quite exceptionally bad. You won't find my routes on RouteGadget as I don't really know where I went much of the time!

Part of my problem was that I hadn't encountered the marshy/boggy terrain before and showing it as blue with a white screen made me think it was like a lake - which some of it was. The low visibility was also a real problem for me. I started the first race relatively confidently and for the first five controls all seemed to be going well. And then there was the first leg across a marsh. I didn't spot that it was really very wet forest and that there was a windbreak straight across it (see map). Consequently, I ran round the edge and took 21.23 at what my splits helpfully tell me was 40.39min/km! The next disaster was a similar leg a couple of controls later; though much shorter in distance it took me 20.43 at 64.08min/km.

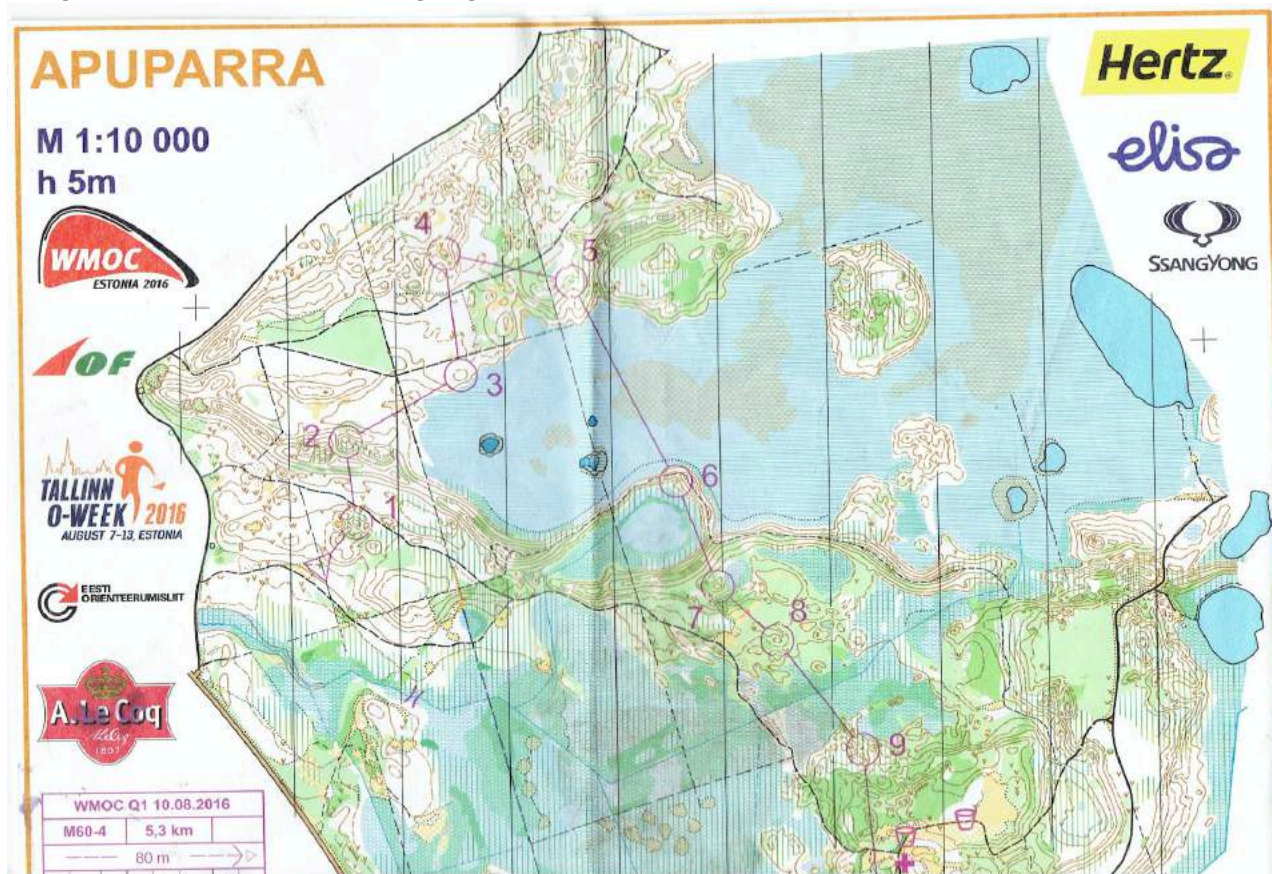
I could go on but it only got worse. However, my slow speed did allow me to investigate the flora and fauna of the area - small frogs and bilberries were all in close-up as I staggered through thigh deep bogs, convinced I was at least going to lose my shoes if not my life.

The only compensation was ... no, there weren't any compensations. I can only say that it was one of the least pleasurable orienteering experiences of my life, the only saving grace being that I did at least finish.

I wish I could say the second qualifier was better. It wasn't, except that I 'only' took 2.03.30 instead of the 2.19.09 on the previous day and was 81.56 behind the winner of my group compared with 94.22 the day before.

I quite enjoyed the final as it was the type of terrain I had been expecting - much more open but intricate and I safely finished in 1.02.28 with a smile on my face, compared with the grimace of the two previous days. I have been last on a course before but never on consecutive days. Let's hope it's the last time, but I can't guarantee it.

I really must thank the other DVOers for waiting for me at the finish - it was greatly appreciated - and I know that Viv and Jen did go to the First Aid at one point to see if there were any reports of an injured or deranged British competitor being rescued from the man-eating bogs.



