

# NEWSTRACK

July

## Summer 2006



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

**Hannibal's orienteering technique consisted mainly of following elephant tracks**

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***Newstrack is the magazine of Derwent Valley Orienteers***

**Editor: Dai Bedwell, 200 Leicester Road, Loughborough, Leics LE12AH  
Tel: (01509) 260751 email: daiandkaren@tesco.net**

## **Thoughts from the Chair**

This is the quiet season for orienteering so we have decided to do the World Masters in Austria, The Italian 5 Days outside of Rome and are just about to set off for the 5 Days in the Lakes. My thoughts are not so much about the orienteering itself but on the infrastructure around it. One of the major attractions to me of the WMOC is the huge international element and the perceptions that the orienteering community gathers of the country putting on such a large event. On the surface at least it was beautifully organised with the army of helpers literally being the Army.

A few days later we were in Italy and the contrast was striking. A much more low key affair but with again a real mixture of countries represented. The organisation this time was of a quite different standard with many of the little issues being badly dealt with. No mention of map collection at the finish though they were collected and then no mention of how they were retrieved. The enquiry point must have been inundated with requests on where and when to get them back. Toilets were marked on the layout maps in the handout but were not there. Sometimes they were at a different location, other times not present at all. On reflection, that was perhaps not a little issue for some!

You may be wondering why I am going on about this but it reflects the discussion we have been having in the Club Development Committee and elsewhere about standards and developing the club through its members. We want to present to orienteers, DVO Events that are of the highest quality in all its guises. That means we must establish what those standards should be and provide the training opportunities to encourage our volunteer group to understand and work to those standards. This is not addressed only to Planners, Organisers and Controllers but also to Car Parkers, Sign Placers, Downloading etc. Hopefully in the coming months we will be putting this thinking together and with your help elevate the club in our eyes and everyone else's.

Anyway, enough of the serious stuff, time to make a mess of the Lakes 5 Days – again!

Derek Gale

PS. Just in case anyone gets concerned about us re-inventing the wheel we would expect to use every bit of the BOF Rules and Guidelines plus utilising all the best ideas we have seen around the world.

## **Annual General Meeting**

The AGM will be at 8:15 on 18th October, at Belper Sports Centre. Some folk will no doubt gather around 7pm to go for a run beforehand.

The agenda will include an item entitled "Changes to the Constitution – Altering the Cheque Signing Rules" as well as the traditional election of officers etc.

## Money In...Money Out

This article is based on a presentation I gave to one of DVO's open meetings and is an example of the income and expenditure for a typical District Event. Each year the club stages about 6 District Events and 8 (smaller) Local Events, and most years also one (larger) Regional Event.

### Income and Expenditure for a Typical District Event

<b>Income</b>	
190 seniors @ £5.00	£950.00
65 juniors @ £1.00	£65.00
30 SI cards hired @ £0.50	£15.00
<b>TOTAL INCOME</b>	<b>£1030.00</b>
<b>Expenditure</b>	
Organiser's expenses	£10.00
Planner's expenses	£20.00
Controller's expenses	£10.00
Hire of SI equipment (190 seniors @ £0.60 + 65 juniors @ £0.20)	£127.00
Map printing	£120.00
Toilet hire	£150.00
Land access	£100.00
Levy to BOF (190 seniors @ £1.10 + 65 juniors @ £0.22 - £50.00)	£173.30
Levy to EMOA (190 seniors @ £0.60 + 65 juniors @ £0.15 - £25.00)	£98.75
<b>TOTAL EXPENDITURE</b>	<b>£809.05</b>
<b>Surplus of Income over Expenditure</b>	
<b>TOTAL SURPLUS</b>	<b>£220.95</b>
<b>Surplus per competitor</b>	<b>£0.87</b>

### Notes

Entry fees for District Events are set as part of the club's annual budget. When agreeing the entry fees for the following year, the club has to balance the need for event income to exceed expenditure, with the need to keep fees as low as possible to encourage participation.

The SI electronic punching equipment which the club uses is owned by EMOA. The hire charge pays for the purchase and maintenance of this equipment.

Maps are now most frequently printed specifically for an event, with the courses pre-printed. This has the advantages that competitors do not need to copy down their courses at the start of the event, and the maps are more up-to-date. The disadvantages are that more maps need to be printed, as there must be enough of each course for the maximum number of competitors likely on each course, and any spare maps cannot be kept for the next event.

