

# NEWSTRACK

## JANUARY 2004



### *Great Moments from the Orienteering Archives:*

Sir Lancelot prepares to tackle an Orange at Blidworth

NEWSTRACK is the magazine of Derwent Valley Orienteers

Editor: Graham Johnson,  
12 Chevin Road,  
Belper,  
Derbyshire DE56 2UW

Telephone: (01773) 824754

e-mail: Gmjandfam@aol.com

DVO Website – [www.dvo.org.uk](http://www.dvo.org.uk)

## Thoughts from the Chair

January, the start of a new year and the traditional time for making new life enhancing resolutions. Obviously we would all like to become better orienteers but no one is going to come along with a magic wand to make it happen but here's a suggestion that I've recently found works a treat. Just as you approach your control you say "next one". I'm convinced that this saves several minutes on your overall time! But if this does not work for you, you can always try one of Val Johnson's more conventional coaching tips.

The new year is also the time to look forward, and as ever DVO has squeezed as many events into the year as the National Fixtures List will allow. So this year I'm proud to report that DVO will be offering one Regional Event (C3), five District Events (C4), six Local Events (C5), a summer series comprising a further seven Local Events (C5), the British Night Championships (C2N) and our contribution to the 2004 JK (C1).

If you're relatively new to the sport, it may appear that some events in the fixtures list are somewhat elitist and not open to all (I'm thinking of events promoted as "Championships" or where entry is through the club e.g. the CompassSport cup, Relays, etc.). But orienteering is a sport which promotes, and indeed thrives upon being accessible at all levels and I have never known DVO to hold an event which was not been open to its whole membership (except in-school training sessions). Indeed nationally there are very few events which are not open to all. So don't be put off the title - Event details always explain how to enter or give a contact who can be asked. Where entry has to be made through the club, then you should ask our Club Captain, John Hurley, for a run; **DVO always tries to accommodate as many members in these events as it can and will even subsidise your entry fee** - so look out for forthcoming event details within NEWSTRACK, on the DVO website, through the DVO newsgroup, signs at events and EMEWS.

Finally, on the committee front, Jennifer Gale has volunteered to become our new Minutes Secretary and Val Johnson has agreed to take the role of Junior Rep. For those who know Val I'd better explain that the Junior Rep role does not have to be a junior, but rather someone who will represent their views. This is an essential role necessary for DVO to achieve "Club Mark" status which in itself is a benchmark set for Clubs working with Local Authorities and other bodies.

Happy New Year

Robert Shooter

## CompassSport Cup Line-up on 14<sup>th</sup> March

WMOA - Cannock Chase

Cup: HOC, DVO, WCH, OD, BOK

Trophy: POW, COBOC, POTOC, WRE, SWOC, SPLOT, SBOD

EAOA - Thetford

Cup: WAOC, NOC, LEI, NOR

Trophy: SOS, CHIG, HAVOC, SMOC, SUFFOC

YHOA - Cawthorne

Cup: SYO, NATO, EPOC, AIRE, EBOR, CLOK

Trophy: NN, HALO, CLARO

## **Rex Bleakman's KIMM** Langholm Hills, Scotland. 25/26 October 2003

For Alex Ross and myself, this was our second go at the Medium Score, the first being in the Cheviot Hills last year.

As we travelled up-north on the Friday, the weather forecast was quite promising "\_\_\_" - very little chance of rain, possibly clear visibility, but around freezing during the night".

The Event-Centre was off the A7, just north of Langholm, with the overnight camp, for our course, at Ewes Hall. After pitching our base tent, enjoying a Wilfs special and several cups of tea, we met up with some familiar faces from other events and a few DVO members. The beer was tempting, but the hangover not, so that was avoided.

Early to bed was the best idea and after a very comfortable night in a 4 seasons sleeping bag, I woke up to find that temperatures had been down to minus 4 during the night. In a frost-covered tent, the first brew of the day was very welcome.

By the time we started running, temperatures were ideal. We must have made good use of our six hours as when all the competitors were in at the overnight camp, we made it to the top twenty for Sunday's chasing start. Not bad for a couple of veterans.