Ranald's Long Q1 Map

Long Qualifier Day 2 - Jen

We had an early start because Liz was off at 10:01. It was in the same location as Qualification 1. We got there in plenty of time and having waved her off took advantage of the great facilities with a leisurely coffee with Viv and Ranald. Then I was off at 11:06 with some trepidation. I thought we old ladies had been let off pretty lightly the previous day, especially compared to Ranald's terrifying looking course. I actually came back with dry feet. In the event I had quite a good run, no real errors, just some bad route choices and took just 3 minutes longer than yesterday. I did have a proper marsh to cross on a "ride", but it only just came over my ankles. I came back to find just Cassie in the tent being very well behaved.

The run-in included a steep slope before the final few meters to the finish and by the second day it was getting quite slippery. I returned from refreshments just in time to see Derek pounding in like a dervish, which he explained was to stop himself falling over. I didn't have chance to retrieve my camera but hopefully someone else will have a shot. Ranald was a long time again, but only just over the 2 hours and he seemed to have enjoyed it more.

It seems that contrary to all expectations, I've made the A final, and so has Liz, of course. Derek's in the C, Mike and Viv the B, and Ranald the D. This means that I'm off first at 9:20! Derek's just worked out that means us leaving at 7 to be comfortable!!!

Still, I'm more than happy to have made both A finals.

Just a brief word about our activities on the following rest day. We'd planned to walk into Tallinn old town to try and join one of the Free Walking tours, like the one we did in Krakow. There were an awful lot of us gathered outside the Information Centre by the time a guide showed up. In fact there were 2 and they split us between them, 75'ish in each group. We got Henry. He was very entertaining as well as informative and distinctly irreverent. He'd insulted several nations before he asked where we were all from, but no-one seemed to mind. We went round a number of the areas we'd orienteered round and it was good to find out some of the history of the area. We also had our first view of the Estonian flag, horizontal stripes of blue, black and white, very unusual. Mike and Liz took the tour on Sunday and also got Henry. I believe they enjoyed it too. If you get the chance, the Free Walking Tours are really enjoyable.

Long Final - Viv

The Final day was on military land in the Laheema National Park (why is it the military have all the nicest areas?). It was drizzly and the assembly was in the middle of the pine forest, so visually it was not quite as impressive as the Qualification races. But the organisation was, again, excellent.

I had got through to the B Final in the W60 category (there was also a C Final) and I loved every minute (or 52 minutes) of it. This was much more like the Estonian forests we had been walking Cassie in, with sandy paths, good visibility and only a few marshes (although Brian Shaw had said before I went off that they were swimmable!).

I went for the safe options of staying mainly on paths as I suspected if I went off path and lost it, then I would have difficulty relocating. The longest leg was either through a marsh or round the paths and, although it was longer on the path, it was lovely running and clear on the ground. Dithered at the junctions on the way to 3, and control 7 took me a few minutes as it was more difficult to see in the trees and there were a number of controls in the area



Derek making up for lost time at the Long qualifiers – flags are in alphabetical order, the bit of a Union Jack is actually New Zealand, we are right down the line before the United States.

(and why do I have to check them all?). But when I finished I had had a good run compared to some of the others and ended up 14th in the B Final.

We finished the week with an excellent meal in Tallinn, a restaurant recommended by Henry and celebrated the fact that we had all finished the five days and no mispunches. Jen, Derek, Mike and Liz flew back to the UK over the next day or so. We cleaned and repacked the campervan and set off for phase two of the holiday - an overnight boat to Stockholm, pottering down southern Sweden, including seeing the very good IKEA museum, across The Bridge to Copenhagen (great city - we got there to see Gay Pride on Saturday and the Ironman triathlon on Sunday - a bit of a contrast. WMOC is there in 2018 - well worth going), then through Denmark to a music festival in southern Denmark and home, after six weeks. Someone has to do it.

Semaine fédérale de course d'orientation – French O Week



After years of summer holidays focused around the British weeks in Wales, The Lakes or Scotland, all five of us (Bridget, David, Samantha, Emma and Sophie) set off to make our orienteering debut en France. Could France really be that different?

Day 1 – French Night Championships

My first night event as a serious (not serious) grown adult and I loved it. I loved it slightly less when, after 2 hours, I finished 3 minutes before courses closed (my only indicator of the time before finishing had been the increasingly scarce sightings of 'other life' out in the trees). But, after a cold crepe, picking the caterpillars out of my laces and a hot shower, I was ready for an early rise for Day 2.



The buzz of excitement (or perhaps GPS watches) around the field before the army of a thousand head torches swarmed from the start line into the trees.

Day 2 – Regional Middle Distance (The Island event)

