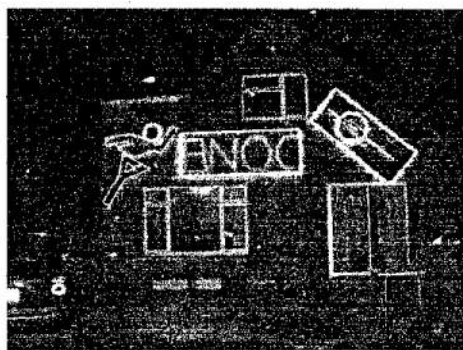


NEWSTRACK

APRIL 2004



Las Vegas? Blackpool? No, just Crich on a Saturday night.

NEWSTRACK is the magazine of Derwent Valley Orienteers

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Thoughts from the Chair

For a change I just don't know whom to congratulate first for doing their bit for the Club. Should it be our members who travelled over to Cannock and who had, relatively speaking, good runs in appalling weather conditions only to get knocked out of the regional heat of the CompassSport Cup? Should it be Pauline and Brian Ward for adding British Night Champions 2004 to their already impressive list of titles? Should it be Paul Wright for the excellent publicity he conjured up for the British Night Championships? Should it be all of you who have volunteered to help at this year's JK? Should it be everyone who came to the Annual Dinner and Awards Ceremony and made it the occasion it was?

I guess by now that you know I'm going to say that they all deserve equal thanks and congratulations, together with the many other members who have contributed to the Club's activities, but I have either missed off the list, forgotten or don't even know about.

Of course the whole Club has an opportunity to put forward nominations for those whom we should recognise through the Club's formal awards. The 2003 annual awards were presented at the DVO Dinner which again took place at Hartington Hall. As usual the Hartington staff made us feel most welcome and put on a splendid spread, and, with over 50 orienteers wined and dined, it was an entertaining social, not only contemplating 'what happened at control 15 ...' but also righting all the world's wrongs from politics to Telly Tubbies - not to mention the 2am Table Football competition.

But back to the annual awards. Nominations were received from a wide cross section of the membership for the four 'orienteering' categories, and as every year some awards were obvious whilst others involved a difficult choice. In the end the awards were:

Orienteer of the Year	Liz Godfree
Junior Orienteer of the Year	Erin Malley
Most Improved Orienteer	John Malley
Most Enthusiastic Newcomer	Dave Disney

Graham Johnson then presented the Journalist of the Year to Mike Godfree for his consistent and reliable contributions to NEWSTRACK.

Finally, voting took place for the Club Personality of the Year. Nominations for this award are taken from the floor and the winner is selected by those members present. The results were:

In equal third place were Graham Johnson, for having a wallet that regularly gets lost or stolen, unlike Graham who only regularly gets lost, and Pauline & Brian Ward who downloaded control descriptions from the previous year's event.

Second Place went to Gareth & Silva. Gareth Bought Sue Russell a giant 1kg bar of chocolate which he hid behind the sofa. Silva found it and saved Sue the job of eating it.

But first place went to Alex Ross for his self-sacrifice and determination to include his photograph into every one of BOF's publications. Wherever you look Alex is there; if he's not on the front page, he'll be inside; if you can't see his photo inside, he'll be the silhouette in the watermark. You just can't get away from him! Indeed, it

is said that Alex can home-in onto the 'click' of a camera shutter far better than he does to the 'bleep' of a control.

Robert Shooter, Chair DVO

East Midlands Junior Squad Training Weekend – The Lakes

Teige Malley

On Saturday, 21 February, Erin, Dad and myself set off very early for the Lakes by car to join the others in the Squad who had travelled up on the Friday night. We had gone to see the indoor athletics championships at Birmingham that evening so missed going up with the others.

We got to the Youth Hostel before any of the others were ready so, for once, I was the first. We then went out to Great Tower and did some map memory with contour only maps – no paths! After that we did some exercises on our own. In the afternoon, the under 14s stayed at Great Tower and the over 15s went to Bigland where we did a couple of courses that tested our map reading and navigation skills. Then it was back into the Notts minibus and back to the Youth Hostel at Arnside to get some rest. But, it didn't end there!! We did some map memory activities which involved bits of the map with certain features on which were numbered. You had to remember the number and go into the next room and find the partner (identical one). I think I came near to the bottom on this exercise!

On Sunday, we travelled to a LOC event at Newton Fell where we had arranged for Dad to pick us up. The weather was windy and very cold. Erin and I ran a Green course. Newton Fell is quite a complex area and I found the terrain difficult in parts. I didn't hit some of the controls as straight as I wanted to but I managed to get around in 57.08 mins. Erin took 65.23 mins having made a big error going to control 3. After that, we said our goodbyes and farewells to the East Midlands Squad and the Lakes and headed back to good old Derbyshire. It was a tiring weekend but excellent training and our thanks go to everyone who helped us.

British Champs – 20th March 2004

Wow. No-one who took part in BOC '04 is going to forget the experience for a long time to come.

