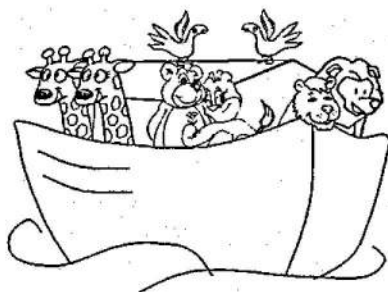


NEWSTRACK

January 2006



Great Moments from the Orienteering Archives

**Due to adverse weather conditions, the first Ararat Mountain
Marathon has to be cancelled**

Newstrack is the magazine of Derwent Valley Orienteers

**Editor: Dai Bedwell, 200 Leicester Road, Loughborough, Leics LE11 2AH
Tel: (01509) 260751 email: daiandkaren@tesco.net**

Open Meeting 11th January 2006

The next meeting in the DVO Open Meeting series is being held on Wednesday 11th January 2006 at Belper Sport Centre starting at 8:15pm, after some members have been for a run or a swim. The agenda includes Ranald MacDonald speaking about Club Development, and a discussion on the Club Logo. There will be plenty of opportunity to air your views on these and any other issues.

Some folk will meet at the Sports Centre around 7pm to go for a run before the meeting.



VHI

North Northumberland in November

Back in August, Liz Godfree & I were selected to run for England in the Veterans Home International at Kyloe on 12th/13th November. As Liz was already committed to the DVO Venice venture, Hilary Palmer took her place. The team used to comprise 2 M & W40s up to M & W60s, but this year 35s were also included. So, for the first time, there were 2 generations in the same team; myself and Martin, and Judith & Ifor Powell for Wales. Each country forms 6 mixed relay teams, with 4 to count, on the Saturday, and then everyone's individual run is scored on the Sunday. The relays used Emit and the National event used SI – this caused more than a few grumbles amongst competitors, and in at least one case, caused disqualification in the relay.

Another "first" was the accommodation arrangement. Normally, the teams are put up in dormitories in a Youth Hostel or Army Barracks, with orienteering partners left to book separately. This year it was "basic bunk space" or, for a bit more expense, B&B in a Motel for orienteers + partners! Sleeping bags and queues for a cold shower or en-suite and all mod. cons – no contest! Most of the team chose the Purdy Lodge. I think the other teams enjoyed similar comforts.

Sarah Brown, our team manager called a meeting on Friday evening, ostensibly as a bonding exercise, making sure we all knew our fellow team members etc.

Saturday dawned cold, windy, but dry. The assembly area was in a sloping field with views over Greensheen Hill (the relay area) and Holy Island. When we arrived, there was a feeling of déjà vu – an official was busy securing the portals to the fence before any more blew over – two were already lying flat on the ground! Those who went to BOC 2004 will know what I mean.

The relay start was downhill from the assembly and everybody huddled into the team tent once the first runners were off. The initial 3 laps were long, medium and short, in various order, all teams finishing with another short lap. Sarah had

decided that our "young" men would run long; mature men the medium; and the young women would run the sprint finish. This meant I was running a 2nd lap short, taking over from a medium. The first runner back was Sue Hands (England W55 short) with others in sight behind her. I thought I'd better get into the waiting pen, but the next English runners were our "longs", Martin and Alan Velecky. Scots, Welsh and Irish came and went, then I saw an English runner approaching, not mine though. In hindsight, I should have waited in the tent and kept warmer clothes on, but eventually I saw my runner approaching, and off I went. By now, I knew roughly where the first control was, a crag about 300 metres distant and 40m. climb up a heather covered slope. After that it was a contouring leg to a wall crossing into the forest for another crag. My brain must have still been frozen, as I got the wrong wall corner, but didn't lose too much time. Next control was a small depression out on the moor again, in deep heather and bracken – no one else around and I was feeling a bit desperate until I eventually found it. Things improved a bit after that; 2 more crags and "between the boulders", then back over the top again for 4 more controls, down to the distinctive tree, and hand over to Tim Tett. Relief, and I actually felt almost warm! Lap times were being hand written onto a board as runners finished. It was not until the 3rd laps came in that the relative positions became clear. On the 4th lap, Wendy Billing set off with a 2/3 minute lead for England, pursued by 3 Scots in a group then 4 English and 2 more Scots all pretty close behind. I think Wales were also in there.

It was a tense wait until we could see them again. When we did, Wendy was still in the lead, just. It was going to be very close, - would we need video evidence of finish order crossing the line?!

