



# Newstrack

September 2010



Rex at World Masters Orienteering Championships

**Newstrack is the magazine of Derwent Valley Orienteers**  
**[www.dvo.org](http://www.dvo.org)**

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## Editor's Opener

Welcome to the September issue of Newstrack. Another year starts to slip away but we can look forward to an autumn and winter of events. There are some indications of a possible cold winter again – Met Office and southerly position of the jet stream. Just hope not too many events are disrupted by snow. Our sport is susceptible to disruption, hardly ever due to adverse conditions on the courses, but its achilles heel is car parking provision as was the case in the Lakeland 5 Days where one day was abandoned late on due to waterlogging of the parking field. Needless to say this poses a nightmare for organisers, not least in getting information to competitors who may be travelling some distance. In the Lakes the bush telegraph worked wonders but some people were caught out. At least the Lakes offers other recreational opportunities and ironically on the affected day the weather was glorious.

The Club's AGM is imminent (see announcement in this issue) and I would urge all members to go along and take part in the democratic running of the club. Vacancies for **Vice Chairman** and **Membership Secretary** need to be filled, so if you are interested and want to know more, have a word with Steve Kimberley beforehand.

This is my last Newstrack as Editor as I intend to stand down at the AGM, having done it for four years. Positions such as this need to turn over to allow for fresh approaches. An issue for the club and the new editor is whether to only send copies out electronically as now happens with EMEWS.

*Neil Forrest*

## Club Contacts

Chairman	Steve Kimberley	<i>lazyorienteer@googlemail.com</i>
Membership Secretary	Helen Finlayson	<i>neilentansley@yahoo.co.uk</i>
Treasurer	Roger Keeling	<i>rogerkeeling@aol.com</i>
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Chesterfield rep.	Steve Kimberley	
Mapping Officer & permanent courses	Mike Godfree	<a href="mailto:Mike.Godfree@btinternet.com">Mike.Godfree@btinternet.com</a>
Event publicity	Dave Bennett	<a href="mailto:davebderwent@aol.com">davebderwent@aol.com</a>
Event officials; Planners, controllers Organisers	Ranald Macdonald Viv. Macdonald	<a href="mailto:r.f.macdonald@btinternet.com">r.f.macdonald@btinternet.com</a> ” ” ”

## CLUB ANNOUNCEMENTS

**DVO Club Championships Saturday 9 October 2010 10.30 am**

Venue - Calke Abbey (south of Derby)

Contact Val Johnson before 1<sup>ST</sup> OCTOBER if you want to run. 01773 824754

[Gmjandfam@aol.com](mailto:Gmjandfam@aol.com)

Followed later the same day by.....

### **Annual Dinner and Awards**

Wirksworth Town Hall - 7pm for 7.30pm

This year the Club Dinner and Awards plus a Barn Dance will be at the Town Hall, dancing to the excellent Fish 'n Taters. Light supper (chilli/pasta/bread) by DVO Catering (Fairly) Limited. Cash Bar.

Adults - £8      Age 6- 16 - £5      Age 5 and under - free

Please let Viv know if you can come.

Viv Macdonald 01628 734307      [viv.macdonald@btinternet.com](mailto:viv.macdonald@btinternet.com)

.....and on

### **Wednesday 13 October 2010, DVO Annual General Meeting.**

Venue - Darley Barn, Darley Park, Darley Abbey, Derby.

Start time : 8.15 pm.

Queries to Steve Kimberley, 01246 280430, <lazyorienteer@googlemail.com>

## DAVE BENNETT ORIENTEERS IN BEAR COUNTRY

The Barebones event in July 2010 had 4 days in Whistler followed by 2 days in Vancouver. I only took part in the Whistler events; Sue Russell ran all 6 days.

Day 1 was the long distance race at Lost Lake, a park on the edge of Whistler. As we walked from Whistler Village towards the event, through the trees we glimpsed a black bear crossing the path around the next corner. Whistler shares its valley with 70 black bears - even the main shopping streets have bear-proof litter bins - but there was nothing in the event details about what to do if we met a bear whilst out on the course.