This was an epic event. The map was dominated by a huge expanse of moorland, which, following several hours of rain, oozed water out of every crevice and across every slope. A tempest bowled you helplessly along when it was behind you, buffeted you when you ran across it and sometimes brought you to a standstill when you ran into it. (This reminds me of the joke about the man who went to the doctor's, asking for something for excessive wind, and was given a kite). As if this were not bad enough, when it rained, you were drenched instantaneously with the force of a thousand needles. It was like a scene from the Old Testament, all it needed to complete it was a plague of locusts and Charlton Heston declaiming from a rocky promontory – and Moses wouldn't have come amiss to part the waters every now and then too.

As I was standing at the Start, I became conscious of something knocking against my head. It was the tree I was standing next to bending over at an alarming angle under the

force of the howling gale that whipped through the forest. In fact all the trees were leaning at the same crazy diagonal as the near-hurricane winds swept across this part of Northumberland. Only 9 kilometres of this before I could retire to the warmth, safety and shelter of the car.

The Start control, set in a forest at one of the highest points of the map, was atop a rocky pinnacle, and the feeling in the stomach, craning the neck up to see it, was not unlike queuing for the Big Dipper at Blackpool Pleasure Beach – you know you're supposed to enjoy it but somehow you know you're unlikely to.

Virtually everyone's course seemed to follow the same basic shape: a few controls in the forest before a long leg over a rocky hill covered in knee high heather, a drop to a couple of controls on the other side followed by a three kilometre trek to the eastern extremity of the map, pausing only momentarily to appreciate the spectacular views over miles of countryside. A hack over two more hills, a loop through the bracken and you were home.

Unfortunately my British was over almost before it had begun. I reckon every planner should employ me to dry-run, or wet-run in this case, their courses. If the mapper has somehow missed off some enormous feature like a crag or boulder, you can bet I will find it. And so it was that on just control 3, I came across a 2 metre high boulder in the middle of the forest 50 metres from the boulder I was looking for. Not on the map of course. By the time I'd worked out that, for once, it was not me at fault, I'd lost ten minutes and the will to live.

Leg 4 to 5 featured the classic choice of running round on the footpath to the west or tackling the more direct but tortuous track to the right. There was of course the third alternative of up and over, clambering across contours and heather, but only an idiot would choose this route. So why didn't I spot the first two?

I enjoyed my course and didn't regret the long trek north – though I could have done without the hour spent virtually standstill at Boroughbridge on the way up. Despite this, I was not the only to feel that the planner didn't get the most out of the map. Half of my 9 K course was crammed into just four controls, well in excess of a K each, and Val had a 2 K leg in a 6 K course, so the challenge was mainly a physical one, a question of keeping going as much as anything. Two or three judiciously placed extra controls in the more interesting areas would have improved my course no end.

Even so I was grateful to stagger into the Finish, to find the car park field mudlogged and the following day's badge event cancelled. As a social event BOC 2004 was literally a wash-out. I saw only two other DVO members there and thoughts tended towards self-preservation than discussion of the finer points of the orienteering. I was told that the toilets had blown over too – hope no-one was in them at the time.

Ending on an environmental note, it was ironic that, drenched by water, this is what we were offered in bottled form as refreshment at the Finish, but why was it necessary to import hundreds of bottles from thousands of miles away in deepest France when there must be springs in Northumberland with an equally bountiful supply of the world's most basic and abundant natural commodity? Just a thought.

CompassSport Cup Regional Round - 14th March – Brereton

Result:

1.	Walton Chasers	721
2.	Bristol OK	643
3.	Octavian Droobers	630
4.	Derwent Valley O	449
5.	Harlequins OC	449

Congratulations to the DVO Scorers who were:

John Duckworth	40	John Hawkins	48	Val Johnson	56
Andy Jackson	24	Steve Kimberley	39	Liz Godfree	52
John Hurley	20	Steve Buckley	24	Viv Macdonald	8
Claire Gale	24	Dave Brodie	12	(or Helen Finlayson)	
Sal Chaffey	6	Derek Gale	30	Teige Malley	24
		Rex Bleakman	24	Erin Malley	18

Thanks to those who turned for the club on what proved to be an unpleasant day on Cannock Chase. This was not one of DVO's finest performances and we only avoided the wooden spoon on the tie break system, thanks to Val's second place on Green Women.

We took a conscious decision not to run any M/W14s on the Orange course who were not really ready for it, which left us with no scorers at all on this course. Hopefully next year we will have some Orange standard juniors. However with only 3 scorers above 40 (i.e. in the top third of their courses) we were really outclassed all round and everyone else will just have to train more and prepare better for next time! (unless the Treasurer will give me a budget for transfer activity).

