

NEWSTRACK

JUNE 2004



Great Moments from the Orienteering Archives:
E.T.'s First Night Event

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

Thoughts from the Chair

"Running is a sport for those not intelligent enough to watch television."

Well, that was a thought from Victoria Wood actually. As for the thoughts of the Honourable Chair, he's keeping them to himself as he grapples with depression caused by the recent sale of his 18-year old sports car. How will we cope over the summer without Robert's wise words to guide and inspire us?

Never Give a Sucker an Even Breakneck Bank

"He's off the map."

These were the words of Tom Wilkinson, an actor I last saw stark naked on stage in a Sheffield working men's club. — he was in the Full Monty, I hasten to add, a film, for reasons too obscure to explain, I saw dubbed into French.

Hmm, I think I'll start again.

These were the words of Tom Wilkinson in the *Eternal Sunshine of the Spotless Mind* (or was it the *Mindless Sunshine of the Eternal Spot*) which I saw recently. I thought how appropriate this was, not just to this event but to my life generally; in fact it can be an epitaph stuck to the urn containing those ashes not eventually scattered over Sixfields Stadium.

Tom was busy erasing from Jim Carrey's memory banks, all trace of Kate Winslet, and I'm not surprised really; quite what he saw in a woman with blue hair in the first place I could never quite fathom. But wouldn't it be great if this could apply to orienteering events, so you'd only be left with memories of your good runs, and that relay leg where you came in to find yours was the only car left in the car park would never have existed, so far as you were concerned anyway? Admittedly, in my case, I'd probably be left with a couple of Friday night summer league events and a C4 in 1984, but you get my drift I'm sure.

One of the prime candidates for erasure would be this event. You'd have thought after 25+ years of orienteering I'd've refined the art of navigation so that, even if I didn't find the control in the first five minutes, I'd at least be within shouting distance of it. But no. Subliminally I think my errant search for control 5 was a subconscious desire to escape that particular part of the map as quickly as possible; I didn't really care where it was, just so long as it wasn't surrounded by the sort of vegetation that Harry Houdini would have had problems escaping from. If *Sleeping Beauty's* castle had been in the middle of Sturt Plantation, she'd be snoring to this day.

I'm steadily going off the idea of electronic punching. It's not the dibbing I object to, it's the naming and shaming when the results are published on the website. When I have a run that stinks like gorgonzola left in the back of the fridge for a couple of months, I like to slink home, lick my wounds and forget all about it, thank you very much, but now I have it broadcast for the whole world to see and chortle over. I may be to orienteering what Prince Edward is to the world of showbiz but shouldn't I have the right to keep this to myself? If Catherine Zeta Jones can have her wedding in private, why can't I have my nervous breakdown?

I do accept that analysis of my splits at this event makes for interesting reading. 3s, 4s and 5s are suddenly interrupted by a 26, a 12 and a 13. The 26 minutes have already been explained – did it really take that long for the penny to drop? – and if HOC want to give me a down payment to map the area to the south-east of the one we were actually supposed to be running on, I will gratefully accept it, although, having covered most of it in the desperate search for a non-existent control, my advice is not to bother.

The 12 and the 13 were the result of two failed retrials; you see, I couldn't even get giving up right. Having eventually found Control 5 I struggled on through some unforgiving terrain and then stood for several minutes weighing up the pros and cons of continuing, the chances of finishing this wretched run with any small sense of satisfaction. Andy Jackson, upon spying me, asked if I was all right; 'Yes.' I lied. I half-heartedly dibbed at the next control and set off for the Finish, only to convince myself, halfway there that I should do a Tom Wilkinson, obliterate the memory of the first part of the course altogether and start again. So having shambled a K in the direction of the Finish, I turned on my heels and dragged myself back again, the prospect of resuming my run about as enticing as being forced to watch Big Brother for the next two months.

But do you know, dear readers, it worked. I had an error- and more importantly bramble - free run, so much so that Steve Kimberley worked out that I'd have come third if it wasn't for my earlier navigational aberrations. So I'll end with a thought of my own for everyone to ponder: has Steve Kimberley got too much time on his hands?

Pipped at Pippingford

'The mini-mass relay will start at 5.15 (a.m.)'

Words you don't here very often. Words you don't want to hear very often.

It takes a very devious mind to come up with a formula like the Harvester. Take five individuals of uncertain sanity and questionable stability and set them off on consecutive legs in terrain miles away from home in the middle of the night so even if they do manage to get any sleep at all, it will be of a few moments duration and liable at any second to be interrupted by Ian Whitehead making a cup of tea in the middle of the night (see what I mean about questionable sanity?). Then having confused and bewildered them with orienteering, you set them back off home so that they'll either run off the road as sleep deprivation kicks in or doze off and wake up, thinking it was all a nasty dream.

I'm sure I must have volunteered for this event some time in the past but I can't remember when, but on the other hand I couldn't say it was impossible so, having paused at home for a few minutes on my return from helping at the Cromford C5 to remind Kate what her father looked like, a strangely unappreciated gesture, we loaded ourselves into the Godfree-mobile and set off south.

