

NEWSTRACK

MARCH 2006



Great Moments from the Orienteering Archives

**Theseus meets with a spot of bother whilst planning a string course in the
Labyrinth**

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

Having just completed our second planning experience at Carsington Pastures my immediate thoughts were that we have done our bit for now. But that led me on to consider the nature of our amateur sport where we are heavily dependant upon volunteers to perform various essential duties. Being part of an orienteering community means sharing all the roles in a proper 'give and take' attitude. Yes, it is nice to go to an event in the Lake District, say, enjoy your run (or otherwise), then depart for home leaving the local club to do all the work. The converse of this is, of course, that we have to put the events on for them to similarly enjoy. This requires the club to have enough willing helpers to put on these events and DVO can feel pleased that we are well able to do this. However, there has been a request from our last Open Meeting that more events are staged nearby and the current schedule certainly appears to meet this need. Inevitably this will mean more helpers are needed and I would appeal for more DVO members to volunteer to help whenever and wherever they can. It's a great way to get to know more people and be more involved. We are also going to need more organisers and planners. These roles can seem daunting, but for anyone prepared to give it a go there'll be help and guidance on hand, maybe taking the option to try it first in a supporting role. I must say that there is something very satisfying about watching people running on a course that you have set. It was a bit difficult to do that at Carsington when the mist descended though! However, we will be back to planning soon.

Derek Gale

Open Meeting 12th April 2006

The Next Open Meeting will be at Belper Sports Hall on Wednesday, 12th April 2006 starting at 8:15pm. The agenda will be

- Feedback from items raised at the last open meeting
- Organisation of a District Event (The Fixtures Committee are looking at revising the Organiser's Handbook and this will be an opportunity to discuss this)
- Coaching -- bring a mat and try out some core stability exercises!
- Open Forum

Welcome to New Members

A warm welcome to the following new members of DVO:

Roselyn & John, Alice Sam Malone

Mike Bradley

Jessica Gale joins as a Junior

Ian & Marie Webster

We Are the Champions!

Congratulations to DVO's two new Midlands Champions:

John Duckworth (M40) and Pauline Ward (W60)

And the following East Midlands Champions:

Jessica Gale (W10)

Harriet Lawson (W12)

Erin Malley (W18)

Sal Chaffey (W40)

Pauline Ward (W60)

Ben Beresford (M12)

Paul Beresford (M35)

Dave Chaffey (M40)

Winners of the Awards

The Club held a very successful dinner at Wirksworth in January at which the Club Awards were presented. For the record these awards went to:

Orienteer of the Year – Matt Dickinson

Junior Orienteer of the Year – Ben Beresford

Most Improved Orienteer of the Year – Liddy Loudon/Steve Taylor

Most Enthusiastic Newcomer – Mark Nowak

Sports Personality of the Year – Evelyn Ross (for using someone else's car as a changing room)

Journalist of the Year – Graham Johnson

Well done to every winner and thank you to the DVO Catering Team for the dinner itself.

DVO Address List

The new DVO address list is now available and can be viewed on your computer. Hopefully most of you have received your copy by email, if you haven't yet received it then this means I do not have your email address. If you would like a copy then please send me an email to dvoclubsec@fsmail.net. Also if you find that any details of your own address are incorrect or would like them changing please let me know.

Once I have an up-to-date address list I will then get a printed copy sent out for members that do not have a computer. Sending the address list out in this format means it can be updated more frequently; it is hoped to publish a printed copy to non-computer users once a year.

Paul Beresford

BOF Club Coaching Day (Saturday April 22nd)

A Club Coaching Day is to be held in the Lake District at Bishops Wood (used for JK 2004 Relays and JOK Sprint 2000 and 2006) on Saturday 22nd April. This offers a golden opportunity to get that technical practice done without the pressures of competition, and with the help of coaches to help put right those little errors that always seem to cost so much time.

Why not make it 4 weeks orienteering in a row? (BOC, CompassSport Cup, JK, Lake District): Combine this coaching event with the regional event on Sunday 23rd April on Graythwaite (as used for World Cup 1998, and JK 2004, and arguably the best area in the whole of England).

Contact Val Johnson to book your place for the Saturday – enter the Sunday event in the usual way.

If there is enough demand then there is the possibility of floor space but please let Val know quickly so that she can book it.

Newbury – My First National as W60

(Possibly not the stunning start I'd envisioned)

So, there I am, looking for number 2, obviously with that "where am I?" expression on my face, when this chap trots up and says politely "Are you temporarily unsure of your location?", so much nicer than asking if you're lost. Even with the information that the open was "just down there" it still took me some time to find the thing – which is where I found the 3 young lads, one in tears. "Are you alright?" I asked (one of my more insightful questions) and used the fact that I actually knew precisely where I was to point them in the right direction.