Sunday's run was shorter (5 hours) and unfortunately my lack of pace held us back (it's all about recovery you know). We managed a creditable 160 points to add to our first day score of 190, whereas most of our first day rivals averaged around 170. However we arrived at the finish with a smile (or was it a grimace?) only to be selected for a kit-check. Bribing the Officials with Jelly Babies seemed to have the desired effect in supporting Alex's story about the missing gas bottle. (Even if they are empty you are supposed to bring them back. Although the overnight camp did provide a very large rubbish bag)

We were pleased with our final positions, although last year, we came 3rd in Veterans. This event is very well organised and for the twice I have competed, there has been good weather in beautiful countryside.

DVO Members I spotted in the results. Apologies to anyone I have missed.

Class A Andy Jackson and Dave Lawson 27th from 50 finishers (43 retirees or incorrect courses)

Class B Sal and Dave Chaffey 77th from 116 finishers (108 retirees or incorrect courses)

Class C John and Andrew Malley 77th from 223 finishers (77 retirees or incorrect courses)

Long Score Jerry Sharp and David Atkinson 11th out of 187 finishers (3 retirees or incorrect courses)

Medium Score - Alex Ross and Rex Bleakman 27th out of 223 finishers.  
- Dave Brodie and Brian Denness 85th.  
- Ted and Phil Smith 155th (17 retirees or incorrect courses)

## **David Disney in Reversed Polarity Shock**

On 30th November I decided to enter the event at Blacka Moor. I proceeded to the Start, feeling in a confident mood and looking the part with my new gaiters and control description holder. I arrived at the start 3 minutes early. Being a relative novice, I would have preferred to have had a good look at the map before I ran, work out where I was and what the features were, and get my bearings. This enables me to set off in the right direction as quickly as possible as I don't like to hang around too long after I have started as people might think I am a bit of an idiot!

I picked up the map and discovered I had to run in a SW direction. Having checked the compass before I started, I orientated the map to point north and was immediately puzzled that I couldn't work out the features. The map showed I ought to be running back down the hill towards the car park (probably an omen I should have followed to save embarrassment).

After looking around me to identify the walls paths and fences, I still stared for many minutes, unable to decide which direction to run. I checked the map. Surely they don't produce maps with South at the top? Thankfully it showed MN at the top. Eventually I plucked up the courage and asked someone which way was North. After a funny look, I was put out of my misery and only then did I realise my compass had reversed its polarity. An experienced orienteer would have figured this in seconds, whilst I stared at the map thinking if I concentrated it would all suddenly make sense. Feeling disheartened I did eventually managed to get around the course without the aid of my compass and before it got dark!

I have since checked the Silva website and discovered that reversed polarity can be caused by exposing the compass for some time to anything with iron in, such as a knife, scissors, an electrical device, microwaves or electromagnetic radiation. I think my compass was reversed by a pair of scissors in my bag, or possibly a magnet from a speaker in the store cupboard.

Having contacted Silva, their advice is "it is a problem that is easily resolved by use of a magnet. Simply stroke the magnet along the length of the needle until the problem rectifies itself. There's a bit of a knack to it but you are more than welcome to send it to our Service Dept, who will carry out the repair, free of charge."

The address is:- Silva Service Centre, Unit 24, Six Harmony Row, Govan, Glasgow G51 3BA. Tel No.: 0141 445 5585

Does anyone take any special care where they store their compass?

**David Disney**

### **Congratulations to the following DVO East Midlands Champions:**

W16	Erin Malley	M20	Matthew Dickinson
W20	Kate Johnson	M21	John Duckworth
W35	Sal Chaffey	M40	Andy Jackson
W45	Val Johnson	M60	Rex Bleakman
W60	Pauline Ward		

## **Clueless in Gleadless**

**Gleadless Valley. Sunday 18<sup>th</sup> January 2004**

I have to confess I was a bit apprehensive about this event beforehand. It was, to me anyway, a brand new area and I reasoned that if it was any good, it would have been discovered by now. It was described as an Urban Wood, a horrible label, conjuring images, at least to my jaundiced mind, of disaffected youths lurking in dark corners, discarded needles littering pits, overturned supermarket trolleys disfiguring streams. You know the sort of thing, like Alfreton with trees.

Ominously, starts were advanced to 9.30 am, presumably to avoid control nickage, and we'd reverted to old-fashioned punches, no doubt for the same reason. The map was, initially, equally disheartening, a riot of colour, with the centre covered in a yellow and black of urban sprawl, with pockets of wood sprinkled around the periphery.