One reason for going could have been curiosity at the chosen theme connecting the names of the DVO relay teams dreamt up by the illustrious team captain. For, just lately, I don't know whether you've noticed this, but John Hurley has taken to labelling club relay teams according to some pre-determined subject matter. Thus recently I have run as a star, sadly only of the astral variety, and an island – but was it only coincidence that my team was called Muck? I suppose this has been made necessary because of the unsuitable nature of DVO as a prefix, unlike AIRE (Fresh Aire, Aire Marshall, Aireosmith, Airecut, you get the picture). The problem for John is that his self-appointed challenge is

never to repeat himself so with each relay the common thread becomes more and more obscure. What would it be this time? Pre-Raphaelite poets? Beezer Homes League football clubs? Well, bearing in mind that DVO could find only two teams of people wanting a sure-fire escape from the Eurovision Song Contest, John had called one DVO Glebe and DVO Demesne. Yes, of all the remaining categories, John had opted for mediaeval types of land (it was supposed to reflect the agricultural title of the competition, he explained).

Both teams were entered for the 5-leg handicap competition, of which DVO was the current title holder. There was honour at stake but such is the fiendishness of the points system, requiring team captains to select members whose combined age score does not exceed 26, it was not easy to construct a competitive team and also juggle people around to give preference to night and day runners, especially as M21 Dave Bennett counted as 10. I suspect it proved impossible for Stand-In Team Captain Mike Godfree, which is why I found myself anchoring DVO's nominally top team, DVO Glebe - just as well as I can't even pronounce DVO Demesne, let alone understand what it means.

Theoretically this ought to have given me scope for a few hours' kip but in practice it was impossible due to repeated comings and goings and the disturbing noise of nocturnal animals (back to Ian Whitehead again). Val was running fourth leg in the other team (how demesning) so I eventually gave up the idea of shut-eye and dragged myself out of the tent at around four o'clock in the morning. It came as a shock to be reminded of that time of the day called dawn; I'm used to going to sleep in the dark and waking up in the daylight so the transition may as well be instantaneous so far as I'm concerned. But having now had the chance to witness the phenomenon anew, it is a fascinating and moving experience, or would be if the other half of you didn't wish you were tucked up in your sleeping bag and slumbering soundly.

As I walked to Assembly, low mist hung over the valley filtering the weak rays of the sun as it rose. If I were a poet, I might wax lyrical but I'm not so you're fortunately spared. The electronics had sensibly been assigned to Mike Napier who'd excelled even his efforts at 2003's Longshaw event, so the name of the incoming runner appeared projected on to a screen five minutes before they arrived. Not only that but Mike's system told you the current position of that runner and how far he was behind the winner. Perhaps next year he'll have developed it even further and be able to tell you what time you're going to do before you even set off, maybe so you don't even have to bother.

Pippingford Park is one of those areas which make you realise what a privileged lot it is to be an orienteer. This was a private piece of land, an estate from which the public is, as far as I'm aware, excluded, and to which we'd been granted the honour of access for a few hours. And as a relay area it was quite splendid. The main competition area was open grassland set on one side of a gently sloping valley. Admittedly this did not make for intricate orienteering but it was fine for spectating and spotting incoming runners. Most courses crossed the series of lakes at the bottom and passed over tussocky moorland on the other side before entering runnable woodland and returning home without a bramble in sight. A pleasure to compete on.

I mentioned that DVO was defending a rarely won trophy. Not only that but Ian Whitehead returned from his first leg 4 minutes clear, a gap which had widened to 12 minutes by the time Andy Jackson completed the next leg. Surely the prize was ours? Well, there's no lead so convincing that a team including me cannot fritter and sadly an (all-male, I hasten to add) team of M50s and M55s from BOK now have the Dinky (you remember Dinkies

surely) Combine Harvester-mounted trophy collecting dust on their mantelpiece for the next twelve months. (Teams should have to include at least one woman, IMHO).

I was not expecting our failed efforts to be rewarded but I'd forgotten that the list of prize categories at the Harvester is practically endless so virtually everyone gets something or other – they even have a prize for the best performance by a team who's not won anything for the last five years for heaven's sake. It was as I was sinking my teeth into the remains of my Organically Reared Gloucestershire Spot Sausage Batch @ that I heard the prize-giving announcer announce the name of DVO, and the realisation hit me that we were not just being mentioned in dispatches, we were actually up for some metaphorical silverware. So now my orienteering trophy cabinet, which is hardly groaning, I grant you, has a Combine Harvester shorts glass to sit alongside my mug from the time I came third at a Haggside event when everyone else went to a National, not to mention my two DVO Sports Personality of the Year Awards. I can tell you're impressed.

Club Champs – Sunday 5th September 2004

Newstrack has packed its bucket and spade in preparation for a well deserved holiday and will not be coming off the sun lounger to disturb you until September so I'd better mention this competition, which Ranauld will probably tell me off for not calling the Annual DVO Handicap Event (featuring the Club Champs) in case it puts off those not of a competitive disposition. Somehow Val and I have ended up organising it. Not sure how this happened. I know John Malley's name was not just pencilled in but biroed in too at one time, but then he moved to the Lake District, which I felt was a little extreme in the circumstances. (Wait a minute, Malleys to The Lake District, Brodie to The Middle of Nowhere, what's happening to DVO, was it something I said?).

Obviously it's nearly three months away so it's just a Belgrano on the radar at the moment, but definitely steaming towards us. What I can say is that it will be on a Brand New Area: Ilam Hall (behind the Youth Hostel). This is a small area but plans are afoot to extract maximum value out of it, in both orienteering and entertainment terms. Intrigued? Well, that's the general idea.

