

NEWSTRACK

May 2006



Great Moments from the Orienteering Archives



Joseph shows off his Amazing Technicolor O-Suit

Newstrack is the magazine of Derwent Valley Orienteers

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Thoughts from the Chair

At last summer appears to be here – the chair this time is outside in the garden as I type this. Reflecting back a few weeks though and the weather has been a bit mixed for the three big weekends we have had recently; The British, the Compass Sport Cup and the JK. The club was well represented at these events and whilst not as successful as we would like there have been a few notable achievements.

Perhaps the one that should be noted first of all is the club event of the year where there was a very good turnout at Macclesfield which resulted in us just missing out on qualifying. I am told by Graham that at one point we were actually in the lead so perhaps if the snow had thickened then we might have come away covered in glory rather than snow! Anyway, thank you to all who turned up.

I am sure that many of you will have browsed the results so there is little point in me re-iterating them. The exception to that must be Pauline Ward (whose husband Brian was heard to mutter at Grenoside that the older she gets the faster she runs!). Not content with becoming the British Champion at W60L she also won the same class at the JK. Obviously not tired out by that she then went on to win the W165+ relay at the JK with Liz Godfree and my better half. DVO now have a tradition to keep up as we have won it for the last four years.

Anyway, summer is here and I must get on with my barbecue.

Derek Gale

New Zealand Orienteering Championships

In case you missed us at the JK, we were struggling along on holiday in New Zealand. Ranaid had gone out in March to do some work at the universities there (someone has to do it!) and I followed on in early April. Just before he left he was browsing the international fixtures and found that the New Zealand Championships were on Easter weekend near Nelson, on South Island, and it just so happened that we would be near Nelson that very weekend.

Before then we had spent a couple of days in Christchurch and then gone to Hanmer Springs to see if we could meet up with Roz and Andy Clayton, who a number of DVO members may remember. Roz and Andy send their regards. Roz had run for Great Britain and continues to orienteer, though not regularly, in NZ but Andy has stopped because of knee problems. They had recently organised a forest/fell race in Hanmer, which had attracted 700 runners – a good number, bearing in mind the distances people have to travel there. We had a coffee with Roz – she has an account with the local café, so will be paying for the coffee by doing some gardening for them – the bartering system lives on here.

The whole event was four days but we didn't enter the sprint or the relays.

The Long Distance race was at a place called Canaan Downs on top of Takaka Hill. We had driven over the hill a few days before and couldn't see how anyone could orienteer here as it seemed to be very dense, impenetrable forest. But

orienteers find these places. It was a 10k drive down a track, to the terrain which was described as "native forest, rolling farmland and with very large depressions and rock formations (kaarst). Unique and challenging terrain. Tomos abound". Roz told us that tomos are holes and the cave rescue were on standby. Only rocks over 2 metres were mapped.

When we arrived at the assembly/car park field, it was all very relaxing and low key. Registration and enquiries were two people and a table. Finish and download were a small caravan. The NZ version of Ultrasport was a trailer. Sadly there was no equivalent of Wilf's!

The courses had good variety. The open farmland was fine – a bit like some of the alpine pastures in Switzerland but without the incessant sound of cow bells. On the way to control 5, a woman behind me spotted my O top and asked where the Derwent Valley was. When I explained, it turned out she had relations in Sheffield. In between the discussion we also managed to find the control, described as a pit but it didn't say it was about 15 feet down a steep slope. At one point we had to cross a field of turnips – very tricky things to run on. The forest was much more difficult and we both spent a lot of time looking for controls in the woods. At one point I got very disorientated and lonely and I could see why Lord of the Rings was filmed here, as it became rather unnerving. I could have done with a friendly Ent to help me out. Our results were not impressive – Ranald finished 17 out of 20 and I finished 12 out of 15. Roz won the W45.

But undaunted.....the next day was on Rabbit Island, a peaceful island in the Tasman Bay. The terrain was flat, sandy, open pine forest, with intricate details. The only hazard here were biosolids which had been sprayed in the area some months ago. They warned you not to drink any pooled water or use it to treat wounds – I don't think I had any intention of doing this anyway.