It rapidly became obvious that this was as much a street event as an orthodox club, (sorry, district) event. The course tended to lurch drunkenly (that's the course, not me) from one part of the map to another, cutting straight through the nearest housing estate. Most of the flats were dissected by connecting alleys and pathways so the route choice was often multifarious. There were a surprising number of open areas too, although on occasions, I was never quite sure whether I was nipping through someone's back garden, and once a promising short cut came to a dead-end on someone else's balcony (sorry, missus).

Nobody'd educated the local populous and I don't think they are ready for orienteering just yet. Hilary was verbally abused for running on the grass (what else are you supposed to do to it?), I was narrowly missed by a bucket of soapy water intended, I think, for a freshly soaped car and Kate was chased by a couple of dogs (who must have been pretty slow if they didn't catch her).

The sudden switch from woodland to housing estate was at times completely bewildering and disorientating - though not as much as it was for Malcolm Spencer who, having first of all turned up late for his start time, recklessly chose to go it alone without a compass. By the end I was full of admiration for SYO's imagination in taking on what was an unlikely area and engineering such a successful event from it. Although I can't immediately think of any DVO areas which could be developed in a similar way, there must be potential city sites elsewhere ripe for similar exploitation.

## **Pre-Print and be Damned**

This time last year I raved (unusually with enthusiasm) following my first experience of pre-marked maps at a colour-coded event in North Yorkshire. Twelve months on and DVO has still to poke its toe in these particular waters - despite this being commonplace at street events such as Ashbourne and Wirksworth (just remind me again who organised those). Meanwhile the rest of the country moves on and, just before Christmas, I again had a taste of the future at two other clubs' event, MDOC's Bosley Cloud and CLARO's Fewston. Although both were similar in their organisation and aims, one was more distinctly successful than the other.

These events were also noteworthy for their inclusion of another innovation that DVO would do well to consider. The traditional, interminable queue in front of a line of cars at Registration had been consigned to the rubbish bin and replaced by a single tent. Here just a couple of helpers entered your preferred course and BOF-registered Sportident number into a computer, took your money and hey presto, registration was complete. No long delays shivering in sub-zero temperatures, no tedious filling in of forms, no double queue for map purchase and course registration. Since both events offered pre-marked maps across the whole range of courses (or, in MDOC's case, intended to anyway) all you needed to do was to turn up at the Start, wait for a convenient gap and collect your map.

The big drawback to this system, apart from a lot of extra pre-event work actually printing the maps, is that you have to make sure you print enough maps in advance, or at least have some ready means of printing them on-site. CLARO did, MDOC didn't. Latecomers at Bosley were left short and had to rely on the generosity of others finishing their course and being willing to hand over their map (thanks, Mike Godfree). I'm all in favour of recycling, but.... The same Mike Godfree experienced the same phenomenon at a recent Malvern Hills event too so some serious rethinking is required if this practice of offering pre-marked maps is to become more widespread. However it shouldn't be too difficult if an area has been used before to judge the numbers required based on the last event.

I await with interest DVO's first foray in either direction.

## **Captain's Jog**

Revised list of team events for 2004:

CompassSport Cup	14 <sup>th</sup> March	Cannock Chase
JK Relays	12 <sup>th</sup> April	Lake District
Harvester Relays	16 <sup>th</sup> May	Sussex
West Midlands Relays	16 <sup>th</sup> May	West Midlands
Scottish Relays	30 <sup>th</sup> May	Blair Atholl
Footpath Relay	19 <sup>th</sup> June	Chatsworth
British Relays	TBA	

If you wish to run for a DVO team in any or all of these events, you must let me know in advance e.g. for JK by 29<sup>th</sup> Feb.

Please also let me know if you have acquired a new SI card since last year.

My house move has been delayed (wrong sort of chain) so for the time being I can be contacted on Derby 553561. Best times: 2000 - 2200 or 0700 - 0730 weekdays only!