Oddly enough it was roughly the same part of the map that caused me grief at number 12 and I obviously wasn't alone. Here I met another young lad looking bemused; he approached me (obviously we aren't the only family who advise the offspring in extremis to approach middle-aged female orienteers who aren't travelling too fast) and fortunately for him I hadn't long left number 11, so was pretty confident in pointing him up the hill. However, by the time a lady closer to my age enquired if I could tell her where she was, the answer was, no sorry, no idea. By the time I'd worked out the veg boundary I was desperately trotting up and down wasn't the medium green and that it was further up the hill, she'd long gone.

As you can see, it was a very sociable day – even out on the course, but also a wonderful day. The blue skies and sunshine and a forest floor covered in crispy, golden leaves brought to mind the orienteering salutation that sums up the sport for me, "May you always run in sunlit forests".

It was a brilliant area and a wonderful sunny day and in an odd way, messing up the second control freed me to enjoy the rest of the run, knowing minor errors really weren't going to make much difference.

Jen Gale

Plea for EMOA officials

I know that committee work is not everyone's cup of tea but it can have its own rewards. There are key vacancies on the East Midlands Orienteering Association's Executive Committee and with DVO's representation being particularly low at present I would like to fill some or all of these posts from our numbers. EMOA currently needs a Chair, Vice-Chair and Treasurer so if anyone is interested can they let me know.

Derek Gale

Accommodation for JK and British

DVO have booked two halls which provide floorspace for either the JK or the British.

BOC: Duncton Village Hall - according to Barrie Pearson SO, cream of the cream of halls good cooking / toilets / washing facilities. Cost each person depends on numbers but we need to make £175 for the one night.

JK: Sat. 15th and Sun. 16th April Newton Village Hall (north of York nearish to A1) has cooking / toilet / washing facilities, kitchen has a couple of domestic cookers. Cost each person depends upon numbers but we need to make £100 for weekend.

Names to Val Johnson ASAP

Dear Club Members...

It's not often I feel compelled to grumble about DVO members (honest) but I have noticed at recent events that, generally, it is the same people, time after time, who help run the events and we see the same people, time after time, who turn up, have a run and go home to their bath and lunch and don't lift a finger to help.

Why should only a few of us have the privilege of standing for several hours in the pouring rain at Stanton Moor, in quagmire fields pushing cars at Linacre and in the freezing fog at Carsington? Then again, we have had some really nice days.

I know that we can run events with fewer helpers now but it would be nice if some of you could volunteer, even if only for an hour or so, to spread the load before the regulars get fed up and we find it difficult to run events. Next time there is a call for helpers, pick up the phone or email the organiser; it doesn't take much effort.

Grumble over ...

Viv Macdonald

Anyone for Venice?

Last November, 14 of DVO's finest – Gawd help the rest of you – journeyed to Venice for Street O with a difference, joining in excess of three thousand orienteers from all parts of Europe who, ignoring the distillation of a thousand years of the finest art and architecture that Europe has to offer, chose to chase around its streets looking for red and white pieces of paper.

Whoever designed Venice probably never gave any thought to the possibility of its use for orienteering but if they had, it's difficult to imagine them making a better job of it. The whole place is a literal maze of narrow streets, passages and alleys, offset with courtyards and dead-ends and intersected by a network of canals and bridges.

If Venice is a picture, then the map was a study in grey and white, built-up areas designated by the former, streets by the latter. Every single one had been lovingly recorded by the mapper, even to the extent of marking archways and tunnels, and the location of every fountain and lamp post, all the better to locate control sites.

The event centre was a sports centre at the eastern end of the city, apparently a tribute to the Soviet architecture of the thirties, a monolith of grey concrete but containing a gym in which about three thousand orienteers of thirty nationalities had deposited their belongings. It was quite an experience to stand, looking over a room seething with humanity in various stages of undress, the air filled with an unintelligible hubbub of multilingual voices.

It was interesting to compare with a British event. There was no equivalent of Ultrasport or Compasspoint, in fact the commercial side of the event was underdeveloped. I don't know what the Italian for Wiif is but there were no food outlets either, strangely in the gastronomic extravaganza that is Italy.

The start was set up a couple of hundred yards away alongside a canal, beneath a huge digital display showing race time. All courses ran to the end of the canal before turning left over a wooden bridge. Once over the bridge the whole of Venice lay before you.

Used to courses being distinguished by length and height, I was not prepared for the jettisoning of the latter in favour of a more relevant measure – the number of bridges an ideal route should cross. Val's D40 was a 40 bridge course, mine, I think, had 58. I never bothered to count how many I actually did go over. They varied hugely in size from the Rialto itself to tiny concrete edifices spanning canals no more than a couple of metres in width. Occasionally there'd be a double bridge, one at right angles to the other, at the junction of two canals, where a sharp turn after the first bridge was an essential skill if a watery fate was to be avoided. Once, as I ran over a bridge, a gondola slid effortlessly in synchronicity beneath me, and I realised what a truly special event this was.