I loved it and apart from one dithery control had a generally good run, concentrating hard and with that lovely feeling you get when you hit the controls reasonably cleanly. I finished fourth out of 14 and was very pleased.

We asked about the number of entries for the event – 450 – about the number we get to a club event. But the population of NZ is 4 million, so proportionately that is not bad, especially as getting to events involves a long car journey or flight.

For the record, we also did some kayaking and walking in the bush, visited the town of Napier (destroyed by an earthquake in the 1930s and built in Art Deco style) and stayed with various friends – one on a kiwi fruit farm; one in their house right on the beach on the Coromandel peninsula and another in Auckland, where we walked along the beach and back into town to the coffee shop.

Not a bad couple of weeks.

Viv and Ranald Macdonald

Wednesday evening training

As ever we will give our regular hosts a rest from sweaty bodies during the summer holidays.

- July 12th from the Stone Centre, Wirksworth prior to the open meeting.
- July 19th from Godfree's, Ashbourne - Highfields, left hand of two houses opposite the Tissington Trail Cycle Hire.

Subsequent weeks to be arranged. See web site or yahoo group.

Footpath Relay

As everybody knows, this is on Saturday 10th June, starting at 9.00 am from Millersdale car park.

One or two people have already shown interest - we need more. The sooner that members can baggy a leg, the more likely they are to be able to run it.

Graham Johnson (email: gmjandfam@aol.com)

Belper Relays

Sunday 25 June 2006 (From 2pm)

DVO Family Fun Day and family races

Venue Belper Rugby Club: between Babbington Hospital and Morrisons Supermarket off A6

Cost £2/£1 to cover club charges

Races for teams of seniors and juniors in the form of a relay

Teams of 3 adults and 1 junior - tbc

Junior legs are within the rugby club grounds

Senior legs use the Chevin above Belper
Clear view of parts of route from the club house

Bring portable barbecues

Facilities - Kitchen, Changing rooms and hot Showers, Club House and veranda with seating to cheer your team on, open area for family games afterwards

Organiser: Paul Wright (email: cpstwright@supanet.com)

Local Fixtures

May 2006

- 20th EM NOC Local Event Bulwell Hall Park, Nottingham. SK537463.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2.00/£1.00 Short, medium & long courses. www.noc-uk.org
- 21st EM DVO District Event. Crich Chase, Matlock. SK355525.
C4 Derek Bishton, 01773 742951. dbishton@hotmail.com £5.00/£1.00,
Family £11.00. EPS-SI. String course. Parking £1.00. Dogs in car
park only.
- 27/28th SOA **NATIONAL EVENT & SCOTTISH CHAMPS & UK CUP**
C2 27th - **NATIONAL EVENT** Glen Dye, Banchory. NO662907.
R4 28th - Scottish Relay Champs. Bogendreip, Banchory. NO662907.
- 27/29th SW Tamar Triple Regional Event
C3 27th - Day 1 - Medium Race. Cookworthy Forest, Okehampton.
C3 28th - Day 2 - Classic Race. Cookworthy Forest, Okehampton.
C3 29th - Day 3 - Classic Race Cookworthy Forest, Okehampton.

June 2006

- 10th SOA RR Harvester Trophy Relays. Teviothead, Hawick. NT404053.
- 10th EM LEI District Event, Bradgate and Swithland, Leicester.
C4 Dave Toach, 0116 2996174. davetoach@mac.com £5.00/£1.50
EPS-SI. Parking £1.00. Dogs on leads. www.leioc.org.uk
- 10th EM DVO Local Event. Foremark Reservoir, Melbourne. SK335241.
C5 Dave Walker, 01332 574003. dave@walkerj222.freemove.co.uk
£2.50/£1.00. White to Light Green. Parking £1.50. Starts 10.30 to
12.30.
- 11th EM NOC Local Event, Brierley Forest Park, Nottingham. SK472593.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1 Student £1. Short, med & long courses. www.noc-uk.org
- 18th EM NOC Local Event, Holme Pierrepont, Nottingham. SK622393.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1 Student £1. Short, medium & long courses. www.noc-uk.org
- 24th EM NOC Local Event, Burntstump Park, Nottingham. SK575506.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1. www.noc-uk.org