Being a park on the edge of an urban area, Lost Lake has a lot of paths. Some paths are shared use, others are intended for just walkers or just mountain bikers, all are twisty. Most legs had route choice options along the paths, but even on the 1:7500 map, keeping in touch with exactly which path you were on was not easy, especially where the separate networks of mountain bikers' and walkers' paths wiggled in parallel then diverged without ever meeting. Off the paths, the terrain was rarely easy to run through. Often steep, there were rocks and broken branches underfoot, fallen trees, small crags, rock outcrops and areas of bare rock. There were varying densities of tree cover and undergrowth including small rough open areas, but no distinct vegetation boundaries. In the UK such a rugged area wouldn't have so many paths, and these were the easiest features to relocate from, but still a bit uncertain because of how they continually changed direction. At one point in the forest I heard something crashing through the trees nearby, but it was an orienteer rather than bear which emerged alongside me.

The M35 course was 8km with unmanned drinks points at no less than 4 of the 24 controls, very welcome on a hot day that remained warm even after the sun had clouded over. The winning time was 86:52, my 115:09 put me 7th out of 12. Sue's 3.7km on W45 took her 77:39, 6th out of 16, and her split time for the finish run-in was faster than mine.

Day 2 was the sprint race in Whistler Village's pedestrianised shopping streets, with starts from 8am to avoid the crowds: "no running over tourists" was one of the instructions. This was one of the most complex urban events I've done: lots of oddly shaped and angled buildings and courtyards with covered passages between and around them, mapped in full detail at 1:4000. Much of the course was at ground level, but I didn't notice that my first control was going to be up a flight of steps so ran straight to control 14 in a nearby courtyard. I was more attuned to the map by the next time I had to navigate a flight of steps. Some controls were next to uncrossable walls or fences, and not clear which side from just a quick glance at the map, but only once did I find myself approaching from the wrong direction. On one leg, the obvious route choice was between two uncrossable fences, but I missed the gap - hidden behind some bushes - so took a longer way round. Twice the course left the streets to visit controls in a patch of trees between two blocks of shops. The 2.9km course took me 27:21, exactly 7 minutes behind the winner, and only 8th place, despite having the fastest split on two consecutive legs. Sue took 3rd place, in 16:57 for 2.0km, and won herself a slab of Whistler organic chocolate for her efforts.

Day 3 was the only day out of town, down the Sea to Sky Highway to Brandywine for the middle distance race, 3.7km on M35. Brandywine is a fairly flat area, but with plenty of

contour features: rocky outcrops, large knolls edged with crags, small lakes and marshes, and associated spurs and re-entrants, all distinctly mapped. The trees were nicely spaced for running, and to be able to feel the sun whilst still benefiting from the shade; underfoot was soft with mosses and fallen needles overlaying the rock. The patches of undergrowth could be pushed through without becoming snagged or torn or stung. All just what I was expecting from a Canadian forest. This was my best result, 50:52 put me 4th out of 12, with only one Canadian ahead of me, and that by only 25 seconds, but still 14 minutes behind the winner; both 1st and 2nd places went to Swedish runners who were probably very familiar with this sort of terrain. This was not such a good day for Sue though!

Day 4's event was intended to be high up on Whistler Mountain, but the area was still under snow that had fallen after the Winter Olympics and persisted through cool weather ever since. I had even seen fresh snowfall on the mountains around Jasper the week before. The replacement event was a relay at Nester's Hill, adjacent to a school on the edge of urban Whistler. Sue formed a team with Donald and Amelia Petrie from Clydeside Orienteers, I just left my name with the organisers to match me up with someone. So on the morning of the event I met my team mates were Lynn Aldrich, W60 from our US namesake club Delaware Valley (DVOA), and Elitsa Healy, W21 from Cascade. For Lynn, the event was a detour en route to a business meeting in Oregon; Elitsa lived near Seattle, only just across the border, but was originally from Bulgaria.