The controls were flat, laminated displays of the familiar red and white triangles, each chained together with the SI unit to some permanent feature to thwart the

light-fingered, although given the difficulty that I had in finding them, theft was not a high risk possibility.

My first control was a good kilometre away. My eyes swam as the grey and white merged into one swirling mass of detail as I tried to make out the most viable route. Crossroads, splits, double bends, parallel routes ensured an endless succession of decisions, each to be taken instantaneously, the price of a wrong one, hopeless bewilderment in a mass of alleyways, each identical to the next.

It is perhaps churlish to say it but the only irritant spoiling the perfect street orienteering event were: non-orienteers who insisted on getting in the way. The lack of consideration of some people. Perhaps the organisers might have considered advancing the start times by a couple of hours but by eleven o'clock, even your average tourist has roused himself and is on the roam, intent on absorbing as much culture, pasta or prosecco as possible. And they all seem to be heading the opposite way to me.

The Grand Canal, snaking through the centre of the city, is bridged only three times, restricting planning on most of the longer courses. My course first headed north-west, then into the western section of the city over the Rialto before returning over the more southern Accademia and back to the finish in the east. The only time I got well and truly run-round-in-circles lost was when my course took me up the main market street where movement was even more impossible than the more impenetrable parts of Sutton Park that I was recently imprisoned in. Seeking an alternative route, I dived into a labyrinthine complex of passages to my left but lost concentration and myself in rapid succession.

Later, returning through the more popular areas, I took to jumping on top of walls and into shop recesses to avoid the most intimidating examples of the species otherwise known as *Touristicus Americanus* – unfortunately not endangered – one of whom gave me a hefty shove for my troubles, and believe me, there was plenty of him to shove.

Navigation was becoming easier as the streets became more linear and the interjection of squares more regular. With three controls to go, I opted for safety by aiming off from one particularly large example ahead – and realised that this was no ordinary square, this was St Mark's. This merely underlined the surreality of the event; so absorbed had I become in the navigating that I had failed to identify perhaps the most famous piazza on the planet.

A couple of controls and it was literally into the final strait that the planner had placed adjacent to the waterfront running east from St Mark's. The only time I've come close to that experience was running up the Mall at the end of the London Marathon. Truly unforgettable.

Graham Johnson

STOP PRESS

For those who ordered the Trimtex tops I am expecting delivery in the next week or so and will distribute at BOC so have your chequebooks ready please.

Val Johnson

CLUB DEVELOPMENT

A lot has been happening in the club development area recently, not least the appointment of Val Johnson as a Community Sports Coach for Derbyshire from 1st February 2006. The post is funded by the Derbyshire Community Sports Partnership, the BOF Development Fund, the East Midlands Orienteering Association and Derwent Valley Orienteers, these sources being matched by funding from Sport England's Community Sports Coach Scheme. The main purpose of the post is to introduce more young people into orienteering, primarily through extra-curricula delivery on school sites and coaching within the club to both increase participation in the sport as well as raising performance levels.

However, Val will also be responsible for working with the Development Committee to address the coaching aspects of our Development Plan and we are currently reviewing the plan to ensure that it provides a manageable and measurable programme of work for Val. This will include setting up a club Junior Squad, ensuring an appropriate coaching programme within the Club and the recruitment and mentoring of new coaches.

Val attended the BOF Coaching Conference in February and is arranging for the club to attend future BOF coaching days, as well as putting on specific days for the club and EMOA. She has also been working with schools across the county and orienteering is beginning to have a much higher profile in many schools.

The Club has been working closely with Pauline Olivant, our Regional Development officer, whose post is funded through PE School-Sports Club Links (PESSCL). PESSCL funding is being made available for work in specific schools, providing maps, training and support.

Rex Bleakman has also been working with schools in South Derbyshire providing maps, training for teachers and introducing youngsters to orienteering. He is also working with schools and community sports colleges in Derby City to bring together secondary schools and feeder primary schools using schools grounds, local parks and progressing to Local Events and schools competitions.

So, what is needed from others in the club? Firstly, we can all benefit from coaching and I hope you will support the various coaching and training activities which Val will put on for us. This will include coaching sessions, circuit training, debriefing at events and activities for the Junior Squad. We hope to have many more competitive juniors in the CompassSport Cup, Yvette Baker trophy and to be able to put a team in for the Peter Palmer Relays.

Secondly, we need more people to come forward as coaches as we cover such a large area as a club and have very few coaches to meet the developing needs. Do have a word with Val if you are interested as the club will pay for you to attend the necessary course and Val will mentor you towards the assessment.

Finally, let us have your ideas for further activities which will further both club and individual development.