July 2006

- 2nd EM NOC Little John Relays. Rufford Country Park, Mansfield.
R5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1. EPS-SI. No dogs. www.noc-uk.org
- 8th EM DVO Local Event & Derbys Schools Champs. Elvaston Castle
Country Park, Derby. SK412325.
C5 Val Johnson, 01773 824754. Gmjandfam@aol.com £2.50/£1.00.
White to Light Green. Starts 10.30 - 11.30.
- 9th EM NOC Local Event, Haywood Oaks, Nottingham. SK611559.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1 Student £1. Short, medium & long courses. www.noc-uk.org
- 15th EM NOC Local Event, Colwick Park, Nottingham. SK604393.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1. www.noc-uk.org
- 16th WM OD District Event. Burton Dassett Hills, Warwick. SP399516.
C4 John Bowman, 01926 853720. jandsbowman@yahoo.co.uk £4/£2
+£1 Emit Hire + £1 for non-BOF. EPS-Emit. Parking £2.
- 16th EM DVO District Event. Hardwick Country Park, Chesterfield.
SK455635.
C4 Sal Chaffey, 01773 825418. £5.00/£1.00 Family £10. EPS-SI.
White to Blue, String course. Dogs on lead at all times.
- 23rd EM NOC Local Event, Rushcliffe Country Park, Nottingham. SK574322.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1. Short, Medium & Long courses. www.noc-uk.org
- 30th EM NOC Local Event, University Park, Nottingham. SK534383.
C5 Catherine Hughes, 0115 8774089. catherinehughes@hotmail.com
£2/£1. Short, medium & long courses. www.noc-uk.org

August 2006

- 5-12 NW Lakes 5 Days, see www.lakes5.org.uk
- 26-28 YH White Rose Weekend, see www.eborienteers.org.uk

September

- 3rd EM DVO Club Champs – venue and details to be confirmed, but
keep the date clear!

DVO

Just for ^ Juniors

Well, this is the second set of 'Just for Juniors' pages, the last issue seemed to be a hit so here goes

COACHING

For all DVO Juniors
Sunday 11th June 10.00 – 12.30
at

NOC Local Event Brierley Country Park
(Just off M1/A38)

More details when they are available from NOC.

Book your place now: Val Johnson

01773 824754 gmjandfam@aol.com

CONGRATULATIONS



Ben Beresford - 2nd M12B at the JK
Jessica Beresford - 3rd W10B at the JK
M/W12 Relay Team = JK - 10th out of 24
= BOC - 6th out of 15
Zoe Chaffey - Tree Explorer Award



DERWENT VALLEY ORIENTEERS

Information about DVO Junior Squad



This page covers some frequently asked questions about the squad and training sessions. If you have other questions then please contact:

Val Johnson 01773 824754 gmjandfam@aol.com

What is the DVO Junior Squad?

- » DVO Junior squad is open to all junior members of the club.
- » It's free.
- » It provides opportunities for the juniors to get together for orienteering, coaching and social events.
- » All activities are organised by British Orienteering Federation qualified coaches.

Safety

- » Every year, we will check that we have a "Consent and Medical Information Form" for you. Please let us know if any information (for example, a medical condition) changes during the year.
- » Every session will begin with a Safety Briefing - please listen. We will have completed a safety assessment beforehand and the briefing may have important information.
- » Each training session will have a signing out sheet so we can keep track of who is out in the forest. Each time you go out on an exercise, make sure you tick out and tick back in.
- » If you become injured in the forest then try to get yourself to the start or finish, to a control, or onto a path. If you cannot move then use your whistle to attract attention.
- » We will always have a first aid kit and will know directions to the nearest hospital.