John Hurley, Club Captain

CompassSport Cup – What is it good for? – Part 1

A long time ago when the world was young and the Godfrees had only just started orienteering, the CompassSport Cup was a very simple competition. We all went along to a nominated colour coded event and entered on the day. So long as you entered the correct colour course, there was a chance you would score for the club. Not much chance in my case, does anyone remember me holding the coach up at Brimham Rocks having spent a long time not completing my first ever brown course? (oh, it was you was it? – Ed) The scoring was very simple – on each course (assuming there were two clubs competing, occasionally there were 3 or even 4, the first three competitors from each club scored 6, 5, 4, 3, 2, 1 points.

Over the course of the season a successful club - and there are still two shelters in the equipment shed to remind us of the two times that DVO won - would have to turn out at about 4 events and these would be gradually further afield. There were occasionally snags for club captains negotiating a mutually convenient venue and fitting in all the rounds in time for the final. But the format was simple and we could all understand it and some surprising people scored, although I suspect I never have.

Now we have a single regional heat with two competitions (with the trophy for smaller clubs) going on and so many competitors that we have to pre-enter. This leads to the

ridiculous situation that anyone unable or not organised enough to talk to the club captain in time, even if they turn up and get a run on the day, is not allowed to count (although I cannot see why not). The rules are a well-kept secret but are rumoured to include various specifics to ensure that each club is sure to lose out on a different course compared with the simple formula.

Take last week's event at Brereton. The club captain has to do a lot of work to sort out the entries, most of who then want to change their sex, age, name, start time, dibber number or simply are unable to come on the day. Another set of disappointed people turn up on the day and may get a run but won't count. Despite some of the details clearly talking of Blue Men, Blue Women etc. the control descriptions only refer to courses 1,2,3 etc. We have a very nice digitally printed map but because the laser printer will only do A4, the course twists and turns such that practically every leg offers the same challenge. And despite the map having a large blank space there are no control descriptions on it.

All this came about because each year, some committee or other has had to tinker to "improve" the event. Or to put it another way, to fiddle the rules so that last year's loser could become next year's winner.

There is no doubt that in the absence of children capable of doing the Orange course and M21s for the Brown, DVO would not have done very well under the old rules either. But oh for a simple, easy-to-understand inter-club competition that encourages participation by a large number of supporters. You might not count but at least you could go along on the off-chance and feel part of the team.

Mike Godfree

CompassSport Cup – What is it good for? – Part 2

I'm very disappointed with Mike -- because he's said more or less what I would have said if he hadn't!

I have become increasingly disenchanted with the CSC as the years have passed despite, or because of, having competed in it for in excess of 20 years. I think the problem is that it is simply impossible to invent a satisfactory formula which makes everyone's run relevant and accommodates clubs of all shapes and sizes.

The aim, I suppose, is to find the best club in the country, but the measure by which 'best' is judged is to find the club that can perform best by age over the spread of colour-coded courses. Whilst it is difficult to see what other aim an inter-club competition of this nature could have, it automatically favours the bigger clubs, which the introduction of a smaller club competition has only partly mitigated. Obviously the more bodies you can throw on to a course, the greater the chance of some of them having a good run. As a result, whilst the actual CSC winner may vary from time to time, the Final participants are usually as predictable as a Derby County relegation struggle (not that I derive any pleasure from that).

Secondly, where a club is deficient in one particular area, Orange juniors in DVO's case, it is already labouring under an impossible handicap even before the competition starts, and this despite DVO doing as much as any club to encourage younger participants. The Golden Age of DVO participation that Mike refers to was, I suspect, largely due to the

historical anomaly of a small number of families (Buckleys, Godfrees, for example) producing talented children of the right age at the right time.

Ironically, some of the most memorable days that I've had with DVO were on our Away-Days to CompassSport matches, those where we've chartered a bus and headed off to such far-flung places as Thetford and Elland. Apart from the JK and British Relays, there are very few times when DVO collectively experiences an event as a club so these sorties were a throwback to the days of Sunday School outings where we all crammed into an ancient jalopy and spent all day exploring the byways of England before fetching up in Skegness.

Even so, as Mike says, in the days when the CSC was spread like a rash over several rounds, it was often a relief to go out, like a British tennis player, in the first one.

Like Mike, I've never scored either (actually, I may have scored one point in a year when there was an epidemic of bubonic plague), which serves to emphasise the irrelevance of the competition in its present format to the majority of those taking part.

All these reservations were compounded at the Cannock event. For a start I resent being forced to run a course I wouldn't normally, ie Blue, not Brown, but I'm prepared to do this reluctantly for one event a year. Despite this, I still want to be out at least an hour, but the Blue at Cannock was won in just 30 minutes, and I've never run a course in 44 minutes before in my life. It was just too short and you can't expect people to travel from, say, south of Bristol for a course it takes you longer to change for than to run. It was billed as Brereton and Rawnsley, but only Brown ventured into the latter when there was no earthly reason why we couldn't have been offered the scope of the larger area and everybody's course adjusted accordingly.