Ronald Macdonald, DVO Development Officer and Derek Gale, DVO Chair

Interland 2006

Interland is the annual pentangular competition for M/W 14 – M/W 60+ (3 runners of each with 2 to count) between England, Holland, N.W.Germany & Belgium (Flemish and French speaking) This year it was the turn of the Germans to host the event in Warendorf Forest near Munster. The map showed a mix of forest and open military training area. The 42 members of the English Team & 7 travelling (junior) reserves, drawn from as far afield as Edinburgh, Newcastle, Manchester and Bodmin Moor assembled at RAF Uxbridge on Friday 24th Feb. and travelled by coach and ferry to Ouisst Dunkierke Youth Hostel. On Saturday, it was on to the Military Sports Academy at Munster for a park race. This was an opportunity for a sprint - or a leg stretching jog round the campus - mapped at 1:4000 with 2.5 metre contours.

After an excellent evening meal, English O-tops and badges were presented to those new to international competition. There followed a pep talk from our team manager, John Rye.

Sunday morning it was very cold; 30 mins. drive in the warm coach to the competition area meant we weren't sure how many layers to wear. The 1.5 kms to the start with snow flurries and frozen ground meant that loads of kit was deposited at the start. In true military fashion, John shouldered a heavy dustbin sack and yomped back to base. I had a steady run, with 2 small mistakes. The results showed a comprehensive win by England, taking the top 2 places in all the veteran women's classes. Others from East Midlands were Peter Hodgkinson and Laura Evans. Karen Heppenstall (CLOCK) had an excellent run to win D21, and went forward to receive the trophy on behalf of the English team.

It was a treat to be able to enjoy a hot shower at the event before team photos and then a dash back to Calais to catch the ferry. The mixed ages made for a very enjoyable, if rather hectic weekend. Thanks are due to John Rye, assisted by Beth Clayton and Jon Wheatcroft. Thanks also for financial assistance from EOC.

Full results can be viewed on <http://www.parktour.de/Interland2006/>

Pauline Ward

2006 Summer Series

6 Events on Friday Evenings

9th June - 21st July

Courses for all, beginners, improvers and experienced

All for just £1 (50p juniors)

Further details through e-group, the website and the May edition of Newstrack.

Local Fixtures

March 2006

26th EM LEI Regional Event. Belvoir, Grantham. SK817337.
C3 CD: 03/03/06. Entries: Roger Williamson, 01509 412132.
rwilliamson63@aol.com £7.50/£3.50. EOD + £1.00. EPS-SI. Lim CC
courses - White, Yellow & Orange - £5.00/£3.50. String course.
Dogs in Car Park only.

26th YH EBOR District Event. Hovingham High Woods, Hovingham.
C4 Maggie Fountain, 01904 704717. john.fountain@tesco.net
£4.00/£2.00. EPS-SI. String course. Parking £1.00. Dogs on lead in
assembly area only. www.eborienteers.org.uk

April 2006

1st-2nd SE BRITISH ORIENTEERING CHAMPIONSHIPS WEEKEND
1st - BOC2006. Furnace Wood & Woolbeding, Midhurst. SU880265.
2nd - British Relay Champs. Furnace Wood, Midhurst. SU880265.
Entries: CD: 18/03/06. - see website. www.boc2006.co.uk

9th NW MDOC CompassSport Cup 1st round. Macclesfield Forest,
Macclesfield. SJ970720.
O3 Paul Jarvis, 01625 585056. EPS-SI. Standard CSC courses +
W/Y. Dogs in car park on leads. Starts 1000 - 1300. Bus/minibus
transport preferred as parking is limited. See notice from Club
Captain.

15th-17th YH JAN KJELLSTROM ORIENTEERING FESTIVAL
C1 15th - JK - DAY 1. Ilkley Moor, Ilkley.
C1 16th - JK - DAY 2. Keldy, Cropton, nr Pickering.
R1 17th - JK Relay. Bramham Park, Bramham. SE409417.
Entries: Dave Binks, 13 Stone Riggs, Stockton on Forest, York,
YO32 9UG, 07803 938159 (before 9pm). entries@jk2006.org.uk CD:
31/03/06. See www.jk2006.org.uk/ Chq: JK2006. EPS-SI. String

23rd NW LOC Regional Event. Graythwaite, Hawkshead. SD368925.
C3 Entries: Janet Nash, 11 Hayfell Rise, Kendal, Cumbria, LA9
7JP, 01539 725921. entries@lakeland-orienteeing.org.uk CD -
postal: 31/03/06. CD - internet: 06/04/06. £8.00/£3.50. Family 2 & 2+
children £21.00. Lim EOD +£2.00/£2.00, family +£5.00. Chq:
Lakeland OC. EPS-SI. String course. Lim CC courses. Parking
£2.00.. No late entries. www.lakeland-orienteeing.org.uk

23rd YH SYO District Event. Cawthorne, Barnsley. SE297097.
C4 Colin Best, 0114 230 2621. colinallanb@yahoo.co.uk
£4.00/£1.00. EPS-SI. String course. Parking £1.00. No dogs.
www.southyorkshireorienteers.org.uk