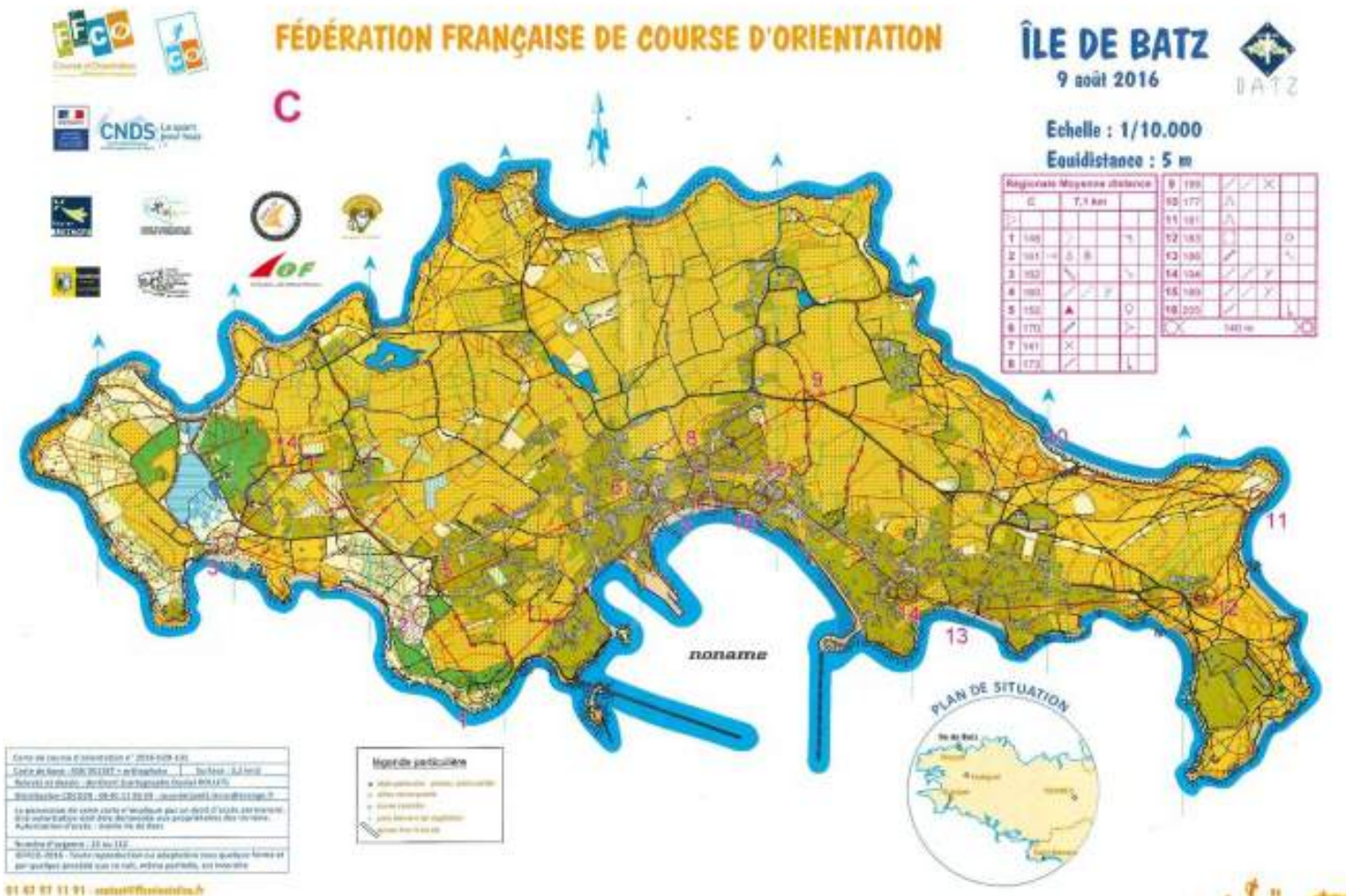
Bright and early, we set off to our old friend (we had arrived into the ferry terminal 2 days before) – Roscoff. No cars on the island, so we parked, queued and were ferried to our competition area – Île de Batz – 3.05km² of open terrain, holiday makers and beaches. A perfect size to be explored on our courses. The 'départ' was on the beach, a short walk from the ferry. The now day-lit army of orienteers spread itself out across sands, dwarfing crab hunters or sunbathers. Personally my success on the course was hindered by the excitement of the night before, and the unusually warm conditions. As such, I found plenty of time en-route to take in the wonderful views and admire the quaint French town. The island was home to an 'exotic garden' (which interested David), and an ice-cream van (which interested the rest of us and served as good post-run entertainment).

Day 3 – Regional Relay Sprint at Quimper (city sprint relay)

Here the language barrier was in its prime. Trying to work out the logistics of the ever-crucial hand-over/pick-up map system in a square crowded with people (O'ers and non-O'ers alike) was not easy. Luckily an official started helpfully drawing a diagram (circles, arrows, rectangles, squiggles) on a whiteboard. Unluckily, it made no sense without the crucial narrative to accompany the arrow being drawn from squiggle 1 to squiggle 2.

Secondly due to a handily-placed corner of a building, runners straining in the pen for glimpses of their team mates approaching, and mainly reliant on the commentator shouting out bib numbers. In French. I feel quite confident in my French numbers ability, but never have I had it tested at such a quick-fire pace and at such an important time.

The day, again, ended in a crepe.



Days 4 and 5 – Middle Distance

Finally a ‘normal’ event! Both days brought runnable forest, challenging courses and the need to wear sun cream. It was on these days we acquired our daily bread for 50 cents from the caterers, who stood at the edge of Assembly offering no-longer-needed baguettes. It was also on these days we realised the true versatility of the great French baguette. Ever see an open packet of sliced bread, just lying around in the grass? A slice of bread on the floor must be a slice of bread not wanted. But a French baton? Stick it in the rucksack, lie it in the mud, use it to hang wet O shoes off – its crusty and it’s a stick shape – dirt can’t touch it!

Day 6 – Long Distance

A pleasant event with assembly perched on a hill under shady trees, offering a welcome contrast to the other days in the sun. It was here I realised the odd re-hydration methods of some competitors. What I had assumed all week to be people wandering around with plastic cups half full of coca-cola, turned out to be, in fact, red wine. Beer was also on offer, to be combined with a crepe and baguette for the full French experience.