What you need to bring along

- » Please make sure you have your own whistle, compass, map bag, red pens and a watch. We will always have a few spares, but we do rely on the majority of you to bring your own.
- » Please bring enough water, food and clothing to suit the conditions, and a Rucksack to carry it in and keep it dry. Time spent standing around for briefing/debriefing between exercises is an important part of each training session - you need to keep warm and have plenty of energy. This means in wet conditions make sure you have a

change of kit plus a towel to dry yourself.

How to get the most out of the session

- » Listen, and try to stick to the instructions and advice given.
- » Have a go - don't be afraid of making mistakes.
Training sessions are there to help you learn from them.
- » If there is something you are unsure about - Ask!
The coaches and helpers are there to help you.
- » Be positive and Enjoy it !

So now you know all about it – why not come along and join us at Brierley Country Park (just off M1 J28) on June 11th?

COACHING

BOF Coaching Day

Saturday November 4th
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 5th November.

Names to Val Johnson 01773 824754 gmjandfam@aol.com

Derbyshire Schools and Youth Group Orienteering Championships 2006

as part of

Elvaston Castle Local Event

Saturday July 8th

Parking at main country park car park (OS ref: SK 411332)

Registration from 10.00am – 11.00am

Start Times from 10.30 – 11.30am

Entry Fees : £1 (Junior rate)

Individual and Team Competition

COURSES

<i>BOF Colour Coded Standard</i>	<i>Championships School Year Group</i>
White	Years 5 and 6
Yellow	Years 7 and 8
Orange	Years 9 and 10
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 the best 6
scores from any courses..

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

This is a local event also open for those not eligible for the
Championships: Adults £2.00 Juniors £1.00.

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.

Organiser: Val Johnson 01773 824754 gmjandfam@aol.com

Social events - summer 2006

Behind the scenes at Chatsworth - cancelled as insufficient numbers but I will try to arrange it for later this year.

Belper Heritage Tour - Sunday June 4th at 2pm
Strutt's North Mill, Belper
£2 (plus £2.50/£2 optional tour of visitors' centre)
A walking tour to explore the industrial history of the town

Bowling at Genesis, Alfreton
Saturday 24 June 7pm - 8pm
£5 includes shoes. Two lanes booked - 12 places
Followed by pub meal

Run and BBQ
Monday 17 July
Run (optional) at 6.30pm from the Macdonalds at Oker, Matlock BBQ from 7.30pm - bring something to BBQ and pudding - we will provide salads and bread

Names to Viv Macdonald please as soon as possible (01629 734307)

Open Meeting - 12th July

Following the tradition of having regular open club meetings, the next such gathering will be at the Stone Centre at Wirksworth on Wednesday July 12th. Last year the weather was good enough to hold the meeting in the open (so this year it'll probably snow!) Meet in Stone Centre car park at 7pm if interested in a run beforehand - all speeds catered for.

Sports Personality of the Month 1

For those of you fairly new to orienteering it may surprise you to know what anoraks most of the regulars can be. As an example at the Compass Sport Cup at Macclesfield Forest my eldest had an unplanned diversion between the start and his first control, resulting in him taking 44 minutes to reach it. Observing on the reason for this at a junior training event the following week two of the adults there immediately said "that's why he took 44 minutes". Because they'd both viewed, not just the overall results, but the splits for the event. You really cannot hide any significant mistakes from your fellow orienteers. Anyway, just to explain my son's apparent mental aberration I shall explain the nature of the diversion.

The whole family, apart from Lisa, had similar start times so we all toiled up the hill to the start together. The children were off just ahead, William on his first solo white. You may remember the weather was atrocious, hail and snow at one point with bitter winds. So, as Simon set off he came across William, totally unnerved by the weather conditions and had no choice but to accompany him round the rest of the course. Right down to the car park in search of Lisa. So now he'd got the whole climb back to do and a totally different direction to attack the control from, hence the 44 minutes.