There were 60 adult teams in the relay, in separate age classes, but all in one mass start and running exactly the same course - there was no gaffling. I ran first leg, a 2.6km course; it was just 300m to the first control but that started with 80m of climb within 100m of thick forest. By the top of the climb the pack had split up and runners ahead of me were all going in slightly different directions; I didn't relocate but just ran in the same general direction. By the time I reached control 1, although I knew everyone around me was on the same course, I didn't feel I was following anyone; people were going in so many directions I couldn't tell who was coming out of the control, and who was still searching for it. Then controls 2 and 4 were quite close together, with 3 not far beyond, so again there were runners going in all directions, and spreading apart all the time. Control 8 was the start of the two butterfly loops which may have been alternated on the maps, but by that time it didn't really matter; thanks to that well-planned first leg, proper map-reading was the only way to get round. Overall, my team was 6 minutes faster than Sue's, but both were near the bottom of our respective age classes.

To round off the events in Whistler, the organisers laid on a buffet lunch in the restaurant on Whistler Mountain, next to the intended area for Day 4. Sue went on to two more 3rd places in Vancouver, at Stanley Park on Day 5, and at the University of British Columbia on Day 6, to achieve 3rd place in the combined results for the five individual events. And we never did see any bears whilst running.

*Dave Bennett*

## Team structure

As you will know, DVO has been operating a team structure for about a year. Under this system, all members of the Club should be part of a team and their Team Leader/Deputy contacts them before events to see if they can help –

the more people who can help, the fewer times you will be called upon to do this. And you do get your run for half price.

The role of the Co-ordinator (formerly the Organiser) is to liaise with the Team Leaders to make sure the teams are in place and they know any particular points about the event.

From the feedback I have had, it does appear that the teams are working well, though it does still rely on people giving an hour or two of their time at events. We said we would review the system after a year. So please could you let me know if you:

- don't know which team you are in
- would like to change teams to see what happens in other teams
- you no longer orienteer

If I don't hear from you by the end of December, I will keep you on your current list and recirculate them to team leaders for events in 2011.

The teams are:

**Start,**  
**Finish,**  
**Traffic and car parking,**  
**Download and results,**  
**String course,**  
**Registration**  
**Enquiries and Shop.**

## Officials for Events

Please also note that officials (co-ordinators, planners, controllers) are needed for most 2011 events . If you are interested in a role (or as an assistant planner etc.) please contact me or Ranald.

Thanks.

*Viv Macdonald (01629 734307 or email:viv.macdonald@btinternet.com)*

## WMOC 2010

DVO was well represented at the World Masters Orienteering Championships in Switzerland at the beginning of August – LEI had 3 competitors, NOC none. While the Duckworths camped on the grass at the event centre in La Chaux-de-Fonds, north of Neuchatel and its lake, the Dickinsons parked their campervan on the hard standing overlooking the football pitch next to John and Judith of LEI (soon moving into DVO territory). Bleakmen, Gales and Godfrees had a gîte in France necessitating a border crossing for each event and memories of staying in Hungary while competing at WMOC2006 in Austria.

With entry to the gîte not possible before 4pm on the Saturday and the Sprint Qualifier between 5 and 8pm pressure was on Derek and Rex, the latest of our starters, to have a fast run before heading back over the border.

La-Chaux-de-Fonds is an industrial town, renowned for its clocks and watches and built on a grid pattern. Although the training event took us up steep roads the Sprint Qualifier was more of a downhill event – a quick eye being required for flights of steps between uncrossable high walls. Fortunately, I spotted in time the control on the lower level and descended the 39+ steps, having failed to notice the steep downhill road alternative. The run-in was watched by somewhat bemused locals who were preparing for Swiss National day celebrations – loud music and street performers prior to what proved to be a magnificently loud firework display – ask Sarah and Rachel.

Unfortunately, Swiss efficiency took its first battering of the week – a computer glitch left some competitors waiting 70+ minutes to download. But at least water and muesli bars were available before then!

Sunday's Final in Neuchatel was at a more civilised time and download gremlins had been put to flight. Half of our party drove into Neuchatel, the others choosing to park and ride – free public transport in the canton on production of your numbered bib. And there were a lot of those bibs on the train. DVO managed to find a shady, grassy spot at Assembly to pitch the pop-up tent where bags could be left in relative safety while we ran.