As in previous years, it's open to all club members of all ages and abilities. There will be a Junior Event, for juniors obviously, of Yellowy standard, and a Medium and Long Course for the rest, which probably won't be more than Light Green – Ilam ain't no Shining Cliff. All abilities will be catered for by the unique Johnson Handicap System, giving everyone their own designer start-time, honed after many hours of analysis of every performance over the past five years, or alternatively randomly selected after a few pints, and calculated to ensure no-one who's ever beaten me will win (good news for Paul Wright and just about nobody else then).

The point is that you've got to get your name to us beforehand, let's say by August Bank Holiday. Estimated Finish time will be, say, noon (you'd never guess I was making this up as I went along) so first start times will be 10.30 onwards, possibly. I'll try to publish them on the website during the previous week.

Remember to bring a sandwich and flask for the mass picnicathon afterwards

Ilam Hall is at Map Ref 131507. My details are on the front cover. Why are you waiting?

What happened to Newstrack's holiday? Unpack the Ambre Solaire.

Captain's Jog

Over the busy spring period DVO teams have achieved some successes at the major events.

At the JK the W165 team (Liz Godfree, Helen Finlayson & Pauline Ward) won again. However in the other classes, performances were slightly disappointing, understandably so in view of our exertions on the previous day. Mention should be made of the M48 team (Teige Malley, Jessica Whitehead & Erin Malley) who came 10th out of 25. I hear neither Jessica nor Erin complained too much about having to run with the boys.

The best performance at the British Relays was by the M35 team (John Duckworth, Andy Jackson and new signing David Lawson) who were 2nd to a very strong SYO team. The mixed 55 team (Mike Godfree, Liz Godfree & Steve Buckley) also made the podium and the mini relay team (Ben Beresford, Simon Wright & Thomas Wright) just missed out in 4th place.

The B handicap team at the Harvester (Ian Whitehead, Andy Jackson, Pauline Ward, Liz Godfree & Graham Johnson) just failed to regain the handicap trophy despite excellent runs from Ian and Andy.

Coming up soon we have the Footpath Relay on 19th June. It seems to have been more of a struggle than usual to put a team together and I apologise for failing to meet my target of issuing maps by the Bank Holiday weekend. However you should all have them by now.

The team is:

1	Alex Ross	11	Simon Ross
2	Dave Brodie	12	Evelyn Ross
3	Helen Armstrong	13	Margaret Hobson
4	Paul Armstrong	14	Brian Denness
5	Paul Addison	15	Ian Hodson
6	Mike Godfree	16	Steve Buckley
7	Steve Kimberley	17	Dave Vincent
8	Liz Godfree	18	Hilary Johnson
9	Ann Marie Duckworth	19	Val Johnson
10	John Hurley	20	Graham Johnson

I think this team should be competitive with the other orienteering clubs in the race and we won't worry too much about Hallamshire Harriers. Because of the convoluted route I'm not going to try and follow it on the day, I'll be at either Carlton Lees or Longshaw (start of legs 7 and 15) if there are any last minute problems.

It appears that there is a lot of interest in the White Rose relays (North Yorkshire, August 30th) this year. I am co-ordinating the club entries and have so far entered 8 teams (4 x class B, 2 x class C, 2 x class E). If anyone else would like to run in a team at the White Rose please contact me by 14th July: non-subsidised fees for this event are £6 per senior, £5 per junior. Also please note, I am not making arrangements for car parking permits; please order any permits required with your individual entry.

Captain's Odds and Ends

Congratulations to former club member Mike Jubb in his selection for the British Duathlon team for the World Championships to be held in Belgium on May 30th. At this level, Duathlon consists of 10km run, 40km cycle, 5km run.

Inspired by the music at JK relays, my fantasy Archer orienteering team is confirmed as:

Leg 1 : Eddie Grundy – a good fast getaway, particularly if the police are after him.

Leg 2 : Siobhan Hathaway – nice little mover (allegedly)

Leg 3 : David Archer – last leg strength, developed by pulling cows out of the river.

Less inspired by comments in the JK results by the relay day organiser. We had entered 16 teams this year and I changed 3 of them on the morning. Two of these were due to injuries sustained on Day 2 which did not clear up overnight and were obviously not foreseeable. The third change was due to a problem with travel arrangements as a result of an earlier change due to a Day 1 injury. This change could have been avoided – by giving everyone a third degree interrogation about their travel arrangements in advance - sorry. My recommendation is that if this sort of thing is causing a problem for the data entry team, questions should be asked about the quality of data entry software.

John Hurley.

Compass Sport Cup – The Glory Years

In 1986 there were 6 scoring courses with any 3 to score in each of the following age groups:

Brown 1	M21
Brown 2	M20, M35
Blue 1	M18-, M40+, W21
Red	M16-, M50, W20-, W35
Green	M55+, W16-, W40+
Orange	M12-, W14-, M65, W55+

DVO's campaign opened with a coach trip to Brimham Rocks on 6th April for a match against EBOR. This match was a straightforward victory 80-46 where we had winners on all courses. Tony Thornley on Brown 2 just edged out Dave Nevell on Brown 1, and the other winners were John Seaston and Roger, Zoe and Tessa Wilkinson. In order to avoid holding up the coach, Graham Johnson missed controls 2 and 3 and so failed to score. (Is it really necessary to remind Newstrack's readers of something Iain forgotten for 16 years, whilst omitting to mention that the selfless abrogation of my run was rendered redundant by the haphazard meanderings of the novice Michael Godfree? - Ed)

Thanks to good advance planning by the captains and fixtures secretaries, the second round match against AIRE took place just one week later at Blidworth Woods. The event was planned by the Bourne family who apologised for the brambles but pointed out that they had run all the courses themselves so their legs were scratched as well. Dave Nevell, Tony Thornley, Roger and Zoe Wilkinson again won their courses but we had blips on the Blue when Dave Walker came in for a point just ahead of then current international Roz Clayton and, on the Orange where 9 year old Kim Buckley scored her first point. The result was in doubt until the end when the final score was confirmed as 65-61.