In the end, England triumphed with 1st, 2nd, 4th and 9th places to Scotland's 3rd 5th, 6th, 7th (and 8th). The first 10 teams finished within less than 2 minutes. My team was 11th, ahead of most of the Welsh and Irish. I resolved to do better tomorrow!

Sunday – early breakfast as the VHI runners were scheduled between 9:30 & 10:15, 3 minutes between competitors on each course, and before everyone else in the National event. Two kms walk to the start, temperature 2 degrees - decided to wear thermal top. Thought of Liz sunning it in Venice? Started at 9:44, everything went well till control 7 – small depression under a crag in greenish forest. Had paced from a path junction, gone in, several crags, no control, but shocked to see the W55 who'd started 12 mins before me and several others looking disorientated. Subsequently lost several minutes desperately trying not to resort to the headless chicken routine. Relieved to find the remaining controls without too much problem. Hiked the 2kms back to assembly, got changed and joined the throng round the results. It looked like another close call. Pleased to see Carol and I had come 1st & 2nd on the W60, scoring maximum points; couldn't see fellow ex-Mole Beryl Offley on the W50s. Enquiries revealed that she had fallen over a crag into thick undergrowth and lost her dibber. She finished the course, but suffered bruising and shock. Once all the VHI runners were back, calculations showed that England had 183 points, Scotland 182, with Wales beating Ireland for their special trophy. A prize ceremony followed, with the relay trophy received on England's behalf by the winning team of Hilary Palmer, Mike Napier, Charlie Adams and Wendy Billing. Carol McNeil and Mike Pearson (winning W & M 60s) collected the individual trophy, and of course we also won overall. Thanks were accorded to NATO for their organization and relief was

expressed that the weather held out, providing us with such dramatic views over to Lindsfarne.

Having travelled down to the New Forest the previous weekend, I'm now looking forward to some local events.

Pauline Ward.

Captain's Slog

2006. A brand new year. Out goes the old in the weary shape of Old Father Hurley and in comes a bright, fresh, new Club Captain in the shape of, well, tired, worn, over-familiar me. Plus ça change.

I've never actually been captain of anything sporting. At school, it was generally a toss-up between the fat kid and me as to who got picked last, so I ought to consider this a privilege. In that case, why do I have the sneaking feeling that this is, in fact, history repeating itself and it's just that there's no fat kid in DVO? (There's a few overweight adults though).

So how did I end up as DVO's answer to David Beckham (I wish)? I suppose I made the fatal error of making a few adverse comments on the nomenclature of DVO's relay teams, and, as I should know by now, you should never show any interest in any aspect of any DVO job or you'll end up actually doing it. Even so, I must be the only official ever appointed on the back of the slogan, 'Better Relay Names'.

At least I can promise to deliver on this score, and I've already drawn up a list of themes that should carry us through the three years of my term of office (it is three years isn't it? – the last job I took on lasted ten). However if anyone has any suggestions for stirring relay names, I'm always open to suggestions. No shed-related themes though, please.

In fact, if you look at the job description, Club Captain is a bit of a misnomer. So far as I can see, my duties are restricted to organising relay teams and the club's effort for the CompassSport Cup. Val says I'm also supposed to be a motivator, rousing the club and urging it on greater achievements, but if you lot think I'm wearing a Lycra jumpsuit or waving pom-poms around, you've come to the wrong bloke.

With the above in mind, I've had a quick perusal of the calendar and I find that most of your 2006 goodies fall in the same April basket with the British Relay Champs, the first round of the CompassSport Cup and the JK Relays taking place on three successive weekends. Mark the following in your diaries:

2nd April British Relays Woolbeding Common, which is in West Sussex (I'm far too mature to milk any amusement from the fact that the area is situated to the east of Titty Hill, I kid you not). Closing date: 10/03

9th April CompassSport See below.

17th April (Monday) JK Relays Bramham Park, East of Leeds Closing Date: 15/03

The format of the relays varies between the British and JK. I'm told that they're going to be on the shorter side this year, to suit those who don't like hanging around club tents. Please don't wait until March before telling me you want to be with your mate or in a particular class or in the relays at all. Take five minutes to look at the websites (See the Major Events button on the BOF website) when you're entering the Individual competition and let me know, whether by email – mjandfam@aol.com – letter, pigeon or in person.