I can't blame WCH for the weather but it was horrible, and meant that you arrived, changed, hurried to the Start as late and as quickly as poss., returning to the car with similar alacrity on finishing. It was a thoroughly unsatisfactory experience all round, but at least we won't have to repeat it for another year.

There is surely something wrong with a competition that produces such feelings of, at best, indifference, at worst, reluctance and resignation.

Can't Get you Out of My Head

I'm sure I'm not the only one whose run has been ruined by some insidious tune that wheedles its way inside the brain, lodges there and refuses to budge. However I read recently that a psychiatrist has diagnosed this as a psychiatric disorder and labelled it **musical hallucination**, a condition that worryingly afflicts mainly the elderly. Apparently 1 in 10,000 people experience the constant replaying of some ditty inside their head, with Abide with Me and Don't Cry for Me Argentina being popular, or maybe unpopular, choices. It occurs as a result of under-stimulation of the brain, which may explain why I'm particularly bothered by it at NOC events, and is best treated by the prescription of low dose drugs. Can't wait.

Are We Using Electronic Punching Flexibly Enough?

Ranald Macdonald, DVO Development Officer

This article is prompted by my experiences at a number of recent events and a concern to make the sport as attractive as possible both to newcomers and existing participants. Unfortunately, the needs of these two groups may differ: the former wishing to start as soon as they arrive, the latter wishing for as competitive an event as possible.

At the recent Shining Cliff event, large queues built up and volunteer helpers were unable to get a run after finishing their duties, and some subsequently left. There were sufficient master maps and, because there were relatively few controls to copy down, for most of the time there was at least one and sometimes two maps free on even the most popular courses – Green and Blue. Having been approached by a number of helpers and others wanting to get a start and being told they had to wait over an hour, I took the decision to change the Start arrangement to allow competitors to start copying their maps as soon as one became available. I recognise that not everyone agreed with this decision and, in particular, I must apologise to John Hurley who was in charge of the Start at that point. However, the queues soon disappeared and most people seemed content.

So, what was the basis for my decision? Electronic punching (SI in DVO's case) should give us the ability to reduce long queues, whilst still maintaining the competitive element for those who do not want the equivalent of lots of mini mass starts.

Appendix I of the BOF Rules 2003 states that:

2.2.2 The traditional timed start interval system may be used, with competitors starting at pre-allocated start times. In this case there is no need for them to punch at the start.

*2.2.3 A punching start can allow competitors to start almost whenever they are ready and no pre-allocated start times are necessary. The start official allows people to start at minute intervals in order to avoid bunching. Competitors can be allowed to start more frequently if a queue starts to form, **subject to the availability of master maps**, (my emphasis)*

2.2.4 A hybrid system can be used, whereby competitors are issued a start time and (if they turn up for it) they are guaranteed that they can start at that time. However, a punching start is still used, and competitors can have the possibility of starting earlier or later than their allocated start time if there is a vacant slot on their course. By having one start lane for each course, it should be immediately obvious to the competitors whether such a vacant slot exists.

What I proposed was that participants should line up by Course and that, as a map became available, they be allowed to make a punching start. This meant that we seemed to get about five or six competitors through every three minutes and that it was easy to slot helpers in. We did actually add an additional Green and Blue map but, in retrospect, this was not really necessary so long as maps were not being unused.

It is true that we do not always experience the large numbers we saw at Shining Cliff but even so we could perhaps look to using electronic punching more flexibly to reduce waiting in cars or at the Start. I know some will argue that the one minute interval reduces bunching but anyone out on a popular course knows that this is still a feature of whatever interval we use as some run and navigate faster (or more slowly) than others – very similar to the way

in which traffic bunches up and gaps appears as cars travel at different speeds even though they are subject to the same limit.

It has been suggested that, for potentially more popular events, we should have Green 2 and Blue 2 courses, though this is just creating more work for already hard-pressed planners and controllers.

There may be a case for fixed intervals at Regional (Badge) events but I'm convinced that at Local (Colour Coded) events we should look either more flexibility or to at least try alternative systems out to accommodate different numbers of competitors and different weather conditions. I suspect that if we had experienced bad weather at Shining Cliff we would have found more people unwilling to wait and leaving without a run. Are we trying to make our sport more attractive or not?

But On The Other Hand:

Start Procedure at Colour-Coded Events

John Hurley

With the widespread adoption of the SportIdent electronic punching system at colour-coded events, it has become practicable to deviate from the traditional one-minute separated starts and instead just queue competitors up for each course and start them whenever a master map becomes available. This has been recognised in the 2003 BOF Rules which now only require one-minute separated starts for Level 3 (Regional) events and above.

However just because something can be done does not mean that it ought to be done. On this particular issue there are points on both sides and I suggest there should be a debate within DVO leading to a consensus on the approach which we should take.