But the closest result came in the third round against SYO at Hawksmoor on June 8th. The captain agreed to run the Red class on the Green course and there was controversy when Mike Jubb was accused of having a marked-up map (the master map system was being used), although it was established that he had simply worked out where the start was in advance and marked the triangle on his map. Courses were tough with a 5.7Km Blue won by Roger Wilkinson in 64.07 and there were again wins for Tony Thornley and Zoe Wilkinson. However SYO scored well, having Tim Tett and Rob Pearson on Brown 1 and the young Marstons. Scores ended level on 63-63. The clubs also tied on 'first places' so the tie-break went to second places when DVO won 4-2.

After the summer break, the competition resumed with a fourth round match against Border Liners at Anglezarke Moor in Lancashire on 21st September. We were fairly confident about this one against a club with few known stars, but we didn't have it entirely our own way and lost Brown 2 for the first time with D Lamond and L Snowball ahead of Tony Thornley. However, wins for Dave Nevell, Roger Wilkinson, John Seaston and Zoe Wilkinson helped to see us through safely 71-55 and the team was beginning to run into form.

The final was a 4-way match with Walton Chasers, Mole Valley and Forth Valley held at Crowbridge in Lancashire on 23rd November. This was the day when everyone ran well, particularly the juniors. Ian Finlayson won the Orange and was well supported by David Godfree and Alastair Buckley, all ahead of Jon Duncan. While Zoe won the Green and Mike Jubb the Red, with second places for John Seaston (Red) and Doug Dickinson junior (Blue), Dave Nevell was second to Stan Hale on Brown 1, well ahead of the British Champion Andy Kitchen. Top scoring family were The Wards (Mole Valley at that time) with 26 points between them. But it didn't affect the result: DVO139, WCH 130, FVO 103 MV 95.

What was the secret of our success?

- An outstanding performance by Zoe Wilkinson W14, undefeated despite running against girls 2 years older.
- Eight other competitors all near the top of the rankings in their particular classes.
- Consistent scoring from the likes of Steve Kimberley and Dave Brodie picking up important points here and there.
- Rapid improvement by the M12 squad during the year.
- Full team of runners out every time.

John Hurley

Time Traveller of the Month

Oblivious of the fact that the job of the new Dr Who has gone to 'Ol Misery Guts Christopher Ecclestone, Mike Godfree recently went to a West Midlands event and found his electronic printout showed that he'd actually arrived at one control before he'd left the preceding one! Looks like those extra speed training sessions are paying off, Mike.

Corrigendum Dave Bennett points out that his address is incorrectly stated in the DVO address list ; it should be 76 Cobden Street, Derby DE22 3GZ. (Who dares tell him that's not the real reason he never gets any mail).

Congrats to the DVO 165+ (2 Godfrees & Steve Buckley) team who came 1st at the Scottish Relays. There were other teams taking part too.

A Doctor Writes:

Tendon Injuries in the Lower Leg

I was recently unfortunate to sustain an injury to a tendon in my lower leg. Usually when I injure myself, I carry on running regardless and refuse to give in. After running on a Wednesday night with the injured tendon I realised when I got back limping, that possibly it was not the most sensible thing to have done. So which tendons are at risk in the lower leg and how should you manage an injury?

Achilles Tendonitis

The Achilles tendon is the large tendon at the back of the ankle. It connects the calf muscles to the heel bone. This tendon can become inflamed through overuse. It is a common injury of young adults (perhaps most of us need not worry!) The Achilles tendon has a poor blood supply, which is why it is slow to heal.

Acute tendonitis will happen as a result of overuse or training too much, especially on hard surfaces or up hills. If your feet roll in when you run or over-pronate then this can increase the strain on the Achilles tendon because the tendon is twisted as the foot rolls in.

Symptoms of this injury can include:

- Pain in the tendon during exercise.
- Swelling over the Achilles tendon.
- Redness over the skin.
- Sometimes creaking of the tendon.

Tibialis posterior syndrome

The tibialis posterior muscle comes from behind the shin bone and runs into a tendon that passes behind the bony bit on the inside of the ankle (medial malleolus). Inflammation can occur around the medial malleolus and further down under the foot where the tendon attaches. If you over-pronate you are more likely to suffer from this injury. Running on tight bends can precipitate this injury.

Symptoms of this injury can include:

- Pain over the attachment of the tendon to the bone in the foot.
- Pain when the tendon slides in the sheath during exercise.

Swelling around the medial malleolus (bony bit on the inside of the ankle).

Tibialis Anterior tendon sheath inflammation

The tibialis anterior muscle is the large muscle that runs down the outside of the shin. Its tendon can be felt at the front of the ankle. Inflammation can arise through overuse particularly through running on hard surfaces where you have to change direction frequently.