CompassSport Cup. I've just been handed a list of the various venues available to us. As I understand it, it's up to us to choose any venue we like. There are only two remotely practical and, whichever one we choose, we can't avoid the likes of NOC or SYO, but, even so, this year's list seems to have been put together as if the East Midlands didn't exist. Our (Hobson's) choice is Thetford, Norfolk or a mysterious area 'north of Manchester', which doesn't narrow it down much. I suppose the East Midlands choice is supposed to be Thetford but we went there four or five years ago and the fact that I haven't been anywhere near Norfolk since may be significant. Personally, as orienteering generally gets better, the further away from Norfolk you get, I'd plump for the Manchester option but with my club captain's hat (do I get a hat?) on, I suppose the East Anglia choice gives us the greater chance of progressing to the next round. No doubt the DVO committee will rule at its next meeting. Either way this could be another DVO Awayday on a coach, and I'll be able to finish my book off at last.

The same applies to the CompassSport Cup as applies to relays. Don't leave it all to me, although if you do receive a phone call in the evening during March, it will probably be either your club captain or a double-glazing salesman from Bangalore.

Graham Johnson, Club Captain (still doesn't sound right).

To the Cheviots and Beyond !

You've competed on every major area and know the local areas so well so there must come a time in every orienteer's life when you think what next? Maybe its the onset of a mid life crisis but I thought further, higher, harder. But which to choose the Saunders, Capricorn, Phoenix?. I opted for the Phoenix as it seemed possibly more low key and relaxed

Course B Day 1 19K 1300M Day 2 14K 600M seems reasonable I thought

So research, ah the website has the routes for last year's winners, a good place to start. Learnt a bit, avoid climb, use the ridges. So to the start the map Harvey's 1:40000, lots of white, some green and a little yellow. 1st leg following my research I decide on a fairly flat southerly route but where are the trees? (first lesson) ah white is moorland!, green is, well, trees! and yellow open fields. 2nd leg, decide to contour west, (second lesson) contour intervals on these maps are 15m and when they are close together it's well steep!! Very steep!!! 3rd leg, revert to type, this is easy lets go direct (third lesson there can be tussock grass and

heather off paths and its hard, very hard!!) Got it worked out now and the rest of the course goes to plan, well at least my plan!

3rd overnight only 3min15secs down on the leader.

Day 2 chasing start, what this?, never done one of these before. I get to the start in time to watch the leaders off. Start, map in hand I've only got 4 controls (but 14K) Good route to the first control and pass the two in front of me. Now at this point in the lead I got a bit excited, forgot all the lessons of the previous day and headed off 400 ft down a bracken and rock covered precipice, well as I said I was in the lead at least for a short while!! I make my way round the rest of the course with Scotland to the North, England to the South, great views and great weather. I finish 7th overall, not bad really.

Now sitting at home after a fantastic weekend shattered with sore feet I wish I could do it all again next weekend admitted the weather, hot showers, and a bar 500yds away helped but what more could you want. I think I may be back next year and would recommend this event to all

David Lawson

Editorial

I need to apologise for not being at all organised over the Christmas and New Year period, and so this Newstrack has been put together in record time. Many thanks to all the contributions, which have made compiling this edition both easy and enjoyable.

STOP PRESS

Val Johnson is making arrangements for some reasonably priced (i.e. a village-hall or similar) accommodation for both the British and the JK. Contact Val and/or watch the e-group for more information soon.

The JK accommodation is likely to be relatively close to Day 2 and the relays, on the assumption that folk will drive up on the morning for Day 1 (which is at Ilkley Moor).

DVO Dinner and Awards 2006

Saturday 21st January

Wirksworth Town Hall

6.30pm for 7.00pm

Tickets £7.00/£3.00 – pay on the night

Cash bar – can't bring our own drinks!

**Names to Viv Macdonald 01629 734307 or
r.macdonald@shu.ac.uk**

Sports Personality of the Month

I recall several people nominating their friends and rivals in the last few months – generally giving me all the details while I'm on the way to the start of an event or in some cases part way around my course. I'm sorry, this might have been sufficient information for previous editors, but with my memory, I struggle to recall who said things to me in these circumstances, let alone recall the details when I'm within reach of a pen or pc. I'm sure I'm missing a number of good nominations for this prestigious award every month simply through not getting the facts down before they evaporate from my memory. All nominations sent by email or even snail mail do get careful consideration for publication, and generally get included.

There have been too many instances of people leaving their car keys with others for "safe keeping" while running from the Rugby Club on Wednesday evenings to keep track of how many times the key-keeper has run off with said keys – I reckon about half of the Wednesday evening crowd have done something silly with keys this autumn. Besides, none of these deeds can compete with running a mountain marathon without your shoes on....

Wednesday evening training on the move again.

First and third Wednesdays of the month at the Johnsons', Belper
Second and fourth Wednesdays of the month at the Mackervoy's, 8 Amber Road, Allestree (turn right off Kedleston Road into Birchover Way and 1st left)

- except that January 11th is open meeting.