My personal view is that we should stick with the one-minute separated starts at colour-coded events for Light Green, Green, Blue and Brown for the following reasons:

1. Fairness in the Forest. If competitors are being started at faster than one minute intervals, then there will be a greater density of competitors in the forest, leading to increased following and disclosure of control sites and reducing the navigational skills required.
2. Serious athletes require warm-ups and other preparation prior to their starts and should be given a guaranteed start time to prepare for, not made to hang around queuing for an indefinite period.
3. And it's another way in which Orienteering will be seen as weird. Other sports which run on a time trial basis and are televised, such as cycling and skiing, have made no moves away from fixed interval separated starts.

If we are expecting more than 120 competitors on, say, the Blue course, then I consider the following approaches should be adopted:

1. Plan parallel Bluew 1 and Blue 2 courses with a limited amount of gaffling (ie some controls common but some different)
2. Extend the start interval (but not Dec/Jan when there is limited daylight and so safety considerations apply).

JK 2004 - 9th -12th April 2004 - Helpers Update

DVO are in the final stages of preparation for our contribution towards the 2004 JK. Courses are planned, printed, and bagged and helpers have been ear marked to assist in placing / collecting controls.

The majority of DVO helpers are required to assist at the three starts. Three Team Leaders have been appointed (John Hopper, John Malley and Val Johnson) to organise a start each and helpers have been divvied up between them to get a balanced mix of experience, as well as minimising any inconvenience to yourselves.

This process is now complete and all helpers should have received their final instructions describing their role and when they are needed. Please let me know if you have volunteered to help on the day and have not yet received these.

Just to remind you

The JK is being put on jointly by NWOA and EMOA, with DVO's contribution being the day 2 planning and running the three day 2 starts. This will require considerable support from the whole club and we will need lots of helpers on the day. Plans are in place to enable all helpers to get a run as well as a free parking pass and a free souvenir sweatshirt which doubles as a uniform at the event.

(Helpers who, like myself, have already paid for their parking pass will get a refund.)

All competitors will be allocated start times by the entry team but helpers will be given a start permit which will allow them to start whenever it is convenient. This will override there allotted start time.

There is still time to volunteer

either phone me on 0115 9322945 or e-mail me at -
shooterfamily@hotmail.com .

Robert Shooter

Captain's Jog

I've been asked to remind everyone that the team events listed in this section are open to all club members, and that the club contributes 50% of the entry fee for all members who run in club teams at these events. For most of the relay events, we will enter enough teams to give everyone a run who wants one, although there is an element of selection for the Footpath Relay and the more popular classes at the CompassSport Cup.

However the key point is that you must let me know well in advance if you want to run. I can be contacted at Wednesday training, or my new address: 61 Darley Abbey Drive, Darley Abbey, Derby DE22 1EF, or on 01332 - 553561, 8pm - 10 pm or 7.00am - 7.30am weekdays! This phone was unfortunately faulty in the week before the CompassSport Cup race.

JK Relays. 12th April. Lake District. I have entered 16 teams which will accommodate those who already let me know. It may be possible to have late entries at the weekend but this will not be convenient to arrange since we are all helping at the event on the previous day.

British Relays. 3rd May. Forest of Dean. Let me know by 6th April if you want to run in this. (That's right, before the JK, we are going to be busy at the JK, see above).

Harvester Relays. 16th May. Sussex. So far, 5 are interested, which makes one B class team.

West Midland Relays. 16th May. West Midlands.
(Ed - According to the latest BOF fixtures list, this event is at Shoal Hill, Cannock Chase, but on 13th June, the same day as Carsington District Event. Do they really expect EM clubs to enter?).

Scottish Relays. 30th May. Blair Atholl.

Footpath Relay. 19th June (Sat) Chatsworth.

John Hurley

Circuits Move Outside for the Summer

With the onset of lighter nights, circuits will be moving outside to Allestree Park until the Summer Series of events begins on 4th June. From 16th April we will meet at the top car park for a 7pm start. The aim is to do a circuit of the park stopping off at the interesting bits for exercises like terrain running and hill reps. Don't worry about being able to keep up as the aim is for everyone to work at their own pace, the faster fitter beings will just have to twice the distance of us lesser mortals. The best bit about it is that it will be free!

A Doctor Writes: Tetanus Immunisation

There are only occasional orienteering days when we don't get inflicted with numerous cuts and grazes on our legs from brambles. Gaiters certainly prevent some but not all injuries. Is there a risk of tetanus and what preventive measures should we take?

Tetanus is a rare illness causing painful muscular contractions due to contamination of a wound (sometimes trivial) with tetanus spores that are present in soil. It cannot be passed from person to person. The incubation period is between 4-21 days.

Protection against tetanus is achieved by immunisation, which was introduced in some areas to infants from the mid 1950's and nationally from 1961. It was given to the armed forces as long ago as 1938. Prior to immunisation tetanus anti-serum was used that was prepared from horses. If you were allergic to horses then there was the risk of a nasty reaction.

In the last 10 year reporting period 145 cases occurred in England and Wales, 75% over the age of 45 and 16% between ages 25-44. The elderly and women are most at risk.