We walked to the Start along the promenade by the lake shore where Swiss families were sun bathing and splashing about in the water – it was very hot. I knew I would have to be calm but run fast. We had been warned about steps but I knew a long sweep round would be faster. I opted for the long road run to my 1<sup>st</sup> control but it went very steeply uphill and I was reduced to a stagger in the heat. I was so relieved to reach the 1<sup>st</sup> entrance on the right that I turned in, failed to find my control and realised that I wanted 2<sup>nd</sup> on the right. Having got my 2<sup>nd</sup> wind I continued to sweep round outside but then found myself running down then up flights of steps. I nipped through one "jitty", spotted a Brit crawling through the railings at the end, did the same noticing the silent approach of a tram from my right, quite oblivious to the much closer one to my left! It was all over in under 13 minutes – but I ended the day with a bronze medal, a pen and a Swiss army knife (another one!) and a big bunch of sunflowers – a bit faster and I would have won a Tissot watch.

The following day it poured with rain. Mike, Rex and I went to a very wet model event where finding the controls was easy – just follow the muddy elephant tracks; not really much preparation for the Classic qualifiers.

The 1<sup>st</sup> qualifier required the French contingent to drive a long way to the north east of La Chaux-de Fonds. Pop-up tent and banner were pitched by the run-in and Finish (a deer was spotted by Sarah and Rachel -1 Swiss franc each I believe), some distance from Assembly which with all its stalls –food as well as O traders – was more reminiscent of a car boot sale! Les Breuleux was a fast and furious area of woodland and typical Alpine pasture –why one tree should be so significant as to be mapped but another one was not we never discovered, so ignored them completely; unmapped electric fences were crossed and recrossed as who knew what side the control would be on. An inspection of the final control and run-in prior to heading off for the Start ensured that I kept right of the building at the end and could race uphill without having to refer to the map.

The 2<sup>nd</sup> qualifier which was held close to the French border saw Swiss efficiency again stretched to its limits. Due to narrow access roads car parking was in the valley, close to the railway station for those clutching their numbered bibs, from where we all boarded a fleet of buses which travelled in convoy. However, "the best laid schemes o'mice an' men gang aft a-gley"! Families and groups arrived together in time for the earliest runner and everything became confused as bus queues lengthened and tempers became frayed! Putting all starts back by an hour was the only sensible solution. The forest itself was totally different to the previous day – limestone pavement. But unlike Malham which is open this was not only forested but the pavements were covered with moss and low scrub. Fast running it may have been for the elite – the rest of us chose self-preservation. For DVO it was not a good day – Mike punched the wrong 1<sup>st</sup> control and Doug came a cropper in the limestone pavement from which he was rescued by officials obviously aware of the most dangerous areas. The torn ligament in his knee put an end to Doug's WMOC.

As a result of torrential rain on the rest day car parking had to be changed for the Final. Mindful of bussing problems on qualifier 2 most of us had arrived early for the same parking places but this time all ran smoothly – in part due to a wider access road for the buses and a suitable turning circle.

Le Cernil was certainly a challenging area, more like qualifier2 than 1. Suffice it to say that despite some of us making the A final we did not distinguish ourselves. I knew I had to take it steadily but had trouble with the 1<sup>st</sup> and 2<sup>nd</sup> controls. As I was a late starter elephant tracks had developed, some of them more obvious than the mapped paths, and I became hopelessly lost. I had a good 2<sup>nd</sup> half but by then it was too late. Once again self-preservation was the key –wet limestone pavement is lethal.

But DVO remained cheerful as each of us recounted the problems encountered on the course. And isn't that what orienteering is all about – sharing the lows as well as the highs and living to tell the tale.

Sports Personality of WMOC has to go to the elderly gentleman who walked up to an official at the final control whilst still competing, presented her with the camera slung round his neck and requested a photo of himself posing as he



punched the final control! We believe he was the sole M95 competitor. Now there's a challenge for you.

*Liz Godfree*

*(Congratulations to Liz on her Bronze Medal in the Sprint Event – See below! )  
Ed.*



## **WMOC – a tale of woe and friendship**

In the forest of Les Cernets-Verrières, somewhere in Switzerland , there was someone screaming ... it was me !

Day 2 of the Long Qualification at this year's WMOC took place in a dastardly, devious forest of low visibility and very slow running ... even the best struggled with 10 minutes/K. Towards the end of the course there was a section of really 'rough stuff'. In the assembly field people were coming back with tales of long times and missed controls. Someone said as I went to my start, ' Come back safe'. Prophetic or what !