Fifth Wednesdays we aim to do something different.

Come and join us for a sociable run at speeds to suit allcomers.

Local Fixtures

January 2006

- 14th-15th EMLOG/RAFO Lincolnshire Bomber Weekend
 R5 14th - Relay Event. Twyford Woods, Colsterworth. SK/946238.
 Karl Pickworth, 01526 320136. karl@logonline.org.uk. Lim EOD
 C4 15th - Long O & District Event. Bourne Woods, Bourne. TF/076201.
 Relay Entries: nhillaryuk@yahoo.co.uk. Lim EOD Dogs on lead.
- 15th WM OD District Event & WML. Arley Wood, Nuneaton, Warks. SP/285908.
 C4 Don Locke, 01926 423940. £4.00/£2.00. www.octavian-droobers.org
- 22nd EM **NOC Regional Event**, Clumber Park, Mansfield. SK/622748.
 C3 Entries: Joy Cholerton, The Doves, 40 Fairdale Drive, Newthorpe, Nottm,
 NG16 2FG, 01773 715234. peter@cholerton.fsnet.co.uk CD: 07/01/06.
 £8.00/£3.50, Family £19.00 +50p SI hire. EOD & late entry no fee, but
 subject to maps. Chq: NOC. EPS-SI. String course. Internet entries via
 NOC website by 08/01/06. www.noc-uk.org
- 28th SC **BKO British Night Championships** Camberley. SU/827585.
 CD: 20/01/06. No EOD. www.bko.org.uk
- 29th SC **BKO NATIONAL EVENT**, Newbury. SU/521734.
 C2 Entries: CD: 07/01/06 Late entries on-line only £12.50/£5.50 until
 20/01/06. www.bko.org.uk

February 2006

- 5th YH EPOC District Event. Royds Hall Woods, Bradford. SE/147269.
 C4 Anthony Greenwood, 01422 244860. £4.00/£1.50. String course.
- 5th WM WCH District Event. Brindley Heath & Hednesford Camp. SJ/006145.
 C4 Tom Roach, 01543 254 617. pawtom@ntlworld.com £5/£2
- 5th EM LEI District Event. Burrough Hill, Melton Mowbray. SK/765115.
 C4 Ian Wells, 01572 755419 www.leioc.org.uk
- 11th EM **DVO Local Event. Farley Moor, Matlock. GR/299635.**
 C5 Val Johnson, 01773 824754. Gmjandfam@aol.com £2.50/£1.00. White
 to Light Green. Starts 10.30 - 11.30.
- 12th WM **OD Midlands Championships.** Sutton Park, Birmingham. SP/106954.
 C3 Entries: Lesley Ross, Four Elms Farm, The Slough, Studley, Warks, B80
 7EG, 01527 857646. entries@fourelmsfarm.co.uk CD: 29/01/06.
 £8.00/£4.00 + £1.00 Emit hire. Lim EOD + £1.00/£1.00. Chq: OD
- 15th EM LEI Local Event, Sence Valley, Coalville. SK/403113.
 C5 Peter Leake, 01530 461561. p.leake@ntlworld.com £2.50/50p. Yellow,
 light green, green. Starts 11.00 -12.00. www.leioc.org.uk

- 19th EM DVO District Event. Carsington Pastures, Wirksworth. GR/251546.
C4 Stuart Swallow, 01335 647814. £5.00/£1.00, Family £11.00. EPS-SI.
String course. Parking £1.00. Dogs in Car Park on leads.
- 26th YH HALO Regional Event. Houghton Moor, Market Weighton. SE/890375.
C3 Entries: Dean Field, The Rosedean, 128, Victoria Road, , Beverley, East
Yorkshire, HU17 8PJ, 01482 874 628 before 9pm.
field@rosedean.freemove.co.uk CD: 13/02/06. £6.50/£3.00