23rd EM LEI District Event. Grange Wood, Ibstock. SK425093.
C4 David LeBoutillier, 0116 2910274. dave@dleboot.f9.co.uk
£5.00/£1.50. EPS-SI. Parking £1 Dogs on Lead. www.leioc.org.uk

Apr 29th-May 1st TRIPLE O SEVERN WEEKEND

C2 29th - SARUM Day 1 Fonthill, Hindon. ST910310.
C2 30th - **BOK NATIONAL EVENT.** Stourhead, ST750330.
R3 1st - BOK Day 3 - Harris Relay. Gaer hill, ST780400.
Entries: Peter Foster, 8 Winsor Road, St Andrews, Bristol, BS6 5BP,
0117 942 1572. pfoster001@tiscali.co.uk CD: 02/04/06. Day 1:
£7.00/£2.50, Day 2: £10.00/£4.00, Day 3: £8.00/£3.00. Entry for all 3
days: £22.00/£8.00. Chq: Bristol OK. EPS-SI. String course. Lim CC
courses. Internet entries preferred, CD: 16/04/06. Dogs on leads in
car park only www.sarumo.org.uk/triple-o-severn

29th EM DVO Local Event. Ilam Country Park, Ashbourne. SK131507.
C5 Val Johnson, 01773 824754. Gmjandfam@aol.com
£2.50/£1.00. White to Light Green. Dogs in car park only.

May 2006

7th YH SYO Regional Event. Greno Woods, Sheffield. SK330950.
Entries: Michael Sprot, 72 Blake Street, Walkley, Sheffield, S6 3JR,
0114 201 3592. msprot@ufi.com CD: 19/04/06. £7.00/£3.00. Lim
EOD + £2.50/£1.00. Chq: SYO. EPS-SI. Lim CC courses - Up to
Light Green, String course. Parking £1.00. Dogs on leads in the car
park. www.southyorkshireorienteers.org.uk

13th EM DVO District Event. Bow Woods, Lea Mills, Matlock. SK315560.
C4 Neil Forrest, 01629 583899. neilentansley@yahoo.co.uk
£5.00/£1.00, Family £11.00. EPS-SI. String course. Dogs on lead
in car park only

21st EM DVO District Event. Crich Chase, Matlock. SK355525.
C4 Dave Walker, 01332 57003. dave@walkerj222.freemove.co.uk
£5.00/£1.00, Family £11.00. EPS-SI. String course. Parking £1.00.
Dogs in car park only.

27th-28th SOA NATIONAL EVENT & SCOTTISH CHAMPIONSHIPS
C2 27th - NATIONAL EVENT. Glen Dye, Banchory. [NO662907](http://www.no662907.co.uk).
R4 28th - Scottish Relay Champs. Bogendreip, Banchory.
See: www.grampoc.com

27th-29th SW Tamar Triple Regional Event
C3 see: www.tamartriple.org.uk

June 2006

10th EM DVO Local Event. Foremark Reservoir, Melbourne. SK335241.
C5 Dave Walker, Email: dave@walkerj222.freemove.co.uk
Tel: 01332 574003. £2.50/£1.00. White to Light Green. Parking
£1.50. Starts 10.30 to 12.30.

COACHING CORNER

Why Bother with Coaching?

Yesterday, as part of my role as Community Sports Coach, I went to the East Midland Sports Coach UK Coaching Conference – not something I would have normally chosen to do on a Saturday, I must admit, but the email from the Sports Development Department 'suggested' I should go, so I did.

These events, I thought, are never any use, I will be wasting my time, what could I possibly learn from the sessions on offer? – they never relate to orienteering. How wrong I was. I won't go into the whole content of the day but, suffice to say, I came away enthused, after sessions highlighting the impact of quality coaching on performance and long term athlete development, with knowledge and ideas which I hope to put into practice in the coming months.

More importantly I came away with a message: I thought I knew enough about coaching, but I didn't. I still need to go to these events, they are valuable, they offer the chance to update knowledge and understanding and provide new skills.

In the same way, those of us who have been orienteering a while may think we know what to do and how to do it, but we don't. And those who have only just started may think that coaching is only for the 'good' orienteers or juniors, but it isn't. Coaching is for everyone, it gives us the chance to practice and train, to learn the technical skills, to improve, achieve and enjoy our unique sport more.

Val Johnson

DVO offers the chance of coaching throughout the year with specially organised sessions (see adverts throughout this magazine) and at the Saturday morning low-key events. This year, coaches will be available at the Summer Series of Friday evening events with exercises and advice.

A new initiative is also to be implemented at District events where coaches (and experienced club members) will be available at enquiries after 12.30pm with maps of all the courses, offering the chance to discuss route choices, techniques and offer advice.

Core exercises: Beyond your average abs routine

Did you know that your core – the area around your trunk and pelvis – is where all movement in your body originates? Core exercises are an important part of overall fitness training that, except for the occasional sit-up or crunch, are often neglected.