I should just add, for William's benefit, who was distraught that he'd ruined his dad's run and let the team down, that it's unlikely that it would have affected the team's overall score and certainly not enough to put us in spitting distance of MDOC's total.

Jen Gale

A 5 minute error? Pah! That's not an error (or, Sports Personality of the Month 2)

When I was announced at JK Day 1 as inadvertently punching an elite radio control, some of you thought this merited qualification for sports personality of the month. So I've struck a plea bargain with your editor. I won't qualify if I tell you about a proper error...

I'm talking about a 5 hour error on my annual winter hillwalking pilgrimage to Scotland with some mates from Leeds Uni. Actually several errors combining. My first error happened in Manchester before we set off on the overnight sleeper to Scotland. A kindly friend offered me to save weight with a photocopied map of part of the sheet I was taking. As a keen MM'er, this seemed like a no-brainer – it was, as you will see later.

After a quick drink in Preston, we set off on the London to Fort William sleeper at 1 in the morning and arrived in Corroir in the middle of Rannoch Moor. If you haven't visited Corroir station, I recommend it. There's nothing there, surrounded by nothingness, and it's a few miles from the nearest road. It's claim to fame is when the main characters in Trainspotting head out of Edinburgh for some R&R. My second error was Corbett bagging. I don't have space to rationalize this fully, but it seems obvious to Sal and I that if there are 222 hills in Scotland between 2,500 and 3,000 feet, they must be climbed. Particularly, if you have climbed the Munros – hills over 3,000... So although I was with 4 others, at 9AM ish I headed off in the opposite direction through the blizzard to bag a Corbett – it's an addiction you see...

That accomplished I headed back towards Ben Alder bothy where we were planning to stay. Over another Corbett of course.

My third error was deciding to go over a couple of Munros since my original route to the Corbett wasn't on my truncated map. This proved slow in deep snow, high winds and intermittent whiteout. I found the summit, but wasn't clear on the way off. About 3 hours I still couldn't guarantee where I was after slow going over what had taken ½ hour in Summer a few years ago. So I decided to cut my losses and head to the bothy over a col. Found the col and followed the burn down on the map. Eventually out through the cloud where I knew I would see Loch Erich – one of the biggest lochs in Scotland. Except it wasn't there. Hmmm. Looks like I have done a 180 – I had glanced at the compass, but obviously hadn't looked for the red end.

The orienteering moral is look at your compass more often and get the needle the right way round, but if I don't do that after 15 years of crap orienteering, why am I

going to start now? You could use a GPS which my friends had to for the first time, but that's cheating isn't it?

My fourth error was to decide to take the safer low route around the hill I was on back to the bothy rather than heading back up into the whiteout. This involved deliberately walking off my truncated map and hoping I would remember the shape of the land from 15 years ago when I was last there.

My fifth error was once it got dark, to try to make the loch / forest combination I found fit the map. I thought I was back on the map, but wasn't – lochs and forests look similar in the dark. I tend to be a bit cavalier and over-confident with my nav, despite having clocked up many hundreds of hours of errors orienteering (in the average year). But by 10-30 PM after wallowing around in the dark in bogs / forests I had to admit I wasn't sure where I was (not lost).

So, I made a good decision – bivvy down in a forest in my orange plastic bivvy bag. It snowed on me a few inches in the night, but I was glad I was reasonably sheltered and it was different. My plight even made Pot Noodle taste good.

Next morning I made another good decision. I had to stop the rescue rescuing me so headed for Rannoch station, though I wasn't sure where it was, what with not being on a map. My map memory worked here though and I found the road-head about 10-30 the next morning and managed to stop the mountain rescue before they had got too far – just as well since all they knew was that I was in a 20km by 20km square.

So, that's that. My friends had alerted the rescue by mobile after walking out to find a signal, but had some fun extricating themselves when even worse blizzards came in and closed the line at Corroir – when I was back in Bridge of Orchy Hotel the roads were closed and the station had four-five foot drifts up to platform level. I hitched a lift out and it was the most snow I have ever seen in Scotland – lots of buried cars and no trains back to England.