**John Hurley**

## A Doctor Writes

### 2. Ankle Sprains.

Most of us will have suffered from ankle injuries whilst orienteering as we run on such uneven ground. Thankfully in most cases the injury is trivial but sometimes we aren't so lucky. The ankle like other joints is surrounded by strong bands of fibrous tissue called ligaments that hold the bones together. The injured ligaments usually partially tear and this is called a sprain. Complete ligament tears are much less common. The lateral ligaments on the outside of the ankle are the usual culprits when the foot becomes over-inverted. The tearing of ligament fibres results in bleeding, bruising and pain. The medial ligaments are more powerful and therefore an injury is more likely to involve pulling bone off the end of the tibia and results in a fracture.

The symptoms of ankle injury in partial ligament tears are swelling, with bruising appearing after 1-2 days and pain reproduced by inverting the ankle with difficulty in bearing weight on the ground. In complete tears the ankle will also be swollen with more severe bruising occurring at the time of injury. In addition if the ankle is inverted it will go beyond its normal limits.

To prevent a prolonged period of disability it is imperative treatment starts immediately. Swelling due to blood and tissue fluid will begin to accumulate immediately after the injury. Swelling causes a raised pressure in the tissues and will aggravate pain. Pain reduces movement and muscles will lose strength quickly and walking becomes difficult.

Applying ice is traditional but may not be very effective in reducing bleeding. It may however reduce the oxygen needs of cells and therefore preserve function in tissue that might otherwise be compromised and results in less swelling. Try applying a bag of frozen peas wrapped in a damp towel (assuming you carry frozen peas). Repeat this 3 or 4 times a day for 15 minutes each time.

(Val always keeps a pack in the freezer. You can refreeze after use, but the trick is to remember not to eat them with your egg and chips – helpful Ed)

Ideally compression should be applied straight away to reduce the potential space that blood and tissue fluid can enter. The ideal pressure bandage is a layer of cotton wool covered with a crepe bandage. Adhesive bandages and tubular elastic ones are said not to be as good as they can act like a tourniquet.

The leg should be elevated if possible above the heart and kept up as long as possible. The elevation reduces pressure and improves the drainage of blood and lymph from the affected ankle so reducing the pooling of blood around the injury.

Take some ibuprofen or if you are intolerant try paracetamol and codeine tablets.

Most ankle injuries will be sprains but seek advice if the pain is severe, there is a lot of swelling or if you are unable to bear any weight.

Once the pain allows try some gentle movements such as rolling your foot back and forward over a bottle. Alternatively with a straight leg point your toes then pull the foot

# LOCAL FIXTURES

## February 2004

- 1st YH **EPOC Regional Event.** Yateholme, Holmfirth. SE/115055.
- C3 Organiser: Brian Mellor, 01422 378260. joymellor@alderstonerise.fsnet.co.uk  
 Entries: Graham Booth, Norwood, 54 Far Banks, Honley, Holmfirth, HD9 6NW, 01484 665676. gbmelltham@hotmail.com £7.00/£2.00. Lim EOD +£1.00/50p. String course. Lim CC courses. Dogs on lead in car park only.
- 7th EM **LEI District Night Event & East Midlands Night league.** Beacon Hill, Loughborough. SK/522148.
- C4N Roy Denney, 0116 2338604. roy@emoa.co.uk £3.00/£1.00. Parking £1.00. Dogs on lead. <http://www.leioc.co.uk/>
- 8th YH **SYO Regional Event.** Burbage, Sheffield. SK/273805.
- C3 Organiser: Alan Goddard, 0776 4895657. alangoddard10@hotmail.com  
 Entries: Doreen Best, 94 Ringstead Crescent, Crosspool, Sheffield, S10 5SJ, 0114 230 2621. doreenanglissbest@hotmail.com CD: 19/01/04. £7.50/£3.00. Lim EOD +£1.50/£1.00. Chq: SYO. EPS-SI. String course. Lim CC courses up to Lt Green. Parking £1.00. Dogs on lead in car park only.  
<http://www.southyorkshireorienteers.org.uk/>
- 8th WM **WCH District Event & joint event with Forestry Commission.** Birches Valley, Rugeley. SK/017171.
- C4 Philip Green & Barbara Heathcote, 01889 882436. philip.green@btinternet.com  
 £4.00/£2.00 + SI hire £1.00/50p. EPS-SI. String course. Dogs on lead.  
<http://www.walton-chasers.co.uk/>
- 8th EM **LEI District Event.** Beacon Hill, Loughborough. SK/522148.
- C4 Barbara Sacre, 01509 502788. barbara.sacre@virgin.net £3.50/£1.50. EPS-SI. String course. Parking £1.00. Dogs on lead.<http://www.leioc.co.uk/>
- 15th **DVO Club Weekend Away, Hartington Hall**
- 21st EM **NOC Local Night Event.** Haywood Oaks, Mansfield. SK/611559.
- C5N Stephen Martin, 01142 747437. s.j.martin@sheffield.ac.uk £2.00/£1.00.
- 28th EM **DVO British Night Championships & UK Cup.** Crich Chase and The Hagg, Ripley. SK/355527.
- C2N Organiser and entries: Paul Wright, 4 Ripley Road, Riversdale, Ambergate, Belper, Derbyshire, DE56 2EU, 01773 856387. cpstwright@supanet.com CD: 14/02/04. £8.00/£3.00. Lim EOD +£2.00. Chq: DVO. EPS-SI. Starts from 1830. Parking £1.00. No dogs.
- 29th EM **NOC District Event.** Sherwood Pines, Mansfield. SK/612645.
- C4 Garry Drew, 0115 8406748. garry.drew@ntlworld.com £3.50/£1.50 + 50p SI hire. EPS-SI. String course. Dogs on lead.