Immunisation stimulates the body to develop immunity to the tetanus toxin not against the bacteria.

Babies are immunised with a triple vaccine that contains tetanus toxoid and have 3 doses in the first few months of life, followed by booster doses around the age of 5 and 15.

Un-immunised adults should have 3 tetanus injections at monthly intervals followed by boosters at 10 years and 10 years after this and should then be protected for life.

Regular **routine** boosters are no longer recommended once you have received 5 doses as there seems little justification for these and bad local reactions can occur. A booster is recommended with a tetanus prone wound.

You should note that tetanus vaccine has recently been replaced by Tetanus/low dose diphtheria vaccine which is used exactly the same. If you are travelling to a country where there are poor health facilities and your last tetanus immunisation was more than 10 years ago, it is recommended you have a booster dose before travel.

Booster doses are recommended in these circumstances: -

1. A wound or burn neglected for 6 hours before attention.
2. A wound or burn that shows these characteristics.
 - Significant dead tissue.
 - A puncture wound.
 - Contact with soil or manure.
 - Signs of infection.

Specific injections should be as Follows.

Immunisation Status	Type of Wound	
	Clean	Tetanus Prone
Last of 3-dose course or reinforcing dose in last 10 years.	Nil	Nil, but tetanus immunoglobulin can be given if risk of infection is high such as a wound contaminated with manure.
Last of 3-dose course or reinforcing dose more than 10 years ago.	Tetanus booster.	Tetanus booster plus immunoglobulin.
Not immunised or uncertain history.	A full course of 3 vaccines.	A full course of 3 vaccines plus immunoglobulin.

For most orienteers of our ages the records held at the practice may be incomplete as you can receive tetanus injections from a variety of sources and the information is not always complete in your records. If you are uncertain of your immunisation history then ask your parents initially, think about any tetanus boosters you may have had after an injury and enquire at your GP practice. If you appear to be less than fully protected you should complete your 5 injections.

If you are fully immunised and you get a few minor scratches from brambles then the risk of tetanus should be very low. But a deeper and dirty cut would likely need attention.

David Disney

Hilary's Nutritional Nugget of the Month

Eat porridge for breakfast – it has a low glycaemic index.

(Next month: Hilary explains what glycaemic means).

Free Computer Consultancy

Now that's an offer you don't often see! In the days of control cards an army of volunteers would check punches and calculate times. Now the computer checks the punching, produces split times, calculates results and doesn't let anybody cheat. This seems to be popular with competitors but it has moved a tremendous load onto the planner and a few technicians. DVO are probably better off than some clubs in that there are several people able to take charge of the computers at events but every one of these people also plans, organises or controls. I would like some more people to be capable of at least covering a second shift so that the rest of us could get a run and ideally able to take charge sometimes as well. Even better if this was someone who feels this is an area that they could contribute to rather than planning or organising.

To this end I propose to hold an evening session so that you can learn how the computing results system we use works and what to do when it goes wrong. Give me a call or an e-mail (Mike.Godfree@bosinternet.com) so that a convenient session can be set up. Otherwise we might just return to the old ways sometimes to remind you all what it used to be like.

Mike Godfree

New IOF Symbols – What's That All About Then?

I read with bemusement the announcement that, with effect from 1st January, new IOF control descriptions have been introduced. I found this strange. Of all the many complaints that orienteers come out with, I'd never actually detected a groundswell of feeling that IOF symbols were in need of change. But these are IOF symbols, which makes you think, or at least made me think. Is there some sub-committee that meets regularly, delegates jetting in from all corners of the earth, to engage in learned discourse to decide whether the symbol for a stream is wiggly enough or when a depression becomes a pit?

So, when the white smoke appeared out of the chimney, what was the result of their deliberations?

Well, no doubt as a response to demonstrations at events across Latvia and letter-writing campaigns in Kazakhstan, the symbol for a seasonal watercourse has been changed from a big squiggly line sandwiched between two big parallel lines to a little squiggle between two little dotted lines (Why? And how long did it take them to come up with that one?) Plus, we now have a symbol for - a tunnel and a monument. Hardly thrilling stuff is it? They say you never miss anything until it's gone but apparently we never missed it because it wasn't there in the first place.

But look a little more closely, peer through the small print and the verbiage, and something more sinister emerges from the undergrowth. They've devalued the Boulder Cluster! It's true. Before, I could have sworn there were five boulders in a cluster, now there's only two. And they've tried to sneak it past us by slightly overlapping one with the other. The smarter amongst us weren't fooled but it's not fair on the elderly. They've got enough to cope with, what with the recent rise in a second-class stamp, Council Tax demonstrations and the terrible weather we've been having lately. And now this. At a recent event, Tony Berwick was running hither and, yes, thither, unable to cope with this disappearance of a tradition he'd treasured so dearly (at least I think that's why he appeared confused, it's so difficult to tell these days).