By the way, in case you're thinking I'm not very careful with my navigation, both of these errors were planned. First, I thought punching the radio control was my best chance of ever being announced at the JK. Second, my Scottish error was because I wanted to use my orange bivvy bag - I have carried in my pack for the last 30 years, so I thought it was a shame not to use it.

Dave Chaffey

Sports Personality of the Month 3

Yes, Rex Bleakman gets a special mention for running off at the CompassSport Cup event, finding the first three controls OK, chatting to Neil Forrest at #3 and establishing that the green men and green vets courses had the same first three controls, then noticing that he'd picked up the wrong map at the start. With the club's success foremost in their minds, Rex and Neil decided to swap maps, so that Rex could continue on a competitive run while Neil sacrificed his run on what was the wrong course. Rex finished 3rd in the end, earning lots of points, so Neil's sacrifice was noble if, in the end, not quite enough to beat MDOC.

Sports Personality of the Month 4

I only manned the road crossing for about 30 minutes at 11am, but it turned out to be a fruitful time for a Newstrack editor. One competitor on the orange course (sorry, name unknown) took a detour of several hundred metres to stop at the ice cream van and buy a 99! I was both amused at this mid-course carbohydrate intake, and annoyed that I hadn't thought to bring money with me to the road crossing so that I could have one too. I was soon distracted though by Brian Denness, who should have been running the challenge course but who rushed up to me, said "Hi," then promptly mis-punched at the white course control at the road crossing.

Editorial

Well, I'm so glad that everyone responded so well to my difficulties – in the last issue I had really struggled to find any nominations for SPOTM; over Easter I'm pleased to report that there have been numerous gaffs and public mistakes worthy of mention. I didn't get chance to nominate Andy and Nicola Jackson for entering the JK relays using the same dibber, as this turned out to be an error by the organisers. I thought I might have to nominate my son James for single-handedly finding the DVO club tent in the crowded assembly field at JK Day 1 while the rest of the Bedwell/Jackson clan searched desperately for him around the traders area. And I didn't even have to resort to relaying the tale of Paul Beresford's troubled trip to the club training day at Graythwaite, or Steve Mead's incident with a hamster that prevented him running at Riber...

SUMMER SERIES 2006

	Where?	Car park	Who?
Fri, 2.6.06	Black Rocks, Cromford	Visitor Centre Car Park	Val Johnson
Fri, 9.6.06	Bottom Moor, Matlock	GR 323631	Ann-Marie Duckworth
Fri, 16.6.06	Shipley Park Heanor	Visitors Centre	Paul Wright
Fri, 23.6.06	Darley Park Darley Abbey	By 'The Abbey'	?Michelle Mackervoy
Fri, 30.6.06	Farley Moor Matlock	GR 298633	Mark Nowak & Val
Sat, 8.7.06	Elvaston Country Park Inc. Derbys junior Champs	See Ad. Elsewhere in Newstrack	Val Johnson / Rex Bleakman
Fri, 14.7.06	Rosliston Forest Centre	GR 243175	Rex Bleakman

All events (bar Elvaston)
£1 Seniors 50p juniors

Courses:

All events – White/Yellow
Orange
Light Green
Training / Coaching

Start Times 6.30 – 7.00pm

Take a deep breath

A walk in the woods can do great things for your body and mind according to an article in New Scientist magazine. Apparently trees emit dozens of therapeutic compounds through their leaves. Do you ever notice when you get out of your car at an orienteering event and your senses become filled with a sweet, rich and earthy smell? You are breathing 'forest air'. The Japanese recognise this and have a name for it: *shinrin-yoku* – wood-air bathing. Japanese researchers have discovered that when diabetic patients walk through the forest, their blood sugar drops to healthier levels. Entire symposiums have been held on the benefits of wood-air bathing and walking.