March 2006

- 4th EM DVO Local Event. Elvaston Castle Country Park, Derby. GR/412325.
C5 Val Johnson, 01773 824754. Gmjandfam@aol.com £2.50/£1.00. White
to Light Green. Starts 10.30 - 11.30.
- 5th EM LOG Regional Event & East Midlands Championships. Stapleford
Woods, Newark. SK/861566.
C3 Stephen Bones, 53 Lupin Road, Lincoln, LN2 4GB, 01522 541449. CD:
18/02/06. £7.50/£3.00. Lim EOD +£2.00/£1.00. Chq: Lincoln
Orienteering Group. String course. www.logonline.org.uk
- 11th-12th NOR Norfolk Double Dumpling Weekend
C3 11th - Day1 Regional Event. Cockley Cley, Swaffham. TF/800055.
C3 12th - Day 2 Regional Event Sandringham, Kings Lynn. TF/690290.
www.norfolkoc.co.uk/
- 12th WM WCH Regional Event. Wolseley Park, Rugeley. SK/020186.
C3 Entries: Iain Stamp, 6 Paget Close, Little Haywood, Stafford, ST18 0YP,
07870 590680. iain.stamp@davislangdon.com CD: 26/02/06.
£9.00/£3.00, SI hire £1.00/50p. No EOD. Chq: Walton Chasers
Orienteering Club.
- 12th EM DVO District Event. Bow Woods, Lea Mills, Matlock. GR/315560.
C4 Neil Forrest, 01629 583899. neilentslev@yahoo.co.uk £5.00/£1.00,
Family £11.00. EPS-SI. String course. Dogs on lead in car park only.
- 18th EM NOC Local Night Event. Haywood Oaks, Mansfield. SK/611558.
C5N David Cooke, 01773 770278. d.cooke4@ntlworld.com www.noc-uk.org
- 19th NW SROC NATIONAL EVENT. Whitbarrow Scar, Kendal. SD/468865.
C2 www.sroc.org
- 19th EM NOC District Event. Thieves Wood, Mansfield. SK/542575.
C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com. www.noc-uk.org
- 26th EM LEI Regional Event. Belvoir, Grantham. SK/817337.
C3 Roger Williamson, 63 Loughborough Road, Quorn, Loughborough, Leics,
LE12 8DU, 01509 412132. rwilliamson63@aol.com CD: 03/03/06.
£7.50/£3.50. EOD + £1.00. Chq: Leicestershire Orienteering Club.
www.leioc.org.uk

An invitation

The Godfrees will have moved by the time you read this. Our new address is: Highfields, Mapleton Road, ASHBOURNE DE6 2AA, new phone 01335 346004.

We will be holding open house on Saturday 14th January. Call in for morning coffee or afternoon tea. You can combine it with a cycle along the trail, a run or some retail therapy at Ashbourne Market. We might even be able to lend you a bike and/or a map but if not we are just opposite the cycle hire at the end of the Tissington Trail. From Ashbourne Market Place follow signs uphill to the left for the cycle hire. We are the first house on the left as you go down the hill before you get to the cycle hire on the right.

Mike & Liz

...and on the subject of phone numbers, apparently I have published the incorrect phone number for Dave Bennett in the last two lists of committee members. Dave's correct number is 01332 298959

Colour printer free to good home.

The club has a HP Deskjet 895Cxi. It sees so little use that the printhead always needs cleaning so we always end up at events using the till roll printer for results. It is about 5 years old, complete with software and a spare colour cartridge. USB or parallel connection.

Also is anyone interested in the old digitizing tablet?- serial port connection. Probably only of use on Windows 3.1.

And a parallel port connected CD Rom Drive with drivers for Windows 95/98 and NT?

Contact Mike Godfree.

Ghost Walk

Thursday 16th February

...Starting from the Old Bell in Sadlergate at 7pm, explore Derby's haunted and gory past on the City Centre Ghostwalk. Prepare for tales of the Black Death, brutal murders, and hauntings...Not to mention a visit to the old tunnels running beneath the Guild Hall.

Evening ends with a Ghost Hunter's Supper back at the Tudor Room at the Old Bell...

The price is £21 per person, including supper. To book a place, please contact Dave Bennett on davebderwent@aol.com or 01332 298959. Dave needs to know you are interested before Sunday 12th February.

Through Hell and Back Again - Karrimor 2005

For those of you who've never done a Karrimor before and would like to know what the experience is like, I suggest that you take two washing-up bowls and follow the following instructions: fill with one third peat, one third grass and one third water. Now hop alternately from one bowl to another for nine hours, whilst imagining doing the same thing for six hours tomorrow. For greater authenticity, five of the hours should be spent climbing up the stairs and someone should probably turn a hose on you for half the time too, but you've probably got better things to do with your time. I wish I had.

So how did I get here anyway? Well, it's true that nobody forces you to put yourself through this peculiar form of torture, but originally I was down to do the Short Score with Brian Denness. When we found ourselves not actually in the competition but 24th out of 27 on the reserve list, we might have thought someone was trying to tell us something. I actually ended up running the B Class with Paul Beresford, whilst Brian ran the Medium Score with Rex Bleakman. There was more partner-swapping than a Mount Pleasant dinner party (woops, better exclude the Chaffey's from this description). In Paul's case, his partner had broken his leg, which struck me as a rather drastic excuse at the time, rather like those First World War trench infantrymen who shot themselves in the foot to avoid going over the top. In retrospect, it doesn't seem such a reckless move.