Day 7 – French Relay Championships

Good runs were had by all, and none more-so than David, whose main challenge was in securing his place in a team in the first place. It was no short challenge, and started with an initial enquiry on Day 2. Visits to the enquiry tent on days 3, 4, 5 and 6 secured him a partner, but did little in the way of building his hope for a run on the final day, being told to check on the morning of the race. With the grand-départ at 9.30am, things were a little up in the air as we headed out for the final day.

However, a good race was had by all in the end, the sun came out for one final event, and the crepe stall chugged through 23 litres of pancake batter for one final time.

Samantha Vincent

WSC

When Sunday Comes

(Except when it's Saturday or Wednesday)

RDO – Real Derbyshire Orienteers. Fanzine No 18
Established in Ye Olde 2013

Phew, What a Scorcher!

For someone, somewhere, reading this publication, the headline above will apply

Other weather related headlines are available (pages 92-96)

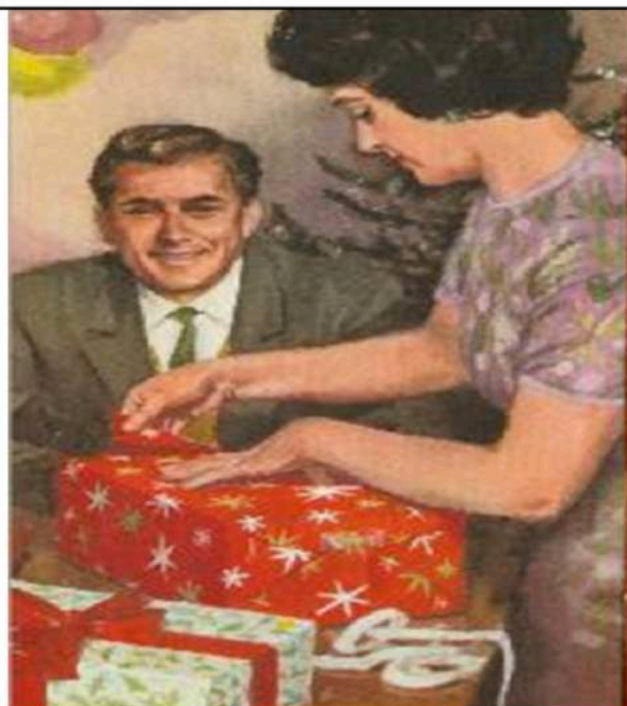
Sloth could be the new tortoise (page 3)

Bobotie could be the new chutney (page 99)

(Waste operative could be your new career – Ed)

The Orienteer – How It Works

We have an exclusive preview of the new addition to the adult Ladybird series. Allegedly.



This man is an orienteer.

His wife has just told him that the garden fence needs painting, the family dog has died and that their fourteen year old daughter ran away from home three days ago.

The man hasn't heard a single word she has been saying.

He is wondering whether to upgrade his dibber.



"Daddy", asks Jane. "Do we *have* to go orienteering again today?"

"Yes" replies her father. "Your mother and I consider it perfectly acceptable behaviour to send young children out on their own into strange forests for hours on end."

Brother Bobby reaches for his phone.

He has decided that it is time to inform the authorities.



These scientists are working under cover at a top secret laboratory.

They have successfully isolated the orienteering gene.

It has been placed into the blue-topped canister and the lid has been screwed on very tightly.

They have called it "Tero".

This is an orienteering joke that only people with the orienteering gene will understand.

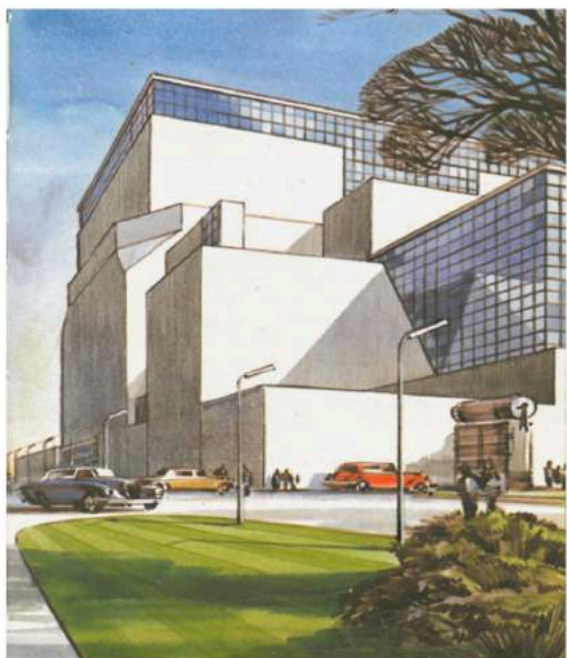


Most people go on holiday to normal places like Florida, France or Frinton on Sea.

Orienteers never do.

They travel to multi-day events in obscure Eastern European countries where the local population exist on a diet consisting mainly of gherkins.

This man has spent the last half hour recounting the story of how he was chased by an alligator at the Svenborgian 3 day event.



The sport of orienteering is run by the Big Orienteering Organisation (BOO).

These are its headquarters. They are very big and full of very busy people.

Some say that BOO is out of touch with grass roots orienteering.

BOO deny this. "We are fully committed to rolling out the new offside rule as soon as possible." a spokesman said.



The Chartists' Cave

On Day 4 of Croeso I made my third visit to Mynedd Llangynidir, and was dreading it after coming almost last in *both* days of JK 2014! So the thick mist did very little to lift my apprehension.