Local Events

It being the summer here are just a few small-scale events to keep you ticking over:

June 2004

- 18th EM DVO Local Summer League Event – Shipley Park – See Newstrack
- 19th EM DVO Local Event – Poolsbrook Country Park, Staveley, Chesterfield, Shipley
- 20th EM NOC Local Summer League Event. Bulwell Hall Park, Nottingham. SK/537462.
C5 David Cooke, 01773 770278. d.cooke4@ntlworld.com £2.00/£1.00. White to Orange plus Score. www.noc-uk.org
- 25th EM DVO Local Summer League Event – Farley Moor – See Newstrack
- 27th EM NOC Local Summer League Event. Burntstump Country Park, Nottingham. SK/575506.
C5 David Cooke, 01773 770278. d.cooke4@ntlworld.com £2.00/£1.00. White to Orange plus Score. www.noc-uk.org

July 2004

- 2nd EM DVO Local Summer League Event – Holmebrook Valley Park – See Newstrack
- 4th EM NOC Little John Relays. Colwick Park, Nottingham. SK/603392.
R5 David Cooke, 01773 770278. d.cooke4@ntlworld.com Fees TBA. EPS-SI.
- 9th EM DVO Local Summer League Event – Shipley Park – See Newstrack
- 10th EM DVO Local Event. Holmebrook, Chesterfield. SK/355731.
C5 Steve Kimberley, 01246 280430. £2.00/£1.00. Parking TBA. Dogs on leads at all times. www.dvo.org.uk
- 11th EM LEI Local Event. Sence Valley, Coalville. SK/403114.
C5 Mark Foxwell, 01509 646895. £2.00/50p. Yellow, Orange, Green and Blue. www.leioc.co.uk
- 18th WM OD District Event. Pooley Fields, Polesworth. SK/259033.
C4 Robert Brandon, 024 7650 5050. £4.00/£2.00. String course. Parking £1.00. Dogs on lead. www.octavian-droobers.org

August 2004

- 28th- YH White Rose Weekend
30th
- C3 28th - Day 1 Regional Event. Dalby Forest, Pickering. SE/865888
C3 29th - Day 2 Regional Event. Dalby Forest, Pickering. SE/865888
C3 30th - Day 3 Relays. Dalby Forest, Pickering. SE/865888

September 2004

5th EM DVO Annual Handicap Event – for DVO members only. See elsewhere in Newstrack

12th EM DVO Calke Park District Event – details nearer the time

19th WM WCH District Event. Ansons Bank, Cannock Chase, Stafford. SK/979171.

C4 Sarah Dredge, 01785 611778. sl_dredge@hotmail.com £4.00/£2.00 + £1.00/50p SI hire. EPS-SI. String course. Dogs only on leads. www.walton-chasers.co.uk

19th EM NOC Come and Try It Event. Holme Pierrepont, Nottingham. SK/610388.

C5 David Cooke, 01773 770278. d.cooke4@ntlworld.com Fees TBA. www.noc-uk.org

25th- NW Twin Peak Weekend Regional Events

26th

C3 **25th - Day 1 Regional Event.** Place Fell, Penrith. NY/409174.

C3 **26th - Day 2 Regional Event.** Angle Tarn Pikes, Penrith. NY/413145.

Organiser: Sue Birkinshaw, 0161 980 5068. tp2004@btinternet.com

Entries: TP2004, 7 Brisbane Close, Bramhall, Stockport, Cheshire, SK7 1LF.

tp2004@btinternet.com CD: 23/08/04 (paper entries), 01/09/04 (internet entries). Per day: £8.00/£3.00, JM/W 1&2 £1.50. EOD + £1.00/50p. Chq: MDOC. EPS-SI. Day 1 starts 1130 - 1400. String course. Parking £1.00. Dogs on leads in assembly/car park only. Internet entries preferred. www.mdoc.org.uk

26th EM LEI Local Score Cup Event. Watermeade Country Park, Leicester. SK/605107.

S5 David Anderson, 0116 287 4088. £2.00/50p. White/Yellow. Parking £1.50. www.leioc.co.uk

October 2004

3rd WM OD Charity Score Event. Elmdon Park, Solihull. SP/164827.

S5 Graham Urquhart, 0121-707 0511. £4.00/£2.00. String course. Parking £1.00. Dogs on Lead. www.octavian-droobers.org

3rd EM NOC District Event. Thieves Wood, Nottingham. SK/543575.

C4 David Cooke, 01773 770278. d.cooke4@ntlworld.com Fees TBA. EPS-SI.
Full registration pending

10th WM WCH District Event. Shoal Hill, Cannock Chase, Cannock. SJ/969107.

C4 Mike Thompson, 01785 660716. mike.p.thompson@ukgateway.net £4.00/£2.00 + £1.00/50p SI hire. EPS-SI. String course. Parking TBA. Dogs only on leads. www.walton-chasers.co.uk

10th EM LEI District Event. Bagworth Woodlands, Coalville. SK/454073.

C4 Vernon & Geraldine Davis, 01530 223545. £3.50/£1.50. Ind +£1. EPS-SI. String course. www.leioc.co.uk

16th EM DVO Local Event – Elvaston Castle, Derby

Symptoms of this injury can include:

- Pain when you bend your foot and toes up.
- Swelling and redness over the front of the ankle where the tendon is.
- Creaking of the tendon.

How to manage tendon injuries.