To get your core muscles in better shape, it's important to understand what your body's core is and how you can strengthen it.

Understanding your core

Your body's core is where your centre of gravity is located. A strong core gives you a more stable platform for sports movements. A weak core can make you susceptible to muscle injuries.

What is a Core Strengthening Programme?

A Core Strengthening Programme is an exercise programme that aims to improve stabilisation and support to the spine. This is achieved by re-training specific trunk muscles, which may be under-used.

Once these stabilising muscles have been strengthened, the muscles of the arms and legs will have a more stable base to work from. This allows you to carry out movements with more control, and is thought to improve the quality of your movement.

How will it help you Orienteer better?

- It will provide more support for your back.
- It will provide a more stable base for arm and leg movements, improving the control and quality of your body movements.
- Both of these may reduce the risk of injuries
- It will improve your muscular co-ordination during movement.
- As the stabilising muscles gain more endurance, you will be able to perform movements without your technique deteriorating excessively due to fatigue.

What should you do then?

There are several different types of exercise programmes that will help you build up your core strength. Information can be found quite easily on the internet, and classes exist at most sports centres. Why not come along to the next Open Meeting on 12th April at Belper Sports Centre and have a go at some exercises.

PS - DVO will be reviving its very own circuit sessions in the Autumn, so watch this space.

Editorial

Many thanks once again for all the contributions. I tried to pull the copy date forward to enable printing while I was travelling on business, but in the end missed this plan and hence its all a bit late getting out – I do hope it's worth the wait?

Apologies to Val, who sent me loads of material for the new junior section but which got scrambled in the ether somehow. I think I've recreated it as it was intended, but if not, then I'm sorry. Importing anything other than simple text is obviously too difficult for me and my humble (and ageing) pc!

DVO

Just for ^ Juniors

This is it, a few pages of Newstrack just for the younger members of the club. Hopefully, here you will find items of interest about events, tips about how to get better at Orienteering and general bits and bobs, gossip and the like. With a bit of luck, some of you juniors out there in DVO land might even feel moved enough to offer your own thoughts. Let me know how you get on at events.

Val

COACHING 1

For Juniors who run Orange standard courses and above.

Saturday March 25th
1.00 - 4.00pm
Carsington Pasture

Sunday March 26th
10.00am - 1.00pm
Black Rocks

Exercises aimed at interpreting the map and using your compass.

COACHING 2

For Juniors who are running Yellow and Orange standard courses.

Easter Holidays Date TBA
11.00am - 2.00pm
Bestwood Country Park
Nottinghamshire

Short exercises aimed at the basics of Orienteering - getting to know the map and setting the map.

If interested please contact Val so that a date that meets as many preferences can be arranged.

Book your place now: contact Val Johnson on 01773 824754 or email: gmjandfam@aol.com

KIT FOR JUNIORS

One idea the committee is thinking about at the moment is the possibility of DVO Junior Kit - something that you would like to wear for orienteering events. Have a think about it, I'll be asking for ideas at the next few events.

Junior Relay Teams

BRITISH CHAMPIONSHIPS

M/W12
Ben Beresford
Nathan Lawson
Harriett Lawson

Adhoc
Erin Malley
Daniel Kimberley
Jessica Whitehead

JK

M/W12
Ben Beresford
Harriet Lawson
Nathan Lawson

M/W40-
Thomas Wright
Simon Wright
Emma Vincent

M/W12
Amy Kimberley
Nicola Jackson
Tom Gale

Mixed Ad hoc
Daniel Kimberley
Erin Malley
Jessica Whitehead

Mixed Ad hoc
Samantha Vincent (with 2 seniors)

COMPASS SPORT CUP

1ST Round Sunday April 9th

DVO

v

AIRE v DEE v MDOC
v SROC v LOC

Macclesfield Forest
(SJ970720)

2 courses just for juniors
Orange M/W14-
Light green M/W 18-

If you can run these courses then
contact Val Johnson

DERBYSHIRE SCHOOLS

ORIENTEERING CHAMPIONSHIPS

Saturday July 8th
Elvaston Castle
Derby
SK412332

Courses for all abilities.
(White - Light Green)
Prizes for individuals and teams.

Entry on the day - £1
Organiser: Val Johnson

Riber Hillside

Riber Hillside is the new name for the area previously known as Bow Woods. The area to be used for the colour coded event on Saturday May 13th is however much larger than that covered by the original map last used in the mid 1990s. The original map used Bow Woods and part of Coumbs Woods. The new map covers more of Bow Woods (Woodseats Wood), more of Coumbs Woods and Littlemoor Woods. The land ownership is as follows:

- Bow Woods - Woodland Trust, John Smedley Group and Woodseats Farm
- Coumbs Wood - Bow Woods Farm, Castle Top Farm and Pear Tree Farm
- Littlemoor Woods - High Leas Farm.