This year's Event Centre was at Pooley Bridge, at the eastern end of Ullswater, and for once finding it wasn't a problem; the floodlighting was visible from the M6, and probably the moon. Val (sensibly not participating) and I managed to set up and strike camp without suffering the fate of the two unfortunate competitors who set fire to their tent and had to be taken to hospital suffering from severe burns. This has to be the hard luck story of 2005, or possibly just an example of someone who'd had a sneak preview of the courses and decided to take the easy way out.

Now I'll make no secret of the fact that the B class wouldn't have been my first choice. It was something of a venture into the unknown. I should have suspected something when not even the final details specified course lengths. The only clue was the suggestion that the winner was supposed to take 9 hours. 5 on the Saturday should have meant around 6½ - 7 for us. With a starting time of 8.40, that should have brought us to the midway campsite by mid-afternoon, plenty of time to pitch the tent, make a cup of tea and generally relax before nightfall at 5.30.

These naive illusions were rudely shattered when I picked up the map. My initial admiration at the graceful curve that the course traced anti-clockwise through the eastern Lakes was savagely punctured by the words '32 km' and '2900m' at the top of the control descriptions. Dismay turned to horror upon full appreciation of the implications of the route carved out by the planner with scant regard to distance or contours. This cavalier approach to the job was epitomised by Control 6, a sheepfold that required you to climb 750 metres out of control 5 before plunging 450 vertiginous metres to locate it, after which the 200 metre climb out of the valley on the way to the next one was of course a joyride.

It rapidly became apparent that my maximum time limit of seven hours would have to be drastically revised upwards, and what should have been a challenging but essentially enjoyable jaunt turned into a desperate race against time. Along the way, we passed through Angle Tarn and, with bitter irony, I espied the very control site that had I'd spent so long hunting for at last year's badge event.

Choosing the right partner is essential for mountain marathons. Too fast and you're struggling to catch up all weekend; too slow and you're impatiently tapping the foot at the top of next peak while your other half huffs and puffs in your wake – well, this is how I imagine it would be. Paul has only himself to blame for choosing me, but, for myself, I think we worked very well together, as witnessed by the fact that we are still on speaking terms. This partnership functioned particularly well when it came to navigation. Before each control, we'd discuss our various options, I'd argue for the route choice which I'd devised, Paul expounded the merits of his preference, and then we'd choose Paul's as the most sensible alternative. Worked every time.

The first half of the first day of these affairs is always the best as you enjoy freshness in the legs and alertness in the brain (a relative concept, of course), but it was halfway through the first day that I suffered a setback from which I probably never recovered, slipping on a wet rock and coming crashing down sideways on top of it. Running an event like this is like gripping the top of a rope in the gym; once you lose that grip, it's only a matter of time before you start to slip and the rest of the weekend represented for me a slow slide down a rather long rope.

Nevertheless, as half-five approached, we hauled our weary selves into the camp site at Wet Sleddale – I can't imagine how it got its name. I was particularly disappointed at this because I generally take along a Luxury Item on these events on the Desert Island Discs principle, but I'd already missed the footie results on my radio and had to spend the rest of the weekend wondering what the score was. Don't you hate it when that happens? (They drew, in case you were wondering). As it was, there was just enough time to pitch up and, before collapsing in exhaustion, wallow in the delight of the most enjoyable part of the weekend – watching the lights of less fortunate competitors as they scurried hither and sometimes thither in complete darkles in a fruitless search for their last control, which was difficult enough even in the daylight. Hee hee.

KIMM really is an anti-social event. No sooner do you arrive and put up your tent that it drops dark, and any chance of seeing anybody you might know vanishes. This would have been impossible in our case anyway because competitors on what I like to think of as the wimps' courses were camped 3 km to the NW of us.

Rumour had it that no less a luminary than Ranulph Fiennes was on our camp site, taking part on the Elite course (well, he should have been, but he'd retired. Hah!). I wondered if this was a new development in reality TV and they were trying out Celebrity Mountain Marathon. However, when I later checked the results, Vanessa Feltz and That-Woman-Who-Used-To-Be-In-Atomic-Kitten-And-Now-Does-The-Iceland-Ads-On-The-Telly (why does it annoy me so much that she actually gets paid for those things?) had not entered themselves as a Female Pair on the Short Score.