The Welsh lovespoon prize is something of a spoiler, so I'll quickly say I had a good run, and, by going cautiously, won the day in W50L. What I didn't have chance to do, was to visit the Chartists' Cave (see map extract), but Dave's find of an article about it in *The Great Outdoors* made up! Here's the story behind the cave ...

The first half of the nineteenth century saw a population explosion in the Welsh valleys as the iron and coal industries lured families away from the fields. But wages were low and workers had no leverage, so Chartism – a movement campaigning for workers' voting rights – gained a strong foothold.

On 3 June 1831, a hungry mob of 10000 attacked the Castle Inn at Merthyr Tydfil, demanding a rise in wages and a reduction in the price of bread. Twenty-four rioters were killed and another was later hanged.

Public unrest led to the passing of the Reform Act in 1832 by Prime Minister Charles Grey (2nd Earl Grey; he of tea fame). This brought a degree of representation to the newly urbanised areas, but still just 1 in 5 men were able to vote.

Meanwhile, in Derbyshire, Whig politician William Pole Thornhill built the Reform Tower on Stanton Moor to show support for the Act. The empty alcove above the door held a plaque inscribed with a coronet and 'Earl Grey 1832', but this smashed in the early 1980s. However, as either a shooting tower or a prospect tower on Dukes' Drive, it's unlikely to have been enjoyed much by the common worker!

In spring 1839, the Chartists took over the town of Llanidloes and it's thought that the cave was used to hide weapons from the authorities on the night before the uprising. In November that year, 5000 Chartists marched on Newport. Twenty-two were killed by soldiers, with the three leaders condemned to the traitors' death (i.e. hung, drawn and quartered). But, thanks to a petition signed by 1 400 000, the sentence was changed to transportation for life.

Finally, in 1867, the Representation of the People Act was passed, giving male heads of household the right to vote. But it wasn't until 1918 and then 1928 that all men and women over the age of 18 gained this right.

(As an aside, the unrest in south Wales was paralleled in Derbyshire in the Pentrich Revolution of 1817. After the failed harvest of 1816 (now known to be caused by ash from a volcanic eruption in Indonesia), people were starving and demanding cheaper food. Meetings of more than 50 were banned. Throughout the North, ringleaders were being imprisoned, but in Pentrich, a government spy named Oliver turned *agent provocateur* and persuaded the rebels that protests elsewhere were going ahead. When a drunken rabble marched on Nottingham on June 9th, they were met by a detachment of the King's Hussars. Three men were sentenced to be hung, drawn and quartered, but this was reduced to mere hanging and beheading. Fourteen were transported, and although they later received absolute pardons, they never returned to Britain.

The Duke of Devonshire visited Pentrich the following year, and in order to improve morals in the village, a school was built and £1600 raised for a new church. The church, however was built at Ripley (All Saints) and gradually Pentrich declined in importance and the hamlet of Ripley rose to become the prosperous market town it is today.)

On the Pentrich Revolution Trail you can visit the school and some of the rebels' houses and meeting places: <http://info.ambervalley.gov.uk/docarc/docviewer.aspx?docGuid=3514f6233182445c93afa6edca209e46>



Our O areas have been shaped by history in many ways, and so has our freedom to be able to take part in leisure activities like orienteering.

Croeso Top 10s Roundup

M10A Jake O'Donnell 1st	W12B Ailith Smith 3rd
Ivan Smith 8th	W18L Elizabeth Bedwell 7th
M12A Ben O'Donnell 5th	W21S Emily Powell 5th
M40L Dave Bennett 9th	W35L Katie Swalwell 6th
M45L Richard Parkin 3rd	W40L Sally Calland 4th
M65L Andrew Middleton 9th	W50L Sal Chaffey 2nd
M65S Dave Skidmore 4th	W55S Ruth Ellis 8th
M70L Doug Dickinson 4th	W60S Lynden Hartmann 9th
Rex Bleakman 8th	W65L Judith Holt 10th
	W70L Jen Gale 10th



Know Your Treasurer

No 10: Roger Keeling

Roger compares DVO's finances to those of a small business. This is his second term as Treasurer so he is very experienced at tracking changes in the Club's income and expenditure – and keeping DVO in the black!

When and where did you start orienteering?

We moved to Derbyshire in 1988 from New Jersey in order for me to start a new job with British Rail in Derby. I'd accepted the job never having been to Derbyshire or, by the way, having heard of 'orienteering'. Soon after we arrived, my wife, Marg, started running with the Monday afternoon gang – she still does. Helen Finlayson took Marg to a Saturday event somewhere local. Very soon afterwards, I was persuaded by Marg to go with her to a 'DVO event' (whatever that was) on Cromford Moor, just about a mile from our new house, and, following wise advice, we selected and conquered the Orange course together in about two hours flat. Encouraged by our outstanding performance and our obvious natural ability for this new sport, we purchased our first Silva compasses, orienteering shoes and gaiters - and joined DVO which, we soon discovered, stood for 'Derwent Valley Orienteers'. The rest, as they say, is history.

What exactly does the Treasurer do?

The Club's Constitution says that the Treasurer is elected for a three-year period at an AGM of the Club and reports to the Chair and Club Committee. DVO has an annual turnover of over £20k and reserves ('money in the bank') of around £15K, so it is somewhat similar to a small business. The Treasurer is responsible for overseeing the finances of the Club, keeping the Club's accounts, paying the Club's bills and reporting regularly to the Club Committee. It is also the Treasurer's job to present a 'state of the nation' financial report to members at the AGM and ensure that the Club's accounts are subjected to appropriate external scrutiny.