## March 2004

- 7th WM HOC District Event. Kinver Million, Stourbridge. SO/843865.  
C4 Mike Dugmore, 0121 354 8960. £4.50/£2.00 + £1.00 SI hire. EPS-SI. String course. Parking TBA. <http://www.harlequins.org.uk/>
- 7th EM LEI District Event. Outwoods, Loughborough. SK/520170.  
C4 Roger Williamson, 01509 412132. £3.50/£1.50. EPS-SI. String course. Parking £1.00. Dogs on lead. <http://www.leioc.co.uk/>
- 13th EM DVO Local Event. West Park, Long Eaton. SK/475335.  
C5 Mike Godfree. [mike.godfree@bosinternet.com](mailto:mike.godfree@bosinternet.com) £2.00/£1.00. String course. Dogs on leads at all times. <http://www.dvo.org.uk/>
- 14th WM WCH Compass Sport Cup - 1st Round. Cannock Chase, Rugeley. GR/038162.  
O3 Ian Jones, 01785 251682. £5.00/£2.00 + SI hire £1.00/50p. EPS-SI. Parking £1.00. Dogs on lead. <http://www.walton-chasers.co.uk/>
- 20th-21st NE BRITISH ORIENTEERING CHAMPIONSHIPS & UK CUP & FCC  
C1 20th - BRITISH ORIENTEERING CHAMPIONSHIPS & UK CUP & FCC. Simonside, Rothbury. NZ/035998.  
C3 21st - Regional Event. Simonside, Rothbury. NZ 035998.  
Co-ordinator: John Crosby, 0191 268 5449. [john@nsoa.freemove.co.uk](mailto:john@nsoa.freemove.co.uk)  
Entries: Andrew Nicoll, BOC2004, 47 Holywell Avenue, Whitley Bay, Tyne & Wear, NE26 3AQ, 0191 252 2383. [andrew@nicoll.co.uk](mailto:andrew@nicoll.co.uk) CD: 20/02/04. Fees TBA (see website for full details). 21st - £7.00/£3.50. Lim EOD 21st only +£1.00/50p. Chq: BOC 04. EPS-SI. String course. Lim CC courses on both days. Parking £1.00 each day. Dogs in car park and assembly only. [www.muddy.org/boc2004](http://www.muddy.org/boc2004)
- 28th EM DVO District Event. Linacre, Chesterfield. SK/335733.  
C4 Margaret Keeling, 01773 852991. £4.00/£1.00. EPS-SI. String course. Parking TBA. Dogs on leads at all times. <http://www.dvo.org.uk/>

## April 2004

- 4th WM WRE Regional Event. The Wrekin, Telford. SJ/629092.  
C3 Organiser: Richard Lewis, 01948 840428.  
Entries: TBA. CD: 21/03/04. £8.00/£3.00 + SI hire £1.00. EOD CC £4/£1.50. No C3 EOD. Chq: Wrekin Orienteers. EPS-SI. String course. EOD CC courses - W, Y, O & LG. Parking £1.00. Dogs on leads.
- 4th YH SYO District Event. Greno Woods, Sheffield. SK/323957.  
C4 Brian Shaw, 01433 631523. [b.shaw@dyson-techceramics.com](mailto:b.shaw@dyson-techceramics.com) £4.00/£1.00. EPS-SI. String course. Parking £1.00. Dogs on lead in car park only. <http://www.southyorkshireorienteers.org.uk/>

right back, or again with a straight leg twist your sole in to face the other foot then fully out. You may want to try and balance using a wobble board.