Ranulph Fiennes was in good company as around 50% of the longer courses didn't even make it as far as the overnight camp. Quite what the planner was thinking of, what she was hoping to achieve, I cannot imagine. At least I'd only travelled 150 miles for this event; this being an International Mountain Marathon, many competitors had crossed half of Europe to take part. I'd've been pretty aerated if I were, say, a Swede and, after my cross-continental efforts to take part, I'd been forced to retire before the end of Day 1. Whether you completed the first day was largely dependant on your start time. If, like us, you were lucky, and got a reasonably early one, you stood a fighting chance, but imagine being an Elite competitor setting off at 9 o'clock with 52 km to complete and over 3000 metres of climb to negotiate but with a maximum of 8½ hours daylight to do it in.

Our arrival at the overnight camp coincided with a deterioration in the weather which manifested itself as a biblical deluge twinned with a howling gale. This had the unfortunate side-effect of flattening my side of the tent so not only did I look from the outside like an Egyptian sarcophagus, I was obliged to spend the night in a nether-world existing halfway between the welcoming oblivion which beckoned like a siren in one direction and the wakefulness towards which the hurricane insisted on dragging in the other. This is not ideal preparation for a day where your ultimate destination lies over 20 kilometres away the other side of an ordeal of the type you've only just managed to survive.

I'm not sure exactly when the storm became a tempest but, by now, I was past caring. As a concession to the deteriorating weather, the organisers decreed that Day 2 courses were to be 'Bad Weather' courses. In our case, this meant we could miss out one of our 9 controls – woo hoo, oh how we celebrated. Next time chaps, bring on the 'Atrocious Weather' courses.

The Chasing Start is all very well if you're in it. We were never going to make it but, even so, it was more than 2¼ hours after the first runners set out that we were unleashed. I can't understand the logic of a system that determines that those who took the longest on Day 1 should be set off last on Day 2, guaranteeing their finish at around the time the winners climb out of their bath.

And, of course, those two and a bit hours had been largely rain-free, but it wasn't long before we were being lashed by a downpour that teetered on the edge of a blizzard, before falling over it. And I was already out for the count, a flush that had been busted, dead and ready for burial. Everything I had, I'd given and there was nothing left. I tried to think of anything I'd rather be doing less, but, after being boiled in molten wax and listening to Maria Carey, I gave up.

There were no short cuts. Having started on our weary way, we had no option but to complete it. It got to the point where I didn't even have the energy to climb out of the streams, the agony of lifting a leg, placing it on the bank and heaving myself up was just too much. The desperation of my plight was illustrated when, as Paul was lending a helping hand to rescue me from a watery grave, a passing runner expressed genuine admiration at how I'd overcome my disability as a partially sighted competitor.

Six long and agonising hours later, the Finish hove into view and I staggered in, a man barely alive and with hardly the strength to devour the Wilf's Veggie Pasta

that awaited me (but I managed it anyway). Amazingly we were only 82nd and as many as 21 pairs took even longer than us. This is unsurprisingly to be the last KIMM, and not just for me, for it is to be renamed, for reasons which remain inadequately explained, the OMM, which sounds like a village outside Vladivostok or something a Tibetan monk might chant.

1984 was the last time I took part in a Karrimor; my partner at the time has never done another one. That experience was an equally unedifying one, the injury to my hamstrings preventing me from running for six months. In another 21 years, I shall be 71 and probably gibbering in a Home for Distressed Gentlefolk, tended by my loving family. Suddenly senility seems positively attractive.

Graham Johnson

And now, how to do it properly (?)...

KIMM - Pain or Pleasure

It's that time of year again and so the annual pilgrimage begins. 3000 or so expectant souls make their way to a place in the wilderness to subject their bodies to a weekend of extreme physical and mental torture running walking or crawling The Karrimor International Mountain Marathon, KIMM for short.

After the last two years running Class A, Andy Jackson and I opted for the Medium Score this year, 6 Hours Day 1, 5 Hours Day 2, not just a walk in the park then.

Finding the event was easy given the floodlight gantry lit up most of north Cumbria and could easily be seen from the motorway over 6 miles away. Registration complete and having carefully prepared our kit, honed grammes off every item, researched our diet of pot noodles and drinking chocolate, yes in the same cup! we sought refuge for the night before in a B&B in Penrith (well did you see what the weather was like out there!)