Many landowners charge for the use of their land for an event, or may request that we make a donation to charity. The amount each landowner charges varies considerably, and some areas include more than one landowner. The landowner of the field used for car parking is paid the car parking fees which the club collects.

In this example, there is a small surplus of income over expenditure. The club budgets for events to make a surplus, in order to fund the club's other activities, which include: employing a part-time Community Sports Coach; purchasing and storing equipment; subsidising entry to relay events and the Compass Sport Cup; and publishing Newstrack. The surplus also has to cover those events which make a loss: the total income for an event depends directly on the number of competitors, but much of the expenditure is fixed in advance, regardless of the number of competitors. Although the club always tries to arrange good weather for events, something as simple but unpredictable as a storm on the morning of an event may keep potential competitors at home and reduce income.

Dave Bennett

### **Compare and Contrast**

I write this with 2 days to go of the Lakes 5 Days but time will be tight in getting this out so I hope the observations hold for the remaining days. Jen and I have spent much of the summer at the World Masters Orienteering Championships in Austria, The Italian 5-Days at Subbiaco, just outside of Rome and are presently in Bowness in the Lakes. With the three multi day events so close I could not resist the 'Compare and Contrast' question much beloved by exam setters everywhere. I hope the many schoolteachers in the readership will not feel obliged to mark me out of 10.

What matters to Orienteers? And by that I mean what are the issues for which an exercise of this nature would interest you. I have decided that the issues to be looked at are :- Entries, Organisation, Course Planning, Finish and Results.

#### **Entries**

Ease of entry is important as well as suitable confirmation that you have entered! The Lakes wins hands down here as entry was done on-line whereas both WMOC and Italy required bank transfers at extra cost and confusion. I have to admit that WMOC entries were performed by Mike Godfree so it was very easy for me. Going to the Event Centre in Italy without confirmation and a unique number to identify ourselves was a rather nervous time! 3 points for the Lakes, 2 for WMOC, 1 for Italy.

#### **Organisation**

The WMOC is huge and had a huge organisation to cope with competitors being taken by bus from the car parks – all working very smoothly including the Army being used to marshal you into the car park. All facilities were in place and everything was just as you would like – including the beer tent. The Fire Service providing the food and liquid beverage! The Lakes were as smooth as usual with Wilf's and all the other traders and good organisation all round. Italy can only be described as chaotic. There were toilets positioned on the site map but if they were there at all they were usually somewhere else (does that make sense?).

Parking was not marshalled at all, there was no mention of map collection, yet they were, and then no mention of when they were to be collected. 3 points for WMOC, 2 for the Lakes and 1(?) for Italy.

### **Course Planning**

This has to be a personal opinion as your view has to be coloured by how well the event goes. The Austrian planners had to set championship level courses and they did, with splendid forests to work with. Elsewhere we will relate how well DVO did but the right challenge was set. Italy was a 5 day event and the planners had superb beech forests to work with and they did a splendid job; thoroughly enjoyable runs at about the right length for a multi day event. Here we are in the Lakes as I write this and we have two days to go BUT I do not expect to take 105 minutes and come in my usual mid result position. Bad planning and bad controlling on Day 2, giving everybody too hard a time. By the time I reached the 13<sup>th</sup> control I had lost the will to live! Italy 3 points, WMOC 2 points and Lakes 1 point.

### **Finish**

This is where the Club gets together and it is essential for that club spirit to be able to overlook and abuse the incoming runners. I fail to understand why the Scottish 6-Day planners can always find a way to get the run in to Assembly whilst the Lakes cannot! In WMOC and in Italy the final run in was always into Assembly. For the Lakes it was in the forest somewhere. The only reason I would put Italy above WMOC is due to the lack of shade in Austria where we pitched the club area well away from the run in. Italy 3 points, WMOC 2 points, Lakes 1(?) points.

### **Results**

As a runner who has yet to achieve the top spot I look for the comparison with the also-rans so you need results up smartly and accurately. Whilst the WMOC Organisation might argue that the Park-O was not really part of the WMOC the final results were never displayed in any of the following days. The results for the other days were not as complete or as prompt as I would like. Italy had a full set of results going up promptly but they could not match the results provided by the Lakes team which included the scoring for the 5-day event. Lakes 3 points, Italy 2 points and WMOC 1 point.

**Totals** – Lakes 10 points, WMOC 10 points, Italy 10 points. Does this reflect my feeling for the overall event? No – I have not rated the sun, ambiance, comradeship and all the other things that make an orienteering event. If I could score all of those as well without boring you all I would put WMOC at the top, Italy second and the Lakes very close third – perhaps I just enjoy the sport wherever it is.