If all that sounds less than a bundle of laughs, it's what lies beneath it and what it can reveal about the Club's operation that makes the job of really worthwhile, I've found.

What have you learnt as Treasurer?

Until I became Treasurer, I had no idea just how much it costs to run the Club. After all, why would I? I turned up at events, paid the entry fee asked and had a go.

However, as Treasurer, I soon learned that there's a bit more to it than that. It's not generally appreciated, I think, that we need a net annual income of over £4k just to cover the Club's ongoing running costs, e.g. equipment maintenance, repair and replacement, insurance, software licences, Newstrack expenses, entry fee support for relay teams, training etc. Entry fees from the events we hold account for over 90% of all our income. So, over the year, we need to take in through event entry fees at least £4k more than the total costs of running all those events - just to break even. Let me give you a few numbers.

The cost of running a typical Level C event is about £800 – £1000. Why does it cost so much? Well, on every event we run, we pay a levy to British Orienteering (and also, for larger events, to East Midlands Orienteering Association) which, among other things, provides us with public liability insurance. These levies account for 25% of all event costs, while other major costs contributors include maps (20%), land access fees (15%) and hire of toilets and first aid stand-by cover (25%).

Now, we typically hold around 10 Level C events every year. So, to generate a net income of £4k over the year, each event needs to make a 'profit' of at least £400 on average. If the cost of the event is, say, £1000, then the entry fees



Roger at the Bordeaux 3 Days

need to produce an income of £1400. If we can attract 200 entrants to the event (not at all easy nowadays), that equates to an entry fee of £7 – which is just what we are proposing as the senior event entry fee for this current year.

So when someone next asks, ‘How come I’m paying £7 for a map?’, now you know!

Highs and lows of any previous roles in DVO?

This is my second three-year spell as Club Treasurer. Marg and I – and particularly Marg – were also Registration Team Leaders for five years or so. I was interested to note Mike Godfree’s thoughts in the last issue of Newstrack on ‘people who complete more than they contribute to the sport’, to which I can relate. You would not believe how frustrating it was trying to get sufficient helpers to cover registration at events. Marg, usually, could spend literally hours on the ‘phone assiduously going through the official list of team members in order to ‘share the load’ just to end up with the necessary four to sit in the cars on the day. It looks straightforward in theory with around 50 registration and car parking ‘team members’ - but it is anything but. Some, you’d find, do not currently orienteer, some do not have up-to-date contact ‘phone numbers or email addresses, others ‘haven’t been trained’, ‘haven’t done it before’ or ‘are not sure if they will be coming to the event’. Of the list of 50 or so ‘team members’, we found that there is a core of around a dozen stalwarts who could – and still can – always be relied upon to help if and when asked.

Do you enjoy the new formats (Urban, Sprint)?

With my knees progressively seizing up, nowadays I am strictly a ‘social orienteer’. By which I mean that I can only walk around courses at a stately pace. Unfortunately, it’s just completing the course, not the place on the podium, which is my personal challenge. I still enjoy participating but 3.5km is enough for me and, preferably, with as little climb as possible, which is why I like Urban events where there are fewer contours, crag feet and brushings, I’ve found. An increasingly important question in deciding which events to enter is ‘how far is it from Assembly to the Start?’.

What do you enjoy when not working/orienteering?

This is easy, since I no longer work – well, not for a living. I am a member of Ashbourne Golf Club (along with our esteemed Chair) and play a couple of times a week. I also play bridge with Marg twice a week and I run the Wednesday morning Matlock Area U3A Bridge Group. Haven’t heard of U3A – University of the Third Age – and are over 55, you don’t know what you’re missing. An amazing, UK-wide organisation we stumbled across through learning to play bridge about six years ago. Off the record, Marg and I have this little mutual agreement – as long as she plays bridge, I orienteer.

Most memorable orienteering ‘holiday’?

The Belgian Three Days in mid (I think) 2003. I was duly informed that our 2-week summer holiday plans included the Belgian Three Days in East Belgium. ‘Who, in heaven’s name, goes to east Belgium for a holiday?’, was my understandable reaction. However, having come to terms with the concept, I eventually was able to locate East Belgium on my trusty AA European map so I could answer the question from bemused friends: ‘Where is it?’.

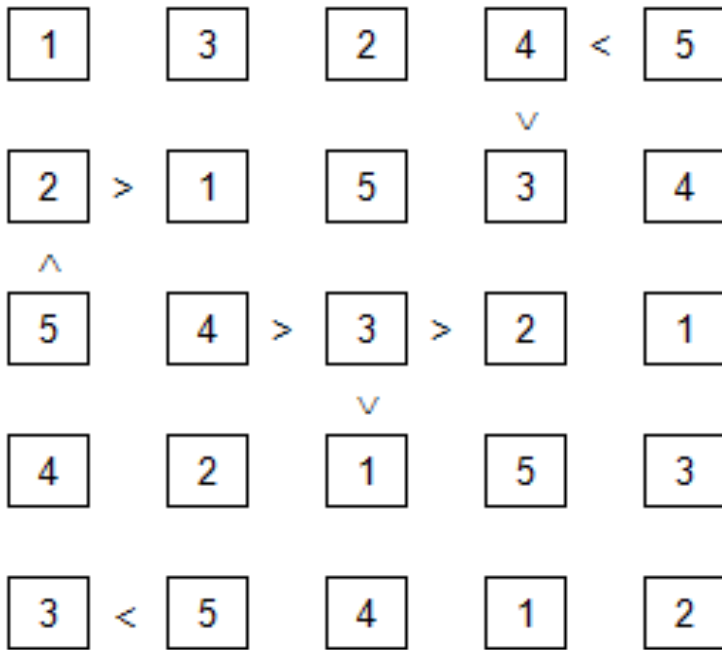
However, having arrived, we soon discovered that the locals were delightful, extremely friendly and, surprisingly, spoke German (together with pretty fluent English and French). This was a lovely, little known border area which had changed hands many times over the centuries. The town laid on a welcome event for all competitors in the local sports centre, hosted by the mayor himself. Incidentally, the orienteering was also most enjoyable, assisted by the fact that all the events sported a most welcome beer tent at the finish. A feature British Orienteering would do well to adopt, I thought. A truly memorable experience, thanks to orienteering.