I had read the details of the event in the blurb:

***“Be careful where you put your feet!***

*Perhaps the most difficult terrain of the WMOC 2010. Much fine contour detail, often rocky underfoot, with many small crevasses and rocky holes. A high level of concentration and careful map reading will be essential. Some (not all) deep holes are marked with coloured tape. Except for older competitors, the last parts of the courses are in very rocky areas. Be careful! Undergrowth will also reduce runnability and speed.”*

I knew what to expect ... didn't I?

The Championships had not been brilliant for me from the start really. Kay and I had been 'over there' for some time – I ran three days in Besancon the week before and had really enjoyed it and then we had travelled over to our carefully chosen site just inside the Swiss border (blow the expense – the Swiss do things right – don't they?) Well no! Our carefully chosen site, which looked wonderful on Google Earth with its terraces overlooking a bend in the river near to the 'Saut de Doubs', a big waterfall (if they had had any rain to make it flow), turned out to be 'under development'.

We drove in and drove out. Using Plan B, which as yet did not exist, we headed for the Event Centre at La Chaux-de-Fonds . I suppose if you knew where it was it would have been easy to find but not so to the uninitiated. By now Plan B was beginning to crystallise. If possible we would stay with the other Motor Homes at the Event Centre. Eventually we found our way and pulled into the car park to see the motor homes lined up ... there was a space ... we pulled in, right next to John Cooke and Judith Holt! They seemed almost pleased to see us.

It soon got sorted. The event officials were great and were only too pleased to accept my 250 Swiss Francs - £152.40. It actually turned out to be okay ... we were 'on site' for the sprint qualifier, near the train (free to competitors) for the trip to the sprint finals in beautiful Neuchatel and within 25 minutes drive of Long Qualifier 1. Except on the rest day it bucketed it down with rain!

Long Qualification 2 was a distance away and closer to where team DVO were staying. The starting controls were fine(ish) I wasn't having a good run but it wasn't too bad and I had got a grip on the map etc and was beginning to flow through the middle section. As I ran from 10 – 11, crossing a forest road, I looked at the last 3 controls. The last was a depression close enough to a fence to ensure that even if I missed it I would be able to bounce back quickly. That left just two controls in the 'messy bit'. I slowed down looking for a safe route in. There was a good path almost in a direct line so I started off down it, turning left at the path junction onto a smaller track I was now within 150 metres of the control. The path did a right angle bend so I paced down it until another right angle into the terrain should have found me the control within 50 or so metres. It didn't. I stopped after due time and considered an approach. Back to the path, I came in again, across some crags and ... that's when the screaming started.

I had fallen down a grike (vertical crack in the limestone pavement – this one covered with moss), a deep one too. I had my left leg buried up to my crotch and my right leg stuck

somewhere up in the air. And it hurt – just a bit!

The screaming stopped and people came running to help. They slowly pulled me out and I ended up sitting on the rocks shaking with pain and swearing. Particularly kind was a man who was not running but was part of the organisation. He had been sitting higher up the crags, presumably waiting for someone to fall in to a big hole so that he could help them out again.

It took a while before I could think of moving and then when I did it hurt. I knew that the finish was just two controls away and the man who helped me to my feet said ‘ Your control is over there – you will not want to give up so late on in your course.’ He was right. I hopped to control 13 and then crawled over the hill to the last control.

The stagger up the long finish felt endless. People rushed forward to help but, in the manner of all struggling finishers, I shrugged them off until I had punched and stopped the clock. Then I collapsed, the pain now winning over the adrenaline and determination. They carried me into a tent and people pounced to help. The doctor examined carefully and pronounced a torn medial collateral ligament of the left knee. I was washed and strapped up and helped out of the tent but could go no further. Tony Thornley, who was acting as IOF adviser at the event, came and commiserated. The event team then arranged for a car to get me safely off the area and back to the motor home - excellent concern and service.

I won't drag out the descriptions of the next two days travelling across France with Kay doing a fantastic job as chauffeur and listener – I was rather gutted.