- Rest from running until there is no pain.
- Apply ice, 20 minutes every 2 hours at first.
- Wear an elastic support bandage.
- Elevate the limb whenever possible.
- Wear a heel pad to raise the heel for Achilles tendon injuries.
- A slow and gradual return to running once you are recovering.
- Once the acute symptoms settle then a programme of muscle stretching may reduce the risk of recurrence.

What next if the above fail to help?

- Try anti-inflammatories such as ibuprofen or diclofenac.
- See a physiotherapist for ultrasound treatment and massage.
- See a podiatrist for a gait assessment and orthotics.
- Consider having a steroid injection around the tendon (but there is a risk of tendon rupture).

David Disney

Last month I jokingly threatened that Hilary would explain glycaemic index for us. Well, Hilary wasn't joking! Her Nutritional Nugget has been working out in the gym and transformed itself into a Nut Roast:

Food for Thought.

Fuelling Performance

Preparing for orienteering events is essential in order to achieve the best performance possible, whatever your ability, age or motivation.

A large element of preparation should come via the physical training which an individual puts in during their weekly routine. I have no doubt that we have all experienced a positive correlation between increased fitness levels and how far up the result list we are placed at the end of an event (well in theory anyway!).

But concentrating on just physical training to improve performance may mean you're neglecting other areas which may be vitally important to support your performance. One of these is good nutrition and how this can positively affect performance.

Now I must make it clear right now that eating the same dietary intake as Jamie Stevenson or Heather Monro **WILL NOT** make you an elite athlete overnight! I have said good nutrition can support your performance, not significantly increase it so much you'll be swapping your DVO top for some remote Swedish club no-one has ever heard of. But

what you eat is all part of your preparation for achieving the best possible run you are capable of.

Consider this scenario:

You're half an hour into your run when suddenly your muscles begin to feel heavy and tired and you feel like you have no energy to continue running. Not only this but simple route choices take forever to complete and you begin to miss easy controls because you're too busy singing the latest Kylie tune, making you work twice as hard to make up the time you have lost. (Has Hilary been reading my diary? -ed).

Have you ever wondered why?

Yes, it could be because fitness levels are at an embarrassing all-time low, but depleted muscle glycogen levels could also be to blame for your sudden fatigue. Your muscles could be deficient in carbohydrate, needed to fuel your performance, leading to them no longer being able to function as effectively as they did at the start of your run.

Your muscles need fuel to continue to work; the alternating terrain and contours encountered during an orienteering course can easily reduce your muscle glycogen stores, thus slowing down the pace at which you run and consequently feeling the effects of fatigue at an early stage of your run.

Unfortunately many orienteers don't understand the importance of consuming a high carbohydrate intake, and the benefits it can have in fuelling performance. Many orienteers thus start their runs with low muscle glycogen stores!!! Not a good move!

So let's start with the basics.

Carbohydrate, glucose and glycogen explained.

It should be well established now that carbohydrate is the main source of energy needed for orienteers to fuel performance.

Carbohydrate, when eaten, is broken down into glucose and is stored in the body's muscles and in the liver as glycogen (the fuel store). The amount of glycogen which is stored in an athlete's body will largely determine for how long and hard the individual can exercise, no matter how highly trained that individual is:

High muscle-glycogen concentration	=	Individual can exercise longer at a high intensity.
------------------------------------	---	---

When compared with...

Low muscle-glycogen concentration	=	Individual fatigues sooner at a reduced exercise intensity.
-----------------------------------	---	---

In order for the carbohydrate consumed in your dietary intake to be stored in your muscles as glycogen, it must enter the blood stream. It is here where carbohydrate is converted into glucose. You may have heard the term blood glucose levels or blood sugar levels? Well these terms refer to that process. Anyway the different carbohydrates eaten will each

have a different effect on how quickly they are absorbed by the blood stream and therefore converted into glucose.

If the carbohydrate is quickly converted into glucose then the glucose will be available to be used as fuel at a fast rate. This is ideal to replenish fuel stores just before or directly after competition, as a quick boost of energy is released.

If the carbohydrate is slowly converted into glucose then the glucose will become steadily available to be used as energy. This is ideal to be consumed in the morning before exercise, to maintain a steady flow of energy over a longer period of time.

But unfortunately categorising carbohydrate as either complex carbohydrate releasing energy slowly (bread, cereal, pasta and rice) as or simple carbohydrate giving a quick boost of energy (sugary foods like chocolate) is just too straightforward because some complex carbohydrate release energy quickly and some simple carbohydrates release energy slowly!

How confusing! So no wonder why many people get it wrong.

OK, its time to introduce **The Glycaemic Index**.

The Glycaemic Index (G.I.) is a scale used to rank carbohydrate foods as a value of 0 to 100 based on their immediate effect on blood sugar levels.

High G.I. Foods – will give a quick rise in blood glucose levels making energy available at a fast rate.

Moderate G.I. Foods – will give a slower rise in blood glucose levels making energy available at a steady rate.

Low G.I. Foods – will give a slow rise in blood glucose levels making energy available a slow rate.

The Glycaemic Index can help individuals select which foods to eat before, during and after exercise in order to maximise the usage of having energy available at a slower or a quick rate.

What to eat before exercise?

On the morning of competition, the aims of your breakfast should be to:

- Replenish muscle glycogen stores
- Replenish liver glycogen stores
- Encourage the use of carbohydrate as the main fuel to be used whilst running on an orienteering course.

Low G.I. foods are recommended to be eaten 2-4 hours before exercise to allow a long and sustained release of glucose into the blood during exercise.