Once you can bear weight on you heel try to do some gentle walking to facilitate the healing process and in time try gentle jogging. Full return to competitive sport is better delayed for around 4-6 weeks.

David Disney

## **DVO / EMOA Schools Development**

Building on the continuing work with schools that Val Johnson has been doing for several years, I am leading a new initiative based on John Port Comprehensive School and most of the Primary Schools whose children transfer there at the end of Year 6 (i.e. when they are eleven).

The long term aims of this initiative are to increase the number of children and young people who are members of DVO and to see them and their families regularly orienteering.

Among the shorter term objectives are:

- Establish Orienteering as part of all participating schools' curriculum and extra curricular activities.
- Equip more teachers and parents with the skills and enthusiasm to teach and coach orienteering.
- Give the children positive, enjoyable experiences through orienteering activities so that even if it isn't their number one sport at the moment they will remember the fun they had and return to the sport when they are older.

The initiative I am leading, will for participating schools deliver the following package:

1. A file explaining the aims of the sport, how it is organised in the U.K., school mapping, lesson plans, safety, contacting your local club and other resources.
2. A proper Orienteering map of the school grounds.
3. Basic resources such as mini-kites, punches and control cards.
4. An initial hour and a half training session for up to twenty adults (i.e. teachers, classroom assistants and interested parents). Hopefully some of them will then go on to take the Level 1 (Teacher/Leader) Award.
5. Support and follow up from me by keeping in touch with the schools to promote orienteering, our club and East Midlands events, etc

With the benefit of grants from BOF through EMOA and from DVO, this package will only cost the participating schools £100 each.

Everything is going well and the first few schools will soon be mapped and trained.

Rex Bleakman

## **Captain's Jog**

Revised list of team events for 2004:

CompassSport Cup	14 <sup>th</sup> March	Cannock Chase
JK Relays	12 <sup>th</sup> April	Lake District
Harvester Relays	16 <sup>th</sup> May	Sussex
West Midlands Relays	16 <sup>th</sup> May	West Midlands
Scottish Relays	30 <sup>th</sup> May	Blair Atholl
Footpath Relay	19 <sup>th</sup> June	Chatsworth
British Relays	TBA	

If you wish to run for a DVO team in any or all of these events, you must let me know in advance e.g. for JK by 29<sup>th</sup> Feb.

Please also let me know if you have acquired a new SI card since last year.

My house move has been delayed (wrong sort of chain) so for the time being I can be contacted on Derby 553561. Best times: 2000 - 2200 or 0700 - 0730 weekdays only!

**John Hurley**

## **DVO Indoor Games Evening**

**Saturday 6<sup>th</sup> March 2004 - 6.30 Start**

Don't forget the DVO games evening on 6/3/04.

My children have agreed to give up their favourite toys for one evening to allow DVO to play with them. So if you fancy your chances at 5 minute Chess, Scalelectric, Minesweeper, Dance Mat, Marbles, Draughts, Funny Faces, Ludo, Lights Out, Battleships, Beyblades and a miscellaneous selection of logic and dexterity puzzles, then this is the event for you! Just for fun I'll keep track of scores so we can see who our best all rounder.

Kids & Adults welcome.

No closing date just give me a call if you're planning to come, or if you need directions to Rose Cottage, Cat & Fiddle Lane, West Hallam, Derbyshire. GR SK431 403.

Those who have been here before will appreciate that parking can be a bit tricky. So please park on the lawn, drive and grass verge opposite.