So what of the ‘friends’ bit? I have left the best till last. The story goes that after I had failed to return from the forest within an hour people began to ask. After an hour and a quarter the questions became more urgent and after an hour and a half, worry began to set in. Rex stood on the run-in to the finish waiting and signaled my approach and the DVO team swept into action to secure my well being. Mike and Liz, Rex, Jen and Derek and Anne Marie and John (not forgetting the girls) and, of course Kay, did it all. I could only sit there and be done to. My thanks to them for their concern and support and for their messages since our return home.

So I sit here. I have been to my physiotherapist who, having sucked in his lips, prepared me for the long haul. It is now ten days since I was screaming and I can now, just about, walk in a straight line without putting too much pressure on other joints. The Lakes is now just a passing wish and the White Rose is probably a dream too far ... who knows?

Miracles do happen and even though I might not be competitive in the races for a while just being out there and being competitive with the map and planner will be okay -won't it?

*Doug Dickinson*

*( On behalf of the Club Newstrack sends its commiserations to Doug who is now recovering well). Ed.*

## **The Owens "Go to their District"**

On the morning of departure for a Lakes trip a couple of years ago, our daughter Becky was to be found at the foot of the stairs with a little case in each hand and an expectant look on her face. "What are you doing there Becks?" "I'm waiting to go to my district!" came the earnest reply.

So it was no hard sell to get all Owens - Chris, Carol, Stephen (aged 10) and Becky (aged 8) - to the Lake District for the week of the Lakes 5-Day, but a little undecided as to how much orienteering would actually take place.

Luckily it was Sue Birkinshaw at Day 1 Registration, and her characteristically upbeat and persuasive style meant that Stephen at any rate emerged from the registration tent with a full set of start times on his race bib and a mind to really tackle the week's challenges. Becky signed up for Days 1, 2 and 5, on a day-by-day basis, which worked well for her.

Swindale (Day 1) is at the north end of Haweswater, and is one of those nice lumpy fells with bracken and bouncy grass. I shadowed Stephen on Orange each day, and Swindale was great for starters. If you can orientate your map and interpret the lumps and bumps then you've more or less cracked it on a fell like that. The sun shone so it was hard to believe then that there were concerns already for Day 3.

Heavy weather was on its way and Day 3's parking field, beside Thirlmere, was a risk. Hundreds of cars churning up the ground, and possibly getting stuck, would present water pollution issues as well as logistical ones. Plan B (to park along the road) had been vetoed by the police at the last minute. By Day 2 we were into meteorological roulette. It was pretty rainy! Was it too rainy for Day 3? Cautious optimism at this stage.

Tarn Hows and Guard's Wood (Day 2) presented a rainy and challenging contrast to Day 1. The shorter courses were all in Guard's Wood, that interestingly rocky wooded hump at the head of Lake Coniston. It was my chance to fit in a run of my own, on Light Green. I should have been non-competitive as I had a fair idea what was what in Guard's Wood, after shadowing Stephen on Orange. Getting the old legs shifting was the hard part!

To buy a bit of time in the battle of the boggy Thirlmere field, the organisers brought the rest day forward to Tuesday. It was a cunning manoeuvre, which deserved to work, but by Tuesday afternoon it was clear that Day 3 was off.

By this time Stephen was well and truly hooked, and only a run round one of the three training areas would suffice. It was beautiful weather by now of course (!) and he had an enjoyable run round Torver Back Common without the pressure of competition.

The setting and the tents for Day 4, at Caw, resembled from a distance the camp for some historic battle, though I don't suppose they had a line of orderly green portaloos at Edge Hill or Naseby. Red more likely. Caw is a fair-

sized fell in its own right, and afforded probably the highest orienteering of the week. Folks on the longer courses seemed to find it a "toughie", and Stephen's Orange course looked a bit hard for Orange. He managed it OK though, and later named it as his favourite day.

All change again for Day 5 (Helsington Barrows); lower ground, with lots of limestone pavements. From the assembly field you could just see a rocky hillside covered in scampering orienteers. As the Owen orienteering interest level rose during the week, various bits and bobs of kit were acquired, so whilst I was still scruffy as ever, the others were starting to look just a bit serious!

As Stephen, Becky and I sat by the Finish tunnel it became clear that Carol must not appear quite yet. Soon, sure, but not just yet. "That's it Becks. You've beaten mum now, 'cos she's not appeared yet... No! Here she comes! Come on Carol!" I'm not the best at keeping my watch synchronized. Carol had pipped Becky and Becky is out for revenge.