Low G.I. foods include –
Porridge (with semi skimmed milk) Fruit and oats

All Bran
Baked beans
Cherries
Grapefruit
Pears
Low fat yoghurt
Fruit juice

Multigrain or wholegrain bread/toast
Dried apricots
Apples
Tinned peaches
Plums
Raisin bread/ fruit loaf

What to eat during exercise?

High G.I. foods are recommended to be eaten during exercise to increase the glycogen stores, which have been used up during exercise. Sports drinks are often used, as the glucose in the fluid is quickly transported to the muscles.

High G.I. foods suitable to eat during exercise include-

Energy sports drinks
Diluted fruit juice (one part fruit juice, one part water and pinch of salt)
Energy bars/Energy gels
Raisins or sultanas
Cereal or breakfast bars
A few Jelly beans/ jelly babies/ jelly cubes (not too many though!)

What to eat after exercise?

Moderate to high G.I. foods are recommended to be eaten as soon as possible after exercise in order for the glycogen stores to be replenished to prepare you for your next training session.

High G.I. foods suitable to eat after exercise:

Energy bars/gels with water
Bananas, Raisins/sultanas
Cereal or breakfast bars
Jelly beans/jelly babies/ jelly cubes
Milkshakes with fruit or yoghurt drinks
White or brown bread with tuna, chicken, cottage cheese, peanut butter or jam
Pasta/rice

In the evening a well-balanced energy-dense meal would be sufficient to refill the glycogen stores and keep hunger at bay in order for the body to recover for exercise in the following days.

Final words -

Carbohydrate is the optimum food choice for fuelling an orienteers performance.

Training hard and competing to the best of your ability, following the principles the

Glycaemic Index is a key to successful orienteering.

Hilary Johnson

(Hilary will be carrying out spot checks of your lunch box for crisps at all future events)

Wednesday Evenings Go Walkabout

As usual we give our normal hosts a break from breakfast with the smell of sweaty bodies. The venues below are liable to alteration, please check on the web site or with Mike Godfree for up to date information. Meet at 7 p.m. (apart from 28/7/04). There is usually someone to run with for all abilities, why not join us exploring the footpaths of Derbyshire?

- 14th July, National Stone Centre, Wirksworth prior to open meeting.
- 21st July Dave Disney, 30 The Ridings, Ockbrook
- 28th July (note 7:30) Derek & Jen Gale, 1 Bent Lane, Church Broughton. Map ref: 212332 (500m from centre of Church Broughton towards Sutton-on-the-Hill)
- 4th August Alex & Evelyn Ross, 51 Yokedcliff Drive, Wirksworth, turn off main road into Summer Lane at mini-roundabout south of town centre, then right.
- 11th August Brian & Pauline Ward, 11 Dowie Way, Crich. Opposite Crich Church, please park near main road in Dowie Way and walk up narrow drive on right.
- 18th August Black Rock picnic site car park.
- 25th August. Open to suggestions
- 1st Sept Robert & Gwyneth Shooter, Rose Cottage, Cat & Fiddle Lane, West Hallam.
- 8th Sep Normal service resumes at 253 Duffield Road, Allestree.

Social Events 2004

Here are some suggestions for social events this year. If you are interested in any of them, please let me know in the next few weeks, so I can make more detailed enquiries.

Chatsworth – Behind the Scenes – Saturday, 18th September. An opportunity to go backstage in the working parts of the house and learn about how the building is looked after. It includes the cellars, joiner's shop and roof. The cost is £17. Minimum of 8 people.

Bakewell Pudding Shop – by popular demand, repeat of the outing we had during Foot and Mouth. The chance to make your own Bakewell Pudding, laugh at everyone else's efforts and, while yours is cooking, to have a two course meal in the restaurant. Numbers between 20 and 50. Cost £10.99.

Barn Dance – to be confirmed but hoping to have this at Wirksworth Town Hall on Saturday 16 October. DVO catering to do the food!

Weekend Abroad – 28–31 October from East Midlands airport to Barcelona, for three nights B & B. Hopefully we can get some cheap flights and I will organise the hotel. Not sure of the cost yet but it would be helpful to know the possible numbers.

Please ring **Viv Macdonald** on 01629 734307 or email to r.macdonald@shu.ac.uk

Summer Series 2004

Remaining Events:

Date	Area	Car park / Grid Reference	Organiser / Planner
18.6.04	Shipley Country Park Heanor..	Follow brown tourist signs from A608 in Heanor	Dave Vincent
25.6.04	Farley Moor Matlock.	295630	Alex Ross
2.7.04	Holmbrook Valley Country Park Chesterfield	355731	Ian Hodson
9.7.04	Bottom Moor Matlock.	323631	Ian Parfitt
Co-ordinator -- Val Johnson 01773 824754 or gmjandfam@aol.com			

4 Courses: Yellow; Orange; Light Green and 'Challenge.

Starts: 6.30 – 7.00pm.

Entry Fees: £1 Seniors 50p Juniors

Just turn up and have a run. Remember you can use events like this to iron out some of those pesky little mistakes that cost such a lot of time in competitions that really matter

Odds and Sods

Parish Notices

Notice is hereby given that the next Open Meeting will be at the National Stone Centre building north of the High Peak Trail, Wirksworth, on Wednesday, 14th July at 2030 (run at 1900 for the usual suspects and anyone else who feels the urge). I'll bring a kettle this year. The AGM will be at Belper Leisure Centre on Wednesday 27th October 2004, not September, Tony, from, ooh, 2015 onwards. Compose your resolutions now.