Derek Gale

### **Capricorn 2006 – As Easy As 1-2-3**

Newstrack deadline looms and I've not done an event since the last issue; things are getting desperate, but then, like Mighty Mouse, along comes the Capricorn to save the day.

The reason for the lack of activity had been a Rooneyesque foot injury. I point out that this is the only similarity between me and Ol' Potato Head, a man not unfamiliar with public embarrassment and with a partner adept at running up large

shopping bills – hmm, perhaps we're not so different after all. Both injuries were football-related too – his contracted through playing it, mine through inadvertently kicking a football-shaped boulder on Burbage Moor.

Of all the long distance two-day events, the Capricorn is my favourite. I've always been convinced that I'm ill-suited to these competitions since the enthusiasm levels of the average participant seems to increase in proportion to the length, difficulty and personal discomfort involved. How else do you explain that the Karrimor, taking place in late October in foul conditions and restricted daylight, attracts double the entry of the Saunders which adopts a similar formula but is blessed with mid-summer sun and overnight access to alcohol?

The Saunders, in turn, attracts twice as many as The Capricorn, despite the fact that the former involves carrying a full pack whilst the latter requires little more than a pac-a-mac in a bum-bag.

Like the Karrimor, the Capricorn is not restricted to any particular area of the country and, this year, took place in Kingsdale, a little-known valley arrowing north-west out of Ingleton in the Yorkshire Dales, the sort of place that's (un)lucky if it sees twenty cars a day. The event, like me, was last here in '83, a time when the numbers entered required two parallel 'C' courses, each more than 100 strong; this year's single 'C' managed 63. Eee, them were't days.

Due to the above foot (well, big toe actually, but that sounds less impressive) injury, I'd dropped down to the D, thereby to face the fearsome Godfree duopoly of Liz and Mike.

The first day began with a fifteen minute minibus trek up the valley, the sort of trip that people pay good money for at Alton Towers, as we lurched round tightest of corners, the gut-wrenching view below and re-acquaintance with this morning's breakfast a little too close for comfort. The ride also included free sauna as, with the mercury rocketing, the windows remained stubbornly shut. And, despite all these extras, people still complained about the entry fee.

Added interest to the course was provided by the planner's generous approach to the English language. Descriptions such as 'Quarry' and 'Limestone Pavement' meant you certainly knew which feature you were searching for but not necessarily where the control was when you thought you'd found it. Third control in was 'Scar'. Apart from appreciating the term had nothing to do with Alan Hanson, I wasn't terribly sure what a scar actually looked like – there's never a geography teacher around when you need one – but the description certainly left me clueless as to where I might stumble across the control on a feature 400 metres in length.

The first day divided neatly into four climbs, making up nearly a thousand metres in 15K. The first half of the course was fast and fun, the hills smooth and unhindered. The course started to go downhill as I went uphill for a third time. Short grass was replaced by knee-high tussocks and heather for an arduous final 8K. A run that at one time looked like it might be over by 2½ hours dragged on to 3½ as I wilted in the sort of conditions that are usually described as hot enough to

fry an egg on a car roof (although I've never understood why anyone would actually want to do this).

Although not advertised in advance, entertainment was thoughtfully laid on in the form of a timekeeping service provided by Joe Lee. For those of you blessedly ignorant of the technological accomplishments of this system, I would say that, if Mike Napier's represents the MP3 player of time-recording software, Joe Lee's represents the phonograph cylinder. Of 21 controls over two days, nearly 30% did not register a time at all, and, since each control operated according to its individual clock, few, if any, recorded accurate times relative to one another.

Every competitor is required to carry what looks like a watch battery glued to an elongated tiddlywink and connected to something akin to a discarded shoelace. On approach to the control, the supreme co-ordination of a brain surgeon is required to connect the base of the battery with the indented surface at the end of a long metal cigar, often featuring an electronic miracle in the form of the head of a large screw. Eventually, and after a delay in which continents have divided in less time, you might be lucky and see illumination from an aperture the size of a gnat's eyeball, suggesting that some sort of connection may have been made - unless, that is, someone's strapped the cigar on the wrong way round in which case contortions are required, the like of which have not been seen since Olga Korbut last strode on to a gym-mat.

On return to the campsite, and to the surprise of non-one more than the individuals concerned, it rapidly became apparent that DVO bestrode the D Class like a mighty colossus. I found myself the cheese in a Godfree sandwich, as Mike of that ilk occupied top spot, a full 14 mins clear, whilst Liz was breathing down my neck three minutes behind - and I'd appreciate it if you'd stay off the garlic in future, Liz, if you insist on hounding me that closely.