With assembly on Hearthstone Farm you can see getting land access permission is no easy task. Such is the complicated nature of the area that it was only half in jest that the map nearly received the name "Uttley Complex". No, that it is not a misspelling, but a pun honouring the author and scientist Alison Uttley famed for her children's stories including the "Little Grey Rabbit". Alison Uttley was born on the area at Castle Top Farm.

Alison Uttley 1884-1976

Born at Castle Top Farm near Cromford on 17th December 1884, Alice Jane Taylor, was the first child of Henry and Hannah Taylor.

She started school in the village of Lea when she was seven and as a child revelled in the wonderful festival traditions of Victorian England, memories of which she later recaptured in some of her books. She was later educated at Lady Manners School, Bakewell where she developed a love of science, and won a scholarship to read physics at Manchester University. In 1906 she became only the second woman honours graduate of the university.

She married James Arthur Uttley in 1911 by whom she had one son, John Corin Uttley, 1915 - 1978. James Uttley died in 1930, his health broken by service in the Great War. She turned to writing as a means of supporting herself and her young son. As an author she used the name, Alison Uttley, and her works included a series of tales about animals, such as little Grey Rabbit, the little Red Fox, Sam Pig and Hare. Her writing career blossomed, and she continued to write stories for children, whilst expanding her range by writing for older children and adults. Her 'country' books, beginning with "The Country Child" (1931) and continuing with series of essays on country themes, such as "Country Hoard", were extremely popular, due to her uncanny ability to remember the smallest details of her childhood and express them with beautiful poeticism. She remained fascinated by dreams and fantasy, and this is shown most clearly in arguably her most famous book "A Traveller in Time" which blended dreams and historical fact. Although fiction, "A Traveller in Time" is said to be set in the woodlands and farms which you are now orienteering on.

Eventually settling in Beaconsfield, Buckinghamshire in a house named "Thackers" after the farm in "A Traveller in Time", Alison Uttley wrote over 100 books. She was given an honorary Litt.D by Manchester University in 1970 in recognition of her literary achievements. She died on 7th May 1976.

Paul Wright (with help from www.derbyshire.net and archive notes from John Rylands University Library, Manchester.)

Captain's Slog

The well known orienteer, T S Eliot, reckoned April was the cruellest month; he must've been looking at my results at the last few JKs. It's certainly the busiest for a club captain as we go for the Triple Whammy:

Kapow! Weekend 1 – 2nd April - The British Relays in West Sussex

Draft teams have been on the web for a while but for the benefit of those Luddites without access to ye olde Internette (so that's Tony Berwick, then), the draft teams, still subject to change, voluntary or enforced, follow. The leg order can be agreed between the team members unless restricted by the format. Teams can interchange members so long as they let me know. Since I've spent so long on drawing up suitable combinations, trying to make as few enemies as possible, it would be appreciated if everyone did not get themselves injured in the next few weeks, otherwise I'll have to start all over again.

M/W12		
Ben Beresford	Nathan Lawson	Harriet Lawson
Mixed Ad Hoc		
Erin Malley (4.5km Green)	Daniel Kimberley (3.5km Green)	Jessica Whitehead (2.5km Orange)
Men's Short		
Dave Bennett	Dave Chaffey	Paul Beresford
W40		
Sue Russell	Val Johnson	Ann Marie Duckworth
M40		
Steve Kimberley	Dave Lawson	John Duckworth
M50		
Alex Ross	Ian Whitehead	John Hurley
Mike Godfree	Graham Johnson	Jayne Malley
W50		
Helen Finlayson	Liz Godfree	Viv Macdonald
M/W60		
Pauline Ward	Doug Dickinson	Derek Gale
Jen Gale	Brian Ward	Tony Berwick

The eagle-eyed will observe that Jayne Malley has become an honorary M50 for the day and I've had to upgrade the Junior Ad Hoc to a Senior due to the venerability of Daniel Kimberley.

Remember, DVO pays half your entry fee so the contribution is £5.00 for Adults and £2.50 for Juniors (even Juniors, inc. Daniel, on the Ad Hoc).

**Zoink! Weekend 2 – 9th April – CompassSport Cup –
Macclesfield Forest**

After extensive lobbying, we have been allocated Macclesfield Forest, a regional event area for the price of a district. Everyone has their part to play in this one. Although it's obviously the top-placed competitors from each club who actually score, you can still hurt other clubs by displacing their competitors in the list of finishers and ensuring that, if they do score, it's lower than they otherwise would have done. Is that clear? If it isn't, the message is: do your best. Your club needs YOU!

Details from the organiser are brief at present but I am informed that Start times are from 10.00 until 13.00. MDOC will allocate start times in advance of the event. Each club will receive a list of start times for each course, at approximately 9 minute gaps. Club captains then decide who runs and when (power, at last!) and provide MDOC with competitor details beforehand. So I suppose I need to know if you're running. Start allocations will be sent out by MDOC this week.