*Chris Owen*



The start at Guard's Wood (*Courtesy of Chris Owen*)

## **Rocky Knoll Recommends**

The October Odyssey weekend at the beginning of October in the North East usually attracts a few stalwarts but it is a long way away this year otherwise that is rather a blank weekend.

The following weekend is of course DVO club champs on Saturday 9<sup>th</sup> (see elsewhere in Newstrack). Remember that although this is free you do need to pre-enter in good time (to Val Johnson) so that your handicap can be calculated. There is also the club dinner followed by a barn dance in the evening at Wirksworth Town Hall – which also needs booking for the catering numbers.

On 23<sup>rd</sup> October there will be our own Local Event on Bottom Moor, Matlock. There is the Milton Keynes Midlands Sprint Championships also on the same day. Either could be a warm up for the Midlands Middle Distance Championships at Irchester on 24<sup>th</sup> October.

31<sup>st</sup> October is our own Stanton Moor event. Then as so often happens, on 7<sup>th</sup> November you are spoilt for choice. The aficionados will go to the November Classic in the New Forest but there is an EM League Event at Bestwood and a City Race at Chester which would be a nice warm up for Venice the following weekend. 21<sup>st</sup> November is Eccleshall Woods in Sheffield. Not the largest of areas but intricate with lots of paths hidden under the autumn leaf fall.

Don't forget to put the headlight on charge for this year's night event at Allestree Park on 4<sup>th</sup> December.

Remember you can look at the BOF Fixtures Page at any time. It is surprising what turns up at the last minute and there is often the excuse to fit visiting the in-laws around a local event.

## EMOA FIXTURES LIST

### 2010

OCT	09	BRITISH SCHOOLS SCORE			PFO
	17	CSCF			SYO N
	17	HOLME PIERREPOINT			NOC L~
	19	WATERMEEAD CP			LEI L~
	23	MK SPRINT O			EAOA RSp
	23	BOTTOM MOOR			DVO L~
	23	SLEAFORD TOWN (N)			LOG L~
	24	IRCHESTER	R. HASKINS	01509 842449	LEI R~
			MIDLAND MIDDLE CHAMPS		
	31	STANTON MOOR	S. SWALWELL	01335 347814	DVO R*+
NOV	06	SLEAFORD TOWN (S)			LOG L~
	06	BESTWOOD	R. BILETTER	01159 233529	NOC LN*
	07	BESTWOOD			NOC L~+
	20	HARLAXTON COLL			LOG L~
	21	BRITISH SCHOOL CHAMPS			
	21	HAYWOOD OAKS			NOC L~
	22	SHIPLEY PK	K. BUXTON	01773 604123	DVO L*
	24	SENCE VALLEY CP			LEI LN~
	28	BURBAGE			LEI L~+
DEC	04	GRANTHAM TOWN			LOG L~
	04	ALLESTREE	A-M. DUCKWORTH	01773 856824	DVO LN*
	05	SHINING CLIFF			DVO R~
	05	YVETTE BAKER TROPHY FINAL			HOC R
	08	MARKFIELD			LEI LN~
	19	WALESBY			NOC L~+
	28	OUTWOODS	C. PHILLIPS	01162 550330	LEI L*+

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JAN	01	DONISTHORPE			LEI L~
	08	STAMFORD TOWN			LOG L~
	09	SILVERHILL			NOC LN
	16	BEACON HILL	CSC 1 <sup>ST</sup> ROUND		LEI R~
	19	LINFORD			LEI L~
	22	BOURNE WOODS			LOG L~
	22	EYAM			DVO R~+
FEB	05	BRITISH NIGHT CHAMPS			OD N
	10	RISEHOLME			LOG LN~
	13	SHERWOOD PINES			NOC R~
	20	SHERINGHAM	MIDLAND CHAMPS		NOR N
	22	AYLESTONE			LEI L~
	27	BURROUGH HILL			LEI L+
MAR	06	HARDWICK			DVO R~+
	13	HAMBLEDON	SOUTHERN CHAMPS		TVOCN
	20	BELTON PARK			LOG L~+
	27	BELVOIR			LEI L+