Elsewhere sterling performances were registered by all DVO reps, none more remarkable than Rex Bleakman. Deciding that 5 and 3 hours roasting on the fells was a less than rewarding experience, Rex opted to drop down from the Long to a  $3\frac{1}{2} + 2$  hour Short Score course. He reckoned without his own powers of (over)estimation, overrunning his allotted time on both days and incurring heavy penalties as a result.

Sunday's run at the Capricorn means a chasing start and, in my case, the hopeless task of narrowing the gargantuan gulf separating me from Mike whilst staving off the unwelcome attentions of Liz. I looked over my shoulder so many times during the following two hours, I had to be treated for repetitive strain injury at the end. What precious self-respect I have left did emerge unscathed from the experience as the gap remained intact and status quo was preserved. It may only have been the 'D' Class but when did DVO ever manage a 1-2-3 like that before?

I wasn't expecting ticker tape and my likeness struck in bronze to mark the occasion but, given the rarity of the achievement, the organisers could have marked it with some small memento, even if only in the form of a packet of blister plasters.

Graham Johnson



# DVO

## Just for ^ Juniors

This section is becoming a bit of a habit – let us know what you think ....

### COACHING

For all DVO Juniors at a number of local events through the autumn – practice a few techniques first, then run your normal course afterwards to test out the new ideas! Final details not quite sorted in time for Newstrack, so keep an eye on the DVO juniors page on the website.

### City of Derby Year 5 Orienteering Championships - Thurs June 22<sup>nd</sup>

Working together Schools Sports Co-ordinators, teaching staff from many of the cities primary and secondary schools and members of Derwent Valley Orienteers have given Year 5 children the opportunity to take part in exciting 'head-to-head' team Sprint O events.

Starting in January secondary schools throughout the city hosted Sprint O events where teams from the local primary schools competed against each other to decide the winning school to represent their area. Ten teams made it the finals, which were held in Allestree Park, Derby. The area used was open, slightly sloping and fast terrain.

Derwent Valley Orienteers produced a special map and used the event to give the children the added excitement of using electronic punching.

The encouragement of their teachers, allied to their natural enthusiasm of the children produced four fast and furious races.

The top three teams were:

Normanton Junior	9.09
Portway Junior	9.13
Springfield Primary	9.55

DVO Chairman Derek Gale presented a new trophy and medals for the winners, plus medals for the second and third placed teams, provided by The City of Derby.





# DERWENT VALLEY ORIENTEERS



## South Derbyshire Primary Schools Team Sprint O Champs Rosliston Forestry Centre 29th June 2006

1 <sup>st</sup> Pennine Way Junior	A	4.40 min
2 <sup>nd</sup> Pennine Way Junior	B	5.18
3 <sup>rd</sup> Heathfield Primary	A	5.23
4 <sup>th</sup> Woodville Junior	A	5.29
5 <sup>th</sup> Heathfield Primary	B	5.36
6 <sup>th</sup> St Georges Primary	B	5.58
7 <sup>th</sup> Woodville Junior	B	6.24
8 <sup>th</sup> Stanton Primary		6.29
9 <sup>th</sup> Hartshorne Primary	A	7.09
10 <sup>th</sup> Walton Primary		9.33

Congratulations to Pennine Way Junior School and Paul Lane (their inspirational manager/teacher) for being the winners of the first South Derbyshire Primary Schools Sprint O Championships.

Thanks to all teams, their managers/teachers and supporters for their enthusiasm, and good sportsmanship (Everyone got a clap and a cheer).

Rex Bleakman

## COACHING (for juniors and seniors)

### BOF Coaching Day

Saturday November 4<sup>th</sup>  
Star Posts Bracknell

Exercises catering for Orange Standard and above.

Why not combine this with the November Classic to be held in the  
New Forest on Sunday 5<sup>th</sup> November.

Names to Val Johnson 01773 824754 [gmjandfam@aol.com](mailto:gmjandfam@aol.com)

## Captain's Slog

Not a lot to say this month as, like a jobbing actor, I'm 'resting' at the moment.