Favourite TV show?

A good question. Thanks to modern, satellite technology, we now have ready access to hundreds of TV channels, 24 hours a day, most of them truly awful. Is it me or don’t they make ‘em like they used to? I’d still go for ‘Yes, Minister’ and ‘Yes, Prime Minister’. TV comedy and quality at its very best.

You know it was a tough event when ...

... you empty the washing basket the next day and your O top still has your race number pinned on!



Once again I set two puzzles to keep you occupied over the summer. The Control Freak one proved the most popular with several entries from the usual suspects, all correct. The idea was to populate the blocks of forest with numbers (representing the number of controls) such that there were no repeats in any row or columns and that the constraints shown were also satisfied.

Andy Mackervoy led the way, followed by Chris Millard, Jen Gale and Mike Gardner, with a final flourish from Sal Chaffey. Oh, and Alan Le Moigne has just got it right as well.

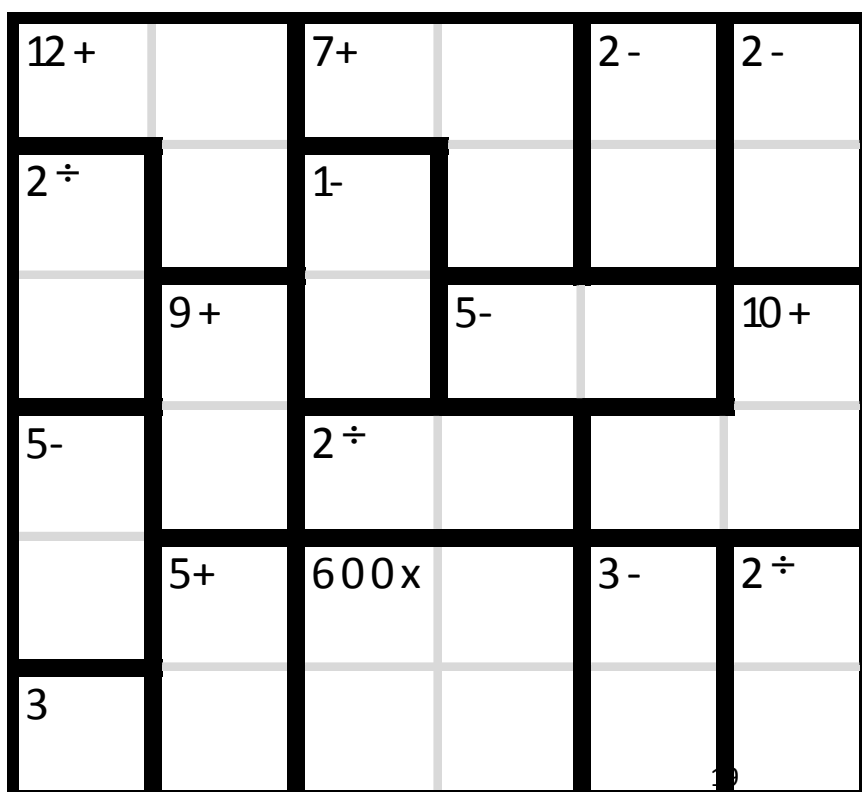
The Strange Currencies question proved a lot harder. I meant to ask what the minimum number of coins required was rather than list them out. Jenn Gale offered four different ways of using 12 coins and I think this is correct, although there are about 20 different ways that I have worked out myself. On the basis that the coins are minted with their weight in proportion to their value, the lightest set of coins would consist of 1, 2, 3, 4, 5, 6, 7, 8, 17, 26, 35 and 44 dingdongs. Alan Le

Moigne offered 13, so just one out. Chris Millard had some more radical solutions which although may have been more sensible, I have disallowed.

As is my wont, one the email exchanges I had on this subject (with Chris) wandered off on to a faintly related issue, namely "the farthing ceased to become legal tender in 1960 when, at 1/4 of an old penny and 1/960 of a pound, it was considered to be no longer of any practical use. However, between 1960 and now the RPI has gone up by a factor of 20, meaning that purchasing power of a farthing expressed in 2016 value is about 2p". This seems to prove that the 1p no longer has any practical use apart from giving change at 99p Shops. Getting rid of it however I suspect would be controversial (I can just hear Nigel Farage sounding off...).

I expect a depressing large proportion of the membership can actually remember using the farthing in anger which in its final incarnation had a wren on the reverse.

Well, that's one way of filling the page.



Oh yes, I guess you want another puzzle. Back to Symmetric Shrubs again where at the latest event the number of controls within each bold edged area is indicated by the digits in the top left hand corner. You need to use the operation indicated by the symbol. So for example, 5+ means that the sum of the controls is 5 whilst 2- means that they differ by 2 and so on. In addition, each row and column of the forest contains each of the digits 1-6. There are no other constraints. Answers to dnevell3@gmail.com by the editor's copy date please.