Is nothing sacred? Apparently not. That lot at the IOF Symbol Changing Committee, they're not content with baffling us with the introduction of new-fangled hieroglyphics for, er, stairs (stairs? Is this in case of rain and we all retire to Steve Buckley's house? In which case what is the IOF symbol for washing machine and shower cubicle?). No, into the dustbin of history, along with Ian Duncan Smith and the tamigocha (apologies for spelling to all Japanese readers) goes - the saltlick. The what? When did you last have a control on a saltlick? And what is a saltlick to hang a control from anyway?

Fair enough, there's no point having a control for something you're never going to use, but they've also ditched the symbol for a cairn and an area of felled – but not replaced them. That's how evil they are. And what's the logic of it? Cairns are not an endangered species, and what happens if a planner now wants to hang a control on one? He can't! It's an outrage. Planners all over the world are, even as I write, having to reset and resurvey their courses to find suitable control points now the cairn has been outlawed. And if their cairn was in a felled area, well, what are they supposed to do? It's just not good enough. Were we consulted before some faceless bureaucrat decided to make these drastic decisions? No, we weren't! I demand a referendum. What next? Before you know it, they'll be tampering with footpaths and reclassifying vegetation boundaries. And then, mark my

words, they'll be redesigning the copse (too late! they've done that as well!), the rocky knoll will disappear and even the stumpbank. What will LEI and NOC do for control sites then?

Our very sport is under threat. Are we going to put up with this assault on our way of life? No, brothers, we are not! So join me and together we'll march on, er, wherever the IOF meet (you see, they're like Al Quaeda, you never know where they'll pop up next). You have nothing to lose but your earthwalls.

DVO SUMMER SERIES 2004

<i>Date</i>	<i>Area</i>	<i>Organiser / Planner</i>
4.6.04	Drum Hill	Sue Russell
11.6.04	Elvaston	Robert Smith
18.6.04	Shipley	Dave Vincent
25.6.04	Farley Moor	Alex Ross
2.7.04	Holmbrook Valley	Ian Hodson
9.7.04	Bottom Moor	Ian Parfitt

A big thank you to all the above who 'volunteered' to organise/plan the summer series events. Mike Godfree will make some sort of unfair table from the results each week to make things a bit interesting. As usual there will be 4 Courses - Yellow, Orange Light Green & 'Challenge'.

These events are ideal training events, even though not on our more technical areas, so why not use them to fine tune your skills? Help is always available but please make it known that you want it in advance of the event as the club coaches may also like to run.

Starts 6.30 - 7.00pm

Entry Fees - £1 seniors, 50p juniors

Val Johnson

Open Meeting – Wednesday 14th April 2004

This will take place at Belper Sports Centre in the room next to the bar, diving club willing, starting at 8.15 pm with a run for those of an energetic bent at 7.00 pm.

Coaching Corner

1. FITNESS TRAINING

A number of opportunities exist for members to get fitter. All abilities are catered for, just turn up with your kit. Check out the website or contact Steve Kimberley for more details.

- a) Monday evening runs with Matlock AC (details elsewhere in Newstrack)
- b) Monday evening (longer) runs throughout Derbyshire,
- c) Wednesday evening runs from Belper or Allestree depending on which week it is.
- d) Friday evening circuits, indoor at Woodlands Community School Allestree throughout the winter but now outdoor in Allestree Park. Meet for a 7pm start at the top car park.

2. TECHNIQUE TRAINING

Why not bring your maps along on a Wednesday evening and compare where you went with others who did the same course? Analysing strengths as well as weaknesses can help to improve performance.

Use local and district events to fine tune your techniques. Club coaches will meet you at these events and point you in the right direction – all you have to do is ask.

Beginners Tip.

Attaching control descriptions to your arm means that they are easily read whilst on the move. Specially designed waterproof holders are available from **Ultrasport** (www.ultrasport.co.uk) and **Compasspoint** (www.orienteering-online.co.uk) from £2.50

Club Coaching Day in the Lake District on Saturday 22nd May, at Witherslack in the Lake District (the day before Holme Fell National Event).

All club members of green standard and above are invited to take part. Ring Val Johnson (01773 824754) to book your place before 26th April. All you have to do is turn up.

Advance warning of a second Club Coaching Day on 30th October once again in the Lake District (the day before Haverigg Regional Event). Further details at a later date.

Derbyshire Schools Orienteering Championships

Saturday 10th July
Holmbrook Valley Park
Chesterfield.

Entry Fees : £1 (Junior rate)

Individual and Team Competition

Course	BOF Colour Coded Standard	School Champs Year Group
A	White	Non-competitive for pairs, shadowing, coaching
B	White	Years 5 and 6
C	Yellow	Years 7 and 8
D	Orange	Years 9 and 10
E	Light Green	Years 11, 12 and 13

Medals for the first 3 male and 3 female on each course.

Certificates for all finishers.

Primary and Secondary Team Trophy awarded for best 6 scorers.

Juniors are invited to come along and run whether or not they are part of a school team.