**Robert Shooter, Tel: 0115 9322945**

## **DVO Annual Awards**

The Awards will be presented at the DVO Annual Dinner on Saturday 14<sup>th</sup> February 2004 at Hartington Youth Hostel, which is publicised elsewhere in this month's NEWSTRACK. There are six awards and last year's winners were:

Orienteer of the Year	Dave Brodie
Junior Orienteer of the Year	Kate Johnson
Most Improved Orienteer	Amy Spencer
Most Enthusiastic Newcomer	Andy Smith
Journalist of the Year	Tony Berwick
Sports Personality of the Year	Margaret Keeling

Nominations for the first four of the six Awards are now invited from any Club member, with the winner being selected by the Chair and Vice Chair.

The four Awards are largely self-explanatory with the Senior and Junior Orienteer of the Year Awards inviting nomination of members who have made a significant contribution to the Club, for example, best Club placing at a major event, consistent high event results throughout the year or any other activity that has raised the profile and reputation of the Club. The Most Improved Orienteer Award is open to nomination of either senior or junior members who have improved their orienteering skills and event results over the last year. Whilst the Most Enthusiastic Newcomer Award invites nomination of new members who have thrown themselves into to the Club's activities such as competing and helping at events.

Please let me have your nominations for these four awards by Wednesday 10<sup>th</sup> February, together with a brief sentence outlining the reason for your nomination. You can phone me on 0115 9322945, e-mail me at [shooterfamily@hotmail.com](mailto:shooterfamily@hotmail.com), or see me at an event.

The other two award winners are chosen differently. The Journalist of the Year is chosen by Graham Johnson and is based upon articles published within NEWSTRACK. The Sports Personality of the Year is awarded to a member who, not so much through their orienteering success, but rather through their "sportsmanship" has enriched the lives of either the club, orienteering or sport as a whole. Nominations for this award are taken up to the point of voting and the winner is selected by the members at the Club dinner. Again please let me have your nominations by phone, e-mail or in person.

### **Robert Shooter DVO Chair**

#### **Sports Personality of the Month**

'Twas the night before Christmas and Sue Russell's Gareth had invested his hard earned pennies in over a kilo of chocolate which he'd lovingly wrapped and hidden behind the sofa. Sue arrived home to find wrapping paper strewn around the room but of the contents there was no sign. The only clue to their ultimate fate was to be found in a rather sheepish (can a dog be sheepish?; I suppose a sheepdog can) but nevertheless full-looking Silver. Sue probably retaliated by pigging Silver's Doggy-Chocs.

**Helpers Required for the JK 2004 - 9<sup>th</sup> -12<sup>th</sup> April 2004**  
**Even if you are not going!**

The 2004 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 both before and 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.)

If you are going to the JK and can help then please contact me and I will find you an appropriate job. Most help will be required to support the three starts although some people are required to place / collect controls. The Planners assure me that anyone placing controls will still get a competitive run as they need not approach the vicinity of their course.

Helpers should enter as normal. They will be allocated start times but will also be given (nearer the date) a helpers start permit which will allow them to start whenever it is convenient. The punching start will override there allotted start time.

If you are not going to the JK then still contact me as you can help the planners before the event (bagging maps etc.) without fear of compromising the courses.

Please volunteer before 14<sup>th</sup> February to ensure you get your free sweatshirt.

To volunteer  
either phone me on 0115 9322945 or e-mail me at [shooterfamily@hotmail.com](mailto:shooterfamily@hotmail.com)  
and don't forget to include your sweatshirt size.

Robert Shooter

## **Accommodation for the British**

**20<sup>th</sup> -21<sup>st</sup> March**

Although there are no relay champs on the Sunday, there is a regional event following the individual champs on the Sat so it's worth making a weekend of it. With this in mind Val has arranged accommodation – if a flat floor under a roof constitutes accommodation – in a village hall near the area itself. I don't have any details as Newstrack goes to press (I'll ask Val next time I see her) but if anyone else is interested, please let me or Val know. Similar JK accommodation is planned for next issue of Newstrack.

## **SUMMER SERIES 2004**

### **6 EVENTS NEED ORGANISER / PLANNER. COULD YOU BE ONE OF THEM?**

What does it mean?

1. Organising a low key, Friday evening event with starts from 6.30 – 7.00pm;
2. Planning 4 courses – White / Yellow; Orange; Light Green & Challenge;
3. Sorting out results – Mike Godfree will do the rest.