Event Officials Needed!

Event officials, old and new, are needed for our programme – could you fill one of these spaces?! For the roles of Organiser and Planner at Level D and C events, novices are welcome and we can put you in touch with a ‘mentor’ if needed. Names to Ann-Marie please: jasrduckworth@btinternet.com An updated version of this table appears on the website under the Fixtures tab.

Date	Venue	Level	Organiser	Planner	Controller
22/10/16	Grange Top Wood	C	Dave Bennett	Doug Dickinson	Mike Godfree
20/11/16	Wirksworth urban	C	Dave Vincent	Andrew Middleton	John Hurley
11/12/16	Eyam Moor	C	Richard Needham	Lester Hartman	Ranald Macdonald
02/01/17	Belper urban	C	Dave Chaffey	Sal Chaffey	?
29/01/17	Shining Cliff	B	Val Johnson	Paul Addison	?
26/02/17	Lindop Wood	C	?	Dave Chaffey	?
01/03/17	Dovedale Thorpe Pastures	D	Sally Calland	Mike Godfree	N/A
09/04/17	Crich Chase	C	?	?	?
21/05/17	Calke Abbey	C	?	Doug Dickinson	?
02/07/17	Longstone Moor	C	?	Andy Sykes	?
24/09/17	Kedleston Hall	C	Stuart Swalwell	Murray White	?
22/10/17	Chesterfield Urban	C	Claire Selby	Jane Burgess	?
10/12/17	Eyam Moor & Bretton Clough	B	?	?	?

**Looking for adventure this autumn
and in Years 3-8?**

**Learn to Orienteer with
Matlock O Club!**



Learn map & compass skills
Gain confidence outdoors
Get fit as a family!

Every Wednesday, from 14th September to 19th October, 6:30-8:00pm

Find the checkpoints
Work towards Explorer Awards
Run a Relay with your friends!



The first 2 sessions are at the Arc Leisure Centre, the next 2 are at Whitworth Park, and the last 2 at Hall Leys.

1st session free, after that 50p for children, £2 for adults. No unaccompanied children, but each adult attending may bring up to 3 children.



To find out more, please call Viv on 01629 734307 or matlockO@btinternet.com Matlock O Club are part of Derwent Valley Orienteers, so updates are on the DVO website: www.dvo.org.uk click the “Matlock Orienteers” tab.

 **Matlock
Orienteering Club**

Forthcoming Fixtures (DVO, NOC, LEI, other)

UKOL = UK Orienteering League event; 🏰 UK Urban League; 🏠 East Mids League event; EMUL EM Urban League event

October

- Sat 1st EMUL Dishley Grange, Loughborough
 Sat 1st UKOL Agglestone Heath, Poole (WSX; Caddihoe Chase Day 1)
 Sun 2nd UKOL Agglestone Heath, Poole (Day 2)
 Sat 8th B Bagworth Common & Woods, Leicester. British Schools Score Champs, also open to individuals
 Sat 15th DVO Champs Stanton Moor, mass-finish fun event followed by Social
 Sat 22nd 🏠 Grangewood & Top Wood Plantations (new area, near Burton)
 Planner: Doug Dickinson, Organiser: Dave Bennett
 Sat 22nd 🏰 Great Malvern (HOC)
 Sun 23rd EMUL Bourne (north of Peterborough)

November

- Sat 5th B Salisbury City Race (Sarum)
 Sun 6th A Fritham & Islands Thorn (SOC November Classic)
 Sun 6th C Burbage Moor (SYO)
 Sun 13th 🏠 Bradgate & Swithland
 Sat 12th UKOL Sandscale Haws, Barrow (Middle; LOC/SROC Weekend)
 Sun 13th UKOL Torver High Common, Coniston (Long; LOC/SROC Weekend)
 Sat 19th 🏰 Oxford (OUOC)
 Sun 20th EMUL Wirksworth Urban
 Sun 27th B East Midlands Championships, Wakerley Great Wood



December

- Sun 4th 🏠 Byron's Walk (note new date)
 Sun 11th 🏠 Eyam Moor (postponed from Jan due to snow!)
 Sun 18th 🏠 Walesby Forest
 Sat 31st 🏠 Ratby and Martinshaw

January

- Sun 1st C Laurie Bradley New Years Day Score Event, Bathpool, POTO
 Mon 2nd EMUL Belper Urban, Mass Start 11am. From No 28, Market Place
 Sun 8th B Robin Hood Trophy, The Dukeries (to be confirmed)
 Sun 29th B Shining Cliff, new map, parking & Assembly!

Orienteering in Derbyshire, Autumn 2016



Grangewood & Top Wood Plantations

Saturday 22nd October

Level C event. New area, south of Burton. Registration 10-12 noon



Wirksworth Urban

Sunday 20th November

Level C event. Registration 10-12
Detailed, clear map; great for beginners!



Eyam Moor

Sunday 11th December

Level C event. Registration 10-12
Open moorland & complex navigation!



Belper Urban

Monday 2nd January

Registration from 10am for Start at 11am prompt
from No 28 The Market Place. New map!



Please check Derwent Valley Orienteers' website www.DVO.org.uk before travelling. Nearer the time of each event, there will be Final Details with directions, fees, course lengths etc.

New to the sport and need help? Beginners are welcome at all our events. Contact Mike: mike.godfree@btinternet.com if you would like further information.