SAFETY – all courses are planned to British Orienteering Federation Guidelines. Parents and Teachers are asked to make sure that youngsters only enter courses for which they have the experience.

This event is one of a series of local events at which adults and non-Derbyshire School juniors may compete. Adult entry fee will be £2.

Organiser: Val Johnson 01773 824754 or gmjandfam@aol.com

Matlock Athletic Club: Monday Night Summer Programme

April	Monday 12	Easter Monday – no run
	Monday 19	Hell Bank Plantation - pub
	Monday 26	Sherwood Hall
May	Monday 3	Bank Holiday – no run
	Monday 10	Market Square, Hartington - pub
	Monday 17	Sherwood Hall
	Monday 24	Chatsworth – Carlton Lees car park
	Monday 31	Bank Holiday – no run
June	Monday 7	Curbar Gap car park - pub
	Monday 14	Margaret's at Whatstandwell
	Monday 21	Bonsall - pub
	Monday 28	Sherwood Hall
July	Monday 5	Alport Bridge for Lathkill Dale - pub
	Monday 12	Eyam Moor
	Monday 19	Viv and Ranald's, Oker – Bar-B-Q
	Monday 26	Sherwood Hall
August	Monday 2, 9, 16, 23	To be arranged informally
	Monday 30	Bank Holiday – no run
September	Monday 6	Sherwood Hall
	Monday 13	Carsington – Sheepwash car park - pub
	Monday 20	Sherwood Hall
	Monday 27	Country Park, Ashbourne – swim – meal

Phone Viv (01629 734307) or email r.macdonald@shu.ac.uk if you need directions.

All runs start at 6.30pm

Crich Chase & The Hagg

District (Colour Coded) Orienteering event

(12km North of Derby)

Sunday 25th April 2004

By Car:	The event will be signed from the A610 at Bullbridge (SK359522), 3km west of the A38 and 1 km east of the A6. Car parking is at Bowmer Rough Farm (SK350530). Parking fee £1.
By Public Transport:	Train or Bus service TP to Ambergate from Derby or Matlock, then 2.5km walk.
Cost	Seniors £4 (DVO or BOF members), £5 (non-members); Juniors/Students £1; Family £9 (DVO or BOF members), £11 (non-members). For White, Yellow or Orange Courses, family groups running together pay only one Senior Entry fee. Please note that this is an e-punching event. Don't forget to take your SI dibber along. For those without dibbers they will be available for hire at a cost of 50p for seniors free to juniors
Registration	10.00 - 12.00
Start Times	10.30 - 12.30
Courses	String, White, Yellow, Orange, Light Green, Green, Blue, Brown
Terrain	Wooded/ Semi Open Hillside with some intricate contour detail No dogs allowed because the car park is at a working farm
Organiser	Brian and Pauline Ward 01773 850272
Planner	Derek & Jen Gale
Controller	Paul Wright

Odds and Sods

Injury of the Month.

Our sympathies go out to Liz Godfree who did her back in - doing her shoe lace up. Dangerous things, those shoes you know. You have to be careful with them.

Injury of the Month (International Section)

Di Ford of LEI was telling me she suffered a rotator cuff injury, slipping whilst climbing the stairs with laundry under one arm and a cup of tea in the other hand. Dangerous things, those stairs etc.etc.

Most Expensive Event of the Month

Anne Marie' Duckworth's bill for the British Nights read:

Entry Fee:	£4.00
Cost of new Head Torch	<u>£150.00</u>
Total	<u>£154.00</u>

Essential Item of Night Orienteering Equipment of the Month.

In addition to their multi-beamed Super Halogen Spotlight, no serious orienteer will want to be seen in the future without - a hot water bottle, preferably in a fluffy dog-shaped holder, which Di Ford (yes, her again) brought to the British Night Champs. Strapped to the rear end, it could also serve as an inflated cushion for those heavy landings. Maybe there's some money to be made here.

Name-Dropper of the Month.

Freshly returned from an orienteering holiday in Portugal, Evelyn Ross was proudly boasting that not only was she on the Start line with the current Women's World Champion, she also finished at the same time as her too. This would have been a creditable achievement if only World Champ hadn't covered twice the distance. (I was in the same railway carriage as David Gower once, you know).

Sports Personality of the Month

The Gritstone Edge Fell Race from the Robin Hood Inn at Baslow was held on a day of a bitterly cold north-easterly wind with the promise of snow-showers. Not surprisingly map, compass and whistle were compulsory as well as the usual full body-cover. The one item we could not lend Kim Buckley was a spare map - not to worry she had a page torn from the road atlas! - was it even the right page?

(Thanks to Mike Godfree)

String Personality of The Month

This goes either to one-year-old **Samuel Davis** who, showing the speed of his mother and the navigational qualities of his father, managed a magnificent 51 minutes on the String course at Linacre, or to forty-eight year old **John Hurley** who managed the creditable time of ten minutes on the same course, despite his advancing years.

(Thanks to Margaret Keeling)