The only DVO activity since last Newstrack with Club Captain input was the Footpath Relay, it seems like an age ago now, back in June. This very nearly didn't happen from a DVO point of view. You would've thought that a club DVO's size would have no problems drumming up twenty runners for this sort of event. You would've thought so, but we came half an hour from pulling out altogether. It was only thanks to many hours spent on the phone by the Club Captain's trusty side-kick (the Girl Wonder to my Batman possibly, though Johnny to her Fanny Craddock would be nearer the mark), and to favours begged, that a team worthy of the name was constructed with only six days to go.

Our overall position of sixth out of eight teams might not seem impressive at first blush, but since the twenty who ran were the only twenty available, I think it was highly creditable, only 10% down on the winners after over 11 hours.

Thanks to everyone who pulled together and did their bit; I don't know anybody who didn't thoroughly enjoy the collective experience. It's one of the few times when DVO takes part in a communal event where the whole is comprised of the individual parts. I would like to mention Dave Clough, in particular, as he did a long run on his way up to a nocturnal Bob Graham supporting role in the Lakes. OK, he did get lost and take ten minutes longer than anybody else, but that's not the point.

Time was when DVO could enter two teams, and we might be able to repeat the feat next year when DVO takes on the organising duties for the event, pencilled in for Saturday, 30<sup>th</sup> June 2007, a revival of the Hartington Flower formula from 10+ years ago (legs looping out of and returning to Hartington Youth Hostel). Mark your 2007 diaries now.

Next up are the White Rose Relays, which I agreed to organise teams for in a moment of uncharacteristic weakness last Newstrack. It was so long ago that I can't even remember how many teams I entered or who said they would be part of them. As soon as EBOR remind me by publishing Individual start times, I'll put together some teams and publish them on the E-Group and the web-site. I don't know anybody involved who's not interconnected (I thought I might have invented a new word there but it features 19,000 times on Google; immortality will have to wait a little longer) so everyone gets a chance to moan in advance as well as on the day.

That's normally it for the year but an event DVO has done in the past is the High Peak Relay which this year is on Sunday, 12<sup>th</sup> November and only requires 10 runners. The only competing event is an as yet unidentified LEI District event (I use the word 'competing' in its loosest sense) so if people are up for this, I will bung in a team or two; I'm sure DVO could even manage an all-female contingent, although the Veteran Internationals are on that weekend. Let me know. 48 teams took part last year. It's a good opportunity to let the outside world know that DVO exists.

Graham Johnson, Club Captain

## **K6 is no more**

New readers start here:

Many years ago Roger Wilkinson drew a new map of Allestree Park. The first 5-colour map of the park ushered in a new era of dodging the golf-balls. This was before the days of easily updated maps held on computers, before electronic punching, before even the days of T-bar control stakes to hang a kite on. In those days our control kites had a 2-character code marked on the kite itself with punches hung on a bamboo cane. Even then these kites had been condemned because the rules said that the codes should be two letters and all ours, which we couldn't afford to replace, were a letter and a number.

At the first event held on the new map, planned if memory serves me right by Zoe Wilkinson, control K6 was in a small depression amongst the rhododendrons below the water tower. The map clearly showed a way through the rhododendrons along the steep slope. Finding the clear way was a different matter. In thick rhododendrons even six feet away made the difference between floundering for ages and finding the control easily. Complaints were aired but those who found it would have none of it. The map was clear, the control was in the correct place and finding the control was just a matter of careful map contact. For the next few events planners delighted in placing K6 at the same site.

Time moves on, the map was extended when more fields were taken into the park and the map was digitized. Two at least versions of the map on but K6 was still there. On one Wednesday evening training run last year we diverted to have a look for it. I think we found it but the clear way seemed less clear and the depression itself seemed to have filled with gravel washed down the slope.

Now we have gone full circle and Tony Berwick has resurveyed his back garden and declared that K6 is no longer there, lost amongst the rhodo weeds. You will be able to see the results of our mapping efforts at the event this autumn. Now I know that competitors will always find fault with a map but there have been a lot of updates to reflect the growth and culling of rhododendrons and the neat paths laid out by the council so it should certainly be a lot easier to follow.

Mike Godfree

## **The Long and the Short of it – The British Sprint Championships, Campbell Park, Milton Keynes)**

After the Karrimor and the Phoenix, what next? –must be sprint orienteering then!!

One thing I love about our sport is that you can pit yourself against the best there is, if you want to that is. If you're a footballer you're unlikely to play with Beckham or a tennis player get the chance to play against Murray or Henman but we can and long may it continue. This event is set up to allow you to do that and bring orienteering to the general public.

Set in an amphitheatre within a park in the centre of Milton Keynes this was ideal for spectators. Courses for this event were not highly technical (probably orange/light green standard) but if you try them at breakneck speed a mistake could be going the wrong side of an enclosure and errors are counted in 10's of seconds not minutes.