Car Parking will at a premium so PLEASE share a car.

To remind you, the course splits are as follows:

Course	CompassSport Course	Eligible Age	Course Size
1	Brown	Men Open	Large
2	Blue Women	Women Open	Small
3	Blue Men	M45+ M20-	Large
4	Green Women	W45+ W20-	Small
5	Green Men	M60+	Small
6	Short Green Veterans	M75+ W60+	Small
7	Light Green Juniors	Men/Women 18-	Small
8	Orange	Men/Women 14-	Small

Kersplatt! Weekend 3 – 17th April – JK Relays

Proposed JK teams below. Again these can be altered according to representations, threats and injuries. The main aim at present is to enter teams in the right categories; the precise make-up can be fine-tuned later. DVO's lack of M21s, W21s, aging Juniors has caused problems. Apologies to anyone not happy but fitting 40-odd people (should that be 40 odd people?) into teams of three is not easy.

As with the British, fees are £5.00 and £2.50 for juniors, even where running senior courses.

M/W12		
Ben Beresford	Nathan Lawson	Harriett Lawson
Amy Kimberley	Nicola Jackson	Tom Gale

M/W40- (Orange, Yellow, Orange)		
Thomas Wright (M14)	Simon Wright (M14)	Emma Vincent (W12)
Mixed Ad Hoc (Green, Green, Orange)		
Dave Bennett	Simon Gale	Samantha Vincent (W14) (O)
Daniel Kimberley	Erin Malley	Jessica Whitehead (O)
Women's Short		
Fran Williams	Ruth Johnson	Emma Whitehead
M120+		
John Duckworth	Andy Jackson	Dave Lawson
Ian Whitehead (M50)	Alex Ross (M55)	Dai Bedwell (M35)
John Hurley (M50)	Steve Kimberley (M45)	Paul Beresford (M35)
Dave Clough (M35)	Graham Johnson (M50)	Rex Bleakman (M60)
W120+		
Sal Chaffey	Michelle Mackervoy	Sue Russell
Ann Marie Duckworth	Jayne Malley	Rachel Davis
M165+		
Mike Godfree	Derek Gale	Doug Dickinson
Brian Ward (M70)	John Armstrong (M50)	Dave Vincent (M35)
W165+		
Pauline Ward	Liz Godfree	Jen Gale

After the third weekend in April, I can breathe a sigh of relief, but not too long before another activity-packed Saturday arrives in June. The orienteering calendar is so packed with events in June that they've managed a cram in three events on one day, Saturday, 10th June:

- A Local event at Foremark Reservoir
- MDOC's Footpath Relay event. Present plans are to base this on Miller's Dale car park with a loop of approximately 60 km running in both directions, 10 legs of varying lengths each way. More details later.
- Harvester Relays, Teviothead, Hawick (that's north of here, to save you getting the atlas out).

I suppose it is theoretically possible to do all three, but I think something will have to give.

Graham Johnson, Club Captain

advertising feature

British Sprint Championships and UK Cup Weekend: May 20-21

SMOC and WAOC invite **all** orienteers to a weekend of exciting racing on May 20 – 21 2006. On Saturday May 20 the British Sprint Championships will be held at Campbell Park in Milton Keynes, followed on Sunday May 21 by Middle Races at Rowney Warren, near Shefford. The organisers are keen to stress that these races are not just for the elite and that both are suitable for club orienteers.

Further details at www.waoc.org.uk and www.sprinto2006.co.uk



Riber Hillside

District (Colour Coded)

Orienteering event

(Near Matlock)

Riber Hillside contains the existing Bow Woods area plus a new extension

Saturday 13th May 2006

By Car:	Parking at Hearthstone Farm, Riber (SK308584) will be signed from the A615 at Tansley, from the A6 at Cromford crossroads and from Lea Bridge. Car park fee £1.
By Public Transport:	Train or Bus to Matlock Bath then 1 mile steep walk. Services available from Nottingham, Derby, Chesterfield, Alfreton, Buxton, Ashbourne, Ripley.
Cost	Cost: Seniors £6 (reduced to £5 for DVO or BOF members); Juniors/Students £1; Family £13 (reduced to £11 for DVO or BOF members). For White, Yellow or Orange Courses, family groups running together pay only one Senior Entry fee.
	The event will use Sportident electronic punching. If you do not have a Sportident card, you can hire one at Registration. Hire fee of 50p for Seniors, free for Juniors.
Registration	10.00 - 12.00
Start Times	10.30 - 12.30
Courses	White, Yellow, Orange, Light Green, Green, Blue, Brown
	Steep woodland with open areas
Terrain	The car park and parts of the area are on an exposed hillside, so please dress appropriately. If there is severe weather, please contact the organiser before travelling. Dogs on lead in car park only.
Organiser	Neil Forrest 01335 347814
Planner	James Allen
Controller	Paul Wright