The guest house was full of other suitably hardy KIMM entrants. So rested, fed and watered it was off to the event. Everything going smoothly, off to the start what did Stella Lewsley (the planner) have in store for us? Two basic choices long and up for the high value controls or lower for more but less value controls. No choice really so long and up it was. The first 3 hours went according to plan until I needed to provide running repairs to my blistering heel. A bit slower but still on plan we go over the big climbs and onto the flatter ground. Lots of wet and marshy areas slow us down and we miss out on one control from our plan but finish with 1 min 30 secs to spare, and very tired. So to find a pitch, this year given the high winds and forecast rain we try to find some shelter, none available, so opt for ensuite facilities water just to one side, toilet to the other, luxury. The eating challenge begins, how many pot noodles, pepperami sticks, fig rolls, drinking chocolate and instant custard packed can you eat? Venturing out to check the results we're second overnight and into the early start group. The weather then confines us to a tent an estate agent would probably describe as "bijou" other would say ridiculously small but given you have to carry it its no bad thing. Fortunately have chosen wisely we have soft grass and moss below the tent so no need for the balloon bed (another story).

The wind blows all night trying to turn our refuge into a large power kite, fortunately it fails but not for want of trying. Just to confuse participants further the KIMM always coincides with the weekend we change the clocks so some careful checking and setting of at least 3 alarms so get us up in time for our 7.12 am start. No problem really as the high winds, rain and uncomfy ground mean little sleep.

Day 2, wet and windy. Tape up the painful blisters from the previous day, pack our sacs (how does it all go in there?) and off to the start. I find I can only run on the flat or downhill, uphill is too painful. Now given we're in the Lake District this may be a slight problem. We choose our route, roughly working out what's realistically possible for us and the other teams to maintain our position. 1 and 2 go slowly and we loose ground to other teams. Up hill to 3 arrrghh, too much pain, options go back, go forward? The ground is mainly grass, wet and marshy, but grass so I take off the painful shoes and run in just socks for the next 5K. This not only gets us moving but numbs my feet so I can put the shoes on for the flat and down hill bits. We pick up time on the other teams and complete our planned route with 13 mins to spare. Have we done enough to maintain our 2nd place? Yes. A challenging, successful and strangely enjoyable weekend

Hobbling around after the event and virtually not able to walk the next day you're always left with a question, why does anybody do this? There is no logical explanation, no way to articulate it, you've just got to go there and do it to understand why, then, you too, come the last weekend in October will become drawn to that place in the wilderness once again

David Lawson

British Schools Score Championships

DVO hosted the British Schools Score Championships at Shipley Park on October 8th. With good road links and a central location, the event attracted a record entry and the children were challenged to find as many of the controls as they could in either 45 or 60 minutes, according to their age. The primary age pupils find the concept of staying out and "Control hunting" to be difficult after being used to doing a white or yellow course as fast as they can but it was good to see local primary schools such as Duffield Meadows and Beeston Rylands competing and doing well.

A grey start which deteriorated into rain for the prize giving did not dampen the spirits and the café did a roaring trade in the junk food classic, the chip butty! The DVO team was lead by Val Johnson (organiser) and Paul Wright (planner) with many others lending a hand in various areas including patrolling the area. 360 children competed on the day and rumour has it there are enough maps left over for an event on 13th May.

(based on write-up in RC#5, modified by Dai Bedwell)



Local Orienteering Events in Derbyshire

A series of low key orienteering events ideal for beginners, novices, families and school teams with courses for more experienced orienteers.

- Help and tuition available.
- Usually white, yellow, orange and light green courses
- Start times 10:30 to 11:30
- Entry fees £2.50 adults, £1 juniors (up to age 20)

11th February 2006 – Farley Moor, near Matlock. Map reference SK 300630
Turn right (going north) off A6 north of Matlock for Farley

4th March 2006 – Elvaston Castle Country Park, Borrowash, DERBY on B5010
south of Borrowash Map reference SK 412332

29th April 2006 – Ilam Hall, Dovedale. Map reference SK131505. Follow National
Trust signs and use NT car park.

13th May 2006 – Shipley Country Park, Heanor. A 1 hour score competition.

10th June 2006 – Foremark Reservoir. Near Ticknall, Derbyshire. Turn right off
A514 Derby to Swadlincote road just after Ticknall. Map reference SK336241.

8th July 2006 – Elvaston Castle Country Park, Borrowash, DERBY on B5010
south of Borrowash Map reference SK 412332 This is also the Derbyshire
Schools Championships for schools or youth groups from Derbyshire.

9th September 2006 – Bottom Moor, Matlock. Map reference SK324633. Turn left
off A632 Matlock to Chesterfield road 3 miles from Matlock.

All these dates are Saturdays.

For more information contact the organisers, Mike Godfree on 01335 346004, Val
Johnson on 01773 824754 or Rex Bleakman on 01283 733363