The format is interesting with heats and finals. Heats in the morning Men 3.0km 21C, Women 2.5km 17C everyone runs basically the same course. Here there were parallel heats with 5 competitors starting every minute. With controls and people everywhere it made for frantic and frenetic racing.

Where you finish in the heat seeds you into one of a number of finals in the afternoon (Slightly longer than the heats. Actually what this means for everyone is in your final you are up against the people who ran the closest time to you in the heats. Again with minute intervals it means you've got close racing whatever your place or ability, it is a great format for all. Winning times were amazing Men 3.6km 28C in 15:39 (4.3min/km) and Women 2.7km 22C in 14:43 (5.5min/km)

Another new experience that's challenging in new and different ways. It sharpens up contact with the map and exiting controls in the right direction. But what fantastic fun, serious competition if you want it, head to head competition if you don't. So if 20 minutes of heart pounding, lung bursting, eyeballs out, adrenaline fuelled orienteering is for you try it the next time you can, I'd recommend it

Notable DVO results: Liz Godfree 1<sup>st</sup> W55+, John Duckworth 4<sup>th</sup> M40+

David Lawson

### **Long Run (optional) and Barbecue - Sunday 10<sup>th</sup> September**

At Mike & Liz's, Highfields, Mapleton Road, ASHBOURNE. For those who have not been before we are almost opposite the cycle hire at the start of the Tissington Trail. Going up the hill past the Market Place bear left following the signs. Dropping down the hill towards the cycle hire we are the first house on the left.

There will be a three hour run starting at 10 a.m. with route options to suit all speeds from Tony Berwick to John Duckworth. Or you can cycle, walk or shop. We might even be able to lend you a bike or the cycle hire is sure to equip you.

BBQs to be lit at 1 p.m. Bring your own meat or veggie alternatives and a pudding to share; bread, potatoes and salad provided. Additional barbecues would doubtless be welcome.

An idea of numbers would be welcome on 01335 346004 but feel free to turn up.

Mike

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

A compilation of recent nominations from the Lakes 5 Day event, gathered in the Lakeland Sunshine (and that's a rare thing!)

Roger Keeling shared a lift with Simon Ford but had some difficulty in finding Simon's car on Day 3, mainly through looking in the wrong car parking field.

The DVO Club Tent, for blowing down and half-packing itself away while DVO were running around Angle Tarn (personally I suspect some help in this, at least in the packing away part...)

Pauline Ward and Elizabeth Bedwell keeping Kendal A&E busy with various injuries/ailments (though Pauline was refused permission to do the shopping in the nearby Asda while waiting to be seen).

## **14<sup>th</sup> DVO Weekend Abroad**

Each autumn, DVO have a 'weekend abroad', typically a long weekend in a warm city in southern Europe with no orienteering involved, although last year we took part in the 'Meeting of Venice' event.

There are three suggestions for this year's weekend abroad:

### **Mallorca**

Fly from East Midlands to Palma de Mallorca with BMIbaby on Saturday 28<sup>th</sup> October at 1100 (£68), back on Tuesday 31<sup>st</sup> at 1430 (£78).

### **Toulouse**

Fly from East Midlands to Carcassonne with Ryanair on Friday 27<sup>th</sup> October at 0715 (£8), back on Monday 30<sup>th</sup> at 1050 (£25).

### **Istanbul**

The Istanbul 5-day orienteering event takes place from Wednesday 1<sup>st</sup> - Sunday 5<sup>th</sup> November. <http://www.ist5days.com/> Fly from Manchester to Istanbul with Turkish Airlines on Tuesday 31<sup>st</sup> October at 1325, back on Monday 6<sup>th</sup> November at 0750 (£178 return)

I checked the flight prices at the beginning of August, but they will probably have increased by the time we book.

Once we have agreed where to go and where to stay, we will probably each book our own flights and accommodation on-line, so you can make it a longer or shorter trip if you prefer.

If you are interested in joining us please let me know your preference.

Dave Bennett 01332 298959 [davebderwent@aol.com](mailto:davebderwent@aol.com)

## **Wednesday evening training**

The DVO summer tour continues, with the last few summer evenings moving around the county...