Simple really! Want to know more? Ring **Val Johnson** (01773 824754) before she sends the boys round.

4.6.04	SS1	
11.6.04	SS2	
18.6.04	SS3	
25.6.04	SS4	
2.7.04	SS5	
9.7.04	SS6	Ranald Macdonald

Areas suggested include: Drum Hill; Poolsbrook; Elvaston; Allestree Park; Farley Moor; Stanton Moor; Darley Park; Bottom Moor.

### **Dave Brodie's Fixtures Bit**

Hi Folks. The table below says it all, or almost all. It tells you what events we have programmed, and who is involved as organiser, planner, controller and land access negotiator. It also has a few gaps, nicely highlighted in grey. That's where you come in [I hope]. Remember that qualification is needed for controlling, but not for organising or planning. What's needed includes enthusiasm and willingness to accept all the support that the club will give you. And some of your time. See table for names of people who have already committed to give some of their time.

Just at the moment there are opportunities for gaining experience by way of the relatively informal Local, C5, events and the Summer evening events. Val Johnson is co-ordinating the Summer evening events, and she tells me she already has two names, so that leaves four vacancies. The organiser/planner doesn't need to sort access permission .. that will be done by the access person for the area concerned.

A little further ahead, there are still plenty of vacancies in the 2005 programme .. the sooner they are filled the better.

There's a couple of points I've been asked to mention. When I register events with BOF, so that we get on their official list, and get insured, I have to say what the situation is regarding dogs. The default situation is that I write 'on lead in car park only' but I will use my discretion for sheepish areas such as Carsington. The form also invites me to provide an organiser's email address. This means that the email address will be on BOF publicity, including the website. The default here is that I will provide the organiser's email address, as recorded by BOF, for event publicity, unless requested not to do so.

Looking forward to hearing from you .. just call 01773 880353.

25.1.04*	Shining Cliff	C4	John Northall	B Dierness	Brian Ward	Paul Wright
28.2.04	Crich	BN	Paul Wright	Mike Gardiner	Allan Williams	P Wright, S Buckley
13.3.04	West Park	C5	Mike Godfree	R Blekman		Mike Godfree
28.3.04	Linacre	C4	M Keeling + V Macd	Paul Beresford	John Hurley	Steve Buckley
25.4.04	Crich	C4	B + P Ward	Derek and Jen Gale	Paul Wright	S Buckley, P Wright
15.5.04	Black Rocks	C5	Mike Godfree	Malic Spencer	N	Dave Brodie
4.6.04	SE1	-		N	N	
11.6.04	SE2	-		N	N	
13.6.04	Carlington	C4	S Swallowell	John Hopper	Dave Clough	Paul Wright
18.6.04	SE3	-		N	N	
19.6.04	Poolbrook	C5		N	N	Mike Godfree
23.6.04	SE4	-		N	N	
2.7.04	SE5	-		N	N	
9.7.04	SE6	-		N	N	
10.7.04	Holmebrook	C5	S Kimberley	S Kimberley	N	Mike Godfree
date tbc	Club Event-B9Q		John Malley	N	N	John Malley
12.9.04	Calke	C4		Malic Spencer	Colin John	D Dickenson
16.10.04	Elvaston	C5	Val Johnson		N	M Godfree
5.12.04	Eyam	C3	S Kimberley Asst: P Beresford? Entries R Shooter	Dave Brodie	BOF to arrange	Steve Buckley
2.1.05	Street Event		G+V Johnson	G+V Johnson	N	N
6.2.05	Whitesprings	C4		Tony Berwick		Dave Brodie
6.3.05	Bow Woods[tbc]	C4		Rob Smith		Dave Skidmore
3.4.05	Longshaw	C3		Paul Addison		Ronald Macdonald
24.4.05	[Midl Champs]			Assistant:		
5.6.05	Crich	C4				P Wright, S Buckley
5.6.05	Kedleston	C4				Terry Peach
2.10.05	Carlington[tbc]	C4				Paul Wright
8.10.05	Venue? Brt Schools Champs					
6.11.05	Stanton Moor	C4				Colin Macdonald
2.06 or 2.07tbc	Shining Cliff	C3	Tracey + Ian Grant			Paul Wright
12.06 or 12.07tbc	Eyam Moor	C3				Steve Buckley