So what is it in the air that makes us feel better? Researchers in California found 120 compounds in the mountain forest air. Some of them come from bacteria and fungi in the soil but most are given off by the trees from small pockets between their leaf cells. Among the most abundant of these are a group called the monoterpenes. Aromatherapy practitioners call these compounds "essential oils" and claim that some of the monoterpenes in pine are antiviral and antiseptic, good for asthma and respiratory infections. However, there is no medical research to back up their claims. Many chemotherapy drugs contain edible monoterpenes so, could inhaling monoterpenes be a cancer cure as well? No research has been conducted into this area yet. Perhaps, each time we orienteer in the woods we not only have the opportunity to improve our physical and mental fitness but perhaps we're also helping to prevent illnesses – who knows?

This piece is a précis of an article that appeared in NewScientist on 6th August 2005 which covered an extract from a book Teaching the Trees: Lessons from the forest by Joan Maloof, assistant Professor of biology at Salisbury University in Maryland, USA.

From Black & Green, the NOC Newsletter: article written by Catherine Hughes

Captain's Slog

Congrats to the Women's 165+ Team who romped home in first place at the JK. Sadly this was our only success at either British or JK, although there were, as they say, some creditable performances – a 6th place for DVO Chugabug in the MW12-, 4th place for DVO Mean Machine in W50 and 5th for DVO Red Max in MW60 (DVO Crinklies Rock!) at the British, together with a 4th place for DVO Apollo in M120+ in the JK and 6th for DVO Diana in W120+. These are all worthy of a mention.

It was a similar story at the CompassSport. Thanks to everyone for turning out in fulsome numbers. There was a magical ten minutes when DVO was actually first above the mighty MDOC and AIRE before sanity was restored and we sank to our rightful place in third. However it was clear that we generally performed well on the longer courses and it would only have taken a few more runners on the shorter ones (we had only one representative on Light Green) to make the MDOC/AIRE duopoly sweat really hard. Who knows, next year...?

I've learned one or two things along the way as Club Captain. Firstly there aren't as many on the E-Group as I'd imagined (why not?) so, in future, I will try and ensure E-Group info goes on the website too.

Secondly, it is not a good idea to try to keep tabs on money coming in for British and JK Relays, CompassSport Cup entries, DVO O-tops, British/JK accommodation and DVO meals at the same time as juggling with last-minute changes to relay entries, filling out forms and, somewhere along the way, preparing for your own run. It's all a bit much to cope with at once so, in future, no-one will be asked to pay anything until after all three events are over, then everyone involved will receive an individual invoice and asked to send in a cheque.

Next event coming up very soon is the Footpath Relay, on 10th June. DVO always manages to put a team in for this; we have had two in the past but I'm only looking at one at the moment. This year's Relay has been organised by MDOC and the hours of planning put in by the organiser, Andrew Gregory, is truly staggering. I have received full details now of all the lengths, each illustrated with its own full-colour map. If you're interested in running a leg, please email me on gjmjandfam@aol.com and I'll send you details.

The route consists of ten legs and teams of twenty, one half running the legs clockwise, the other, anti-. Start is at 9.30 from Millersdale, up to Peak Forest, through Bradwell, Bretton and Ashford, or vice versa. The shortest leg is 2.8 km, the longest 8.6; most are around 6 km. There's nothing riding on this, it's just an enjoyable way to spend part of the day running in surroundings that make you thankful you live in Derbyshire, which is a good enough excuse in itself.

On the slightly more distant horizon is the White Rose, although I thought that the organisers were pushing their luck shoving out fliers on JK Day 2 after an area that will take me a long time to forget. Unless something better comes along – which, let's face it, can't be that difficult – this one will feature on the Johnson itinerary and, although I think the organisation of relay teams has been a fairly informal affair in the past, I am willing to sort these out if people wish me to. Last year's competition introduced the novelty of a simultaneous three-leg Score event, which worked very well unless you were a parent with children who couldn't be left alone (i.e. below the age of 25).

Graham Johnson, Club Captain