- August 23<sup>rd</sup> – run with a difference from the Scout Hut, Sandy Pits Lane, Etwall. Take the road into Etwall from the Severn Springs roundabout, 1<sup>st</sup> left into Burnaston Lane, 1<sup>st</sup> right into Lawn Avenue, at far end turn left then immediately right. Host - Rex Bleakman
- August 30<sup>th</sup> – host: Mike Gardner, 3 Gatcombe Close, Oakwood, Derby.
- September 6<sup>th</sup> – hosts: The Shooters, Rose Cottage, Cat and Fiddle Lane, West Hallam, DE7 6HD.

Subsequent weeks revert to the regular pattern – 2<sup>nd</sup> and 4<sup>th</sup> weeks from the Mackervoy's in Allestree, 1<sup>st</sup> and 3<sup>rd</sup> from the Johnsons' in Belper, 5<sup>th</sup> to be arranged as required.

## **And on the Subject of Training...**

Friday night is circuits night, or it will be again starting September 22nd. Venue – Woodlands School, Allestree, 6-30 till 7-30pm. More details in e-group closer to the date

## **Fixtures Secretary**

Dave Walker has resigned as Fixtures Secretary as he feels that with him orienteering less often he is unable to keep in touch with the members. However, I am pleased to announce that Dai Bedwell, your esteemed editor of this magazine, has agreed to pick up the reins. I hasten to add that he will also continue in his present role as Newstrack Editor.

Derek Gale, Chair

## **Tamar Triple including free Spa Treatments (But Beware the Bog Beast of Dartmoor)**

"Holiday orienteering" is this an oxymoron? Who goes on holiday to slog your guts out round a course and then spend the rest of the day recovering? Well quite a few of us actually! I think this was our 3<sup>rd</sup> Tamar Triple (a triple triple then!!).

This event is usually well organised with friendly competition and reasonably good areas and so it was this time but with over 7 inches of rain in the week prior to the event, Devon was very, very wet with many campsites partially or totally closed due to flooding. Having anchored the caravan to stop it floating away we could start to think about the event

3 Days on the same area with Middle, Classic and Loop races provided plenty of variety and challenge with each day using a different part of the forest.

What about the Beast?

And so as it emerged from the forest children screamed, people ran but most just laughed. What happened? Well you know those bits you think are just a little bit wet and muddy this was one of those bits. As I leapt across I expected to sink a bit then move on but as it went past my shins up to my knees past my thighs up to my waist I decided it was time to grab something, anything, anyone!!! Soft grey clay liquid mud People pay hundreds of pounds to be covered in this stuff, I got it for free!! But wait now I'm in how do I get out? Funny thing was this was only 3 metres from a control (not mine of course) and fortunately people saw this happen so helped me out. So much mud over all of me could not see my hands, map, compass, etc and spent the next three controls wiping holes in the mud to see the map, it would not go away. Eventually I used every spare inch of clothing I was wearing and finished the course. So I emerged from the forest now the Bog Beast of Dartmoor covered from head to foot in various shades of grey mud. Next time I think I will book a massage rather than go for the all over mud wrap!

Some good results from the DVO travelling throng with Simon Gale, Claire Gale, David Lawson, Vivianne Lawson and Pauline Ward winning their respective classes over the combined three days

So what happened on the rest of the week? Well if 3 callouts to the RAC, 1 trip to Exeter to pick up a hire car, 2 trips to the Ford garage and a 9 hour journey home on a tow truck arriving at 1am is your ideal of a holiday we had a really good one.

So is "Holiday Orienteering" an oxymoron? I'll let you decide!

David Lawson

## Local Fixtures

### September 2006

- 9th C5 DVO Local Event. Shipley Country Park, Heanor. SK455430.  
Val Johnson, 01773 824754. Gmjandfam@aol.com £2.50/£1.00. White to Light Green. No dogs. Starts 10.30 - 11.30.
- 10th EM LEI Score Cup 06. Watermead North, Leicester. SK606107.  
S5 David Anderson, 0116 287 4088. £2.50/50p. Score + White & Yellow.
- 16-17th SW **Caddihoe Chase Weekend** Bovington Ranges, Wareham.
- 17th WM WCH District Event Oldacre & Ansons Bank, Cannock Chase. SJ979171.  
C4 D Bushnell, 01785 605412. david.bushnell@ntlworld.com £5.00/£2.00.
- 17th EM NOC Local Event. Bevercotes, Mansfield. SK700741.  
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com White, Yellow, Orange & Technical. String course. www.noc-uk.org
- 24th EM **DVO District Event. Calke Park, Ticknall, Melbourne. SK357230.**  
C4 **Dave Lawson 01455 271208 £5.00/£1.00 Family £11.00. EPS-SI. String course. Dogs on leads in car park only.**