Prestigious Event of the Month. Black Rocks. How many local events can claim as many as five elite runners amongst their competitors. That was the boast of 15th May's modest little affair at Cromford which was blessed with the presence of Oli Johnson, Matt Crane, Rob Baker, Michael Sprot and Jenny Whitehead, all of whom saw it as prime training opportunity for the following weekend's Lake District Short Race. We saw some of them a few hours later 150 miles south, running round Pippingford in the Harvester Relay. Can't these people get enough orienteering?

Most Expensive Event of the Month. Liz Godfree's course at the British Short Champs was 1.9 km long. Her entry fee was £10.00. You do the maths. This probably explains why people with the surname Godfree made up 5% of the competitors, and Buckley 3% - or does it just say something about people with the surname Godfree and Buckley?

Ouch. Which DVO junior has been grounded until she removes the stud from her belly button?

The Fixtures Secretary's Valedictory Message to the Nation

Dear All,

There's good news and there's good news. First the good news. All officials' posts to the end of the year have been filled. Shirkers out there can breathe a sigh of relief, while volunteers can shine up their haloes. It's particularly good for the club to have first-time organisers Emily Hopper, Rob Williams and Dave Vincent and first-time planner Dave Bennett getting their names in there.

Now the good news - there are plenty of exciting opportunities for 2005. They're shown shaded in the table below. My telephone number is 01773 880353. Go on .. just press those numbers and tell me which event you'd like to be involved with.

And the other good news is that from the start of July I will no longer be a resident of Derbyshire. If anyone fancies a weekend break just down the hill from Offa's Dyke, my B and B rates are most reasonable .. though you might have to decorate your own room before you can sleep in it. I'll still be around on a regular basis .. (I thought you said it was all good news - Ed). I have Eyam to plan for December, for one thing. I haven't yet decided what to do about club membership next year. After 25 years in DVO, and being the second or third most long-standing (standing?) Wednesday evening drinker, it might be strange to become estranged. We'll see about that one. But attending meetings and sorting fixtures will be too much. So, from the AGM in October, you're going to need a new Fixtures Secretary.

Date	Venue	Level	Organiser	Planner	Controller
5.9.04	DVO Club event + picnic, Ilam	-	Val + Graham Johnson	As organiser	Not required
12.9.04	Calke	C4	Emily Hopper and Rob Williams	Malc Spencer	Colin John
18.10.04	Elvaston	C5	Val Johnson	Dave Bennett	Not required
24.10.04	Black Rocks	C4	Dave Vincent	Rex Bleakman	Ranald Macdonald
5.12.04	Eyam	C3+	S Kimberley Asst: P Beresford Entries R Shooter	Dave Brodie	Ray Barnes NOC
2.1.05	Street Event, Belper		Graham + Val Johnson	As organiser	Not required
6.2.05	Farley Moor or Whitesprings	C4			
6.3.05	Longshaw	C3	Viv Macdonald + Margaret Keeling	Paul Addison Assistant: Brian Denness	tba
24.4.05	Crich	C4			Brian Ward
15.5.04	Bow Woods [tbc]	C4		Rob Smith or Steve Buckley	
5.6.05	Kedleston	C4	Asst: Dave Disney	Sue Russell	
2.10.05	Carsington [tbc]	C4		Derek and Jen Gale	
8.10.05	Shipley, British Schools Score Champs			Val Johnson	tba
6.11.05	Stanton Moor	C4	Tracey and Ian Grant	Dave Chaffey	

Dave Brodie

Derbyshire Schools Orienteering Championships

**Saturday 10th July
Holmbrook Valley Park, Chesterfield.**

Entry Fees : £1 (Junior rate)

Individual and Team Competition

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

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

Certificates for all finishers.

Primary and Secondary Team Trophy awarded for best 6 scorers.

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

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

**A risk assessment is in place for this event.
Please contact the organiser for a copy.**

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

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

1. FITNESS TRAINING

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

- Monday evening runs with Matlock AC
- Monday evening (longer) runs throughout Derbyshire,
- Wednesday evening runs from Belper or Allestree depending on the week.
- Friday evening Summer Series, details elsewhere in Newstrack.

2. TECHNIQUE TRAINING

In the last issue I advocated using local and district events to fine tune your techniques. This is obviously good advice as British Squad members turned up to our recent Black Rocks C5 event and did just that. They used a Light Green course to train for the British Sprint Championships, setting off at 1 minute intervals and racing as they would be the following weekend.

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

Beginners Tip. *'Folding & Thumbing'*

Folding your map into a more manageable size then keeping your thumb on the bit where you are and moving it as you pass recognizable features means that you don't have to search all over it to find out where you are.

Club Coaching Day in the Lake District on Saturday 22nd May.

11 club members joined me an afternoon of technique training. On an area that offered a variety of terrain, we practised contour and map interpretation. Thanks to all who came, hopefully something was learned.

Indoor Session for all ages and abilities

Watch out for details of an indoor technique and fitness session in the Autumn. A chance to take part in a fun session followed by food and chat. If you've never been to a DVO 'do' why not make this your first.

Advance warning of a second Club Coaching Day on 30th October once again in the Lake District (the day before Haverigg Regional Event). I will not be able to go to this event, if you would like me to arrange a session with another coach then please let me know.