### October 2006

- 1st YH SYO District Event. Canklow Woods, Rotherham. SK434900.  
C4 Stephen White, 01709 533076. £4.00/£1.00. EPS-SI. Parking £1.00.
- 1st EM NOC District Event. Blidworth, Mansfield. SK583522.  
C4 Andrew Wallace, 0115 9205054. EPS-SI. String course. www.noc-uk.org
- 8th WM POTO District Event Leek Training Area, Leek, Staffs. SK047622.  
C4 Geoff Hollins, 01782 503385. geoff@hollins28.fsnet.co.uk £6.00/£2.00.
- 8th EM LEI District Event & EMOA League. Rough Park and Rising Wood, Ashby de la Zouch. SK394193. Rachel Simonetti, 0116 2996174. £5.00/£1.50. EPS-SI. Parking £1.00. Dogs on Lead. www.leioc.org
- 21-22nd NW **Twin Peak Weekend** Errwood, Buxton. SK018757  
Entries: Julie Brook, 14 Leygate View, New Mills, High Peak, SK22 3EF, 01663 745020. twinpeak06@mdoc.org.uk CD: 08/10/06 (Postal), 11/10/06 (Internet).  
£7.50/£3.00 per day. Lim EOD + £2.00/50p. Chq: MDOC. EPS-SI. Day 1 starts 1130 - 1400. CC courses - W, Y, O, R, LG. String course. Parking £1.00. Dogs on leads in car parks only. Internet entry preferred via website. www.mdoc.org.uk
- 21st **DVO Local Event. Rosliston Forestry Centre, Burton on Trent. SK243176.**  
C5 **Val Johnson, 01773 824754. Gmjandfam@aol.com £2.50/£1.00. White to Light Green. Starts 10.30 - 11.30.**
- 29th EM NOC District Event. Wellow, Mansfield. SK668673.  
C4 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com



## November 2006

- 4<sup>th</sup> BOF Coaching Day –Star Posts, Bracknell (on the way to the November Classic)  
– contact Val Johnson if you're interested in some coaching.
- 5th SC **SOC Regional Event, November Classic.** Highland Water, New Forest.
- 5th WM WCH District Event Birches Valley, Rugeley. SK018171.  
C4 Ianka Petrova Evans, 01782 788341. £5.00/£2.00. EPS-SI. Dogs on leads.  
www.walton-chasers.co.uk
- 5th EM NOC District Event. Annesley, Nottingham. SK483486.  
C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com EPS-SI.
- 11th EM **DVO Local Event. Bottom Moor, Matlock. SK323633.**  
C5 **Val Johnson, 01773 824754. Gmjandfam@aol.com £2.50/£1.00. White  
to Light Green. Dogs on lead at all times. Starts 10.30 - 11.30.**
- 12th EM LEI District Event/EMOA League/Yvette Baker Trophy Round. Grace  
Dieu, Loughborough. Chris Phillips, 0116 255 0330. £5.00/£1.50. EPS-SI.  
www.leioc.org
- 19th WM **HOC British Schools Championships.** Hawkbatch, Bewdley.
- 19<sup>th</sup> EM **DVO District Event & EMOA League, Allestree Park, Derby.**  
**ORGANISER NEEDED – CONTACT DAI TO VOLUNTEER! £5.00/£1.00**  
**EPS-SI www.dvo.org.uk**
- 26th EM NOC District Event. Bestwood, Nottingham. SK565475.  
C4 Hilary Hodkinson, 0115 922 2655. hilaryhodkinson@hotmail.com

## Club Championships 2006

As we are resting from the CompassSport Cup final this year, the DVO Club Championships will be held on Sunday October 15th, at Brierley Forest Park, Sutton in Ashfield (courtesy of NOC) (grid ref SK 481598). The format will be roughly as in recent years, i.e. handicapped starts so that everyone finishes at noon; if you run faster than the handicapper reckoned on then you win! There will be two senior courses ("long" and "short") and one junior course (for the separate junior trophy) of about yellow standard.

There will be a club picnic afterwards; there is a nice new visitors' centre at Brierley which ought to form the focus of the event.

Entry to the event is free to members of DVO, but you need to remember your picnic!

Please let Dave Skidmore know, preferably by email (skidells@hotmail.com), if you'd like an entry so that pre-printed courses and handicapped start times can be prepared - entries by the 22nd of September, please.

You can also telephone Dave & Ruth (7-9pm) on 0115 925 7929